

## Guidebook | Your Body

**All matter consists of energy. Energy cannot be created or destroyed; only transformed.**

Our bodies are physical expressions of our presence here on earth. They do not define who we are, but they do influence how we feel about our selves.

Our bodies are created with a DNA blueprint and an energetic blueprint. You can think of the energetic blueprint as layers of energy that map out your physical essence. The energetic blueprint remains even if the physical body is altered. (Which is partly why amputees feel “phantom” sensations and retain a sense that their body part is still there. The energetic blueprint still contains that body part.)

Your energy field constantly interacts with other energy fields around you. This is your “sixth sense”, your gut instinct, your ability to read the energy of a situation, your ability to sense how energy or vibes feel when you walk into a room. Your being is incredibly perceptive far beyond what we are taught we are able to do.

What also happens is that our bodies store the energy and emotions of trauma in us. Our energy field and our physical field holds trauma.

Where is trauma held?

- Anywhere in your energy field and chakras – specific energy centers in your body.
- In connective tissue -- your muscles and organs are covered by what is called fascia, a layer of connective tissue. This tissue often holds traumatic energy and emotions.

Trauma can be coded into your energy and physical blueprints lifetime after lifetime. Bringing accumulated trauma and unresolved experiences with you. That ancient trauma influences and can get triggered by more recent trauma from this lifetime.

It can also be released.

We aren't taught about this growing up. Science has confirmed these energetic fields exist, and the western world is recovering and remembering wisdom and understandings about energy fields that humanity long took for granted as normal. There are energy medicine healers and practitioners who help release trauma and restore the flow of energy in our fields.

What typically happens after combat and trauma?

- Emotional pain is numbed, hidden or ignored
- Physical pain may get treated with pain meds – often creating a long-term numbing out and unresponsiveness to life and increasing dependency
- Psych meds may be prescribed to treat the symptoms of spiritual/emotional pain
- Physical fitness and activity levels drop off
- Weight is gained which influences your health, sex life, self-image
- Alcohol and drugs create a disconnect from aliveness

None of these things are bad in and of themselves. But combined long term they can put you into a cycle where what is happening with your body keeps you stuck.

The worse you feel physically, the worse you feel mentally and emotionally. The harder it is to take back control of your life and take command of your healing path.

### **Your body is your entry point to healing your heart**

When I was in my darkest time, there was one decision that became the catalyst to finding a healing path: I decided to work out. I didn't do it to heal, I did it because I was tired of feeling like I wasn't in control.

It was the first thing I did FOR ME, and it put me back into a sense of control. It was a step toward change, toward something different.

I've lived with a chronic pain condition my entire life; I am limited in what I can do and how much I can work out. I started out lifting cans of soup as weight until I could do 10 pounds. I kept at it.

Taking that time for ME was the reward. It was the only thing in my life at that time that I did just for ME. And that shift, that recognition that how I felt mattered, set me on a path to find the healing I needed from the energy of war.

This is an important topic because while we struggle with our bodies every day, most of us do not realize that our bodies are entry points to changing our lives.

### **What can you do?**

**It's important to understand that the goal is to live your best life possible. And that means you have to be willing to do what it takes to create the conditions for that.**

**If your body needs medication to live your best life, then medicine supports you.**

**If you need to move to the mountains, then you need to move to the mountains.**

**If you need to make art every day, then you need to make art every day.**

***The point is there's no judgment about HOW you live your best life. The point is that you LIVE your best life.***

This can feel far-fetched when you're in a lot of pain and feel stuck. But you will continue to feel stuck until you DECIDE to change your life.

And that may mean starting with your body.

Some veterans need their meds. Period. Some veterans feel better when they stop taking them and clear their system from them. Talk to your doctor if you want to quit or reduce your dosage. It can be dangerous to quit cold turkey, especially psych meds or meds that affect your blood pressure.

Questions to ponder:

- What small step can I do today to help my body? Start small. Don't overcommit. Make it doable.

Small steps to take:

- Workout until you break a sweat or get winded.
- Take a walk outside.
- Drink 3 cups of water.
- Drink one less beer than usual.
- Call the doctor and make an appointment to discuss meds.
- Schedule a massage or energy (Reiki) healing session.
- Sit in the sun for 10 minutes and feel the light and warmth on your skin.
- Stand barefeet on the grass for 5 minutes – feel the softness and the solid ground under you.

None of these things will just happen. You have to decide to do them and then actually DO them. You have to do it even if you don't FEEL like it.

Because the DOING of it is what creates change.

When you take action, you signal to your brain and body that you're not passive, you're active in leading your life. Even when those steps are really small.

If you want to heal, you have to create the conditions needed to heal.

You can't keep on doing the same thing and expect your life to change.

You have to actually change your life, to change it.