

Discover Your Body's Messages and Release Pain & Stress

By Sydney Laurel Harris and Booth Harris

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- **Discover** your body language from the inside out.
- **Open** your senses to your body more fully.
- **Tune** into yourself more deeply.
- **Release** your habit patterns of holding & overdoing.
- **Free** yourself from Pain & Stress
- **Express** your authentic self .
- **Allow** yourself to be all that you can be.

Do you ever feel that you could do much more if you didn't have to live with unrelieved pain? In today's hectic and demanding world, more people than ever suffer from physical pains that lack a clear medical remedy: back pain, stiff necks, insomnia, carpal tunnel syndrome, headaches, sciatica, repetitive motion pain and many more. Many, even if they don't actually have physical pain, often feel out of touch and disconnected from themselves. In short, they feel "stressed out", and just taking time off to relax and rejuvenate doesn't resolve the problem.

It's sad but true that many of us remain unaware that tools exist to connect much more effectively to our bodies,

hearts and feelings. Each of us have developed habitual patterns in our bodies

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and minds that can actually result in pain and can prevent us from performing and feeling our best. Having balance and harmony in our bodies is our birthright, as one sees in the natural movement of wild creatures in nature. The influence of culture on human behavior, though critical and important to survival, can also engender negative influences that undermine more "natural", poised human move-

ment patterns, a fact the theatrical community has known for many, many decades.

It is therefore important to recognize the role of the body as an important and prescient messenger. When our lives are out of balance, our bodies can give us messages through signals of pain and discomfort. When our emotions are not processed and communicated, they may also signal through pain, discomfort and by becoming holding patterns in our bodies. By learning to listen to our bodies we can use these messages to relieve the physical manifestations of stress and to further bring our lives into balance and harmony.