

RECLAIM YOUR HEALTH

by Jessy Morrison

Got stress? Got five minutes? You can reclaim your mind and *flick the stress switch* in under 5 minutes. Even if you think you don't have 5 minutes, make the time to go through these easy natural exercises to help decompress and refresh your mind. See the difference five minutes can make:

From tense... to relaxed
From unfocused... to refocused
From exhausted... to renewed

You do not have to be a victim of stress! STRESSED is DESSERTS spelled backwards. So add these ingredients to the recipe of your life and enjoy. You already know most of these, but may never have done them on purpose. Now choose to do them consciously and free your body, your mind and soul, anywhere and anytime and reclaim your life.



DID YOU KNOW?



Humans automatically hold their breath when reacting to stress, it helps us to brace ourself to stay and fight the dinosaur, or to run away and get eaten anyway. Your body doesn't know the difference between you being eaten by a dinosaur or just watching a movie about being threatened by the dinosaur. To flick the switch and retrain your body to re-evaluate what is life threatening and what isn't, you need to breathe.

You cannot feel stressed if you are taking a deep breath. Take a deep breath and gently let it go. Sigh it out... say "ah-h-h-h-h" out loud as you let it go, let your shoulders and chin drop. Now inhale again, deeply and notice your shoulders lift and your chest expand, then as you gently release that breath let yourself sigh "ah-h-h-h-h", feel your shoulders drop and relief flood in.

HAVING TROUBLE BREATHING?



Do this instead... YAWN. Or fake it until you make it. Yawning is NOT rude; it does NOT mean you are bored. Yawning is the second best exercise you can give your body. (Orgasm is the best, but we don't like you to do it in public!) Yawning re-calibrates your entire central nervous system to deal with stress responses. It is like running a diagnostic check on your body's computer. Ah feel the relief; you've flicked the switch again and now can breathe naturally and deeply again.

Try this when you can't sleep: allow yourself to yawn, and yawn and yawn... eventually your body will get the message to relax your mind and allow you to go back to restful slumber.

WORRIES GETTING YOU DOWN?

Your body already instinctively reverses that. Have you noticed yourself using *The Thinker Pose*? Observe how you hold your chin, or put your palm over your forehead? Holding either of these two positions for 5 minutes and breathing turns-on the body's innate healing energy and ability. This connects your meridians and activates communication between the left and right lobes of your brain, and Abracadabra, once your mind is calmed the solutions to your problems are presented to you.

THIS ONE'S EASY.

Ladies, guys do it, you can too! I call this the *Executive Stretch*. It's a great way to get your intellect and intuition working together AND RECEIVE THE ANSWERS YOU'RE ACHING TO KNOW. Cross your legs elevate them off the floor, put your hands behind your occipital ridge (where your spine and skull meet) and breathe. Rest your tongue on your upper palate. Breathe deeply with your eyes closed for 1-2 minutes. This quiets the reptilian mind – the fear center and helps you think clearly and creatively.

THIS ONE'S FUN!!!

Tarzan had the right idea, before he fought every tiger, man-eating lion, and hostile tribe... he beat on his chest. This activates your kidney meridian and jump starts your energy and courage. When you are feeling stuck, or fearful, or just plain fatigued we call this energy reversal. This simple exercise reverses *reversal* and gives you renewed vitality.

Try it with or without yelling the "ah-aya". Have fun with it. Even if all it does is gets you laughing, it will boost your energy. Laughing is jogging on the inside!



YOU ALREADY KNOW HOW TO MEDITATE.

Unfortunately, it's usually called worry. Worry is meditating on imaginary negative outcomes in the future, instead focusing on a positive story or result and living in the now.

You don't need to sit cross-legged chanting "ohm". Meditation is the art of allowing yourself to be still and to be peacefully in the present. Meditation is not doing, teaching, or forcing yourself to empty your mind. Your mind cannot be stilled, you have over 86,400 thoughts per day! But know this, they are not all yours! The more you try to quiet them, the more difficult it is. Use this instead: Encourage yourself to just BE. Take an unhurried walk - wash dishes leisurely - focus on watching your breath as it move through your body - and ask yourself "where is my next thought coming from?" Forget about time.

NEED HELP?

Body Talk enhances the communication between your Body, Mind and Soul. There is nothing for you to do, except take the time in a session to enjoy, relax and let the energy do the work.

We were all born with Energy. What we were not taught however, is how to Refresh our Mind, Renew our Spirit, and Recharge our Body's energy naturally.

When true relaxation is found, then healing takes place. PAIN means Pay Attention Inwards NOW. Jessy's strength is her ability to listen as your body tells you where and when the original issue began, and implement how your body would like it to be repaired.

Your symptom is only a sensation talking. What is your body saying? Let your Body Talk with Jessy Morrison for Complete BE-ing Clarity.



JESSY MORRISON

Reiki Master Teacher; EFT, MNLP & BodyTalk Practitioner
Complete BE-ing Clarity™ Healing to Refresh Your Mind,
Reclaim Your Body, and Renew Your Spirit

