

Lesson 3:

BODY: Tool of Creation

Purpose: To gain love, respect, and acceptance of my body. To learn tools to connect with and build a relationship with my body. To understand the physical body as a tool of creation.

Introduction: Pres. Uchtdorf's story of Willy Wonka and the Chocolate Factory. People were so disappointed they didn't get a golden ticket, that they threw away the candy! So what if you didn't get the golden ticket, you have CHOCOLATE! Our application: So what if you didn't get a golden ticket, you have a BODY!

Principle 1: Love MY Body

1. Positive Body Image

You never get positive results in life by being negative.

You might think that you would feel good and be positive with a different body. If your body were bigger, smaller, taller, shorter, had more hair, had less hair, had a darker skin tone, had a lighter skin tone, etc. etc. This is NOT true. If you are negative in this body, you will be negative in any other body. Your body does not change your mind, YOU change your mind. If you want a different body, FIRST accept and love your body right now. Love everything you can about it.

Acceptance and love opens the door of possibilities.

2. GRATITUDE!

Story: Kid at Christmas mad about toys. "I'll take your toys and give them to another child who does appreciate how awesome those toys are!" We can waste our earth life pouting over what our toy isn't, what it doesn't do, how it's not like other toys. OR we can appreciate this toy we've been given and have fun with it, explore, create possibilities, see what it CAN do.

3. HOW

DANCE PARTY! Practice having all positive thoughts about your body as we dance, move, have fun! Express gratitude for all your body does. Forgive its imperfections. Appreciate its goodness and the miracle of its function.

Principle 2: Relationship with MY Body

Relationships are built upon communication and shared experiences. Ho do you make a friend? You talk, share, make memories together. A friendship with your body is built the same way.

1. Communication

Talk to your body. Tell it THANK YOU for breathing, digesting, keeping your heart beating. Express gratitude for your useful hands, the strength of your legs and everywhere your feet carry you.

WRITE a letter of gratitude to your body.

2. Shared Experiences

What life experiences do I LOVE that are only possible because of my body?

* Snuggling a baby * Curling in a blanket with a book. * Splashing cold water on my face.

* Holding a child on my lap and feeling my cheek brush against their angel-soft skin.

* A good stretch. * A good nap * A warm bath. * Wiggling my bare toes in freshly cut grass..

Think about what you LOVE to experience thanks to your body, and DO more of it. Take your body on an adventure. Share amazing experiences with your body. That's what you're here to do. You voted for this life experience.

3. INVITATION

STOP!

Stop all thoughts of *should, ought, or have to* in regards to your body. Your only job is to LOVE your body as it is and feel gratitude.

Stretch

Stretch in the mornign and practice feeling good about yourself and all the possibilities available with your body. If you're going to eat a piece of cake, enjoy it! Enjoy that sweet experience with your body rather than feel guilty about it.

Promise:

You will experience more physical change frome the practice of changing judgment thoughts to gratitude thoughts you will from any diet or exercise regimen.

Principle 3: The BODY is NOT a Source of Worth

1. **Our Body does not Determine our Worth**

Story: Norma Jean a.k.a Marilyn Monroe asked her makeup artist that if she ever died, to please her and do her makeup before anyone saw her. How she looked became more important than who she was.

Story: Beauty Pageant Swim Suit Competition and swollen legs. Auto-immune illness. My body rejecting itself under pressure of being judged so critically.

Makeup, fashion, taking care of our personal appearance is wonderful, as long as our appearance is not the source of our worth. Our worth is divine and inherent and nothing about the condition or appearance of our body adds to or diminishes that individual worth.

Principle 4: The BODY is a TOOL of Creation

1. **STORIES:**

- * Laurie Wilcox saying goodbye to her body. "Spirit & Body inseparably connected bring a fulness of joy."
- * Pres. Kimball called to be prophet, the voice of the Lord on earth and gets throat cancer and loses his voice.
- * Janine Shepherd Video
- * Stephen Hawking, Amy Purdy, Stephanie Nielsen

2. **SAVASANA**

Relax. Breathe. Drops eyes to back of skull and turn inward gaze to heart.

Express love and gratitude as you relax each part of your body starting with your toes moving up to your face.

Declarations/Affirmations

My body is my home.

*My body is my constant companion and
works hard to accomplish what I want and need.*

I love my body because it's mine.

Thank you, Body, for all the ways you've served me today.

Especially for . . .

I respect the wisdom of my body.

My body is wise and my intuition is strong.

I take care of my body and my body takes care of me.

My head is held high.

My face radiates beautiful kindness.

My eyes reflect the beauty of the world around me.

My shoulders are strong and stable .

My arms are open to giving and receiving love.

My hands are capable and skilled.

My heart is courageous and loving.

My legs support and carry me through my life.

My feet are always moving me forward towards my goals.

My body is beautiful for what it can do.

My body belongs to me.

I love and respect myself, exactly as I am.