

## Issue #2, March 2014

I listen and I forget. I see and I forget. I do and I understand. Chinese saying

### **“How Available is Your Shoulder?”**

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The human body is made of many parts. There are hundreds of bones, muscles, blood vessels and vital organs all of which are needed for the body to function properly. The intention of this article is not to be a lesson in biology but it is to make you aware of an important part of your body; your shoulder.

The part of the body that shoulders much of your physical and emotional well-being is the shoulder. After nursing, a baby lays his or her head on your shoulder and often falls peacefully asleep. As the child grows, he or she may rest his or her head on your shoulder while holding an important conversation with you and you may learn what's happening in their lives. Later your shoulder may be used as support for your partner, family and friends.

It is also a faithful witness to a variety of feelings; warm hugs with smiles of joy, tears filled with emotion or moments of silence that are necessary to support a loved one. Even when our shoulders are heavy they continue to hold us and others up.

If your shoulder could speak, what would it tell you?  
How accessible, emotionally speaking, is your shoulder?  
How can you strengthen it?

Hopefully your shoulder is available 24/7 and will bring you and others strength and well-being!

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**(\*) Sesiones Disponibles en Español**