



BODY KARMA HEALING

## BKH FAT Decoder Page

Use this tool when “feeling FAT” as well as The PHAT Practice to shift painful body image to peaceful and to empower yourself in all aspects of your life.

**Intuition/Insight:** What do you know deep down that you have resistance to acknowledging? What interconnections or synchronicities are you denying in your life right now?

---

---

---

**Emotions:** List any and all emotions you feel in this moment. Do not explain why you feel them simply list them here honestly.

---

---

---

**Desires:** List what you want in any and all areas of your life right now. Period. No explaining, simply name what your heart calls for.

---

---

---

**Creativity/Inspirations:** Acknowledge any creative ideas and what you are inspired by that you are not letting yourself express or move towards in your life.

---

---

---