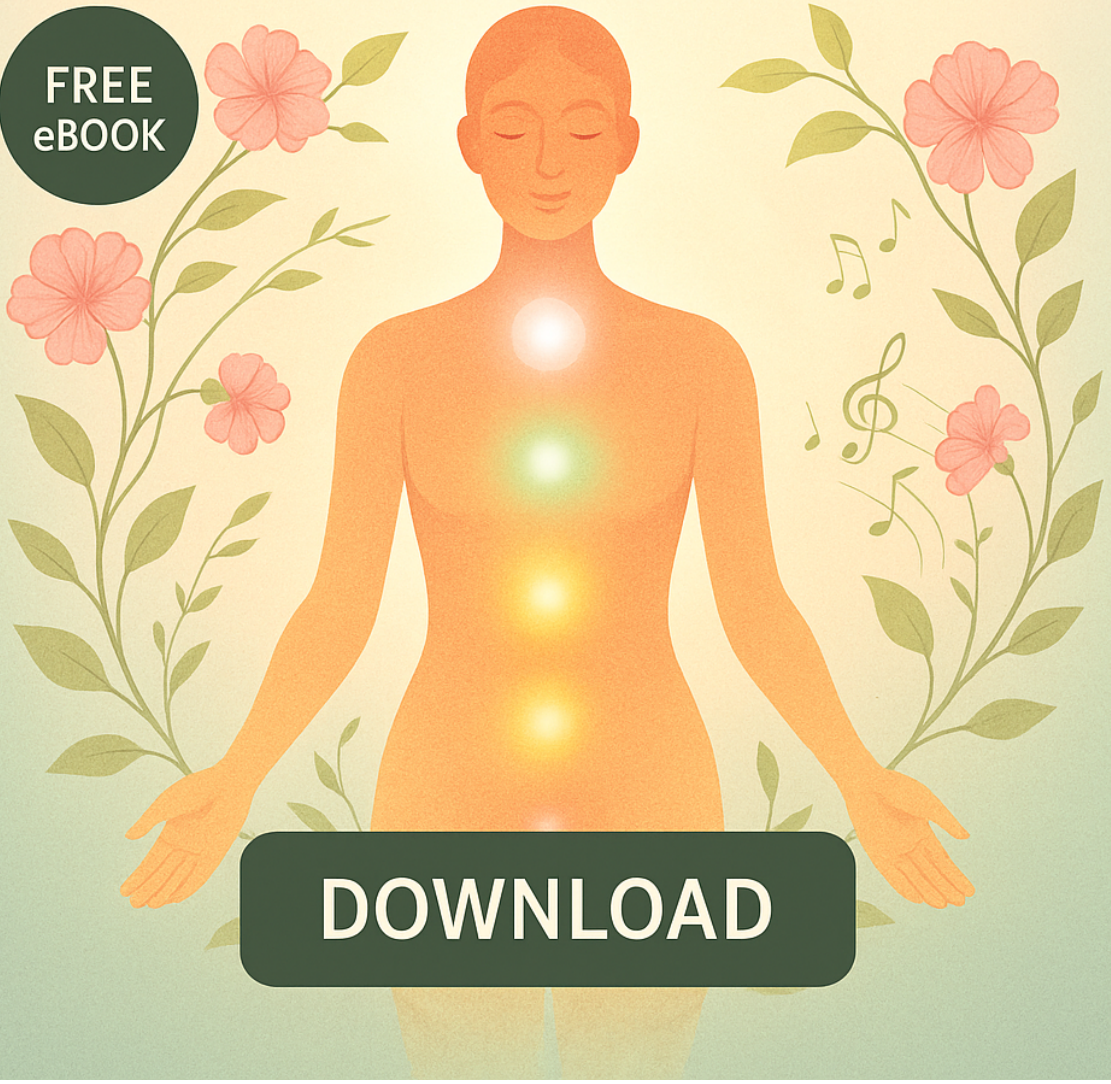
7 Days *to* Re-Awaken Self-Love & Healing in Your Body

Reconnect with your body, renew your energy, and feel whole again

FREE eBOOK



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7 Days to Re-Awaken Self-Love and Healing in Your Body by Jenny Garufi

- **Day 1** - Introduction - Importance of showing your body love - All cells reproduce every day and are "listening"
- **Day 2** - Head - brain, ears, eyes, nose, taste, throat, neck
- **Day 3** - Shoulders, arms, hands, chest, heart, lungs, upper back
- **Day 4** - Stomach, digestion, mid-lower back, reproductive organs
- **Day 5** - Hips, Legs and Feet
- **Day 6** - Gratitude for the miraculous systems in our body!
- **Day 7** - Meditation for Your whole body - Our Body is an Orchestra Meditation with my Mom (Geri's) Geranium through the Music of the Plants Machine

Disclaimer:

The practices in this book are meant to support your well-being, not replace medical care. Please speak with your doctor before making any changes to medications or treatments — they are part of your healing team too.

I cannot guarantee complete healing. Doing these exercises will help you on your healing journey, and in some fact have helped past clients completely heal. Each person, experience, illness and their journey is different. Please be easy with yourself as you go through these exercises, knowing you are showing your body gratitude, which always helps on some level.

Day 1: **Re-Awakening Self-Love for Your Body**

It is common not to pay attention to your body until it begins showing pain or discomfort. There are over thirty trillion cells in your body, over ten main body systems at work, over seven trillion nerves, and over 78 organs all working continuously for your existence. If you had any person performing for you a hundredth of what the body does "in the background" you would be applauding them and showing them tons of gratitude. Yet few people stop to show their body gratitude daily.

New cells are ALWAYS being created in the body and the energy we show those cells contributes to what kinds of cells are being created. This was one of the biggest "A-Ha" moments that let me heal physically! I was focused on the pain, the limitations, the insults I was giving myself about not being well and able to participate and show up the way I wanted to. When I began to shift my attention to the love I DID have for my body - my body began to shift in huge ways, allowing me to heal myself of 7 years of chronic pain and dis-ease in 3 weeks.

Funnily enough I have needed that lesson again. After healing I had not even gotten so much as a cold for years so just assumed, "my body was sick for so long, now it will be healthy." In hindsight I recognize how entitled that was and now have gone back to giving daily gratitude for my body. I am in my 50's after all and I know subconsciously there must be thoughts about aging and what that looks like. Giving daily gratitude for your body is something you can easily incorporate and boy will it make a difference!

Only YOU with your mind, your focus and energy can truly give gratitude to your body to where it begins to make a change and inform your cells. If you have ever had an ailment or have been in pain you know it is natural for your mind to be in that repetitive loop of how bad or challenging it is. While it is second nature for your mind to go there, it is not helpful for your mind to stay there. If someone you loved was in pain you would not berate them - you would show up with love and ask how you could support them.

This 7 day experience dives deep into giving thanks for all the parts of your body. Some of these parts you may have given thought to and some you truly might not have ever thought a nice word about your whole time on this planet. Your body and the systems in it are truly miraculous and through this ebook you will be learning to not only look at it that way but feel a deep gratitude for that miracle. If there is any exercise you cannot do because of a physical limitation you can imagine it in your mind's eye. Science has proven that it is JUST as effective to do this. I am grateful to be leading you on this amazing journey to re-awaken the self-love for your body!

If there is a day you feel you need extra attention - please feel free to continue it for a few days, or go back to it. This is also about you trusting your intuition to dive deeper into your connection with your body.

Exercise:

- Turn off distractions, close your eyes and settle into a comfortable spot.
- Take a few slow deep breaths as you place one hand on your heart and the other one your stomach.
- As you take these deep breaths, thank your body for all the systems that it keeps running for you and has been running for you since you were conceived.
- Feel that gratitude as you bring to mind one part of your body that can use some extra love. Maybe you have a sore leg or throat, an old injury or some chronic pain somewhere in your body.
- Bring that part to mind as you breathe in and feel yourself breathing in love and gratitude for that part of your body.
- As you exhale - feel that love going into that part of your body.
- Repeat this at least 3 times - more if you feel guided.
- Now, thank your body for alerting you to when it is out of balance and promise you will begin to pay more attention and show it more gratitude on a regular basis.
- Take a deep breath in feeling the love you have for your body, cells, tissues, organs, nerves and all else that contributes to you being allowed to wake up every single morning.
- As you exhale - exhale out any resistance or perhaps even negative feelings you have had for your body before. Thank yourself for doing this exercise.
- Give yourself an inner hug as you open your eyes.

Affirmation: I am grateful for the miracle of my body.

Day 2 **- Re-Awakening Self-Love to the Miracles of Your Head and Neck**

The head and neck area of our bodies are truly remarkable. Your head houses your brain whose workings impact every single part of our body. Your eyes allow you to see, your nose allows you to smell, your ears allow you to hear and your mouth allows you to taste and also to communicate words. Your teeth allow you to chew. Your neck and throat allow you to swallow and also help you to communicate. Your brain is like a supercomputer managing so many systems daily. Your brain controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature and every process that regulates your body. But yet how many times have you given gratitude for all this part of you does daily? My guess is, not very often. In fact the only time you might have paid deep attention to it is when something was "wrong." Maybe you had a headache, a sore throat, your eyes weren't the same as when you were younger, your hair not as thick, or perhaps you have had dental issues or memory concerns.

Often it is not until your body presents you with something out of balance that you give it any attention at all. Your brain, head, neck and throat deserve so much gratitude for all they coordinate and the systems they are running in every single moment. Imagine one person consciously in charge of all of these systems for you daily - the job would be priceless and no pay would be able to compensate. Yet your body continues to run these programs and systems without you giving them a second thought. It makes sense that if it is not

fed the right “fuel” like gratitude, love, intention and some sort of recognition it might “glitch” or fail to perform at optimal levels.

Even if these systems are not all at optimal levels there are a few that the brain, head, throat and neck provide for you that have served you well -perhaps for decades without your attention. Cells are always being regenerated and by turning your attention and intention into gratitude for these parts of your body you can see improvement. I had a reviewer of my book say they had eyesight trouble and no doctor said it could be rectified. By reading my tips of gratitude for their body and applying it - they got back 98% of their vision - more than any doctor had ever hoped for.

YOU have the power to get back some if not all of your health. I can’t guarantee this in every case and for every condition but I can say if you do this regularly even for a month you WILL see a difference. It is about shifting from the fear of the illness to the love of your body part and offering support and gratitude. I am so grateful you will be giving your body LOVE - this helps re-awaken you to the miracle of your body!

Exercise:

- Commit to 5 minutes to give gratitude for your head, brain, neck and throat and turn all distractions OFF.
- Get in a comfy position and if it is comfortable put one hand on your heart and the other on any part of your head, throat, face or neck.

- Take a deep breath in and imagining the love building in your heart and as you exhale - see that love going through the other hand and into whatever part of your head that your hand is on.
- As you exhale and feel that love going in please think or say the words out loud, “thank you.”
- Repeat this 3-5 times and as you do, leave the one hand on your heart.
- You can choose to move the other hand to another part of your face, head or neck. If you have an area that has had some challenges I suggest leaving it on that area and saying thank you to that one area repeatedly.
- IF an area is hurting or presenting with a challenge it can use some extra love.
- When you are saying thank you - think of all the ways your brain, head, senses, throat and neck have helped you throughout your lifetime so far.
- Now, please go through your senses.
- Have both hands on your heart as you inhale, think of your eyes and something beautiful you have seen and as you exhale thank your eyes.
- Now inhale and think of one of your favorite smells, as you exhale, thank your nose.
- Next inhale and think of one of your favorite sounds - perhaps in nature or maybe a favorite song, as you exhale, thank your ears.
- Now as you inhale, bring to mind something you love the taste of and how grateful you are to be able to speak, as you exhale, say thank you to your mouth.
- Inhale as you contemplate the many systems your brain regulates for you daily and as you exhale thank your brain.

- Lastly, think about your brain, face, neck, throat and head as a whole and how they have all supported you through this life and as you exhale feel that gratitude built up and say thank you to these parts of your body.
- Give yourself an inner hug for taking this time and remind yourself to do this again soon - you can even do this exercise in the shower - or before bed..
- Five minutes is not a lot of time to ask for decades of your body working for you!
- Thank yourself for taking this time to re-awaken that love for your head, brain, neck and throat.

Affirmation: I am deeply grateful for my head, brain, neck and throat and all the ways they support me daily.

Day 3 - **Re-Awakening Self-Love to the Miracles of Your Shoulders, Arms, Hands, Chest, Upper Back and Heart and Lungs**

I am sure you have heard the expression “the weight of the world on your shoulders” and I am also sure you have felt that way sometimes. Often, our shoulders are scrunched up around our neck, they are so tense. Think about it - your shoulders support your arms, hands and fingers that are all so active during each and every day. Your shoulders, arms and hands contribute to probably too many daily tasks to name, yet how often do you show them love?

Now think about the chest, heart, upper back and lungs. These are critical parts of our survival. Our lungs allow us to breathe, our heart pumps our blood and our upper back supports our shoulders. All are vital yet usually no one pays attention until something starts to feel “off”. If you think about it, a hug truly begins with these parts of us - our arms outreaching, our shoulders supporting our arms, our upper back supporting our shoulders and the breath we feel as we connect with another heart to heart. The love we feel in our heart at this connection is priceless.

All of these body parts named today are so very important for our comfort and survival.

Exercise:

- Today you are going to show each of these parts of you love. If for any reason you have physical limitations in doing any of these I want you to picture yourself doing it.
- First begin with your shoulders...reach your arms up and use your fingers to massage each of your shoulders as you say “thank you” to your shoulders for all the weight they have carried and for being so strong.
- If you can reach your upper back also please extend the massage and thank you’s to this part of you as well. Do this for at least a minute.
- Now with your right hand, start at your left shoulder and massage all the way down your left arm… as you do thank your left arm for all it has allowed you to do in this lifetime.
- As you get to your left hands - massage it and your fingers thanking them for all they have done to support you.
- Next switch to the left hand massaging the right arm all the way down and repeat, “thank you”.
- Your hands should feel nice and relaxed now and as they are please place them on your heart.
- Breathe in and thank your heart and lungs for the breath and blood they circulate and pump through your body each and every day.
- Smile as you think of something you love and feel that in your heart. Now, think of something that you love to breathe in - maybe fresh air or the feeling of rain outside and thank your lungs for all the air in has allowed you to breathe.
- Feel that thankfulness in your heart for all the parts of your body you expressed gratitude for and thank yourself for taking this time.

- Close your eyes and feel that love, open them, bring a smile to your face and remember how nice it felt to thank and connect with these parts of your body.

Affirmation: I am amazed and deeply blessed for all my shoulders, arms, fingers, hands, chest, upper back, heart and lungs do for me daily.

Day 4 -**Re-Awakening Self-Love to the Miracles of your Stomach, Digestion and Your reproductive Organs**

Every day we put fuel into our body by consuming food and drink. Our body is able to take what we need from that, transmute it and allow us to let go of waste that is not helpful. It does not require conscious thought and asking our body to do this amazing task! Yet every day, several times a day our bodies have done this for us. Whether we were making healthy choices or not - our body showed up to digest what we had consumed. It is pretty amazing when you think about it. I know I have not always made healthy decisions and boy there have been those times I remember when I was younger when I would overeat because something was soooo good - and my body still complied.

Then there is reproduction! Two bodies together can make another person! How miraculous is that? And our body's reproductive organs can be used for sexual relationships inviting intimacy, closeness and pleasure. We were born by our parent's ability to conceive. We can continue life on this planet by reproducing. It is a necessary process for mankind's survival just as it is with every other animal. And yet how often do you give thanks for your reproductive organs which truly do create life and pleasure?!

We also have our mid and lower back to be grateful for. Our back which houses our spine. Our spines have 33 vertebrae (small bones) that form the spinal canal. The spinal canal is a tunnel that houses the spinal cord and nerves, protecting them from injury. This is all pretty miraculous when you think about it. This amazing structure that is in place when we are

born and is able to grow as we age, holds us upright and allows us to walk. But we usually don't think about our back until our back hurts and then we are in pain and tend to not be sending it good thoughts.

These three areas of our bodies are essential to our life and well being and once again, we usually won't pay it any mind unless we have a stomach or back ache or have some kind of issues with fertility or our reproductive organs. Today, you will take some time to give deep thanks for these miraculous parts of you!

Exercise:

- Get quiet… all distractions off… take some deep slow breaths and close your eyes.
- Imagine one of your favorite things to eat in front of you.
- Pour love and gratitude into that food item and see it almost glowing with love calling to mind its taste and how much you enjoy it..
- Imagine taking a bite and feeling the yumminess of it on your tongue and going down your throat as you swallow. Give thanks as this piece of food is transformed through your digestive tract, broken down and brought into your stomach.
- Place your hands on your stomach and give thanks for all the food and drink your stomach has housed and broken down for you.
- Give your stomach thanks for those gut reactions you receive sometimes and for being your strong power center.

- Take a breath in and as you exhale see more love going into your stomach and you can even picture your stomach glowing with the warmth you are sending it.
- Now place your hands on your heart.
- Take a breath in and as you exhale feel love radiating into your heart. Now bring to mind your back mid and lower… and your spine and how strong they have been for you.
- If you have had any challenges in these areas please send them extra love.
- You might want to even ask here how you can support them more. Maybe a massage? Lying down on a tennis ball or a heating pad? Deep relaxation exercises to send them love?
- Picture your back covered, tingling and radiating with loving energy.
- Now, as your hands remain on your heart - give thanks for the miracle of life.
- The miracle of reproduction that brought you into this world and perhaps if you have children the ability that your body had to do that for you.
- If you have had problems with fertility please send extra love to your reproductive organs.
- Our bodies do not want us to struggle and sending love does in fact send healing to those parts.
- Give thanks for any intimacy you have had or future intimacy you are calling to you.
- Send love to yourself for the sexual orientation you have chosen, maybe in spite of what you were born into or perhaps it is what was assigned at birth.
- Whatever it is - you deserve to love your body. Your body works all day every day for you and I want you to picture

that love in your heart radiating out to cover all the parts of you that you gave thanks to today.

- Breathe in that love and as you exhale thank your body one more time and you can say the below affirmation or a simple “thank you.”

Affirmation: I am deeply grateful for the miraculous work my stomach, digestive system, mid and lower back and reproductive organs have done and continue to do for me daily.

Day 5 - The Joy and Miracles of our Hips, Legs and Feet

Our feet hold us on this planet. They connect us with the Earth, the grass, the sand, and any surface we choose to walk on while on this planet. Our legs support our feet and allow us to walk, to dance, to jump, to run and to get from place to place. They, along with our feet allow us to be able to drive. There are so many parts of our legs - our thighs, our knees, our calves, our shins and the support for our upper legs begins with our hips. Our hips are the largest weight bearing joint in the body. The hip joint is deep, surrounded by strong ligaments and many muscles. When you think about how much weight is above our hips - our stomach, back and torso, our neck and head - it is pretty amazing our hips and legs support all of us, allowing us to move around.

Exercise:

- I want you to take a walk. If this can be outside in nature all the better. If you don't have time for a walk outside or the weather is not conducive to one… then in your house or apartment is fine.If you do not have mobility I want you to clearly picture this exercise and give thanks for your body just as it is right now.
- Take a second or two to center yourself and slow your breath - this is a slow exercise. Turn off all distractions and give yourself the next 3-5 minutes.
- As you walk I want you to do this SLOWWWWWLLLLY and I mean SLOWLLYY.

- Be very conscious of each toe and each foot as they meet the ground and say, “thank you.”
- As you take the next SLOW step, I want you to feel the flexing in each part of your leg as you take this step and thank your legs - you can thank the parts separately or as a whole. I want you to take the next step, concentrating on your hips and thanking your hips.
- Please walk for at least a minute as slow as you can and thank each part of you that is helping you walk.
- Be conscious of how many body parts go into each and every step.
- Send love and if you like you can also sit afterward and place your hands on each and continue the “thank yous.”

Affirmation: I am grateful for the way my hips, legs and feet support me and allow me to move.

Day 6 - Gratitude for the miraculous systems in our body!

We have 12 systems running our bodies at all times. The Integumentary System, Skeletal System, Muscular System, Nervous System, Endocrine System, Cardiovascular System, Lymphatic System, Respiratory System, Digestive System, Urinary System, and Reproductive System. I find it pretty amazing that none of these systems need any of our attention to keep our bodies running. It is not like we have to say, "Okay digestive system - your turn", or "okay cardiovascular system - pump that blood". All of these systems know what to do. They work to keep our bodies in optimal health without us giving thanks or even acknowledging them!

If we ran an organization that managed half the amount of tasks our body runs, we would have incentive programs, give tons of gratitude and bonuses for all the hard work done! But, with our bodies we somehow are born with the idea, "it should just work" and very rarely give thanks to these systems or our body at all. I hope by today you are feeling some of the results and joy of showing your body some gratitude! You deserve it! Your body deserves it! Your body will run a whole lot better with you sending it love instead of angst or completely ignoring it. We love attention and validation for a job well done or for any job that we are working on and I feel it is a necessary addition to our daily life to at least once a day say, "thank you" to our bodies. We work better and happier when we feel that validation and love and I feel our bodies do too.

I know when I was sick I was concentrating all my energy on the way my body did not work and how much pain it was in. I get it - pain and discomfort is VERY distracting. But I also know when I consciously switched my attention to giving my body gratitude and love… I was able to heal myself of chronic illness in three weeks. Am I saying this will heal all illnesses in every case? Boy I wish I could say that but I cannot. But it WILL help the process of healing and working properly and it does not take much effort to do so.

Exercise:

- I would like you to clear your distractions and find a comfy space.
- Take a few slow breaths and intend your breath to slow down.
- Put one hand on your heart and the other on your stomach.
- Now take another slow breath and as you do really feel your belly rising, the breath filling your lungs and any other bodily sensation you feel as you do so.
- As you exhale, do the same, taking note of how it feels to have your body deflate, what sensations you feel and notice how much your body moves with each inhale and exhale when your attention is on it.
- Give your body thanks for regulating your breath each and every day without you having to think about it. Now, place both hands on your heart and think about the 12 systems that are able to run without you doing or saying anything to have them in place.
- Feel the love building in your hands and feel that love going into your heart.

- See that as a bubble of energy expanding and slowly getting bigger… it first covers your torso..
- Then it extends to your neck and hips, then the energy bubble gets bigger and includes your head and legs.. Until it is all around you.
- As you breathe in feel that you are expanding the bubble of love around you and as you exhale - see that love coming back into you through your entire body and showing your body love and gratitude.
- Do this a few times.
- End with a smile, gratitude and with the affirmation, "I am in awe and gratitude at the way my body's 12 systems work together and create health within my body."
- Sit in this for a second and truly feel that love soaking into your body before you open your eyes.
- Thank yourself for taking this time.
- Remember you can do a version of this in the shower each morning and in less than a minute give thanks for your entire body.

Affirmation: I am in awe and gratitude at the way my body's 12 systems work together and create health within my body.

Day 7 - A Meditation - Our Body is an Orchestra - A Meditation recorded with my mom (Geri's) Geranium through the Music of the Plants Machine. I made this meditation when I was still Jenny Mannion (before marrying my amazing husband Vinny). The Music of the Plants Machine is an amazing device created by Damanhur. You can connect it to your plants and listen in amazement as they figure out how to play music and respond. I cannot recommend this enough. Shortly after my mom passed I connected with her geranium often to play music. This music is in the background of this meditation. Please carve out 15 minutes in your day to listen and do this meditation. Hope you enjoy!

After Doing this 7 Day Program:

Please consider revisiting the days that you feel you can use more healing. Remember to thank your body daily. YOU and your body are miraculous and deserve lots of love and gratitude.

If you enjoy my writing and exercises, please join me on sub stack. I provide almost daily notes, weekly emails and updates on my upcoming books. Sending you lots of love and PLEASE remember to be kind to yourself - body, mind and SPIRIT. Sending you wishes for health, love, abundance and JOY!!

If you want to work with me, please check out my services page. I facilitate Akashic Readings and Clearings for people and properties. I also work with people as a mentor and offering energetic support. I am currently dedicating more time to my books and writing and am taking limited clients. My current offerings are always listed here.

I am in LOVE with Sahu Sacred Oils. These are oils from Egypt, blessed in the Pyramids, from a family who is related to Cleopatra. These are pure oils of the highest quality. I have worked with essential oils for 20 years and these blow all of those away. I even worked with the Sahu Oils team to create an oil together, "Intuition", which helps you connect easier with your intuitive nature. Sahu Oils offers many oils for healing, sleep and more. I highly recommend them to aide in your healing journey.