

HEALING

The shifting of our lower consciousness, into more higher consciousness.
This is vital for the **re-connection of flow**, within self, and within humanity.

Provides us with access to our **inherent transformative power**
to be more fluid for the updating of our internal programs.

We can do **inner work to shift our energy**, to become more aligned,
to our inherent, higher consciousness, vibrational states of more flow.
Inner calling for a deeper healing process, or lifestyle shift.

PRESENCING PRACTICES

Meditation, triad practices, daily mindfulness practices.
Wake our Senses Up

Making more space and our time, in life, for more awareness of our true nature.
To tap into deeper stillness and the subtle movement of energy.
A deeper alignment and access to our light part.

To enable more and more transcendence of time,
into timelessness; space, into spaciousness.

To learn to see life more holistically, more energetically.
Transcend our judgement and separation consciousness.

For more experiences of:
déjà vu, synchronicities, essential moments,
revelations, a-ha moments, guidance, miracles.

Integrating More to Grow Up more

*As child, we needed enough time in space, to just BE in our experience.
If we disconnected too soon, the available time and space
to get to know our self in deeper ways, got reduced.*

Inner space is what is needed for reflection, for digestion and release.

Making more space with another that you trust, for more developmental experiences.

Grow beyond perceptual filters.....how we saw and knew life to be.
Discover inner self.....through neutral witnessing and sharing of self.
Grow our energy up.....develop newer capacities and human wholeness.
Take time for reflection.....repeatedly sitting with old unresolved experiences.
Allow deeper emotions to surface.....noticing what is driving our underlying reactivity in life.
See truth of situations, beliefs.....develop new, healthier choices and patterns.
Establish energetic boundaries.....stopping our energy from draining.

PROCESS

Our state of being (feminine) happens when we work to surrender to awareness, listening and receptivity. We become more present for more inner space, where we reflect and share our vulnerabilities.

Take time for emergence of energy and self, for more self awareness.

Open our energy up more. from the restricted places within us.
We can expand our own space of energy, to be more inclusive,
or include more of our self, and more of life.

Tune into our body more. Strengthen our energy and our alignment to life.

Live in our body more...learn to feel and see self more fully.

Explore and process the energy of our resistances using breath to release.

Focus on breath to sense, move and release our emotion ['energy in motion'].

Explore the deeper, depth dimension, of subtle energy.

This field contains our intelligence. When we take time to feel into self,
we expand our field and allow self to be brought into
these deeper, spacious dimensions of our mind, heart, and spirit.
Develop enough receptivity, to connect to the essence of creation,
the larger field of energy and info.
Deepen into the dimension of our heart, into more presence in life,
to become more available in life.
More stillness. More openness. More trusting. More possibilities.

Open mind: settle thoughts to feel into more quiet spaces of being (neutral witness).

Increase inner space and feeling awareness of core self and parts.
Gives us more depth within our self and more space,
for our reactions, creations and insights.
Brings all your parts into more unity and synchrony.
Get more access to our innate resources, to handle more, the stress of our life.

Open heart: practice sharing of self and your vulnerabilities to others.

Face daily tensions and working to ground emotional energy.

Strengthen your body's energy, when you develop more boundaries to your energy.

Enables the expansion and the building up of your energy substance.
Improves flow quality and connection,
for a stronger energy field, a stronger foundation.
Improves nervous system's capacity to keep our energy sustained.
We are more embodied and in more flow.
We are more available and capable, to meet life fully.