



The BodyWisdom™ Process

A powerful methodology for clearing:

- ~ *physical symptoms* ~
- ~ *emotional reactions* ~
- ~ *persistent conditions* ~
- ~ *psychological issues* ~
- ~ *uncomfortable sensations* ~

The BodyWisdom Process is one of twelve transformational coaching techniques taught in the

[Clear Beliefs Coach Training](#)

Lion Goodman, PCC



The body is composed of matter + beliefs.

Matter is organized by information at a structural and chemical level. When two atoms link (such as in water, H₂O, with 2 atoms of hydrogen connected to one atom of oxygen), it could be said that they “believe” they should connect in that way. This may be stretching our definition of beliefs, but it’s a useful model to consider.

DNA is a structure that says, “this molecule goes here, and that molecule goes there, and the next molecule in the chain is this one.” At the level of biology, chemistry, and physics, it is this information (beliefs) that structures matter in a particular way.

Bruce Lipton, in his book *The Biology of Belief*, describes epigenetics as the science of DNA expression. He posits that we turn genes on and off with our attitude, thoughts, and beliefs. This may explain sudden remission of cancers, for example – for which there are no other good explanations.

The BodyWisdom Process is an important foundational component of the ***Clear Beliefs Practitioner Training***. As an individual technique, it has many distinct benefits:

1. It can be used anytime, anywhere, with anyone willing to try it.
2. It can be used without regard to your client’s existing beliefs.
3. You don’t need to induct the individual into any altered state of consciousness.

4. Your client doesn't have to close their eyes or use their imagination.
5. It isn't "too weird" or "strange" – even to a person with no psychological or spiritual training.
6. It works fast, and can appear to be miraculous. This makes people curious about your ability to help them, and what else you might have up your sleeve.

Our bodies are always sending us signals, most of which we ignore – to our detriment. *The BodyWisdom Process* is a convenient way to communicate directly with the body's intelligence and wisdom. As it turns out, the body has a lot to say.

All beliefs can be said to have a body-based component, because we are one integrated whole, not just an amalgam of separate components.

In the body, beliefs (patterns of thoughts, early programming, indoctrination, etc.) manifest as physical sensations, feelings, and embodied experiential memories.

When you focus your attention (or your client's attention) on sensations and feelings in the body, you give the body the opportunity to communicate directly to awareness. In most people, this communication channel has been suppressed, overridden, or cut off completely.

If body signals are ignored long enough, they can turn into a disease, eruptions, or psychosis, which can debilitate the individual.

The classic example is the hard-driving businessman who works himself to death – or at least to a heart attack. He finally stops, wakes up, and recognizes that he needs to pay more attention to his health and his family rather than just to making money. A cancer diagnosis does the same thing for people – it wakes them up to what is more important than whatever it was they were doing up to that moment. No one ever said on their death-bed, *"I should have spent more time at the office."*

The BodyWisdom™ process enables you to:

- 1) Make direct contact with any uncomfortable experience, feeling, problem, or concern;**
- 2) Discover its source; and**
- 3) Allow it to transform, change, or disappear completely by completing its creation cycle.**

The BodyWisdom Process can be used to explore any persistent or unresolved problem or issue. For example:

- *I'm feeling uncomfortable and don't know what to do about it.*
- *I keep having the same negative experience over and over again.*
- *I have a persistent pain.*
- *There's something that won't heal.*
- *I can't let go of a particular experience.*
- *I don't know what I'm feeling.*
- *I have a problem but I don't know how to resolve it.*

Theory

Every experience moves through a *Creation Cycle*. It has a beginning (an appearance), a middle (an experience), and an end (its disappearance).

Here are two important underlying principles:

1. When an experience is experienced *fully and completely*, it will complete its *Creation Cycle*, and disappear (or change).
2. When an experience is *resisted (in any of the ways it can be resisted)* it will persist, repeat, become bigger, or get more energetic.

There are **MANY ways to resist an experience. For example, you can:**

- Ignore it, deny it, or pretend it's not important
- Suppress it, shun it, forget about it, decide not to experience it
- Think about it, figure it out, or any other mental process
- Label it and/or talk about it
- Do something about it, or do something else
- Feel another feeling, or go numb and feel nothing
- Remember similar feelings or experiences and compare them
- Get distracted, put your attention on something else
- Dissociate (*disassociate*) by separating yourself from it
- Enter another component of consciousness (identity, voice, sub-personality)

When a person is confronted with a situation in which they do not know what to do, they will do something they do know how to do. (Such as: resist it, dissociate from it, suppress it, etc.).

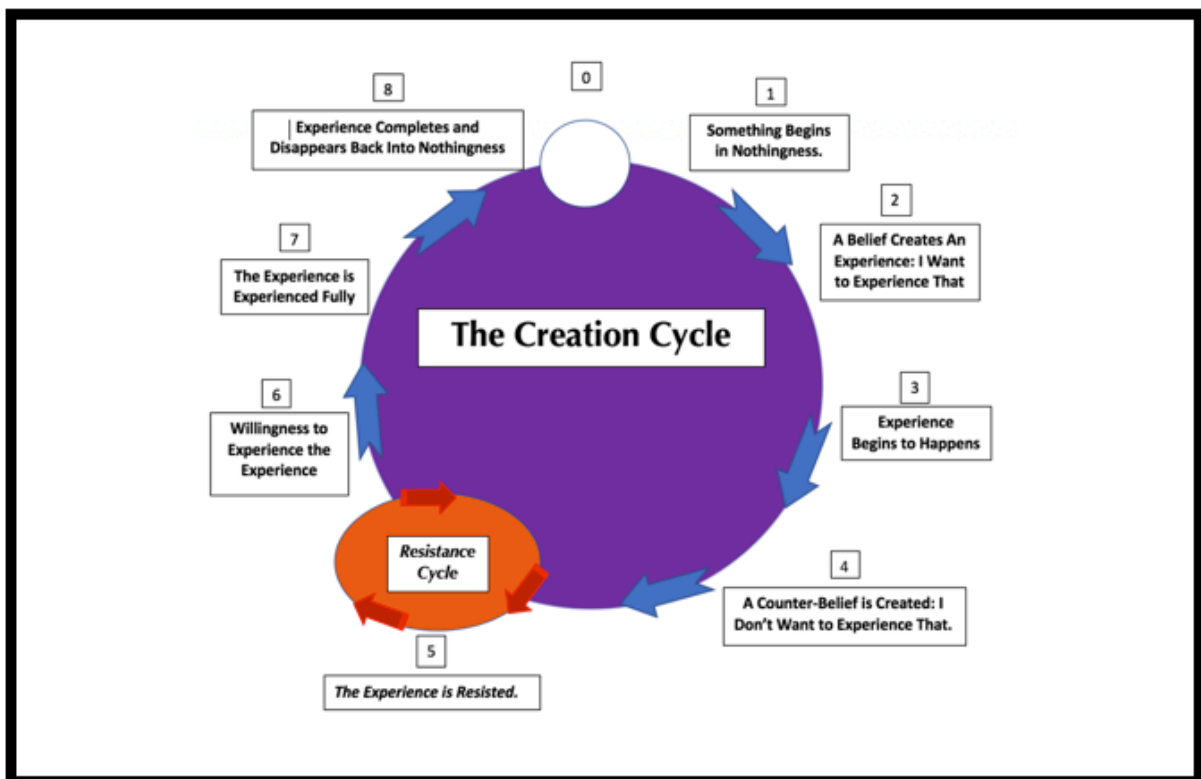
~ Peter Ossorio, Ph.D., Psychologist & Philosopher,

The key to clearing an unwanted experience is to become *willing to experience it*. When *resistance* turns to *willingness*, the experience is allowed to complete its original intent, *which is to be experienced*. This allows it to complete its Creation Cycle. Here is a diagram describing the steps of a resisted experience, followed by a willingness to experience it:

The Creation Cycle

Update of The Clear Beliefs Coach Training Manual

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Instructions for Guiding *The BodyWisdom Process*

The process is best learned in an environment in which two students are working with each other, the way it works in the *Clear Beliefs Coach Training*.

If you are learning this method outside a classroom setting, we strongly recommend that you find a cooperative partner who wants to learn with you. This is a practice best done in pairs, where you and your learning partner give each other feedback during the learning period. Do NOT attempt to take another person through this process without having learned it completely and honed your skills with a learning partner. If you want to use this process with paying clients, enroll in the [Clear Beliefs Coach Training](#).

INSTRUCTIONS

One person takes the role of the *Guide*, and helps the other person (the *Client*) discover what is true for them. Follow the instructions carefully.

Note that your job is to elicit answers from your client. Do not make suggestions as to what you believe is true. Do not interpret or analyze what is happening. Do not offer any opinion about what they say or report. Remain a neutral observer. Guide *them* to have *their* experience. **Accept whatever they say as true and valid for them.**

You will simply ask a series of questions, directing your client's attention to different aspects of their specific body sensations. The goal is to have the client experience their sensations fully and completely. The underlying principle is, again: **When a sensation (experience) is experienced fully, it will either change or disappear.**

If a sensation does not change or disappear, it either:

- 1) Has not yet been fully experienced, and requires more focused attention, or
- 2) It has information (a message) that has not yet been received.

To deal with #2, you will help your client have a direct dialogue with the sensation, which will enable them to receive the sensation's message. That is the last step of the process.

The attitude of a BodyWisdom Coach is reverent, respectful, appreciative, and honoring of whatever comes up.

Your clients' answers may be surprising at times. Accept each response as if it is perfectly normal (even if the client says the sensation is the shape of an upside-down giraffe). Treat every answer and sensation as if it is a report from a child you love – and want to encourage. I promise that it will be interesting, and it can also be a lot of fun. Enjoy yourself, enjoy your client, and enjoy the exercise.

This process helps your client get in direct touch with feelings, experiences, memories, and experiences that have been set aside, forgotten, or repressed. They may have emotional responses to the exercise. Treat emotional reactions as one more part of what is being investigated, and include the response as a component of the sensation being investigated.

In rare cases, a client may have a very strong emotional reaction during the exercise (fear, trauma reaction, big upset, sobbing, etc.). If this should occur, give them a minute or two to experience the emotion fully. Then ask, *“Would you like to end the exercise? Or continue?”* If they say, “End it,” say: *“Okay, we’re going to end the exercise now. Just open your eyes, and let’s chat.”* Give them a moment to return to normal consciousness. Then ask, *“What were you experiencing?”*

Debrief their experience and normalize it. (*“Oh yes, that sort of thing happens a lot. It’s quite normal. Would you be willing to go back into the exercise and see what happens when you experience it fully, so it can shift? Or would you prefer to end the session?”*)

The Process Begins

The process begins by identifying the issue your client would like to work on. It can be physical, emotional, mental, spiritual, or a relational issue. It can be something they are resisting, or feeling blocked by. A good question to ask is: *“What are you experiencing that you would prefer not to experience?”*

During the course of a conversation, you may hear the person mention a problem or discomfort. You can then say, “*Would you like to explore that a little more deeply?*”

Ask your client to describe the problem or issue as they are experiencing it *now*, in the present moment. Then ask them to place their attention on their body, and feel whatever sensations are present *right now* in their body that are associated with that issue. Ask them to describe the sensations in detail.

For example, if they say, “*I’m having problems doing the things I know I should do...*,” say to them, “*Feel what it feels like to have that problem. Pay attention to your body, as you feel that, and describe any body sensations you notice.*”

If your client describes a problem or issue that they experienced *in the past*, ask them to remember what the experience felt like as vividly as possible, *as if it were happening right now*. Then ask them to describe, in as much detail as possible, the sensations that are present in their body right now. [What is being experienced in the present moment may be different than their experience from the past. Use whatever comes up in the present moment while they reproduce it – not the memory of the feelings they had in the past.]

If the problem or issue is about something that might happen in *the future*, (such as fear, anxiety or worry), ask the client to imagine the worst case scenario, and feel the feelings and sensations associated with that imagined experience as if it was happening in the present moment. You can ask, “*What would it feel like if that bad thing actually happened? Imagine yourself in that situation, and feel what it feels like as if it’s happening right now. Tell me what sensations you’re feeling as you imagine it happening.*”

Listen carefully to your client describe the sensations, and take brief, detailed notes. Continue to take notes throughout the exercise, because you’ll be using those notes during the process.

Note: Sensations can be experienced as if they are outside the physical limits of the body, and they do not necessarily follow the laws of physics. (For example: “*This cloudy feeling goes out ten feet past my body, and it weighs a thousand pounds.*”) Accept whatever the client says as the facts of their experience. You will use your notes to reflect their description back to them from time to time.

It is important to make a distinction between terms we use for 1) physical sensations and 2) feelings or emotions. In this exercise, we are working exclusively with physical sensations, which can be measured by consciousness with descriptions of size, shape, weight, texture, temperature, color, movement, etc.

Words we use for feelings and emotion are *labels* – such as anxiety, fear, anger, sadness, or grief. Emotional labels can be useful at times, but in this process they only get in the way.

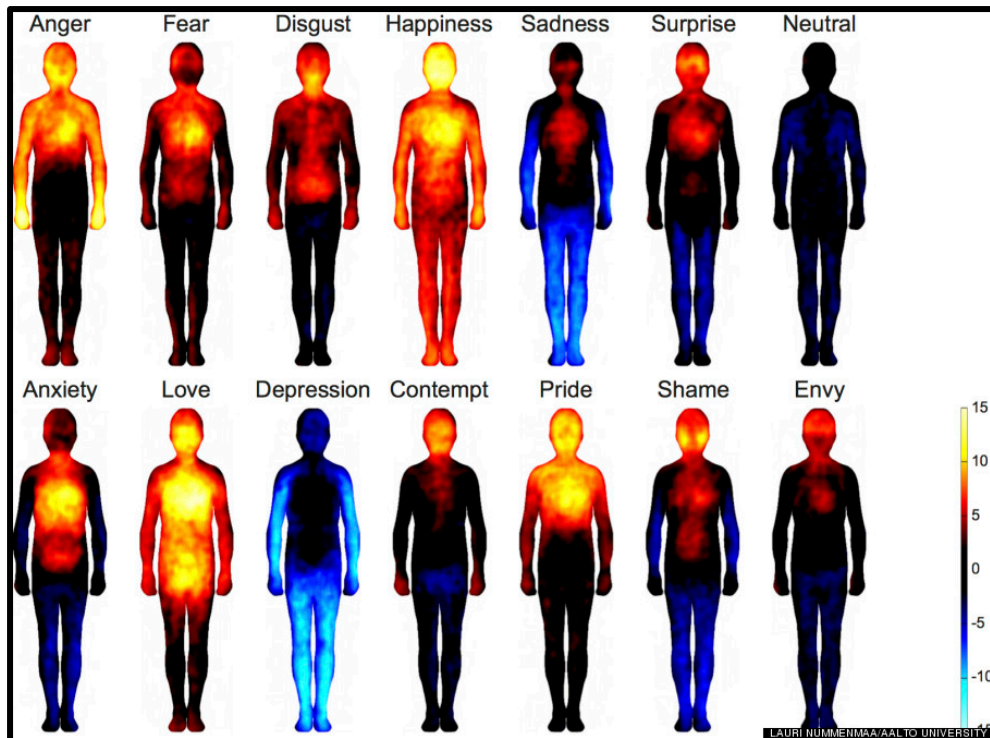
If your client uses emotional language, such as, “*It feels like anxiety,*” simply ask, “*What does that feel like exactly?*” Or, “*What are the body sensations that you’re describing as anxiety?*” Or, “*Describe where you feel that in your body.*” Emotion-words are short-hand for a set of physical sensations. As soon as they are labelled, they become a product of the verbal mind, rather than the feeling body. We are continually directing the client’s attention back to the specific details of the sensations themselves.

Every emotion (and this is also true of beliefs) can be felt as a set of sensations.

Sadness, for example, is usually associated with a sensation of heaviness in the upper chest, and/or a feeling of constriction up into the throat.

Anger is often associated with heat, agitation or energetic movement upward from the belly or solar plexus. Both *fear* and *excitement* usually appear as agitation or rapid movement in the chest, throat or belly.

The following chart was created by researchers who surveyed hundreds of people about where in their body they felt particular emotions. Study it, learn from it, and explore these emotions for yourself. Check inside yourself to determine whether it matches your own experience.



There are some people who honestly don't know what they're feeling.

This is particularly true for some men. When you ask this kind of man "What are you feeling?", he may answer, "Nuthin'," or "I dunno." (Most men know when they're *angry*, but other emotions can be a mystery to them.) Many men have been trained to *not feel* from a very young age. This ignorance is fostered by parents, coaches, and leaders in playing sports, in the military, and in business culture.

The BodyWisdom Process is helpful for this type of person who is mostly out of touch with their feelings. Because you're not asking them to use emotional language, you're only asking them about specific body sensations. Most men know where their body is, and they can feel what's going on there. Note: A very small percentage of the population is *anhedonic* – or almost completely non-feeling. That is a different issue, and it requires a work-around. This process may not work for them.

The questions you will ask are designed to **direct your client's attention toward whatever they are experiencing in the realm of sensations.** When they *focus their attention in this way*, they begin to experience the sensation fully. This can provide immediate relief all by itself. The full process allows them to get in touch with what is underneath the issue.

During the process, use your intuition and empathy. **Feel into the client's experience** as they describe it. Imagine that you are feeling the same sensations as they are describing them. Reproduce them in your own body. This will inform your intuition and you will quickly know what question to ask next.

Direct the client to identify what the sensation feels like **right now**. Keep his or her attention focused in the present moment, and look for **specific answers – the more specific, the better**. If the person says, “*It's big,*” ask, “*How many inches across is it?*” If they report, “*It's hot,*” ask, “*How many degrees hotter than surrounding tissue is it?*” This forces the client to place **more attention** on their experience than they normally would, which is the key to experiencing previously un-felt feelings. When you repeat any question, add the word *now*, since sensations may change when attention is placed on them.

Begin by saying, “***For this issue (or sensation, problem, experience, etc.), feel what it feels like in your body. What is happening in your body when you experience it?***” (Give them a few moments to really feel it. Invite them to close their eyes if it would help them to do so.)

Listen carefully to what they report. They may describe a number of different feelings or sensations. Focus on the most obvious, most intense or most significant sensation. Direct your client's attention to the sensation you're going to work with. For example, ***Okay, let's focus on the feeling deep in your belly...***

Then say, ***Feel this sensation, just as it is. Notice the center of the sensation, and place your attention there, in the center.*** (Give them a moment to do so. Then say: ***With your awareness, expand outward in all directions until you find the outermost edges of the sensation.*** (Pause) ***Notice how far out it extends.*** (Pause) ***Sometimes edges are sharply defined, and some are more fuzzy – they may gray out or fade out. If the edges of your sensation fade out, extend your awareness outward, and look for the place where it ends, and it doesn't exist anymore. How far out do the edges extend?***

Wait for their answer, and be sure they provide a specific measurement. (If they say, “*a couple of feet,*” ask, “*Is it two, two and a half, or three feet? You can also say, “Imagine that you're holding a ruler or tape measure up against it and measure how far out it extends in inches.”)*”)

The next step is to ask the following series of questions, or similar questions that are relevant to the sensation they are describing. Use your natural curiosity to inquire. Be interested in *exactly* what the sensation's qualities are. The questions may be asked in any order.

Pause between questions, and give the client enough time to look, perceive, feel, get an impression, and report back to you. When a person is feeling in this way, their mind slows down, **so you should slow down your speech**, as well.

Here are the questions:

- Does it have sharp and clearly defined edges, or are they fuzzy, less defined, or diffuse?
- What is the overall shape of the sensation? Is it regular, like a sphere, or irregular, or amorphous, like an amoeba? What shape is it, exactly?
- How big is the sensation in inches (or centimeters)? For example, what is its height? Width? Depth?
- How far below the skin does it begin? How far out of (or into) the body does it extend?
- Is there an energetic center that it seems to emanate from? Or is the sensation the same everywhere?
- If you put this sensation on a weight scale, how much would it weigh? (... in pounds, kilos, grams, etc.)
- [If there is pressure] How many pounds of pressure does it have, and in what direction is it pressing?
- If it had a color, what color would it be?
- If it was made of some material, what material would it be made of?
- Is it still? Or does it have some kind of movement, pulse or vibration? Describe the movement in detail.
- What is its temperature in relationship to your body temperature? Is it colder? Warmer? If you put a thermometer next to it, what temperature would it read?
- If the sensation exists in two or more places: Look to see whether the sensations are connected in some way. If they are, describe the connection.

(Add any other questions that are customized to the type of sensation they've described.)

Notice that these are all expressions of **physicality**. If the client attempts to **label it** (“It’s anxiety / fear / anger”), gently bring their attention back to the sensation: *Okay, that’s a label you’re applying. Set that aside and feel the sensation directly. What is the overall shape of the sensation?*

After the person has identified the first four or five characteristics, say, **Okay, just let that <specific sensation> be there, and make sure you’re breathing normally.** (For example: “Just let that six-pound four-inch-long orange hollow metal tube be there, and make sure you’re breathing normally.”)

When a person “**allows a sensation to be there,**” they become willing to experience it. **Acceptance, or allowing, enables stuck energies, suppressed feelings or resistance to release.**

Let the person feel it – just as it is – for a little while (a few breaths). Then ask, “**Is it still there, or did it change, or is it gone?**”

- If it’s still there, say, **Okay, just allow it to still be there.**
- If it changed, say, **Okay, just allow it to change.**
- If it’s gone, say, **Okay, just allow it to be gone.**

When a sensation is experienced fully, it will change or disappear.
(We can’t repeat this too often.)

If it disappeared, congratulations! You’ve just demonstrated (to yourself and to your client) that things can disappear. This is a neat magic trick.

If the sensation has disappeared, ask, “**How do you feel now?**” or, “**How do you feel without the sensation?**” They will likely be amazed, and ask, “*How did you do that?*” Be sure to let them know that **THEY** did it, by feeling their feelings. That’s true empowerment.

If the sensation changed, it may now be entirely different, or it might be similar, or it may be a lighter version of the same sensation. Whatever the case, begin to ask the same series of questions about *how it is right now*. The client may compare the current sensation to the previous one (“*It’s much lighter...*”). That’s okay, but focus their attention on the current sensation. Ask each of the questions again (as if for the first time) with this “new improved version” of the sensation.

If the sensation is still there and unchanged, it either:

- 1) Has not yet been fully experienced, and requires more direct attention in order to experience it fully. This is usually because there is some resistance to feeling it. Or,
- 2) The sensation has information, a message that it wants to communicate, and it has not yet been received.

If the sensation has gotten lighter (the most common experience), say, **“Okay, just allow it be lighter. How much does it weigh now?”** Go back over each of the relevant questions, getting a measurement of the sensation as it is now. Usually, somewhere along the way, the Client will inform you that it’s now gone. If the sensation is very persistent, go on to the next step.

Use your intuition here. If the client has *really* experienced the sensation, go on to the **Dialogue** step. If you suspect that the client has not yet really experienced their experience (for example, if they’ve been in their head instead of in their sensing body), go through the questions again, encouraging them to actually *feel* the sensation as-it-is, rather than just observing it or describing it.



The Dialogue: Discovering the Message

This step can be done anytime during the process, but it is best used toward the end, when the sensation has not changed or disappeared.

Dialogue Theory

Every sensation (and experience) is an attempt by the body to send a signal to the brain, and inform the self, or consciousness, of something important. For example, *pain* is a sensation that contains this message: “*Something is wrong here. Pay attention! Do something to stop it!*”

Another type of messages is a **belief**, such as “*I’m not safe! You didn’t protect me!*” or “*That hurt my feelings!*”

The Dialogue allows the sensation to complete its mission of delivering a message to the conscious mind. The message may emanate from the incomplete experience itself, or from a part of the psyche (such as a body part, an identity, inner voice, etc.) that has something important to say.

When the original experience was resisted instead of experienced, the delivery of the message was interfered with. The person may have *not wanted* to receive the message, especially if it was painful or uncomfortable. Somewhere during the process, it was resisted, or blocked, which put a stop to the creation cycle. Like all resisted experiences, it persisted, attempting to deliver its message to Consciousness by repeating it over and over, or getting louder or more obvious. Like a messenger knocking at your door, it just wants you to receive the message. Resistance (ignoring the knock) can cause physical pain, injuries, or persisting negative conditions.

When your car makes a strange noise, you can ignore it (at your peril) or get it checked out by a mechanic. When a body sensation is making a noise, you have the same options.



The Dialogue – Instructions

[The information you obtain through this part of the process can be used to explore the problem or issue more deeply, or it can be brought into a later session, depending on how you work with your clients.]

Say to the client: ***“Okay, now approach the sensation as if it were a living being, a person who wants to communicate something to you. Extend your attention to it, and ask it, respectfully, ‘What message do you have for me?’ Listen carefully to the answer, and let me know what the message is.”***

Write down the message as the client reports it. Accept any message that comes through as valid and reasonable, even if it doesn’t make any sense to you. Sometimes messages are surprising.

Not all messages come in the form of words. If your client reports that they haven’t heard anything from the sensation, say, *“Messages can come in the form of words, pictures, feelings, or even full color movies, like memories. Ask the sensation this question again, this time out loud, and then get really quiet, and report anything you get, in any form. Ask it, ‘What message do you have for me?’”*

If you are working with beliefs, you can also say, “Ask the sensation, ‘What belief are you?’” The answer to this question is equally valuable. It can provide information you can use later in the *BeliefCloset Process*.

Glean More Information

Even after you get a message from the sensation, there is often more information to glean. Say to the client: ***“Now ask the sensation, ‘Do you have any other information or message for me?’ Listen to the answer, and let me know what it says.”*** If the information or message is not clear, you can always ask a clarifying question. For example: *“Ask the sensation: ‘When you used the word ‘them,’ who is it you are specifically referring to?’”*

You can repeat these instructions again until you feel you have gained all the information you can from the sensation. In our experience, sensations usually have only one or two simple messages.

After you have written down the message(s) your client received, say, ***“Thank the sensation for delivering its message. Tell the sensation that you have received its messages, and its job is done. Tell it that it may now go.”*** Wait a few moments, then ask, ***“Is the sensation still there, or is it gone?”***

Most of the time, the sensation will be gone. This completes the process on this particular sensation. Have the client open their eyes, and ask them, ***“How are you feeling now?”***

If a sensation remains, it is most likely a different sensation. Often, it is a deeper layer of the same problem or issue. Now that the first layer has been cleared, a new layer can rise up to the surface.

Difficult, sticky and persistent problems are often stacked in layers of experiences and sensations, which we call belief clusters. These are beliefs that are glued together into a mutually-reinforcing matrix. When the first layer comes off, other layers are ready to be experienced.

Somewhere down in the stack is the *original resisted experience*. If you can get the client to fully experience that one, the whole stack often melts away, and the problem disappears along with it.

If the sensation is still there, verify first that it is the *same* sensation, and not a similar one from further down in the stack. In either case, go through the same sequence of questions again, as if for the first time. It is unusual, however, for a sensation to stay the same.

Every once in awhile, you’ll come across a sensation that changes and morphs, and is difficult to nail down. This is a tricky avoidance strategy – your client’s subconscious is resisting experiencing the resisted experience! Here’s a handy fix: If you suspect that there is strong resistance going on, direct the person this way: ***“Feel what it feels like to resist this experience. Really feel the resistance. In fact, INCREASE your resistance. Really push against it! Now, describe the sensations that are associated with the resistance.”*** Use the same series of questions to dissolve the *experience of resistance* itself. Once the resistance disappears, go back and re-do the original experience. It will likely be experienced and disappeared easily.

If the sensation has disappeared and you wish to go deeper in the session, ask, ***“Is there another unwanted sensation or experience you’d prefer not to experience?”*** (or: *“...associated with that issue?”*)

Repeat the process on the next experience or sensation.

You may also direct the client's attention to whatever she or he is experiencing right now that is resisted, unwanted, unwelcome, or uncomfortable.

Continue the process until the person feels open, free and peaceful, or until there are no undesirable sensations remaining. To end the session, say, *Okay, we're ending the exercise now.*

Clients are often in a spacious, blissful state after the exercise. Suggest that they take a walk (in nature, preferably) to integrate their new state of consciousness, especially before driving their car.

When should the BodyWisdom process be used?

There are no rulebooks that define when this particular technique should be used. Trust your intuition. Be in empathetic rapport with your client. Listen to your inner intuition rather than trying to figure it out. If you get the hint to use it, go ahead and use it. It can't hurt, and it will probably help.

Register for a free 4-hour training to learn how to use and integrate the *BodyWisdom Process* into your own practice:

[The BodyWisdom Training](#)

Learn about the *Clear Beliefs Coach Training*:

www.ClearBeliefs.com

The BodyWisdom Process
is now available as an app:



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