

The WalkAbout

Wellness Activity... *Body + Mind + Spirit*

Day 2

Each day I will share a new ‘Wellness Activity’. These are activities are shares that I have drawn from my own “backpack” gathered on my own personal WalkAbout to *‘Balance the Sacred Triad... Body + Mind + Spirit’*. My prayer is that, as I share these activities they will resonate with you on your own personal WalkAbout to AWAKENING, healing and move toward Biblical wellness.

Thank you my temple, my body...

From the top of your head to the tips of your toes, the individual parts of your body do SO much for you. Even if you are not feeling your best, are you grateful to all of the parts of your body? Are you truly thankful for all the things that your body does to support you? Do you appreciate your DNA, your cells, bones, skin and other organs? Do you express your gratitude to your body for a job well done?

No... I am serious! Just as we talked about self-love and positive internal and external dialogue because your mind is always listening, I believe the same is true for the rest of your body. It does so much for you that expressing gratitude and thanks will make the parts work even better!

Using a practice I call “Thank you my temple (my body)”, you can design your own personalized way to thank your body—anytime and anywhere. I designed my own personal practice a few months ago and use it daily. I recommend using it once a day, when at all possible.

In my own personalized practice, I created three steps.

Step 1: Temple affirmations:

This first part is one that I do once and then revisit frequently to update as needed. I make a list of positive adjectives that describe specific parts of my body. These affirmations will be used in Step 3 to send love, light and positive energy to each part. An example would be choosing the adjective “insightful” as I speak to my eyes or “healing” when I speak to my heart.

Step 2: Temple assessment, awareness & acknowledgement:

In this part of the process, I just simply check in with my body. I mentally and spiritually connect with each part and assess how each is feeling. I also ascertain where individual body parts might need additional support, self-love and care. Then, I let each part know I am aware it’s there and what it is doing for my overall self.

Step 3: Temple thanks & gratitude:

In this part of the process, I take time to thank each part of my body... individually or groups of parts, one at a time. I draw from my list of temple affirmations (created in Step 1) as a starting point and then elaborate each time based upon what I feel at that particular moment and from what I discovered in my assessment (done in Step 2) of my body.



Take Action:

Step 1: Temple affirmations:

Love your temple affirmations – Grab a pen and paper, find a comfortable and quiet place and sit and reflect on your body and all that it does for you. As you do, jot down adjectives that describe the specific parts. For example, if you feel your feet carry you far or support you, perhaps you choose one of the word “supportive” or “protective” or “adventurous” to use when you speak to your feet in Step 3. Another example is your mouth. Maybe a word you choose is “kind”, “caring”, “nurturing” or “healing”.

In my own personal practice, I created this list once and update it as needed.

Step 2: Temple assessment, awareness & acknowledgement:

- Choose a time of day that works best for you and carve out 10-30 minutes to complete.
- Choose a quiet place where you can truly connect with your body. Lie flat on your back on a bed, floor, massage table, yoga mat or even on the grass in your favorite park or space in your yard.
- Start from your top of your head and move to the tips of your toes or vice versa.
- Close your eyes and give your mind permission to set aside all that it is focusing on so that it can help you in this process. Once you have done so, begin to focus on your body parts and start to mentally move down (or up, depending upon the direction you choose) your body. Be aware of what you are feeling in your body, mind and spirit as you do. What are you sensing? What parts feel great? What parts have pain or other sensation within them. Remember, this is an assessment and not a judgement or attempt to fix an ailment. Stay focused on each body part as you continue down the body with your assessment and awareness. Give each part its due time in this process and acknowledge its presence and responsibility to you as a whole.

Note: If your mind wanders, it is okay... just bring it back to the assessment and move forward when you can. The key is to begin to add this valuable build this process into your daily self-love and self-care process.

This exercise is not meant to be a race nor a drawn out lengthy process; make it your own practice and take as little or as much time as you need to complete it. Short on time? Do not worry, there is still benefit to doing a quick 5-minute check in with your body. In my own personal practice, I try to do this process every evening before I go to bed. I incorporate Part 3 into it.

Step 3: Temple assessment, awareness & acknowledgement:

This final step is, where the self-love and healing begins. It can be added to Step 2 or done separately.

Sit in a quiet place and close your eyes, if possible. Reflect back to the list you made in Step 1. Start at the top of your head or the tips of your toes and make your way through your body, focusing on each part and sharing what you are grateful for with that part. Really visualize the body part receiving the thanks and gratitude and pressing in to serve you at an even higher level. Visualize your body appreciating this much needed, extra love and care.

Note: While it is good to do this with eyes closed and in a quiet place, I have used it when I am cycling or hiking a difficult hike. I thank the body parts and, in addition, ask them to help me over the tough spot I am in at that very moment. It has helped me tremendously. I actually can feel the extra burst of rejuvenation when I do. Perhaps try both methods and see what works for you... maybe even adopting both into your practice.

As you incorporate this practice into your self-love and self-care routine, see how you begin to feel and the healing that begins to transpire as a result of your body feeling your thanks and gratitude.



xo, KC, *The AWAKENED Lioness*

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