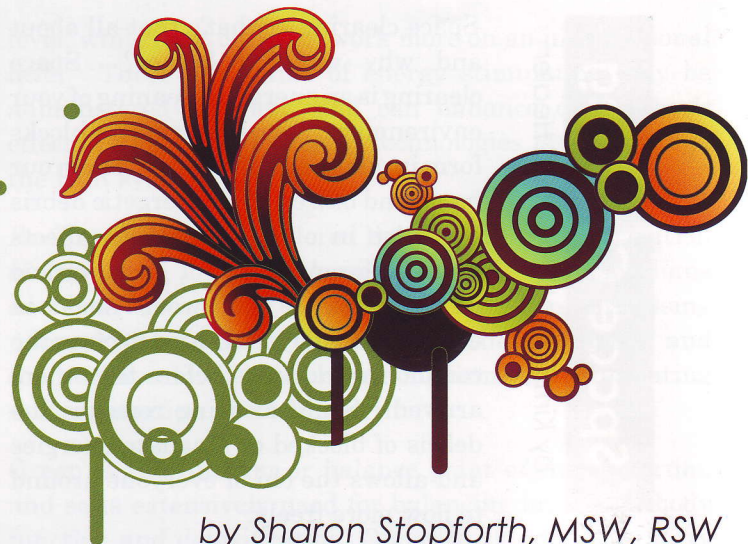


Our Body and Its Internal Guidance

In our culture, the body is seen as tainted, sinful, our weakness, and our lower animal self. Ignoring our physical needs and the body is built right into the fabric of our lives. In order to heal ourselves, we need to care for the body, live within it and in accordance to its needs. When we listen to the small, still, wise, intuitive voice within us, the voice of our own body, healing can occur. We reclaim body wisdom first by understanding the influence society has on how we think about and care for our bodies. Our culture gives us messages that our body is our adversary. We are taught to ignore fatigue, hunger, discomfort and the need for care and nurturing. We learn to look outside ourselves for answers and we become afraid of our natural body processes and emotions, learning to suppress our emotions early on.

Our emotions and thoughts are physically linked to our bodies via the immune, endocrine, and the central nervous system. Our inner guidance comes to us through feelings and body wisdom first. In order to heal, we have to re-enter our bodies and learn to trust our emotions. In our culture, we are taught that there is something wrong with pain. Sadness and pain are natural parts of life and great teachers. We have an innate ability to deal with pain and the body knows how to do this. When we allow a full emotional release, we feel cleansed and free and insight comes after we feel our emotions. Only our connection with our inner guidance and emotions are reliable in the end. Recovery from our culture requires living fully from the inside out.



by Sharon Stopforth, MSW, RSW


Listening to Our Bodies- Reclaiming Feminine Wisdom

Date: Monday, November 17, 2008
Time: 7:00 - 9:00 p.m.
Location: Lakshmi Room
Facilitator: Sharon Stopforth, MSW

In this workshop, learn to tune into your body and listen to its messages by using breath and movement. Understand how to open up muscular blocks in the body and release energy to flow freely. Discover the connection of body wisdom and Feminine Intelligence. Sharon Stopforth holds a Masters Degree in Clinical Counseling and is a Certified Integrative Body Psychotherapy Practitioner. Sharon has been a counselor for eight years specializing in the areas of abuse, trauma, addictions, depression and anxiety.


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