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Uplift Your Life

NOURISHMENT OF THE SPIRIT

Paula
JOYCE



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
May 31st 2018: Listen to Your Body to Heal
Physically, Mentally and Emotionally

Most of us are so focused on how we look that we forget to pay attention to how we feel. If we do notice a feeling in our body, it's usually because it's gotten so loud that we can't ignore it. We tell ourselves things like: everyone has aches and pains; it's all downhill after 40; I'll just take more painkillers. In fact, our body knows a lot and as we learn to listen to it, we can work with it to heal our thoughts, emotions and physical disease, pain and conditions. Clarissa Pinkola Estes wisely said: "The body remembers, the bones remember, the joints remember, even the little finger rememb

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Featured Guest



Noa Belling

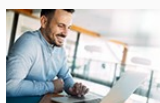
Noa Belling holds a Master's degree in Somatic (or body-mind) psychology through Naropa University, which is the birthplace of the modern mindfulness movement. Her background includes over a decade of teaching applied somatic psychology skills as well as running a private psychotherapy practice.

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