



Body Wisdom

By Shelley Carpenter, PT, RYT, Reiki Master/Teacher

When we experience pain or other health issues it is easy to feel like a victim. Another option is to look for the lessons as we consciously explore possible causes and contributing factors. What message is your body trying to give you? Do you pay attention and honor those messages, ignore and push through, or just give up?

Your body is extremely wise, and is communicating constantly. You've probably experienced the feelings of "butterflies in my stomach," "frog in my throat," or "holding the weight of the world on my shoulders." All of these sensations are examples of body signals. As we learn to consciously connect with the wisdom of the body, we are able to make immediate shifts in our lives

Reiki is a beautiful healing method that "tunes up" the energy system. Often we disconnect from parts of the body when going through stress or trauma, and energy becomes held or blocked. Reiki restores balanced energy flow, allowing you to flow more easily with life. It empowers you to re-connect with your body and make positive changes for your own health and well-being.

I would love to share this beautiful healing gift with you.
Shelley Carpenter, PT, RYT, Reiki Master/Teacher