01 The Loving Body Workshop

Sat, Dec 10, 2022 9:55AM • 2:51:46

10:10

11:31

This is Mary, I can say, I've been really tired. Like, I want to go to bed. Work.

11:42

Okay, have you noticed any, any messages coming to you or any insights?

11:48

You know, it's kind of interesting. I was listening to just before the class couple days before I was listening to Gregg Braden podcasts where he said, that God eternal is, is encompassed in our DNA, encoded in our DNA, but I thought it was interesting. I just that I happened to find that podcast right before but what I'm find what has been helpful for me is that if I'm working with someone that's irritating me, or I can't get over how pervasive the voice of separation is. And it's just like, endemic. And so that then almost amplified, so I can see it. And so that's been happening. And I take that as coming up so I can clear it. Uh huh.

12:53

Good and and take in that statement that God eternal is coded in our DNA. That brings us right into the body and to ourselves. That's great. Thank you. How about anyone else? Can you share with us how the entry into this workshop today has been affecting you?

13:20

Mark, I guess I've been able to more frequently, kind of sit in the center, and then feel some, whatever it is that's going on, whether it's around me or within me, the kind of conflicted energy and then I kind of sit into it, and can realize that that's something I don't have to hold on to.

13:46

Excellent. Good.

13:50

How about someone else? One more person.

13:56

This is Penny. What was so helpful for me was getting into the the messages that you put on the website for the group today, and reading all that was there. It was so poignant, and so on target that I was able to actually feel the love in myself. And that to me, was major work right there. And it was just reading what you had put on the page.

14:55

Was that in the emails or I don't remember what I put

14:59

that Oh that that was in the the texts and I'm not seeing things clearly I'm sorry. It was in the on the work pages that you posted for the group today.

15:18

Okay. Okay good in the journal Okay, got it

15:23

yeah that yeah that's it I'm not using the right word I'm sorry

15:28

it's okay. It really these energies leading up to the workshop that I've been aware of have been like many rumbling earthquake kind of underground volcanic ready to break up all this old conditioning that has been keeping us at war with our bodies

16:01

we have been at war with our bodies as a culture for several 1000 years

16:16

How does I feel when I say at war with your body and bodies in general? Body is the sin body is something you have to control all the time body as something to have to fight with may come under subservience to something who knows what and body that leads us astray What else can you think of that? expresses that war with our body?

16:57

A body that causes us pain

17:00

17:21

self image has a body has a lot to do with self image

17:29

just take a little assessment right now of how much of your energy attention is given to trying to make the body do something how much?

17:53

A lot.

17:57

85 to 90%.

18:00

Okay, let's let's hear some other percentages

18:13

I agree with the 85 to 90%.

18:16

Okay, we're doing a scientific survey. Is there a woman in America who

18:24

doesn't think she's too fat?

18:26

I know. Right. Let's

18:28

put that at 99%.

18:29

Right. I made can look at my house wearing my tank top from working out. I said Look at this. This these bulges? Don't you hate them? He said no.

18:51

Right. I mean, that's going on all the time. You know, for most of us, right. So this major war with the body and those are the words that came to me recently

19:11

personifies the split, that voice of separation, the war that happens all over the place, the warring energy and it really has come to a point. I think we're we have to turn that around.

19:39

Yesterday, I had to run to town for this. Something insignificant it was going to be real quick and I don't you know, I'm around home and I wear my sweats and don't do my makeup and I ended up having to go to the post office and I'm walking in in a minute. I can't believe it's gone in here in my sweats and no makeup. Haven't done my hair. You know what? I don't even care.

20:14

Congratulations. So, yeah, we've gone through a lot everyone here has had major woundings and major issues going on around body stuff. And we're here to shift beyond that, to find that we each do have a loving body that we're in the process of finding that and establishing that connection so that we bring it forward to be our major primary experience, which is very doable. And I'm not talking about the type of you know, like acceptance of just your your body shape and you know, all the judgments that we do at war with our body but we do have a state of love this body is in its immaculate sense. created out of love expresses love there's no other mechanism in the world that takes so many parts and brings them into harmony. How many billions of cells we have that work in harmony and our spirit was brought together with our body through love everything that is attracted that has some kind of magnetic attraction that magnetic attraction is love

22:14

so let us pause a moment to feel what it feels like to know that your spirit and body came together as lovers in love surrounded in love immerse in love what's the initial feeling

22:53

boy in the heart

22:57

I designed my body

23:05

My body unconditionally

23:06

loves me

23:13

gratitude I had an image of the Christ child being held in the thought we we all are the Christ Child

23:37

and feel this deeply in your body feel the energy of it feel the bodily experience of sensing this truth

23:58

and how a thought and a feeling shifts how your body feels so it's not just a thought kind of hanging out there but a true experience and this is our initial step through the gateway beautiful any further expressions anyone wants to say It's just a lovely

25:02

entry like once the pearly gate

25:18

I'm just really

25:21

okay Laurie

25:22

I'm just really enjoying the intimacy between my spirit and my body and the love between us and the and the joy there was like an immediate when you first directed us to this was a like a both just smiled each other

25:43

and who is the next person

25:46

I think the light of my style and the light of My Spirit mu communion together with them other

26:06

that's very powerful

26:16

me there's a very smooth vibrational frequency to it

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it's like in the zone so we're going to be building this frequency this experience so that it takes deeper root in our being throughout the day here. And each person in the group is on their own journey today.

27:06

When I am

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leading these classes, I'm bringing through these universal teachings and they will land in the each person in a unique way. And you are not just a passive receiver, you are a

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attuned

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receiver, having an experience of what these teachings feel like in your being in your body.

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So the

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choice to experience is very important. We have this programming that when we're in class, we should just be passive and we have to like just go down whatever is served to us. And that's not how mystical or spiritual teachings are conveyed. There has to be an active

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receiver

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to discern to to filter to take in according to where each person

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is at.

28:42

So I want to wake up that receiver and you're the active receiver and you become the active teacher to yourself. So the energies come through once to the whole circle. And you in your aware mode. feel what they feel like in your body. See what insights and resistances come up process through your own questioning, sifting, sensing to see what you want to take in what is helpful for you. What opens for you. It's a very active type of participation in a class and a workshop and it also empowers you to throughout your life every day to have an aware Notice that's very embodied proprioceptive and your body aware of how you're taking things in what you might not want to take in, establish some boundaries, some discernment and start to bring more clarity to your life. Right now that empowerment is being handed over to each person in this group today and it wakes us up

30:53

at a deeper level.

31:36

Hey, take a few more deep breaths, because I feel that the energy is starting to bring us into harmony Would anyone like to say anything? Right now, something coming to you?

32:07

This is Laurie. I'm not sure I can. This is all just like coming in. And I so appreciate everything that you just described. So at the same time, I was hearing you were coming in and I had a question arise. That then the, you know, some, I won't say answer, but, you know, some information was coming in about the question. And the question had to do with the relationship between this beautiful loving relationship with my body and soul and my body's physical symptoms. And what came in was that this relationship is beyond the physical symptoms. And just like I can come back to myself and come into, you know, my essence my center or my self regardless of what's happening in the external world, and that my sense of peace is not dependent on what's happening in the external world. It's the same with that relationship with my body. It is that union that intimacy is not dependent on whether or not my body is experiencing distressing symptoms. So thank you for letting me share that because it was just I was writing and it feels important for me to feel into that.

33:41

That's very important. And and that is one of the major teachings here that we hope to experience it's great.

34:32

So, finding that state of peace is the resolution to the war but you can feel how everything is based on that we're with the body And when you do come into the state of peace, that voice of connection is able to come through that

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so, sometimes the peace and the acceptance is actually the first step towards some kind of healing or resolution

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sometimes the peace and the acceptance is the healing voice of separations was keeps pounding at the body and when you do attain that state of peace, it silences that voice of separation and brings you in to your voice of connection or union and that's truly when you have access to greater possibilities that will arise from within you but, you know, that can set you up against the world in a way. And there's this piece of resistance that can come in when we have our own ideas of how our journey should proceed. And it doesn't agree with the rest of the culture

37:15

right this is Penny I can honestly say I have never been at peace with my body until this moment, these last few moments together it is rare presents just major shift for me. And it's life changing and so very powerful. And I am aware that I can do this I can love this body

38:21

it's pretty amazing, isn't it? What we live what we live with and what we could live with.

38:31

Yeah, I'm very impressed with the fact that one could still feel this in spite of bodily symptoms, which are loud, distracting, mostly distracting. And it's amazing to me to be able to feel something that can be sustained below, below that.

39:36

I'm sure and we're going to put this into the sacred circle for clearing but I'm sure each one of us can spend days listing all the difference from judgments made to our bodies. And we will once we activate the sacred circle I'll do a clearing on that. Because that is just toxic debris. Now, I don't think we have to go into it with a conversation Do we do? Do we need to iterate those kinds of fronts? Or can we let the healing lights take care of that for us?

40:45

I would say instead of reiterating them, just to let the light take care of them, I have no desire to look in detail. All

41:03

right, let's just stay where we are.

41:10

Forever Okay, good. I just didn't want to prevent someone who needed to kind of dump a little bit.

41:26

But I think we can do better if we allow the grace to resolve those and help us lessen the pain and impact of them. Okay, allow yourself to breathe and relax, relax a little more into the peace or wherever you are with this. And I'm serious about that. I have been on retreats where every single person in the room was an ecstasy, and I was in agony. So it doesn't mean that everyone is experiencing the same thing. And I want everyone to know that. But the way this is going today, I can tell that everyone's being is absorbing and receiving as needed. And sometimes we don't feel the results of retreat workshop like this until afterwards, as well. But this will be reverberating through us for quite a while.

42:59

It's really very amazing that we can even be speaking at this level, that the ascension energies that the light that's coming into the planet that is helping us evolve, is opening the door to this experience to the experience of being in a loving relationship with our bodies. Because as I mentioned before, this has been the rule. I mean, it was set down as scripture that you know, even back in the Vedic and Buddha's times, it was, you know, do everything you can to tempt or strain the body to prove that your spirit is stronger.

44:05

And so we've lived for years with always trying to prove that our spirit is stronger than our body that our body won't won't destroy the spirit. And to be that's just it sounds ridiculous. Sorry, I hope it's not insulting anyone. But what's your response to that? What's coming up? Can you feel something breaking up in your belief system?

45:01

Why do we have to prove that our spirit is stronger than our body? That it won't be desecrated by the body and feel feel the energy that's coming up through you right now from the ground up what's welling up in you?

45:43

I'm feeling my body's relief like this. I would never hurt you do like the love and the sadness and that whole belief system and the relief that oh my gosh, finally. Yeah.

46:07

I mean, that shows you how our consciousness is changing on the earth is that we can enter and have this enter the space. Anyone else having a response to that thought statement.

46:26

This is Cindy. The thing that popped into my head when you discuss, you know, the spirit being stronger than the body is when I saw I can't, you know, don't remember when I saw it, but it came up was I believe it was a Buddhist monk who sat down in protest. And that in meditation and set his body on fire. And I think that is like the ultimate. My spirit is stronger than my body. And yet at the same time, he destroyed his body and left it. It just it. It just seems ludicrous to me now, you know what I mean? The whole thought process of that. Because that's where the belief lied.

47:28

What comes up for me, and this is Karen is like a big fishing hook that you have this really big fish. And it's going back and forth. And you're not quite sure. There's a tug one way and the other. Not quite. I'm not quite sure. At this point. Maybe at the end of the day, who's going to win this. This tug, tug of war. or Yes? True. Sorry.

48:21

Yeah, so you can feel that Karen can't do that. Yeah. Feel that?

48:26

Yes.

48:29

Yeah, yeah. So can we got this big, huge fish on one end? Am I gonna be able to reel it in and make it, you know, come to me.

48:39

And that that is the epitome of the war. Good, good. And they were attacking, you know, we're really, for we're not attacking, but we're dissolving this huge program. This, it's really a type of ignorance that came out of a very, of the Kali Yuga, the low frequency. Stay state, the planet, and humanity's consciousness has been. And now that is rising towards a more enlightened state. We're able to break up this low frequency, tradition, traditions and rules and religions and all that were all based on low frequency teachings. And we're opening up to that now. Which to me is just amazing that we can do this

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and, you know, there there's resistances to it. And that's okay. because we're in this process of expansion Okay, let's feel our feet and see. Okay, so I'm just going to mute everyone and we will go into our grounding and activating the sacred circle. Before I do that, are there any questions? Oh, I should say, we will have a break in the, you know, somewhere in the middle of the morning here, then we'll break for lunch for maybe an hour, hour and 15 minutes, then we'll regather for the afternoon, I will send out another zoom link for the afternoon session. So you won't be using the same zoom link I sent this morning, when we have a break, you're just going to be on mute, and you're not gonna hang up from the call. But when we have our lunch break, you will hang up, and then you will dial back in with a new link. It just sets it up so that the recording is better to deal with that way. Okay. And then if you need to do anything, you know, take care of yourself in any other way. Please do so. You'll be on mute. We won't know what you're doing. Hopefully, it'll be in a quiet way. So any other questions that might come up? Okay, okay, so I'll, I'll mute everyone. From here. I can mute everyone but I can't unmute everyone

52:06

okay, everyone's muted. Again, adjust your seating your body, get yourself more comfortable. Take a sip of water. Settle into your sweet surroundings. And say hi to all your crystals and plants. Oh my god, I had a plant and Crystal rebellion going on here for the last week and a half. like you wouldn't believe I have lots of crystals, lots of crystals. And in my healing office, I probably have I don't know maybe 200 out from Little ones to big ones. And the crystals started vibrating really strongly. Like, like an earthquake was going on continuously. And then my plants I have plants throughout the house. They all started chattering and chattering and I had to wash clean rearrange every single crystal move every plant reports on every single one of them had changed frequencies and needed to be repositioned throughout the house outside inside and and cleaned and cared for connected to. And that took a couple of days for me to do. And I have never seen that happen before. I've seen a few crystals tell me that. Oh, you know you haven't cleaned me for a while you haven't paid attention to me but this was every single one around the house. So they're all in new positions. The plants are all moved around. The crystals are in different groupings. And they're happy now. But I had never seen anything like this before. So it just everything that leads up to reach retreat slash workshop like this. Everything in your life can go through a rearrangement a re attunement because you're opening up to new frequencies and then we have to adjust to them. And we have to allow our thoughts and beliefs to adjust to them and allow our motions to adjust to them and our body needs to adjust. And, you know, that's when, you know talk of ascension symptoms comes in. And actually the next article I wrote, that'll be in the February Sedona journal is on that and I will put it up on the page sometime today or tomorrow, that article for you but if you have a sense of old stuff, disintegrating and a new stuff, stuff coming through, give yourself some space, you need spaciousness to adjust to the new frequencies to sense them to feel them to understand that beneath the surface of everyday life, there are big changes taking place and it will affect all your relationships and help you become more empowered. Because we are moving towards a more ascended state. So, more more empowered, more compassionate or understanding for yourself because you realize, through all of this, that your role is to become as clear and beautiful. So that you become your higher being, you become the divine flow

57:34

and we're going to be focusing on that on the Monday, Monday classes in the first quarter of the year, because really what we're doing is live streaming, the divine the divinity within us, we're bringing it alive, and streaming it through our beings through our body. And we're being that frequency. And then our thoughts, our feelings, our words. Our visions of how to live are based on these higher frequencies. And it's always alive it's always live streaming. We never we don't record for playback we're always in the present and so that's what we're bringing through today as well

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since yourself as a stream of the Divine living the living energies Cosmos never stopped spinning and divinity never stopped streaming let your shoulders fall your arms and hands soften your lower back release your breath becomes softer and it becomes nicer to breathe more enjoyable, it becomes an event unto itself that's nice

1:00:07

and not restricted and smile through your body. bring a smile to your face and feel what it feels like to smile and let that flow through your body

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and it can be very sublime. And allow the thighs to soften and release and the knees to soften the release

1:01:26

and become aware of your lower back and allowing the tailbone to soften and release in the sacral area, the whole hip pelvis and in doing so, you may not collapse but you may rise up, you may find yourself adjusting your posture so that all of your muscles come alive to support you with ease, the energy starts to lift you and bring you into a more natural aligned posture. That at first you might be melting a bit, you know as all the tension releases.

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We bring in a lot of tension that we're not aware of from our daily lives

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and come to your calf muscles. Invite them to soften and release. Notice which leg feels bigger sense, you sense that it feels bigger or brighter or darker, or some other color and from the from the left leg that they might feel different. And what it represents is the amount of energy flowing on the right side and the left side of your body. And we want to open this up so that the energies are flowing in a balanced way through the right and left sides of the body. So we come down to the feet. And we find the center of each soul. The way you find the center of your palm. You know exactly where it is. And trust that and since that point, on the right foot and on the left. And feel that by just becoming aware of those centers. Your feet might start to vibrate, feel energy get warmer or colder, but a new sensation comes in there. And this connection of energy with mother earth begins to come to your awareness

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and be with the energy be with the sensation of that center on the soul of each foot. So we're not thinking we're merging into the experience and so you might feel energy flowing upward you might feel energy going down into the earth. You might feel your Crown opening up and energy flowing downward from the light above, there's a lot of different directions that this energy can open up. Ultimately, we want to open up to all directions and have a beautiful flow between the Earth and Heavens. So that we begin live streaming in a whole way, including our personality, we're not trying to get rid of the personality, we want the personality to be a beautiful portal, a gateway for the energy to flow through you so that your personality expresses this beautiful energy in an empowered way. And I need to say that because we have this idea that when we become beatific are flowing with the divine, that we kind of retreat from life into our cave, instead of allowing it to transform who we are in the moment. Let it transform your personality, let it transform your judgments, your expectations, and how you treat yourself.

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And a lot of this war that we have with our body is from very low frequency energy and low vital energy. That we don't have enough natural vital energy in our being to sustain a clear consciousness

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you know, in a little way, you know what it feels like when you're happy, then, you know, everything in the world is good. But this is a little deeper, this is a vital energy, the Chi that sustains all of your being your body or emotional body, your mental body, your spiritual bodies. And that chi because it is the universal energy organizes your body or being into a wholeness. That is the cosmic flow that is the universal flow. And it's not trying to dissolve you and and take you into the death realms, it's trying to make you bloom into a beautiful flowering human being filled with vital essence magic, light frequency to have the possibility of creating a new type of civilization

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so it's an empowered feeling very alive. You might feel different areas of your body waking up that you weren't aware of releasing tension as the vital energies flow into these areas you may not have been in may not have been aware of back your thighs or your shoulder blades are your neck. It just was out of your spectrum of awareness and now everything is coming into awareness as your body fills up with vital energy. So we're not leaving our body here. We're shifting our relationship to it Now there's something very beautiful that happens. And it happens at various times in these in our ceremonies. And that is that our higher being when activated and energized begins to realign us with ourselves. And so I always this image appears of this light being for me and and they start working on me like a healer would be working on me. And they go, this higher being this beautiful light being goes to different parts of my body parts of my consciousness, my different fields and performs a healing on me. And so that has already activated for everyone in the group here. And you will have your own experience of it. Sometimes I hate to say my experience because I don't want to overshadow your unique experience. But I do want to emphasize that this was very real. I've been having it happen for 40 years so it's real to me. So right now just allow this re alignment re attunement, resettling of your being to happen don't try to watch it if you become aware of it, you'll know it otherwise feel the energy and

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enjoy the relaxation but there are areas that we just can't reach with the mind. At and it takes higher frequency intelligence to bring us back into

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a more natural alignment to release what isn't good for us to open channels to shine and take care of these magical Oregon's that we have.

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In Barbara Brennan's book hands of light and God bless her she recently passed but she has pictures the color section of her pictures show these beings coming in to perform healing

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you might experience it as a sound a tone of frequency, smell, taste all different ways. Color I had a client the other day that has all factories subtle scents was up and everything was in terms of a fragrance or not so nice fragrance and right now we are out gassing we're cleansing and

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being cleaned up If you get lost remember to smile, feel your feet, feel your seat might be able to feel the expansive bubble there field around you

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and this is where we're dumping some of our toxic waste

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Mother Earth takes it in as her nourishment. And it's processed, it's digested. It's made into beautiful soil. Beautiful, vital energies to support the Earth beings and all the beings in the earth, little microbes and all those little insects and things that we don't usually think of plant life the mycelium mycelium, the network of living matrix energies throughout the planet you can feel we're coming we're starting to resonate with the planet

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that's a good thing

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maybe you can feel yourself being cleaned off and shined up. So the way we're returning to our elemental state and the elements are very organized, they know how to flow from one to the next. And so, returning to our elemental state, where the earth water fire air ether is reorganizing us into a natural flow it's becoming very organic again. And this is another level of our being

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all levels.

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And our being is really in communication with the elements and helping us restore our natural balance, detoxify. And with that we greet the spirit of the earth. Earth Mother Earth the spirit of the land and the nature spirits we greet the spirit of the water the water of life

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we greet the Spirit of Fire the light the pilot light of our being we greet the spirit of air the breath of life and we greet the spirit of ether the essence of life on Earth container for the entire Earth experience and you might feel yourself leaving words behind and entering into a more expansive state where it's pure experience and you may have messages insights arise but they're not created out of that unending stream of noisy thoughts that comes from within your being so a different type of communication it's a communication with the living energies of the world and of your body so, that means you can communicate with your body in a new way

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feeling your connection to your heart to the physical heart non verbally and just communing not trying to get something get information but communing with the physical heart

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we can say Are you okay heart? What do you need? And don't expect an answer right now. You'll know it at some point. If it's not now but we're posing that question from a state of communion. And the state of communion is subtle. It's but the reason we're not spending a lot of time going there is because it's always there. We're just taking off the layers that keep us from knowing it. So feel that communion with your heart and just you know like greeting How are you doing? What can I do for you? What do you need? Let me know and then

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drop it see what comes to you at a certain point. feel that connection. That stream of you meeting the stream of your heart

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and

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becoming one stream and that's our first connection point which then spreads to the end higher body feel that communion you in communion with your body becoming one and that layer of consciousness that knows us and we're not ever looking for what's wrong we're always increasing flow

1:25:42

communion

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and with that raising of our frequency if we need to know something, it will come to us it's hard to trust that but it really works. So we go for the communion first the oneness because then we're working with the wholeness of the body, the entire harmony of the system. And we're not picking it apart to find out which little pieces wrong and then tried to replace that screw or not, we're working with the entire system to enhance

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the system

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and this aligns more with the Chinese medicine or AI or Vedic medical models and not to eliminate the Western medical medical model but to integrate them.

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And you might feel where there's an area of your body where there's less energy and invite the energy to flow into that area. When you make that invitation, you might feel a response from many different directions from any different direction. Your Higher being activating energy in your body activating the flow from the earth energy activating the different barriers that respond to that invitation.

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And if an area feels dark or heavy, don't jump on it. Let the light let the energy get to it. We can be drama queens in the energy area too.

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Notice how you're not efforting you're not doing you're allowing and there's a tendency to interpret everything through the voice of sound Separation and this takes some practice to leave that voice behind which evokes fear and questioning and confusion and bring about the voice of connection

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and allow yourself to flow more energy get brighter and feeling this in your body in your physical consciousness

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we're just going to pose a question in this stream now is there a thought or a feeling that I am repeating that is inhibiting the flow of my energy and then drop it and see what comes could be a sensation it doesn't have to be a thought or feeling the way it comes

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so, I'm just gonna give you an example for me. So, I don't know what the thought or feeling is but my body showed me me like gagging and throwing up like if I think this one more time my body can't stand it so it gave me a message that I am repeating something over and over and it has to do as this emerges and following the vision given with how I negatively speak to my body and my body is just sick of that and it gave me that response Simon the letting that vision be bathed in the light feeling letting the body know I'm responding I heard I'm letting go letting it be

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I'll know

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I'll become aware of that thought at some point. Very specifically and now I'm seeing beautiful flowers coming out of my mouth, which means that there was a communication and healing that happened at a very deep level. And I'll follow through with it as it rises in my awareness. You know, after the meditation or after the workshop Okay, so what I'd like to do is take a 15 minute break right now. And you will stay on mute, do not hang up from the call. I will be on mute as well. And it is 1130. We'll be back at 1145 You can continue with what you're doing or do whatever you need to take care of yourself. And we'll be back in 15 minutes. And then if you have questions or comments or anything, we'll go over that. See you then.

1:50:38

Okay we're

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back why that we unmute I'm just gonna repeat it for people who might be coming back on or unmuting now kind of unmuting and just tried to be quiet

1:51:49

okay

1:51:52

so I'd like to have you're just getting on Have you unmute and be with the group here How did that go the last part and the point I want to make here is when you connect with the Earth and the elements you are connecting with your body they're one in the same and did you notice how you kind of slid into that communion state with your heart and your body after we connected with the elements so anyone have a response to that

1:53:04

I definitely set a better sense of flow and ease throughout my whole body combat process

1:53:18

and often this is Scott by the way. He also felt though a letting go of the squeezing there was an anxious we using I was doing to my body. And when I got into that flow, I just stopped on myself. But so could you feel yourself in that flow? Like yes, yes. Okay. Good.

1:53:44

And how was that the shift in consciousness for you, Scott. Besides releasing the squeeze, what else did you notice?

1:53:57

are just so much more open if you I went from being close to the squeeze. So just a wonderful open flowing feeling. Okay.

1:54:09

Good. Okay. How about anyone else?

1:54:16

This is Penny. There was no room for self loathing in that space. None.

1:54:31

And how did it feel to me to be in communion with your body like that? What did it feel like?

1:54:43

It felt natural. Like this is the way it should be. And I felt this before. Bye. so long ago, it was almost beyond remembering

1:55:16

and we, and we said someone's puppy all puppies are invited. And Kitties and fish, okay? And whoever, from the animal kingdom How did it feel to extend the invitation and the questions to your body? From the voice of connection instead of the voice of separation? Can anyone put words to that? At this point?

1:56:03

It's a steady, I'll try. For me it's a feeling of contentment. And that contentment allows kind of the feeling arises saying that you are just like you are. That makes me feel whole

1:56:25

Thank you. That's a great way of saying it.

1:56:32

Sarah, it's Helen. Oh, hi, Ella. Hi. Thank you so much. For me it was total trust.

1:56:41

Ah, oh yes. Oh, and how often do we get that feeling like you are enough, being able to trust your body, your being together. Both of those are huge anyone else tried to want to try to put some words to it

1:57:49

this is Laurie. When I drop the agenda, the something's wrong that I need to figure out and fix. There's just the there's a sweet intimacy and then a flow of communing. Sometimes there's things said and sometimes it's just a really sweet, silent experience. But it's different. It's so different than when I'm in that what's wrong kind of place

1:58:29

Beautiful. Okay, now let's back up a little earlier in the meditation where I described my higher being my light being working at me. Did anyone have a sense equivalent to that? And I say equivalent because it may not be the same. But somehow you're being brought into more harmony or alignment with yourself

1:59:12

Hey, Sarah, this is nice. I definitely felt the like it almost started like at the top of my head. And like around my eyes, I felt something and then I felt it around my heart and then under my left arm, and then in my stomach, and it is and then in my abdomen area. It was like kind of this flow down of you know, like taking each body part individually and like me having a sense of it being there.

1:59:46

Which was really nice. Hmm, nice. This is Amanda what I was wasn't feeling so much a being but when we do the elements

2:00:22

and I resonate with the frequency of the earth it just feels like such a

2:00:32

rare healing you know restoring my sense of groundedness restoring my sense of flow igniting my joy in connection so it feels like when we're going through the elements that

2:01:03

resonance is is it as a great healing to just relax into a state of balance Thank you

2:01:51

was someone else going to speak no this is Mary

2:01:59

I felt a real stillness but at the same time I have an effervescent feeling throughout my body that was activated and the part for me that kind of had some darkness or blockages was my brain and I've had headaches chronic or the message that I got was that a block is just not using like the creative potential that I have and maybe activating that into action will kept those headaches down

2:02:46

ah excited to see what comes through as have this image of your marriage was like needing to dance with people that's all you need to do

2:03:21

okay

2:03:26

we're just letting the the energies kind of settle in here because we did go through kind of a Inside Out shift here

2:03:59

and we are still going through a bit of detox and cleansing but let's make a point to remember about the communion and being in that state gives you access to a whole range of interaction and knowledge and wisdom for being an a human body. Weight want that to settle in, take root in our being. So this is a type of medical intuitive reading that you did with yourself is very interesting because I've seen medical intuition be approached in the same way that Western medicine would approach assessing the body, kind of organ by organ, mentally, more, more mentally, taking the body apart, looking for what's wrong. And giving an assessment like that. And I find that for myself, it kind of takes me down a negative rabbit hole, it's like, oh, here we go. Again, this is what's wrong, I'm powerless to do anything about it, here I go, again, going to every doctor practitioner to try to fix it. Whereas when we take this other approach of being in communion, with our body coming back into our voice of connection, at the same time that we're communicating, we're actually in a healing state. So that whatever comes through will come through with healing energy. And it may be that something has to unfold in stages or you have some kind of entire healing experience in the moment. And it can come through in various ways, according to how your Bing needs to or wants to reveal it. And this is very important. We are in a time, where we are shifting from one paradigm to the next. And so there are still old beliefs and thoughts hanging on there are all kinds of energies that are still woven into us from this from old paradigm, ways of being. And so sometimes it requires a unweaving which would be an unfolding, you know, stages of understanding, working through your being to help you come into the wisdom you need for your healing, your peace, your understanding. And sometimes we get into this thing where we blame ourselves for a resistance and, you know, kind of curse ourselves that something isn't happening instantaneously. They have to understand from the bigger picture, we are really transitioning

2:08:56

from one world to the next. And there will be these threads and we have to delicately release them unweave them from our being so that we don't cause greater harm to our being or greater wounding.

2:09:29

It's a very delicate process and it requires a lot of patience and love and understanding for yourself. And if I say to me, what gets in your way of being loving with yourself taking the time and having that space Just notice what what factors into this what comes up for you, if I said to you take a year off and come into communion with your being take the time

2:10:41

and learn

2:10:45

your connection, your voice of connection from the inside out. So that you come to a place where you are happy. And love is pervading your being what would stop you from doing that?

2:11:14

Stepping to one an answer.

2:11:16

Yep. Yeah, I want I want to I want I want several answers, what's your

2:11:23

bad habits? I have an array of bad habits that I default to.

2:11:31

But if you had the space, and the if you had, well, if you had the space and now other pressures, would you be able to move through those? kind of bring them into understanding and wisdom with yourself?

2:11:57

Certainly hope so.

2:12:01

And if not accept what we can't accept everything we can't change. Right. What what are the what are the other factors that I want to I want to get them out on the table here?

2:12:19

I mean, do you know where to get the answers? Or where are you asking the question? And then where do I go? Who will help me get the answers?

2:12:29

Ah, okay. Okay. Let's put them out on the table here.

2:12:41

Karen, I have made a commitment to myself to do that. It was somewhat forced. But I'm so thankful for it. But a year is a long time because at six months, I'm feeling so much better. Oh, rejuvenated that, here I am, excuse me. raring to go again. Okay. So it's difficult when you start to feel better and comfortable in yourself that that's a long time a year. But I guess I'm just saying, I don't know if I can do a year, maybe nine months, but you get to feeling so much better

2:13:35

that

2:13:38

you're ready to go again. You're just ready.

2:13:41

So my question to you, Karen and to everyone is are you restored to where you were? Are you in a new place?

2:13:51

I'm in a new place. Okay. I'm in a new place. I'm not beyond restored. Beyond restored. emotionally, spiritually, not exactly physically. But I made the decision to set that. Not that to set that aside, but just not think about it. The physical Excuse me. So I'm in a new place.

2:14:29

Okay. Wonderful. So you're so your statement would be the the only thing holding you back would be your excitement to get going again?

2:14:42

Yes, yes. Yes. Although I am a little fearful. I'll undo everything I have worked on. But so that kind of keeps me in rain there. But yeah, that's that's the fear.

2:14:57

Okay, and so what if there was another layer of revealing more of the voice of connection.

2:15:08

Oh, I hope so, that would be an incentive.

2:15:13

So that you're not living with that fear. Mm hmm. Okay. You know, it takes you into a different connection with yourself. Hi, Poppy.

2:15:27

Well, that's a great idea. And that's a definite incentive to keep doing what I'm doing. Not quit too soon.

2:15:35

Uh huh. Okay. But you can get back up on that horse. Okay, how about anyone else, what would stop you

2:15:54

This is Mark, I have this thing that I am what I do. And so it's a matter of stepping back from all of the doing or the self expectations that I have, and how I relate to the outer world relationships, things of that nature.

2:16:16

Okay, so we're looking at it as kind of an all or nothing. From that point of view.

2:16:23

There's a part of that. And there's also this kind of like, I judge myself by what I do. And so there's always this sense of a need of activity. This is kind of an undoing process to step back and be able to be with yourself and not have to be doing or striving or creating an order for that to happen. That won't be creasing pregnant, there will be but it'll be of a different nature.

2:16:52

Right. So, so this is, yeah, I'm glad you brought that up, Mark, because it's interesting. We forget about the ability to transform while we're doing. And you've expressed this a few times recently, that you found yourself being in a different place and expressing differently when you're interacting with people. Right? Yes. And so we, I think we have this belief that we have to retreat from the world to make these changes. Instead, we can be engaged in the world but coming from a different place within which you have experience and express so that the, the loving self care still exists while we're doing. And this is important because the old paradigm says retreat, gone retreat, you know, I mean, like spend two years on retreat or spend a year on retreat, instead of the shift in how you're doing and this is just not for you mark, it's for everyone. The end this, this goes back to how I talk about grounding 24/7 and returning to your grounding every possible time. So that if you are an active person, there's no need you could have your daily meditation but there's no need to stop your life unless you're guided to switch gears somehow. So taking a year to shift your consciousness so that you can be doing or not doing in a way that's grounded in in the flow I guess is more what we're talking about here and, and then imagine what this is for everyone. What keeps you from actually making that internal shift? What what has a grip on you from being in that trusting place feeling like you are good enough feeling like your energy is restored. There's a separation we put up. I just want you to notice that that says doing certain activities, I go back into my voice of separation certain activities that go into my voice of connection. Can you sense that everyone?

2:20:34

Yes, yeah. Yes. Thank you, Mark. Yes, for bringing that up.

2:20:43

Yes, for me, it gets back to just remembering if, if this sense of streaming, the divine was happening without my awareness, but it seems to require some level of intention on my part, and maybe not willpower, but some kind of, I have to be aware of, in order to lose. It's almost like do I have to? Do I have to be doing something to facilitate this? At least be awake to the the fact that it's occurring, and that's remembering.

2:21:37

Yes. Okay. So is everyone speaking, I'd like you, I'm watching the energies around the second chakra, and the third chakra the energies that are keeping us tied to old feelings and thoughts and experiences. And I think this is where we're heading in terms of doing some healing here and freeing up so that we have less resistance. So let's have you come back I'm gonna mute everyone

2:22:26

okay, you're muted. And let's have you sense your seat your feet. Come back into a sense of the flow of grounded flow

2:23:02

relax the lower back and we're going to release the tailbone. Invite the tailbone to soften or release

2:23:28

and we'll invite and allow some alignment and clearing and these three chakras within the whole flow, so you're, you're not just you're aiming at one chakra. We're noticing it within the total flow from the earth to the heaven

2:24:17

and don't try to watch it. I can see people trying to watch it it's a softness. It's like letting the water flow through your showerhead to streaming through all those tiny little holes So when we are not in our wholeness and we're not in this flow, and we are so much in our minds and in their voice of separation, these we forget to be grounded through the whole body through the whole energy system. And, and they'll go dormant three chakras, the first three chakras. And it's very important to pay attention to the whole body, the whole chakra system and not just focus on one but to have the flow and brilliance and light and wisdom activated throughout the whole system. And you can't do that if you're always in your mind. So we're allowing that lower part of the torso to

2:26:22

relax a little, a little more bringing awareness to the energy in those chakras within the context of the whole flow, so we're not using the mind it's an awareness

2:26:44

and I'll be quiet for a few moments here. Have over to the communion Okay, and I'd like to hear from a few people what that experience was like for them. It's important to share it's important to speak and try to give

2:30:29

words to what you're experiencing on a subtle level as best as you can. So no perfect no perfection expected here just experience what happened if we could hear for some people who haven't spoken yet that would be great

2:30:56

Sarah, this is Kate it feels as though I'm making a choice to include my body as a level of consciousness that I'm that is higher than where I've been living. And as I'm doing that there

2:31:37

is a sense of

2:31:44

both wholeness and letting go rather than focusing on the body to heal just focusing on consciousness, and being with that brings, and that's that's what I'm choosing.

2:32:23

this is Sunday. I was struggling, keeping it to myself, through the morning meditation. It didn't dawn on me until and I don't remember who it was that brought up saying trust. And I realized that that's my whole issue. I do not trust my body. And that was just hurting me really bad. Because it's not love between the spirit and the physical consciousness of it. And when you we got to the point where you mentioned your you notice the second and third chakra in everybody, and it was like these deep, deep, heavy plugs. I could feel in those three chakras. And they said not to watch it. I was watching. And I stopped. And I simply went into love with my body and my spirit, knowing that I could do that. And I felt them. Lear and I was I was able to notice that my third eye activated just a little bit, which let me know that that I was in a flow. But now as I'm speaking, I feel the heaviness in my lower chakras again. And actually, it's not the think something's happening down there right now. So I don't know, that was a big issue for me. And I feel like that I'll be working on the trust issue for quite some time.

2:34:25

Yes, it's a big issue. Yeah. And maybe there is that line between when you speak, you leave the voice of connection, you I mean, how we have these lines that are drawn and you go into the voice of separation to speak. So can you come back to your voice of connection so that you're not in a state of describing like like such an analysis and so come back in and everyone do this and now describe how you feel so what's a feeling Cindy

2:35:46

there's a level of confidence that comes within the alignment

2:35:56

still analysis come back into communion and what is your voice of connection or communion wanna say okay could it possibly say I feel great

2:36:45

to possibly well I feel good okay good work that kept coming was I feel aligned in love there we go that an analysis

2:37:10

or is that that's your voice is your voice okay. Okay Do you can you feel the difference when you speak from that place you stay in that place

2:37:29

that's huge

2:37:38

Is anyone else getting this anyone

2:37:52

yes

2:37:55

yes

2:38:04

this is important Can you feel how when you go to speak you jump away from you separate from the voice a connection go into the voice of separation because analysis and description is what we're trying to do but it doesn't help you stay in that place

2:38:40

I now understand this is Penny why my resentment and irritation for others is hurting me physically and spiritually it's not good for me I didn't understand that before. Might I do now?

2:39:52

I do want to say that being in your voice of connection and communion let's Say doesn't mean you become a doormat. It means you gain power by being whole, and you have to really learn how to speak from this new place not relearn you have to learn and the only way you learn about this is when you are speaking and noting what it feels like when else is coming up for people with this,

2:40:57

this is Laurie. I keep finding myself referencing three years ago, I went on an eight day silent retreat. And when I came home, there was no effort. I'd like I didn't even I make this connection exactly till today. But interestingly, I've been thinking about it all week. I'm sure in preparation for today. It was just like, I'm I don't I'm not sure what all I need to say. But I, I, I do have a little a part of me that I'm hesitant to use the word desperation. But But I will, in how did that happen? And how do I how can I live there? How, you know, like, I remember watching. I don't remember now how long it took. But it was weeks. It was weeks until I started to lose that and shift back in to the voice of separation. And yeah, so i i don't i I'd like to be able to reference the experience because obviously it imprinted and so I have that without grasping. Mm hmm. You know, because it was so beautiful. It was so amazing for you know, several weeks to have that experience of what we're talking about.

2:42:47

Right? Yeah.

2:43:03

I Sarah Talon. So for me, is being aware and conscious of the difference. And knowing that I can shift immediately into that space that I don't have to, doesn't have to take long or the stay in that other place. But just knowing that I can immediately just change and just allow myself to be in that trusting space. And the more the practice more that I'm aware and conscious of this. That's how quickly I can let go and just trust and be in that space.

2:43:56

Beautiful. So you've made you've created that space in you. Yes. And and that's what we're doing today we're creating more of that space. So it takes up more of our consciousness

2:44:23

This is Cathy

2:44:26

and

2:44:28

experience. The first my first three chakras going into the class A was resonating and were inside what is preventing me What's restricting me? Where is this within my being

2:44:55

and

2:44:57

as You asked for our elbows to unfold. Immediately my tailbone and the very top of it is that Atlas, I don't remember if it's Atlas or axis that has the little pivot point. They both opened, they, they they both unfurled and I felt this beautiful stream of light go through my central ask the house and the the words the knowing that came, can you adapt the old paradigm of my beliefs, the stone that I was programmed in this lifetime and the knowing and the truth that have unfolded for me through the journey of my practice, and in the wisdom teaching through you and others, there was a blip, a tear in my first three chakras. And I noticed that viewed that and do more of the prompting in began to heal that split, because there's still those little pieces and parts of the old programming that are still deep within my my bag. And I feel more light, more wholeness. entrusting the truth and the wisdom of my body, my being my spirit and my soul versus the paradigm that really wasn't serving my being in its highest of light. And that to me, for for me in this acknowledgement, just I felt as though the first three chakras began to resonate together and, and blossom in a different way. And, and, you know, over the course of the years of working with me knowing energies, I'm a feeling that the true and what took place, place I'm I'm honoring the truth of the experience of the wisdom that just unfold.

2:48:16

The Communion, the communion of that wisdom, and my energy I feel almost as though the first three chakras are just energetically bigger than my than I've ever felt before.

2:48:44

That's actually a good feeling. You know, and, and we, you know, kind of suck the life out of them by being in our minds all the time, the violent mind of separation. And so that's where we want to reconnect. And notice when we jump out of that into the separation, just on a daily basis, you know, every second, and with gentle awareness, because it feels so good to come back to the voice of connection, and the experience of connection. These are little movements all day long that we can make. But in that meditation, we were graced with some freeing up of those threads that were holding us back in that tug of war with the old paradigm and the new so we receive some grace there.

2:49:56

Okay.

2:49:59

Okay, so So, we're in process with this workshop here. And we'll take our break now. So it's 1245. How about if we meet at two is an hour and 15 minutes good for lunch? Okay, so what I'll do is I'm going to get up from here and go over to my other computer and send out the new zoom info. If you do not receive it within the next half hour, let me know, so that I can resend it to you again, if there's any hitch in it, but you should have it in the next 10 minutes. And make sure you got you got it. Okay. And so we will hang up from this call. And we'll start a new call at two o'clock. Okay. We're good. Is there anything that anyone needs to say?

2:51:10

So that's an hour and a half hour is an

2:51:13

hour an hour team team? Yes. Okay. Thank

2:51:16

you. Okay. Just want to say thank you, Sarah. Oh,

2:51:21

Susan, that's so nice. Thank you. We are we're only halfway through here. There's a lot more that's coming through this afternoon. Thanks. So we'll see you in a little while. God bless