

# Your Inner Voice: *Head to Toe*

By Dr. Lisa Skeens



- ❖ **Head:** My thoughts come from my experiences, knowledge and wisdom. I am the expert of my own thoughts. When I let my thoughts flow, my head feels clear. When I ignore my thoughts, my head aches.
- ❖ **Eyes:** I am the only one who can see my true reality. I am the only one who can open and close my eyes to see my truth. My eyes see the beauty of the world when they are fully open. The world shrinks and becomes blurry when my eyes start to close.
- ❖ **Mouth:** My words can support my truth or silence my truth. Communication is joyful when my words are real-I am more connected to others. I am lonely when my words are repressed.
- ❖ **Lungs:** The air that fills my lungs can reassure me that life is flowing easily through me. When my breathing is restricted, I feel like I could suffocate. The weight of my breath reflects my inner security.
- ❖ **Heart:** When I feel my heart beat, I am affirmed that life pulses through me. I recognize that each beat represents my own unique rhythm. When I ignore my own tempo, I become out of sync.
- ❖ **Stomach:** When I feel like positive things are digested inside of me, I have hope. When I feel an aversion in my core, I cannot look past my own discomfort to embrace hope.
- ❖ **Legs:** My legs can project me forward or they can make me feel paralyzed. If I plot my own journey, my legs will propel me to reach my destination.
- ❖ **Feet:** I am grounded in my values and beliefs. My feet allow me to stand on my principles. When I honor my values, I always land on my feet. If I neglect my moral compass, I will stumble.