

		<b>3 Factors contributing to the Loss of Contact with Essence</b>	
Point 9	Over/Under-Identification with our <b>bodies</b>	8, 9, 1 Resistance and resignation, falling asleep, losing contact with Essence and becoming externally directed; being asleep to one's True Nature and not trying to awake from the sleep of unconsciousness – not doing what really needs to be done	<i>Body Center</i> <b>Creative</b> Purposes: movement, intent, enactment Functions: spontaneous reaction, safety, being
Point 6	Reactivity and loss of <b>trust</b> in the environment; reactive alarm to our needs not being fully met by our early caregivers	5, 6, 7 Fear within the soul resulting from the disruptions in the holding environment that caused the soul to move away from Essence, and fear that arises due to this loss of contact; fear that one will not survive the loss and emptiness; the fear of ceasing to exist	<i>Heart Center</i> <b>Relational</b> Purposes: connectedness, relatedness, transcendence Functions: relationships, emotions, feeling
Point 3	The essential realm not being reflected back to us; our caregivers' lack of contact with us and thus <b>lack of reflection</b> back to us	2, 3, 4 In response to the loss and life-threatening fear, one covers up the holes of emptiness or tries to fill the holes from the outside resulting in a pre-occupation with image	<i>Head Center</i> <b>Intellectual</b> Purposes: vision, awareness, true meaning of reality Functions: thinking, calculating, deciding

'To uncover our hidden Essence' means being present in our immediate experience by –

- first fully sensing and grounding in our Body,
- then dropping into and feeling our Heart space, and then
- the Mind relaxes and clears of its own accord.