



# 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!



1. Think of and name your body signal (ache, pain or tension) that is up for you. \_\_\_\_\_ (ex: I have pain in my right hip) Just love your body for giving you this signal and let it be okay!



2. Translate the signal. Head=thinking/knowing, Eyes=seeing, hips=flexibility in moving forward with doing something, Legs=moving forward, Feet=understanding, Hands=handling. So ask yourself is there a challenge in (ex hips, in moving forward with something I am doing?) Use body signal translation on second page. For a more complete list of signals see Mastery System online for My Word Made Flesh book, link provided below.



3. Now upgrade by using a decree. So in (ex. hips). decree. "I move forward with ease in what I am doing." TIP: If you have pure Essential Oils I add them in here for best results. To learn more about my oil choices see below..



4. If your decree, resonates for you, (you can feel an energy shift) then ask yourself What is new for me now that I have (your decree)

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



My Word Made Flesh



Mentor with Me





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## COMMON SIGNAL TRANSLATIONS

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

HEAD .....THINKING , KNOWING.....I KNOW..., I THINK.....

EYE.....SEEING, BEING SEEN.....I SEE ..... I AM SEEN AS.....

EARS..... HEAR, HEARING.....I HEAR.....I AM HEARD

NECK..... CONNECT THINKING/KNOWING WITH DOING.....I KNOW WHAT TO DO.... I DO WHAT I KNOW

SHOULDERS.....SHOULD DO/BURDENS..... I GIVE BACK BURDEN TO ? ,..... I RESTORE MY BLESSINGS

HANDS.....HANDLING.....I HANDLE THINGS WITH EASE

BACK.....SUPPORT.....I AM FULLY SUPPORTED

HIPS .....FLEXIBILITY IN MOVING FORWARD WITH WHAT YOU ARE DOING.....I AM FLEXIBLE IN MOVING FORWARD WITH WHAT I AM DOING

LEGS.....MOVING FORWARD.....I MOVE FORWARD WITH EASE

KNEES.....FLEXIBILITY IN MOVING FORWARD.....I AM FLEXIBLE IN MOVING FORWARD

FEET.....UNDERSTANDING.....I UNDERSTAND HOW TO MOVE FORWARD