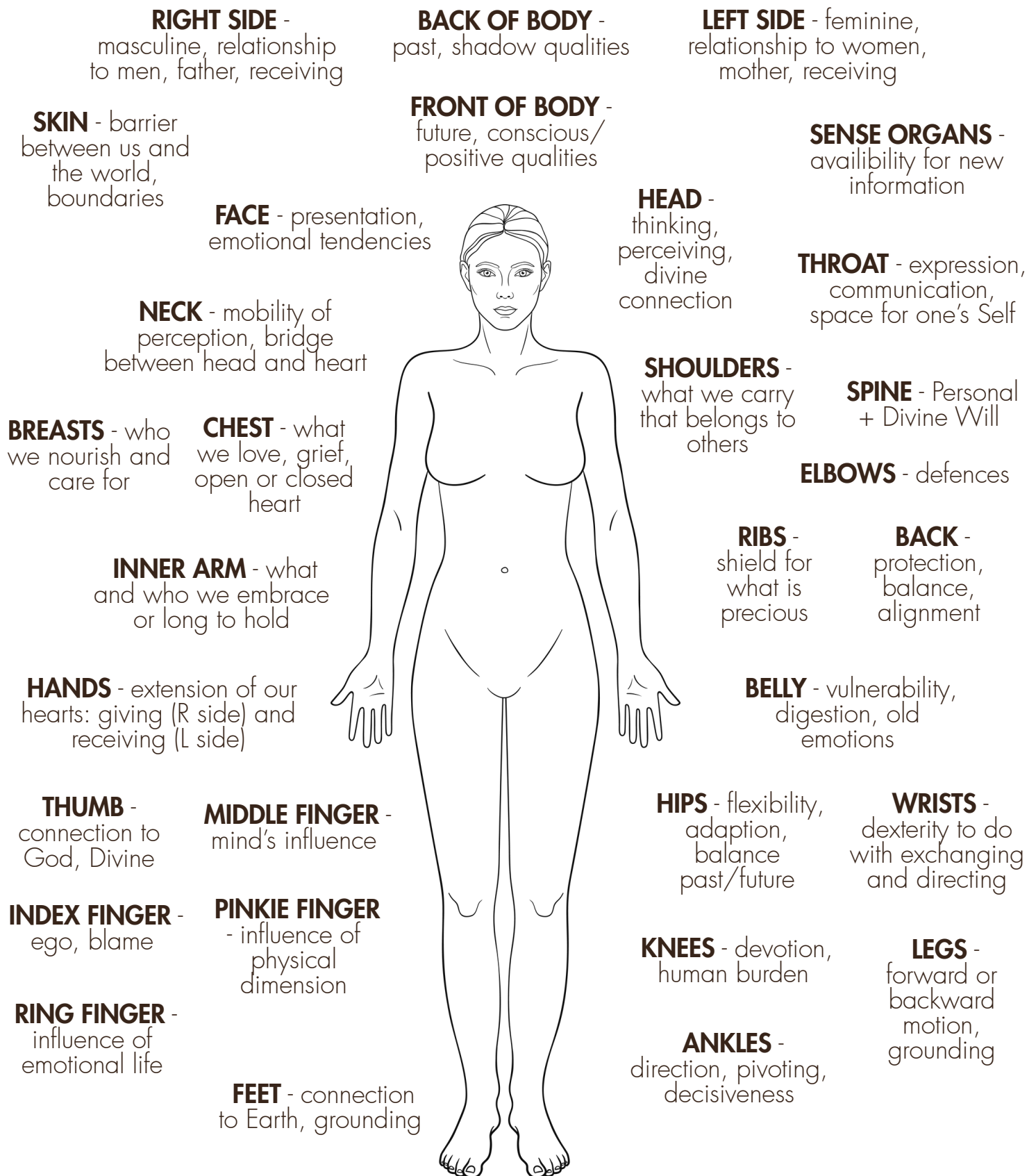


Body Reading Cheat-Sheet # 1



Key Questions: Where does it hurt/ "malfunction"? When did it start: what were you doing/ thinking/ feeling? What do YOU use that body part for? How do you feel ABOUT the issue? How does the issue limit/ redirect you? What does your heart say when you ask: What's the symbolism in this experience? Your body speaks in poetry that is written by your Soul + Divine Design.