

Building the Body for *Attraction*

By Lora Cecca Lyons

Being in abundance is our natural body state. So why are we plagued with thoughts of not having enough time, money, opportunity, resources, or that we simply are not enough? How do we break free from these limiting thoughts that seem to hold us hostage? The simple answer: by returning to the life of our body. Our thoughts or the stories we live in do not just reside inside our heads. We embody them. They become who we are, and our actions, interpretations, emotions, moods, and outlook on life connect to these narratives, which in turn become our reality. The story we tell ourselves can either free us up to live a life of abundance and ease, or trap us in its limitations. If unexamined, these stories are invisible to us, just like air.

Things happen. Life is messy. Our experience of living in abundance is determined by our inner state more than outside circumstances. Awareness of how we live in our body is the first step towards attracting what we desire in life. Here is a simple exercise:

Without making any adjustments and judgments, notice your body right now. How is your breath? Is it short, long, deep, shallow, high, low, fast, slow? Scan your body. Start with your scalp, eyes, jaws—does your head feel tight or fluid? Next, scan your throat, neck, shoulders—where is there contraction or relaxation? Back, chest, stomach, arms, hands—is there fluid mobility, constricted movement, or numbness? Pelvis, buttocks, legs, feet—do you feel connected to the ground or hovering above it?

For example, I tend to shorten my breath and tighten my jaw, particularly when I'm concentrating or struggling with something. I am so practiced at this that even when I am not upset or stressed, I sometimes find my jaw sore and my breath high in my chest. When my body does this, my thoughts naturally go to, "I must get through this" or "If I'm not working hard enough, I'm not doing it right."

Fortunately, I'm in the practice of checking in with my body throughout the day. Now I constantly remind myself to relax my jaw and deepen my breath. As soon as I do, my mood shifts and I am able to manage the day with more grace and ease. This is a practice. Each time I do it, I am interrupting an old habit and replacing it with a new one.

Our stories and bodies are intricately connected. Storytelling is part of the human experience. The goal is not to stop the storytelling, but to build an awareness of our thoughts and how they affect us. Do they align our body with the ease and flow of life or shut us off? If it's the latter, we can create a story that attracts us to our desires.

Stories are how we orient ourselves to life and our state is how we inhabit ourselves. How we inhabit and orient ourselves can either allow for an "open and fluid" state of being or a "stuck" way of being. Open and fluid is connected, relaxed, comfortable, and spacious. Tense and stuck is contracted, rigid, separated, and

clamped down. Furthermore, when we are open and fluid we are able to move in accord with natural laws and embrace possibility. Here is another practice that will ease you into an open, centered state in order to be in the flow of life and abundance and enjoy the moment. For best results, practice often.

1. Start with the awareness exercise stated above.
2. Think about what you love and care about most.
3. Attend to your breath. Deepen it by moving it down to your belly. Relax your shoulders. Open your chest and belly to allow more breath.
4. Lengthen your spine and stand with your feet about hip distance apart. Feel your body weight supported by your pelvis, legs, and feet. Surrender to gravity by allowing your muscles to melt into your bones.
5. If you're leaning more to one side or the front or back, adjust yourself to the middle.
6. Keep breathing and dropping your attention to your belly.

When we relax into our body and connect to what matters most to us, we increase our capacity to experience abundance, vitality, and joy. We already engage in the Law of Attraction. To reach our desired results takes practice. Begin today.

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