

Presence ~ Awareness ~ Surrender

Awareness causes expansion. Presence is grounding and restores balance. Presence never becomes habitual. Presence requires practice to purposefully come back to it, to our inner self, our life force and Source.

At any given moment, we all have a life force, breath, soul, spirit, or connection to Source that is present and does not get consumed by our overwhelming emotions and stuck-ness. It may feel distant and small, but if we did not have this life force, we would be dead – so we all have it, whatever we call it. Presencing and grounding allows both our stuck-ness and our life force to **flow**.

First, we notice our emotions and stuck areas. We purposefully give our them space to just be.

“Can you make a space for [your experience of.....]....?”

“Breathe around the”

When we can honor our emotions and breathe around them, noticing them without trying to do anything with them, we feel a radical acceptance, and our body spontaneously and naturally starts to feel a release. This is surrender. And, in **acceptance** and **surrender**, we have the window of opportunity to ask –

Body/Instinct energy – 8, 9, 1 – anger

8: over expresses energy & overwhelms self and others

9: out of touch with energy & lives through others

1: under expresses energy through control

► Where in your body are you experiencing a feeling of **flowing life force, of support, of being grounded?**

Notice now if there might be a rebalancing of energy that is arising.

Heart emotions – 2, 3, 4 – shame

2: over expresses positive emotions for others & loses self

3: out of touch with emotions & acts instead

4: under expresses emotions & is self-conscious

► Where in your body are you experiencing a feeling of **connection, caring, warmth, open heartedness?**

Notice now if there might be a sense of value & identity that is arising.

Head thinking – 5, 6, 7 – fear

5: over expresses thinking & is not practical

6: out of touch with thinking & can't find inner guidance

7: under expresses thinking & is impulsive

► Where in your body are you experiencing a feeling of **clarity, receptivity, fullness, possibility?**

Notice now if there might be a sense of inner guidance and support that is arising.

Next, be with the unstuck sensation of life force wherever it is in your body. Make a space for it, and breathe into it. You may then start to notice a natural **flow** between your stuck emotions and your unstuck life force.

We must honor our stuck emotions first. They want to be seen and heard. Sometimes they may even have an important message for us. Then the light of our sacred life force can start to peak through. When we can honor both our unpleasant shadows and our life force, our body center naturally grounds and our heart center stabilizes.