

BODY ✧ HEART ✧ MIND MEDITATION

Movement through the Centers

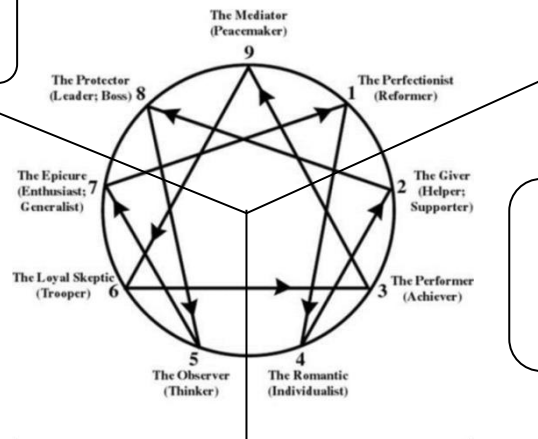
Being receptive and listening to ourselves, to others and to Life is being attuned to and experiencing our physical sensations (body), our emotions (heart), and our values (head).

Body Center – embodiment; goodness; creative; intention.
8, 9, 1 – boundaries, defending, anger; aliveness, spontaneous, soft, inner strength, accepting, grounded.

Head Center – clarity; truth; intellectual; vision.
5, 6, 7 – chatter, figuring it out, anxiety, fear; quiet, inner guidance, support, faith, trust, knowing.

Heart Center – kindness; beauty; relational; transcendence.
2, 3, 4 – self-image, emotionality, superior/inferior, shame, sadness; authenticity, compassion, forgiveness, flow, inner directed.

Arrows are pointing to Connection Points



Spiraling out of control.

The wounded ego-self responds to stress by becoming tense, withdrawing from reality and creating boundaries. This results in a loss of connection with the Ground of Being / God, Spirit, The Divine, The Cosmos, Oneness by any and all names, and our own Deeper Self (in our Body Sensing Center).

The ego then needs to create a shielding-self by absorbing the emotional patterns of others and reactively repeating our habitual emotional patterns over and over and over (in our Heart Feeling Center).

Because this ego-self is wounded, it produces anxiety, fear and strategies for substituting direct, Divine knowing from our Deeper Self and Ground of Being / God (in our Head Thinking Mind Center),
 which creates more boundaries and loss (in our Body),
 which reinforces the wounded ego-self (in our Heart),
 which creates more fear and more strategies (in our Head),
 and on and on.

Spiraling into control.

Stop.

Breathe.

Be here. Be present, in your body. Experience all the physical sensations and aliveness of your body (Body Center).

As your heart experiences the grounding of your body, feel and experience all of your emotional feelings and your uniqueness, value and connection with others (Heart Center).

With your body and heart now in more alignment, discover the spontaneous unfolding and self-liberation of your mind as it automatically quiets down (Head Center),
 which allows you to experience the direct knowing arising from your body and Deeper Self and Ground of Being / God (in your Body),
 just for you (in your Heart),
 with clarity of mind (in your Head),
 with wonder and awe, and on and on.

