

# *5 Tips for Dynamic Body Communication*

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# *Dynamic Body Communication*

What is dynamic body communication? It's having real-time feedback and input from your body, and using all of your senses to navigate the world around you. It is also having direct awareness of your body's health, and taking care of it's needs — long before it has to yell at you.

Why is great communication with your body important? Because if you touch a hot burner, you need your body to move your hand away before your mind can explain why. Honing your senses of sight, smell and feeling will signal hot even before you touch the burner.

Great body communication is also your key to thriving in life. Bodies read situations in ways that minds alone can't — they give you that gut-felt sense when something isn't right, despite evidence around you that says it is. Minds are equally vital to bodies because they can distinguish actual threat (hot burner), from potential threat (like a new job that is exciting, scary, and will stretch you incredibly).

# 5 Tips for Dynamic Body Communication

- #1** Pay attention to what gives your body energy and joy — and do those things often. It is a great way to get to know your body well, and it will also show appreciation for everything your body does for you.



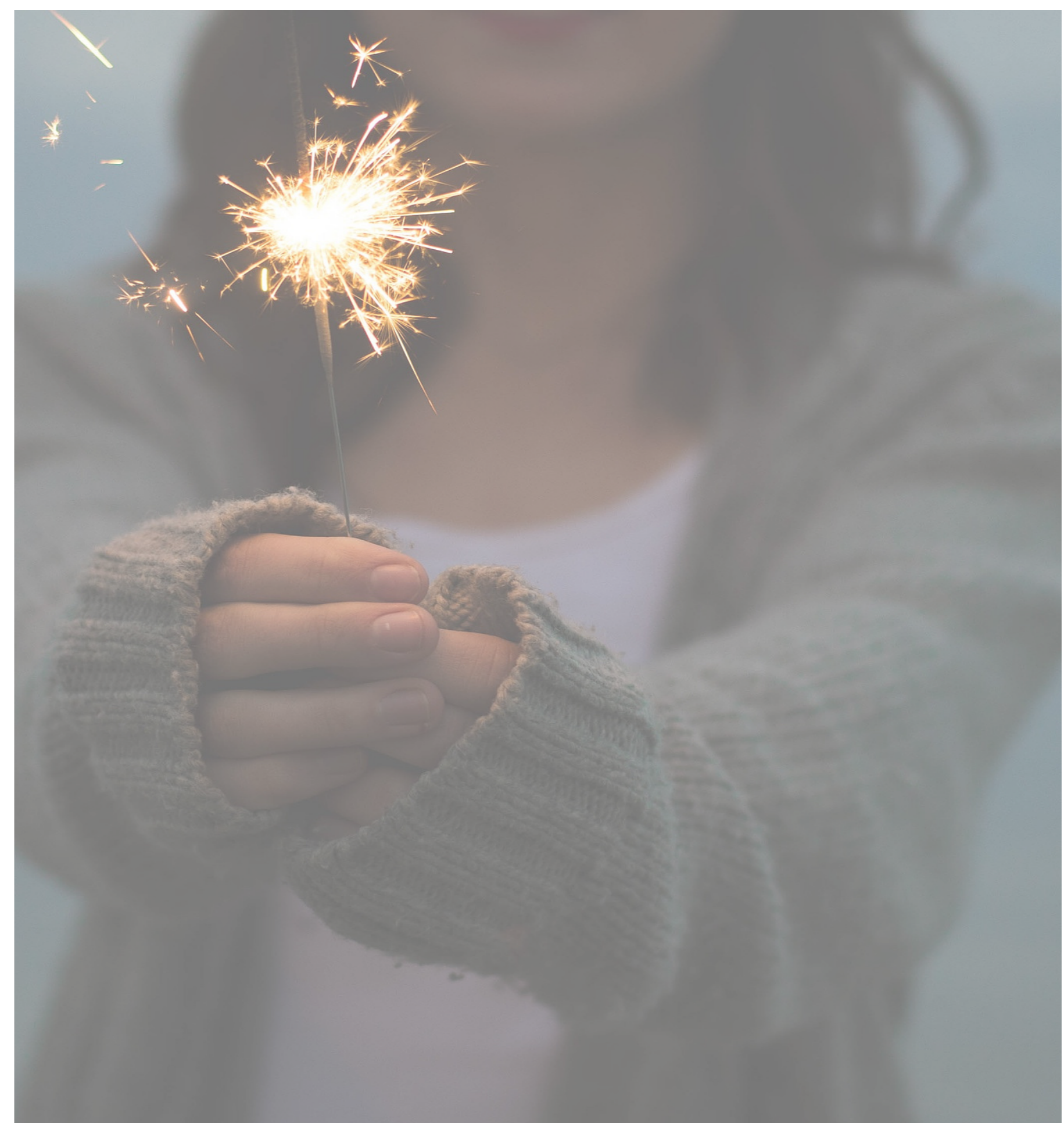
- #2** Discover new things about the world around you. Your body is so much more aware of the world around you than just what your thinking mind perceives. Let your body communicate with you and enrich your experience of life through sight, sound, smell, taste & touch and intuition.

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**#3** Respect your body's needs for hydration, fuel, rest, emotional expression & enjoyment — BEFORE it has to use pain, illness or exhaustion to get your attention.

When you begin to feel out-of-sorts, ask your body simple questions about what's going on. (Are you hungry, thirsty, tired, angry, sad, etc.) Consider what things could be going on and see what resonates with your body. Small needs handled quickly rarely become big problems.

**#4** Nurture and trust your intuition. Regular practice, with small things that aren't mission critical, builds confidence. You'll spend less time second-guessing yourself, and it'll have your back when it really matters most.



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**#5** From a bigger picture perspective, think of your relationship with your body as you would a relationship with a good friend. Truthfully, what would your body say about how good a friend you are to it? Answer that question, and you'll have a great understanding of how to improve your relationship.

Please know that you don't have to do this work all on your own. Keep in your mind and heart what is most important to you. Look for mentors to work with who can help you know yourself better, and who empower you to be your own best guide.

*Have fun exploring! – Martha*