

## **HERE AND NOW, 2**

The value of the intention transmitted to the body

Changing through the body means breaking the balance, becoming aware of what we try to hide with words. If you learn to assertively say no, while keeping the volume of your voice low, it means that the change has never happened. The beginning of change always occurs in the body and through a deep contact with what is feared. Any emotion buried in the body crystallizes negative thoughts. Small gestures allow us to initiate a change, as long as we deeply find in them the secret will of intentions and feelings. However, contacting one's feelings does not mean being in contact only with pain. It is necessary to experience evil without responding with evil, but responding with good. Hence the need, also through the body, to give voice to the joy and flow of the movements of love. When the energy of hate flows into the energy of love, everything seems to change.

For this reason Thomas Mann wrote in the *Magic Mountain*: *The symptom of illness is a misrepresentation of love activity. Every disease is a metamorphosis of love.*

## **SUGGESTED READING (IN ITALIAN)**

W. Dyer, *Il potere dell'intenzione*, Corbaccio ed.