***Perhaps the World Ends Here***

*The world begins at a kitchen table. No matter what, we must eat to live.*

*The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.*

*We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.*

*It is here that children are given instructions on what it means to be human. We make men at it, we make women.*

*At this table we gossip, recall enemies and the ghosts of lovers.*

*Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.*

*This table has been a house in the rain, an umbrella in the sun.*

*Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.*

*We have given birth on this table, and have prepared our parents for burial here.*

*At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.*

*Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.*

*- Joy Harjo*

**Circle Six: Nourishing**

Spring is in full bloom now, which feels like the greatest balm to my heart after a Winter that was so long and so cold, it almost seemed to traumatize us Northerners in a way. It took until Beltane for us to see any signs of light, life, and warmth… it was starting to feel like the skies would never again be blue, and the rain and winds would never cease. But here we are, at long last. The collective joy and relief is palpable.

I’ve been so happy and grateful to busy myself in my gardens, building them out a little wider this year to hold more of the herbs, fruits, vegetables and flowers which will nourish me and my family in the months and seasons to come. Each year now, my relationships with the Earth and its soils, and the plant families, are deepening. I am not only learning about the medicines and gifts they have to offer us, but also how to reciprocate their generosity in the ways I tend to them and care for them, how gently I harvest them, and more keenly understand how best to utilize their gifts as nature intended.

My gardens have become the altars outside of my home, outside of my body. I greet them with the rising Sun each morning, with love and gratitude. I pray over them. I sing to them as I work - ceremony songs, usually, sharing my own potent medicine with these relatives. When it is my Moontime, I offer my sacred blood to the plants, and to the Earth. A wise woman friend once told me the plants will know me by the composition of my blood. They will understand precisely which nutrients my body needs and craves, and will adjust their own chemical make-up to provide for me in this most specific way. The wonders of the natural world truly never disappoint.

I’ve been thinking quite a bit about my own nourishment, examining and refining what I have been feeding upon in recent weeks. My diet and nutrition are important pieces of this puzzle, but there’s more than that. I’m considering all those things which I consume on the regular: from fresh air and sunshine; to the time I spend watching tv or scrolling on social media; to the conversations I engage in; as well as the relationships I prioritize. What is truly feeding me well, and what is depleting me?

I have the consciousness and the practices which help me establish right relationship to dirt, to water, to plants; to spirit, etc. However, at this moment in time, I am questioning how best to be in right relationship with myself. It is not lost on me that this often seems the most arduous practice of them all.

Summer will be upon us with one click of the dial. After this harrowing Winter, spent weaving my way through many shadows, it is now time to wind my way out of those thorny brambles and bloom into my highest potential, reaching for the Sun. I intend to shine. And I have enough wisdom to know we must nourish to flourish. So it is. Be it so. And blessed, blessed be.

**An Introduction…**

The words nourish, nurture, and nutritious all come from the Latin word “nutrire,” meaning “to feed, to cherish.”

Other definitions of the word include:

* To feed and cause to grow
* To support, to maintain
* To supply with matter which increases bulk and promotes health
* To cherish, to comfort
* To foster, develop, promote (a feeling, attitude, habit, etc.)

Most of us think of food when we consider the word nourishment, which is certainly the primary definition and association of the word. However, from a holistic perspective, nourishment relates to all those things which “feed us and cause us to grow”: mentally, emotionally, spiritually, *and* physically.

In addition, nourishment concerns the nature of all our relationships in life: relationships with the elements; the plants; the animals; the stones; the cosmos; and our human family. As interdependent beings, the relationships we develop and maintain tend to either support us and help us to flourish, or they wither us and cause us to diminish.

Gardening (which so many of us are actively engaged in at this turn of the season) is a perfect metaphor for these kinds of relationships. We are ever so careful to ensure our little seedlings have nutrient-rich soil in which to be planted, in a location where they will receive the right amount of sunlight to grow strong. We are sure to offer them fresh water, to prune them as needed, to keep weeds from overwhelming their space. We try to keep other critters and insects (which might hinder their progress) at bay. We nurture our relationships with the plant allies, as they will, in turn, nourish us.

This is healthy reciprocity, as nature intended, and as all our relationships should be. Which includes our relationships to ourselves.

Therefore, in our second “pause” in the Wheel of the Year, just as the world outside begins to come alive again and grow rapidly before our eyes, we will take this time to examine what nourishment means to us in our lives, and reflect upon how we are nourishing ourselves and one another… or not. Like the headwaters of a river, what enters upstream will multiply and grow down the line. The choices we make today will determine tomorrow’s outcomes. Seize the day.

**Cultural Deprivation and Decline**

We live in a culture which places little to no value on nourishment.

From a physical perspective, our foods are depleted of the rich vitamins and minerals they are designed to have, due to the depletion of our soils by corporate farming and GMOs. The average American cannot afford organic food products, and so highly processed foods are the cultural norm - abundant and easily accessible. As for exercise, Americans rank in the bottom 15th percentile in global statistics, coming in at a dismal 143rd out of 168 countries surveyed.[[1]](#footnote-0)

As for mental and emotional health, over 20% of Americans are currently diagnosed with a mental health disorder - that’s 1 in 5 adults, over 55 million total. Young adults (aged 18-25) have the highest rate (30.6%), as well as the highest rate of severe mental illness (9.7%). Suicide is the second leading cause of death in children aged 10-14, preceded only by unintentional injury.[[2]](#footnote-1)

And from a spiritual perspective, we have seen a steady decline in the number of Americans who practice or identify with a particular religion (down 21% in since 1990). While Christianity maintains its top position for religious affiliation, only 29% of adults said they attended church on a weekly basis in 2021, down from 44% in 2000. The percentage of Americans who said they were religious “nones” (as in atheist, agnostic, or “nothing in particular”) rose to 26% in 2019, up from 17% in 2009. Among millennials (born between 1981 and 1996) the percentage of “nones” is 40%, compared with 25% among Gen X (born between 1965 and 1980), 17% among Baby Boomers (1946-1964,) and 10% among the Silent Generation (1928-1945).[[3]](#footnote-2)

Our capitalist/consumerist culture prizes corporate gain over all else - over access to proper medical care, nutrition, exercise, education, spiritual connection, mental and emotional health, safety, social justice, livable wages, clean water, healthy environment, self-care… and the list goes on and on. Because we have not been raised with the predominant understanding of the true importance of these things, they are instead perceived as *luxury*. When we prioritize our own self-care, it is often seen as *lazy* or *self-indulgent*.

Which is why we, as women of consciousness, take our cues instead from the natural world - the plant and animal relatives, the earth and waters, the changing of the seasons… which all clearly demonstrate balanced cycles of activity, rest, and *proper nourishment*.

**Body Wisdom**

### We are all gifted with innate body wisdom.

Being body-wise means connecting to the Great Intelligence that has evolved in our bodies through millennia of evolution. This embedded body wisdom kept us safe, helped us forage for food, and helped us find good mates.

In our modern culture, with our ability to eat, work, travel, and communicate without paying almost any attention at all to our body’s sensations, it is easy to forget that our body is constantly speaking to us. In the most basic of ways - sensing hunger, pain or fatigue - and in more complex “gut intuitions” about people and situations, our bodies “speak to us” all the time.

Our cultural conditioning has generally encouraged us to cease listening to our body wisdom, and as a result we are cut off from a vast source of information that is literally with us all the time.

In trying to understand why we have become disconnected from our body wisdom, there are several likely components at play:

**Modern Science**

Modern medicine and science took away our need to listen to signals from our own body in many cases. When we start to feel uncomfortable and scared about our body, we can go to the doctor, or our therapist or we can take a pill to help alleviate our pain. These are all good resources to have, but in the process of turning toward professionals and science, many of us have lost the ability to look to our own body wisdom first.

The influence of science and the medical model have led us to a loss of faith in the wisdom of the body in favor of looking to external sources of authority (scientists, teachers, doctors, therapists).

The body is often seen as dangerous and not to be trusted (especially the mysterious and magical body of women) while hard sciences are seen as being more credible. We feel more comfortable when things are reducible: “this happens because of that,” and we also feel more comfortable when we believe things are predictable: “when I do this, I can be sure of that outcome.” We like to be sure of things; relying on body wisdom that might seem mysterious and unpredictable can feel scary.

Science and medicine might offer us the kinds of certainty our safety-seeking brain wants.

**The Spiritual Decline**

Spirituality is no longer a cultural norm.

As we moved away from the spirit toward science, we left our body and moved into our heads. In times past, treating pain in the body was both a physical and a spiritual practice – there was a sense that healing came both from medicine and from spirit. Many of us have kept the medicine part of the equation, but have discarded the impact our soul and spirit have on our healing. Even while modern medicine has found support for the placebo effect where we experience healing through beliefs, it’s generally not considered a legitimate form of healing. Hard sciences are considered king.

**Fear of Traumas Stored in the Body**

Regardless of trauma history, many people are not in touch with their body. According to [Staci K Haines](https://strozziinstitute.com/about-2/#staci-k-haines), Co-Director of Methodology at the [Strozzi Institute for Embodied Leadership](https://strozziinstitute.com/), about 80% of the people who she sees in her work need to be reintroduced to the sensations in their body: this statistic likely translates to the broader population. There aren’t many of us who are intimate with our body, often for good reason.

Getting back in touch with our body can be a daunting task, not only because we have forgotten how to do it, but also because we might be afraid of what we’ll find when we get there. But learning to get in touch with our body can simultaneously connect us with the wisdom of our body and also, when done with self-compassion, help to tend to the memories and difficult emotional material stored in our bodies. As long as we go slowly and seek strategies to do this safely, we can learn to get back in touch with our body.

Here are some important reasons to re-attune ourselves to our bodily wisdom:

**The Power of Presence**

Once we can cultivate a sense of being able to be kind with our internal experience through practices of awareness, affection, courage and connection, we’re able to turn toward the information in our body. We can use that information to our advantage to respond in the world, rather than having vague sensations that we don’t tend to that leave us feeling uneasy without quite knowing why. Focusing teacher, [Anne Weiser Cornell](https://focusingresources.com/) tells us that, “The feeling in the present moment is the doorway to countless future possibilities.”

**Head-Heart-Gut Connections**

Theories of mind-body connections have shone a light on the “brains” in our heart and gut.

Information is traveling from our brain to the rest of our body and from the rest of our body to our brain. There is more information moving from our visceral system/gut to our brain/mind than from our brain/mind to our visceral system/gut. Heart neural networks are known as the cardiac nervous system and gut neural networks are known as the enteric nervous system. There is memory and intuitive intelligence in these areas of our body.

Growing evidence points to heart and gut involvement in many body functions and behaviors, and given these connections, as we settle in our body we will also correspondingly settle in our mind: the body can calm the mind.

**A Great Untapped Resource**

We don’t need to solve everything by thinking alone and we can’t always think our way through a situation. For some decisions we can rely on our gut or our heart to guide us. This may take more time, but ultimately it’s more authentic, and we basically don’t have to try so hard. We can release the struggle to come to an intellectual conclusion because the way through will become evident by trusting our emergent wisdom. We may need to be patient, but every situation will come to resolution through the wisdom of our head, heart or gut – sometimes working together (eg our heart or gut can inform our head leading to a creative solution).[[4]](#footnote-3)

Your body is the vessel of your humanness. It provides a form in which to live and function on Earth. It is home to your spirit, a personal temple. It is your container of light and dark moments, complete with profound and complex feelings and active energy. You can take a break from your thoughts, your feelings, and your relatives. However, taking a break from your body would be like taking a break from life. It is not really possible.

Body wisdom is a wisdom that can only be felt. It bypasses reason and brings us feelings. Feelings are to be listened to and respected. If you cannot feel, you cannot access this knowledge. The more you feel, the more you can access this domain.

Body wisdom means being really familiar with what your body needs so it is able to work at the best level it can physically, mentally, emotionally and spiritually.

**Deep Listening** by Rev. Diana Johnson

When was the last time you had an intentional conversation with your precious Earth Suit… your physical body?

What did you talk about? How did the conversation begin?

Sometimes when I haven’t checked in with my body for a while, IT starts the conversation with some kind of pain or discomfort.

Have you ever had that experience? Would you like to share?

What part does pain play in our evolution? (It is hardwired to maintain longevity, growth, balance, and peace. Pain is one of the ways the body lets us know what it needs.)

I love this quote from Dennis Merritt Jones. “(Your body) wants to remain your soul’s home for a long time and is willing to go to extreme lengths to make it so, even if it makes you miserable.”

The question is, are you listening, or do you ignore it and try to muffle its voice?

Why do we do that? What are some of the rationalizations we use? (Just *one* more thing, then I’ll stop; it doesn’t hurt that much, I can push through; I might look weak; I can do it myself; if I don’t do it, who will?)

From your experiences with pain, what do you suppose it might teach us if we were to listen?

**Humility** – being open to being served

**Compassion and empathy** – a deeper sense of caring for yourself and others who are in pain

**Appreciation** – of what is *right* with your body, and the many blessings

**Patience -** having reasonable expectations, and slowing down to meet them with care

**Trust -** believing/having faith that the Universe is conspiring for your greatest good

**Surrender -** letting go of what is beyond your control

**Forgiveness -** for the pain you experience, and the pain you have caused

Did you know that grief can also settle into the body as pain?

Whether our pain comes from physical or emotional causes…and sometimes we don’t know where it began…it is trying to speak to us through its discomfort.

In order to heal, we need to pause…get quiet…go within…ask simple questions of the body…and listen deeply.

*How are you feeling?*

*What do you need?*

*How can I help?*

This deep listening works for small things, too…before they become painful. When I listen to my body’s responses, I know which foods are nourishing for my body and which are not. I know what forms of physical activity are best for my body, and how much. I know when my mind needs a break, or my spirit needs rest.

But I have to really listen…and deep listening means responding appropriately to the messages I am receiving.

This means being willing to make changes. (No! Not that again!)

Nothing is certain but change. Didn’t we hear that last month, and the one before? The more comfortable we become with the flow of change, the more our lives reflect our Wholeness.

One of my teachers, Rev. Skip Jennings, does a live session called Flow Fridays. He teaches FLOW as an acronym for Faithful, Loving, Open, Willing. I approach change with Faith in God and in the process, Love for myself and others (and for life itself), Openness to growth, and Willingness to do things differently.

Ernest Holmes spoke that “Awareness is curative.” We can’t change things in favor of healing unless we know what needs changing.

Again from Dennis Merritt Jones: *“Our body exists in its own field of intelligence. It is profoundly wise, and on many levels, knows what it is doing. Not only does it know how to gain our attention, it will attempt to heal itself when given the opportunity.”*

**Cultivation**

Another word that comes to mind when I think of nourishment is *cultivation*. Consider that before we are able to grow abundant plant life (flowers, herbs, food, etc), we first have to properly cultivate the soils. Preparing the land in this way promotes the best conditions in which the plants may thrive. We turn the soils, adding compost or other nutrients, removing any noxious weeds which might compromise growth, etc.

The same is true when we are cultivating our own lives. In order to grow into our highest potential, we have to turn those inner soils (facing our shadows), add the necessary nutrients to our lives (fresh air, good sleep, healthy consumption, time in nature, etc), and remove those elements which hinder our growth and expansion - be they people, vices, bad habits, unsatisfying work, unhealthy attachments, and so on.

How we consciously cultivate those things which will truly nourish us and all our disparate bodies (physical, mental, emotional, spiritual) will greatly determine our quality of life, both in the present and the future.

Just last week, I offered a motivational speech in which I relayed the details of a recent “dark night of the soul” I encountered - like a long portal I couldn’t find my way through. For nearly two years, it seemed like I was being tossed around like damp laundry in an endless dryer cycle. Many external factors were disrupting my normal flow… and I had no control over any of it.

Throughout the ordeal, I stayed fast to the rituals and disciplines which help keep me grounded… yet, admittedly, I knew my body, mind, heart and soul were asking for more. I didn’t even need to “tune in” to my body wisdom - the messages were constant, consistent and clear. But due to my lack of energy, hope and optimism, I didn’t heed the calls. Not for quite some time. At my lowest point, I knew there was nothing left for me to do BUT nourish myself in the ways I knew I needed, but had been avoiding. And wouldn’t you know it? Within one lunation, every aspect of my life shifted, changed for the better. I *behaved* my way into better days.

This is one example of why it is of great importance that we are consistently checking in with ourselves, reflecting upon how we are living, and making those necessary changes to refine our process and journey. That work will look very different for each of us, for we all have unique challenges and gifts to contend with. The cultivation process itself will vary, depending on how we each deal with making successful adaptations to our lives: for some, it will require a strong “all or nothing” approach; for others, it will need to be more gentle and incremental. Understanding the modality that will be most successful for you is also part of the work.

**Taking Inventory**

For those who might not be so accustomed to regular reflective work, here is a brief outline of some helpful questions to ponder and ideas to consider:

**Mental Nourishment**

* How easy or difficult is it for you to be conscious of your own inner dialogue? What kinds of positive or negative things do you tell yourself? Are you able to change the negative stories you create about yourself or others to shift your own energy and perspective?
* What kinds of tools do you have in place (if any) to deal with anxiety and stress? Do you have a regular mindfulness practice? Do you have a safe space to share your thoughts and concerns?
* What quality of information do you allow into your sphere? Are you addicted to watching the news or scrolling social media feeds? Do you have a healthy relationship with tv and screen time? How often do you read books, and are the genres you read calming or stimulating in nourishing ways?

**Emotional Nourishment**

* Are you adept at regulating your emotions? What tools or methods do you use to shift unhealthy emotions/emotional attachments?
* Consider the main relationships in your life. Would you say they are generally healthy? Are there any you identify as toxic or harmful? Are you able to set healthy boundaries with others? Do you feel you have people in your life who love and support you?
* What emotional baggage and/or trauma have you been carrying? What (if any) of it has been coming up for you recently? Do you tend to sit with your fear/grief/rage to help process it, or are you more likely to avoid it?
* What are the things that bring you joy in life? How often do you do those things? Where are the places where you feel the safest, and the most comfortable? How often do you visit those places? Who are the people who truly light up when they see you? How often do you spend time with them? How often do you light up for yourself?

**Physical Nourishment**

* What is your current relationship to food like? We can look at this relationship in a variety of ways: (emotional) Is food a source of pleasure for you, or does it elicit unhealthy emotions and attachments? (physical) Do you think you are truly nourished by the things you eat? (mental) What stories do you tell yourself about food? Do your perspectives cause you stress or anxiety?
* What do you know (if anything) about your body type and how best to keep it healthy? When was the last time (if ever) that you had a physical, or blood work drawn? How regularly do you attend check-ups with your healthcare providers? Are you following any recommended treatments and taking prescribed medications correctly?
* Do you have a fitness regimen? Have you been disciplined and committed to it? Do you think your body receives enough physical exercise? How often are you experiencing pain in your physical body? What do you do to treat/heal any pain?
* Do you have any modalities for nourishing and strengthening your immune system?

**Spiritual Nourishment**

* Do you have a regular spiritual practice? Are you committed to it? Why or why not?
* How are you cultivating your relationships with: Creator/deities? Your ancestors? Your spiritual guides or guardians? The elements? What would you most like these relationships to look like?
* Do you have a spiritual community? Does it nourish you? How do you help to nourish others in your community? Are there other kinds of spiritual communities you feel called to explore?
* Are there spiritual practices or traditions you have been longing to explore? Do you have access and resources for them? What prevents you (if anything) from reaching out and taking steps on that path?
* Are you able to see yourself in a sacred and holy way? What stories do you tell yourself about your own spirit/spiritual connection? Are you able to honor yourself and nourish your spiritual callings and needs?

**Feasting**

To feast, in the traditional sense, is to eat and drink sumptuously. It is to give someone a plentiful and delicious meal. It is something that gives unusual or abundant enjoyment. It is to experience something with gratification or delight.

We feast to celebrate, whether it be the harvest, a holiday, or other social communion. We feast to nourish ourselves, but more importantly, to nourish our loved ones. In preparing for a feast, we take care and diligence to prepare the best of what we have to offer, and we offer all that we have with great generosity. A feast is symbolic of joy, abundance, revelry and love.

Across the globe, cultures have rich traditions around feasting. Depending on the holiday or season, specific food and dishes are incorporated. The very ingredients used are often symbolic, and in many communities, there are even specific ceremonies, prayers and rituals dedicated to the foods before they are consumed.

In indigenous cultures, the term “feasting” has an alternate meaning, related more to spiritual than physical nourishment.

We recognize those tools in our spiritual bundles which serve us in our lives and on our journeys. These tools are sometimes part of our inner world (our visions, prayers, dreams, intuition, etc); sometimes, they are of the natural world (the earth and water, sun and moon, plants and animals, etc); there is the spiritual element (ancestors, guides, deceased loved ones, etc); and other times are of a physical nature (drums, candles, incense, feathers, singing bowls, crystals, pipes, hides, etc).

To “feast” something means to honor it with gratitude in a ritual way. Gratitude is one of the most powerful nourishing agents we have to call upon at any given moment. The more gratitude we express in our lives, the more abundance there is to be grateful for. When we cultivate gratitude, we cultivate even more nourishment for all our disparate bodies.

As such, there are many ways to feast those things for which we recognize and wish to acknowledge as the helpful tools we carry in our lives. When we offer a feasting ritual or ceremony, we effectively create spiritual currency - an amplification of the energetic support we receive from these beings and tools. Like all relationships, the more we put into it, the more we receive from it.

As well, the more we acknowledge the good in our lives, the goodness wonderfully multiplies.

Here are several ways in which to feast the tools of your spiritual bundle:

**Inner World -** (visions, prayers, dreams, intuition, messages, song channeling, spells, art, etc)

* Write and record them in a journal that has been blessed and kept on your altar
* Allowing the music/art/inspiration to flow through you
* Sharing your intuited messages, rituals, spells, and creations with others
* Make a ritual in honor of your own spirit; use channeled writing to allow your spirit to speak to you

**Natural World -** (elements, cosmos, plants, animals, stones)

* Rituals and ceremonies to honor the elements
* Waking to pray with the rising sun; staying up to pray with the rising moon
* Offering moonblood to the plants; blessing the animals and stones
* Asking permission and offering tobacco when you take a gift from nature

**Spiritual World -** (ancestors, guides, ascended masters, guardians, angels)

* Make altars in your home in their honor
* Offer them “spirit plates” of food after rituals and ceremonies
* Light candles in their honor; pray to them regularly
* Set out food items or drink they like, and commune with their spirits

**Physical World -** (altar tools, drums, candles, herbs, feathers, pipes, hides)

* Offer them a ritual smudge
* Sing songs to them; speak your words of gratitude to them
* Make tobacco prayer ties in honor of each
* Bless them with water; charge them in the moonlight

Remember, pageantry is not important. Your intention and the heart you put into these small actions are what make them potent and meaningful.

There are an infinite number of ways we can offer our gratitude for the many beautiful gifts and medicines in our lives. The more we do these things, the more we align ourselves and our purpose with the Great Spirit connecting us all. In these ways, we bring greater joy, abundance, prosperity, and magic into our lives… all of which nourish us on every level.

**Sharing the Wisdom: Preparing Your Ritual**

Use this space to consider how you would honor the energy of this time of year in a ritual way, whether for yourself or for others. This is meant to be a loose guide to inspire you, and to build confidence in your own intuition, vision, and abilities to incorporate more ritual in your life.

1. **What would your ritual space look like/what environment do you envision?**
2. **What items would you include on your altar? What do they represent to you?**
3. **What Elements would you include? How will you include them? And why?**
4. **What words do you feel should be spoken or sung? You might jot down your ideas, and create a loose outline to follow.**
5. **What is the best way for you, personally, to connect with this time of year? How will you demonstrate that through ritual action?**

**Reflections and Integration**

Going back through your life in increments of 5 years, reflect upon this season/sabbat in the Wheel of the Year and what it has meant to you in those various stages of life. Use these questions as a guide:

* **What memories stand out to me the most about this season in each stage of life?**
* **How did this season/sabbat make me feel emotionally? Physically?**
* **How do my past experiences of the season/sabbat correlate to the present?**
* **In my highest vision, how would I best connect with this season/sabbat?**
* **From this year forward, what changes might I make to align myself more with the energies of this season/sabbat?**

1. From a 2018 survey by the World Health Organization, published by The Lancet [↑](#footnote-ref-0)
2. From [Lizzie Duszynski-Goodman](https://www.forbes.com/health/author/lizzie-duszynski-goodman/) and [Lisa Henderson, M.S., N.C.C., L.P.C.-M.H.S.P.](https://www.forbes.com/health/medical-advisory-board/lisa-henderson/), published by Forbes Health [↑](#footnote-ref-1)
3. From Ralph Lewis M.D., published by Psychology Today [↑](#footnote-ref-2)
4. Adapted from “Tuning Into Body Wisdom” by Kristy Arbon [↑](#footnote-ref-3)