

MYSTICAL & SPIRITUAL PRINCIPLES OF LIFE

Life is about creation. *The expansion and movement of our energy, is always reflecting to us, the principles of our creative nature: how we are creating our life, how we are relating to life, our exchange, our movements, and our breath patterns we use to restore our energy, and change course in life as needed.*

Life is all about our perception. *There exists a deeper, subtle, unconscious realm of invisible energy, that holds much more information beyond our current senses can detect. Humans have an inner, untapped capacity to become more and more aware of the energy of life. By learning to stay in the present moment of life, we can learn more about what life is telling us. To help us access these capabilities for discernment of this energy, within this realm, we must do ongoing work that improves our minds' capacity for far reaching awareness and sensory opening.*

Our life energy, within life. *As humans, we are always striving in life to balance our innate desire to achieve a greater sense of stability and grounding [through our attachment, or reliance, on our loved ones], with our desire to become something [through gaining independence from others].*

Life works unconsciously through us. *Based on what we are attracting to us [coming together] and what we push away [separate from]. These masculine/feminine polarities, within us and between others, dance throughout our life, and give us a taste of the power of intimacy...a deeper and deeper connection to self and others. **Deeper relational dynamics** serves to ultimately helps us find our true nature, so that we can, more and more, align with our intelligence, and experience the power of what life has to offer us.*

Our development and the innate power that lies within us and our system. *Determined by the strength of the initial amount of security we children felt in life, and how much self-awareness we can master, to grow into more natural security. Our ability to begin to trust more and relate more openly, gives us the capacity to grow and expand our self, and evolve. We can bring the larger realm more into our lives.*

Our true natural power of our mind, starts with **AWAKENING**... improving our inner awareness of our true self. *Recognizing that the thoughts we are thinking are fear based, and thus, don't really serve us. Recognizing that we are the ones creating our own experiences, so it is actually our thinking that re-creating our stress. Recognizing that our many of our thoughts, actually cover up or deny our truth. Our thought programs, automatically resist our experience of the deeper, unresolved, emotional pain of our past, due to our inherent vulnerability.*

We have the inherent ability to re-gain our energy, or heal. *This can be done by exploring where we are not feeling our emotions and sensitivities in life...where we are not willing to be vulnerable with our self and with others...where we are not expressing our true feelings.*

PHYSICAL AND SUBLE DIMENSIONS OF EARTH ENERGY

Realm of Energy: our higher consciousness

Existence of a **larger dimension of source energy** and pure consciousness. Also known as:

*Super-mind. Intelligence. Creativity. Universal energy field. Wholeness.
One-ness. Light. Clarity. Essence. Truth. Timeless, spacious realm. Infinite-ness.
Higher, faster frequency energy. Higher self. Spirit. Soul.
Unified field. Zero point field. The void. God. Divine. Buddha.*

Realm of Physical World: our lower consciousness

These **faster, energetic vibrations** slow down, as this energy gets grounded into the physical plane.
On earth, it **takes time** for things to manifest, to occur, or to happen.
For energy to condense into matter, for space to increase, for energy to get contained.

Our energy is a spark of life force, and original creative impulse. Core intelligence.
Spiritual energy into life. Our creative flow, cycles into and out of life on earth.
(birth and death process).
The density of our human past, slows down our frequency or energetic vibration.

Humans are of a slower, lower frequency, in the physical manifestation of form.
Many find their self living **outside the present moment** of life,
focusing more on the future (what they need to do) or past (what they did).

Substance of our energy. How much our energy gets embodied in life.
Happens through healing...the more grounding of our energy, in our body.
The more energy we can **contain** in the body,
the more energy we have, to live our life with.
The more **present** we can be, to both our internal and external environment.
The more we can **transmit** clearer messages, and attract what we really want.
The more we can work to **expand** our energy, for the possibility of evolution.

Structure of our body, is made of matter, which resides within various frequencies of consciousness.
Our energy activates the chemical reactions necessary for digestion and fluid circulation.
Body's nervous system maintains our safety and protection (**flight or fight responses**),
our connection to others (**relaxation - belonging**).
and our neuronal connections, to become more coherent with environment
(to learn more, for our **growth and evolution**).

THE HIGHER CONSCIOUSNESS PART OF SELF Our True Nature

- * The part of us, that is **connected** to the larger field of source energy, or universe.
It is our wider and more expansive part, that exists in the present moment of life.
- * The part of us, that inherently feels our **inter-connection to others** and to the universe.
Part that has enough space to let outer experiences land in us more,
allowing access to more information.
Part that allows for the processing of emotional energy to restore our flow
(necessary for the healing of our past).
- * The part of us that **stays true (to) self**, by expressing from our core flow.

Works to balance our will to give energy (**yang**) and to receive energy (**yin**).
This keeps our energy balanced and restorative.

* The part that **includes all parts of self** in life: our unified, integrated self.
Expands sense of self.
Is non-judgemental and accepting in nature. Reduces exclusions.
This enables more opening of our mind and heart.

* The part of us that has more ability to **take in more perspectives** and refine our thoughts.
Creates new possibilities. More mental flexibility and creativity.
Has more access to drops of insights, is inspired, and is more innovative.
Enlightened part that has open crown, greater receivership, and access to all info.

THE LOWER SELF THE (unconscious) HUMAN CONDITION

Our lower frequency energy part that manifests as one possibility for life.
All of us are born into unconscious, gaps within reality.
Due to trauma of our human past.
Our development is on different levels and makes up
our current perception of life.
We are all living with different realities
that limit our coherence with all of life.
We have less access to our deeper emotional realm,
or consciousness of our deeper feelings.

Lack awareness of our deeper self. Disconnected from source realm.
Not in alignment to our center. Living in non-truth of self.
Field gets contracted. Flow gets stuck. Stuck in lower vibration.

Mind is more or less, restricted, closed, and fragmented. Formation of ego.
Perception is distorted. Confusion. Incoherence.
Misinterpretations. Misunderstandings. Recurring thought patterns.
Ongoing confusion about how to deal with life situations,
or make more healthy changes.
Can feel boredom. Reflects a deeper stuckness of our energy.

Living unaware of patterns of automatic reactivity.
Fixed perception by filters that re-create limiting patterns.
Keeps us feeling separate and different.
Mind set stuck in drama of life.
Can't see what else is really going on in the moment of conflict.
Gets caught up in victim and blame projections,
and emotional entanglements.
Takes a judgemental and opinionated stance,
to protect self from outside attacks.

Lack awareness of the effects of emotions.

Of how fear, anger impacts us, depletes our power.
Deeper fear causes our energy to be held higher in the body.
Less able to relax.
Deeper anger manifests as irritation, frustration, feeling stuck,
Impatience, quickness to respond.

Unfelt connection to the body. Limited mind-body connection and feeling ability.
Stressful reactions reflect our automatic regression,
to our prior levels of our developmental experiences.
Here, our younger parts got stuck there, and are still waiting
for reconnection and restoration of safety.
In these younger moments of our childhood life,
little space or time was provided for processing energy.
So energy gets held back from the present moment,
getting re-created in our present lives.

Unfelt inner need for safety and security. Most are blocked from our deeper core,
unaware of our needs. Therefore, we are unable to express ourselves from it.
Less speaking or revealing, of our deeper truth.
We have decreased boundaries....not enough of our energy fills our space up,
or protects ourselves, or our energy, in life.

Body energy blocked in system, with limited resting ability and limited inner movement.
Flow becomes blocked, stagnant, sluggish congested.
Energy is essentially frozen or reduced.
Less connection to inner intelligence.
Re-activation of old programs, patterns. Less updates happening.
Electrical wiring of nervous system is gapped.
System is fragmented. Awareness is dimmed.
Clarity of communication is less. Numbness. Incoherence.
Mental unrest: stress, irritation, frustration.
Less possibilities of reconnection to source, or restoration of flow.

Chronic body tension and recurring symptoms.
The emotion pain and tension that we dissociated from as children,
creates ongoing inner pressures.
This pressure emerges as symptoms (tightness),
when we gets triggered by current life stressors.
No awareness, means that no release will happen,
so no restoration of flow, no rest.
Instead, we continually avoid tension, ignore deeper self,
and regard stress as normal.

There is **less substance and energy containment** of the system.
Limited communication within body
and minimal capacities to restore flow.
Circulation is poor, not enough cleansing of energy.
Body gets weighed down by built up tensions.
Less fluidity and flexibility. Energy slows down.

Less energy into life. Less ability to presence and ground self in life.

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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, so 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 energy). In disconnected moments of life, we reduce our energy and become unaware of what is happening in the present moment. 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.

CONNECTED = LIGHT = REFLECTS TRUTH = STRONG ENERGY FLOW = BODY STRONGER, MORE RESILIENT

DISCONNECTED = DARK = REFLECTS NON-TRUTH = WEAKER ENERGY FLOW = BODY WEAKER, LESS RESILIENT