



Your body is an amazing tool for making you healthier, smarter and more vibrant. Do you know that it actually talks to you all the time? Seriously, your body has very important information to give you.

Sure, you listen to your body when it's complaining. When it's feeling discomfort or pain. But even here, you'd be shocked at how many of us don't even realize our level of pain or discomfort.

Often what is called a "high pain threshold" is really just a form of body desensitization. It can work in your favor if you're in labor or recovering from surgery, but not so much when you continue to run on a sprained ankle because you're feeling the pain, and end up with a fracture.

Did you know that when you are in touch with your body it can tell you what is healthy for you to eat and drink? Whether you are safe in a certain situation or with a certain person? What your emotional state is? It can even tell you whether to buy that house, change your job, or get married!

Your body can be your best friend, your confidante, even your lover if you could just hear what it has to say.

WHAT'S THE PROBLEM THEN?

You're probably asking yourself if my body is constantly giving me vital information why aren't I hearing it?

Simple.... Most of us do not know how to listen to our body anymore. But it wasn't always like that. Let's look at what happens to a new born baby.

An infant's brain is not developed enough to have any rational thought for the first two years of life. Their entire way of interacting with their world is through their five senses. Babies have no option but to listen to their body to get their needs met, including the need for comfort and connection.

But as our intelligence and reasons grows, we transition from our felt sense in our body to our intellectual understanding in our head. Of course, rational thought is central to being a human being. It's what distinguishes us from the rest of the animal kingdom. It's a good thing!



The problem is that we spend so much time in our head we are now totally disconnected from our body and felt sense. The pervasive and incessant use of technology has exacerbated this disconnection.

By its nature, technology forces us to be in our rational, thinking brain. There is little felt sense when you are texting nor is there much of an emotional connection.

Our ridiculously busy and overscheduled lives, the multiple hats that we wear, our never ending to do lists, all contribute to your disconnection with your body.

SO HOW DOES MY BODY TALK TO ME?

Great question! I bet that you don't even realize that you have heard your body talking many times. Have you ever had a "nagging feeling" about something? I often hear clients say that "they had a sense that something was not right". Some people describe it as a hunch...

Another way in which your body talks is through physical sensations. Feeling butterflies in your stomach when you are nervous or a frog in your throat when you are uncomfortable saying something.



You've definitely heard your body talk when you ate something that disagreed with it. Your body told you loud and clear not to put that inside of you again! It also talks to you every night as you start to feel tired and think about going to bed.

I CAN HELP YOU AWAKEN YOUR BODY SO THAT YOU ARE HEALTHIER, SMARTER, AND MORE VIBRANT!

My name is Xanet Paillet and I am a somatic love and relationship coach. Clients come to see me when they are feeling frustrated about their relationship and when they are lacking joy and passion in their life. Many of my clients feel broken, numb, and disconnected from their body. I work with my clients to help them reconnect with their body, reawaken their senses and feel more alive and radiant. By listening closely to their body, they become empowered around their needs and desires and can ask for and receive what they want.

Your body can awaken at any time of your life. Whether you're 20 or 70! I know this to be true from my own personal experience of having lived the better part of 50 years in a disconnected body.

As a former lawyer, I spent a lot of time in my head. I felt incredibly uncomfortable in my body. Hated the way I moved and danced, never felt athletic or coordinated, definitely did not feel sexy or attractive. I was also emotionally shut down, extremely anxious and stressed out, and was constantly questioning what my life's purpose was.

All of this shifted when my body started to awaken. I went through a huge transformation, left my husband of 26 years, my former life on the East coast, and started to really delve into my relationship with my body, including better understanding my sexuality.

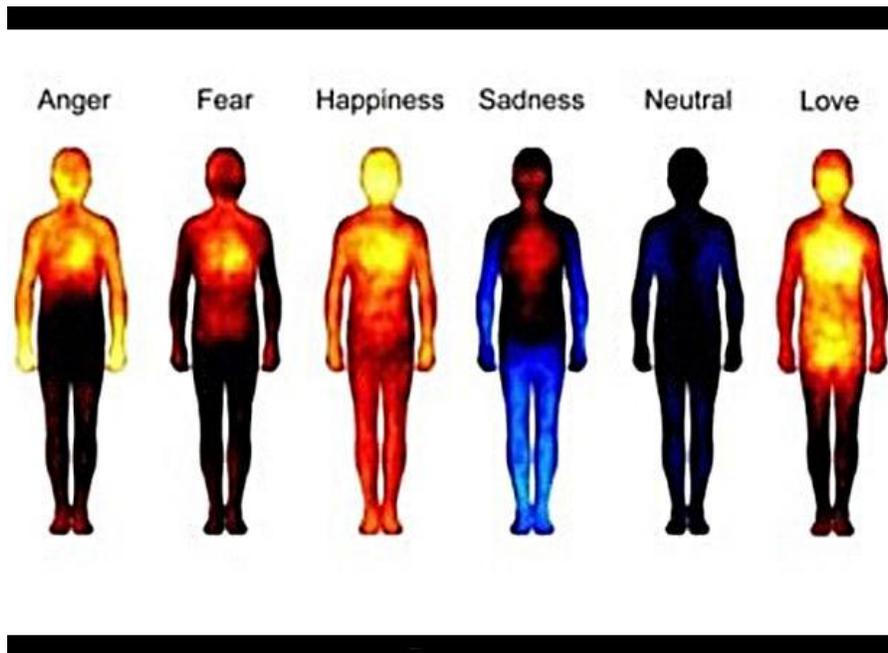
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**HERE'S HOW AWAKENING YOUR BODY WILL MAKE YOU HEALTHIER, SMARTER,
AND MORE VIBRANT.**

- ❖ **Improved health and wellness:** As you begin to listen to your body, you will have an innate understanding of what your body needs in order to function at an optimal level. What kinds of food to eat, how much and what types of exercise to do, and how much sleep to be getting. There is no one size fits all answer...and don't listen to anyone who tells you that there is! Your body however, does know how to help you create and maintain optimal health, and what your unique recipe is.
- ❖ **Improved Emotional Health and Well-Being:** Emotions such as anger, fear, sadness, and joy live inside of our body but you have probably been

socialized to repress many of those emotions. Repression of emotions, especially anger and rage, results in serious physical and psychological problems. The field of mind-body medicine is replete with research showing direct connections between repressed emotions and physical ailments from heart disease to back pain and even cancer.



Body awakening will put you in touch not only with these emotions, but the sensations associated with them. The more you become aware of how and where your body stores stuck emotions, the easier it becomes to identify them well before they become a problem. You will be able to process them quickly and move them through your body bringing you back to a state of emotional balance and physical health.

- ❖ **Reduced Stress and Anxiety:** Stress is a fact of everyday life. Women are four times more likely to experience anxiety than men. Stress and anxiety frequently show up in our body but again we don't hear it until it's literally screaming at us. The body awakening techniques that I teach will give you tools to manage and reduce stress and anxiety. More importantly, the more you learn to listen to your body, the less likely you will find yourself in stressful and anxiety provoking situations.
- ❖ **Improved Decision Making:** Your body knows the answer to every decision that you are faced with whether it's what Netflix show to watch or

whether you should take that new job. So often we go around in circles in our head trying to reason and figure out exactly what we should be doing. The truth is that you can talk yourself into anything. The mammalian part of our brain excels at rationalization but the animal part of our brain, our instinct and intuition, never lies.

Body awakening brings you to a place where you will learn to listen to and trust your body and your intuition. Intuition comes from within our body and we all have the capacity to be highly intuitive. Intuition is not a “gift” that only certain people have. It is a learned skill and it starts with body awareness. It will give you a sense of confidence, power and control over your life that you didn’t believe was possible.

- ❖ **Become More Alive and Radiant:** When your body is awake and aware you will begin to live a more three dimensional life. Seriously, life will become more vibrant, more enjoyable, and more alive. At times you may feel like you are in a slightly altered state of consciousness. You will see, hear, feel, touch and taste things in a way that you have never experienced before and have more pleasure in every aspect of your life.

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