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Your body may be

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saying you need more sleep. First, try simple things, like going to bed and getting up at the same time every day, sleeping at least 7 hours a night.

## **How to Listen to Your Body**

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## **Listening to the Body: The**

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**Psychophysical Way  
to Health ...**

Listen to Your Body shows how you can promote health and natural well-being by modifying everyday actions to improve the flow of qi (the universal principle of energy).

Breathing, eating, drinking, resting, washing, and many other small but vital actions--if carried out in the right way--can result in profound

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changes in body  
function.

Psychophysical

Way To Health

**Listen to Your Body:**

**The Wisdom of the**

**Dao by Bisong Guo**

Here are 3 steps to get  
you listening and

moving easy in your

body and life: 1. Slow it

down. When a

submarine is running

all ahead full, it can

ping away with sonar,

but it won't hear much

of... 2. Relax and

breathe deep. When



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you breathe normally,  
you don't create  
unusual sensations in  
your body, ...

**What Does "Listen  
To Your Body"  
Actually Mean?**

The easiest way to  
connect your body and  
mind is to use a  
combination of your  
breath and your sense  
of touch. Begin by  
putting your hand over  
your heart. Notice how  
your heart beats under

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your palm, and how  
your chest rises and  
falls with each breath  
you take. Now close  
your eyes and draw a  
deep breath into your  
belly.

## **How to Listen to Your Body and Give It What It Needs ...**

At The Listening Body  
Counseling Services, I  
can help you make  
sense of what's been  
holding you back and  
support you in finding

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a way forward. As a body-oriented psychotherapist, I have found that much of the dissatisfaction people experience stems from a lack of connection with their body.

## **The Listening Body - Counseling Services | The Listening ...**

Doctors at Johns Hopkins recommend that you listen to music to stimulate your brain. Scientists know that

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listening to music

engages your brain —

they can see the active  
areas light up in MRI...

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## **Benefits of Music on Body, Mind, Relationships & More**

Body parts vocabulary

listening activities and

ESL worksheets for

body parts listening

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[Listening.com](http://Listening.com) . Many

different audio

downloads and many

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different worksheets  
that can be combined  
to be very simple for  
young learners or more  
difficult for older  
students.

**Body parts listening  
activities and  
printable  
worksheets ...**

The Listening Body's  
Alexander Technique  
guided 'Lie Down'  
audio -Self-Care  
Special! \*\*\*\*\*ALSO,  
Weekly Online Classes!

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page. Now, more than  
ever, we are witnessing  
our habits! Our outer  
world movement may  
be restricted, but our  
inner world awaits our  
attention.

## **Wellness, Back Pain - The Listening Body® - Manhattan, New ...**

Listening Bodies is a  
teaching and artistic  
framework developed

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by Italian

choreographer and

Movement Researcher

Monica Gentile and

American composer

and sound artist

Michael Reiley.

## **Welcome - Listening Bodies**

Listening to My Body is a great read for parents, teachers and kids. This wonderfully written and colorfully illustrated book helps children to identify

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their bodily responses, sensations and feelings. Thus, helping kids find ways to calm themselves, focus and express their needs.

## **Listening to My Body - Gabi Garcia Books**

The sensations, aches, and pains in your body are a call to listen and learn from the metaphors in your body - Who or What is that pain in your neck? Experience the images,



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colors, sounds, and  
messages as guidance.

Way To Health

**Are You Listening?  
The Body Tells the  
Truth - Rubinfeld ...**

Using body language  
and other signs to  
acknowledge you are  
listening can also help  
you to pay attention.

Try to respond to the  
speaker in a way that  
will encourage him to  
continue speaking, so  
that you can get the  
information that you

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need.

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Communication  
Skills Training from**

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set 2; body parts;

Christmas; classroom;

colors; daily routines

**English listening  
exercises and  
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...

12 For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ.

13 For by one Spirit we were all baptized into

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one body, whether Jews or Greeks, whether slaves or free, and we were all made to drink of one Spirit.

14 For the body is not one member, but many.

**Listening to God - In Touch with Dr. Charles Stanley**

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**Teaching With The Body In Mind on Apple Podcasts**

<http://www.youtube.com/user/EnglishSingsing>  
9 Kids vocabulary -

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Body - parts of body -  
Learn English for kids -

English educational  
video This "Kids

Vocabulary...  
And Awareness

**Kids vocabulary -  
Body - parts of the  
body - Learn English**

...

Real talk on how to  
stop binge and  
emotional eating,  
make peace with food  
and thrive in a body  
you love with Certified  
Eating Psychology

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Coach, Jessi Jean. Join  
Jessi each week in this  
powerful, down-to-  
earth and entertaining  
show focused on  
helping you evolve  
your mind and regain  
control around foo...

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