

Healing  
Journeys  
Energy  
presents

*BODY*  
*AWARENESS*  
*Moving and*  
*Shaping*  
*Awareness*

Alex N. Moyer

**NOTE:**

*Please feel free to give this e-book away to everyone you want or desire, you may NOT sell it, but you may give it as a bonus or as a gift.*

*You may NOT however copy it, change it or modify it in any way shape or form; it must be given "as is"*

*Thank you.*

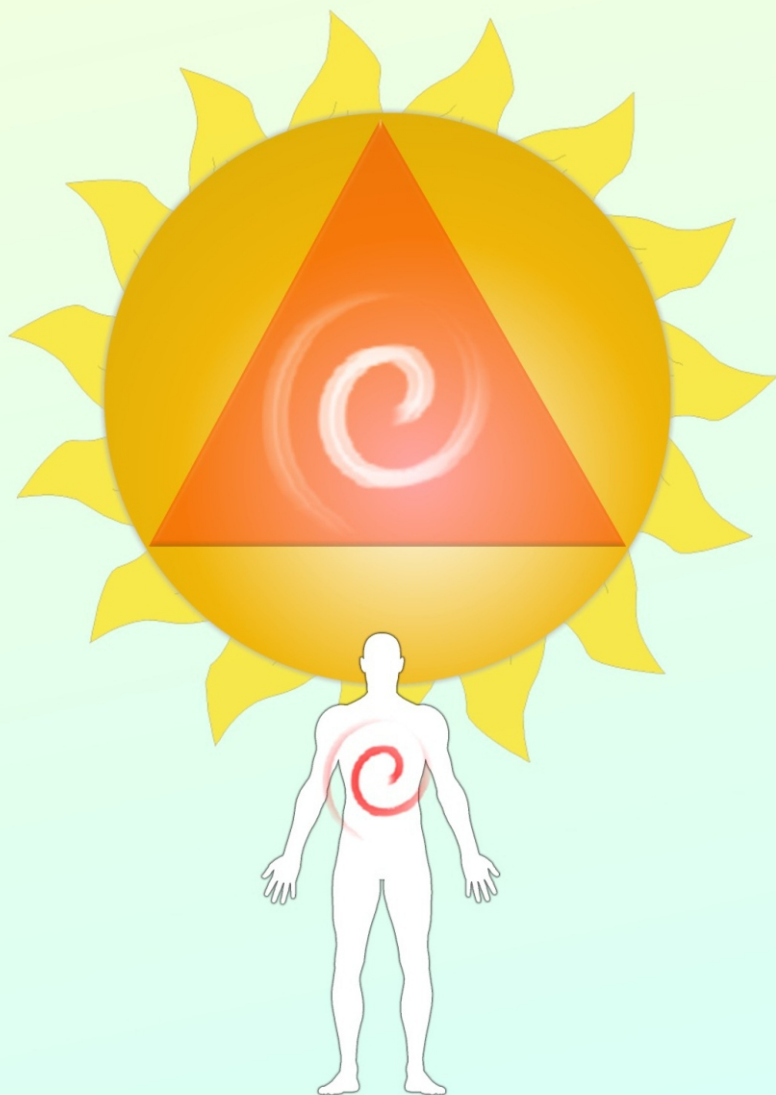
*Elmarie Swartz*

*January, 2009*

*<http://www-healing-journeys-energy.com>*

# Moving and Shaping Awareness

An Introduction to Body Awareness



# BODY AWARENESS

Moving and Shaping Awareness

By

Alex N. Moyer

This is an introduction to Body Awareness. This report includes some introductory information and a meditation to help you bring greater awareness to your body. Enjoy!

*“By bringing conscious awareness into every aspect of the body, we can begin to bring more and more of our whole being into everything we create, and transform what we can ‘Be’ on Earth.”*

#### Disclaimer

*This introductory report is for informational purposes only. The information presented herein represents the view of the author as of the date of publication. The author makes no representation or warranties with respect to the applicability or completeness of the contents of this report. The author does not carry any responsibility for any use of this information.*

*This manual contains information protected under International Federal Copyright laws and Treaties. Any unauthorized reprint or use of this material is strictly prohibited.*

# *Moving and Shaping Awareness*

## ***Body Awareness Introduction***

There is a saying that "the body is the temple of the soul," but the body is much more than that, and cannot be separated from who and what we are, as creative beings.

Through the body, we are connected to all Life on Earth and beyond. It is the center of our experience on Earth, and yet its potential remains mostly untapped, even though science has shown this potential in its own way, many times over.

We only use a small percentage of our DNA as humans, with much of our DNA, called 'junk DNA' by some scientists, remaining dormant and unused. Our cells have their own intelligence and awareness, which grows as the number of cell communities increases.

*"Our beliefs and thoughts influence and directly  
affect the health of every cell in our body."*

Our beliefs and thoughts influence and directly affect the health of every cell in our body. We have the potential to heal ourselves of cancer and other diseases.

We can be yoga masters, martial arts masters, great athletes, or great lovers and so much more.

So how do we tap into the potential of our body, this wondrous form we live and experience through, and thus our own infinite potential on Earth? Simple, by opening up to *your body's innate conscious intelligence*, learning to listen, and ***making your body an indispensable partner*** in your journey through Life.

By bringing conscious awareness into every aspect of the body, we can begin to bring more and more of our whole being into everything we create, and transform what we can 'Be' on Earth.

When you stand up and look down at your feet, how are they positioned? How often do you feel the muscles of your feet move and shift as you stand?

Much of how we stand, move and experience our body in response to thoughts, feelings and the environment, is conditioned from birth onwards through adulthood. This process of development defines our body experience and may limit our body's potential.

All the systems of the body like the immune system, DNA and protein synthesis, the nervous systems, brain structure, skeletal structure and the hormone system are directly affected by our patterns of experiencing and how we respond to our experience emotionally, mentally, and spiritually. These patterns also affect the energy flow through the many channels in our body, which can further constrict movement, well-being, and potential.

Is it easier to cross your arms on one side rather than the other? This is an example of a pattern we create for which there is no biological reason.

How does your breathing change when you are in a hurry, or bend down to pick something up?



When you move your awareness by expanding and deepening your awareness of the body, you will find the subtle 'mechanisms' of your physical creation as a body. This will help you gain a deeper understanding of how all these underlying aspects that make up your body experience can change and be aligned with your intent more dynamically and directly without the need to create patterns of movement and experience that can imbalance you, affecting your well-being and potential.

The following exercise is about body exploration and tuning into your physical body as a whole as well as every part.

## **Connecting to the Body exercise:**

Take off your shoes and socks for this exercise, so that your feet can move freely. Some basic knowledge of anatomy will help you to do this exercise, but it is not necessary.

First, set the intent that you are going to become more aware of your body and connect with it more deeply than you have ever done before. Be aware that your body is your partner and you want to honor its intelligence and wisdom. Also know that as you gain a deeper awareness of your body, this will benefit you in all your daily activities.

Stand in a normal standing position with knees slightly bent, feet shoulder width apart (If possible, otherwise just get into a comfortable position). You should feel relaxed and no muscles should feel overly stressed or tight. Keep your back straight by imagining a pole going through your spinal cord, from your head down into the ground. Now

lift your head up a bit, and move your chin in to align your spine with this imaginary pole.

Take a deep breath and relax, letting your whole body become limp and relaxed, until standing takes little or no effort at all. Just make sure you are not too relaxed so that you can't stand straight. Shift your position a bit, finding the most comfortable and relaxed position for you. Remember, this is about self-exploration, so pay attention to how the muscles and other parts of your body feel when you stand and shift.

Press your index finger on your third eye or the middle of your upper lip and focus sending energy into those areas or rub them in a spiral motion to help yourself relax if you need to.

Focus your awareness on your feet, feeling every part such as muscles, joints, tendons, bones, cells and your skin. Pay attention to the shifts in balance and which muscles, joints and bones are involved. How is weight distributed? Can you move all of your toes individually?

Try to bring awareness into each individual toe. As you do this, send love and gratitude to your feet, honoring them for all the things they do for you. Your feet form the foundation on which the structural integrity of the rest of your body depends. Now, as you continue to bring more awareness to each aspect and part of your feet, pay attention to any judgments or beliefs about your feet you may have, and release these, allowing them to dissolve in the love and gratitude you have for your feet and their potential. Pay attention to any pains, tightness, or other sensation you might experience, fully accepting all of it as expressions of your body and its communication. Know that through these sensations, your body is drawing your attention to deeper aspects of yourself.

Also, try to be aware of as many aspects of your feet as you can, at the same time, such as joints, bones, circulation, muscles, tendons, skin, each toe, etc. This will help you develop a more multidimensional awareness as you continue to move awareness over the rest of your body.

Next, begin moving your awareness up your ankles, shins and calves. Move your awareness to your knees and upper thighs. Keep moving your awareness slowly up your entire body, inside and out, continuing to feel as many aspects of each part of your body as you can, expanding your awareness to include more and more aspects and body parts. Keep giving each part love and gratitude for what it does, accepting any and all sensations and impressions, while releasing any judgments or limiting beliefs about your body. When you reach your torso, try to be aware of every organ, and what aspect it represents in your bodily experience. Your kidneys help clean your body and your heart keeps circulation and energy flowing. Your breathing keeps all parts of your body fluid even when you are not moving.

The physical and metaphysical are intimately connected. So as you become more aware of your body's communication and creation, you will also be more aware of what you are creating in your daily life and its purpose. You will also become more aware of how your thoughts, emotions, and awareness influence how your body

moves and your posture, as well as whether something takes effort or not.

As you do this, feel free to shift your weight and make small slow movements to help you explore your body. See how, as you shift your weight or posture slightly, muscles that may have been fatigued, relax or even become energized. Even explore your senses, eyes, ears, and nose. You should feel very loose, energized and more conscious after this. You can do this anytime and as many times as you want, even at night when you are lying down. It may take time, but where your exploration goes from here is up to you!

### **About the Author**

*Alex N. Moyer is President of The Open Circle LLC, Toledo, Ohio, USA and a graphic designer, writer, artist and meditation instructor who is interested in all aspects of spiritual and metaphysical perspectives. He is working on an integral meditation form to help catalyze an integral conscious exploration of self and conscious co-creation. His writings and artwork have been published by the international peer-reviewed journal 'ReVision' and 'Your Spiritual Revolution' E-magazine.*

Resources:

[The InnerSpiral E-magazine](#)

Our Facebook Page [www.Facebook.com/TheInnerSpiral.emag](http://www.Facebook.com/TheInnerSpiral.emag)

## Disclaimer

*This introductory report is for informational purposes only. The information presented herein represents the view of the author as of the date of publication. The author makes no representation or warranties with respect to the applicability or completeness of the contents of this report. The author does not carry any responsibility for any use of this information.*

*This manual contains information protected under International Federal Copyright laws and Treaties. Any unauthorized reprint or use of this material is strictly prohibited.*

*Copyright ©2012 Alex N. Moyer, all rights reserved*

