

Merely putting your awareness
In your body
and breathing
is a process of
healing.

Did you know that there is a real relationship
Between the quality of your attention
and the capacity to heal yourself?
When you have an alert appreciation
of what's really going on
within you
and outside you
something inside
begins to express itself.

When you start paying attention
to your feelings
to your body
and to your breath
something inside
begins to tell you what you need.

Healing is profound attunement.

If you are willing to tune in
You will find that the energy of your awareness
can change you deeply. Because *profound attunement*
is the natural state of healing and transformation.
Open yourself and participate.

Listen

to your life.

—from *Profound Attunement*
by Bija Bennett