



Decode Your Body's Messages For Love, Health & Happiness

By Cat Williford, MCC

Founder of The Authenticity Advantage™ and

Your Heroine's Journey™

About Cat Williford



Cat Williford is a modern-day goddess helping women around the globe to unmask their deep feminine wisdom and authentic voice. A connector of diverse worlds, she fuses her own hard-won body wisdom with the knowledge of her Texas surgeon father's Western medicine. The result is a holistic experience that nurtures vulnerability and strength.

A master certified coach who received one of the first professional coaching credentials in the United States, Cat is also a keynote speaker and founder of The Modern Goddess series of workshops, ceremonies, and retreats. She has appeared coaching live on ABC's talk radio, and The Los Angeles Times dubbed her, "serene . . . with corporate polish and carefree humor."

Cat's signature program, The Authenticity Advantage™, is a uniquely powerful system to unmask women's stories, heartfelt vulnerabilities, and hardy resilience. Her vulnerability and willingness to tell it straight like a shot of tequila is part of her Texan charm. Cat's book, *The Ovarian Chronicles*, details the story of how she lost sight of navigating her future as her body's knowing became secondary to someone else's desires and reality. Her vulnerable honesty gives women permission to get real, forgive, heal, and recover their own resilience.

In 2010, Cat's gynecologist wanted to perform surgery ASAP to remove a growth on her right ovary. Cat conquered her inner "surgeon's daughter" voice and listened to what her body wanted instead. It wanted to heal through consciousness and love. She gathered her circle of goddess sisters, heard the messages in the growth and worked with naturopathic alternatives. The result? Within three weeks, the growth shrunk by half. In six weeks, it was gone. No surgery required.

Her experience prompted her to write, *The Ovarian Chronicles: Expectations * Heartache * Resilience* which was released in December 2020.

Today, Cat lives on the beach of Ventura, CA where she hunts for nautilus shells, dances to 1970's music in her living room and delights in moonlight sparkles on the ocean.

To learn more about Cat and her work, please visit www.catwilliford.com.

Introduction

There are fundamental principles about the body's energy patterns that healers through the Ages, including this Age, have used. Healers intuitively know and are trained how to work with the body to bring it into alignment and balance. Today's ever-expanding scientific discoveries support these healers in their work. The tools shared in this program will assist you to enter a powerful partnership with your body so that you can become your own wise healer!

Kinesiology (the study of how the body moves) contributes muscle testing as a way of letting the body speak to us. Neuroscience (the study of the brain and nervous system) reveals that our brains have plasticity and can indeed re-configure themselves. Brain tracking studies done while monks meditate and pray reveal these practices increase activity in the brain's creative, pleasure and wellness centers.

Combining science and traditional healing tools is powerful medicine! We get to evolve our lives utilizing consciously chosen thoughts, spiritual practices, and partnership with our bodies. What this means in our evolutionary dance with our body is ... we can learn new dance steps and change our lives *now*!

Energy Patterns

The right side of the brain, or the creative hemisphere, controls the left side of the body. The left side of the body expresses our imaginative, free-flowing feminine energy. When you hold a pendulum above your left palm, it will read the feminine energy and begin to move in a circular or oval pattern. Typically the speed and size of the circular motion indicates how in balance and free-flowing your feminine energy is. The larger the circle pattern over your hand, the more free-flowing your energy is.

The left side of the brain, or the analytical hemisphere, controls the right side of the body. The right side of the body expresses our logical, structured masculine energy. When you hold a pendulum above your right palm, it will read the masculine energy and begin to swing in a linear motion. Typically the speed and length of the to-and-fro motion indicates how in balance and free-flowing your masculine energy is. The quicker and longer the movement over your hand, the more free-flowing your energy is.

If you have never seen this principle in action, hold a treasured necklace with a charm or drop of some sort, in your hands. Take a few deep breaths and connect with your necklace. Consider what makes this necklace special. Maybe it reminds you

of a memorable event or perhaps a loved one gave it to you. If you gave it to yourself, consider what attracted you to the necklace. Now, ask your treasured necklace to share guidance and wisdom with you.

Hold the necklace by the clasp with your right hand above your left palm. Be sure your fingers don't touch the chain. Ask the necklace to read the energy of your left palm. Observe what happens. (Note: It may take a few minutes for your necklace to act as a pendulum. Be patient and re-issue the invitation!)

Then, switch hands and ask the necklace to read the energy in your right palm. Again, be patient! This isn't "abracadabra" magic kit stuff. It may take a bit of space and time to get your energy synchronized with your pendulum. Take note if the movement of the pendulum is more free-flowing over your left or right hand.

Energy Patterns on the Left Side Your Body

A bump, scrape, break, ache, pain or sprain on the left side of the body is an invitation to assess how in balance and true we are being to our feminine energy.

Feminine energy in balance and positive polarity is full of creativity, compassion, fairness, and acceptance. Our in-balance feminine energy allows us to receive love, abundance and positive energy from others.

When our Feminine energy is out of balance or shut down we move into fear of rejection, control, mistrust and become unavailable to receive the good stuff of life.

When a physical injury or ailment occurs on the left side of the body, we ask:

- What am I not trusting?
- What am I attempting to control?
- What do I refuse to accept?
- What rejection do I fear?
- How accessible is my creativity and resourcefulness?
- Am I receiving the love that is offered?

Energy Patterns on the Right Side Your Body

A bump, scrape, break, ache, pain or sprain on the right side of the body is an invitation to assess how in balance and true we are being to our masculine energy.

Masculine energy in balance and positive polarity initiates action, follows-through, offers reliability, and seeks the highest use of our talents and strengths. Our in-balance masculine energy allows us to give love and positive energy to others.

When our Masculine energy is out of balance or shut down we stagnate, don't honor our word, behave irresponsibly, isolate, and become unable to offer others the good stuff of life.

When a physical injury or ailment occurs on the right side of the body, we ask:

- On what am I not taking action? Or too much action?
- On what am I not following through?
- Where am I not being my word to others or self?
- How / where am I not using my talents and strengths?
- What am I avoiding by isolating?
- Am I offering love?

Worksheet: Your Body

Just like an ER doctor does triage to determine urgency when there are multiple people in an accident, you are going to do triage on your list of physical ailments and injuries.

Make a list of up to ten current physical bumps, pains, sprains, breaks, ailments, disorders, (hot flashes and other peri-menopause related complaints), etc.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

(Further instructions continued on the next page.)

Begin Deciphering

The ultimate goal is to be in a Divinely inspired partnership with your body, able to decode its messages with ease.

- Place a ✓ next to anything that is repetitive or if you've had a prior injury in that spot. (Ever notice how when you burn your tongue, you can't seem to get through an hour without biting it? Energy patterns are like that!)
- Next, place an * next to anything that is more than an annoyance, i.e. something that keeps you up at night with worry, pain or both.
- Now, place a ♥ next to anything that began around the time of a heartache, loss or painful situation.
- Finally, look to see which ones are related. (Wrist bone connected to the kneecap kind of thing.)
- **Now, choose which one is the most urgent to bring to the guided visualization first.**
- Then, use the visualization for each one, revealing more and more body wisdom!
- The ultimate goal is to be in a Divinely inspired partnership with your body, able to decode its messages with ease.

Visualization Notes

What metaphor or image did you see?

What wisdom did your body share with you?

What action does it want you to take?

What is there to surrender?

Who are you with this injury or ailment?

Who are you without it?

What do you know about partnering with your body now?

Other Observations:

Visualization Notes

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