

HELLO BODY

AN AMAZING HEALING EXERCISE
FOR THE BODY



Lorna DiMeo MSW

HELLO BODY exercise (Chinese and Korean in origin)

Lorna DiMeo, MSW

This is an amazing healing exercise for the body. The cancer in my breast disappeared after doing this exercise for about 6 months. The radiologist was amazed when he couldn't find it upon my 6-month mammogram exam. So, I can't guarantee it, but it worked for me and I know it worked for others as well.

In this exercise, we are going to say "hello" to each part of our body. As we say "hello" feel love and admiration for that part of the body. Now listen for the body to say "hello" back. Then say "I love you and admire you, thank you."

If you can't hear your body say "hello" back, no worries. Just imagine the body saying "hello".

It's very important to feel the love and admiration toward the body. The body needs to be acknowledged, admired and loved. What will happen over time is that our aches and pains will begin to diminish, and in my case the cancer disappeared.

To start, sit in a comfortable chair with your eyes either open or closed.

You are going to start with the top of your head and move down your body to your feet. The whole time your hands will be touching that part of your body that you are acknowledging, admiring and loving.

So, here's how it goes:

I place my hand on my head

I say "Hello head". I listen for the "hello" back. I then say "I love you and admire you. Thank you."

I place my hand on my face

"Hello face". I listen for the "Hello" back. "I love you and admire you. Thank you."

Then continue acknowledging the rest of the body.

Head
Face
Eyes
Nose
Mouth
Teeth
Jaw
Neck
Shoulders
Arms
Hands
Chest
Breasts

Belly
Internal organs (hands on belly)
Hips
Hip joints
Legs
Feet
Heart
Lungs
Liver
Stomach
Intestines
Spine
Kidneys

You can acknowledge as many parts of your body as you wish, both externally and internally. Say “hello” to any part that is causing you discomfort. The more acknowledgment, admiration and love the body gets the better it will function and the more it will heal.

To learn more you can either call or email Lorna at:
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