



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 piping 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.