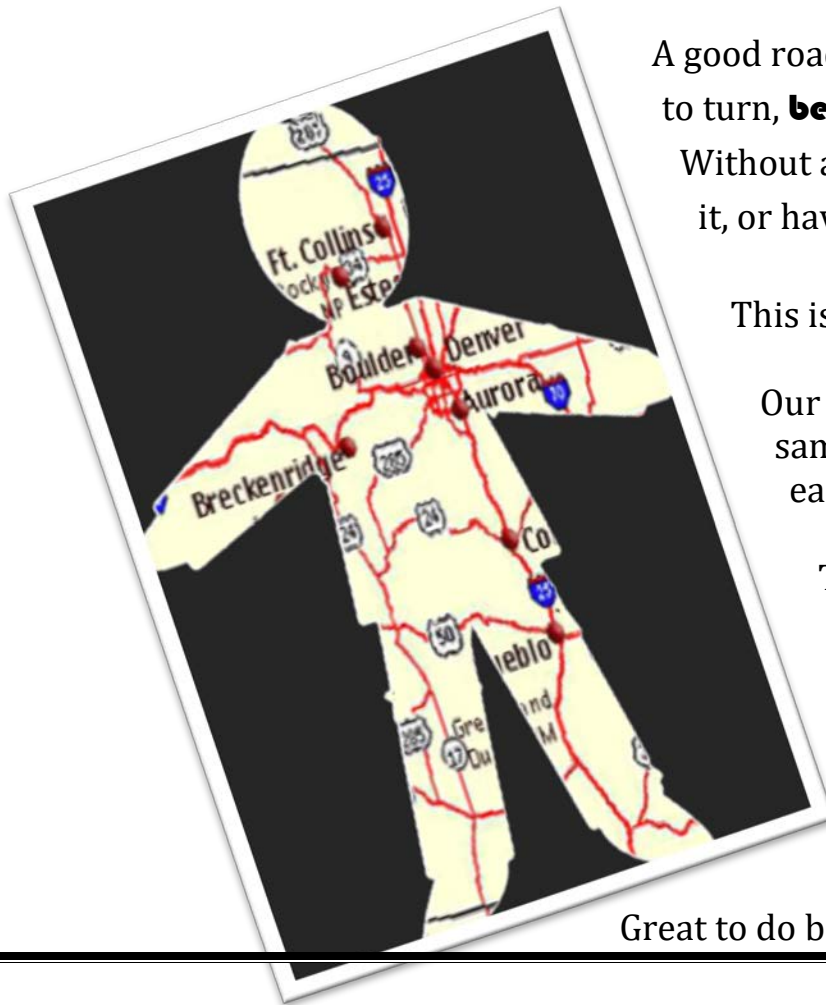


## Body Mapping: A quick and easy tool



A good road map makes it easier to find our way. We know where to turn, **before** we have to turn.

Without a good map, we may notice the turn **after** we've passed it, or have to **quickly** change lanes at the last minute.

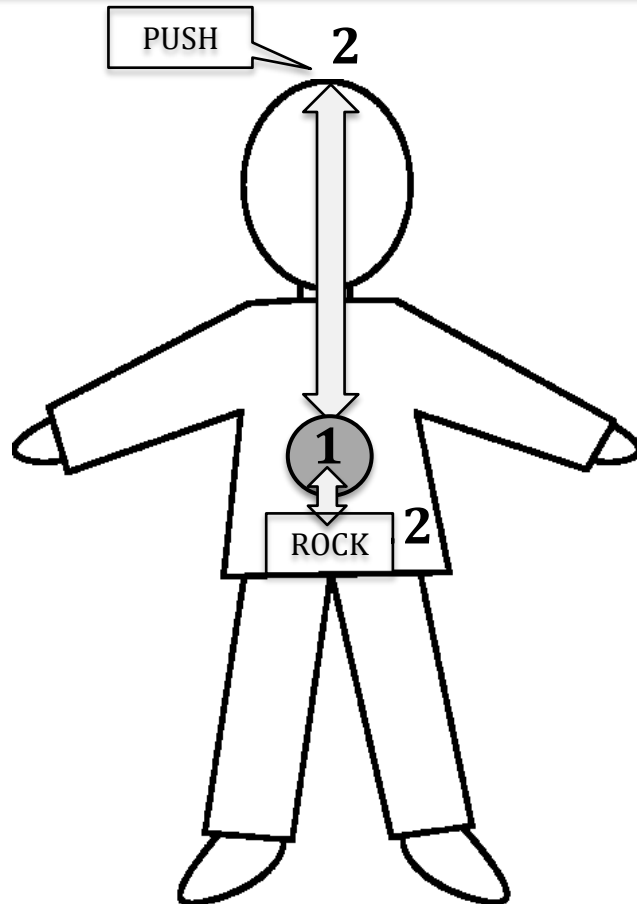
This is more **stressful** and creates more work.

Our bodies are mapped on our brains, and it works the same way. If our maps are accurate, everything is just a bit easier; it takes less energy to move through the world.

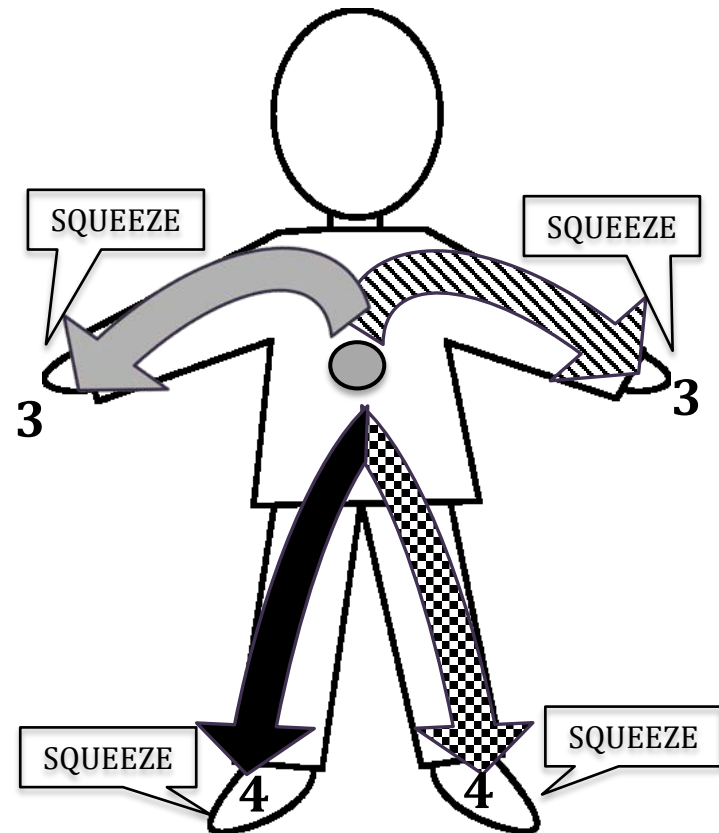
There are many reasons why our body maps might not be completely accurate (it's a brain thing). The good news is that our maps are dynamic; they can change with new experiences. Doing body mapping everyday for at least 6 weeks, can be a small thing that makes a big difference, plus, it's very relaxing.

Great to do before bed!

# How to create a body map



1. First you need a center.
2. Then you need a spine.



3. From center to one hand and back to center. Then find the other hand.
4. From center to one foot and back to center. Then find the other foot.

