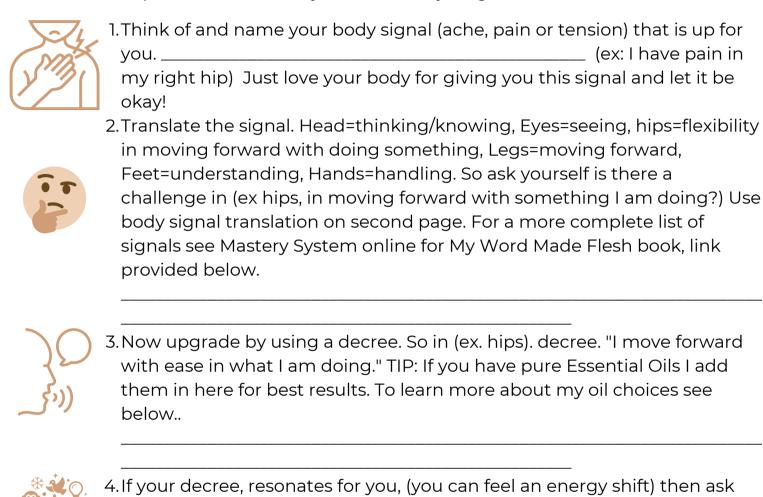


Understanding Common Body Signals Playsheet



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!



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







COMMON SIGNAL TRANSLATIONS

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

HEAD THINKING , KNOWING KNOW, I THIN	1K
EYE SEEING, BEING SEEN SEE I AM S	SEEN AS
EARS HEAR, HEARINGI HEARI AM H	HEARD
NECK CONNECT THINKING/KNOWING WITH DOING WHAT TO DO I DO WHAT I KNOW	GI KNOW
SHOULDERSSHOULD DO/BURDENS I GIVE BACK BURD RESTORE MY BLESSINGS	EN TO ? ,
HANDS HANDLING HANDLE THINGS	WITH EASE
BACKI AM FULLY SUPPOR	RTED
HIPSFLEXIBLITY IN MOVING FORWARD WITH WHAT	
LEGS MOVING FORWARD MOVE FORWARD	WITH EASE
KNEESFLEXIBILITY IN MOVING FORWARDI AM MOVING FORWARD	FLEXIBLE IN
FEETI UNDERSTANDINGI UNDERSTAND HOV	V TO MOVE