

Worksheet #3 My Hidden Messages

1. The area of my body that I'm feeling pain or constriction is:

2. As I slow down, breathe deeply, and explore, I offer compassion and love to this place in my body. Gradually, I hear the knot telling me:

About myself:

About other people:

About how Life is:

Remember to observe these thoughts and learn from them, rather than battling, protecting or judging them or yourself. Be content to learn and explore, with an attitude of discovery and fascination.

If the tight place moves to another location, just continue, repeating these steps as you follow your body wisdom. Keep softening, opening and learning!