



The Body Changes. The Spirit Remains.

A Reflection Guide for This Old House

A gentle companion to the free channeled session from The Band

by Willow Sibert

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Before You Begin

Welcome. I am so glad you are here.

This guide was created as a gentle companion to This Old House, a channeled session from The Band about the body, the spirit, and the part of us that remains whole no matter what changes around us - or within us.

After you watch the session, I invite you not to rush away from it. Let the message settle. Notice what it stirs in you. Notice where your body softens, where your mind argues, and where some quiet part of you says, "Yes. I needed to hear that. "

The purpose of this reflection guide is simple: to help you bring the message into your own life.

You do not need to answer every question. You do not need to do this perfectly. Let one phrase, one image, or one question be enough.

A gentle note

This guide is for reflection and spiritual self-inquiry. It is not medical advice, and it is not asking you to ignore your body. If anything, it is an invitation to listen more deeply and more honestly.

With love,

Willow

P.S. If you missed watching the recorded session video or want a refresher on what The Band said, you can find it at this link – [Watch Video](#)

*P.P.S. If you've found this helpful, check out our **Seeds of Wisdom** full channeled guided journal from The Band & myself... [Click Here to Learn More](#)*

The Heart of the Message

In This Old House, The Band uses the image of an aging house to speak about the human body.

A house may need repairs. It may creak. It may show signs of time, weather, and use. A window may stick. A floorboard may groan. The paint may fade.

But none of that means the light inside has gone out.

Our bodies change. They ask different things of us at different times. They may need more rest, more care, more patience, more tenderness. That can be frustrating. It can also bring up grief, fear, judgment, or resistance.

But your body is not the measure of your spirit. Your spirit is not diminished by age, illness, fatigue, grief, or change.

The body is the house you live in. The spirit is the light within it.

This guide invites you to look at your own "house" with more compassion - and to remember the part of you that is still whole.

A phrase to carry with you

My body may change, but my spirit remains whole.

My house may need care, but the light within me is still present.

Reflection Questions

Choose one or two questions that speak to you. You may want to write your answers in a journal, sit quietly with them, or simply let them move through you.

- What part of my "house" am I judging right now?
- Where have I confused my body's changes with my spirit's worth?
- What does my body need from me now that I have been resisting?
- If my body were a house, what room most needs tenderness?
- What part of me still feels timeless, even in the middle of change?
- What would it mean to treat my body as a sacred home instead of a problem to fix?
- What is one kind thing I can do for my body this week?

A simple journal starter

Today, I am noticing that my body feels...

What I want my body to know is...

What my spirit wants me to remember is...

A Gentle Practice: The House of You

Give yourself five quiet minutes. You can do this seated, lying down, or with a hand resting lightly on your heart or body.

1. Arrive.

Take a slow breath. Let your shoulders soften. Let your body know you are not here to criticize it.

2. Imagine your body as a house.

Do not force the image. Notice what appears. Is it old, bright, messy, beautiful, worn, cozy, neglected, strong? There is no wrong image.

3. Walk through one room.

Choose one part of the house to visit. A kitchen. A bedroom. A porch. A hallway. Let this room represent one part of your body or one part of your life.

4. Ask gently.

What do you need from me now? Then listen. You may hear words, feel emotion, see an image, or simply know.

5. Bring in light.

Imagine a warm light filling that room. You do not have to fix anything. Just let the light be present.

6. Close with gratitude.

Say, silently or aloud: Thank you, body, for carrying me. Thank you, spirit, for remaining with me. Thank you, house, for holding the light.

Let that be enough.

Let the Message Stay with You

Sometimes a message from The Band lands all at once. Other times, it unfolds slowly. A phrase may come back to you while you are making tea, walking the dog, looking in the mirror, or feeling impatient with your body.

When it does, pause. Breathe. Ask yourself:

Three questions for the week ahead

What is my body asking for today?

What is my spirit reminding me of today?

How can I care for the house without forgetting the light?

You may want to return to This Old House more than once. Each time, listen for the line that is meant for you now.

And when you forget - because we all do - simply begin again.

The body changes. The spirit remains.

The house may need care. The light is still there.

Stay Connected

If this message spoke to you, I would love to continue sharing channeled wisdom, reflections, and session updates with you through Channeling with Willow.

[Join us monthly live in new virtual channeled sessions with The Band – Learn More Here](#)

With warmth,

Willow Sibert

Channeling with Willow

Author, [The Teachings of the Band and the Seeds of Wisdom Channeled Guided Journal](#)