



The Head Voices of the Realms

Use this Body's Way wisdom to Dance Through Life and make everything you do more pleasurable.

Body - To the physical part of you, I am a bony-cap to envelop and protect your brain and dreams. In me feel your thoughts dancing. My linear and fluid waves of thought and vision fill you. Use me to think, observe, see, sense, smell, hear, and taste life. Use me by looking with your eyes through the windshield of life. Stare longer, gaze more deeply, and get passionate about your future.

Mind - To the mental part of you, I am the place where cognition dances with logic. In me imagination plays with the conscious and unconscious. Play with me by looking into your world and seeing

everything as energy, colors, shapes, and movement. Passion gives freedom to all thought. Pleasure empties me. Allow my fire to cast direction and elegantly step into my love and support.

Emotions - To the emotional part of you, I am the one you recognize as noticing feelings. I enhance any sensory experience and help you get out of your head. Let me flow and move about on my own. Think, feel, and connect, guided by the path of the heart. Feel love and grace. Express yourself and trust.

Spirit - To the spirit part of you, I am a divine receiver, a personal conduit and a co-creator. My beacon of light is a transmitter from above whose job it is to keep the flow of light and love moving through you. I am a channel into the creative, intuitive, thinking self. I deepen any experience. Through me you see through the eyes of the divine. Love is the energy I run.

The Voice of the Head

I am the voice of your head – an elegant vase to hold mental and psychic input and output. By design I am the heaviest weight of your body. My 28 thin bones create your skull. Woven and held together by sutures, I enclose and protect your brain. My bones are designed to move and accommodate the internal changes in pressure that are natural. Look into the mirror and you will see how 14 of my bones give shape and personality to your face. Part of me is movable, creating what is called the mandible, your lower jaw. This moveable part of me forms your chin. While my shape appears vast, egg-like and smooth, inside me you will find three tiny bones that form an amazing surface in your middle ear designed to transmit sound waves from your eardrum to your inner ear, making it possible for you to hear the orchestra of life.

For more information

Ask your teacher for more information about this and other available Nia Handouts.

Get the Nia Book, *The Nia Technique* (2005, Broadway Books).

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