

Inspired Life Formula with Nina Lockwood

Module One: Nurture the Body

Welcome to the Inspired Life Formula! I've created this program from years of study and practice of the healing arts, the wisdom traditions, psychology, consciousness technologies and even a little bit of quantum physics. I've taken the techniques and methods that I've found to be the most helpful and put them into a format that will help you look inside yourself for the answers to the questions that are most important to you. By exploring your own direct experience rather than relying on what other people tell you is the way things are or how you should live, you'll discover your own connection, your own understanding and your own guidance system so you can live a much richer, much more authentic and happier life than you've ever done before. I've selected 6 areas that I believe are crucial for any journey of self discovery: body, mind and spirit, the emotions, developing inner wisdom and aligning yourself with the flow of life as it uniquely comes through you. Each one of these areas could be an entire program, but the material you'll be introduced to here will take you a long way just by itself. It will all depend on how much effort you're able to put into it.

Before we dive in, I'd like to emphasize that my intention in offering this program to you is two fold: of course it's important to live as meaningful and as happy a life as you can. But it doesn't end there. Many of you consider your role or your purpose on the planet as that of a light worker; you want to bring light into the dark places in the world or you want to help others wake up, or you want to be part of the force that relieves suffering. By making these efforts for yourself first, you'll be far better equipped to offer that light, that healing, that love, to the world. So the process of the Inspired Life Formula doesn't end with you - it begins with you, and the consequences will spread out into a world that dearly needs it.

In this first module we're going to focus on the body and how to nurture it so it becomes a beautifully, finely tuned and responsive instrument. We're starting with the body because it is, after all, the vehicle we have for navigating the planet. And although who we really are is not the body, it *is* designed to provide incredibly sensitive and accurate information about our relationship to our inner and outer circumstances. Who we are is beyond

the body, beyond the realm of the senses - it's been referred to as the ocean of consciousness upon which the waves of experience appear. So to begin by putting our attention on the body simply means that we need to take care of this instrument we've been given to the best of our ability. If we do our best to feed it, care for it, heal it and maintain it, we'll be able to experience and enjoy how exquisitely the body tells us about our circumstances, whether we are safe or in danger, whether what we need is available, what's important for us to be aware of, as well as how to respond in those circumstances. It will also give us the energy with which to access non physical information - intuition, your higher guidance, higher sense perception. So if we have health challenges or have an excess of tension or strain in the body, or are out of balance, or have painful emotional memories stored in our cellular memories or our DNA, then our ability to understand what our bodies are trying to tell us, and to know what's good for us, or even appreciate the beauty and grace that life has to offer - will all be compromised to a certain degree. So preparing the body to be a clear channel, to be receptive and discerning, is the groundwork for the rest of the work we'll be doing in the Inspired Life Formula program.

You've already experienced for yourself how our bodies are affected by how we respond to events in life and our ability to cope with the effects of stress. And over time, the habits and tendencies and reactions we've developed and all the conditioning we've received about how to "do" life all take their toll. So, although it's not the focus of this module, I do want to underscore the importance of four ways to take care of the physical body - and of course as you do this, you'll be taking care of your emotional body and your mental body *and* your spiritual body - because they're all connected - and which is why it's referred to as the body mind - or sometimes the body-mind-spirit. So here goes: Number one: Keep refining your ability to make healthy choices in your diet (and you probably already know what those are). Your body will tell you what's good for it, and what isn't. Learning how to listen may take a little while, but the more you practice, the better you'll get at it. Your goal is to increase your overall vitality and sensitivity. Number two: get plenty of quality sleep, which may mean going to bed earlier. Only have a minimum of electronic devices in your bedroom because the electromagnetic frequencies they use can disrupt your physical energy system. So, take your cell phones or laptops or other devices and put them in another room. Experiment with moving

your landline (if you have one) out of your bedroom. Number three: get regular massage, bodywork or energywork. Your physical body can get thrown out of whack so easily and there are experts who can help bring them back into balance when you can't do it yourself. Number four: Get enough exercise - in whatever form suits you, gets you moving and accommodates any physical limitations you might have. The body needs to move, and wants to move.

Things are happening faster and faster on the planet, there's more upheaval happening more frequently and the amount of information we're inundated with keeps increasing, so it's crucial that you're able to focus your attention so you can make the best choices for yourself and know what's in the highest and best interests of everyone - all the way up to the planet at large. I've heard it said that now, because of this speed and this overload of information, the most highly valued skill is not the ability to access information - it's the ability to focus and pay attention. Even if just to keep our sanity we need to be able to zero in on what's important and bypass what's just noise. And the noise can be so loud and so frequent that it can feel like we're living through a war zone in terms of what it does to our energy and our ability to discriminate. So, it's important to repeat what's been said before: that even though we may not be able to choose the events that happen to us, we *do* have the choice as to how to deal with them. And the ILF program is meant to help you develop the inner resources to do just that.

If you're already familiar with energy work, you're familiar with the principle of keeping the flow of energy open, locating the blocks or obstructions and releasing them. In this module, we're going to be applying this same principle to our own bodies; so that we can "hear" the subtleties of what our bodies are telling us. So what we'll be doing is feeling into our bodies, not just where it might hurt or feel tight, but allowing that part of our body to speak to us, tell us where it hurts and why, tell us where we've felt victimized or helpless or despairing. As we honor that part of ourselves, that honoring is just one form of the love that is who we really are - we can find safety and trust and confidence from a level deeper than the hurts we've acquired along the way. It's as though we've got this beautiful musical instrument that has gone through a lot in its lifetime and is really ready to have all its parts and pieces cleaned up and reconnected and

polished and tuned. Once we've done that, we can really start to communicate with the body as we were meant to, and we can know things way beyond the level of the logical mind.

One of the major obstacles to experiencing a state of flow - not only in our bodies but on all levels of our being - is resistance. Resistance to whatever it is that we are experiencing. If we are saying no with our bodies - no to an event, no to person or situation, we put up energetic roadblocks that can shut us down by creating limiting beliefs or bury our emotions as well as the physical reactions that need to be expressed and released. Even the healthiest of us have some residue inside us from our personal histories. When this is the case there's a two-step process that needs to take place so that we can re-establish or re-awaken our natural abilities to respond and react in a way which doesn't cause any further damage to us or anyone else. And these steps can be taken at the same time; but they're like two sides of the same coin: we need to put specific attention on our bodies in order to unblock our channels, so to speak, and love them up so they can heal, and so the flow of energy and information can take place freely across all levels of our being. And we also need to recognize and release resistance as best we can so that we can become aware of how what we need is naturally flowing to us, when we need it. So as we enable ourselves to become more deeply discerning, we can change the quality and direction of our lives.

Letting go of resistance involves a form of surrender, or if that word invokes some "resistance" in you (!), think of it as a softening, an opening, without an agenda. This doesn't mean that you don't take action when something is wrong or bad; it means that you're not reacting blindly out of habit, but that you're able to consciously see and know the best thing to do that will allow for the least amount of harm to everyone involved.

This is absolutely a form of healing, but not in the sense that we're trying to make something specific happen or respond to a particular symptom or condition. Rather, we're asking questions about the nature of who we are, and what prevents us from knowing that. We're explorers, exploring the unknown inside us, listening deeply, softening to ourselves and becoming receptive to whatever insight or connection or awareness wants to make itself known.

And as you look into the inner dimensions of your physical experience you'll find yourself experiencing your essence, who you really are, and this essence is your ultimate source of healing. It's also your source of wisdom and peace and happiness. You'll get a taste of your own depth and spaciousness - which we'll explore with other exercises and reflections in subsequent modules.

You're going to get three different opportunities to nurture your body in a very particular way; actually we're going to do something I call noticing and nurturing: taking note of what it's like to be in your body and giving it what it needs. There are three exercises for you to practice and I recommend you do each of them at least once a day. Each exercise has its own separate audio recording and I'll lead you through each process, or at least take you far enough so that you can continue comfortably on your own. Do your best but if you miss a day or struggle with something in particular, just let that be okay. I want you to find your own way with these practices, just observing the process, taking notice of what you notice, and letting that be enough. Just going through the process will take you to the goal. The journey IS the destination.

I strongly recommend that you get a journal or notebook and keep a record of your impressions, experiences and questions. Keep track of what the exercises are like for you - are they easier or harder at certain times of the day or on days when you're stressed or have an easy day? What kind of details are you aware of? When does your attention stay strong or does it waiver? Are there places you hold tension, or memories, are there emotions being held in certain parts of your body? And does this change from the act of noticing it? You don't have to answer every one of these questions - I just want to give you an idea of how much is possible to notice and how deeply you can nurture yourself. If you write down your experiences you'll also be able to have a recording of the expansion of your awareness from the first module to the last. You can write, draw, collage, compose music, include poetry - anything that reflects your experience - easy, difficult, simple, complicated and everything in between.

Here's an overview of the practices we'll be doing. And I'll be doing them along with you, so we'll be able to compare notes. The first exercise is based on a mindfulness technique using the breath. And the reason I've included it here is because, as I mentioned earlier, the ability to focus, look and listen deeply, to pay attention, so that you can make detailed observations, is critical in being able to both nurture the body and start to fine tune your ability to listen to the body's wisdom. So you're going to put your attention on your breathing and just start noticing what the experience is like. Simple, yes. Easy? Well, you'll find that out. And it will change each time you practice it. You will get a LOT of information about yourself from this! Remember, what we're doing in this module is developing the ability to notice THAT your sensations are giving you information AND develop the ability to understand that information. Information that you can directly perceive from the body is going to be far more accurate and comprehensive than what your analytical, intellectual mind can give you. If you've done any sort of mindfulness practice in the past, you know that once you drop your attention from the talking in your head into your body, your ability to be present and aware increases dramatically. You also give your brain the opportunity to go into a "rest and relaxation" mode because you're paying attention to nonverbal, sensory data that thankfully doesn't require your mind do any interpreting.

The second exercise also begins with noticing, and includes nurturing. It's designed to help you easily drop into a felt sense of the body, to get to know what's going on in there. Now, I'm not talking about seeing how healthy you are or how much energy you have or how strong you are, or whether you're hungry or not. I'm talking about beginning a gentle, curious exploration into the inner life of your body. To be able to start feeling into the tight muscles and the aching places that may have been neglected or ignored or just forgotten, and to recognize any contractions or restrictions; and maybe those tight spots are holding emotions from past events. Have you ever had a massage where, when the massage therapist works on a certain area, a strong emotion, say, anger or tears, rises up and you have no idea what that was about? Those parts of you may have been waiting for you to visit since your childhood, or they may have been waiting for you since this morning. And once you find them, one at a time, at your own gentle, compassionate pace, you can love them up - and just completely

saturate the hurt parts until they feel safe, trusting, healed and ready to be released.

The third exercise, as you might have guessed, also begins with noticing. Noticing how your body is engaging with the environment. This practice involves becoming fully grounded and balanced, bringing your center of gravity down from the head into the belly, centering your energy so you're not pushing towards or pulling away from what you meet, helps you determine whether you're facing danger or safety, whether you're holding unnecessary physical tension and what makes you feel comfortable or distracted at any given moment.

All of these exercises are giving you the opportunity to repair any lingering emotional upsets, fine tune your listening skills and bring your body into a state where you are relaxed and confident, trusting in yourself and what is. To read your body's signals you need to be fully present to them. You can - and will - gain access to your deepest perceptions as you free yourself from any degree of being locked up or in lockdown mode, whether it's from this lifetime or any other one. And once you do that, you'll become more and more familiar with what are your genuine responses are at any given moment and know instinctively what the right choices for action are.

Thank you for investing the time and energy in yourself. You're worth it, and so is what you have to share with the world.