



Introduction

In fulfilling our tasks of daily life, every person on this earth has a body. The body allows us to move from one place to another, to move objects and help other people fulfill their needs. Now if you watch two people doing the same work, you might find that one gets tired after two hours while the other is still full of energy after ten hours of working.

People expect their bodies to be healthy and full of power all the time and mostly forget that there are physical needs like moving or breathing. Once chanced to an improper use, the body loses power. After hundreds of years of industrialization, people lost the simple awareness of their body's natural use, causing stress, weakness, unhappiness and sometimes turning it into physical issues.

In daily life, there are many influences that decide whether the body tires easily or not. Some people tend to say that it is up to genes. There is certainly a genetic influence but another big part is definitely up to you. When you watch how people move their bodies, you might find that there is a noticeable difference in moving although our base is the same physical structure. Some people use their bodies consciously with smooth, flowing movements while others act like a bulldozer.

In ancient China people knew that when a physical problem appeared, the root of it was somewhere else. They compared to a flowing river that nourishes the plants that grow along its banks. If one found plants that were dried and dying they did not look at the area that was troubled but at the river itself to find the origin of interruption of the flow.

Conditioned by society from an early age to follow, many have forgotten the child's wisdom of the natural use of the body. A little child is unspoiled and will move and scream when it wants to, like when it is hungry or bloated. From early childhood in school or while working together with other people, we are told how life has to be and

how to feel about it. From this moment on the natural consciousness of the body will be suppressed and newly programmed. Over the years, we learn to conform more and more and our natural consciousness is suppressed, but the good news is that the basic knowledge about how life works is not lost, it is just covered. All it takes is to reveal the natural abilities within yourself.

The author's findings reveal that raising awareness about the body is the best way to restore to strength, health and happiness. There is no need for expensive programs; all it takes is your body and you. This book contains information and simple exercises that can easily be done anywhere and any time.

There are a few simple basics in the use of the body that decide whether you face strength or weakness. People expect a healthy and fulfilled life, but nowadays it looks like they have forgotten the basic principles of using their bodies. Every improper use causes a blockage, lowering the natural flow of the energy inside the body. These blockages can appear in muscles, in organs, or even in the brain.

Times are getting more specialized and require us to use our bodies in ways it which they were not originally designed. There have been times when people did a lot of different things during the day, using different muscles and in between giving the other parts of the body time to relax. Most of today's jobs no longer use of the full range of the functions of the muscles. Many people sit all day long working on a computer or stand behind a desk so what they do stresses the same group of muscles or their brain all day long. One way to avoid fast wear or burn-out syndrome is to use the natural ability of balancing and self-healing after uneven stressing of single parts of the body.

Life is full of turbulences. These can be financial, interpersonal, familial or professional. In such times it might be a good idea to change your focus from outside to the basic needs of your body inside to regain your physical and mental power. Being aware of our own

living bodies is the for loving ourselves and feeling the needs of others.

This book shows the way back to the natural use of the physical body by explaining what to be aware of. A lot of people go for peak experiences to get their energy flow instead of following the basic principle of building up and releasing tensions in all parts of the body.

It is not the intention of this book to tell you how you have to use your body. Compare the way you use it to the suggestions and find out the best way to use your body in your life. When you first do the exercises follow the order in which they are presented in the book. Some build upon exercises introduced earlier.