

BodyTalk

add Joy
to your life



Discover New Health

Do you live in fear? Or do you live in joy?

Sometimes we move through life by building brick walls and defending against anyone or anything that might be considered an enemy. It is through fear that we might be hurt that drives our need to build those walls. Our thoughts can run in all directions based on those fears and often lead us to a need to control either people or circumstances in order to ward off a “potentially dangerous outcome”.

The conversation we have with ourselves goes something like this: *If I tell them what I think, then they are going to say or do _____. If they do that then _____. And on it goes.* We build the whole scenario (or several scenarios) in our heads and then try to control everything so that they cannot come to pass. This is living life in fear. So I ask – How can this be different?

The body has several built in mechanisms to help protect us. First, each cell has boundaries called cell walls. The skin is a boundary to our outside environment. The Wei Qi is our energetic boundary that offers us protection in the areas of our physical body (to keep us from getting hurt), our emotions (how we sense when someone is upset) and our resiliency to climate changes. The Wei Qi also offers protection against electro-magnetic frequencies such as cell phone, radio waves, TVs, computers, etc.

We already have protective mechanisms of the body to help protect us in day-to-day life. Did you know that we can draw from the energy of those mechanisms

to help us with the boundaries that we have in other areas of our lives because it is possible to have healthy boundaries in our relationships with ourselves and everyone around us. When we honor others’ boundaries and have ours honored in return – then we find that we are less likely to need to build those brick walls and can better communicate our needs, wants, and concerns.

By establishing these healthy boundaries, it is possible to live in joy. Joy displaces fear. Joy is our birthright. Joy is *your* birthright.



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