

Nonverbal Information: Your Body Never Lies!

Photo credit © Danie Franco



By Penney Peirce

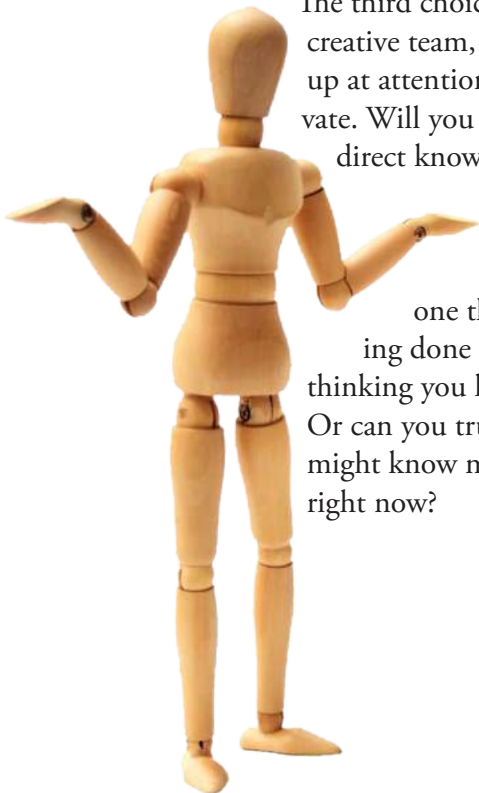
Tonight you may make dinner for yourself, or go out and choose food from a menu. What will you eat? How will you know what to pick? Perhaps instead of what you usually have, you might question your body. “Body, what’s your feeling tonight about fresh lettuce? Tomato soup? Pasta with cream sauce? Steak and potatoes?” Let your truth and anxiety signals—those responses based on contraction or expansion of your energy—inform you of your body’s preferences, and see if you can pick up on the most subtle signals. Maybe your body would prefer a handful of crisp, cold radishes or half a grapefruit.

MAKING AUTHENTIC CHOICES

Perhaps you think you “should” move from an expensive place you’re renting, and 1) find a less expensive neighborhood locally, 2) move out of state, 3) get a roommate, 4) get a studio apartment, 5) try to buy a house, or 6) move back in with your parents. As you ask your body about each option, your stomach contracts, you get a headache, you want to take a nap, you get nervous and irritable, or perhaps one of the options lights up and feels real and doable. What is your body telling you?

Maybe you’re job hunting and you’ve turned up several possibilities. Each looks feasible to your mind, in different ways. One job will let you use your people skills, another will pay more but you’ll be at a computer all day, a third option will give you a chance to be innovative and work with a team of creative people. When your body responds, it gives you instant feedback: imagining sitting at a computer gives you a pain in the neck. The job with people skills feels just “sort of” good.

The third choice, working with the creative team, makes your body sit up at attention and almost salivate. Will you override your body’s direct knowing with “yes, but’s” about not making enough money, or not knowing anyone there, or never having done this before, or not thinking you have enough talent? Or can you trust that your body might know more than your mind right now?



VALIDATE YOUR BODY

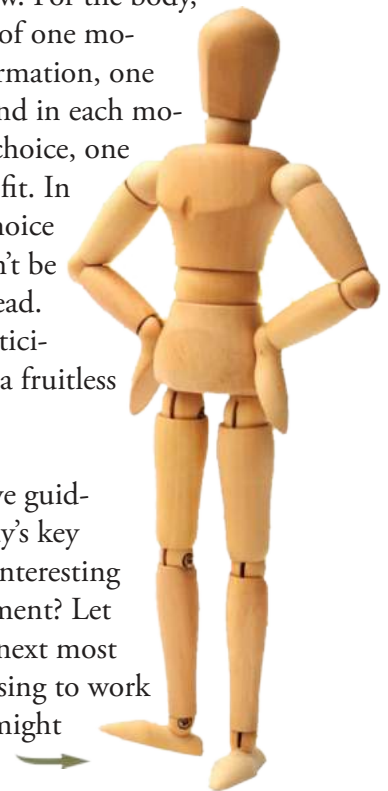
Several times this week make a point of noticing when your body gets a message through to your conscious mind. Maybe you instinctively pulled to a slower lane and just ahead in the fast lane is the debris from a blown-out tire. Or, perhaps you had a sense to leave the house ten minutes earlier than normal, then encountered an unexpected delay on the way—and you were right on time for your meeting! Thank your body *out loud*, and pat it tenderly, like you would a favorite pet.

The more you validate your body’s answers by acting its information, the more easily it will provide expert guidance next time.

DISCRIMINATING NONVERBAL INFORMATION

Nothing is really that complicated, especially from your body’s point of view. For the body, it’s always just a matter of one moment, one piece of information, one motivation at a time. And in each moment, there is just one choice, one solution that’s a perfect fit. In the next moment the choice may be different, so don’t be impatient and jump ahead. You’re not there yet. Anticipating future choices is a fruitless waste of time.

When you need intuitive guidance, relax. Ask the body’s key question: What’s most interesting and crucial for this moment? Let that answer lead to the next most interesting thing. Choosing to work with the creative team might





lead you to take a new training, which gives you a new skill set, which leads you to greater confidence, which leads to a promotion, which brings you new clients, who offer you an opportunity to start your own business . . .

YOUR BODY'S KEY QUESTIONS

1. Become quiet, centered, and breathe. Ask your body: What are you most worried about right now? What would you like to feel reassured about? Wait expectantly, and a “knowing” will begin, perhaps with feelings, sensations, and images. Write about your body’s preoccupations and what you can do to help relieve these concerns. In what specific ways did your body make the answers known to you?

2. Ask your body: What are you most excited about right now? What activities would feel the most rewarding and engrossing? Wait expectantly, and a “knowing” will begin; notice feelings, sensations, images. Write about your body’s most real motivations and what you can do to help create these experiences. In what specific ways did your body make the answers known to you?

You may have noticed that as you paid attention to your body in the exercise above, you became aware of subtle sensations and perhaps had fleeting images that all blended into an instinctive “knowing” that couldn’t be traced to logic. The answer just popped up into your awareness like the answers in the window of one of those magic eight-ball toys for children: “By all means,” “Highly unlikely,” “Try again later.” Your body may have given you an image of a hearty sandwich because you skipped breakfast and you need the nutrition. Or it helped you feel that good sense of having completed a workout because it wants to move!

Perhaps your body may have transmitted to you that it was most excited about creating a new flowerbed, and it released the smell of soft, well-turned dirt, and of the nursery where you’d go to buy plants. You may have started daydreaming about the colors you would combine. You might even have had glimpses of the design of the bed, the placement of the flowers and how they might look in a year’s time. And yet, all this probably came in a rapid sequence that seemed almost simultaneous, with little separation between ideas, sensory trig-

gers, and images. Because of the body's nonverbal, shotgun-style way of communicating, we often miss its messages, especially if we're caught up in worry or preoccupations.

To help make intuitive information more conscious, you might develop the habit of talking with your friends about "interesting perceptions I had today" or "interesting similarities I found between experiences I had this week," or asking, "What do you think *this* means?" Assume that you have the right to feel "at home" in your own body, that you do not have to live with even the most subtle levels of discomfort. You can become conscious of the data in the tissues of your body by simply having conversations in your imagination with various parts of your body. Personalize your belly, or the bottoms of your feet, or your

shoulders as though they're your good friends. Let them tell you what they know about life and what they need. Make an agreement with yourself that the moment you notice a contracted anxiety signal, you'll stop and discover what the message is. Make it a way of life to keep your body clear of blockages, ignorance, and negativity. Follow your expansive truth signals!

Practice dropping below the surface of your normal daily distractions to find a deeper, more direct experience of knowing. Cultivating the habit of including your body in every decision-making process, and even trying to feel your cells talking, will help you honor your body as a living being. By respecting its innate consciousness, and "conversing" with it, you'll have a reliable source of intuitive guidance and a new best friend.

Penney Peirce is an articulate and accurate clairvoyant empath, visionary, and



author of 10 books on intuition development, inner energy dynamics, expanded perception, dreamwork, and personal transformation. She coaches business and government leaders, psychologists, scientists, celebrities, and those on a spiritual path about the hidden dynamics of what makes for true success. Her books include *Transparency*, *Leap of Perception*, *Frequency*, *Be the Dreamer Not the Dream*, and *The Intuitive Way*. Her website is www.penneypeirce.com.