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May 14th 2013: Who's more conscious? You or vour body?

What does your body do when you try to figure stuff out? What does your body tell you about everything? The food you eat, the people you're around, where you live, the job you have? When you ask a question, it lightens up and you smile and your body relaxes? What would it be like be in that space more often? And what else is possible for you that you body is trying tell you? What if you could receive that with more ease and clarity? Could your whole life change? What if we went on an adventure with our bodies ... to explore the amazing contribution they are to our lives... and beyond that

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