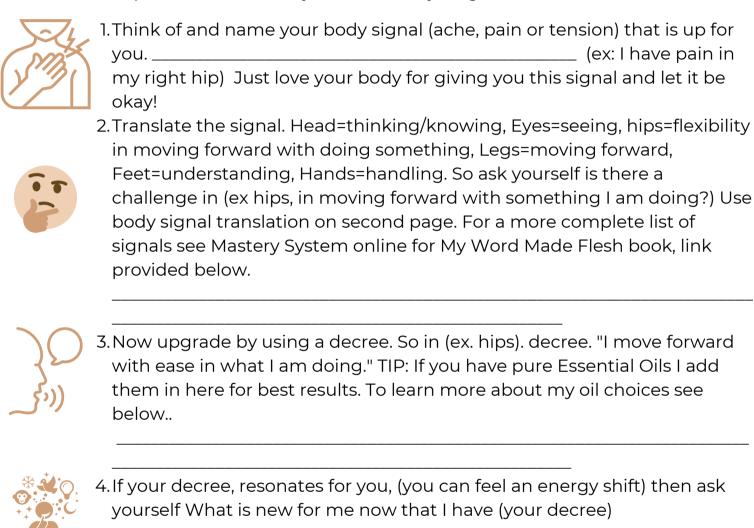


## Understanding Common Body Signals Playsheet



## WHAT IS YOUR BODY SAYING TO YOU?

Before beginning, give yourself permission to 1. facilitate yourself, 2. to see perfection, and 3. for you to discover your greater mission in life!



Remember to have fun with this, when you stay in playful mode, upgrades can happen quickly and easily. This is best done with a facilitator, however you can do for yourself.

My Oil Choice



MyWord Made Flesh



Mentor with Me







## **COMMON SIGNAL TRANSLATIONS**

The following are just a few common translations with question and possible reversal decree

HEADTHINKING , KNOWINGI KNOW, I THINK
EYE I AM SEEN AS I AM SEEN AS
EARS HEAR, HEARINGI HEARI AM HEARD
NECK CONNECT THINKING/KNOWING WITH DOINGI KNOW WHAT TO DO I DO WHAT I KNOW
SHOULDERSSHOULD DO/BURDENS I GIVE BACK BURDEN TO ? , I RESTORE MY BLESSINGS
HANDSHANDLINGI HANDLE THINGS WITH EASE
BACKI AM FULLY SUPPORTED
HIPSFLEXIBLITY IN MOVING FORWARD WITH WHAT YOU ARE DOINGI AM FLEXIBLE IN MOVING FORWARD WITH WHAT I AM DOING
LEGS MOVING FORWARDI MOVE FORWARD WITH EASE
KNEES FLEXIBILITY IN MOVING FORWARDI AM FLEXIBLE IN MOVING FORWARD
FEETUNDERSTANDINGI UNDERSTAND HOW TO MOVE