



www.LauraHandke.com

503.409.0421

laurahanj@comcast.net

Train the Mind * Listen to the Body

After watching my 8.45-minute video on how to train your mind and listen to your body, ask yourself two questions.

1. Am I in control of my mind, or is my mind controlling me?
2. Do I truly pay attention to my body and what my physical self is telling me?

The more you become aware of your thoughts and how they impact you, the more you're able to guide your thoughts in the direction of serving you rather than slaying you.

The more you listen to your body by paying attention to it without thought interference, the less unbidden (silly and not true) thoughts will have power over you. Check out this blog for more specifics: <http://laurahandke.com/simply-authentic-your-soul-voice-is-calling-honor-the-wisdom-of-your-body/>. Feel free to comment while you're there!

If you've never monitored your thoughts before, please start right now. Get the notebook I mentioned in the video, use something like Evernote on your phone, or record them with your voice.

Do the same thing by checking in with your body and physical sensations.

You may find the two are intertwined. You may think something and feel a corresponding emotion in your body.

Consider keeping a record with two columns, like this:

