



YOUR BODY IS LISTENING

Finding your greatest
health & happiness

Dedicated to Daisy Winifred Hall
'Nana Winnie'



WELLBEING WINNIE

ANNA HALL

YOUR BODY IS LISTENING

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DISCLAIMER

The contents and methods reflect my own understanding and opinion of energy healing. All information provided in this literature is based on my training, research and experiences. I wish to share my understanding as I have used these techniques myself many times and had great results.

Energy healing is a form of complementary therapy that will help support any health journey. However, it is not, and should not be, a replacement for orthodox medicine. I advise that you always seek the opinion of a qualified doctor before beginning any new method of health care. For anyone who does wish to try any of the complementary therapies available, it is essential that you make yourself accountable for the application of the therapy and understand that the results may vary from person to person.



WELLBEING WINNIE



ANNA HALL

FOUNDER OF WELLBEING WINNIE

Hello, I am Anna the creator of WellbeingWinnie (my dream that grows bigger and more exciting every day), inspired because of an illness called myalgic encephalomyelitis (M.E) which I have had since the age of fourteen. It is an illness that is associated with, and affects the function and health of, the immune system.

Over the years it has been a roller coaster of a ride, but through a continual practice of yoga, dedication to my health requirements, studying and embracing new therapies, I can now treat M.E as a friend that I take care of.

It is this 'ride' that inspires me to help other people, providing instructions and tools to help support the wellness journey by concentrating on what wellness means and looks like to you, deepening connections with either your own religious/non religious faith, or supporting a very practical or scientific understanding of the world.

Ultimately, what links us all together is the desire to be happier and feel good every day of our lives. Every choice we make is based on the subconscious belief that it will help us feel better.

CHAPTERS

8

CHAPTER 1 - WELCOME

11

CHAPTER 2 - HOW DOES ENERGY HEALING WORK?

18

CHAPTER 3 - STARTING WITH THE SEVEN

26

CHAPTER 4 - HOW TO TRANSLATE VIBRATION

32

CHAPTER 5 - SOLFEGGIO TONES

39

CHAPTER 6 - PRIMARY AND SECONDARY PROCESSES

43

CHAPTER 7 - CHAKRA BREAKDOWN GUIDE

73

CHAPTER 8 - PUTTING IT INTO PRACTICE

93

CHAPTER 9 - INSTANT RELIEF TECHNIQUES

126

CHAPTER 10 - YOU AND YOUR BODY

136

CHAPTER 11 - RECOMMENDED FURTHER READING &
ACKNOWLEDGMENTS



QUICK REFERENCE SEARCH

Solfeggio Tones	32
Chakras	43
• Root	45
• Sacral	48
• Solar Plexus	51
• Heart	54
• Throat	57
• Third Eye	60
• Crown	63
Flexible Spine	66
• Gentle	69 - 70
• Ambitious strength	71
• Advanced	72
Instant Relief	93
• Anxiety	96
• Grounding	102
• Clarity	107
• Energise	117
• Grief/Sadness	122
Body Confidence	126



C H A P T E R

1

WELCOME

YOUR BODY IS LISTENING



WELCOME

Welcome to 'Your Body is Listening', an alternate look at why we experience certain happenings in our physical bodies and everyday lives.

Maybe you felt drawn to this book, maybe the back cover intrigued you, maybe you have tried everything else available to find a reason, a purpose or a cure. Or maybe... you are just thinking 'why does the author think this is something that I need to understand?'

I don't know why you've decided to read this, but regardless of your reasons, I'm truly thankful that you are.

Within these pages you will find a different perspective. One that changed my life in the most magical and beautiful way. A way of understanding that helped me improve from a life long illness, lifted me from a deep level of depression, healed trauma, and changed the way I see myself and my purpose in this world. I am worthy of my desires, I am valuable in this world, but more importantly... I am happy.

Now, I can't promise that I, or this book, will necessarily do the same for you. What I can promise you is perhaps a new perspective, a new path to explore as to why you may be experiencing, or often do experience, health issues and physical occurrences in your body, why you struggle in friendships and why you may feel angry or disillusioned with the world.

You will also find guides and techniques that may, when performed consistently, help to increase long-term health, happiness and wellness. If I had to choose just one technique from the book that I believe has had the greatest impact on me throughout my life, it would be meditation. Information about this can be found in chapter eight 'Putting It In To Practice'.

Now referring back to the title: when I state that your body is 'listening', I am not referring to sound and the ears (although they do play a part in your wellbeing and overall health). I am referring to the response that your physical body gives as it is presented with all vibrational influences. The information is designed to help you understand how your non-physical vibrational self, and vibrational environment, impact your physical body.

If that sounds somewhat confusing, don't worry. As you read on everything will become more clear.



C H A P T E R

2

HOW DOES ENERGY HEALING
WORK?

YOUR BODY IS LISTENING

A PLACE TO BEGIN

WE ARE ENERGETIC BEINGS, BUT WHAT DOES THAT MEAN?

At its core, everything is energy. All that has ever existed or will ever exist in the universe is energy vibrating at different frequencies to create solid, tangible matter. These creations are constantly interacting, feeding off, and sharing information with each other, regardless of how separate they may appear to be. We are part of this process. Although we appear to be solid entities, we are in fact energetic beings who are influenced and formed by vibrational frequencies.

This means that everywhere, everything and every person we come into close contact with, will interact with us on a vibrational non-physical level, directly influencing our vibrational field.

Being mindful of this can help you protect yourself from vibrational frequencies that are unhealthy to your body, mind and spirit, and give you the knowledge to use vibrational frequencies to heal your own physical body.

Energy - often defined as the 'ability to do work' which very simply means: energy is just the force that causes things to move, or 'become'. Everything in the universe is energy, even something as solid as a rock has 'cells' that are vibrating in such a way that it causes the formation of what we perceive as a still, solid object.

Many believe that our physical body is created, then it becomes a space where the spirit enters. However, in most spiritual approaches, it is exactly the opposite.

For example: two people come together, their energies combine, and that energy vibrates in many intricate ways inside the womb, creating a physical body. The energy creates the physical and not the other way around.

SO HOW DOES ENERGETIC HEALING WORK?

Our energetic field is bigger than just our physical being. It has no edges, it just becomes more 'diluted' as it moves further away from the centre of our bodies, until it blends seamlessly into those around us.

Think of it this way...

We are all just one big energy field that becomes concentrated in different areas to form a 'separate' person. 'Separate' however, is an inaccurate term, as we are all part of this giant energetic field with only the illusion of separation. Our conscious mind, or continual mental chatter, our ego, is there to reinforce the illusion, to allow us to have individual self-awareness. One understanding of this has been offered in a paper by philosopher Bernardo Kastrup, where he presents a comparison of individual consciousness to that of an individual neuron in the brain. Each neuron has its own function that is essential to the brain's health and abilities.

The brain relies on the neurons to receive, integrate and communicate information. It cannot function and thrive without these processes. But neurons are the brain's creations. They would not live or even exist if it weren't for the brain and its desire to create and fulfil all its potential.

This is what is meant when spiritualists say we are all one, when scientists say we are all energy, when religion says that god is in all of us. Whether you believe the energy takes the form of God, a man in heaven, or that you are part of the universal consciousness, what you do to yourself or to another, affects the whole.

These individual energy concentrations (us as separate consciousness, or as the brain's neurons) carry around and control our physical bodies like puppets. You may struggle with the idea of being a puppet, but think of it like this: if we are non-physical in essence, we will need to have a physical version of ourselves to have a physical experience. You cannot form air into a shape. Its uses are limited until you contain it in something solid.

Our formless concentrations of energy have vibrated purposely to create a more solid 'container', a puppet, a shell for us to move around this physical world in, for us to experience, touch, taste and sound. Although your body is important in this current life, it is not who you really are. It is a tool for you to have a wonderful experience through.

For us to maintain this physical version of ourselves, to keep carrying around this heavy container, is very exhausting. We give our energetic field the support it needs to carry and maintain these self-created physical 'puppets'. This is why we sleep, so some energy can repair the physical version of ourselves, whilst the other parts of us fly off to dreamland for weightless adventures in the form of our true selves.

Whatever you physically do with your body will directly influence the energetic body, and vice versa. Why is it important to understand this?

It is widely believed in the world of spirituality that, negativity has negative low vibrations, and positivity has higher positive vibrations. So whether you are negative or positive in your outlook and attitude, it will affect you on a cellular level. The lower the vibration the less healthy the energy supply is to the cells, which affects their ability to work to their highest potential.

In the centre of our own energetic fields is a tight network of energy patterns and channels, all vibrating at different levels to create physical matter. That means, if you want good and healthy physical matter (your body) you'll need your energetic vibrations to be vibrating optimally.

In energy healing, the crown of the head to the tip of our tailbone along the spine, is considered the centre of our energetic being. It is where seven of the most influential energy concentrations (more commonly known as chakras) are located.

Chakras feed information to our physical and energetic beings. Holistic healing is about encouraging those chakras to function well and effectively communicate the right messages to heal and prevent disease and imbalance in the physical body.

We have a complex energy communication system. The seven major chakras (down the length of the spine); very busy dispersal channels (meridians/nadis); and then smaller chakras and smaller energy channels. Think of it this way: the chakras are cities, towns, villages and hamlets. Then meridians/nadis are motorways, B-roads, country lanes, dirt tracks.

If the smaller villages/hamlets, with their small lanes, have an issue, there are disruptions in daily life, but they are small and localised - very manageable. If you cut your finger very slightly, for example, it is very unlikely to affect how the rest of the body functions.

If the towns aren't communicating information via the transportation on the motorways or B-roads, there will be distinct disruption but some functionality will remain. A broken leg would make things difficult but not impossible.

However, if cities aren't balanced and communicating information via transportation on the motorways, and the motorways are blocked, the whole country can come to a standstill. So, major ongoing imbalances with the spine will affect every part and every function of your body.

In conclusion, we want the cities (chakras) to be happy and the motorways (meridians) to be fluid because the towns and villages (less influential chakras) will have the right support to then take care of themselves.

