



Reflection Exercise

for ([Journey into the Land of the Body, Continued](#))

Wonderfully Made

"I will thank you because I am marvelously made; your works are wonderful, and I know it well. My body was not hidden from you, while I was being made in secret and woven in the depths of the earth." ~Psalm 139:13-14

1. Reflect on my message below; notice what you experience.
2. Journal:
 - a]. Your Physical Sensations, Thoughts, Feelings.
 - b]. Thanksgivings
 - c]. Action Plan – Next Steps that might emerge.

Our biography is written in the cells of our biology. Beginning with our nervous system, our body carries the burden of varying degrees of trauma that can rob us from life-giving energy and impact our health as we Age.

But this is not the end of the story. Our Soul knows that *we are so wonderfully made* that the wholeness that is within us is indestructible and always present beyond pain and loss. As we build our *staying-in-the-present-moment* muscle to whatever we are experiencing in each moment, we open our self to healing.