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FREE CHAPTER

A
Self-love
GUIDE

Increase the Love in your life

INCLUDES **25** EXERCISES

YOUR RELATIONSHIP WITH YOUR BODY

Your body needs you.

Nomsa Dlamini, Master Sangoma

And I said to my body, softly, "I want to be your friend."

It took a long breath and replied,

"I have been waiting my whole for this."

Nayyirah Waheed

Do you know your body? Do you know your body intimately? What kind of energy is your body holding? Is it alive, vibrant, radiant or does it hold the energy of resistance, judgment, being ignored, restricted? Are you kind to your body? Do you lovingly care for it? Does it have the feeling of being cared for? I don't mean just pampered and spoiled, I mean does it vibrate with love? In other words, would you feel nice to cuddle up to?

When science emerged in the 17th Century the body was looked on as a lifeless piece of clay, something that did not possess living consciousness. The soul was irrelevant.

This cycle had a benefit in that it made it possible to classify types of illnesses and invent medicines.

Now we know that our bodies are living consciousness. The energy of all our thoughts, feelings, actions is downloaded into our physical form as a vibration. Sometimes these vibrations are negative. If a person keeps repeating the same pattern over many years, overloading the emotional or mental field with toxic feelings and thoughts they eventually pour into the body and the energy of those patterns manifest as illness and imbalances.

People on the planet are increasingly making the connection between a physical condition and their emotional/mental and spiritual patterns. They are then able to explore and heal the **source** of their illness rather than merely addressing symptoms. I am sure you have knowledge of this and may even have a book or two on the subtle causes of ill health. Please note, I am not advocating that a visit to a doctor is obsolete. They obviously do wonderful work and sometimes a visit is essential bringing relief and hope. In my own case I have struggled with respiratory infections which have led to a couple of bouts of pneumonia. I was so grateful to my wonderful GP for putting me back on the path to good health. Although I

know pneumonia is saying 'I want out' and the lungs carry grief, loss and sadness, I have healed these and no longer suffer debilitating lung conditions.

There is still a huge emphasis in our culture today in which beauty is objectified, for instance, in order to be labelled beautiful there needs to be measurable dimensions. We still look at ourselves externally.

Now is the time to change all that and develop a living, communicating relationship with our bodies based in love and honouring. Whether we are referring to DNA, bones, tissues, organs, it is all about love. We are encouraged to communicate with our bodies, asking, commanding a healing if necessary and listening to it. Could it be asking you something? Is it to stretch, walk, take a certain vitamin or mineral? What kind of food is it asking for today? It is, after all a sacred form which we chose before we incarnated. I use the word 'sacred' deliberately for the body is indeed a temple for our spirit and our connection to our bodies is a sacred relationship.

Here's the good news! If you move into a loving relationship with your body, it will transform. It will become the most beautiful, strong, vibrant, healthy attractive vessel. If you start this love affair with it, it will hold more light

which will be contained within its form, radiated, received and filled with information you can download from your intuition. You will feel connectedness and ring your special note out into the Universe. We are after all developing light bodies. Our cells are gradually changing from a carbon base, from where we live a third dimensional existence, to a silicone base, which can hold light. It is commonly referred to as a Crystalline Body.

Does it make any difference if I say to you **your body absolutely loves you**? Has it ever occurred to you that she, modelled on the patterns of the essence of the Divine Mother, has a depth of love for you? She walks, digests, excretes, holds a magnificent brain, is able to create children and bear them. I repeat, it is a sacred form we have been given and we chose. My teacher said it was one of the most sacred, profound gifts we will ever receive in a lifetime and warrants reverence.

If we are to reach our full potential it is important that a step on this journey is to communicate with it with love. It gives us answers and has a natural intelligence which desires to serve us. This is hard for some because science is objective and leads to a false schizophrenic split. The natural, inherent way to approach a physical complaint is to go inward and

from there find the solution. Only then would we seek something outside of us that can be of service to us.

Answer for yourself: Is your body invested with soul perception or your mind and ego?

In this relationship treasure your body, have a love affair with it. If you really want to see a living relationship of love look down at your body.

LOVING YOUR BODY

I suggest you put time aside and create a very special ritual, the impact of which will change your relationship to your body permanently. It is best if you have a full length mirror but use what you have. Create a beautiful and sacred space with candles, aromatherapy oils, incense, soft music. Prepare the space with care. State your intention, for instance, 'I choose to have a loving, caring relationship with my body, to acknowledge its beauty and listen to its messages, needs and guidance. I choose to love and appreciate my body'. Starting anywhere you choose. Use your hands to stroke each part of your body in turn, speaking words of appreciation, love and admiration. Please do this slowly and mindfully. Take your time. Depending on how long you have set aside for this process you can either do it in great detail, for instance every nail, toe, every part of your foot, or do each body section separately, i.e. your left foot, right foot, left leg, right leg and so on. Enjoy yourself!