

*Free Gift!*



# Body Magic!

**THE WORKBOOK**

# Time to get personal! Time for your very own BodyMAGIC!



This is a printable workbook for you to complete the written exercises together with elements which for you, are more accessible on written paper.

Let's get started on your  
health, healing and happiness!

Chinmayi Dore

Chapter One - Exercises

# Emotions Explained

*“If you don’t think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend.*

*There will always be dark days.”*

*~ Kris Carr*

1.)

Emotion	What/How this has manifested in me (just briefly).
<b>Anger</b>	
<b>Boredom</b>	
<b>Cruelty</b>	
<b>Disappointment</b>	
<b>Disgust</b>	
<b>Doubt</b>	
<b>Fear</b>	
<b>Greed</b>	
<b>Hate</b>	
<b>Hurt</b>	
<b>Loss</b>	
<b>Overwhelm</b>	
<b>Panic</b>	
<b>Shame</b>	
<b>Sorrow</b>	
<b>Worry</b>	
<b>Other</b>	

2a.)

2b.)

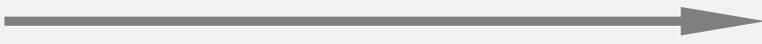
2c.)

2d.)

2e.)

2f.)

3.)

<b>Unhelpful</b>	Where I see myself at the start of working through BodyMAGIC! (how I feel most of the time). Mark with the date (MM/YY) on the scale between the two polar opposites.	<b>Helpful</b>
		
Anger		Gratitude
Boredom		Spontaneity
Cruelty		Compassion
Disappointment		Contentment
Disgust		Admiration
Doubt		Faith
Fear		Hope
Greed		Generosity
Hate		Love
Hurt		Relief
Loss		Gain
Overwhelm		Serenity
Panic		Knowing
Shame		Pride
Sorrow	(e.g.) 03/18	Joy
Worry		Peace
Other		Other

*“Happy is the man who has broken the chains which hurt the mind  
and has given up worrying once and for all.”  
~ Ovid*

4.)

5.)

	rating (1-10)		order of importance
a) your weight		now list them in order of importance here >>>>>>>>  1) = most important  8) = least important	1)
b) your clothing size			2)
c) your diet			3)
d) your exercise			4)
e) your sleep			5)
f) your health			6)
g) your healing			7)
h) your happiness			8)

6.)

7.)

8.)

9.)

10.)

11.)

**Ideal Health** - e.g. energy levels, your skin, your sleep etc

**Ideal Healing** - e.g. recovery from emotional overeating, illness, disability, fitness, other addictions

**Ideal Happiness** - e.g. your relationships, your work, your family, your social life

12.)

**Chapter Two - Exercises**

# The 7 Spells of BodyMAGIC!

*“Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.”*

*~ Samuel Ullman*

1. Done (tick)
2. Done (tick)
3. Done (tick)

4.

5.

6.

7.

**Chapter Three - Exercise**

## Discipline and Willpower

Make a Vision Board!

**Chapter Four - Exercises**

# Journaling for Joy!

## Get Journaling!

Buy yourself **two** books - done (tick)

- 1.) You need a small diary with room for a couple of sentences of **Gratitude**.
- 2.) Get yourself a blank book that you are happy with for your **Journal**.

*“Writing is the only way I have to explain my own life to myself.”  
~ Pat Conroy*

**Chapter Five - Exercises**

# Meditation

## Let's go meditate!

Record or listen to the free recording of Practice 1.  
Practice daily, twice daily if possible.  
If ready, move on to Practice 2.

**Chapter Six - Exercises**

# Support or Solitude?

1.

2.

3.

4.

5. Done (tick)

**Chapter Eight - Exercises**  
**YogaMAGIC!**

*"I lie to myself every day when I tell myself, 'I can skip yoga'."*  
~ Melissa Fumero

**Tips on Breathing in Yoga**

**Practice Poses**

Palm Tree or Mountain Pose – Tadasana  
Sun Breath - (Half Sun Salutation) - Ardha Surya Namaskar  
Standing Twisting Breath  
Standing Side Bending Breath  
Chair Breathing  
Staff Pose - Dandasana  
Bird Flying Pose  
Balasana – Child's Pose  
Savasana - Corpse Pose

**Chapter Nine - Exercises**  
**Nature Calls!**

*"Natural abilities are like natural plants; they need pruning by study."*  
~ Francis Bacon

- **Sami Chakuay**

- **Getting Closer to Nature**

i.

ii.

iii.

- **Conscious Deep Breathing Exercise**

- **Abdominal Breathing Exercise**

**Chapter Ten - Exercises**

# Eating Habits and Addictions

*“You know you are addicted to a food if despite knowing it is bad for you and despite wanting to change, you still keep eating it. Addiction means that a craving has more control over your behavior than you do.”*

*~ Kathy Freston*

**1. Other Addictions**

**2. Eating Habit Observations**

1.

2.

3.

- i.
- ii.
- iii.
- iv.

4.

5.

6.

7.

8.

9.

- i.
- ii.
- iii.
- iv.
- v.

10.

11.

### 3. Reasons for Overeating

1.

2.

Why do you emotionally overeat?	The Possible Emotion	Where does it come from?
I want to give up at that point	Hopelessness	
I deserve it	Lack of self-worth	
One time won't do me any harm	Denial	
I hate waste	Guilt	
I don't want to miss out	Insecurity	
I need comfort food	Lack of love	
She went to so much trouble	Approval (give and receive)	
The dessert looks so good	Fear of scarcity	
I ate too quickly	Fear of hunger	
I needed energy	Tiredness	
It helps me to forget	Grief	
I was bored	Sadness	
Sometimes I don't even think!	Anger	
In case I don't get time later	Worry of scarcity	
It's too expensive to leave	Need to justify oneself	
It was too good to miss	Fear of scarcity	

**Chapter Eleven - Exercise**

# Intuitive Eating and Mindful Munching

*“Be a lamp to yourself. Be your own confidence.  
Hold on to the truth within yourself as to the only truth.”  
~ Buddha*

**Munch Mindfully - In practice (tick)**

**Chapter Twelve - Exercise**

# Fads and Fallacies - Myths and Truths

*“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual  
experience of living every minute with love, grace, and gratitude”  
~ Denis Waitley*

**Affirming Energy Exercise - In practice (tick)**

**Chapter Thirteen - Exercises**

# Stress and the Mind

*“A feeling is no longer the same when it comes the second time. It dies through the awareness of  
its return. We become tired and weary of our feelings when they come too often and last too long.”  
~ Pascal Mercier*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14. Ceremony Done (tick)

**Chapter Fourteen - Exercises**

# A Review - Time for Reflection

*“He who would learn to fly one day must first learn to walk and run and climb and dance;  
one cannot fly into flying.  
~ Nietzsche*

## 1. Emotion Evaluation

How much importance, on a scale of 1-10, do you put on:

1 = no importance  
10 = extremely important

		rating (1-10)		order of importance
a)	your weight		now list them in order of importance here > > > > > >  1) = most important  8) = least important	1)
b)	your clothing size			2)
c)	your diet			3)
d)	your exercise			4)
e)	your sleep			5)
f)	your health			6)
g)	your healing			7)
h)	your happiness			8)

Compare the results with your answers in *Chapter One*.  
Note here any changes in your priorities and observe the reasons for these changes.

## 2. Emotion Elevator

Your notes...Update...Note the positives on your progress here.

## 3. Emotional Self-Imagery

- a)
  
- b) Photograph of your face - done (tick)
  
- c) Write down five words that describe what you can see in your eyes and face from your photograph when you look at it.

How do the two answers compare? What can you identify that is still evolving and growing?  
Note here or journal your reflections.

#### **4. The 7 Spells of BodyMAGIC! Notes**

a)

b)

c)

d)

e)

Note of difficulties

f)

g)

#### **5. Vision Visuals Notes**

Journal about your experience.

#### **6. Journal Review Notes**

**7. Meditation  
Notes**

a)

b)

c)

d) Breathing reminder

**8. Support  
Notes**

**9. Food Facts  
Notes**

**10. Yoga  
Notes**  
Free Class!

**11. Nature  
Notes**

1.

2.

3.

4.

5.

6.

7.

8.

9.

**12. Addictions  
Notes**

**13. Fads and Fallacies  
Notes**

**Statement****Score**

- a) My health has improved; I practice -
- b) Deep emotional healing is taking place; I allow -
- c) I find real true happiness within my life; I rejoice -
- d) My relationships are open and meaningful; I trust -
- e) I see my life and soul's purpose clearly; I know -
- f) I let go of fear. There's only love; I release -
- g) I am so positive about my future; I see -
- h) I have limitless energy and zest for life; I feel -

- a) done (tick)
- b) done (tick)
- c) done (tick)
- d) done (tick)
- e) done (tick)
- f) done (tick)
- g) done (tick)
- h) done (tick)

**14. Intuitive Eating and Mindful Munching****Notes**

Practice in progress - (tick)

**15. The Mind and Stress****Notes**

**Chapter Sixteen - Exercise**

# Emotional Freedom Technique (EFT)

*“Clouds open up into rain, You too should release your pain.”  
~ Terri Guillemets*

Practice in progress - (tick)

**Notes**

**Chapter Seventeen - Exercise**

# The Enneagram

*“Courage doesn’t happen when you have all the answers. It happens when you are ready to face the questions you have been avoiding your whole life.”  
~ Shannon L. Alder*

1. Done (Tick)

2.

3.

Challenges	Emotional Action	Affirmations

4. Done (Tick)

5.

**Chapter Nineteen - Exercises**

# See it! Say it! Give it! Get it!

*"You are the most lucky person in the world, only if you BELIEVE so."  
~ Nitesh Aggarwal*

**Health**

1.

2.

3.

4.

5.

6.

7.

**Healing**

1.

2.

3.

4.

5.

6.

7.

### **Happiness**

1.

2.

3.

4.

5.

6.

7.

Your picture...

## **How to Affirm to Attract**

### **Health**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Note: with healing from the past, there is no need to go into the detail. Keep the statements positive and in the present tense. Affirm how and why you are working on them and the benefits this work will bring.

### **Healing**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

### **Happiness**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Well done! You now have an affirmation practice.

**Chapter Twenty - Exercises**

# The Gremlins in your Gut

*"I've learned that for many people, change is uncomfortable. Maybe they want to go through it, and they can see the benefit of it, but at a gut level, change is uncomfortable"*  
~ Mitchell Baker

1. Done (tick)
2. Done (tick)

## Letting Go

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Chapter Twenty-One - Exercises

# Going Hungry

*“The belly is an ungrateful wretch, it never remembers past favors, it always wants more tomorrow.”*

*~ Aleksandr Solzhenitsyn*

## Fantasy Feelings

### 1. Emotion Elevator

Notes Here:

Unhelpful	Helpful
Anger	Gratitude
Cruelty	Compassion
Disgust	Admiration
Familiarity	Surprise
Fear	Hope
Greed	Generosity
Hate	Love
Hurt	Relief
Loss	Gain
Panic	Knowing
Shame	Pride
Sorrow	Joy
Other	Other
Other	Other

2.

**Chapter Twenty-Two - Exercises**

# Ritual for the Soul

*“When you do things from your soul you feel a river moving in you, a joy. When action comes from another section, the feeling disappears.”*

*~ Rumi*

- 1. Build an Altar - Done (tick)**
- 2. Smudging - Done (tick)**
- 3. Gratitude for an Attitude - notes**

**Chapter Twenty-Three - Exercises**

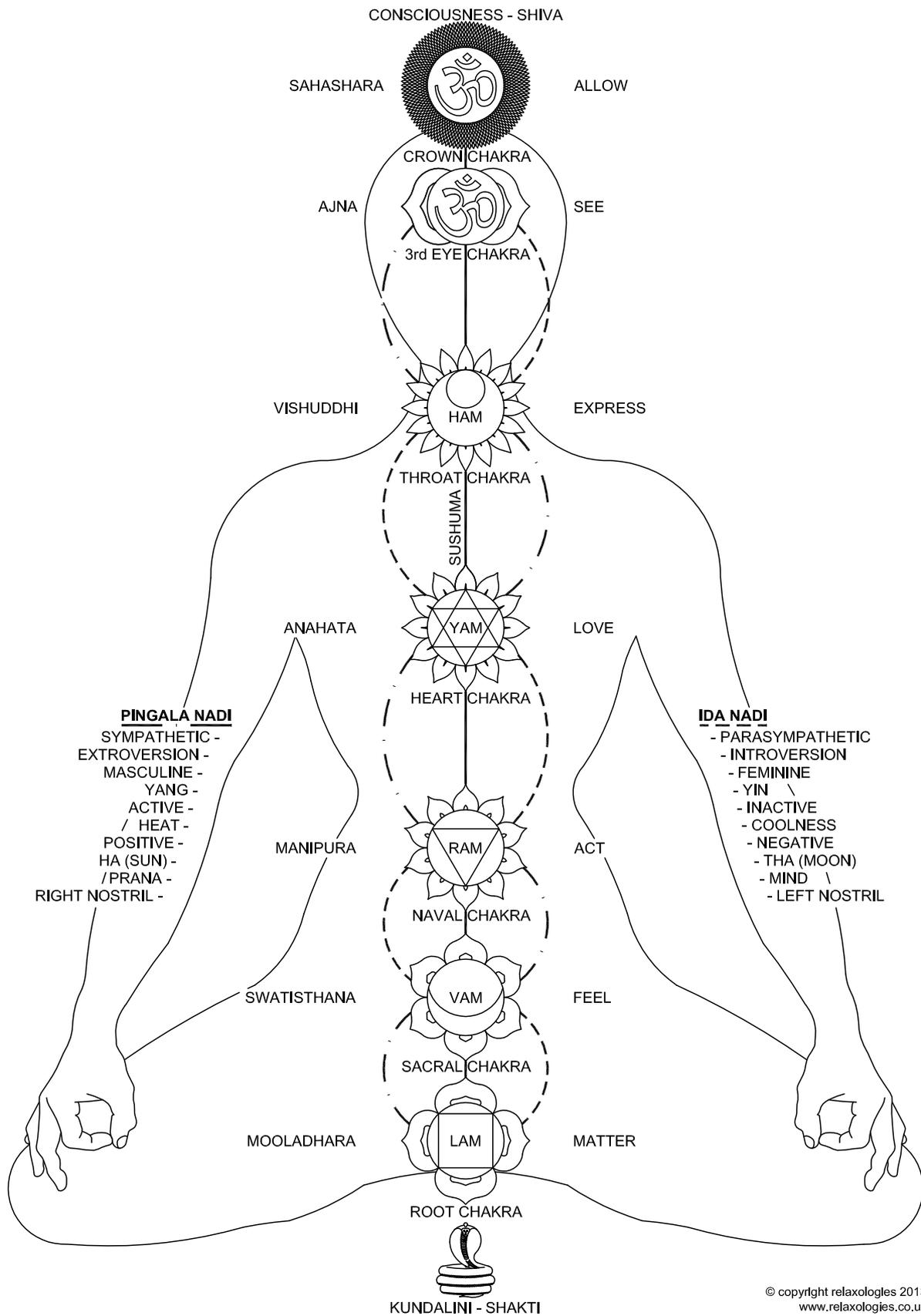
# Energy and the Chakras

*That's the thing about magic; you've got to know it's still here,  
all around us, or it just stays invisible for you.”*

*~ Charles de Lint*

- Bring Your Chakras to Life! - Colour in the Map of the Chakras**
- Chakra Cleansing - In practice (tick)**
- Chakra Mantras - In practice (tick)**

# Map of the Chakras and Nadis



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# The Daily Recipe

Check your ingredients the night before. Do you need anything to make your perfect Daily Recipe?

## **Morning**

- 30 to 60-minutes practice

Altar - Smudge - Stretch/Yoga - Meditate (min. 10 minutes) - Journal - Oracle

## **Lunchtime**

- 30-minutes practice

Walk in Nature - connect with the elements

## **Evening**

- most evenings, take some other MAGIC! for yourself for 60-90 minutes

Go to a class, have a massage, read a book, take a bath, draw, write or paint, Savasana

- 30-minutes practice

Gratitude diary - Ideas and Intentions - Meditate (min 10 minutes)

### ***A Rhyme for Life***

*Something new I want to do  
Someone who I want to reach out to  
Somewhere free you want to be  
Some way real you want to feel*

## **Priorities**

Do what you feel with the time you have. I suggest that you prioritise meditation if anything, as that is the most important part of your practice. If you don't feel like meditation, there's a good chance that is exactly what you need, because your unconscious mind is fearing the change. It can mean that you are getting close to a shift, so please don't give up!

*'Every saint has a past, and every sinner has a future.'*  
~ Oscar Wilde

# What Happens Now?

You have lots of choices and support...

1. Go to [www.bodymagic.website](http://www.bodymagic.website) and sign up for regular blogs, news, practice support and get some free training on Knowing Yourself and Knowing Your Worth immediately.
2. Join **BodyMAGIC! - an End to Emotional Eating** Facebook page where lots of really useful tips, tricks and inspiration are to be found. Find extra information on recipes, natural medicine, yoga, meditation and events. This is also where you will find updates, new research and new approaches to your healing. Ask questions too. The answers will benefit everyone.
3. Join us on **Retreat!** There will be at least one **BodyMAGIC! Retreat** each year. Details are found on [www.bodymagic.website](http://www.bodymagic.website). This will accelerate your healing way beyond your expectations.
4. Book a **FREE! 30-minute coaching session** with me. I will help you find solutions to the most challenging aspects of your journey and show you how I can help you personally. Simply go to [www.bodymagic.website](http://www.bodymagic.website) and a box will pop up like MAGIC!
5. Look out for **online and live events**, webinars, Skype calls, new videos, recordings, classes, workshops and more on the website, in your inbox and on social media.

*This is only the beginning!*

Here's to your **Health, Healing and Happiness** now, and in the future!