

### **HOW TO LISTEN TO YOUR BODY – CLASS 3**

Stacey: Hi, this is Stacey Mayo and this is *How to Listen to Your Body and Understand What it is Saying* and this is Class Three.

I'm going to open up for questions and then I'm going to put it on lecture mode. Last time we talked about muscle testing and we also talked about different parts of the body and what is going on in the body and what different parts of the body are trying to tell us, depending on the condition of the body. Some people on the forum wanted to know about using a pendulum instead of muscle testing. I just wanted to touch on that briefly.

You can make a pendulum without spending any money. You can just get a heavy piece of string or a light cord, and tie a ring to it, an old ring. It should be about 12 inches long. There you have the pendulum without spending any money. What I would do when I did it, different people do differently, is I would put my elbow on the table to steady it and hold the string in between my index finger and my thumb and let the pendulum dangle, then ask for it to show you yes and to show you no. See which way it swings for yes and which way it swings for no.

Practice with that so that you know what yes and no means and then you ask the pendulum questions if you prefer to try that to muscle testing or you want to try another technique. It is important to be hydrated. Your head can still get in the way and try to move the pendulum in a particular way you think it should move, so you have to be careful. Again, you can ask several times to make sure you're getting the right answer. Two or three times to make sure you get the same answer.

Does anybody have any comments about how they use the pendulum that might be added to what I just said?

Brenda This is Brenda. I use the pendulum when I'm in combination with muscle testing so I find that by varying using the pendulum and then I might go, "Okay, let's do the sway test." Where I'm sitting in my chair and I sway yes and no. But I find when I mix it up it provides more information and confirmation as to a yes and as to a no answer.

Stacey So you mix them up, you do pendulum and you do muscle testing and you do swaying in your chair to see which way your body sways.

Brenda Yes.

Stacey All right, thanks, Brenda.

Ann Hi Stacey, this is Ann. I think one of the things I found, and it's true I guess actually with either a pendulum or muscle testing, is that sometimes if I feel like I'm getting the wrong answer or it doesn't make sense, I need to change the questions up. That's one thing that I've found through the years is that sometimes I'm not asking the right question. Should I take one supplement or two? When it's like maybe I should take three. Sometimes I really have to be cautious of not predisposing in my question and really making sure I'm asking.

Stacey That's a perfect comment, Ann, because we're going to talk about asking the right questions today. Perfect introduction to today - thank you, Ann.

That is exactly where we are going to today. We're going to talk about what questions to ask yourself when you're testing and what questions to ask doctors and alternative practitioners to make sure you are doing what is right for your own body, so you're very educated about your own body and its tendencies and its needs.

Then we're also going to be talking about different body parts and what ailments mean in these parts. Keep this in mind today as you think about yourself, we're going to be talking about hips, legs, we're going to be talk about fingers, hands and a little bit more about toes. Those are the main things that we're going to be talking about today. Keep that in mind if you've got something going on in your hips or legs, your toes, your hands or your fingers or know someone who does or has had something going on in their past. We can use those as examples today.

In terms of questions to ask, the questions you ask when you are testing yourself are very important. One important question to ask is, "Is this in my highest and best?" Rather than asking, "Should I do this?", "Is this in my highest and best at this time?"

Ann mentioned something about one, two or three. First if it was a supplement you could say, "Is it in my highest invest to take this supplement today." Then you could say, "Is it in my highest and best to take one? Is it in my highest and best to take more than one?" And then go from there, or eight ounces or whatever. Highest and best is a much better question than should I do it...should I do something or take something?

Another question that will help double check is, "Are there potential negative consequences to doing this or taking this?" That's a good double check on the other side. "Are there negative consequences or implications involved in doing or taking this? And if so, will they affect me slightly, moderately or significantly?"

Similarly, "If there are no potential negative consequences, will this supplement or the program or the teacher help me slightly, moderately or significantly?" This is a great thing to do, not only when you're taking supplements, but when you are thinking about making a purchase of a self-help program or a course. "Will it help me slightly, moderately or significantly? Will I like it?" I do that with books, "Will I like it?" before I buy it.

There are all different times when you can use these things. Is it worth the investment? Am I likely to follow-through? You can do this when you're thinking about going to a practitioner. Is this practitioner right for me? Is it in my highest and beset to see this person? Will they help me slightly, moderately or significantly?

It's important to know your body. You can use this to help yourself choose a doctor or practitioner when you need one. Also, when you do need one, still remember that it is your body. Some generalize a lot, others are intuitive and/or muscle test. It's important for you to know your own body, especially if the practitioner isn't that intuitive or doesn't muscle test. They might suggest an exercise regime or a supplement or dosage of something. It's for you to know your body, to know if you tend to need more or less or the average amount of what is recommended. If you're told to exercise for 20 minutes doing a certain exercise, you may know that's too much for your body. Before you partake in what is suggested, know your body, test your body. Make sure you do the amount or take the amount or take what's right for your body.

It's very easy for practitioners and others to generalize based on the information they have. It's also your job to give them as much information as possible in terms of what you know about

your body so that you can partner with them and get good answers.

In a couple of minutes we're going to talk about body parts, but I'm going to go ahead and open it up and see if there are questions or comments about that first. Was that helpful?

Laura Yes, it was very helpful, thank you.

Stacey You're welcome. Laura.

Laura I need to find a new general practitioner, doctor. And I haven't made the phone calls yet.

Stacey Even as you're looking at names, Laura, notice what names you are drawn to.

Laura There is one that I got a referral from two people, so I'm starting there.

Stacey Referrals are great; it still needs to be right for you.

Laura Because they're not me. Exactly. But I wanted to start with some referrals rather than just looking online. So thank you.

Stacey You're welcome.

Mary Carol This is Mary Carol. I would just like to make a comment about what Laura just said. I usually make a list of the people recommended or that I get off the internet or even the phone book and use the pendulum and test whether this person would be right for me. Sometimes that will narrow the search as well.

Stacey Definitely.

Laura Interesting. I have just two referrals so I thought I would start with them and if I need to look farther I will. I haven't ever played with the pendulum thing, so that could be very interesting.

Stacey I did it with a hairdresser. I was drawn to a particular salon, I went online and they had all these different hairdressers. I noticed who I was drawn to and I tested who would be best for me. And she was a great hairdresser for me. We had a great connection.

Mary Carol You can do it with everything. You do it with hotels, you can do it with airlines, you can do it with cards, and pretty much anything works for it.

Laura Thanks for those insights, that's helpful.

Stacey You're welcome. Who in this class has problems with hips, legs, hands, fingers, toes, Arthritis?

Lilliana This is Lilliana. I'm having problems with my legs and it's not my hip but it comes from my back and wraps around my right hip.

Stacey Right hip, back and legs. Okay, who else?

Archanna This is Archanna. I wanted to mention two or three points here. The first one is, I've had Carpal Tunnel issues in the past, and sometimes it's lasted longer than others. Right now I don't have it. But it has come and gone quite a few times. The other thing that I've noticed is when I'm

doing my yoga I find that the hip joints and the back are not really as flexible as I would like them to be. It's more in the hip joint area that I have questions about. If time permits, the third thing that I have question about is my daughter has on and off mild pain in her right ankle, on and off so she complains, "Momma, my right ankle is hurting." These are the three main things I wanted to share for this call.

Stacey Great, thanks, Archanna.

Ann Hi this is Ann. Hip and legs sometimes it comes and goes.

Laura This is Laura. I have a little bit of knee and hip. Again and it comes and goes. Stretching helps. Mostly in my left side.

Suzie This is Suzie and I have hips.

Stacey Okay, good. I'm going to talk about hips. A lot of you have hip stuff going on. We can look at that. I'm going to give some general information first and then we can look a little more specifically.

Often times when your hips are out of alignment it means you are resisting going forward in one direction or another. When they are out of alignment, one is in one position and one is not, often one is forward a little bit and one is back a little bit or one is tilted up and one might be tilted down. When one hip is tilted forward it means you are poised to go in one direction but perhaps not, perhaps going down or going in the opposite direction. You're poised to go up but not ready. Poised to go up, but part of you is holding back.

Many times older people end up with hip replacement surgery. This is due to a lot of indecision about going forward at this time in their life, which has built up over time. Many have not followed their higher path or followed their intuition or gone forward in some way that they wanted to go. They got stuck, so to speak, in a place of limbo until the hip wouldn't go forward anymore and they had to have it replaced.

This happens more as we get older because we tend to get comfortable where we are and perhaps get tired of change or have resistance to what is next for us subconsciously. You see it a lot with people who are retired. Which makes me wonder about retirement in that people stop, stop going forward on a path, stop going forward on new challenges, new ways. They relax and have a good time but then their body starts to fall apart. It doesn't have to be that way and it's important to know that it doesn't have to be that way. It's important to understand what your body is telling you so that you don't end up with hip replacement surgery down the road.

Let's take a look. We're going to look at Lilliana, who was the first to speak up. You said right hip and legs, say more.

Lilliana Yes, it comes from my back but it wraps around my right hip and both of my legs.

Stacey When you say it wraps around...

Lilliana It comes around towards the front, like on my hip, on the side. And then down my leg. I already had a surgery just about a year ago.

Stacey There's something to be said for having surgery, sometimes it feels necessary. But it doesn't heal the core issue. So here are more issues trying to speak to you. When you say, "It wraps around," is it tightness, or a band, or what wraps around?

Lilliana It's pain, its pain that comes from the back towards the right side, the right hip towards my tummy. But it stays right on my hip, on the side of my body.

Stacey So pain in your right hip that comes from your back around to your stomach and then down your legs?

Lilliana Yes.

Stacey So right hip is about your career. There's pain from the back which is about support, all the way to the stomach, solar plexus area, which is fear. Hip pain – pain about going forward through your legs on your higher career path. I know we've done some clearing on this for you, Lilliana. Obviously there is more your body is talking to you and the pain, how would you describe the pain?

Lilliana A sharp pain.

Stacey Sharp, okay. When you hear the word sharp that comes up like excruciating. The fear is intense and continues to keep coming up for you. I'm asking for a clear channel. We've cleared three layers about this; four layers about this is, is correct.

Lilliana That is correct.

Stacey I'm getting that there are three more that made themselves known. I'm also getting another piece of information, which is a part of you disconnects from who you really are. And so because of that, more layers come up. It's like a real, true resistance to being who you really are. Now this is common, real common. I want to say that.

For you, Lilliana, there's this strong desire to move forward.

Lilliana Yes.

Stacey Which is why it's so intense right now. You have a strong desire to move forward and get trained as a career intuitive or medical intuitive, or both. You're like, "I want this! I want this! I want this!" So it's an intense desire to move forward, and an equally strong opposite reaction to it.

Lilliana Fear.

Stacey Strong, intense. There's something about being accepted by the world.

Lilliana Yes.

Stacey Okay, I was going to say family but I got the world.

Lilliana Yes.

Stacey That's pretty big. Why do you have to be accepted by the world?

Lilliana That was my frame of mind. I'm trying to change it now but that's exactly...you just hit it.

Stacey Okay. So being accepted by the world is just about impossible.

Lilliana That's right.

Stacey So you see how part of you has set yourself up here. I can't go forward until I'm accepted by the world, which is impossible. I'm getting there is that one layer of needing to be accepted by the world is a crucial one to release. There are two more that have popped up. Lilliana, I'm getting that it is not time for you to release any more yet. It will be time in about five days.

Lilliana Okay. I think we have an appointment.

Stacey I was thinking we have an appointment, too. Good. Thank you, Lilliana for being willing to share with us.

That was a great example. It was an extreme example; let's use one that is not quite so extreme. Let's look at Archanna, which was a different thing altogether, hip joint.

Archanna Hi Stacey.

Stacey So say more. You have joint pain in your hips?

Archanna It's right, it's not exactly a pain, but whenever I do yoga for bending forward or having to lift up the leg and things like that, I feel like there is resistance in my back and hip joints that do not really let me bend as much as I need to or lift my legs up the way I need to and keep it straight.

Stacey Again, listen to that language. When she bends forward ...not flexible...not flexible enough is what I'm getting in bending forward, and also backwards is that right?

Archanna Yes.

Stacey In your joints, I'm asking for a clear channel, joints are about where things come together. Is it like sticking in your joints or what? Does it feel like something is sticking in your joints or just not flowing right, not rubbing correctly?

Archanna It just feels like maybe something is stuck because it doesn't, it's just doesn't bend as much. I don't feel as if anything is slowing or anything is happening, I just noticed...I've been doing yoga for a while. A lot of my things have improved, but in terms of bending using my back or my hips and the example I mentioned...I feel like I'm not really made as much progress as I would have liked to.

Stacey Stuck, where things come together. Not having made as much progress as you would like to. Things have not been able to come together fully. You get stuck before things connect or come together fully. It's like a disconnect between where you are and having the flexibility to move forward to where you want to be and have things all come together. Does that sound right?

Archanna Yes, very much.

Stacey For you, it's like you know your higher path and things have not quite come together for you yet. And there's something for you about being more flexible and how that all comes together. Not feeling like it has to look one way. You have some knowing of how you think it will look and it's for you to remain open and flexible and allow things to come together. And I'm getting there's one layer in the way of that.

Archanna, have we done the release work for you for this group yet?

Archanna No, not yet. In fact, I think last time you mentioned just making my notes and probably I will send you my email notes. Because I think with the last time also when I mentioned about the car and the shoulder you said there is something there as well.

Stacey Okay, go ahead and make some notes, because you get four for free and you probably already are there.

Archanna In fact, on the same joint thing, the two more that I had mentioned, one was the carpal tunnel issue I had with my left wrist.

Stacey We'll come back to that when we get to hands, because that's an interesting one.

Archanna Sure. So it seems to make so much sense now. It makes sense of the back and the hip, because I was always like you said, I think I know where I should be, at least I have some idea, but there have been so many should I say blocks or resistance, I don't know. It could be internal, it could be me; it could be something else. I don't know. But at the same time, what you said seems to make so much sense right now.

Stacey Good. There's one layer there. Each body part is talking to you, right? So it's just about becoming more and more aware of these things and the underlying causes. Thank you, Archanna.

I know several of you have hip issues, but I want to go ahead...there are some hip and leg, so let's talk about legs and then we'll call on some other people. We've discussed that legs are about moving forward. Different symptoms in our legs mean different things. We've talked about swelling is about anger.

I think I may have mentioned this before, a lot of time older people will have swollen legs, not just older people, younger people as well. But you find it more consistently in older people. They can't seem to get rid of it. Again, swelling is inflammation is about anger. It's typically anger at yourself for not moving forward in some part of your life. It could be about your higher path. It could be about relationships. It could be about spirituality. It can be a variety of things.

I'm asking for a clear channel. Left leg is more about spirituality is correct and right leg is more about career path. (thing about it as right career) Left leg is also about relationships. Let's take another example. Perhaps you have a bruise. Bruises are a sign that the ego has been bruised about something. And when you have a bruise on your leg, it can have to do with your ego being bruised when you try to go forward about something, perhaps someone insulted you or criticized you.

Different symptoms in our legs mean different things. Let's look at some people who have some stuff going on in their legs. Let's go to Ann. Ann, you said you have hip and leg that comes and

goes, so say more about that.

- Ann First I should probably reference I had a spinal cord injury in 1994, so that's left some residual weakness in the hips and legs. I will find that my left hip will get tight and it can often be relieved by kind of holding trigger points up in the hip joint. But that will often go down the whole outer left side of the leg. Sometimes in the quads and hamstrings, but more on the side of the leg. Sometimes it's worse than others. Stretching does help and I've also noticed when eliminating well that helps, too. If I start getting constipated than that hurts, too. I'm sure that's all about flow as well, right?
- Stacey Yes, it is, and letting go. You said something about hamstring? The hamstring is tight, is that what you said
- Ann Not very often. Sometimes it shows up in the hamstrings or quads, but usually it's kind of down the whole, like down from the hip all the way down the outer part of the leg. That's more typical.
- Stacey Again, left leg is about spirituality which can include higher path, typically. Outer part of the leg, side of the leg, outer part of the leg means something outside of you may be keeping you from going forward. Does that make sense to you?
- Ann No, but it's interesting.
- Stacey The outside of your leg, something outside of you, someone outside of you. Some belief that you will not be accepted or will be rejected for going forward on your path. Does that resonate, Ann?
- Ann Yeah, it really does.
- Stacey I'm getting there are two layers there, Ann. We already did your four layers, correct?
- Ann I know we identified them. I didn't get an email from you that you did them, although I kind of sensed that you had.
- Stacey Yes, I did them. I apologize for not sending you an email.
- Ann That's all right.
- Stacey Good. Can you see how different things mean something different. We went outside the leg. Well, something outside is keeping her from moving forward. It all depends on what aspect of something is bothering you.

Now we're going to continue to move forward and we'll come back at the end and pick up anybody that we didn't have time to talk to about your issues at the end. I just want to make sure we cover all the material for people.

Let's talk about hands. No one said anything, oh we have Carpal Tunnel. That'll be interesting. Hands are for picking up things and holding things. You can have Arthritis in different parts of your body. When you have Arthritis in your hands it typically means you're holding on to something from the past that you haven't let go of. Depending on which side it could be spiritual things, it could be relationships. Those are typically the things with Arthritis.

\*t could also be holding onto an old career and not letting it go. Again, right hand is about career and left hand more about spirituality and relationships. If you are unable to pick things up, it's because you have so much on your mind that it seems like there's no room for anything else. If your hands can't pick things up, there's no room for anything else on your plate or in your mind.

Last time we talked about toes some, this time let's talk about fingers. I think you'll find this fun and interesting. Like toes, each finger has a different meaning and different parts of your fingers mean something else. For example, if your knuckles are red, it's a sign of anger towards someone that has been withheld for a long time. So think about yourself like holding a tight fist and all that anger in your knuckles. If your knuckles are swollen, it rhetorically means you have so much anger you would like to punch someone in the nose but you wouldn't dare.

Let's look at the different fingers. The pinky represents your youngest self and when your pinky is hurt you have childhood issues to reflect on. The ring finger, your fourth finger, represents your higher self. When it is hurt you have a disconnect or anger towards your higher self or God. The middle finger is the finger that we shoot in the air. The FY finger. And when it is hurt there is a great deal of pain. Someone has really hurt you and you still resent it. It's undealt with.

The index finger is about Mom stuff. We talked about the second toe being Mom stuff, but its different stuff than toe stuff. The index finger, known as the pointer finger, and perhaps Mom pointed you out once too often in a way that felt humiliating or embarrassing or shameful. When it is your second toe, it's a situation where Mom caused you to feel badly about something you did or said directly in relationship to her.

Your thumb is about your dad. If it's dislocated for example, then it means you feel severely disconnected from your dad. It could represent abandonment or even hatred. On the other hand, your big toe, which is about your dad, let's just say you continue to bump your big toe into a chair or a wall or something. It represents you slamming against values that were taught to you by your dad that perhaps no longer resonate with you but bring up some conflict, perhaps some fear about not being approved by your dad.

Now, let's look at Carpal Tunnel because that's such an interesting one. Archanna, we are going to bring you back on. You had it in the past and it comes and goes.

Archanna Right, I used to get it more frequently in the past and it used to last longer. But thankfully the recent ones or the last ones that I remember have not lasted long and to be very honest I don't exactly know when was the last time I had it.

Stacey That's good news! When you had it, Carpal Tunnel is a lot about your wrists. Can you describe the pain of Carpal Tunnel for me?

Archanna Sure. I used to especially feel it on the top, directly in line with the gap between the index and the middle finger...so if you drew a line down and hit a point on your wrist it would be right there. It used to be pretty intense and I could not even for example put on a button on the back or zip something on. It would be very difficult for me to kind of do some of those things.

Stacey So back of your hand, let's look at that. Back of your hand. Anyone that has questions about any body parts stay on after and I'll answer your questions even if they're not being discussed today.

Back of hand, what comes to me about back of hand is like being slapped. Like back slapped. What does that mean to you, Archanna?

Archanna A few things come to my mind. Yes, I had a lot of restrictions. I won't complain about the discipline I get, it has helped me. But a lot of restrictions on the way I did things or just the plain fact that there hasn't been enough freedom should I say or independence to do stuff. There were always a lot of restrictions on what could be done, what was either acceptable, not acceptable. I think there is confusion on can I do this or not? Because I don't know where it goes.

Stacey So, can I do this...will I get slapped around for it?

Archanna Exactly.

Stacey So fear of punishment is what's coming up. Fear of punishment of being punished for doing something that may not be acceptable. Something that you're not sure if you can do correctly being criticized; punished for it. More about doing things that were not acceptable in your family.

Archanna I can relate a lot to that. Both before and after my marriage because there have been quite a few things that sometimes I've tried to do different and have had to face the repercussions of that for a long time.

Stacey For you, this issue isn't showing up much in your hand right now. But I'm getting there is still some fear about going forward and having things come together. The fear of being punished is still one for you to have resolved. Even though it isn't showing up so much right now, it is there and it will likely come up again for you. I'm getting there are two layers about being punished for doing things that are not acceptable to your family and this includes your higher path.

Archanna Right, I can totally relate to the last part you said because I've been very interested in a whole lot of things especially trying to explore the alternate path or even to just do something beyond the ordinary or just the typical stuff and people around are like, "What are you talking about?" There is so much that registers even at the basic ground level because things are not seen the same way. So if I'm saying that there is a kind of a different feeling or energy and this might be causing that, and my husband would say, "I don't understand what you're talking about. I don't know what this energy intercross is, I don't care about it." Right at that ground level. I can see the resonance if I may put it so.

Stacey You can see the resonance, yes. This is important for you to clear, because again, it is lying in your energy field even though it's not showing up in your hands right now. It's in your energy field and your desire to go forward on your path is growing. Your meeting up with resistance from your husband who doesn't understand you, who will be more likely to understand you when this is resolved and released from your energy field.

Archanna You're right, sure. Yes, thank you.

Stacey You're very welcome. We have covered these topics. I am going to stick around for questions. I just want to state before go into questions that next week we will be talking about when to release core issues and when to use supplements and how to eventually get off the supplements and medications, how to avoid surgery and why it's a good idea. And we'll be talking about the heart, about blood pressure, about blood clots and about varicose veins.

I'm going to open it up for a question or two, and then if there are more questions, we'll end so people can leave and I'll stick around for any further questions. I know Laura and Brenda had some requests. We'll start with Laura since that was about today's material and then we'll go to Brenda. Laura, yours was about knee...

Laura My knee aches once in a while, especially when I ride my bike, which is kind of a bummer because I want to ride my bike. And I do have a little Carpal Tunnel also, it just aches sometimes.

Stacey You can listen to what I said to Archanna about Carpal Tunnel, being slapped around for doing things that weren't acceptable to your family. I'm getting there is three layers for you there, Laura. Your knee...describe your knee pain?

Laura It's my left knee and it just it's not really bad, but I kind of notice its like oh, I bent that didn't I? You just kind of feel and sometimes when I get on my bike or get off especially, I'll kind of go, okay that aches a little bit I need to just be careful with it.

Stacey So it aches.

Laura Yeah, it's an ache.

Stacey It's interesting the ache is keeping you from exercising. You want to exercise, but it aches. Let's look at that. The ache is not severe, but it's just enough to keep you from doing what you think you should do, which is ride your bike and exercise to get fit and lose weight.

Laura Which I'm sure the aches in my knee has something to do with the extra weight I'm carrying.

Stacey So there's a cyclical thing there. It's like you want to lose the weight and be fit, but you can't do the exercise because your knee aches and your knee aches because you're carrying extra weight. Not entirely. Your knee aches is kind of a...think about ache. Think about Achy Breaky. That's what is coming to my mind...Achy Breaky. Like you have to put on the brakes or it will ache.

Laura Interesting.

Stacey So you have to put on the breaks or it aches. In other words, you have to slow down on getting fit and losing weight because there will be some kind of pain associated with that. I know we've been working on your weight layers. Here it is showing up in your knee. Something about putting on the brakes. I know you've been doing very well. At least I know you were doing well with your eating and such and perhaps you've come to a place where you put the brakes on and stopped. Does that feel true?

Laura Yes, I've kind of gone back and forth with that. I'm doing better than I was a month ago but not as good as I was two weeks ago.

Stacey So there you go. It's like put the foot on the brake, take it off, it aches, put the foot on the brake. I'm getting there's one layer associated with your knee about the hurt that will come if you have slender legs, like the attention that will come and the hurt that will come with that attention.

Laura Interesting.

Stacey Isn't it interesting? I think it's all fascinating. That's just another layer for you to help you go forward and continue to lose the weight you want to lose. I know it's one of the main reasons you signed up for the class, so there's a piece of information for you.

Laura Okay.

Stacey Thanks, Laura. All right, it's about an hour so I'm going to wrap up this call and then stay answer Brenda's question and everybody else who has questions. Again, thanks again so much everyone for being here, for participating, for being vulnerable and opening up and sharing your aches and pains with us so that we could all learn about the different ways that our body talks to us and what it means.

I encourage you to continue to listen to your body, to muscle test, to try out the pendulum, and listen to the language that your body is trying to tell you. If you would like to learn the Cash Grid to release things for yourself, let me know and as I have enough people I will have enough Cash Grid class just for my students. Thanks for being here and I will talk to you next week.