## Our Body Is A Messenger

## A half-day workshop by Steve on behalf of the Genesis Park Foundation

Our body knows how to heal itself. It constantly "talks" to us and gives us feedback - but do we know how to listen?

Because our body cannot talk in our talking language, it talks to us in "metaphors". When we learn the meanings of the metaphors, we can learn what it is telling us.

While physical pain is a message, the exact location in our body can reveal what we are holding in our Mind as "baggage".

Each of our body parts have specific meanings:

- shoulders are about responsibility,
- our index fingers shows the direction our life is taking and our sense of purpose.
- Mucus is a protector of irritation.
- astigmatism is distortion in the way you see things.
- Cataract: not wanting to see the truth not wanting to see.

Our body will also tell us about the state of our immune system – whether our body is alkaline or acidic – by sickness, illness or any number of conditions. Each sickness or condition can indicate the area of emotional impact which causes that condition.

Our body's seven chakras can also tell us much about ourselves. For example, our third chakra, the solar plexus, has to do with stored emotions & karmic emotional memories, our sense of inadequacy or adequacy, your sense of expression emotionally.

There is a lot you will learn about yourself in half a day!

Cost: \$50 single, or \$90 per couple will be appreciated.

All funds collected are donations to the GenesisPark Foundation

<sup>\*</sup> The GenesisPark Foundation is a humanitarian not-for-profit, non-religious, non-political, non-sectarian, non-government organisation (NGO) which facilitates human development and empowerment through Seminars and Workshops on many subjects, and through meditations, channelling, and private sessions around Australia and this planet.