

## Instincts Class & YouTube

The instincts are below your **waistline**. That's where they come from.  
They are a **felt sense** in our physical body.  
Our instincts are rooted way more in our **emotions** than our thoughts.

Class 1 and 11

When we get **provoked**, it's about an Instinct.  
We **leak** most of our energy in neurotic fear-based compulsive habits around our instincts.  
When you are out of integrity, it means that some instinct is off balance.

Class 1 and Class 2

**SP** – engine of **survival**.  
**SX** – engine of **evolution**. It's *not* intimacy. Intimacy is from the heart.  
**SO** – engine of **adaptation**; how we sense what's in and around us. It's not *about* socializing.

Class 5, CBRH

**SX** – most difficult to understand because it's mostly energy and in the subconscious.  
**SO** – easier to recognize that we actually do or don't do this or that. Reciprocal **connection** is central for our survival and our existence. **We exist to support each other**.

CBRH

Biologists will tell us that SO is the link and bridge between our instinctual consciousness and our emotional consciousness. The **emotions** have more to do with the social implications of where we're at with our sexuality. Sexual energy has excitement but it's not necessarily so emotional. SP survival is not so much about emotion.

Class 8

When we acknowledge our **blind spot** and give it attention and heart presence, our dominant instinct settles into its correct function. When we can start to see these things about ourselves with enough awareness, presence and kindness, we can begin to feel what it's like when the two split parts – your dominant instinct and your blind spot – come back together again. Our **middle** Instinct is the most okay. It supports our dominant Instinct and can help unstuck and activate our blind spot. The dominant instinct and the middle instinct can change positions. The blind spot never changes its position, but it can be attended to and brought into consciousness, which helps take pressure off our dominant Instinct and be more present to all three Instincts.

Class 11, CBRH

When we're still neglecting our blind spot, we're never going to feel fulfilled in the dominant.

Bell & Hudson april2020 YouTube