



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.