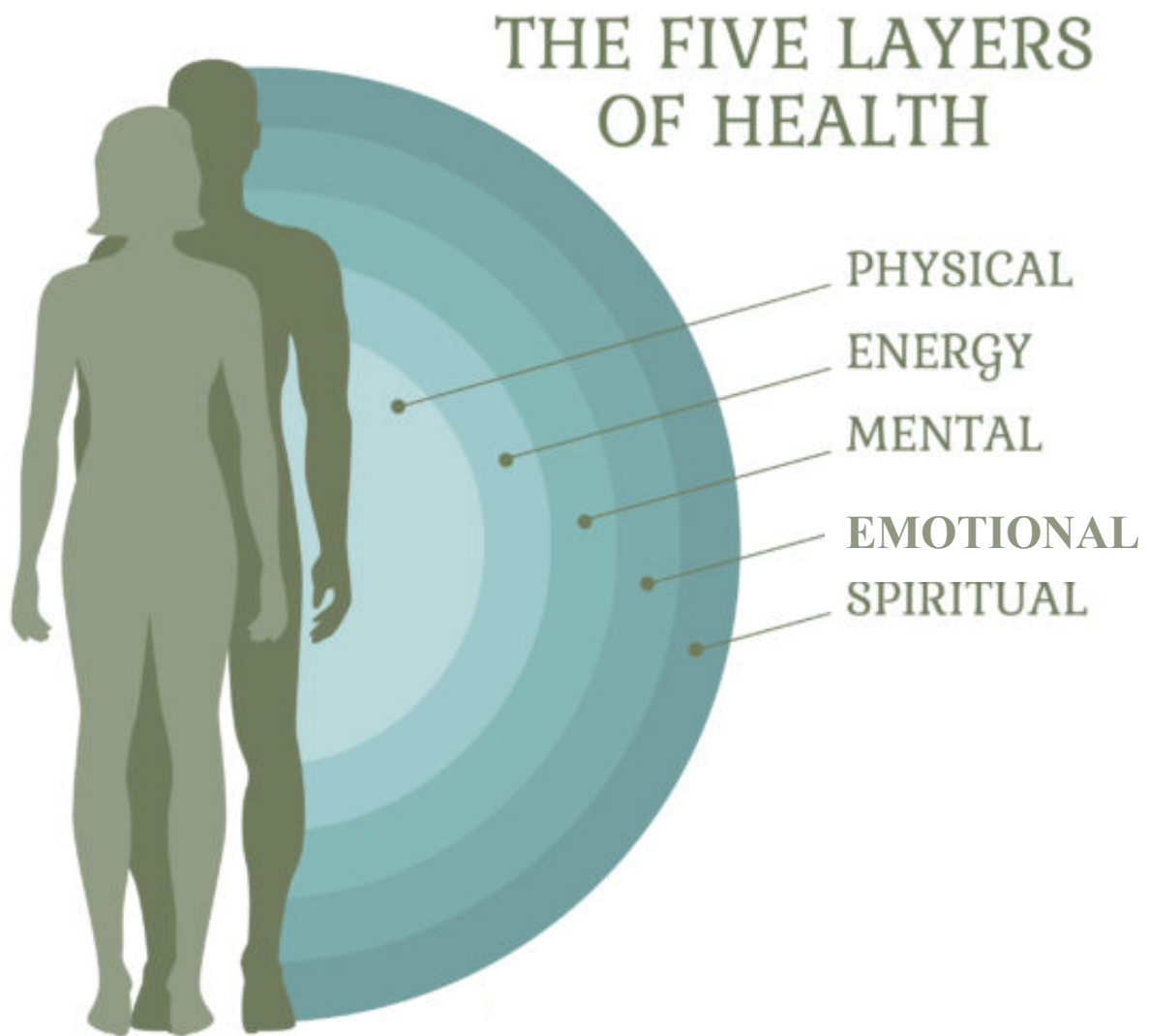
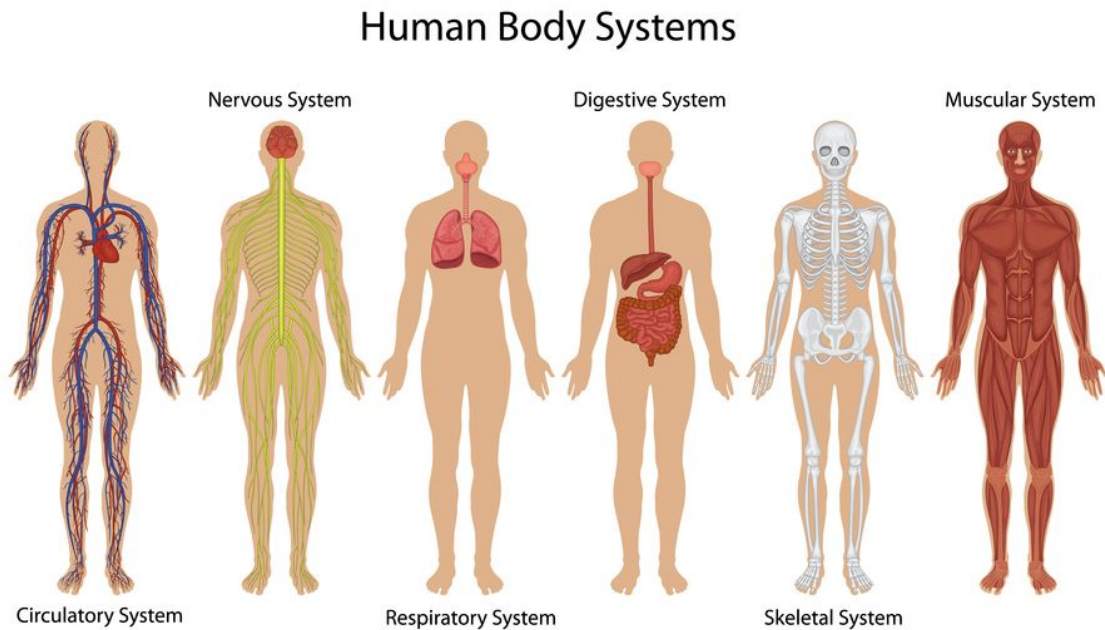


THE 5 BODIES



1. PHYSICAL BODY

Made up of bones, muscles, skin, lymphatic system, nerves, DNA, cells, tissues, organs, body systems etc



Purifying and strengthening the physical body by having a healthy diet, exercise, Sports, Kriyas, Asanas (yoga postures), sun salutations.

Physical manifestations would be a rash, bruise, broken arm etc.

Brain chemicals and health:

1. **DOPAMINE** - Happiness hormone, we subconsciously try to increase when we try to make ourselves happy and loved, (e.g. alcohol, smoking, shopping, overeating, social media scrolling etc) but dopamine goes away quickly, so does not increase long term happiness, but decreases it.

2. **Cortisol** - Stress Hormone. Cortisol is essential for human function, but harmful if released because of concern that someone or something bad will happen. Sarcasm, teasing, criticism and fighting with other family members are examples of reasons cortisol is released. Cortisol is also released when there is fear of a negative experience would happen again. Children who have high cortisol levels are more likely to abuse drugs and alcohol, make poor choices in life, have less happy lives and commit crimes.

3. **Oxytocin** - It's the bonding chemicals and Increases long-term happiness. You won't see the effects immediately but will do in time. We are wired for deep, meaningful connections and that is what makes us happy. Hugging & smiling releases oxytocin. Petting a pet also increases oxytocin levels and increases life span in both humans and pets.

So:  **Oxytocin** in safe relationships &  **Cortisol**

4. EMOTIONAL BODY

Our *'felt'* self, this is the level on which we feel *'happy'*, *'sad'*, *'guilty'*, *'afraid'*.

EMOTIONAL PAIN CHART

MENTAL THOUGHT PATTERNS THAT FORM OUR EXPERIENCES

Neck: Refusing to see other sides of the question, Stubbornness, inflexibility.

Shoulders: Represent our ability to carry our experiences in our life joyously. We make life a burden by our attitude.

Spine: Represents the support of life.

Upper: Lack of emotional support. Feeling unloved. Holding back love.

Middle: Guilt. Stuck in the past. Get off my back.

Lower: Fear of money, Lack of financial support.

Elbows: Represents changing directions & accepting new experiences.

Wrists: Represent movement and ease.

Hips: Fear of going forward in major decisions. Nothing to move forward to.

Knees: Stubborn pride and ego. Inability to bend. Fear. Inflexibility. Won't give in.

Ankles: Inflexibility and guilt. Ankles represent the ability to receive pleasure.

Bunions: Lack of joy in meeting experiences in life.

HOW IT WORKS:
"Our body movement is reflective of our inner world." We teach you how to live inside your body. To feel your feet when they strike the ground and know which way you need to turn your foot in order to align your body and work toward being pain-free. It allows you to be conscious in your body while instinctively bringing awareness to your life. Your mind and body have connected. We see this automatically benefit the lives of our clients by helping them make decisions that are in the best interests of their health from choosing better foods to choosing a career that suits them better. A clearer mind helps you to expend less energy everyday and use that energy towards a life you love.

OTHER CONNECTIONS:
Arthritis: Feeling unloved, Criticism, Resentment.
Bone Breaks/Fractures: Rebelling against authority.
Bursitis: Repressed anger.
Inflammation: Fear. Seeing red. Inflamed thinking.
Joint Pain: Represent changes in direction in life and the ease of these movements.
Loss of Balance: Not centered. Scattered thinking.
Sciatica: Being hypocritical. Fear of money and or the future.
Slipped Disc: Indecisive. Feeling totally unsupported by life.
Sprains: Not wanting to move in a certain direction in life. Anger and resistance.
Stiffness: Rigid, stiff thinking.
Weakness: A need for mental rest.

CENTRIPETAL FORCE STUDIO
Physical + Energetic Therapy

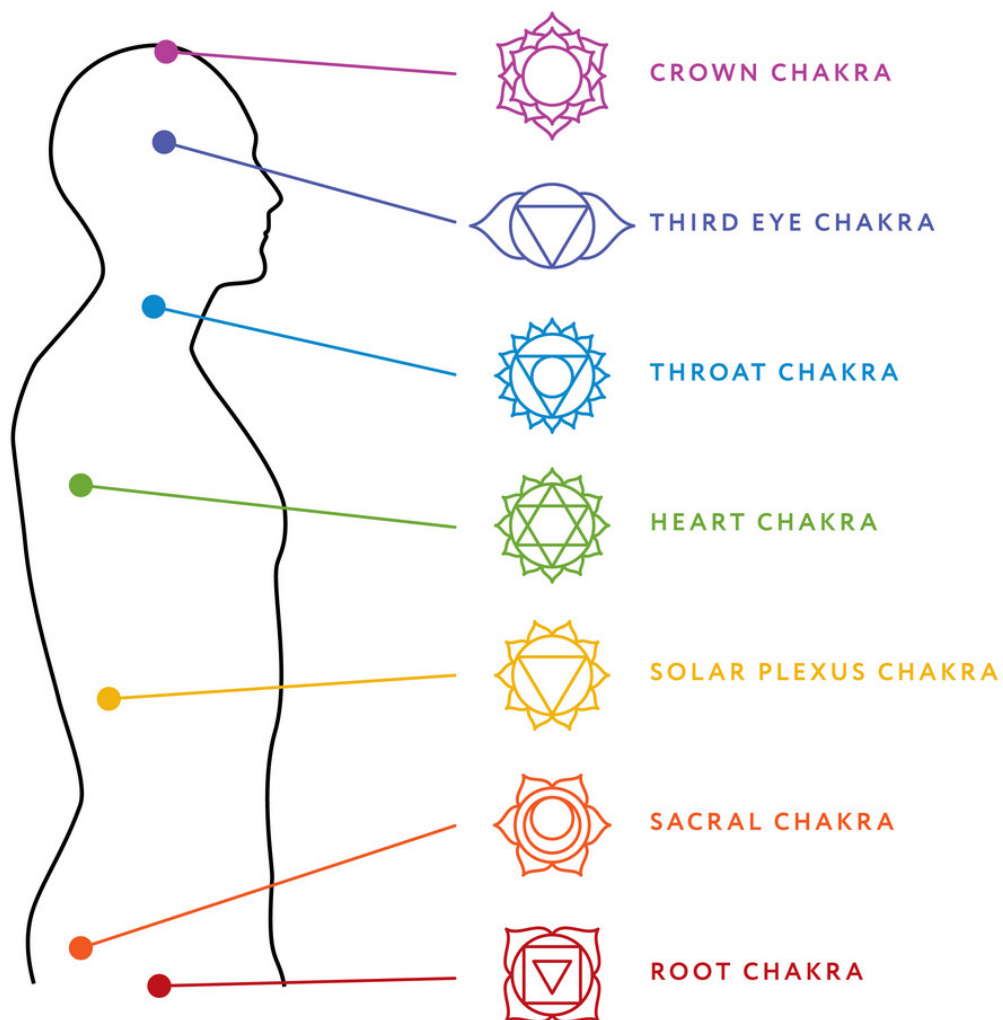
CENTRIPETAL FORCE: sen-trip-i-ti: a pathway to the center | fohrs: physical power or strength possessed by a living being

Information from Heal Your Body A-Z by Louise L. Hay

Strengthening the emotional body by taking the path of *'Self Realisation'*, the practice of Peace, Self respect, Understanding, Forgiveness and Compassion, Patience, Gratitude and Decrement.

5. ENERGY BODY

The body of energy flow- the meridian, chakra system, the aura.



To purify the energy body one must practice Kundalini Yoga, Kriya Yoga, breathing exercises and meditation.

6. MENTAL BODY

The realm of the 'mind'. What we think and believe, our values and how we see ourselves. Visualisation, Hypnotherapy, Coaching, Setting goals are done on a mental level. Meditation, Yoga Nidra and devotional activities also calms the Mind.



7. SPIRITUAL BODY

The realm of the 'Soul', 'Higher self' or of our infinite potential. We can never get harmed or damaged on this level, we are complete and whole in every way. Our connection to God is directly felt at this level. Spending time in Nature and being with the self helps us get to this level. There is clarity and Contentment.

Blocks in other levels, however, can limit our ability to feel connected to this level.