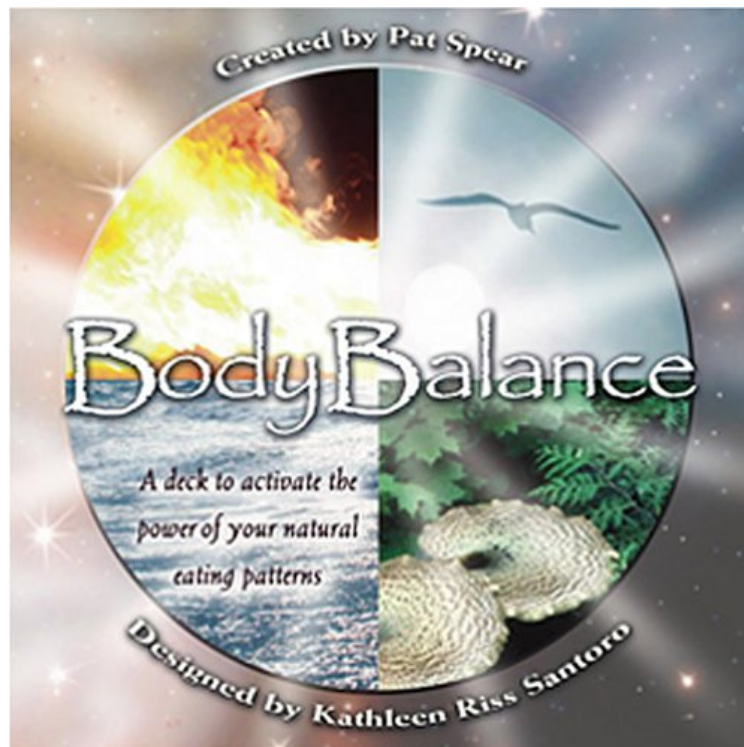


[Download] Body Balance: Activate the Power of Your Natural Eating Patterns

Body Balance: Activate the Power of Your Natural Eating Patterns

Pat Spear

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Pat Spear : Body Balance: Activate the Power of Your Natural Eating Patterns before purchasing it in order to gauge whether or not it would be worth my time, and all praised Body Balance: Activate the Power of Your Natural Eating Patterns:

2 of 2 people found the following review helpful. Body Balance Works! By A Reader Body Balance is a stunningly beautiful card deck based on ancient healing traditions that enable the user to activate the body's own wisdom. Using the imagery of the elements - air, earth, water, fire, and space - the positive messages on the cards, reinforced by the beautiful graphics, facilitate growth toward balance in the realms of the physical, the mental, the emotional, and the spiritual. Though working with the cards is designed to bring balance and healing to eating patterns, the focus is not on food, diet, calories, or exercise. It is rather about growing awareness. For example, one Fire card reads "Fire: Empowerment. My life force is strong as I fill with universal energy and the rivers of my body run clear. I am the master of my energy and I use it as I choose." A Water card: "Compassion. As I love and accept all of myself, I can love and accept humankind. Compassion begins with me." As I work with the cards I sense them drawing me toward a matrix of wholeness, in which eating patterns evolve to support healing of every aspect of one's life. The accompanying booklet suggests a number of ways of exploring the deck, both by choice and by chance. I like to work deeply with them several days a week, and each day choose one card to practice that day. Body Balance is a unique and welcome addition to the long tradition of Angel Cards, Tarot Decks, Affirmation Decks, Celtic Wisdom, and Oracle decks. Your body (and mind and spirit) will thank you for working with Body Balance.

Increase your sense of wellbeing and change your relationship to food. This beautiful brochure with 53 glowing cards is a support system in a box. Body Balance is unique. As you work with the cards, you combine positive intentions with the healing energy of the elements to restore your body's balance. Use the cards daily for an infusion of inspiration and positive energy to help you make better choices and feel better about yourself. It will help you choose more nourishing foods, appreciate them more, and feel satisfied sooner. Restore your body's natural eating patterns and take your power back from food.

About the Author PAT SPEAR, MA, is an author, teacher and art therapist with 25 years of experience facilitating self-empowerment and healing in women. As Pat was winning national acclaim for her creative work with major international healthcare corporations, she began to explore alternative medicine and spiritual healing. She has been fortunate to study with indigenous teachers, including Keewayinoquay, an Ojibwe medicine woman, and don Alverto Taxo, a Master Iachak from the Andes, as well as many alternative healers, including IONS thought leaders and Barbara Brennan. As staff teacher for Lynn Andrews Productions, she helped produce Joshua Tree retreats and facilitated workshops for an ongoing women's group of healers for thirteen years. During that time she became interested in helping women transform their relationship to food and to themselves, and studied Jungian psychology in Chicago and Zurich, Switzerland, before earning her Masters in Counseling and Art Therapy from the Adler School of Professional Psychology. Pat currently lives in rural Wisconsin, where she writes, creates art, and uses the "Body Balance" deck with women who want to restore their natural balance.