

## FOUNDATIONS FOR OPTIMAL BODY HEALTH

A healthy body system **needs to** keep moving, flowing, changing.

- \* to **continually communicate and metabolize change**, as needed.
- \* to keep **getting what it needs** [food for digestive process, clarity for further growth].
- \* to keep **releasing what it no longer needs** [elimination process via release of emotions].

### OUR SYSTEM'S INTERNAL FLOW

Body consist of **internal channels**, to move energy through us and into ground, for release and restoration.

Our nervous system is made up of the **wiring of our electrical impulses**.

This is the **willful energy** of our child, out into life and wired itself into our body.

Functions like a **pipng system** to keep our energy moving through our structure, in life.

Considered as the “**electrical and plumbing aspect**”, a primary importance in a systems' health.

Our spine is our **conduit** of our willpower, channeling our energy, or electricity, out from our core.

Our nervous system transmits our intelligence [or information].

It enables **communication**, or exchange of energy, within body and within life.

Keeps us connected to the **larger source** of life field energy.

Keeps our body stronger, on all levels [energetic, emotional and physical].

### STRENGTH OF THIS FLOW

Happens when the wiring within our nervous systems' “pipes”, is developed **fully** enough, to enable the natural grounding function, our body's energy. Gets set up with enough nurturing and mirroring of relational experiences in childhood development, to give us restoration abilities and connection to our energy source.

**On physical body level:** This restores our flow more fully.

It enables our proper grounding, or settling of our system. Important for more recharging of our energy in life.

This grounding capacity should naturally occur, via the parasympathetic mode of our nervous system, so that we can deeply relax. This is needed to naturally restore our body's energy.

It creates good insulation of our nerves and a strong field of energy.

Creates enough natural boundaries to our energy [comes from a felt security in our mind-body].

Our energy connection stays strong [not weakened] and gets maintained/retained [not drained].

**On a mental-emotional level:**

It enables an innate ability to process our energy: release, move, settle, ground, reestablish flow.

This enhances our ability to be fully here, or more present, so that our energy can become someone, or manifest something, in life.

This provides adequate body stability, so that we can move through life as efficiently as possible.

Enables a stronger the connection to our inner core self.

This creates a clearer communication within our body and in life so our transmission is clear and coherent, and we can gain enough understanding, awareness, presence.

### OPTIMAL HEALTH OF A SYSTEM

We are **more grounded** in the physical world [rooted in abundance and acceptance of what is].

We **feel more of self** [have fuller sense of self] more secure, therefore, more capacity for self awareness.

We have **more ability to respond** to life fully [stay open and maintain connection].

Energy is **freer, faster, energized** [more vital, more magnetic, more pure, more essential].

We **vibrate higher** with a higher frequency [faster movement and clearer energy transmission].

There is **less resistance** to natural flow of life; and a greater perspective and deeper understanding.

## RIVER OF LIFE

We are always moving, through life's experiences,  
continually expressing self, through our energy and body movement.

The more we flow with our inherent river of energy,  
the more available is our energy, in our life.

### PRESENT STATE OF AWARENESS.

State of living in the "now", where you maintain connection to your core.

- \* This happens when we learn not to resist the flow of life's experiences,  
as we move through life.
- \* State where we can be more aware and more here, to really witness life.
- \* The present moment state, includes the larger dimension of life ,  
both the past and the future. Contains a lot more energy than we are aware of.

Here, we can:

- \* respond to experiences, with more openness and creativity.
- \* digest the energy of our daily stresses,  
make new choices, instead of stay in reactivity.
- \* stay related and open to others:  
stay connected, engaged, and related.
- \* become inclusive of others, through more resonance capacities.
- \* shift our perspectives more easily; expand self.
- \* present self more and learn to listen to and feel into the subtleties of life.
- \* gain more awareness of the deeper truth of situations  
and obtain more understanding.

### DISCONNECTED STATE OF AWARENESS.

State of living where you momentarily disconnect from your self  
and from the flow of life (**source of life energy**).

- \* In disconnected moments of life, we reduce our energy  
and become unaware of what is happening in the present moment.  
Therefore, we lose access to fresh, available energy.

Here, we:

- \* react to experiences, automatically resisting our stressors.
- \* reject others' experiences, holding to our victim, blame  
and fault finding perspectives.
- \* close our deeper self off, so have limited skills  
to deal with the tension or pain of our past.
- \* have less awareness, so have less ability to communicate what is happening for us.
- \* have less inner connection,  
so have less trust, less security, and less engagement abilities.
- \* have increased tension, pressure, rigidity, and mind dominance.
- \* have less clarity, less understanding, less possibilities, less flexibility.
- \* not inclusive of others perspectives, so don't learn anything new.

## CAUSES OF OUR BODY AND MIND DYSFUNCTION

Our system should be able to maintain and re-establish the flow and strength of our life force, naturally. But human conditioning and negative childhood experiences limits this capacity to restore flow.

Childhood events, where we froze in fear, actually got stuck in our nervous system at that time, causing our nervous system to become dysregulated...can't relax the body full).

This causes the automatic holding back of our energy in body (**internal safety controls**) and our inability to let go fully.

This inability to relax more deeply into our body and let go of our mind chatter, causes chronic holding in our system and stagnates the flow of our energy.

Without the release of the safety controls in our body, the pressure of our system increases, because our body has lost it's naturally ability to process the emotions and deeply relax after stress.

## INCREASED BODY PRESSURE AND CHRONIC CONDITIONS

Increased pressure, results in pain, which can be considered as signals that our system's intelligence uses to inform us:

- \* That our energy is becoming more and more stuck.
  - This is because of our internal tension is building and can't be released.
  - This is because of our limited ability to fully relax more and breath properly.
- \* To attempt to get us to start releasing this pressure, and naturally use our natural resource of our breath, to process our emerging emotions.
- \* To realize that this resulting, persistent, holding of body tension, is:
  - \* keeping us stuck in resistance to life.
  - \* not allowing our body's energy, to stay flowing...therefore, strong and healthy.
  - \* not allowing the body to change or correct [heal] to get our energy to move...expand more.
- \* That we need to start shifting our awareness for change to happen:
  - \* by starting to work towards improving our 'undeveloped' awareness of our self, in life,
  - \* by noticing more of the restlessness of our system and our conflicts in our mind, in life.
  - \* to ultimately shift our awareness of self, and get re-aligned to life .

\*\*This is a **primary reason** why we can continue to struggle, to improve, or really change, our chronic, painful conditions, or make necessary changes for more healthy lives.

## OUR INTERNAL SAFETY CONTROLS

For us to change, we need to become more aware of the impact of how our younger parts perceived and experienced life.

We need start exploring what these safety controls are, that our mind developed, to cope with some of the difficulties of our past.

***This is important, because it significantly blocked our inner flow, from that point on, throughout the rest of our growth, and into the current moment of our of adult self.***

Experiences that were **TOO OVERWHELMING** for us to handle.

Traumatic accidents, or scary times when we were overpowered by outside force.

Times we suffered from physical attack, emotional manipulation, or sexual abuse.

\* results in unresolved fight or flight reactions of our system.

\* results in **ongoing need** for the experiences of achieving safety, or space, boundaries, so that our mind and our deeper body system can relax more at rest.

Experiences where we **DID NOT GET ENOUGH support**, when we felt neglected..abandoned.

Not truly met by loved one as special, and given space for our emotional expression.

\* not enough opportunities to experience self and keep our self out...stay open.

\* results in shutting down into our self...disconnecting from our self.

\* we unconsciously dissociate from our parts, go numb.

\* we lack awareness of full self in life...develop shame-based consciousness.

\* results in **ongoing need** for the experiences of relational repair and restoration of our flow. In order to be able to bring out our true nature and creativity more into life.

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**On deeper levels**, we got stuck in that anger and fear, due to of incomplete fight/flight responses.

Our adaptive child mind develops limiting behavioral patterns and heart defenses

in order to survive the pain of our powerless experiences and to stay in control of self..life.

But there is still the existence of **flight energy in us** [still trying to get away and feel safe again].

And still the existence of **fight energy** [still need to fight back and regain our power].

These **inner reactive controls**, cause us to automatically disconnect from our source energy.

Parts of us are **on different pages**: ie. one part wants to relax and let go; other still fighting.

Causes **mixed inner thoughts** and messages to others

ie. saying one thing, but not how we really feel.

Less in touch with our inherent sensitivity. Leads to confusion and self-doubt.

## **BLOCKED FLOW WITHIN ENERGY CENTERS**

### **On Deeper Levels**

**ROOT. We are unaware that:**

Our limited **developmental experiences**, caused weaknesses in our underlying pipes within our body. These pipes (nervous system) never got a chance to develop wide enough way, to move energy adequately. Too little support for our energy, didn't allow development of enough strength in us. We can have deeper feeling that we don't really belong here.

Don't really live fully, in our bodies.

**\*\* Underlying, ongoing worry, anxiety, aloneness, feeling separate, can't stand up for self.  
Can manifest in pain, arthritis, weakness of lower back and legs.**

**SOLAR PLEXUS (gut). We are unaware that:**

We don't have enough **natural boundaries** to our energy (ie. can't say no).

Our power center gets chronically drained of energy, if we don't honor or value our self in life.

We can lack security in self and ability or confidence to get things done.

We are not in our creative flow or in synch with inner core.

**\*\* Underlying shame, guilt, worry. Can manifest in digestive issues.**

**HEART CENTER. We are unaware that:**

Our chest area is restricted in **constant protection** and constriction of our self against life.

We can't connect to inner self, or trust self. We can't trust or openly relate to others.

**\*\* Underlying feeling of loss, feeling lost or alone, or broken, grief stricken.**

**THROAT CENTER. We are unaware that:**

Our throat is our **channel for release** and manifesting our energy in life.

Here, we are constantly holding down the pressure of our deeper self  
(younger, vulnerable parts).

These parts are always still waiting to speak out,  
in attempt to regain a better sense of self.

What we are saying in life, is usually not how we really feel deeper down.

**\*\* Underlying feeling of not being able to speak up or feel that you say too much.  
Manifests as tensions or pressure, in throat area.**

**THIRD EYE (mind). We are unaware that:**

Our flow of energy gets blocked by filters within our **PERCEPTION**.

Consists of programs of human conditioning and resulting beliefs about life.

A victim and judgement mindset keeps us feeling separate and unsafe.

Our inner reality is split between different parts with different beliefs and emotions.

**CROWN. We are unaware of our inherent evolutionary capacities.**

The more restricted is our crown, the less access to information.

Less capacity to hear, see and know more clearly, for more understanding.

**\*\*\* Underlying feeling of frustration, difficulty seeing others' perspectives, confusion.**

## **CURRENT LIFE DIFFICULTIES**

**Our grown up self**, continues to still experience effects of our younger freeze and shock responses, in a variety of ways.

We stiffen up, hold our breath, clench teeth, feel physical pain.

We experience mix of numbness, coldness, tingling, tremoring, or heating, sweating, shivering.

Our **mind's perspective narrows**, thoughts are negative, vision is hyper-focused,  
Our **senses become hyper-sensitized**, dulled.

We have **repeated reactivity** to life.

We stay **stuck in defense strategies**...to protect our selves during our conflicts.

Many refuse to talk to others, disconnecting in **passive aggressive** way.

\* Or, many resort to **aggressive, overpowering ways**, to control others.

Many become **super independent**, doing things all on their own, resisting help.

\* Or, many become **super dependent** on others, letting others speak for them.

We have **unresolved, emotional pain**.

Can manifest in relationship drama, keeping us in our heads.

Get stuck in relational difficulties, and can't stay connected or related fully.

We have **limited ability to process our energy**.

Less breathing space for moving and releasing our emotions.

**Emotions are continually held and stuck**, as deeper body tension.

This **energy gets held** in our nervous system's pipes.

Limits the flow of and access to, healthy, faster energy.

Energy **gets weakened**, unable to keep energy strong, for optimal health.

**Inability to know** how to really change our recurring, disconnecting reactivity to life.

Results in **life-long distrust** in life.

Unable to let our guard down...need to stay protected.

Ongoing chronic tension or anxiety, insecurity, and stress.

**Unable to grow**: less able to develop our self more into more present moment.

Less able to be in our flow state...stay sensitive and open to what is going on.

\*\* If our internal safety never gets restored, there is less possibility of change,  
or less possibility for us to do something different or evolve in life.