

Chapter Three

Do you know your body's needs?

In order to get to know yourself through your food intake, the first thing to find out is whether you listen properly to your body's physical needs. When you are conscious of listening to your body, it means that you are listening just as much to your emotional and mental bodies and their needs. If you are not listening to your physical body, you will consequently learn that the same is true for the other "bodies".

Our three bodies, which constitute our material envelope and allow us to live on this planet, cannot be dissociated from one another. Everything that happens in one body automatically affects the other two. It is therefore wiser to be alert to what you experience in your physical body, as it is more concrete than the other two.

That is why I am reminding you of what it means to "listen to the needs of your physical body". Although most of us learned these things in earliest childhood, it is important to call them to mind again. Our physical body needs:

- to breathe (air);
- to drink (water);
- to eat (food/nourishment);
- to move (physical exercise);
- to rest and to sleep.