



Body-mind integration exercise

**A resource for people wishing to get more in touch
with their own inner healing resources**

Why integration?

Probably the central basis behind every “alternative” healing technique is that the body only becomes unwell (“dis-eased”) when it loses its internal integrity. Parts of the physiology no longer work together, and/or parts of the self and identity are in conflict. The simple exercise below (and the resources listed at the end) are ways in which you can use to explore your own internal integration, and use your consciousness in a constructive way to assist you own inner healing. When your body and mind are in full cooperation and mutual respect, then everything you do becomes almost effortless. Healing takes place naturally and spontaneously.

I have personally used all of the exercises described below, and have found that they accelerate and strengthen the effects of the various therapies I have received. Furthermore, the exercises are safe, and require very little in the way of “belief” – other than believing that we can hear ourselves, and what and how we say things to ourselves is as important as what and how we say things to everyone else in our lives.

1. A list of the basics

- Place your attention on/in your body – become aware of your body...
- Look especially for the parts which feel alive, comfortable, warm, pleasant, enjoyable. If you can't feel your body, or can't find anywhere at all (not even a tiny little patch of skin) that feels comfortable, then think of something natural and beautiful, like a waterfall or a forest, or a sunrise.
- Take your time – the body works slower than your brain!
- Consider that (in becoming aware of your body) you are giving time to be with and talk to a good friend who you haven't seen for years
- Remember that the body wants to protect and help you! In return, it is your job to look after it and teach it what is happening in each moment.

2. **Make yourself comfortable** – either (ideally) sitting with the back straight and unsupported, or in a comfortable chair, or lying down with a cushion under your knees. It is important to be comfortable – if necessary you can use lots of cushions to support you. I originally practiced this lying down, but now would definitely prefer sitting because it helps the mind to be more clear.

The room you are in should also be comfortable, or at least feel “safe” – the door closed, nobody likely to barge in.

It is sometimes useful to play music – if your mind is so busy that it won't give you peace, then music provides some respite from this. In which case, some sort of classical music is best (Bach, Mozart, Vivaldi, Tallis, Barber etc are all suitable). Drifty music will just end up, well, drifty, and most folk and/or rock/pop music is not helpful for this kind of exercise. However, if at all possible it is better to do the exercise in silence.

Another useful “prop” is to have some flowers (or a picture or photograph of a beautiful scene from nature) nearby, which you can look at occasionally. More about this later.

3. **Affirmation to use is as follows.** The exact wording is important. I provide some graded alternatives which should NOT be mixed or changed. Start with the first one, use it for (e.g.) a day or two, or a week, then go on to the second.... **Whenever you connect verbally with a part of your body, it is also particularly useful to make a sincere attempt to connect to that part from your heart.** I would call this “appreciation”; Buddhists might call it “*Metta-Bhavana*”. This is done by SIMPLY by sincerely **appreciating** it for everything it has done for you. If you get a sense of “trying” or effort in this, then you are making it too complicated, not trusting yourself to be able to do it.

- a) *“I now allow myself to be aware of this, my ___ as best I can in this moment.”*
- b) *“Could I now allow myself to love and accept this, my ___ as best I can in this moment”*
- c) *“I now love and accept (or appreciate) this, my ___ exactly as it is in this moment.”*
- d) *I now give thanks to this, my ___ for the support it has given me throughout my life.*

Thanking our body is particularly important. Parts which are healthy have usually worked 24/7 without recognition for many, many years. Parts which are unwell are nevertheless trying their best, but are often disliked because of the pain which is present in them. Remember to notice and thank the healthy, pain-free parts too!

4. **Go systematically and steadily through each part of your body** in turn, saying the phrase, listening to the sound of words, feeling the sound of the words inside yourself, and feeling the internal response. Speaking out loud is best (you can feel the vibrations of the sounds in your body), but this can equally be done in silence with an “internal voice”. This is a *ritual*, and so the intention you come to it with is particularly important. One of its major purposes is to give you an opportunity to sense what each part of your body is like, and what its’ (and your consciousness’s) response is to the words. As such it is time to be savoured and *enjoyed* – as best you can, find a sense of lightness rather than seriousness. You’re giving yourself time to appreciate yourself. The whole exercise is best done at least once every day for at least a couple of weeks.

5. What do I mean by “each part of your body?”

- a) There is the physical body (limbs, torso, head) – which can also be subdivided into different parts. The joints are as important as the large bits!
 - b) There are the internal organs (Lungs, heart, liver/gallbladder, spleen/pancreas, stomach, small intestine, large intestine, bladder, kidneys). These are particularly important. If you’re not sure where they are, look at a simple anatomy book
 - c) Brain and nervous system; Sensory organs (eyes, ears, nose, taste); Immune system
 - d) Hormone system. Pineal gland, pituitary, thyroid/parathyroid, Thymus (heart area), Adrenals, genitals
 - e) Arteries, veins, lymphatic system and all the fluids of the body (I usually do these in one lot, or add the blood/circulation to the heart). Also the cavities and spaces in the body!
 - f) Skin, muscles, connective tissues, fatty tissues, bones. The spine is particularly important, and I would always mention it specifically.
 - g) I usually would finish off by doing one round for “all the cells” and then one for “my whole being” to bring everything together
6. **Start short and simple.** As you can see from the above list, this could get to be quite long. Start by working with large chunks of your body at a time, and then as you settle into the exercise over a few days or weeks you can become more detailed as you wish. If done very thoroughly the exercise can take over an hour, and so I would usually vary the detail to suit the time available and what I want to achieve.
7. **Be in the now.** Although you could call the phrase an “affirmation”, it is NOT an instruction. You get most benefit by allowing ANY response that IS to happen. This includes pain, blankness, numbness, stiffness, or nothing, mental/emotional responses, as well as things you would perhaps more normally expect. The important thing is to use the statement to set an intention, and then bring your consciousness to the REALITY of the moment. When you practice whole-hearted acceptance, you can open up extraordinary new depths of integration in yourself. You are sensing what your body is like IN THE EXACT MOMENT – not some memory of how it was yesterday or last week, or even a few minutes ago. If you sense it in each moment, you will begin to notice a surprising amount of change.

8. **You can include parts of your body that are “unwell”** as a natural part of the whole “scan”. Other than that, do not give them any attention which is particularly different from any other body part. You might or might not notice a different internal response to them (which could even be as extreme as fear, or blanking out) – and the best thing you can do is to notice that response (whatever it is) and accept that too along with the more physical sensations. It is particularly important to be self-honest as much as you can be, and to recognise that this part of your body has served you well for years and years. Settling into an acceptance of whatever symptoms are there will allow you to let go of attaching any importance to them - to let go of any mental resistance to that body part, and so will release the full power of your inner healing resources. Sometimes the unwellness is a perhaps misguided attempt by your body to perform a function “in your interests” that you are consciously unaware of. This affirmation process will open up the communication channels between your body and conscious mind, again because you are letting go of mental conflict.
9. **Variations** - If there is a specific issue which you are aware of the details of, and are also aware of the areas of your body which respond when you connect with it, then there is an additional possibility. You could add to the above affirmations *“This XXX has been here for at least XXX years – this is long enough - its time to let it go”*. Sometimes this direct approach will work, and you will be aware of a response to the suggestion – either “positive” or “negative” – either of which are useful information. Another useful phrase is *“How much of this XXX is no longer necessary and could be released now?”*, or even *“What useful purpose does this still serve?”* Attempts to deliberately force something you don’t like to change are usually worse than useless, and can sometimes even reduce rather than increase the willingness of your body to communicate with your conscious mind! Careful, clear, positive and respectful negotiation is required.
10. **Resourcing** - If you experience numbness or blankness or unpleasant reactions to the exercise, it would be useful to “resource” yourself by identifying places in your body which feel comfortable and strong, and keep returning to them (i.e. specifically focussing on them) occasionally. In fact, it is **particularly useful** to concentrate far more on the sensation of breathing, and on areas of the body which feel good. By “good” I mean things like comfortable, alive, warm, pleasant, supported, enjoyable, strong... etc. Pain and discomfort (both mental and physical pain) are like loud music – they draw the attention. But it is possible to focus past loud music to a quiet and interesting conversation – and similarly, you can deliberately CHOOSE to feel the “good” feelings in the body (instead of just listening to the noisy neighbors).
11. **Take time during your day to focus on what wellness feels like** – This is in **addition to** the “integration exercise” above. Imagine stepping out of yourself into a you that is totally happy, light and healthy – use a physical movement to do this if you are able to (i.e. literally step into a different place on the ground). Get a physical sense of the lightness and strength that is present in this wellness. Your body remembers what wellness *feel and/or looks* like – you are simply accessing that “sensory” memory. This is a particularly important step, since

it will give you a sense of what you are moving towards. If there is no "towards", then the only motivation is "away from" – imagine what would happen if this was applied to a job or a house... there would be a great feeling of dissatisfaction, but without an image of what you wanted, you might end up in a different job or house which was just as bad, or worse. So begin to sense what you are going towards. This is literally "looking forward" to good health and happiness.

The above is particularly important. A common trap which people fall into is to identify an illness as being something that they possess, or think that it is part of who they are. So it is common to hear "I *have* arthritis", or "I *am* arthritic". Throw all this out – let it all go – and just allow your own health to manifest itself. We have evolved for hundreds of millions of years to be healthy and capable of survival in the most extreme circumstances, and our bodies to be capable of self-healing. If this were not the case, we would not exist on this earth as a species. So this exercise is a way of tuning in the conscious mind to the requirements of your intelligent self-healing natural body. Health requires that the body – which is either healthy or not, as the case may be – is appreciated and understood.

As you deepen in this practice, you will find interesting things happening – your instincts for what is good (and not so good) for you – food or whatever – will grow and become more conscious.

12. **Additional notes on Acceptance and Appreciation**

There is a huge difference between acceptance/ forgiveness vs stoicism/ defeat/ powerlessness. Acceptance is about starting from NOW – saying, " that's how things are". It is not always possible to start everything in our lives from a place of where we wish we could be! Acceptance is also about allowing for the fact that whatever is happening has a "rightness" of its own – even if that is not easy to understand. Something about your life has brought you to this point here and now – some current in the ocean of of life has carried you to this particular patch of water. In order to use life's energy, we first must stop fighting it enough to be able to be curious – so we can feel its pull, its source, its different directions and eddies.

You might think that acceptance is a recipe for hopelessness. It is not. Once there is acceptance, then we start to become in touch with our inner heart-wisdom, and we know far more clearly what is right, and what we want. Once there is acceptance, the right course of action becomes obvious, and action becomes easy. That action might equally be to let go of some situation and move on, or to do something about it or confront someone or something. The value of acceptance is that, the *internal* conflict resolves and so external conflicts can be viewed and dealt with objectively – and when viewed objectively they often become small, easy, and even trivial.

Appreciation is the right hand of acceptance. It is about deliberately choosing to allow the beauty around us to touch our hearts. It is a quiet, heart-centred celebration of life. Without true acceptance, it is impossible to appreciate something, because it has not been truly seen. Without appreciation, acceptance has the potential to revert to numbness.

Acceptance/appreciation are also about love and compassion. Eventually we all die. There is nothing we can do to prevent the eventual death of ourselves or any other person. If you consider the different options available given this fact, then the only logical response is to love ourselves and everyone without condition – we may not be here tomorrow, and all the effort we may put into trying to avoid this brings a subtle danger of losing touch with the ability to love. Acceptance/appreciation is a heart-centered emotion. It feels warm, nourishing, awake, balanced, still, calm (with perhaps a tiny touch of excitement), aware, soft. Coffee creates the same physiological response (which is why so many people like drinking coffee), but after a couple of minutes it over-stimulates the adrenal glands, and that “frazzled” hyperactive feeling begins. Acceptance and appreciation are much, much better than coffee!

13. **Further resources** which come at this topic from a slightly different angle are listed below. I have used the body integration exercise myself, and believe that it was particularly important. I have also used the resources below for my own healing (exceptions to this are stated specifically), and only recommend them because I have personally found them to be powerful, safe and have remarkable depth. They can be practiced/used on their own, or simply looked at to give a greater insight into this technique. Each method has quite subtle but very important differences in intention and effect, and therefore they should not be glooped together during a single sitting in an attempt to do everything in one job lot.

- a) Smile Inducers (aka Stillpoint Inducers) (<http://www.hummingbird-one.co.uk/craniosacral/cstmin.html>) These help to strengthen and coordinate fundamental rhythms in the cardiovascular, lymphatic and nervous systems.
- b) The Sedona Technique – tape sets available from <http://www.sedona.com>. Also, “Releasing” workshops are available in the UK from Secret Garden <http://www.secretgarden.eu.com> who also teach...
- c) Ho’oponopono – this is a powerful forgiveness process from the Hawaiian tradition - a summary available at <http://www.huna.com/ho-oponopono.html> and at lots of other sites (Google on “**oponopono**”).[¶]
- d) The Aloha Process (Living appreciation exercise) is from the ancient Huna tradition of hawaii. A brief summary available free on <http://www.huna.org/html/aspirit.html>.[¶]
- e) The HeartMath technique : <http://www.heartmath.org> They sell an excellent computer-based biofeedback device (Freeze-Framer, about £200) which trains you how to access an appreciative state. This has important long-term benefits for both physical and emotional wellbeing. The website is also a resource for research on the practical physiological, psychological and societal effects of appreciation and love. I can offer one-to-one biofeedback training sessions in my Norwich clinic, using HeartMath equipment.
- f) Qigong CDs produced by Zixing Wang “*Say goodbye to your problems*” and “*Higher Standards of Health*” are live recordings of his workshops. This costs £15 + p&p, and is available from Chinese Heritage 0208 771 6927, with information on other products and workshops also available on <http://www.dao-hua-qigong.com/>. I also particularly recommend the Hua Gong video (£25 + p&p) to anyone who is seriously ill, but in reality, everyone could get some benefit from this.
- g) <http://www.silenceofmusic.com> – music which assists a meditative state without using fancy electronic tricks, and without the usual boring sleepy effects of many new age compositions. These CD’s can put you in a relaxed but alert state of mind in as little as four minutes – used by primary school teachers (for their own stress, and for children with ADD/ADHD and other learning difficulties), meditators, therapists, etc. The CD’s cost about £15 each.
- h) The healing groups run by the Bruno Gröning Circle of Friends – see www.bruno-groening.org/english - provide a means of accessing spiritual healing without relying on a healer. These are currently available in the UK in Norwich and London
- i) **These notes are for your use at home. If you want to book a session to go through the technique, this can be done either at my clinic (01603 665173), or by a pre-booked “telephone session” (08454 580138)**

¶ Workshops on the Sedona Technique, the Aloha Process, Ho’oponopono and other similar techniques are provided in the UK through **Secret Garden** <http://www.secretgarden.eu.com>