

Praise for *Good Morning Henry*

“Good Morning Henry is a revelation!! It brings together in the most practical and humorous of ways teachings that I have seen in other places. BUT— never in such an accessible and easy-to-understand way. I can’t WAIT to tell my community about this book. The world is SO ready for it.”

—**CHRISTIANE NORTHRUP, MD** Multiple *New York Times* bestselling author of *Women’s Bodies and Women’s Wisdom*

“This rare and revelatory gem offers direct insight into universal consciousness to restore innermost connection with yourself, the earth and all that lives on her. This book is a powerful invitation to open your heart to healing wisdom teachings from within and demands to be read again and again.”

—**PRAJNAPARAMITA**, author *Wings of Freedom*, founder of La Roserie de Sacha

“As a psychiatrist, psychotherapist, psychosomatic doctor and also a neurologist and neuroscientist, it’s my daily business to treat and heal people going through the deep night of the soul. Tanis’ new book is a light in the night and an important guide on the journey, to contact the wisdom, experience and wellness of the body for deeper healing and transformation of illness. This important book supports all the people to whom a new medicine, and understanding of the human body and of healing power is important. Good Morning Henry is a guide on this path.”

—**CHRISTIAN SCHOPPER, MD/MHBA**, neurology, psychiatry, psychotherapy, medicine VAOAS Zurich and lecturer University of Zurich

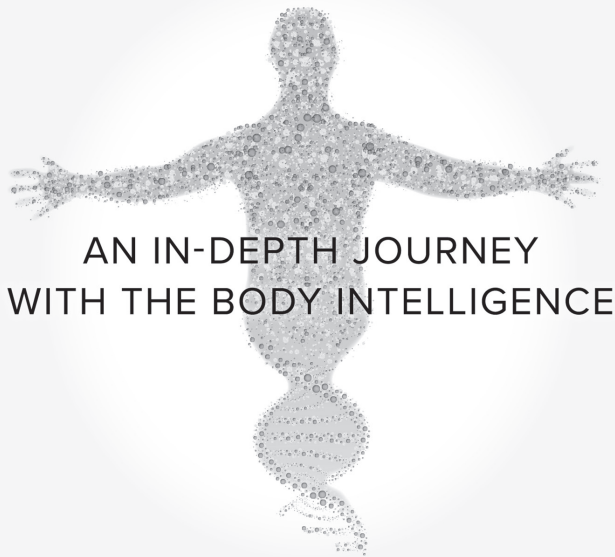
“Soooo brilliant! Good Morning Henry is an endless source of extraordinary perceptions of the multi-level reality of human life. Tanis Helliwell’s writing style is so dynamic, captivating, clear and yet abounds with humour and joy as her conversations with Henry help the reader to reflect and contemplate his or her life.”

—**MARIELLE CROFT**, astrologer and teacher

“I think your style is quite unique – no matter how much of a ‘homemade’ simplistic and populist spin you put on your work, your intelligent, searching questions mean you let nothing escape and you excavate every nook and cranny. I think your nimble and high intelligence is why you were meant to write this book.”

—**STEPHEN ROBERTS**, writer and speaker

Good Morning Henry



AN IN-DEPTH JOURNEY
WITH THE BODY INTELLIGENCE

TANIS HELLIWELL

foreword by RICHARD RUDD

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DEDICATION

*With gratitude to Paramahansa Yogananda and all masters
for the assistance they give us in awakening to our destiny.*

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FOREWORD

I first met Tanis Helliwell five years ago when she came to visit me at my home in Devon, England. As soon as I met her I sensed that she was a magical person, a person with great natural wisdom and a unique perception of many dimensions of understanding. I am a great proponent of the art of ‘magical thinking’, and Tanis has this gift in spades. Magical thinking is the ability to actively use the creative imagination alongside one’s intuition to unlock life’s secrets. However, I know many people who can think magically, but are they all wise? I am not so sure. So often when we set off on a journey to explore the great perennial wisdom, we never get beyond the realm of fantasy. The shelves of the average new age book shop are filled with such books.

This book, *Good Morning Henry*, is different. It does contain a great deal of magical thinking, but it is also clearly written by someone who has truly experienced suffering and who has transcended many layers and levels of reality. *Good Morning Henry* has the feeling of a direct spiritual transmission, but it is written in such a down-to-earth way that you almost don’t even notice the streams of wisdom you are imbibing as you pass through its pages.

It takes time for wisdom to mature and ripen in a human soul. This book is filled with insights that have been garnered over years and years of seeking, inquiring and waiting patiently for things to make sense. The book also covers a vast territory. It is not a book that could have been written by an ordinary person. This is the work of an ancient time-traveler—a magician who understands the fractal nature of reality and who is at home within the labyrinth of the timeless truth.

Of course, there is also a thread of lovely ‘leprechaunian’ humour running throughout the text, and this lightness helps the reader to relax and enjoy the wonderful ride Tanis takes us on. *Good Morning Henry* is filled not just with mind-bending concepts, but also harmonizes with scientific insight and practical truth. This is not just inspiring but is also a highly useful book, rooted in the body, the earth and in everyday life.

Wherever you are in your spiritual journey, *Good Morning Henry* will help you to take the next step. Take a deep breath therefore, clear your mind, open your heart and let the magic carry you along the river of words within...

—RICHARD RUDD, author of *Gene Keys*

INTRODUCTION

*Re-examine all you have been told, dismiss what insults
your soul, and your very flesh will become a great poem.*

WALT WHITMAN

We are in a time of great change. Although we might like to think that the world will return to safety and the old 'normal' shortly, I propose it is not to be. You may think me a pessimist and doomsayer. On the contrary, I'm optimistic and hopeful that we are entering a new dawn when we will re-establish our connection with natural and universal laws to discover our true destiny.

There is a term associated with this great transition that we are undergoing collectively—the dark night of the soul. This dark night is created by the unstable world situation, with the collapse of environmental, economic, social and health structures that we believed were a secure foundation. And now dark nights are happening not only to people in mid-life but even to children and those in their teens and 20s. These young people see no hope in life because of the dark cloud of global collapse hanging over them.

During a dark night, and what may appear at the time to be a calamity, the anchors of our life are ripped away and we find ourselves adrift in a world lacking meaning or safety. To come out on the other side we need a new set of values that are life-sustaining and based on love and health of all beings. These new values transcend the ego-based state that has dominated our world until now. Universal consciousness sets up each of us to succeed, not fail, in life's challenges but that doesn't mean it will be easy. However, the more we embrace the dark night as a great gift in all its manifestations the quicker and more easily it leads to fulfilling our individual and collective human destiny.

Alchemy, on deeper levels, is a metaphysical process to transmute our baser nature into the gold of self-realization and we are being called now to become alchemists. This time arises when we are tired of suffering and are ready to journey to our core and to commit to changing ourselves from

the inside out. Within the dark night the golden nugget awaits that, when found, catapults us to freedom and the light.

And when is a good time to embark on this journey? Any time is a good time. But sometimes the universe gives us a little nudge. This time is now. Our world is in a great PAUSE. Around the world, individuals are being strongly encouraged to review their priorities and values and to take the deep dive into their inner selves to discover anew a meaning to sustain their lives in beauty and with alignment to physical, emotional and spiritual well-being.

This is not a journey for sissies! You might start the journey willingly or be conscripted through life's circumstances but, regardless, you will be confronting your shadow, the dark and even unknown parts of yourself that you have disregarded and denied. But the gold nugget where your true power resides is found in this dark. And just to be clear, this journey is also one of joy. There are glorious breakthroughs of knowing and 'ahas' where pieces of the puzzle you have constructed in your life fall into place and deeper levels of truth, compassion and heart-opening for yourself and others occur as if spontaneously by themselves. You learn as you journey to be gentle with yourself and, as you do this, the path forward moves more easily and you discover that you're supported by benevolent forces beyond your control or human understanding.

Each of us has been given the best possible gift to help us find our gold. That is free will. By activating and aligning your will to universal principles, you can control your destiny and create your reality. To be sure, each of us has an inherited physical, emotional, mental and spiritual blueprint to work with. However, you and I are absolutely PERFECT for achieving our life's purpose and for fulfilling our soul's, not our ego's, plans for us. The effects of our daily choices transcend this life. Therefore, procrastination and putting things off till tomorrow is not a positive option as delay only increases long-term suffering.

That last point may seem harsh and hard to take until you realize that you receive help every step along the way. You are never alone. Your higher self, your soul, and its alignment with universal consciousness closes doors that lead away from your highest good and gives you firm nudges when you veer off course. These nudges often come as health, environmental,

relationship, financial and work crises saying, “Stop!” And, just as often, doors open to better opportunities and discoveries in these same areas saying, “Go this way!”

And how do your soul and universal consciousness produce these monumental changes in your life? To answer this question, I would like to introduce you to the precious helper, the consciousness, inside you. Eckhart Tolle refers to this consciousness as the inner body; Rudolf Steiner calls it the body elemental. I often think of it as the body spirit or etheric body because universal intelligence within ether, or space, directs the plan to build your physical, emotional and mental bodies. You may think of it as your conscience or the small inner voice.

Whatever term you choose is unimportant just as long as you learn to communicate with this body intelligence because it’s an expert in mining and locating the best areas to discover your gold. My mining expert is called Henry and he has helped me to write this guide for committed miners who are seeking a heart of gold.

Good Morning Henry explores the importance of developing a harmonious relationship with your body intelligence and how to accomplish this. Connecting with this body consciousness reconnects you to natural laws, which are the same as spiritual laws. It’s the quickest, most direct way that I know to transform from an ego-centered to a consciousness-centered being, which is our next stage in evolution. As Eckhart Tolle says, “The fact is that no one has ever become enlightened through denying or fighting the body... In the end you will always have to return to the body, where the essential work of transformation takes place. Transformation is through the body, not away from it.”¹

Learning about the importance of the consciousness in the body has been an evolving process for me as I uncover deeper and deeper layers of its life-giving importance. From this process, I’ve learned why we have illness, disease and weakness in our body and mind and how to work with the body intelligence to heal them. And this consciousness wants to work with you to gain abundant health.

1 Eckhart Tolle, *The Power of Now* (Vancouver: Namaste Publishing, 1999) p. 114

Your body intelligence—being an expert gold miner—can guide you into the dark pit where your unconscious thoughts are stored and bring these thoughts to consciousness where you can heal them. By doing this, you can discover your life scripts and the negative thoughts that sabotage you. You can uncover the fears that are limiting you and their underlying cause. You can learn of the family and cultural conditioning that prevents you from fulfilling your destiny. Then, working consciously with your body intelligence, you're able to transmute the ancestral wounds and traumas through your biological lineage, both backward and forward in time to find the gold nuggets within.

You may ask, "How does this alchemical transformation occur?" When you eliminate the illusions that you operate under, you develop your love, wisdom and will, along with other positive qualities, that raise your frequency, granting you both consciousness and transforming energy. These qualities develop naturally as you embrace the golden gifts discovered during your dark night of the soul and the consciousness in your body sheds light on your dark places as it accompanies you through this process. This alchemical process promotes brain and heart synchronization that transform you at a cellular level to heal your body.

Furthermore, your personal healing and transformation have a direct impact on transforming these same patterns in the collective unconscious of humanity. This is not just nice to do, it is essential in order to awaken to your human destiny. You can talk to this wise guide—and my hope is that you will—and discover for yourself how it's waiting to help you. This powerful process will strengthen you in any way you need it.

It sounds like a tall order but it isn't. It's the simplest of journeys taking you to your center where your love, joy and power reside.

Mystics have always said, "Your answers lie within you." My hope is that this book is both a testament to this wisdom and an encouragement to dialogue with your body intelligence to realize the truth of this statement for yourself. As such, *Good Morning Henry* can act as a guide for self-transformation.

Good Morning Henry is written in a friendly and unique style as a conversation between my body consciousness and myself. He is the wise one and I the student who is sometimes quite clever and sometimes really

needing help. If Henry only covered what is pertinent to me there would be no book. But he chooses topics that are predictable stumbling blocks that most individuals will encounter on their spiritual path. The topics and conversations are offered to you as an example of how you, too, can talk to your wise inner guide.

I first met this wise guide in 1985 while on a spiritual retreat. During a meditation, I was surprised to discover that my body housed another consciousness—one that called itself my body elemental and spoke about its purpose in my life. It said that most humans are ignorant of its existence and that it wanted me to teach others about its importance. Dutifully, I wrote about this body intelligence in two books and felt that I had fulfilled its request; however, others kept calling me back to it. Psychiatrists, doctors and many people asked me to teach workshops called *Spiritual-Body Psychotherapy* and *Self-Healing with the Body Elemental* devoted to this topic.

Encouraged by the physical, psychological and spiritual healing that participants encountered in these workshops, as they released layers of trauma and pain, I began writing a book about these techniques. But it felt dry, so I put it away, content to wait forever, if need be, until new inspiration came.

Six years later, while browsing on my computer, my fingers suddenly typed, “Good morning Henry” and I heard an inner voice, which I recognized as my body intelligence, say loud and clear, “Tomorrow, we start.”

NOTE TO THE READER

Welcome and thanks for joining me on this journey as we explore the art of alchemical gold mining. I'm grateful that you felt called to read *Good Morning Henry* and fully respect your free choice in how quickly or thoroughly you wish to proceed. That said, there are a few tips to hopefully make your journey more enjoyable and profitable.

1. If you are a strong mental, intellectual type who loves tons of data the good news is that it is coming. HOWEVER, I recommend that you not race through the book in time to race on to the next one. Gold mining is about pausing to reflect on the best vein to explore, the best path to take. Pause to allow the information to seep into your emotions and cells of your physical body. This is how transformation occurs.
2. If you are a strong emotional type, one who eats up self-help books and loves to spend time talking about feelings, you may have a tendency to go down into the mine and stay there indefinitely to find more gold nuggets. Please don't. When you find a gold nugget, bring it up to the surface and put your gold into practice in the world.
3. If you are a highly kinesthetic 'prove it to me', 'seeing is believing' kind of person, this book might be challenging in another way. Why? Because Spirit, the eternal boundless principle that transcends space and time, isn't provable to the concrete human mind. However, in this book, you will find practical solutions in the examples I've used that you will be able to relate to and that will help you in your own life.

"Tanis provides practical steps we can take to reconnect and partner with our body consciousness to move from being ego-centered to soul-centered. Because there is so much knowledge and wisdom packed into each chapter, I highly recommend taking time to contemplate, reflect and absorb the material before moving on to the next chapter. I found myself going back to reread sections and each time I 'got it' at a deeper level."

— MERLE DULMADGE, President, ETRA Therapeutic Riding Assoc.