



## **OUR ENERGY'S MOVEMENT, through our life**

How we affect life and what we are manifesting.

We grow up and learned about life, primarily through how our relationships were, in the external world. This provided our bodies with the capacity to **channel** or move our energy out to world, express our creativity and contribute our gifts.

In order to do this, we need to have naturally strong well-built “**pipes**” of our body’s nervous system that can handle this flow of our energy. How well this happens, occurs throughout our development experiences, with enough connection to the emotional expression of our feelings to things, in life.

With enough nurturing, our pipes can be wide enough to allow for full expression and flow. Without enough nurturing or traumatic experiences, we disconnect from our flow and our pipes then, don’t get the experiences needed to restore the connection, channel our energy, and stay in the flow, in our lives.

We express our energy through **7 energy centers**: the **root** (center of our stability), **sacral** (center of our essence), **solar plexus** (center of our strength), **heart** (center of our connection to others), **throat** (center our expression), **third eye** (center of our inner vision), **crown** (center for our connection to universe).

## **OUR RHYTHM, within the universe**

Our energy is always moving in continuous and rhythmic phases, that serves to balance and regulate our flow in life. These phases, alternate between polarities of: **EXPANSION, or fuller states** of energetic expression, and **CONTRACTION, or reduced states** of expression.

**OUR EXPANDED STATES.** States of charge, where our energy is on, connected, stronger. In activity mode. More active. Turned on. Outward expression of the giving of our energy. Energy of excitement. Feel content, good about self. Thoughts support abundance, as mind is open to greater possibilities.

**In this present states of being,** we can be aware and really here, to witness life and learn wisdom.

- \* Here we can respond to experiences, by digesting energy and making new choices.
- \* Here we can stay related: connected, engaged, related, cohere, inclusive of others.
- \* Here we can grow up, develop new capacities, shift experiences, come into new possibilities.
- \* Here we live in a more creative reality.

**OUR CONTRACTED STATES.** States of release, where our energy is less on, less connected, weaker flow. Mode of quieting down. Less active. Less on or turned down. Resting our energy. Inward expression of the taking of energy, so that able to receive more.

## OUR HUMAN CONDITION: our limited view and capacities

**Our human past.** We all have younger, developmental parts, that haven't developed a strong voice yet, and are still living un-supported within us, still hanging out in lower levels. Unconsciously, we are continually holding these parts of us back in life, actively.

This past, **protective energy**, of our fight or flight responses, from older, scary experiences, is continually trying to complete itself, or move through old childhood tensions, today in our current life.

**How we get stuck.** These old **defenses** and fears, now **BLOCK** our inner movement in current day, preventing certain parts of us, from expression, or further movement.

Because we as humans, learn about and reside, in **judgement-shame thinking**, it does not allow for us to fully experience love connections with others. Consequently, without this, we will have limited experiences of our true and deeper self. Thus, we become, or are blocked, from the deeper core of our self.

Here, in this deeper blocked **shadow area**, our field of energy is contracted in this deeper sense of lack (of safety or security), and continues to resist life.



**This past state of living** happens through a consequential, **cause and effect reality**, where there is recurring patterns of thoughts, over focused on judgement and blame.

**In this disconnected states of being**, lies our unconscious states of pain and confusion. This keeps us out of the present moment of flow, as we get pulled into the stuck past of disconnection.

- \* Here we react to experiences, meeting life with closedness. Have ongoing tensions, irritations to life.
- \* Here we reject others' energy, sticking to our own limited perspectives.
- \* Our fear-based reactivity to life, stops us from feeling our own energy, so we have minimal capacity to access our deeper layers or handle current upsets when they occur.

We have minimal feeling awareness and self connection capacities. Our sense of space and boundaries are unclear, and our thoughts are driven by the linear constraints of time and space.

Our **resistance** naturally happens when we did not have enough early experiences of love and safety, so it served to keep us safe and comfortable in current life. These feelings we experience in life, continues to validate for us our drama or story of life, and repeat our current, inaccurate **beliefs** about life today.

But these beliefs and reactions to life, will automatically **weaken, drain and disconnect us** during current stress of the moment, and keep us stuck there, in repeated stress of life, unless we wake up and realize how we are actually in resistance to life, based on our past upbringing. Then, we can begin to work at more acceptance of life (self and others), and ultimately restore our flow in life.