

Body Language Translation Process Worksheet: Putting it Together

| Step One: Which side of the body is affected? What does that mean? | | | | |
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| Step Two: How long has the issue been affecting you/the person? If it's a | | | | |
| disease that is staged, what stage is it at, and what might that mean? | | | | |
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| describe it? |
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| Look at the words you are using to describe what's going on, then circle all the descriptive words. Look in your workbook to find those words, and write all of that down here. |
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Step Three: Identify/describe the pain or illness. What does it feel like? What does it look like? Is it a lump or bump? A rash? What words would you use to

Step Four: When the part of the body is functioning normally, what is its purpose and function? Then, what is physically going wrong? For example, in a muscle spasm, the muscle is contracting violently. A kidney should be easily clearing waste out of the body; if you now have stones and it's contracting, that is not working right. Pay attention to the words you use, and circle any descriptive words. Go to the workbook and see what words you can find and write down those translations.

| Step Five: What area(s) of the body are affected? What Flow Station would that |
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| correspond with? |
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| Step Six: If you happen to have your/the person's Flow Factor Test, refer to the results. This can help you hone in on the specific issue. If you have the results, put down the top three highest Stations, in order, here: |
| Highest Station: |
| Next Highest Station: |
| Third Highest Station: |
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Step Seven: Look at all the information and begin to put it together, using your intuition and thinking metaphorically.

Please note: This process is about 30% intuition and 70% logic/using the Flow Method process. What impressions come to you? If you look at everything you've written and everything you've learned (as well as any gut instincts and intuition you have), what does this pain or illness seem to be saying? (It can help to just write everything out without editing or even thinking about it much. Just let your mind flow the words to the paper and see what comes out.)

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