

Welcome to *Honor the Sacredness of Your Body*

LEARN TO CHANGE YOUR
RELATIONSHIP WITH YOUR BODY
BY LISTENING TO ITS WISDOM
AND MEETING THE HUNGER THAT
RESIDES IN YOUR SOUL.

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Welcome to Honor the Sacredness of Your Body

Who I am?

Why am I inspired to offer this
course?



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Philosophy of this approach

Adapted from the Ten Principles of Beyond Hunger based on Normandi and Roarke's book,
It's Not About Food: End Your Obsession with Food and Weight

- ▶ Compassion, self-love and respect create the most fertile grounds for change.
- ▶ Becoming conscious of our behaviors, thoughts, and feelings in the moment **without judgment** opens the door to understanding our struggle with our body image.
- ▶ Accepting our bodies exactly as they are **right now** allows us to make peace with our bodies, thereby empowering us to take better care of our bodies.
- ▶ Feelings that come from the core of our being are essential parts of understanding our needs and taking care of ourselves.

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Philosophy of this approach

- ▶ When we look beneath the body hatred, thoughts and disordered behaviors, we learn to experience our feelings fully and therefore live fully.
- ▶ In the depths of our heart and soul is the desire to awaken, embrace our whole selves, and experience our spiritual truth.
- ▶ Each obsessive thought about our bodies or disordered behavior is a thread that can lead us back to our own truth if we are willing to follow it.
- ▶ This is not a linear process but a journey that requires many layers of learning that unfold uniquely, spontaneously, and independently for each person.

It's Not About Food: End Your Obsession with Food and Weight, by Normandi & Roark

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Overview of Program

- ▶ Lesson 1: Discover messages you've personally ingested about the feminine body
- ▶ Lesson 2: Let go of self-judgment and develop self-compassion
- ▶ Lesson 3: Become conscious of your emotions, beliefs, and defenses
- ▶ Lesson 4: Listen to the wisdom of your physical body
- ▶ Lesson 5: Discern your authentic truth
- ▶ Lesson 6: Find your inner voice and live your truth
- ▶ Lesson 7: Awaken to your spiritual self
- ▶ Lesson 8: Trust your process and receive the gift of a transformative relationship with your body

Adapted from "It's Not About Food: End Your Obsession with Food and Weight", by Normandi & Roark

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Gifts you'll receive as you transform your relationship with your body

- ▶ A paradigm shift in how to view your body in a life-giving way.
- ▶ Love and accept yourself just as you are.
- ▶ Trust the innate wisdom of your body and soul.
- ▶ Listen to and hear your inner voice.
- ▶ Speak your truth with your voice instead of your body.
- ▶ Gain a greater appreciation for your femininity.
- ▶ Become empowered to be the unique, creative person you're meant to be.

It's Not About Food: End Your Obsession with Food and Weight, by Normandi & Roark

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My intention for this course

To facilitate a process that empowers you to:

- ▶ **Increase your self-awareness** by discovering new things about yourself, i.e., experience “aha” moments or gain new insights through the discovery exercises provided.
- ▶ **Grow into a more compassionate observer** of your experiences by examining the thoughts, beliefs, emotions, and responses you choose, as well as the needs you are trying to meet.
- ▶ **Understand more clearly the mind, body, spirit connection** and how these choices affect the functioning of your physical body.
- ▶ **Choose a different response** that is more life-giving through the spiritual practices provided.

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Agenda for each lesson

- ▶ Discovery Exercise
- ▶ Become a Compassionate Observer – Questions for Reflection
- ▶ Spiritual Practice – Meditation, Visualization, Journaling
- ▶ The Mind, Body, Spirit Connection
- ▶ Spiritual Practice – Healing Prayers

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Let's get started!

