



Hi, I'm Lisa — welcome.

This is the first in a series called *Letters To My Body* — letters written from the perspective of the body speaking to the soul. It's a small window into what my wish is for all of us to see: the wisdom that's already living inside you, waiting to be heard.

For years, I ignored what my body was trying to tell me. I pushed through, kept going, told myself I was fine — until I wasn't. Then everything I'd been pushing past caught up with me all at once: a cyst in my jaw that eventually left me unable to walk without pain and swelling in my legs, thyroid cancer, foods my body suddenly couldn't hold anymore, type 1 diabetes appearing seemingly out of nowhere, anxiety that followed me everywhere I went. And this was all while I thought I was doing everything "textbook right." That was the moment I finally had to stop and listen.

Some days, I still ignore what my body is telling me. I'm a work in progress every day. My wish is for everyone to find a way to get closer to feeling at peace with their true self — that's exactly why I do this work.

I chose to write these as letters — from your body to you — because it's a different way of listening. Sometimes hearing it in your own body's "voice" makes it land in a way that explanations never do. Each letter comes with a Reflection & Release Journal page. I added prompts on purpose — I personally struggle to just sit and write my thoughts and feelings freely. Having a specific question in front of me helps me actually slow down and answer honestly, instead of skimming past what I really feel. I hope it does the same for you.

There are so many techniques out there that can help release trapped emotions and old patterns. But real, lasting progress also comes from doing your own work — using a variety of tools to keep moving forward. That's why I wanted this to be more than just something you read — something simple enough to actually do, but still meaningful enough to make an impact on finding your true self.

If anything in this letter stirred something in you, message me today. You don't have to wait for the rest of the series, or for the "right time" — the moment you feel it is the moment to reach out. Now is the time to start listening to what your body's been trying to tell you.

[Message me on Instagram →](#)

With warmth,

Lisa



*"I'm not working against you.
I'm working for you."*

To the Soul I Carry,

I know you've been busy.

You've had responsibilities, deadlines, people counting on you, and dreams you're still building. I understand why you've kept pushing through.

But I've been trying to reach you for a while now.

Sometimes through tension I can't explain.

Sometimes through fatigue that sleep doesn't fix.

Sometimes through emotions that surface without warning.

These aren't malfunctions. They're messages — trapped emotions asking to be released, imbalances asking to be witnessed, beliefs asking to be recognized, challenged and rewritten.

I'm not working against you.

I'm working for you.

Every sensation, every emotion, every pause is simply my way of asking you to slow down long enough to listen — and maybe, to release what's no longer yours to carry.

You don't have to have all the answers today.

Just begin with awareness.

With love,

Your Body



Reflection & Release Journal

A companion to Letter One — pause here before you move on.

Your body has its own language of tension, fatigue, and feeling. Use this page to start noticing what it's been trying to tell you.

1. What tension, fatigue, or emotion has my body been trying to get my attention with lately?

2. Have I been dismissing these signals, or am I willing to start seeing them as messages?

3. What might my body be asking me to release right now?

4. What would it look like to slow down enough to actually listen?

5. What is my body whispering to me this week? (*free write*)

6. One small way I can practice awareness today:

TODAY'S INTENTION

"I don't need all the answers today. I just need to begin with awareness."