

# THE 7 BODIES RECAP

## **PHYSICAL**

Your physical body.

All systems of the body, movement, and what you choose to put in and on your body.

## **MENTAL**

All of your thoughts. If we could put a container around this entire program, it would be the mental body, as we need to think about everything in order to understand it or connect with it.

## **EMOTIONAL**

All of the 6 Human Emotions:

Joy, Anger, Sadness, Discontentment, Contentment and Fear.

## **ENERGETIC**

The energy you give off, and the energy you take in (your vibe). The energy you create.

## **INTELLECTUAL**

Similar to MENTAL BODY, but only relates to our NEW knowledge, new learnings, or new information.

## **SPIRITUAL**

This body is self defined. Some describe it as their faith, others a universal connection, or intuition, and some simply have a "not applicable" or "I don't know". All answers are acceptable.

## **SOUL**

This body is about our life's purpose; why we are on this planet at this time - our dharma.

# Knowledge Is Power.

Now that you have an understanding of what the 7 Bodies are, let's talk about how you can use them as your personal development tool.

Firstly, the 7 Bodies can help us generate a macro picture of life. For instance, let's say you are going through a stressful situation within your romantic relationship. You are unsure where the relationship is headed, and you are in fear that it may come to an end. You are stressed out. You can barely eat, and barely sleep. You become exhausted and your energy is rapidly depleting. Regardless of what else is happening in your life, you are focussed only on this situation: your thoughts are consumed by it, as are your emotions. You are feeling sad. You wake up sad, you go through your day sad and you go to bed sad. Your sadness is heavy and emits a heavy energy. This energy is evident to everyone around you.

You bring it to work, and you bring it to the people in your life. It is fair to say that you are focussed only on your feeling of sadness. But, your feeling of sadness is only one part of the whole you! You see, your feeling of sadness belongs in your emotional body, along with the other 5 Emotions which are: fear, joy, discontentment, contentment and anger.

Something fascinating that we often forget, is that we humans were in fact designed to feel *ALL* of these human emotions - every single one of them. With that said, here is another fascinating piece of information: There is not one emotion that is better than the other. I'll say that again - *there is not one emotion that is better than the other!* The trap that awaits each and everyone of us is believing that joy is goal, and when we find ourselves angry or worried (aka anxious) or in the case of this example - sad, we can become consumed by it, rather than leaning into it and expressing it in a healthy way.

# **The Problem: What we resist, persists.**

If we are feeling an emotion and not taking ownership of that emotion and expressing it in a responsible manner, it will become stuck.

When an emotion becomes stuck, two things can happen:

1. An irresponsible emotional reaction, for example: yelling or screaming at someone;  
or
2. A lack of expression; whereby the emotion gets stored in our physical body and begins to manifest as an illness of some kind.

# **The Solution:**

*Express, express, express - Responsibly of course!*

# How to work with the 7 Bodies | Physical

Start to record what you eat and how you feel 3 hours and 5 hours afterward. Keep a log for 30 days. Once complete, go back and review the log and see where bloating, gas, dips in energy, spikes in energy and skin reactions were present. This will show you what foods do not work for your body.

Look at your products (shampoo, soaps, lotions, make up), how many of the ingredients are chemical? Do your research on what chemicals are present and the effect that they have on your physical body.

Examine your exercise routine. What is working? What is not working. What can you do to make it work better?

## **How to work with the 7 Bodies | Mental**

Examine your thoughts. Journal. Notice what thought patterns are not healthy, and which ones support your core values and your purpose (soul) for being on this planet. Which thoughts feed your strengths, compassion and kindness? What judgments do you have about yourself and others or situations? What thoughts can you let go of? What is a mantra that you can create in the form of I AM that you can repeat when the “not so positive” thoughts enter your mind?

# How to work with the 7 Bodies | Emotional

Make a list of all of the emotions you feel on a day to day basis. Go back into the past if you need to. Then plug each emotion into one (or more) of the categories of the 6 Human Emotions: Joy, Anger, Sadness, Discontentment, Contentment and Fear.

Example:

Anger: frustration, anxiety, rage

Sadness: anxiety, depression

Discontentment: anger, sadness, frustration, anxiety, rage, depression, joy

Contentment: peace, love, acceptance, forgiveness, calm

Joy: happiness, love, peace

Fear: anxiety, worry, panic

# How to work with the 7 Bodies | Emotional

Next, beside each emotion you listed, note how you express or hold on to the emotion. Example:

Anger: frustration, anxiety, rage – stuff it down, turn red, start to sweat, cry

Sadness: anxiety, depression – eat bad food, drink alcohol, no sleep

Discontentment: anger, sadness, frustration, anxiety, rage, depression, joy – over-think, under exercise, cry, throw things

Contentment: peace, acceptance, forgiveness, calm – celebrate, socialise, take care of my wellbeing, be healthy, eat healthy, exercise, journal

Joy: love, happiness, peace – celebrate, socialise, take care of my wellbeing, be healthy, eat healthy, exercise, journal, do acts of kindness for the people I love

Fear: anxiety, worry, panic – short fast breaths, increased heart rate, sweat, cry, worry

Learn how to express each of the 6 Human Emotions responsibly, and without impacting others. Here is a list of suggestions to get you started.

# How to work with the 7 Bodies | Emotional

Joy - Be aware of people around you that are not feeling joyful. Perhaps joy can be expressed in a different way than to someone who is not feeling joyful. Other expressions: a bubble bath, self care, spa, reading a good book, going to bed early, writing a blog.

Anger - Yelling, screaming, saying mean things, punching and throwing things are irresponsible, yet common expressions of anger. I prefer to yell in a bowl of water, in a pool, the ocean or a bathtub. This literally releases any holds of emotions in your cells. I do this for 10 minutes, with a 7 bodies check in before and after.

Sadness - Cry. But don't get carried away. I view depression as unexpressed sadness. For those who need to work on sadness, set a timer; 10 - 30 minutes max, depending on how much sadness you have to release. Do a 7 Bodies check in before, set your timer, when it goes off, do a second 7 Bodies check in.

Discontentment - Journal and get to the root of the what emotion is behind the discontentment and express accordingly. Usually a little water scream can help loosen up your "stuckness" so awareness can flow. This is the trap - not being content with any emotion we are feeling. Remember that we are humans and we are designed to feel. FEEL TO HEAL - Not "*get rid of*" to heal.

Contentment - Try to work feeling content within *any* of your emotions that you are feeling, and watch the detachment occur. Also, part of contentment is to celebrate your successes, no matter how small, celebrate them (in an appropriate way of course!).

Fear - My favourite way to lean into fear is making a WHAT IF page in my journal - writing out all of the what if scenarios, and then answer the questions. For example: What if my relationships ended? Write your answer. What if I loose my job? Write your answer. Then write CANCEL CLEAR DELETE across the page, to confirm to the universe that you are not manifesting.



# How to work with the 7 Bodies Energetic / Intellectual / Spiritual / Soul

## **Energetic**

Dance. Shake your body. Lay on your back with your arms and legs in the air and shake them like crazy, think about letting go of any stuck or held energy.

## **Intellectual**

What are you learning about yourself? Can you celebrate any shifts in the changes that you are noticing within any body? I like to keep a journal of INSIGHTS. When I have 10 new insights, I celebrate them.

## **Spiritual**

Find a meditation practice that works for your spirit. Commit to meditate one time per day for 30 days. Do a 7 Bodies check in before and after each meditation. At the end of the 30 day cycle, note the changes in your 7 bodies check in.

## **Soul**

Examine your core values, the most important human characteristics to you. Then ask yourself what your Mission is: your mission is *HOW* you will deliver your core values to the world. Next, think about your purpose! Why are you on this planet? I love using the tool of the Myers and Jung's personality typing test, which you can do here for free! <https://www.personalityperfect.com/test/free-personality-test/> - this can help provide some direction within our purpose, it is very interesting.

# **The 7 Bodies Check In | Why it works**

Think of yourself as a scientific experiment. In order to see what is working and what is not working, it is helpful to have a data tracking system. Your personal data tracking system is The 7 Bodies Check In.

If you use the 7 Bodies Check In Method, you will perform a 7 Bodies Check both before and after you use any personal development, healing or self care tool. At the end of your specified commitment for your choice in your tools, you will have complete data collection of how the tool affected every area of your being, and from there you will then be able to make an educated decision for what works for you and what does not work; which I feel is required for a sustainable change to occur. Just because one tool works well for someone, it may not work at all for another! This is the beauty of The 7 Bodies Method.