

Itâ??s Time to Recognize Untruths Youâ??ve Believed About Your Body

Description

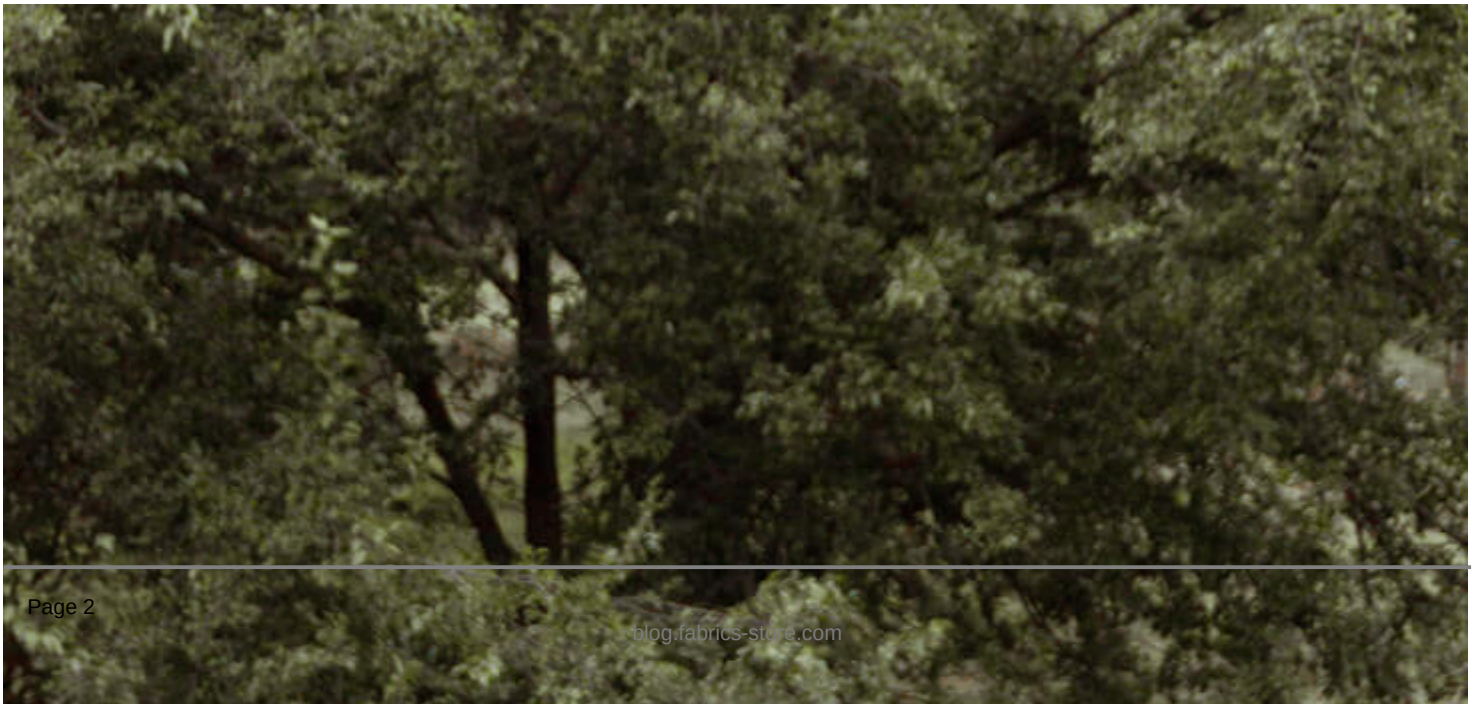


Sarah sitting on a picnic blanket made with FS ROYAL BLUE 100% Linen

For some reason or another, our body seems to be of particular interest for attack from mean voices within. The mean voice is surprisingly convincing. It starts early in our lives. It is not invited inside, but it finds a way in. It cleverly twists things you hear or experience into unhealthy comparisons with girls around you. Because it starts so young and because itâ??s so constant, you become accustomed to the voice. It feeds you lies, but you start to perceive them as truths.

For me, it started when I was about 11. Whenever I tried on jeans in the Girls department at clothing stores, the jeans were so tight in the thighs and bum I could barely pull them up. After twisting and contorting this way and that, squeezing them up and over my bum, the waist of the pants was loose! I would put on a belt and fold over the extra fabric along the side seam, the thick fabric of the waistband gauging in and leaving red impressions on my skin.

I was left with the awkward combination of having thighs so tight I couldnâ??t bend over or squat comfortably, and a waist so baggy I was afraid folds of fabric would work their way loose under my belt. It felt a bit like wearing a funnel â?? big on top, increasingly smaller on the bottom. They were always uncomfortable to wear, but looking back, the discomfort was the smallest price I paid. The biggest, years-long price was having seeds of lies planted into my subconscious.



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The vile lies germinated and grew. They started with tearing down my confidence in my body, and led into other areas of life after that. Make no mistake, my friend, the inner mean voice wants you to dishonor the beautiful body you have been given. It *wants* you to feel horrible. The mean voice feels happy when it makes you feel sad. Itâ??s like a virus that wants to cause you harm. Do these lies sound familiar to you? Has your inner mean voice been feeding you these lies since you were a child? Have you believed them?

Itâ??s time to recognize them for what they are. They are lies. Once you recognize them, you can dismantle their power.

The truth is, in the process of your formation, you received a body in which to dwell. How wonderful that the intangible spirit and soul that you are, gets to have a physical presence with a body. Your body is your home, a temple in which to rest and produce work. You only get one of these bodies, of course. The amazing thing is that your one body has super-hero-like powers. Your temple is self-healing when injured, it takes in new elements from food to replace old parts. It has hundreds of thousands of miles of communication cables to receive diagnostic feedback and to transmit signals to the farthest reaches of your toesies. We tend to overlook the amazing set of physical hardware weâ??ve been given. Your body is one of the most complex systems imaginable â?? arguably the most complex system in all of Earthâ??s wonders.



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You own one of these homes, these complex systems beyond comprehension. Itâ??s been given to you to use, to love, to honor, to adorn. The truth is, you are not disproportional. You are not too big here and too small there. You are one of the most amazing things on the planet.



FS ROYAL BLUE Softened 100% Linen

CATEGORY

1. COMMUNITY
2. WELLNESS

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