



You Are Your Own Healer

E-Book | TWO

**DISCOVERING YOUR
BODY WITHIN**



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HEALING ARTS

MARIEKNOETIG.COM



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You are your own healer, you just a little direction.

When it comes to healing there is no one size all solution. We all live different lives, come from different backgrounds, and have different challenges which means everyone needs their own way to heal.

I want to help you do just that! By learning that you have a Body Within, and when you are connected to it, life becomes less complicated, healing becomes more directed and personal, and the knowing inside teaches you how to live a truly fulfilling and productive life.

After working with countless clients and navigating my own healing journey, undergoing major surgery, and being disabled on one side, I learned first hand that there is no one way to heal.

Here you will find the hope, resources, and tools to take back control of your health.



Your Health. Your Future. Your Choice.

Marie Knoetig



THE BODY WITHIN IS ...

Getting Started

To form long term health and wellness, you must start to create balance and healing in your life through getting to know your Body Within - the actual essence of who you are.

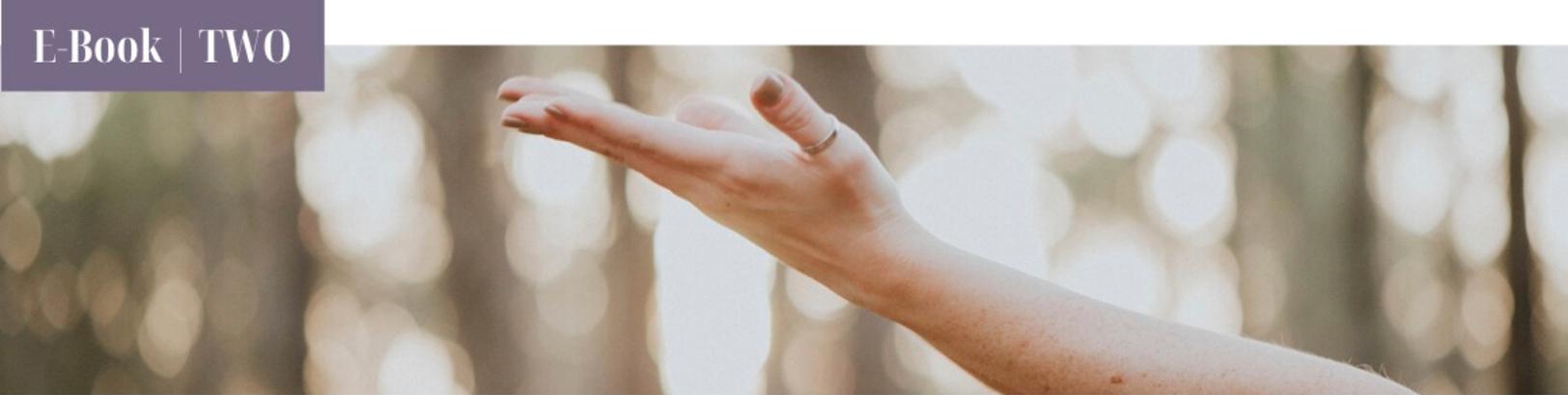
This should be a daily practice to gain the most benefit. Start with 5 minutes and work up to 20 minutes, if you can.

This is the part of you that is aware of your strengths, your weakness, who you are at the core of your being. It knows what is best for your body to fuel, heal new and old injuries, deal with stress, and understand the world we live in.

Most of us only know what we were taught about how life works and who and what we are capable of. The Body Within opens us to the endless possibilities of who we are and what is available to us for our own healing.

It helps us navigate our overwhelming system of Western and Alternative medicine, quick fixes, and empty promises. It puts you back in the driver's seat to create health and wellbeing not thought possible.

All this is possible. All you have to do is to connect with your Body Within and start to listen.



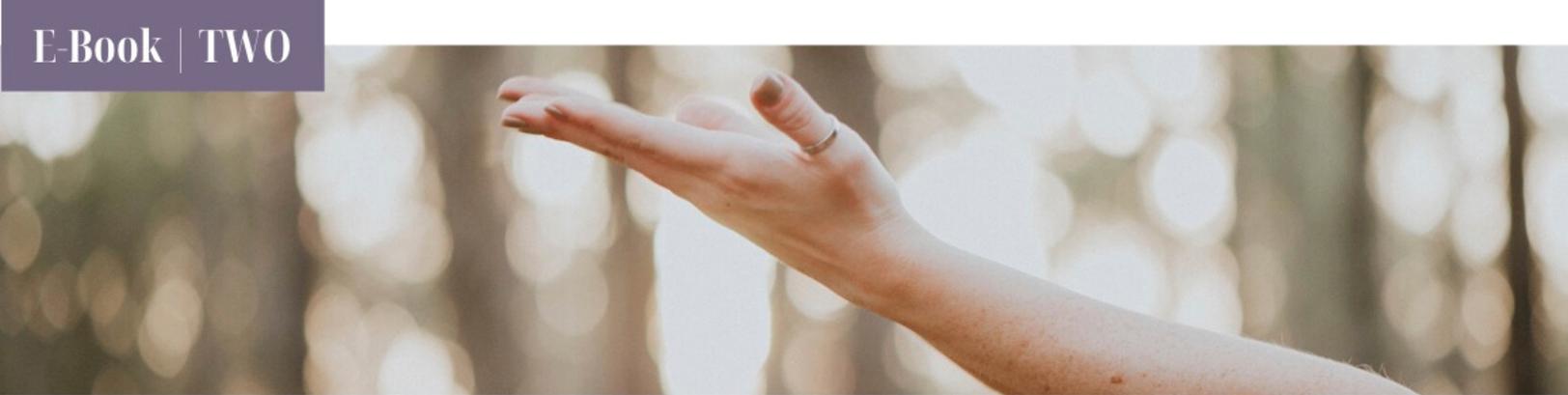
Learning How To Connect

To connect with your Body Within you need to learn how to listen. That means creating quiet time everyday when you can check in with yourself. A great time to do this is when you first wake, when you're going to bed, or both!

Put on quiet music, lie on the floor, and do basic stretches, and breath clearing exercises. If you are unsure what to do, just lie on your back and listen to your breathing. If your body wants to move in a freeing way to release stress, you can move your arms, bend your legs, or stretch your lower back.

Now connect with your body and cross one leg over the other and feel how loose or tight your back is. Now lay with your arms and legs relaxed. Close your eyes. You can't see your feet so I want you with your mind to move your focus from your head to your right foot till you know your foot is there. Now your left foot. Do this for both hands. Now, lay there for a few minutes and breathe. Just be present with your body. Feel your body.

Congrats! You moved energy through your body and you became aware of something you could not see!



Learning How To Connect

Just be with your body, and educate yourself on who you are and where your body needs some attention.

Now that you can find your hands and feet, run a line from your mind to each foot and hand. Is one easier to find than the other? If, so was there a previous injury in the one that is harder to find? Just be with it, don't overthink it.

This is not a workout, it's just a way to get more connected to your body and what you can do to balance it in the future.

Pay attention so you can try to learn about what your body feels like in general so you will have a sense if your body is different at the end of the day versus in the morning.

This is your first step in connecting to your Body Within.

Notes & Observations

ARE YOU CONNECTED TO YOUR HANDS AND FEET?
NOTICE IF ONE WAS EASIER TO GET TO THAN THE
OTHER.



WHAT DO YOU NOTICE?



Notes & Observations

CAN YOU TAKE THIS TO A LARGER PERSPECTIVE AND FIND YOUR LEGS, ARMS, STOMACH, A FINGER? JUST PLAY AND LEARN!

DID YOU FIND IT WAS HARD OR DID YOU GET LOST IN THE ACTION AND TIME?

IF YOU FOUND IT WAS DIFFICULT, DO MORE BREATHING EXERCISES, OR TRY MY MEDITATION *CONNECTING TO YOUR BODY WITHIN.*





Notes & Observations

DID YOU START OUT STRONG THEN LOSE MOTIVATION AFTER A COUPLE OF DAYS?

I HAVE A BEDTIME ROUTINE TO HELP QUIET AND RELAX YOU. TRY IT TO SEE IF IT HELPS YOU GO MORE INWARD.

THERE IS NO RIGHT OR WRONG. IF YOU FIND A DIFFERENT WAY TO YIELD THE SAME RESULT, PLEASE SHARE. IT MAY HELP SOMEONE!



Next Steps

CREATE A BEDTIME ROUTINE CHECK IN

We do most of our healing and repairing from our day when sleeping. Do you want to go to bed for 7 hours and bring the day's stress with you, physically or emotionally?

if you take time to create a bed time routine to check in with your Body Within, and grow your practice, you will have a much better chance or healing and correcting imbalances. This will improve on your present day living along with aging gracefully.

if you cannot find 20 minutes to rest quietly at the end of your day, ask yourself: *What is more important than my immediate and long-term health?*

Remember the stress on your body and your mind that you live in daily not only affects you now, but also how you age. There is no right or wrong in how this turns out, there is only you, observing how you look at your wellbeing in relation to the rest of your life.

Your health, Your future, Your choice.



Hi, I'm Marie!

With no choice but to navigate my own healing journey after a life-long struggle with severe allergies and significant injuries leading itself to chronic pain, I learned first hand that the path to health and balance is not one size fits all.

From traditional western techniques to exploring everything complimentary and alternative medicine has to offer - my journey has been 25+ years and set me on my path to helping people learn to be their own advocate and healer.

I've been working with private clients since 2000 and have learned that no matter what you're going through, the journey to heal your body is unique to everyone. Here you'll find the hope, resources and tools to take back control of your health.

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