

NATIONAL WELLNESS CONFERENCE 2018 HANDOUT

Navigating Wellness from the Inside Out: The Power (and Plea) for Increased Body Intelligence(BQ)

Presented by Lisa Medley, MA, CMT, Wellbeing & Body Intelligence Expert, SoulisticArts.com

What is your body intelligence (BQ)? To what degree do you understand what your body is saying and what it needs? When you do respond, are the choices exquisitely aligned with YOUR body or what you “should” be doing, the latest craze, or other external expectations? Be inspired with paradigm shifts and practical tools to embody a positive path for sustainable wellness. Now is the time to truly tune into your inner sacred compass.

WHAT IS BODY INTELLIGENCE (BQ)?

Body Intelligence (BQ) assesses the degree of your body awareness, knowledge, and care. Your body does not lie; it is a wealth of inner wisdom, tells the truth of your internal experience, and can guide you back home.

Body intelligence (BQ) is comprised of three major components:

Awareness: what you feel/sense in your body

Assessment: understanding what your body is telling you and what it needs for optimal wellbeing

Action: responding to those needs with steps that are in alignment with YOUR body

Integrating body intelligence to current paradigms and practices can strengthen the intrinsic (inside-out) connection and contribute to the experience of *sustainable* wellbeing.

BENEFITS OF BODY INTELLIGENCE (BQ)

BEFORE BODY INTELLIGENCE	AFTER BODY INTELLIGENCE
Stressed Out	Inner Peace
Anxious, Overwhelmed, Frantic	Calm, Grounded, Confident
Dis-Ease	Ease
Disconnection	Connected with Life
Exhausted, Depleted	Vitality, Energized
Rigid, Stiff	Fluid, Flexible
Pushing, Working Hard	Flow
Fear	Love
Stagnant, Stuck	Powerful, Creative
Distracted	Presence
Confusion	Clarity

NATIONAL WELLNESS CONFERENCE 2018 HANDOUT, page 2

Navigating Wellness from the Inside Out: The Power (and Plea) for Increased Body Intelligence(BQ)

Presented by Lisa Medley, MA, CMT, Wellbeing & Body Intelligence Expert, SoulisticArts.com

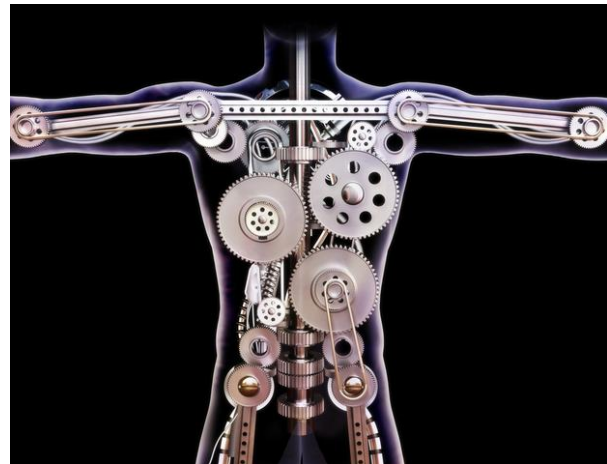
THE TRUTH OF YOUR BODY

Depending on the paradigm and its place in history, your body is viewed differently.

Ancient negative conditioning views the body as a vehicle, machine, object, or something to be judged, shamed, or bypassed.

VEHICLE

- Mechanical
- Bag of Bones
- Head on a Stick
- Objectified
- Skin Deep
- Low level matter
- Metrics Madness:
 - Size
 - Shape
 - Weight
 - Age



A newer paradigm views **everything as energy, including the body**. Play with these perspectives:

VESSEL

- Dense Form of Energy
- Natural Living Process
- Healing Helper
- Wellness Wise One
- Constant Companion
- Spiritual Sage
- Alignment Advisor
- Built-In Barometer
- Soul's Compass
- Evolutionary Tool



Now is the time to return the body to its rightful place as sacred vessel and bridge the gap between external expertise and internal wisdom. To access more information and inspiration to raise your body intelligence, consciousness, and value (including a **Body Intelligence Quiz**) contact lisa@soulisticarts.com and visit www.SoulisticArts.com