

# TRANSFORMING YOUR BELIEFS THROUGH BODY AWARENESS

by Tejal Patel



Increasing our body awareness is often left out of integrating and transforming our way of being. Now is the time to connect with this as a powerful tool that will change the way we tend to ourselves and our connection to others for good.

## TRANSFORMING OLD PATTERNS INTO THE NEW

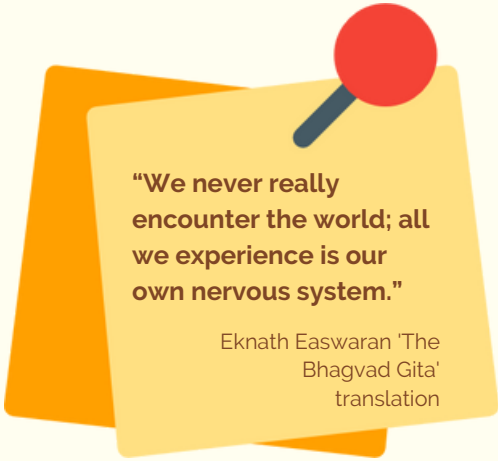
Our beliefs are formed from the patterns of the body - more specifically the nervous system. Body awareness is therefore a key part of transforming them, transfiguring them or creating new beliefs.

Our nervous system patterns are neuro-pathways, reinforced again and again by whatever it experiences in the physical world (positive or negative). The nerves tell the brain how to respond to certain stimulus from the external world. So when we are wired to feel certain things as a threat, (taking a risk, going out of our comfort zone or doing something new), the brain forms a belief and we form trust in this belief.

You trust in a set of beliefs (the mind always trusts in something) based on what the nervous system has told you. If the nervous system has been affected or harmed by pain or trauma, the beliefs will reflect fear, threat, worry and danger. Now is the time tend to the nervous system to re-pattern the mind.

As you navigate this sheet, hold your own discernment and awareness of the body. Even if they are subtle, what sensations or emotions arise in the body through this exploration?

## THE LINK BETWEEN BODY AND BELIEFS



"We never really encounter the world; all we experience is our own nervous system."

Ek Nath Easwaran 'The Bhagavad Gita' translation

The nervous system is the communication line of all the feedback of the body. When the nervous system has been impacted by trauma or wounding, it experiences dysregulation (it prepares to face a threat). This is going to effect what we believe is possible on a very deep and unconscious level in the moment it is impacted, but also after the impact, if the nervous system has not fully recovered.

We can learn to discern what is dysregulation and what is not by learning our body 'story' and nervous system states.

### When the NS is dysregulated:

- Our trauma/wounding make it harder to tell what is past experience repeating, and what is the voice of the intuition
- We listen to the limiting beliefs formed from pain & trauma
- We back these beliefs with reason

### When the NS is regulated:

- We have clear sight to our higher mind (intuition)
- We experience the world with a more accurate perception of threat
- Logic and reason do not fight or suppress the intuition

## My dissolving beliefs

It's not safe to be who I truly am

I believe showing up authentically leaves me weak or exposed.

My feelings/needs come after others or the environment has been tended to

My actions/behaviours feel mixed up in other peoples needs and emotions

The group's safety/security is dependent upon my lack of vulnerability/imperfection (I am the rock in the situation)

How others perceive me feels important for my sense of worth

My feelings, needs and experience need acceptance and validation from others

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## BODY ALCHEMY



## My rising beliefs

It's safe to express myself authentically

I believe showing up authentically and fully allows others to show up better for me

My feelings/needs are as important as everyone else's

My actions/behaviours are distinct from the feelings of others

The group's safety/security is independent of what I am or may experience or feel

How others perceive me is not tied to my worthiness

I validate and own my feelings, needs and experience

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The process of re-programming our beliefs first starts with recognising which ones we hold. Note down any that feel familiar to a past story or event that you might hold - even if you logically don't believe it any more, the body still might. Note down the rising belief that you would like to transform it into.

Write down some answers to these body alchemy questions. Try noting where and what you are experiencing. This is the first step on the pathway to embodied creation and healing.

## My alchemical process

What happens in my body when I act on or think about acting on the corresponding rising belief?

Where do I feel sensation or emotion from this action in my body?

Does any part of my body feel 'activated' (frantic, quick, racing, moving, restless)?

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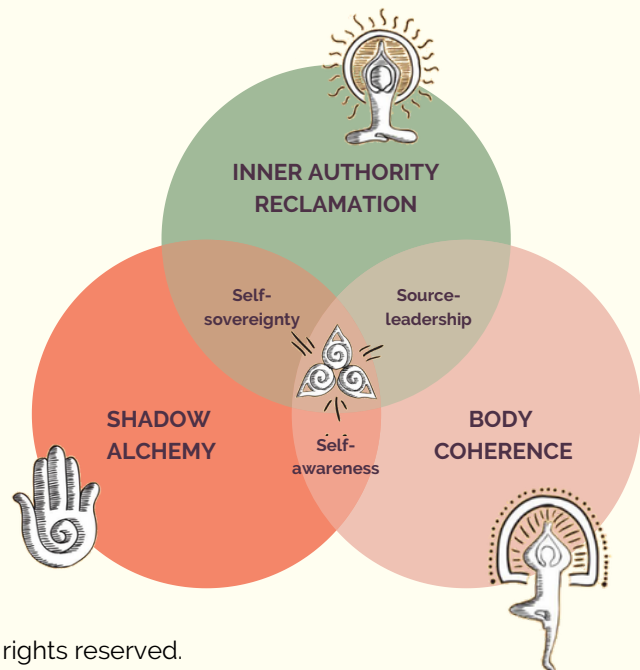


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## THE PATHWAY TO RADICAL SELF-HEALING & VISION CREATION

So what is the next step after uncovering these stories about your body?

Here is the invitation I invite you on, whatever this looks like specifically for you; to come into the most expressive, wildly creative and regenerative version of yourself and your service to humanity:



## THE PATHWAY



**Learn somatic tools for FULL emotional body-awareness and coherence.** Deepen into a long-awaited homecoming within your own body and reunite with your intuition through nervous system intelligence & flexibility.



**Shift from consumptive power to creative power** - heal oppressor-victim programming for good and step up into the active role you wish to take in your own and the collective creation of harmony, prosperity, bliss & ease.



**Engage in shadow alchemy** (rising out of the old beliefs and breaking ancestral cycles): Rise into masculine & feminine maturity, authentic self-leadership & multidimensional self-healing (energetic, interpersonal, environmental emotional, spiritual, physical).

### LOVING REMINDERS FOR YOUR SELF-HOMECOMING AND CREATION

- **Getting to know our NS takes time and patience - allow yourself grace through this process. Remember that the body heals at the pace of nature - in cycles and with a consistent rhythm.**
- **None of these states of the body are 'bad' or problematic, they are natural survival responses. Our role as self-healers is to bring all parts of us back into the now-moment, so what was once the truth of the past isn't playing out unconsciously in the present.**

I offer you this deep journey with me to come into deeper trust, ease and creation of your highest visions and who you truly are. If you feel ready to be led through this structure, lovingly and consistently, then book via the button below. If you're keen to go through more self-led study, revealing and healing of your patterns, then grab the ebook I offer below!

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Tejal**

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