



Directions for Somatic Decision Making

A very powerful way to get a clear yes or no answer to a question is to ask your body. Here is one simple but powerful tool you can use.

Calibrating your responses

Stand up and close your eyes. Ask your body to give you a YES response, and see if your body begins to lean backwards or forward.

Ask your body to give you a NO response, and see if it begins to lean backwards or forward.

Testing the calibration

Ask yourself some simple questions that you know the answer to, and then see which way it leans. If you ask, “Is my name Jack?” and your name is Jack, it should move in the previously established YES direction. If you ask, “Is my name Fred?” it should move in the NO direction. You can ask, “Do I live at (your street address) ?” “Do I like chocolate?” “Am I a woman?” Etc.

Application

Once you have established that you are getting spontaneous and correct answers, you are ready to apply it to any other question you might have. “Is this particular food/supplement good for me?” “Can I trust this person?” “Is taking that consulting assignment in my best interest?” And so on. In situations that are life and death (like “Should I have this operation?” or ones that involve a lot of money, like “Should I invest in this company?”), I would use this as only one

piece of information among many. In other words, do your due diligence as well as asking for inner guidance from your higher self, God, etc.