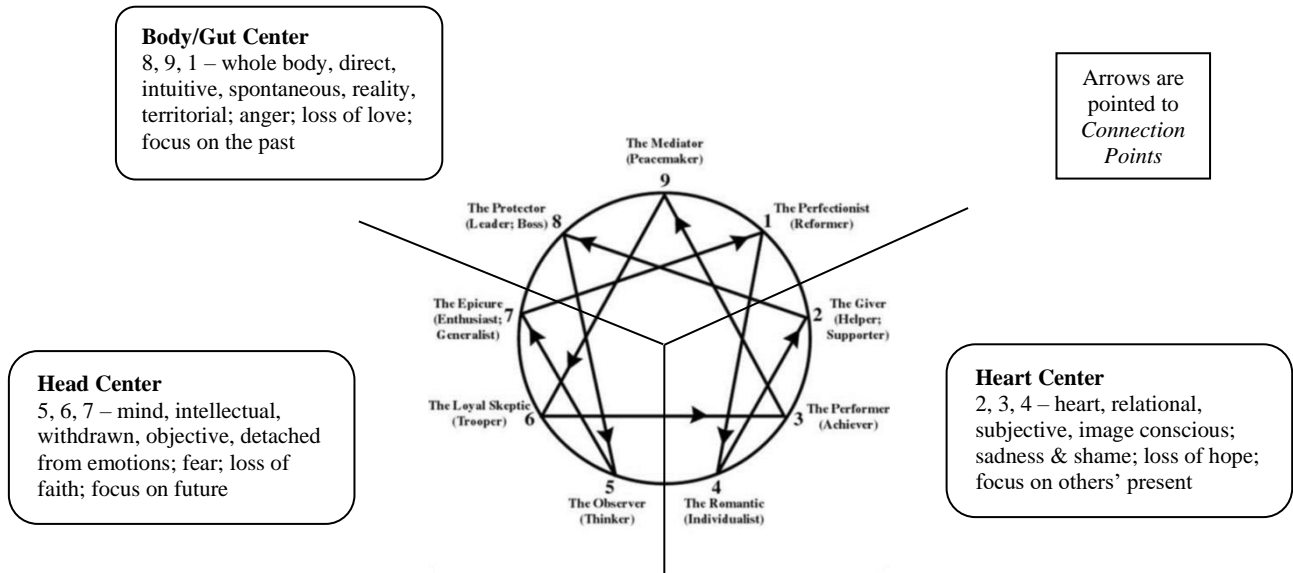


BODY-HEART-MIND MEDITATION

Movement through the Centers

Being receptive and listening to ourselves, to others and to Life is actually listening to our own sense of beauty (body/gut), feeling (heart), and values/thoughts (head).



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, etc., and our Deeper Self (in the Body/Gut Center).

The ego then needs to create a shielding self by absorbing the emotional patterns of others and repeating our own habitual emotional patterns (in the 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 the Head Thinking Center),
which creates more boundaries and loss (Body/Gut),
which reinforces the wounded ego-self (Heart),
which creates more fear and more strategies (Head),
and on and on.

Stop.

Breathe.

Be here. Be present. In your body. (Body/Gut Center)

Feel and experience all of your genuine feelings and your uniqueness, value and connection with others. (Heart Center)

Discover the unfolding and self-liberation of your quiet mind. (Head Center)

Experience the direct knowing and wisdom arising from your Deeper Self and Ground of Being / God (Gut),
just for you (Heart),
with your clear mind (Head),
and on and on.