

# **Sensory inner journey**

## **Body Awareness Meditations**

We are all gifted with the ability to sense and feel. Sensing and feeling are both expressions of our humanity. When we feel our feelings or sense the subtleties of the impressions we get from the world around us, we do it through the body. **Our body is the conscious instrument through which we contact the world around us as well as the world within us.**

The gift of sensing and feeling is the ability to project and infuse our consciousness with what we are open to sense, feel and experience. By projecting and infusing our consciousness with different aspects of life, we expand our own perspective about it, stretch the horizon of our reality and enrich ourselves. This is a reciprocal process, which unites the subject and the object into a new level of experience.

We can apply the sensing – feeling – experiencing process to elements within our bodies as well as outside of it. When this ability, tuning in, is fully developed, the within and without unites. We become One with every thing in existence, realizing that the matrix which composes life is oneness, only the form through which it appears is different. We recognize ourselves in every thing, we sense, feel and know it to be so.

This book offers guidance in sensing and expanding inner realities through the body. It is a journey into deeper landscapes of our being.

It is an invitation for the body to be our friend, guide, teacher and healer. The body knows the path to wholeness. We follow.

Sensory inputs are conscious or unconscious impulses we get from, into and through our own bodies. We can learn to detect them and use their messages for establishing a fuller contact with life itself. This wonderful ability carries a promise about our evolution as sentient beings, and to my believe, it is also one of the keys to our progress as human race towards an All-encompassing, compassionate, consciousness. We can learn how to develop this ability, so it will become an effective tool for expanded awareness.

This sensory inner journey guidebook is a compilation of several guided meditations that connect and compliment with each other. Together they create a unit that touches various aspects of the body and will take you through different energetic systems or structures. These structures are energy sources or generators, which carry and emanate various aspects of consciousness. They are found inside as outside the physical body, and extend into the vastness of our being and of the universe. Contacting and aligning with these centers will ignite them, co-ordinate their function so that their contribution to your well being is maximized. We will learn to work with our Hara, the core of the earth, the personal sun, the grounding cord and the central, unifying tube, the sacred space and the power field.

All journeys start within your body. You are asked to stay attuned to your own level of understanding and integrating of the different steps. Follow your own knowing, with respect to yourself all along the way. You will know if you need to repeat certain steps before going on. I have designed this journey in steps, so I advise you to practice and master each step from the beginning. Your body will be your guide in this process. If a certain step doesn't feel comfortable and pleasant, you will know that you have to stop and practice previous steps. **Making friends with your body takes time and patience.**

## 1. Tuning Inward

Many of us are leading life that involves time and space limits, which distract our ability to be and stay, focused inward. Dead lines, fixed appointments, family duties, work schedule, expectations from without and within and many other factors, are forces that tend to rob us from our state of inner balance.

We all allow this process to happen to us for reasons based on beliefs, habits and lack of proper education about the importance of our own inner peace and how to achieve it.

**This sensory inner journey's purpose, among others, is to gradually re-educate you and offer you guidance in retrieving your intimacy with your extended body, your physical, emotional, mental and spiritual bodies.**

It can be done in almost every position or condition. It helps you contact yourself and your body on a regular base, under many circumstances. With practice you will get familiar with the process and would be able to apply it in daily life every time you feel less integrated with yourself.

**Your willingness and intention to find your way back to yourself through your enhanced bond with your body is your commitment for transformation and growth.**

<h3>1. Opening a dialogue with the body</h3>
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- 1- Create free space and time for yourself. In the beginning I suggest that you declare to yourself, and if needed, to your surrounding, that you are engaged in a new learning activity that requires your full attention. By that you allow yourself to be a student, a beginner, acknowledging that you might feel vulnerable, not knowing what you might experience and feel. You express to yourself and others (for example family members, roommates...) your need for time and space alone. By that you invoke qualities that will support you in your journey, such as; honesty, clarity, patience, humbleness, surrender, trust, courage and determination.
- 2- Sit on a right-angled chair, feet apart, parallel, and fully touching the floor. You can also lie down, without a pillow to your head, with support under your knees. Both cases, it is important to keep space between your upper thighs, which are slightly spread apart, and to be as comfortable as possible

- 3- Close your eyes and tune inwards. Feel your inner space throughout your body.
- 4- Move your attention closer to the surface of your body, around the skin, by feeling- sensing – perceiving it as a substance you can communicate with and influence. You can call it as a friend, to join you and fill your body and the space around you. You can also collect it gently, like stardust, and stabilize it around your body, creating a nest for yourself. You are drawing the energy from all directions: front, back, right and left, up, down and diagonals, three hundred and sixty degrees through the entire length of your body. Allow this substance, your essence energy, to flow through you and your nest, freely.
- 5- Notice how you feel. Are you comfortable? Observe your body and yourself going through this process without the desire to change, correct, fix or control anything. Just for a little while, let it be exactly how it is, free from judgement. Allow yourself to accept all the things you feel and sense as wise messages. You don't know yet, neither suppose to, understand what their meaning is. **Before changing, balancing, harmonizing or healing of any nature is carried out, we should get in contact with the sensation or feeling in the present moment. That means that we go through the here and now simply as it is, experiencing and accepting it as a part of ourselves. It is necessary to feel and contact inner states of misbalance, tension and pain before altering or manipulating the sensation. If you find this idea difficult, call upon qualities of grace, tolerance, patience and love to support you. Remember that things are surfacing to our awareness in a unique pace for each of us, when we are ready to deal with them and use their insights for growth. Trust this truth and let go of will to control or direct the process.**
- 6- Notice which parts of your body feel tensed and which parts feel relaxed. Do not change anything, only observe. Somewhere, your body's intelligence and memory system registers your sensations and will release it in the appropriate time. Nothing is getting lost so let go, flow and sense your body. It does not have to be in great details. You might notice: my left leg is tensed, my chest feels open and glowing, my shoulders are tight, and my neck is thick...keeping it simple.
- 7- Notice your contact with the chair or the bed. Notice your breath. Are you sinking into your chair? Do you feel supported and carried by the earth? How deep does your body weight leaves its imprint, your personal signature, on earth? And what is the form it has? Try not to regulate and alter anything. There is nothing like better, best or how it should be. Only observe, notice and let go.
- 8- While observing your breath, try to detect your heartbeat. Listen to its rhythm, its intensity and location. Allow your entire body to pulsate together, as one unite of pounding life. Can you feel it? How does it feel and how does it affect you?

By now you probably feel more in your body. These are the first and basic steps for any sensory inner journey. As you can see, when these steps are mastered, they can be applied in any situation of discomfort, confusion, stress or self-alienation. The only thing necessary then is your awareness of the situation, willingness to take couple of minutes for yourself and tune inwards.

When you feel comfortable with the process above, you can work with some more elaborated techniques. The next steps will help you anchor

yourself more fully into your body and be more centered. You will have access to greater portion of your consciousness, feel calmer, supported and vitalized.

Remember...

A body that is acknowledged as intelligence, is respected and is aware of itself, will respond and serve you in greater efficiency and effectiveness. Lack of energy, weakness and susceptibility to illness are signs that the body is depleted from an essential substance, your essence energy or in other words, consciousness. Consciousness is energy, and an acknowledged body is infused with energy - awareness, nourished to its optimum and can communicate and fulfil its role. It can react instantly to impulses from within and without, balance and heal itself automatically. It is vitalized, full of itself and flowing. This is a content, happy body that joyfully and actively dances through life. It is fully awakened and alive. It is then your intimate partner, sharing with you your soul's vastness and unlimited potential.

## 2. Greetings

- 9- Contact your breath and sense its rhyme, intensity and location. While staying attuned to your breath, which by now might be quite and stable, you will shift your awareness and greet different parts of your body. **This process is orchestrated with your in and out breath.**
- 10- To your inbreath, move your awareness to your head. Try to sense the inner space of the head as one connected space. Welcome and greet your head in a friendly manner, smile to it and affirm quietly to both of you; you are my head... I am fully present and awake within you...we are one. Feelings of gratitude, love, care and curiosity towards your body will fill you with calmness and inner peace. This is the response of each cell in your body to you. As between friends, words of appreciation and unconditional love have the magic to bond and open up to greater intimacy and joy. It is an empowering experience for both parties.
- 11- Intuitively continue and cover your entire body. Remember to meet and welcome the new body part to the inhalation. Then you can stay as long as it feels good with it, breathing naturally to and through it as long as you wish. You move on to another part with a new inbreath, new life, and new impulses.
- 12- Observe the way you feel now. Is there any difference in the way you feel now and before going through this process? Can you find the words to describe these subtleties?

### Verbal stimulation: giving voice to feelings

It might seem challenging and unnecessary to go through the mental and verbal process of naming sensations, but it has a reason and a purpose. We aim to develop a rich vocabulary for feelings, sensations, images and inner realities. It is a creative process that enhances our ability to signal information and messages we get from the unconsciousness through bodily impulses. Our interpretation and assimilation of these signals depends upon us being able to recognize them and give them a familiar place in our

mind. Our ability to detect changes will help us with deciphering the messages these subtle changes carry. The body becomes a familiar territory that can be understood and explored in many levels. We are engaged this way in linking the right and left hemispheres and integrate their different way of communication into our dialogue with the intelligence of the body.

Look for the words that make sense to you. It might be depicting an image with poetic words or clearly describing how it feels. Remember that there is no right way to feel things. **The only important question is: How does it feel for me, now?**

Here are some guidelines:

- How do I feel now? Wait...listens...wait...
- What are the loose words, associations, which come to your mind? It does not have to make any sense.
- Is there a memory, a thought or another inner image connected to this feeling?
- To which of the elements do you feel connected right now? Earth, water, fire, air, light?
- What is the landscape that resonates with the way you feel?
- What materials, colors, animals or plants resonate with you now?
- What are the verbs, intended to describe actions, you would use to describe your sensations and feelings now?
- What are the sounds the will convey your feeling right now?

Language is limited by itself, can you creatively play with this limitation to your own benefit of clarity and communication? The verbal process described here is recommended to the rounding of every sensory inner journey.

### **3. Scanning and opening inner space**

***Scanning the body is like giving it a shower of awareness, gently touching it, welcoming and embracing it.*** You move slowly from head to feet, scanning the different parts. It is important to sense these parts by being fully present in each of them. Mental scanning does not serve the purpose of developing an intimate contact with the body. The sensual and tactile abilities, both physical aspects, are important in this process. Try to surrender to the moment of bonding your awareness with that particular part, even for a short while. You could compare this process to speaking with a friend; you really like her to be attuned to you and not wander around with her thoughts. You can feel when the contact is broken, you sense the energy shift. When that happens, you most likely feel a certain distance, a sort of emptiness, absence. What is absent is the attention – awareness - presence of our friend. Communing with your own body is quite the same. It requires honesty, attention and respect. So, stay with each part, fully.

- 1- Scan your head, eyes, tongue, jaws, forehead, and cheeks, scan the entire skin of face and skull. Scan your brain. Allow each part to relax, loosen and expand, up to its optimal comfort at that point.
- 2- Continue scanning your neck and throat shoulders and arms. Tell them that they are allowed to be lazy, there is no work to be done right now, only feeling and being. Ask them to release and drop access tension, and sink deeper into you and the space that contains you.
- 3- Go on to the chest, ribcage and lungs. Do you breathe freely, enabling air and vital energy to flow and circulate through this part? How far do your lungs move to the inbreath? Does this area feel tight and heavy, or open and responsive? Can you sense the pressure against the floor or chair, and is it pleasant or not?
- 4- Move on to the abdomen. Breathe and fill your belly couple of times. The belly is a vast area, composed of different organs, tissues and fluids in different density. Sense the entire abdomen as a wide and deep lake, surrounded by bony structures. Allow this entire area to melt into itself, flow and fill hidden spaces. Allow the belly to occupy its full volume, huge, soft and shapeless. It is alive, it is changing, and it is not confined to a certain definition. Stay within your belly for a while, feel contained by it, and surrender to the mystery of this part of yourself.
- 5- Proceed to scan and sense your buttocks. Allow them to drop heavily and relax, trust and surrender.
- 6- Move on to your legs; thighs, knees, calves, ankles and feet. Share with them your experience of contacting and bonding with the earth. Tell your legs that they do not have to carry you during this exercise. They are not responsible now, should not strain and hold you or control a thing. Feel your leg's response to that request.
- 7- Feel your entire body enveloped by your presence and awareness. How does it feel?

The more you commit yourself to the process of making friends with your body, the more subtleties and information you will get from it. This process helps you "space inwards" and visit your own territory on a regular base, and by that claiming it as yours. You do not push, neither interfere. You are only gently communing and guiding it, allowing the body to respond in its own way.

The next journey takes you into deeper relaxation and you move to a different brain state, a place of expanded awareness and greater receptivity. In this place healing and change can occur and your intentions and guidance have the power to influence and be manifested in the body.

#### 4. Deeper relaxation

This sensory inner journey uses sound and gentle commands as tools for reaching a state of deep relaxation. It is important to bring the body to this place, because only there, in the stillness of this inner experience, can the body truly hear us and respond.

We should ask ourselves an important question; how far and how deep are we willing to feel and contact ourselves through communing with the body? It is a relevant and serious question, which set clear intentions to the unfoldment of the process and its pace. Our clear intentions create our experiences.

Beneath the camouflage of daily life, the inner and outer chatter we are immersed in and exposed to, there is a quite different reality, with different measures to the way we experience ourselves. In this state we are able to feel our feelings, think and process data with an increased sense of inner union and receptivity. Bringing ourselves to this state is important to our physical, mental and emotional well being and we definitely can monitor our experience, creating a safe and caring space for integration. Before going through transformative work of any kind, may it be meditation, sensory inner journey, therapeutic session, dancing and working with the E.G.W., I usually declare my intention to feel greater portion of myself, in a graceful way that will further my sense of inner union. I ask my unconscious to reveal to me information in a manner that I could handle and is for my highest good. I also open myself to the flow of input from the unconscious to the conscious and vice versa, and ask them to exchange whatever is needed for me right now in the spirit of unity, harmony and balance. I thank them for their co-operation and sense the process as whole and perfect. In this way I can stay self-responsible for my process while trusting the different aspects which are involved in it.

In the following journey, deeper relaxation, we will promote the clearing of our body from denser energies, balancing and charging it with fresh and vibrant substance, our own essence energy. We open our inner space, a greater and wider space to absorb this energy which is rejuvenating and vitalizing. We allow flow and activate the process with our voice.

- 1- Start with one of the previous journeys, opening a dialogue with the body, greetings or scanning and opening inner space.
- 2- Sense the level of tension in your body and declare it as your tension - relaxation starting point, it is 100% tension in the present moment. You might feel already very relaxed, that is great. Be ready to go deeper, into a greater and larger experience.
- 3- Your breath is guiding the process. To the inbreath you contact the level of tension in the body, sense it and accept it. With the outbreath you reduce and release tension, sending it to the earth.
- 4- To the next inhalation you ask your body to reduce the tension to 90%, while feeling and sensing its present level in your entire body. To the exhalation you soften, open and expand, allow the tension from your skin, muscles, bones, organs and blood to leave you.
- 5- Continue breathing consciously and gently command, going gradually from 90% to 80% and 70%... to 0%. Being in 0% represents your present level of tension. We use these numbers here as a specific terminology for communication.

- 6- While receptive and open, scan your body, contacting areas that feel worried, resistant, fearful, suspicious or painful. These are areas that are holding tension and are calling for more attention. Choose an area that you want to proceed working on now.
- 7- While totally accepting the sensation of that specific body part, breathe gently through it. Your message to it is: I am with you now, we are together, I am ready to listen to you and your messages. Repeat the gentle commands from the previous steps, only now from 10% to 0%.
- 8- With compassion and determination ask this part of your body to release certain energies which do not serve you at that point. You will guide this process by staying carefully attuned to the nature of the tension, recognizing it and allowing it to dissolve. For example: Let go of worry, let go of fear, let go of control, let go of anger... resistance...shame...confusion...doubt...sadness or other hold feelings or restricting attitudes you might feel ready to release.
- 9- When rounding this process, go on and ask your body to absorb specific energies, which you feel, will nourish and replenish you. For example: Absorb trust...absorbs joy...absorb calmness...peace...grace...love...confidence...or any other qualities you intuitively feel will restore the balance in that area and will support it.
- 10- Projecting your awareness and care to that specific area, start softly humming to it, **soothing and enveloping it with sounds**. Follow your intuition, relying on your inner sensitivity and wisdom to guide you in producing just the right sounds. You can never be wrong since you are your own healer. We all have this wildish instincts and inner knowing. It is the kind of wisdom a mother has intuitively in calming her crying baby. She follows an impulse without questioning it, analyzing or understanding exactly why she does what she does. Trust your Wild Self, listen to the tension in that area and respond to it with your voice.
- 11- When this area is energized sufficiently to your feeling, continue to bath your entire body with sound, wrapping it with love and warmth. This process of soothing sounds can become, with practice, a natural thing to do any time you tune inwards or feel tensed, under pressure and in pain. You can keep it short and simple or take more time for it. I will share with you some more techniques for tension reduction on further chapters.
- 12- Notice how you feel now, rest for a short while and then go on with your daily activities.

## 5. The left and the right eyes

Looking at our own eyes can be soothing, confronting or painful. They say the truth about who we really are. Their messages are direct and honest. We can develop intimacy with our own being by looking in the mirror at, and through, our eyes.

The way we approach this contact can be a great lesson for us in love, acceptance, and mastery.

For this journey you will use a small hand mirror.

Find a bright spot and sit as comfortable as possible. Allow yourself to withdraw from other activities for at least half an hour. Do not use your glasses or contact lenses for this exercise.

Integrating the first seven steps in your daily practice will enhance its impact and is beneficial for establishing intimacy with yourself.

- 1 - Tune inwards by using one of the previous journeys.
- 2 - With your eyes closed, feel and sense your eyes. By eyes I mean the entire ball in the depth of the skull, the surface of the eye and the eyelid. Then shift to sense the left eye.
- 3 - Shift to the right eye. Is there any difference in the way you experience your both eyes?
- 4 - Slowly open your eyes and stay as calm and centred as possible.
- 5 - Take the mirror and start observing your face. Do that with a sense of curiosity and wonder, as if it is the first time you see yourself. Explore the landscape of your face slowly and thoroughly.  
As an observer, you are calm, non attached and not judgmental. Respect is the key word, and for every thing you encounter. In what way do you approach this process and yourself?
- 6 - Observe your left eye. Notice its shape, colours and expression. What are the secrets this eye tells you of itself?  
Gaze deep into that eye and wait patiently for contact. What do you feel is the message of this eye?
- 7 - Change sides and observe the right eye. Does it feel the same or different then the left eye?
- 8 - Shift back to the left eye, only this time you imagine contacting a person who occupies the left side of your body. This person is looking back to you, and her \ his both eyes carrying the quality of your left eye. Explore and develop further her \ his character, animating the image into life with your feelings and imagination. Build a whole personage and scenario around it. You can elaborate it as much as is needed for you in order to get a clear feeling about it. Who is that person and what does she \ he tells you? Do you know somebody with similar qualities? Does she \ he reminds you of somebody?
- 8 - Repeat the process with your right eye.
- 9 - Allow both inner characters to look at each other, while aware of the borderline between them. What do they feel, think about this encounter?
- 10 - Ask them to contact and touch each other somewhere in the middle of your body. What is the relationship between them? What kind of thoughts and feelings has risen within you while they start a non-verbal dialogue?
- 11 - Ask them if there is anything you could do to develop their relationship. Smile to them and thank them for their co-operation.
- 12 - Cross gently your eyes, hold them crossed for five seconds and slowly release them back to their natural position.
- 13 - Open your eyes, look deep into them and send your self-love, support and any quality you might need for that day.

## 2. Grounding

Grounding is a conscious action intended to create a contact and link a being to him \ herself, to planet earth or a celestial source. This contact opens a direct flow of energy with an enhanced sense of identity, support, stability and balance. Human beings can ground into themselves, into the earth and into their own " essence energy" in higher multidimensional realms. Other being, be it any other physical life form including plants, animals ground as well. In this chapter I will write specifically about grounding into earth which includes grounding into oneself.

For some life forms grounding is an obvious and simple action which is intrinsically and involves little conscious effort. For us as human beings it is less natural and our ability to ground depends upon varied factors, levels of awareness and spiritual integrity.

When we are born into the physical world an aspect of our being is incarnated and descends into the body. Physical contact and tactile stimulation from our caretakers serves among other reasons to help us pull energy - awareness into our bodies and anchor it there. The sensations and feelings that take place in this exchange are crucial for our emotional well being as for our physical and spiritual development. Our identity as earthlings shapes itself from this very beginning.

The transition into a living body does not mean yet that we are in this body with our full awareness.

In the first years of our lives we need others to help us feel our bodies- the physical manifestation of who we are. The contact we had with our caretakers and our direct surrounding will echo into our future ability to contact ourselves and develop a balanced relationship with others, including the earth. **We might live our entire life without actually being present and conscious of a wider spectrum of whom we are. Major aspects of ourselves might be in exile, away from home, away from us.**

There are many other aspects to our ability to ground ourselves and the implications it has on every thing we encounter.

I will cover some of them in the following pages.

### A story from daily life

"I have been writing for the last couple of hours. I am hungry. I get up, walk to the kitchen and take an apple from the basket below. The apple drops from my hands and rolls across the room. I move towards it, bend, reach out with my stretched arm and take it to my mouth. I bite it. It is hard and sweet. I chew the apple with focused determination. With pleasure and joy I swallow it, deep into my body. I feel satisfied and complete. Me and the apple are one."

The actions in this little story are probably familiar to many of us. We all have those rebellious apples that have dropped along our path, inviting us or forcing us to stop our automatic behavior and make a conscious decision about our actions. We can always choose to ignore what we encounter and go on as if nothing has happened, and stay hungry. We can try to pick up another apple. We might also choose to relate to this new opportunity and use it for

self-reflection and growth. The fallen apple has triggered within us a response, conscious or unconscious one, either by us ignoring it or by making a different kind of effort to integrate its teachings into our lives.

The moment an apple drops down from my hands and rolls away, I can become aware of the fact that I was not grounded.

My awareness was not totally in my body, I was not available to respond on the spot to a challenge of some kind, I was not centered and balanced. Parts of my being were somewhere else, separated from me.

Consciousness is an energy that exists in many levels and realities. It has the ability to travel far from the body or to be infused with the body upon clear intent. When parts of it are not owned, they might lose their identity and naturally will create an empty space within the person's energy field. This empty and unconscious space can be filled with foreign energy since life always seeks union, completion, and back to Oneness. Life will attract whatever is available for this purpose.

The problem is that when we are not in charge and control of our own personal space we are actually influenced and ruled by energy which is not our own. The outcome is that we get confused, lose identity and a sense of self. We are no longer the rulers of our kingdom and are left to the mercy of unknown forces. This is not a real promising option.

Being in charge of the personal space is purely energetic work, which involves awareness, respect and dedicated effort.

We cannot accomplish bringing our awareness fully into the body without being first totally and fullheartedly on earth. That's what grounding is all about, the leading force to self – realization. An apple can teach us some basic truths in this subject.

Observing an apple, we can notice that wherever it is, on the tree, in the basket, on the floor or in the mouth, it is always grounded. That means, connected with its entire beingness to itself and to the earth and her expression of power and love, gravity. It will always respond and react to her call, in full and gracious surrender.

Most of us have never learned, or lost, the ability to be continuously connected with earth. This fact has far more personal and global consequences than we first realize.

In order to be able to consciously feel our bodies and respond to earth, we must learn to inhabit our own bodies, to be present in the here and now and to claim and rule our personal territory.

From a place of recognition and respect of our personal power and value, we can honestly relate to a very powerful being which is Earth. We could choose to become aware of the symbiotic relationship with her, since we are an extension of her body, a sparkle of her consciousness.

Earth is the source of our identity and life since we are made of the substances that compose Earth in every level. We are multidimensional beings experiencing life in three-dimensional reality and so, Earth is the gateway to understanding deeply who we are, physically, emotionally, mentally and spiritually.

Earth is our home, the place where we can learn safely about the different aspects of our expanded reality. We will evolve by embracing earth and not by rejecting her. Commitment to our relationship with our bodies and with the earth is a core issue in contacting ourselves and leading meaningful life.

### **The core of the Earth**

Earth's desire and nature is to draw us to herself. Gravity is the expression of that desire which we cannot resist nor ignore.

The iron crystal in the center of the earth is the source of that desire. It is the core of earth's magnetic field and its vibration affects all life forms.

Earth's energetic field is in attunement with other dimensions and so, for all her inhabitants, she is the key to experiencing them. Accessing the core of the earth carries the opportunity for experiencing those dimensions of life, nature and of ourselves. Those experiences will open us to live intimately with All there is through creation and bond with all aspects of life deeply and fully. We will recognize ourselves in everything without losing our sense of individuated Self.

Vertical axis from the core of the earth up to the cosmos is carrying all this potential. By consciously attuning ourselves to the core of the earth we can access earth's mind and heart, the creative force behind our very existence. When we reunite and blend our consciousness with hers, we are connected to the primal force of creation - the Wild, we are protected, nourished and impulsed into growth and evolvment in the perfect pace and timing.

### **The Hara**

Hara is a concept rooted in the Japanese culture, philosophy and life style. It is a concept that embraces the different aspects of human life as an integral part of creation and it offers understanding and disciplined practice for the purpose of inner balance and self - mastery.

The hara is a central area in the body, which is physically related to the lower abdomen and genital area, including the bladder, large and small intestines. The hara can be more specifically localized this way: draw a quadrangular by connecting the lines between the pubic bone, hipbones and the navel. Feel the conjunction of the diagonals of this shape and project it backward to the sacrum. Within this depth visualize a sphere that its center is located exactly on the string of light and is in one line with the middle point of the quadrangular. This is the pit of your hara, your power spot your inner planet. Play with its size, allowing it to expand equally to all directions. Let the sphere find herself the desirable volume. The hara is our inner planet earth and so, embodies her energy and qualities and is a source of nourishment and power. The famous saying "as above so below" linking the microcosms to the macrocosms, pointing that ALL in existence is oneness expressing itself in different forms which are all based on the same sacred principles. The same can be applied to the Hara. As below, so within. We carry the entire knowledge and potential in our own body, in the center of it, in the hara. The Hara is our personal gravity center and conductor, the place from which we ground, vitalize and balance ourselves, physically, mentally, emotionally and spiritually.

Awakened Hara means that we have individual identity though which we function harmoniously and with a sense of flexibility, commitment and responsibility to life, conscious of our personal power, transcending duality and separation. The Hara is the unification of both our personal and universal identities. Awakening the Hara requires dedication and humbleness.

The Hara contains potential forces that ask for disciplined determination and patience. We will walk Hara's way by fully accepting all that we encounter on her way. There are different forces within ourselves that resist and fear our growth and adulthood. We have ideas and beliefs about power, which tend to

disempower us. Trust and compassion towards ourselves will enable us to integrate the hara's qualities while staying honest to ourselves. The hara is also our inner magnet, and it has the ability to pull awareness and tension from the whole body to itself, integrate it or process it upon intent and concentration (inner grounding). The hara will neutralize these energies and will help us in finding balance.

It does so similar to the way the core of the earth draws all physical forms to itself while processing released energies and transforming them to new, neutral and impersonal creative energy. Our active mind and overflowing emotions can find a way to exist side by side in the hara when we seek inner balance, stability and rest. The Hara is our inner anchor in times of chaos, confusion and struggle. When we are stable, our mind has the ability to navigate the stormy waters and find the direction and clarity we need.

**Awakening the Hara asks for regular and dedicated practice.** The reward for that is living life with a sense of confidence in oneself and in life that emanates from inner sources. We are truly liberated when we realize that we can handle all circumstances with flexibility and create inner balance in times of turbulence and change. We become the masters of our reality.

## **6. Grounding energetic exercise**

Grounding means consciously pulling awareness into the body and then contacting - plugging this awareness into earth. We do not stay grounded for prolonged periods of time since influences from within and without often break this connection. For example, waking up in the morning, we might still feel the impression of our dreams and the unconscious world. We need to bring ourselves to the here and now, to start the day from a place of rest and inner union.

When we experience fear in any level, doubt, chaos, domineering thoughts, inner chatter, worry or emotional instability of any kind, we lose our contact with the body and the earth. With practice and experience we can sense clearly when we are grounded or not and regain the contact.

To ground we first activate the Hara and become one conscious unit. The next step is to link the Hara to the core of the earth, to magnetize our inner magnet to the earth's magnetic core.

The way to do that can be simple and quick or elaborated depends on experience and mastery of the different steps.

From my personal experience with myself, students and clients I have come to the conclusion that the detailed process is far more beneficial and cannot be totally overviewed or neglected, even for experienced people. The short version is efficient in times of stress, when we need an immediate response to a situation and we should be operating almost automatically.

With time and disciplined practice grounding will become a joyful process and a second nature, a part of daily life.

When you start practicing grounding techniques, it is recommended to begin in sitting position, so the Hara and pelvis are the closest to earth and the body is supported. The more familiar you get with the process, you can apply it successfully to standing, laying or walking. In principle it is possible to ground in any situation or position, also while riding bike, dancing or talking. Practice sets our intentions into motion so it becomes more efficient and smooth with time.

1 - sit on a right angled hard chair and make sure your feet are resting fully on the floor.

2 - Rock on your sitting bones and feel clearly their pressure against the surface of the chair. Try to sense the little space between them. This is the perineum area, which is located between the anus and the base of the penis or the vagina.

The area deep inside the soft part of the lower belly, between the navel and the sitting bones is the Hara. Every person senses the hara in a unique way.

3 - Sink into the pelvis and allow your body to relax. Do you feel the pelvic and its contact with the chair?

Is there a place in your body, which resist this connection and pulls you upwards? For example when you do notice that your head or any other part of your body is " high", " floating" or " hovering", tensed, hard or empty, you can bring your awareness to it and stay there for a while.

Do not rush the process. Those areas are the ones who need your full presence, compassion and love. They are calling in this way to your attention. What might they be telling you? What makes it so difficult to respond and surrender to the basic force of your reality, gravity?

4 - Breathe gently into these areas and with the exhalation slide down to the Hara. The Hara can be visualized as a ball - container with enormous capacity, a magnetic sponge or any other image that comes to your mind.

5 - When you feel your body and the skin that contains you and defines the border of your physical body, you can silently affirm to yourself: " This is my body" and proceed to the next step.

6 - From the Hara starts the process of pulling a grounding cord to the center of the earth. The grounding cord can be any size, material and color. It can spin, drop like an anchor, move like a rocket, sink heavily or any other method you feel appropriate. What is important is that you sense it as an extension of yourself. It will move through the different layers of the earth: the floor, sand, stones, mud, roots and rocks, caves, crystals, water, lava and gases. It can also be that you sense this enormous distance energetically. It is not important to try and stay loyal to our perception of distances by means of conventional space and time concepts. We are working with another reality, the realm of the right hemisphere.

7 - **Try to find a concrete image for the core of the earth.** It can be an object, symbol or a creation of your mind. You might wish to draw it and develop this way, visually and energetically, your intimacy with the core of the earth. Our mind is greatly impressed from visual images and tends to improve its capabilities while having a familiar and tangible image. The mind then perceives this image as a reality and reacts upon it respectively.

8 - Connect your grounding cord to the center of the earth by penetrating it firmly and deeply. This has a masculine, linear quality, direct and purposeful. When the process gets familiar and comfortable you might choose to elaborate e it by staying at the core and surround it all over with your presence and love. It feels as if you visit a new realm and you want to get acquaintance with, respectfully and patiently. This is also the feminine aspect of grounding; caring, soft and round. Blending with mother earth's energy is often experienced as a soothing and vitalizing.

9 - How does it feels to be grounded? Have you noticed any difference in sensations, feelings or thoughts?

10 - Tell mother earth your name and repeat it three times. Share with her your feelings and needs, ask her to support and impulse you.

Give her a gift, and it can be anything that feels intuitively right. It can also be a symbol that represents your commitment to the relationship with the earth.

11 - Come back with your attention to the hara and listen to the sounds and sensations all around you. Open your eyes and go on with your day.

### **Grounding S.O.S. – Experts**

This is a quick way to ground in times we don't have time or space to go through the whole process.

- Breath to your head and face, expanding and softening them.

Feel the expression, mood and features of your face observing yourself from the outside.

- Breath to the Hara, feeling its roundness and volume. It can be a matter of only couple of seconds.

- Start pulling your face down to the Hara and visualize them there. Repeat it couple of times.

- **Smile inwardly to the Hara's face**, knowing it is a friendly aspect of yourself, your hidden companion. How do you feel now?

The Gateways® for grounding:

Land turtle

Sea Turtle

Frog

Horse

Bear

Buffalo

Lion

Ram

Camel

Cow

Dog

Monkey

### **3. Personal Golden Sun**

Our personal sun is an image that corresponds with a specific energy point above the head. This point is often described as our out of body eighth chakra, (Alfa point) and is located 20 to 30cm above the crown of the head. While visualising the golden ball, its size and intensity can vary according to our intent and current needs. Contacting and working regularly with the personal golden sun enhance and activate its presence. Some people experience it as a warm glowing presence above their head, almost tangible.

There are physical, mental, emotional and spiritual teachings in contacting and working this energy. It is our gateway to our next evolutionary step

and the conductor of our development as multidimensional beings, experiencing Oneness with All there is.

The personal golden sun is also called essence point or individuality point. Our divine essence, or in energetic terms, our particular coloured ray of light, is flowing and is distributed through it to our aura, chakras and entire body.

Cosmic energy and life force are flowing constantly through our crown in the form of a ray of coloured light. Each person has a particular coloured ray, an expression of her/his innate essential divinity, qualities, consciousness, soul purpose, evolution stage, lessons and tasks for this lifetime. (For more information, "Seven rays made visual" by Helen S. Burmester and "The Pleiadian Workbook, Awakening your divine Ka" by Amora Quan Yin). The personal sun is the portal to cosmic father energy, or energy which is the source of our personal energetic system.

Working consciously with the centre of the earth (mother aspect) and the golden sun (father aspect) help balancing the down flow of the cosmic energy and the up flow of the earth energy. This balance is important for maintaining health, vitality, improve immune system both physically and ethereally, help clearing foreign energies and opening blocked energies. Gold promotes self-healing and helps removing energies that has been released during healing or meditation.

People that can see energy fields rapport that this point appears first with birth and is to be seen before the physical body is born. In death, the entire energy field concentrates in that point and is released back to the cosmos.

### **Sacred Space**

When we intent to engage in an activity which promotes self awareness and self healing, may it be meditation, dance or a session with a counsellor, alone or within a group, we first acknowledge this intention to ourselves.

It is our free and conscious choice to do that. We usually set apart time, space and money for this activity. We intent to enter a wider dimension within ourselves, an intangible place with different rules from our three dimensional reality.

We expect to gain something in this journey; insight, healing, better contact with ourselves and earth, experience wholeness and gaining specific knowledge and guidance about our lives.

This journey starts with the intention to learn, grow, transform and evolve.

It is the part within us, which is aware and makes conscious choices that determine this action. It is an autonomy force, the inner master. In the "Energetic Gateway" psychological model this aspect of ourselves is called "The King & The Queen", the union of our feminine and masculine aspects.

"The King & the Queen" are aware of their uniqueness. They identify themselves as divine beings, pure awareness, and carry the mutual responsibility for maintaining their territory, their kingdom.

This kingdom includes the physical body and the personal space.

It is the crown of light above their head that lets us know who they are.

We recognise them and allow them to guide us thanks to that luminous crown, the personal golden sun they carry above their head wherever they are.

**By "they" I mean actually this specific aspect of each individual which its substance and nature is totally spiritual.**

The crown - sun emanates heat and warmth. It creates a safe place for experiencing, transforming and growing. All life processes can exist and are supported by the sun. The sacred space is our personal oven, and like a sculpture, we can create our fantasies, change, melt, break, and shape and polish aspects of ourselves according to our desire and level of integrity. The fiery heat of the oven keeps our new creation from moulders, it transforms it into form, into matter.

When we make a choice from this aware place, contact our inner King and queen, embody our divine masculine and feminine energies, we enter a sacred space. We are beyond duality, beyond the split of male - female, heaven - earth, past - future, here - there, good - evil, thinking - feeling, body - soul, black - white, them - us. We open ourselves to experience union with all, open ourselves to our personal power and the invisible forces of the universe.

" The King & The Queen" are in charge of their territory. They maintain it clear and safe and allow certain things at certain times. They know the importance of protecting their boundaries and do not hesitate doing so. They are interested in healthy exchange of love and nothing else. Working in an altered state of mind can make us energetically vulnerable if we don't enter a ritual space, well protected and safe.

This includes grounding, centring, boundary protection and direct connection to the golden sun. Contacting the Sun can also help in physically balancing the enormous pull of gravity when we feel heavy, " down", depressed and low with energy. It literally functions as a magnet, which pulls us up, allows our spine to stretch and align vertically. This up lift releases the pressure from the ribs, widens the space in the rib cage and allows our lungs to relax and expand. By doing so, our breath is more free and can efficiently regulate our emotions. When our heart energy to flowing, we are protected and nourished simultaneously.

#### ***Participants reactions:***

" The golden sun gives me a safe and clear feeling, I am not alone and can see things in a bigger or higher content. I feel my body as one piece and can observe myself"

" The golden sun gives me the feeling that I, as individual, am a part of an universal order, and I experience the interaction with this life force and energy in a spiritual way. It invokes feelings of longing and belonging."

## **7. Entering Sacred Space**

This process can be done sitting, standing or lying.

In the beginning, I advice you to practice it in a sitting position (on a right-angled chair) until you get familiar with all the steps and feel comfortable with the following order.

- Create a quite and free space for yourself.

Sit on a chair with your back supported and your spine stretched right up, aligned with the string of light. Your feet are slightly spread apart, approximately the width of your shoulders. Breath normally and observe yourself while bringing your attention to your body.

- Bring your awareness to your sitting bones. Drop your weight on top of them, breath deeply into your lower abdomen, expanding it to fill the pelvic and sacrum area.

Your legs can relax and loosen; the strain of carrying the body's weight is lighter now.

- Place your hands on the Hara, pressing them softly towards each other and towards the lower abdomen.

- Pull your grounding cord to the core of the earth and anchor it there.

- Contact your spine and adjust your torso and head to align vertically.

Contact your personal sun and link it to the centre of the earth. Breath along it to enhance its presence. This can be accompanied with sound and colours if you feel inspired to do so.

- Mix the two energies, earth and cosmic, by pulling them simultaneously when you inhale. To the exhalation release it and let it flow around your body and the space that encompasses you and you feel is fully yours.

- Shift your awareness to the sun and allow your self to bask in its warmth for a while.

- Cover the outer layer of your nest with amethyst purple light for protection.

- You are in your sacred space now and can proceed with meditation or training.

***Animal Energetic Gateways for enhancing the contact with the personal sun:***

Swan

Wolf

Bear

Peacock

Cow

#### **4. Boundaries as Mandalas**

Identity – separation – protection – nourishment - unity

When we take a close look at fruits, trees, flowers and nuts we can see with naked eyes a system of growth and protection from the center outwards. The core, or the seed that carries the essence and future of that flower or fruit, is surrounded with different rings that may differ in substance and permeability. These rings serve for the nourishment and protection of the delicate and most vulnerable - valuable core. They separate and define the space around the core but they also unite its different parts. This principle of interweaving rings or spaces around a center repeats everywhere in nature and symbolically depicted as a mandala.

Observing the anatomy of animals and human beings we learn that this principle of identity - separation – protection – unity, is found every where. Organs, blood vessels, the bones and down to the structure of hair, nails, the skin and every single cell in the body, all demonstrate the same principle. It is as if this system enables the identity, integrity and optimal growth of that cell or group of cells with the same purpose. It enables life.

The different rings create the right conditions and atmosphere for optimal development of the organism. They protect it from harmful influences from the environment, allow it to respond to changes and grow by extracting the maximum from its own potentials and imprinted knowledge, blueprint or DNA.

We could only assume that this system of protection does not stop where our ability to see ends. We are surrounded with invisible energetic structures or fields that cannot be identified with naked eyes but with advanced technology can be partly detected. The purpose of these fields is to keep our unique identity, separate the fields from each other and by that defining the various tasks of each field, protect us from harmful and destructive influences – energetically and emotionally, and unite the different aspects of each person to one conscious unite.

We can all develop ability to sense and feel some of these fields and enhance our awareness of their existence. With proper guidance we can develop our sensory perception not based on eyes only but on the skin and projected consciousness.

We have developed rituals in our culture that reinforces the value of this natural law. We might be doing that unconsciously. For example, we wrap a gift with paper and beautiful strings, we put specially valuable presents in a box and then cover it with another layer of paper. This enhances the value and importance of the gift. It creates a sacred moment, a mystery and magic. Can you imagine giving a beautiful diamond simply from the pocket? The fact that something is slightly hidden, is secretive and not directly exposed increases its feeling of value, materially or energetically.

We also developed rituals for interacting with others. We shake hands, bow, hug and kiss. We feel the need to respect and protect our space, body and being and created safe and acceptable ways to contact others. We intuitively sense the importance of the space around a person. The closer we come the more personal and intimate it becomes. So, space carries a hidden message about the person that it surrounds and carries.

Learning to contact, communicate and understand the space can offer us better tools to create an optimal atmosphere for growth, physically, emotionally, energetically and spiritually.

In this course we will learn about four interweaving spaces:

1. Inner space – the physical body with its depth and landscaped, surrounded by the skin. The sensory inner journeys in this book are directed to develop an awareness of this space.

2. Intimate space – the warmth that emanates from the body and surround it like a mantle.

This is an extension of the physical body, it is attached to it and its direction is always inwards. Its desire is to stay connected to the core, the Hara. It is an intimate space: into my space, into myself.

3. Personal territory a subtle field that can adjust itself according to our circumstances and feeling. It is a sphere that reaches out and in principle has no limit. It is the space we feel in charge for and can apply our personal power and will upon it. Through this space we interact

with the surrounding and exchange social contacts. It is composed of the four Infinite directions.

4. Personal power field.

## **5. Owning and clearing your personal space**

The process of owning your personal space requires awareness of yourself as a separate, independent and loving person. It asks for grounding, feeling our feelings with subtleties, defining what feels safe or not and acknowledging what kind of people or energies has a certain effect on you, positive or negative. By positive I mean supportive, life enhancing, inspiring us to believe and extract the most of ourselves, and above all, interaction through which we can be truly who we are, vulnerable and powerful.

As human beings we are constantly exchanging energy with all around us. Some exchanges has a positive effect on us and others not. Can we feel the influence and impact of a certain interaction on our well being? Are we willing to act upon the information we get from our sensations and feelings? Are we able to ask the simple question: does this person, interaction, encounter makes me happy, and do I feel supported and respected?

These meditations are tools for clearing and maintaining your personal space from energies, which has a harmful effect on you. It could include people you are attached to in an unsupportive way and unconsciously give them extra power over you, objects or thought forms. You can use these methods when these energies have been already detected and identified and you are willing to release them.

The more you become a master of your space and life and develop a constant longing to stand in your own light, the more automatic this process will become. You will than naturally extend it to include also people you love and feel safe and supported with, simply because your actions are not driven from fear or anger, but out of sovereignty and self – love.

## **8. Second mirror exercise**

Most of us are looking at the mirror to check how we look, shave, make up or other daily functional activities. The process I offer here is aimed to enhance your contact with yourself and develop intimacy and love for your own being. It is actually very simple, yet profound.

### **Gaze at yourself in the mirror for at least 3 minutes as if you are:**

A mother looking at her baby.

A father looking proudly at his child.

A lover that is fascinated by you.

A wise person listening carefully to what you say.

God looking at you with compassion and love.

How does it feel to look at your eyes with these qualities? Can you connect to these energies? Are there other qualities or feelings that have been reflected back to you from your eyes?

Observe your right and left eyes. Do you notice any difference in the expression, form, intensity or feeling between your eyes?

Look at your entire body, front, sides and back in the mirror. Play with the distance you are standing from the mirror. Get very near and slowly step backwards. Do that in all directions. By that you are strengthening your personal space awareness and you bond with your self.

Working regularly with this simple tool can have a great effect in relatively short time. You will get a lot of information concerning your attitude towards yourself. It is important to reach a state of intimacy with yourself through these exercises and sensory inner journeys before proceeding to the clearing meditation. Register the feelings that surface during the actual exercise and the period after doing it.

## 9. Clearing part one

Ground yourself and sense your intimate space and personal space. Feel, sense and visualize the outer ring or surface of your personal space.

Contact the four Infinite directions, front, back, right and left.

Imagine a mirror image of yourself at the four edges of your personal space. These twin selves are compassionate, loving and fearless aspects of you. It is important to feel a real contact with each direction and twin self.

The four Infinite directions and the four twin selves are now your guardians and helpers. They will respond with action to your will and command.

Fill your personal space with love for yourself and open yourself to the love that emanates and is given to you by the four twin selves. If you do not feel supported and an exchange of love does not occur between the five of you, do not proceed with the clearing. I recommend then to work daily with a mirror, gazing deeply into your own eyes. This process is described in the chapter "Mirror work".

Call upon a person you feel ready and determined to work with. Place this person inside your personal space, in front of you.

Thank the person for all he/she has given you, consciously or not. Feel as much as possible gratitude and respect for him/her. State calmly and with simplicity: *I ask you to leave my space now.* A guardian from one of the directions will get in and assist the person gently to step out of your space. If the person is resisting getting out you might need more than one guardian. They usually know when to join in.

The person is now standing on the ring of your personal space, escorted by one or more guardians. Ask the person to close his/her eyes and observe him doing so. Feel that her eyes are closed.

Ask the person to turn and stand with his back to you. Observe the back and shoulders of that person.

Ask the person to walk away. Observe him walking away from you until her image fades away and disappears.

Affirm loudly; this is my space!

**10. Clearing part two**

Sit quietly and feel again the importance and meaning of this person in your life. What has she contributed or not to your life? How do you feel without her in your personal space? Are there specific ideas, thought forms, feelings and memories you would like to clear in order to claim your autonomy, which are strongly connected to that person?

Identify these elements and observe the way you really feel about them. Are you angry, sad, lonely or empowered? Do you have an opinion or thoughts of your own that could replace these ones?

Put on purple gloves on your hands. Sense, feel and follow the actual movement of wearing gloves, They reach up to your elbows.

Collect with your hands the energies, which are associated with that person, as if they were a substance that is tangible. Condense it between your palms to a tight ball and throw it forcefully to the sky. You are clearing your personal space from negativity, allowing new impulses to flow in. You are creating space for your own essence energy.

Fill your personal space with colour and play with it. You can change colour according to your mood or needs, like a lizard.

You can also invite animals or plants to surround your space.

Enjoy your personal space!

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