



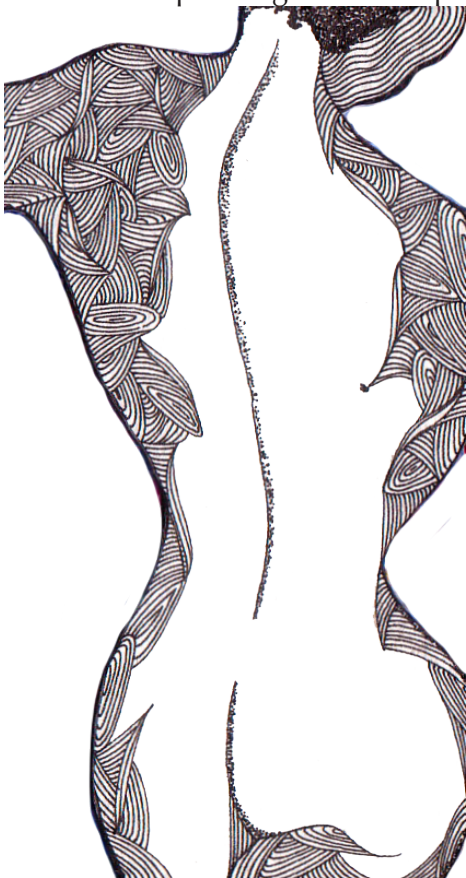
MONDAY TEA & TALK The Interconnection of Mind and Movement

Our minds are required to create the animation of our physical BEing. The thoughts we think bear weight and disposition within our physical form. How we move is indicative of the experiences we have had, how we feel about ourselves and life in general.

A brain injury will have consequences upon our ability to express ourselves physically. The person affected will likely have problems with balance and moving with any haste. They may experience tremors, ticks, parkinsonism, difficulty with bending, turning, walking, lifting, speech, etc.

Consider how your general mobility might alter if you lost your eyesight. Or if you suffered paralysis. Even severe muscular pain, joint inflammation or dryness can profoundly affect our ability to move as we normally would.

It's fascinating to note that some persons with dissociative personality disorder can be a physically capable personality while another may be blind or afflicted with MS, causing their physical being to transform depending on which personality is present. It is believed that this condition is caused by severe emotional abuse and trauma in childhood.



What happens when we have a painful emotional experience or trauma? Consider depression. This is a condition that is fundamentally a result of self depreciation or feelings of guilt. We lose a partner or a job and we find ourselves in a downward spiral.

Losing aspects to our lives that offered us meaning and a sense of dignity and or purpose can cause us to feel diminished, unimportant, looked over, cast aside or ridden with guilt.

This may bring upon physical conditions such as lethargy, deep sadness, lack of enthusiasm for life, friends, outings, moving forward. This in itself, becomes a physical depression; a state of inactivity or inertia.

This may lift suddenly when our circumstances change or amend themselves. Perhaps we find a new job, love re-enters our lives or we come to the realisation that we must step forward and create anew.

We may have taken the time to dive deeply within our own hearts



and processed feelings of deep sorrow or loss. These are profoundly challenging emotions to move through and often take weeks, months or years. Grief is an emotion that we often learn to find a place for within our hearts rather than it being resolved. When we lose someone we love, we also lose a part of ourselves; the person that we were with the other.

In French, we do not say 'I miss you.' Rather, the expression is: 'you are missing from me.' To me, this is much more accurate. Different aspects of our nature are revealed to us through relationship. How can we know how deeply we can love if we remain in solitude? How can we learn how to truly give of our heart if there is no one to receive our gift?

Everything and everyone is interconnected. Every experience you have had is revealed in your physical form. We have expressions that suggest this such as; 'they carry the weight of the world on their shoulders.' This is the area of the body where we carry our burdens and *shoulder* our responsibilities. If they feel too great or we have held them for too long, we are sure to begin to stoop under their pressure.

Our legs offer us independence. We are free to move, to come and go as we please. We can walk or run and change direction. They demonstrate our ability for forward motion, our willingness and capacity to leave the past behind.

Leg ailments can indicate fearful thoughts about the future. We may 'dig in our heels,' anchoring ourselves to our current position. We may wonder if we will feel supported in our new endeavors. Are we able to remain upright or do we feel that we shall buckle under the pressure? Are we paralysed with fear or do we have the confidence to step forward?

Hands embody our amplitude for giving, receiving and taking. They are the representatives of all our efforts. How do we touch life and how are we affected by life's touch upon us? Do we find it easier to give than to receive? What condition are our hands in? Do they display a life of toil or ease?

These are but a few examples of how our lives are expressed within and upon the container of our BEing. When we take the time to genuinely explore ourselves, we shall find that we are so very much more than a 3D structure ambling aimlessly through life.

There is infinite power within you. You have the ability to create a beautiful and meaningful life simply by becoming more aware of the wonder that is you.

