



OUR EVOLUTION

OUR POTENTIAL. Our system has power, in it's natural, inherent ability to grow.

We all have natural, inherent capacities, that serve the greater purpose, that is, to shift or change (update our programs) into more authentic acceptance. Helps us find our truth or true essence. Complete energy and reconnect to self/flow.

OUR TRUE POWER

Comes from our **ability to FEEL SELF.**

*** To contribute energy towards evolution, or change, deal with challenges better.**

Done through deepening our connection to self and others.

Our ability to begin to trust more and relate more openly, gives us the capacity to grow, expand, and evolve the self.

Bringing the larger realm more into our lives and finding our true nature.

We can discover the innate power of our deeper intelligence.

*** To regulate our energy more efficiently,** through improved awareness.

We all have potential to expand our awareness: get a better sense of self and who we really are.

To experience greater sense of safety, trust .

Our growth happens through awareness of our suppressed fears and angers.

Our awareness of our will, the amount of our inner space, and our level of trust and needed support.

*** To re-gain our energy, through healing.**

How we access it is determined by our developmental experiences.

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 UNDEVELOPED CAPACITIES

Comes from our **inability to FEEL SELF.**

Most people did not develop this ability fully. Instead, our power gets blocked by our own built up **defense structure**, that covers up our deeper vulnerabilities (our cry, or our shameful or rageful parts) which made us feel, or make us feel, inherently weaker.

Without realizing it, we are constantly defending ourselves in life, to stop us from putting our vulnerable parts of self out there into our current relational situation. This is being done out of an internal unconscious need for our protection and security.



OUR AWAKENING

Life is trying to awaken us, to realize how past experiences/conditioning limits us.

- * to realize our inner heart capacities for more inner feeling awareness.
- * to become more present, aware, and develop inner connection.
- * to create more inner space for our energy.
- * to create more spaciousness, stillness within, where more possibilities are available.

Healing brings the capacity to shift more to present moment. Creates room or space, in the present moment, for emotions. Greater capacities to respond to life.

- * to really feel, really listen, be in presence. To digest and release our energy.
- * to heal and let go of our old hurts. Opens inner energy up from restricted places in body.

Developing the **CAPACITY** to grow our energy up.

We can expand our energy more into life, by working towards achieving more capacities of life.

- A greater sense of connection to earth (grounding through **root chakra**),
- A greater sense of more openness towards universe, in life (through **crown chakra**).
- A stronger sense of your self (through **solar plexus**).
- A stronger knowledge of the creative energy that is you (through **sacral chakra**).
- A stronger ability to regulate and control your energy during stress (more efficient **heart chakra**).

We can achieve more of our full power, when we ground our self more in body. Express true self authentically.

- * **MORE GROUNDEDNESS**, more security with self by opening up energy within us.
Work to strengthen our boundaries.

We can work to **balance how we manage our energy**, within our current experiences.

Happens through our ability to take more time and space for our self, to rest, reflect, receive love from others.

- * **MORE CONNECTION TO SELF** .
Become more accepting, trusting, caring, feeling, present, connected.
Letting go of old patterns.

We can go through **processing experiences**, where we look at how we **see** life, the story we have created and accepted as true, based on our beliefs formed during our past experiences with others.

Move blockages that are keeping us stuck and restricted.

- * **MORE ASSERTIVENESS** or putting our energy out there. Feel and see more.
Grow energy up. Express from true self.
- * **MORE OPENNESS**. More awareness of others and tap into more possibilities.
Awakening senses. Expand energy beyond what you currently know.