

**Responses to the New Workbook**  
***Rediscovering the Lost Body-Connection***  
***Within Christian Spirituality***



***From a Sister in Kenya, Africa:*** “I am quite overjoyed that you sent me a copy of your workbook. I have been so desiring it. Now I have your 3 month program, which I have so wanted to attend, finally in book form so I can translate it into life experience here in Africa. Thank you so much for bringing it into being so it can be dispersed and shared with so many other people around the world ... Probably in June or July I can return to Southern Sudan in pastoral work, all depending on the outcome of the voting in early January. For sure, I will be using your book with the people there who have endured such suffering. I pray in gratitude with you for the awesome gift God gives us all in the ways we can embody Divine Love through our own body ‘in Christ.’”

***From Ireland:*** “For the past few years I have been floundering in my faith as lots of the Bible stories did not “add up.” Your workbook, *Rediscovering the Lost Body-Connection* ... makes so much sense to me and helps me to understand and appreciate what St. Paul was going through and trying to share with others. Thank you for unravelling his stories for me. I have not finished the book yet, but look forward to working with it and Focusing with it for the rest of my life!”

***From an Anglican priest in Canada:*** “Your material in the *Rediscovering workbook* is dynamite and has to be offered to others. I have already begun the daily “sit” with my body focus, only to realize how significant it is throughout the course of any given day to just be aware of who I am in the ‘feel’ of now. Working through the book is helping me better understand what Fr. Richard Rohr wrote when he said: ‘If we do not learn how to transform our pain, we will always transmit it.’”

***From a Pediatrician in Mexico City:*** “Christian BioSpiritual Focusing in action has an indescribable power! It can really transform our world. My people and I are forever grateful to you.”

***From the UK:*** “Several people have already asked me for more copies so they can start a group based on using the workbook.”



"I am a 53 year old, single mother and an elementary school teacher for 20 years. Last year I quit my job, opening myself to other possibilities for my future. *Rediscovering the Lost Body-Connection* came at the perfect time in my life's journey. I am ready to let go of old patterns of self-hate and begin loving myself. The habit of noticing and nurturing my important feelings is helping me to do just that! What has been the most significant learning experience for me is that simple, yet powerful Check-In question: "*What in my body right now most needs my loving presence?*" Then, giving myself time and guiding myself with the help of the Personal Check-In Card (p.75) has begun building my new habit of self-love. The coming together of the simplicity of this process and my own readiness to build a new habit of how I relate to my own body has been most beneficial for me."



"A friend of mine gave me the book some time ago, but I didn't want to get into it because the word, "Christianity" has become very charged for me with lots of negative energy. But a recent medical diagnosis scared me and I began, reluctantly, to poke into the book. Surprisingly, I began to understand Christ as a metaphor for my own "spiritual enlightenment" and the "Mystical Body" as our journey toward Oneness as I journey back into my body and my Catholic roots, discovering many areas that are beginning to tell me their stories. An exciting journey for a still "roaming" Catholic who is now joined by other like-minded friends working our way through the book week-by-week."



"Having spent 11 years in Catholic schools and having rejected much of what was taught there, I appreciate being helped to change the way I treat my own body carrying difficult feelings."



"I am a father of two boys, 11 and 13. My way of being with my feelings has been to relish those that feel good because they help my positive sense of self and to push away the hurting or scary ones because they drain my positive self-image. The program and workbook has shown me how to hold and respect all my feelings which is

now possible for me to do after practicing the steps and using my Affection Teacher.”



“I am a single male in my 30’s, working in the public school system. What I have become aware of from reading this book is how unwilling I am to take care of myself and how I find so many ways to abandon the real me. I want only a quick fix for any problems. But what I have learned from you is powerful and effective. When I start treating myself better I begin to feel better.”



I am a recovering alcoholic of 25 years in Alcoholics Anonymous and 26 years in Al-Anon. I would like to share my experience in recovery and the process in Bio-Spirituality. As I look back at the beginning of my recovery, my only thought is—if I had only known about the process described in, *Rediscovering the Lost Body- Connection Within Christian Spirituality*, I would not have rejected my negative feelings. I would have learned to acknowledge them and would have dealt with them in a positive way. Instead of resolving these issues in a positive manner, I was hurt and angry about a lot of things ... I truly believe in my heart that it would be a gift to have had BioSpirituality in my early recovery. The two processes, A.A. and BioSpirituality, both focus on awareness of our feelings.



I am a middle aged woman, 55, who lives on a 40 acre almond ranch. My background in formal education is with ornamental Horticulture while I worked at the local College for 12 years. Five years ago I completed a Masters program through Loyola University of New Orleans in religion with a focus on the Environment. I have 3 grown children and 4 grandchildren. My husband and I also run a plumbing company and manage commercial property.

... The entire book, *Rediscovering the Lost Body-Connection Within Christian Spirituality*, has brought a new dimension to my being. I was intrigued from the very beginning with how my body can communicate to me. The paradigm shifted from *controlling* my body and my environment to entering into listening to what my body has to say to me and where in my body I have stored information ... I have experienced a transforming

new level of understanding and loving myself as God must love me as I come to know this with a new way of body knowing ... The vastness within my own body seems to me now as deep as the vastness of the universe opened up by the simple act of *noticing* ... I have begun to notice how I try to solve things in my head, thinking it through, solving it and resolving it away. Now I make an effort to enter into a situation and listen to what my body has to say to me.

A radical new inner spirituality has opened in how I enter into conflict, hatred, selfishness, resentment and addiction, becoming naked before God in all my humanity with the limitless insecurity of being unlovable. I can begin to let all this be transformed into how deeply loved I am by God and how truly blessed I am, so my prayer becomes one of gratitude for ALL God has loved into my life each and every moment—because I am never truly alone. Thank you for your dedication to this work and for sharing it with me. My prayer is that I will continue to pass it on to those I direct, love, live with and work with.



What I have learned from, *Rediscovering the Lost Body-Connection Within Christian Spirituality*: (1) That my body holds secrets buried deep within from childhood and into adulthood; (2) That we are one and tied together in Christ's Love; (3) That all of us use addictions and *process-skipping* in order to avoid and not care for difficult feelings which can create physical and emotional illness.

... Learning about my Affection Teachers has enabled me to break through and begin to process those hidden, buried stories within my body by helping me to listen to what these feelings want to tell me. This is an amazing process and one that I will continue for the rest of my life.

