

# Body Karma Healing PEACE Principles

## 1) Feed Your Dreams

- \*Dream *Dreams*: Journal, draw, & share about the dreams you have while asleep. Don't analyze, do document. Allow them to be seen & heard in the light of day.
- \**Dharma* Dreams: think about, talk about, & create visuals of the life you want for yourself & the change you want to see in the world. Make a Vision Board. Take actions towards your dreams, no matter how small, each & every day.

## 2) Surrender The Scale

- \*Stop looking for validation & direction around how to feel about yourself from outside of yourself. Surrender control & face the fear of not knowing the number.
- \*Trust your body as a wise creation of God (as you understand that) & trust your experience of it to inform eating & movement choices.

## 3) Drop Diet Dogma

- \*Let go of black & white (dualistic) beliefs about food, i.e. "good & bad" food.
- \*Forget food & exercise rules altogether. Stop obsessing over nutrition information.
- \*Abandon number based wellness goals. Focus on how your body feels.

## 4) Practice Presence: The PHAT Practice

- \*Be embodied. Feel your physicality through the 5 senses. Breathe consciously.
- \*Keep the mind in the moment. When worry strikes, focus back on the breath.
- \*Accept & sit with all sensations compassionately: physical, emotional, energetic.

## 5) Trust Your Gut

- \*Tune into the belly for hunger & fullness cues to guide when/what/how much to eat.
- \*Tune into your belly to discern ego (mind/fear) or Atman (soul/love). Follow Atman.™