

What does true health & a balanced life look like?

How the body mind emotions and soul influence your health and the patterns that often recur in your life.

By

Joanne Hadley



Welcome to my e-book.

Somatic therapy & counselling may assist you to access your inner wisdom and true essence by showing you how to recognise, then integrate the unprocessed energies that influence your physiology & your behaviour. Be who you are, not who you been programmed to be.

This e-book gives metaphors and stories to assist you grasp the ideas of how these factors influence your body, mind, soul & life.

These ideas are written as perceived via my personal filter and consciousness. Feel free to formulate your own ideas. This e-book is meant to show you my way of seeing the world and if you feel called to work with me. I would be grateful, appreciative & humbled to be your guide & catalyst for you own journey into yourself.

Prologue

This e-book is written in a non linear fashion. Any chapter can be read in any order. Each chapter is self-contained, but each can relate and enhance the other chapters. I begin with some information about myself, but that could also be read last. I am assuming you are here reading this work because you are interested in who is offering the treatment you may be interested in pursuing. Knowing how I see the world may assist your decision to work with me or to find another therapist that may be a better fit for you.

This e-book is not meant to be a paper on science and research, but my own perceptions I have gained from my experiences and learnings. I am highlighting the perceptual framework through which I work. My learnings are attained from reading the research and work of others. This e-book is about how I apply this knowledge & wisdom.

I always intend that I am a safe space holder, that allows source energy, to flow through me while I am present and attuned to my clients. I provide this safe space so they may receive energetic support, or a temporary elevation in their consciousness, to assist them to become aware of their own patterns and unresolved energies. With this heightened awareness of body sensory input & their faulty beliefs/perceptions, the client can safely integrate these energies and thus access their own inner wisdom. The clients' own inner wisdom guides their next steps. I believe you are the expert on you & your life, but often this inner awareness is blocked by our past programming, coping strategies & unprocessed emotions. I am merely a catalyst, but as science shows, catalysts enhance a reaction but do not participate or influence the reaction or outcome. I am a human catalyst.

If you desire to know your true self and learn to hear your inner wisdom, or wish to be seen without judgement, may I be your chosen guide to lead you deeper into yourself. It is my honour to be of assistance to you at this stage of your journey.

Namaste.

Who am I?

My name is Joanne Hadley. I consider myself a catalyst and a guide. A guide who is able to light the way for my clients so they can navigate the difficult path for their own journey within themselves. I cannot heal another or change another's life. But I am able, by the light of my own awareness and presence, to light the way, so my client can see & find their own safe pathway into their own hearts, so they can meet their own true self. This may assist my clients to be able to make better choices in their life.

I was a physiotherapist for over 30 years. I am now a somatic therapist and counsellor. What is a somatic therapist? A somatic therapist deals with the body. I believe our body is a receptor, the ultimate receptor made up of an infinite number of smaller receptors. We are each a receptor for the collective organism that is the body of humanity. Thus I believe we are a receptor for 'all that is' or our source energy.

I have come to believe, from all I have read and learned, that 'all that is'/ source/ the universe - whatever name you wish to call it- is a field of energy and consciousness. The earth plane and humans, are receptors that allow reality to be experienced by 'all that is', so it can experience itself. To paraphrase Doctor Bruce Lipton, who often asks the question, "how would we know what chocolate tasted like if we were just pure consciousness?" We are physical mental emotional and spiritual energy beings. We are more than just our physical bodies. We are the witness, the observer. We are a part of 'all-that-is'. Science & spirituality to me are one and the same. Science proves what the ancient mystics and eastern philosophies have taught for Millenia.

I learned from my own life, from listening to client's stories for many years, and from books and courses, that we are more than just physical. What we think and believe is vitally important to how we recover, our overall health and how harmonious our lives are going. Our beliefs and thoughts impact our body. It is simple physiology. There is a branch in science called psych-neuro-(endocrinology)-immunology, which means everything in the body works together. Thoughts generate emotions and together the thoughts and emotions create physical changes in the entirety of our bodies. These affects every cell in our body, by producing neuropeptides that each cell in our body has receptors for.

Beliefs are just thoughts that are repeated frequently. And anything repeated frequently becomes a habit. Habits usually become subconscious programmes. Once the initial trigger is recognised, the body just automatically responds with the automatically learned response. Until we make this reaction conscious.

Cells have receptors for all these neuropeptides of the emotions. These emotions correspond to thoughts, feelings & bodily responses. When we are healthy and connected to our source energy, this energy flows through us unimpeded. But any traumas (unhealed wounds), faulty beliefs or patterns or poor programming can create a block in the flow of this energy. It is where this block occurs that we can create either a physical complaint or express behaviour patterns or programmes that are not optimal. These blocks come from a perception or consciousness level that does not see the full picture.

The whole truth for us comes from the consciousness of the highest level of perspective, which is when we attain enlightenment. At this level we express completely as our true selves. Until we reach this highest level there will always be a cloud covering our perception. The possibility of a blind spot that may prevent us acting from our true essence. The lower we are in our level of consciousness the more cloudy and potentially faulty will be our perception of the world. So be gentle with yourself as it is a journey and a process. There are not many who have achieved this level of consciousness. I believe it is humanity's destiny to all attain it, someday. It will take generations but we are ever expanding as a collective, into a higher level of consciousness. If you are reading this and resonating with my words you have achieved quite an advanced level compared to the average.

We are all connected to source energy, the unified field, the universe, and if we are in true balance we will be picking up information from that field and it will help us perceive at a higher frequency and clarity. Then we are able to operate from higher levels of consciousness. The more limited our levels of perception, the more limited will be our ability to receive and perceive the information accurately coming through from this source unified field energy. It is our interpretation of this information which often gets distorted. Everything we do is filtered through our own perceptions. Our perceptions are created by our early learning environments in childhood and from our ancestral and collective influences.

At the purely physical level we can determine how in balance and in harmony we are because our body will reflect clearly our state of consciousness. Our perceptions ultimately determine how harmonious and healthy our lives are. Our perceptions are influenced by how freely we have learned to express our emotions, how much ancestral, collective or individual wounds we still carry.

If the physical body is a huge receptor made up of infinite number of smaller receptors, feeding information back to the source unified field, how do we know when this physical body is in harmony or in disharmony?

Our nervous system state gives us a clue. The autonomic nervous system has two basic branches, the fight/flight and freeze response, which is our stress response state. It was designed for acute issues and short term problems. If we live a prolonged amount of time in this chronic stress state, our nervous system will become chronically dysregulated. This will show up by determining our state of mind and felt emotions. Emotions like anger, frustration, irritation, anxiety, annoyance, often indicate we are in fight or flight. If we are in a chronic state of depression, grief, sadness, apathy, numbness, boredom, we are often in the freeze state. They are slightly different. Freeze occurs when we are not able to fight or run away. Instead we shut down to protect ourselves.



Remember, the stress state is designed well and operates perfectly in an acute stress situation. It was designed for short term use to recognise an immediate danger or threat and to go into action to decrease the amount of blood flow and

activity to areas of the body where it wasn't important to use energy at that point. For example, if we're about to be attacked by a predator or violent person, the immune system's ability to heal, or the digestive system's ability to digest food is energy wasted. So in acute threats blood flow and energy is diverted to the muscle system to get the heck out of there or to fight. Cortisol is released and it increases our strength. But this is not meant to be prolonged. But in modern life we have so many life situations that keep us often perpetually in a state of chronic stress. Some of us are aware of this state that we're in and others are so used to this state or so numbed out to this state, they're not even aware of the amount of stress they're under and what it's doing to their body.

As a physiotherapist people were coming to see me because of physical chronic illness or physical pain, often recurrent. If they presented with an acute injury that healed in the normal physiological time frame, then no problem. This is not what I'm talking about. I'm interested more when people keep returning for the same condition, or their injury or pain doesn't get better. When the condition keeps persisting long after the physiological time frames of healing. Or symptoms just keep returning. We are trained to only look for a physical cause. Most people blame something in the physical environment. But research is showing that it is often other factors in our environment that are contributing to this recurrent symptoms and pain. The context in which we live, for example- what is happening at home, or what is happening at work, or perhaps there has been some big trauma (unhealed inner wound) in the past that hasn't been resolved. Something outside their awareness has triggered them and the body responds.

I often would ask, “Is there anything else happening in your life at the moment?” Many would breakdown in tears. Usually, when chronic pain and symptoms intensify, very frequently, there are other stresses in life that we can identify that also increased around the same time. Often the original cause may have begun in childhood, or earlier. The body remembers. Or maybe the body is expressing a remembered unhealed inner wound?

Many times, I found, people with the same injury would heal or get better at different rates. If you looked at their life stories and histories, you'd often see evidence of less support structures in their life, unconscious faulty beliefs, previous experiences of physical, mental or emotional pain attached to the people who healed at a slower rate.

Often people who had great attitudes, good support or had goals they really were motivated to get back to. These people often healed in the normal time frames or faster. What I found interesting is, many people resisted even the very idea that perhaps their beliefs, other life stresses, or what else that had happened

in their life, could possibly be influencing their pain. Nearly every chronic pain case I saw, there was a history of trauma or unhealed inner wounds. Often unhealed inner wounds had not been addressed. And in many of these cases, if I informed people that there could be a connection, many were not interested. Because I cannot heal or change anyone but myself. These people often had poor outcomes. But the clients who were open to these ideas often changed quickly. They understood and took responsibility for their lives. They knew I was a catalyst, a guide, but only they could do the work to change. If you are still reading this, there is a great chance you are one of the people with the courage and intent to become responsible for your own life and health. This is how we begin to attain our own inner power, a connection to our true essence. Amazing levels of self healing are possible when can connect to our true essence.

My passion is to help people who are open to seeing the bigger picture in their health. Open to seeing they have more power over their own physiology and body than they thought possible. I'm interested in helping people who are willing to change their beliefs about themselves and their body. People who are open to inquiring into the truth about themselves that they've been told. I'm interested in working with people who question, who are curious.

The western medical model has many great benefits and if you need to be kept alive it's very good model for that. It can be needed in conjunction with the work I am writing about. It is not mutually exclusive. (N.B. If you have doctors and medication, do not make any drastic changes. Do this work in collaboration with your other existing medical practitioners. The work I am writing about is a process. It takes time. All aspects of health and medicine have their place.) But for chronic illness and chronic conditions, including pain, it is not very good, because it does not address the root causes. The western medical model is about managing these chronic conditions. Managing may be all you wish to do. That is ok. But with chronic illness and pain, as with the recurrent life issues we may have, there is a possibility of changing these, maybe even eliminating them. The root causes may have mental, emotional, spiritual, as well as physical components. The physical aspect changes last.

For example, if you're going on a holiday and the holiday represents the physical aspect of your body. If you are deciding to go on a holiday to Hawaii, you don't suddenly tell people before you've gone or even planned it, "I had a great holiday in Hawaii, now I have to go plan it". No, you first have the idea about holiday to Hawaii. Now where did that idea for the holiday for Hawaii come from? That could have many answers, maybe it was received from the source/unified field? Then, we have the idea of going on a holiday to Hawaii, so it's a thought. We get excited – an emotion and then we start to gather

information about what we want to do on that holiday, where we want to go on that holiday, when we want to go on that holiday. The very last thing is the holiday to Hawaii. So, you can see that the spiritual the mental and emotional come first and the physical comes last.

Of course, if you fall off a cliff and hurt yourself, the physical may come first. Then the rate of healing according to physiological normal rates of healing will vary depending upon variables like; the meaning we give to this injury, our belief system; how much support we have in our life from others; how much we love our job, what are our relationships like? These and other issues will influence our rate of healing.

This is a bit of background on how I understand the world the way I do. For many years while working, my body would often get pains and I often used to joke that I was picking up the clients pain. I joked I was experiencing a small dose, like a homoeopathic dose, of their symptoms ,so I could better understand them.

Perhaps this joke was more close to the truth than I ever imagined. Because when we start to clear our own issues and we get closer and closer to our own source energy, the clearer our energy flows through our body. Then the more we are able to actually tune in and feel what other people are feeling. We are connected by mirror neurons in our mind. These allow us to have a little representation of the other person within us. Now our representation in our mirror image of this person may not necessarily be a true and accurate reflection of them. It will be a version of them filtered by our own perceptions. And it is through mirror neurones that we understand how to be empathetic, compassionate and how we learn new skills. Children learn by watching and observing others – mirror neurones. When I was a child, I used to love tennis and I noticed that every time I watched Wimbledon my game would improve for the weeks afterwards. That was mirror neurones in action. Just observing the game of tennis and wanting to play better, I automatically played better.

Let's go back to the nervous system. There are two states. I described the chronic stress state or the dysregulated nervous system state. It can also be measured mathematically via measuring heart rate variability. A lot of us are measuring our stress levels via our smart watches, as this measures our heart rate variability. When we are in chronic fight or flight or freeze - heart rate variability is poor.

We are meant to be in the second part of the nervous system most of the time. There are a lot of blogs and posts about this part of the nervous system. We can look at it through the vagus nerve, especially the ventral vagus nerve. This is

our system of reporting whether we are feeling safe and secure in our environment and thus in a regulated nervous system state. And our heart rate variability in this state will be optimal.



We don't need a smart watch or technology to tell us if we are in an optimal state or not. We can work this out by our emotions. By what we are feeling and sensing within our body. In this state, if we are feeling, peace, calm, love, compassion, care, appreciation, or joy, then we are in our ventral vagal nervous system state a regulated nervous system. This is the balance and harmony that we are meant to live in most of the time. We were only meant to be in the fight or flight and stress response for short periods. The rest is meant to be lived in this safe harmonious regulated nervous system state. Yet, most of the world, or especially the western world, is in a dysregulated state. And the rates of chronic pain, chronic symptoms and chronic illness reflect this.

So how do we have agency over our health? Over our traumas (unhealed wounds), conditioning and anything else blocking our level of consciousness? If we perceive incorrectly or inaccurately, we will have developed faulty beliefs. These are unconscious, so we are unaware they exist. So how can we change conditioning & faulty beliefs we do not know exists?

First, we have to become aware we have an issue and wish to change it. Awareness is the key to changing anything. If we are not aware, we don't even know we've got a problem. How can we change it? Our life and our body gives us clues. Our behaviours that are unhelpful. Or recurring relationship issues. Our symptoms in our body. These are clues. We are meant to be in balance and harmony – homeostasis. When we are out of balance this state gives us clues but what symptoms, or behaviours that are showing up. Our triggers are a huge clue.

The second step is have an intention. The intention to want to be in a regulated healthy balanced state. However, that may appear to you. We must know where we are going in order to change. We must set the internal GPS, so we know where we're headed. Otherwise, we could be going around in circles, trying to heal ourselves and change what we don't like. Focussing on where we don't wish to be. Focussing on the problems, continuing playing the thought reel of 'what's wrong with you?'

This is often where people get stuck. Intent on discovering what is wrong with them because they have chronic symptoms, pain or life issues. What if there was nothing wrong with you? What if your body or your life circumstances were responding perfectly? These inform us we are out of balance. Thank you, body. Thank you, life circumstances. Now you need to focus on something that will lead you back to balance. How will you even recognise if you are back in balance? What will it look like or feel like?

The second step of setting an intention is the step that gives us the direction in which we wish to move. I also tell clients that it is about asking better questions. The question of, 'what is it that we want to achieve?', 'how do we want to feel?', 'what sort of life do we want?', 'how do we want our body to respond?' For instance, I will say, 'What does your body need to attain a pain free state filled, with energy and vitality, so you can walk 5 kilometres with ease?' We have to know where we're going and set our own internal GPS. Why is this?

We have an innate ability to heal. We have innate wisdom that knows how to guide us towards optimal health, the perfect conditions for our life. This inner wisdom is connected to our soul, which is connected to our higher self, which is connected to source energy, all that is, the universe or whatever you like to call

it. It is our piece of the source within us and it is connected to all the other individual parts of source (other people) that are expressing itself in separate bodies. We appear to be separate but we are connected. We are mostly not physical but more a series of interconnected fields of energy. Quantum science.

The inner wisdom, contained in every cell in the body within our biofield responds to every thought every emotion. So, it is vital that we understand this and thus can direct it to work for our benefit, not to our detriment. The inner wisdom is always trying to get us into balance or harmony. But if our perception or consciousness or faulty beliefs distort or cannot hear the gentle voice of our inner wisdom, we may thrash around in our lives, being run by our own controlling patterns or ego patterns. We all have these patterns to some degree, so it is nothing to be ashamed of, or guilty about. We're all on this path to discovering, understanding and working with our inner wisdom. It is a new concept, something that I wouldn't have talked about prior to the Covid pandemic. Ancient wisdom has known and talked about these principles, but today with our neuroscience, our quantum science, we are giving proof to how this ancient knowledge works.

So, if the aim is to have us in the ventral vegas state, or a regulated nervous system state. This is often labelled the parasympathetic nervous system in the literature. If we are mostly living in this state, which we are meant to, we then are more receptive to picking up the whispers and the instructions from our inner wisdom and from the unified field and source energy.

Because in a chronic stress state it changes how our brain functions. Our brain is a processor and receiver. When we're chronically stressed, the anterior of the brain, which is our higher cognitive awareness becomes blocked. This decreased function allows the emergency unconscious areas react in automatic responses. The automatic responses are vital in responding quickly to legitimate threat. We are wired to react in this unconscious habitual way from our hindbrain and midbrain. This is great in acute situations, but if we live in chronic stress, it can wire of our nervous system to react as if under threat constantly with minimum real threats. We decrease our higher thinking and intuitive abilities.

Meditation is designed to train us to respond rather than react. It teaches us to be present in the present moment. This can override, rewire, the automatic responses or reactions of the nervous system.

When we are in a regulated nervous system state, ventral vagal state, we are then using the frontal part of our mind. We are capable of tuning in to the

unified field that's all around us. We are not just trapped inside our head with all the limited mental chatter that is our known programmed world.

We are not just physical; therefore our thoughts do not always contain all the answers and very rarely do. When someone is just analysing with their mind, they're analysing from a very limited data source and errors are very common. If we are open and receptive and in a calm regulated state, we become like antennas. Because we are receiving information and energy from the unified field, or it is source energy, we can in tune in and then download the information that we need at that time. But we need to know how to tune into this. How to be receptive and to let go of the blocks to this receptivity. This is part of the work that I do.

To be in a regulated nervous system state first and foremost requires a person to feel safe. If they don't feel safe, they cannot be in a regulated nervous system state. Safety is paramount. Danger or threat is the stress state. So, the first stages in integrating these old patterns requires the body to understand it is safe. The work that I do, I intend and endeavour to hold a safe space, where people can be who they are without judgement. I can be a human mirror, so they can see more clearly the faulty beliefs and patterns that are limiting their life. And by being this safe mirror, it's amazing how often people then can tune in to their own inner wisdom and understand clearly the next steps they need to take.

And when they get in tune with their inner wisdom they see and understand they are more powerful than they ever thought possible. They're more whole than they ever thought possible. They're more powerful than they ever thought possible. Because as they change their perceptions about themselves, they can release and integrate unprocessed emotions and energies. Especially in the presence of a compassionate witness that mirrors them, allows their pain and thus once these energies are integrated, they can operate from a higher level of consciousness. Once we integrate a faulty perception, faulty belief, unprocessed emotions, or traumas and gain the insight and inner wisdom; that pattern is gone for good. That person is then forever operating at a higher level of vibration, at a higher level of consciousness, with a clearer perception of themselves in the world. This is the work I do.

I derive great joy at being able to hold a safe space to be able to see and allow people to be who they truly are. To allow them to be vulnerable and to release sometimes intense emotions. Then to witness these intense emotions turn into wisdom and inner peace. Then they can use their inner wisdom to guide their own lives. It is beautiful to witness. It is powerful to be part of and it's work which makes my life filled with meaning.

The Octopus and the Vacuum – How traumas, patterns and energies get stuck.

What if we are all ONE. All connected to the one Source? Spiritual traditions often state this and now quantum science is showing, we are indeed all connected to a unified field. Similar to Carl Jung's collective unconscious/conscious. Lynne McTaggart has written a great book about the science behind this and her book is called unsurprisingly titled, 'The Field'.

The way I like to describe this for beginners attempting to wrap their minds around these new concepts is this metaphor:

What if the universe or Source energy was like an octopus? And what if this octopus was using all its outer surface area -its skin as sensory receptors? Imagine that each tentacle on the octopus represents a person. Each person is separate yet connected to the whole.



All these sensory receivers from all parts of the octopus, including the tentacles, are receiving and sensing the external environment, the outside world. The totality of the octopus receives this information and processes all it is perceiving. This is how the totality of the octopus understands what is going on outside of it.

The octopus also is receiving information from INSIDE itself from internal receptors & organs. It decodes and understands the information coming from inside and outside itself.

The totality of the octopus then sends appropriate responses back to the outside world via the individual tentacles.

What if the Octopus is experiencing the world via its senses and understanding itself via the information coming in through all the senses on its outer skin?

What it perceives on the external can alter what it is experiencing on the internal. Also, what is happening inside the octopus can influence what impulses and responses the octopus sends to its tentacles and other exterior parts that interact with the outer world. All this information is being received and processed at the one time from all aspects of the interior and exterior. Even though the tentacles may be moving independently, they are still receiving information and responses depending on all the information being received. Its optimal functioning depends on a harmonic balance between its inner and outer environments. Just like we humans. Our organs don't know what is happening in the outer world. So the brain is a processing unit that receives all the information from the interior of the organism and the exterior and then formulates appropriate responses back to the inner world and the external tentacles. Source energy knows all that is occurring within and without and makes the appropriate responses via the individual humans.

The octopus is gathering information about the outside world and its experiences and sending that information to the brain and the central processing area of the octopus. All tentacles and aspects of the octopus are sending information at the same time. Each tentacle is receiving and sending their own individual information. Each tentacle is contributing to the whole. And what if, life was like that?

What if we have this energy, that is, this collective energy, which we're all connected to? We can call it Source or the universe. And each of us, each human, possibly even the animals and plants, are all individual aspects of this Source energy. Each experiencing the world and sending information back to whole collective unified field. So all the information coming in via the individuals, the net amount received, as well as the content of this information, is going to influence the whole. But each individual component of this octopus /part of humanity leading to the whole, is unique and individual. Each part may be experiencing completely different information and therefore has a completely different expression, than some other aspect of this whole. If this is an octopus with 8 billion tentacles, then how many tentacles know what the other tentacles are doing or experiencing?

For instance, the tentacles furthest from each other may be experiencing a completely different set of environmental situations than the other. Even the tentacle closest to each other in the octopus, will be experiencing something similar, but still different.

What if humanity is like this octopus? What if we're all experiencing our own individual unique expression, yet everything that we're experiencing is also being channelled into the whole. Every individual is plugged into this collective field and therefore is influencing the experience of the others? So, if one heals, we all heal. If one hurts, we all experience hurt. If one raises their consciousness we all raise our consciousness.

Now, in a perfect world, when each aspect of the octopus is experiencing what it is they need to experience with their senses and sending that information in to be processed, everything is just flowing normally. It's in flow. Everything is in balance and harmony. This is the octopus living in its optimal highest state, experiencing it's true perfect version of itself. The tentacles and skin are bringing in all the sensory information from the outer world. It's sending it into its central processing unit to be perceived and understood and responded to. And the responses are going to be appropriate and perfect, because all the information is coming in unhindered and unfiltered. So the central processing unit has every bit of information it requires in order to create the appropriate perfect response.

What if? Some information gets blocked or clogged at the end of the tentacle, and that information can't get through to the central processing area, or is received distorted? Then there is a block in the freedom and flow of information. So, if there is a block and information keeps getting clogged there, overtime that area can grow and cause significant disruption in the energy flow. Not only the information being received is affected but also because everything is a two way street, the octopus is usually responding and sending signals back down to the tentacles. So what if these blocks continue and get bigger? Then more dysfunction and distortion can happen. The perception will be different and non-optiomal now because the octopus isn't getting all its information clear and unhindered.

Decisions cannot be made adequately or appropriately because it's missing vital aspects, so its response may not be as accurate or as clear, as if it had received all the flow of information.

This is my beginners' analogy about how we're all connected to the ONE Source energy. Of course, it's a much bigger picture than an octopus. Even a 8 billion tentacled one. But it's a really simple analogy. Information is always a two way street. It is being picked up by these senses in the outer skin of the octopus and being transferred into central processing centres to then send signals back as a response. It makes sense of the experience that's happening. If that is being blocked/distorted. Then the response cannot be accurate or appropriate.

To me this is a bit how trauma works in the body. Trauma (unhealed inner wound) blocks/represses/suppresses emotions or energy, when we have something happen to us and in response we alter our sensory input. We can shut it off or turn it down, or at times we can increase the sensitivity to the signal received. Depends on how our systems have learned to cope and react. Then we have a whole lot of information that is being altered, therefore our central processing units, cannot respond adequately. And as we know, when we have trauma (unhealed inner wounds), we often are shut down in some cases, or we can be hypervigilant and over reactive. Or it can just affect and influence our perception of the world. If we're living in constant fear, or lack safety, we're going to view the world completely different than if we're living in a world where we feel safe and secure in the environment we are living in.

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The question is, how do we restore the normal flow of the emotions and energies?

What if humans were, like in the octopus analogy, all connected to this unified field/Source energy?

What if each of us is a unique conscious sensory receptor, feeding information to this field and also responding from the field and our responses? If our perception of reality has been distorted by our own traumas and that of the collective field, which also influences our responses, how can we restore the optimal two way street functioning of ourselves and our collective human society? Doesn't this fact make us feel powerful that we can influence the whole? That our healing/growth can assist the whole to grow closer to its optimal expression?

It is my quick explanation of how to understand how we are both individual and connected.

Here is my other quick analogy of how trauma(unhealed inner wounds) can get stuck and block our system.

Trauma is a bit like vacuuming. When we are vacuuming, we are picking up all the unwanted particles, seen and unseen, that are on the ground. If everything is flowing correctly, it'll all be trapped and caught in a central area, which we can just take away and put in the garbage. No problem. The particles do not create any harm or blocks. We experience them and let them go.

Sometimes the vacuum gets blocked with these particles at some point. This makes the vacuum inefficient. And then we're not able to clean out the particles

that were on the floor. If its completely blocked we cannot clean anything. Then the vacuum is working ineffieciently. This may cause over heating or stress on the vacuum cleaner.

We humans can be like the vacuum cleaner. If we are in balance we can clear the particles seen and unseen and discard them appropriately without issue. But if we are blocked, it can create injury/illness or just interfere with the balance in our human body. It can cause us to overheat- get inflamed or angry etc. All chronic symptoms have increased inflammation as a component.

How do we deal with these blocked energies? There are many ways to accessing our own innate healing ability and inner wisdom. Seeing a somatic therapist or trauma therapist may be ideal for some. This is the work I do.

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The Analogies of the Russian Dolls



I find it easy to explain a lot of aspects of life with the Russian doll analogy. When it comes to ourselves we start out as an embryo and at a certain point in the womb we start becoming sensitive to the energies around us and the environment within our mothers. Each successive moment is retained in the original, as it evolves into maturity.

Now if life is passing through us and there's nothing to get attached to and we're not developing any traumas or patterns or faulty programming. If we just allow our true self and our inner wisdom to guide us, everything is flowing naturally. All these little progressive inner children are all happy. They're not getting stuck or contributing to future problems. Our development gets blocked if trauma (unhealed inner wounds) are not resolved. Most adults are functioning from the wounded inner child self not their adult self.

So every subsequent moment is building up on the next subsequent moment, just like a Russian doll. If the first tiny little Russian doll is us in embryonic form, then every subsequent doll is just a snapshot in time of the moment subsequent to that.

Assuming no influences create medical issues in the embryo, we start out as our whole selves, perfect. I will say a caveat to this, that we do get influenced by three lines. We will have a paternal line, maternal line & we also have a soul line. Each of us is influenced by the parents we have in this lifetime, as well as the soul pattern that we brought in with us in this lifetime.

This maternal, paternal line, as well as the soul experiences that we bring into this life, all influence the behaviours, levels of consciousness and development of the child. For example; some children are born with a high level of consciousness, so if they happen to be with parents who have drug addictions or mental health issues, they may notice that and then choose differently or have more compassion and see that pain is underlying that problem. Another child that may not have a high level of consciousness, may have alcoholic or drug addict parents and then become one themselves.

Each subsequent moment is contained in the next moment. We are a byproduct of the moments that have preceded. So if we get to an age, for example 40 years of age and we realise we have some beliefs in our system that are creating illness or creating faulty or limiting relationships issues at work, we can do some inner emotional work by finding and going back to which Russian doll where that issue was created.

I find the image of the Russian doll a simple analogy to understand how in the person we are today in this moment within us contains every other moment of who we have been.

We can only ever live in the present moment, the now. So all the previous nows are like little Russian dolls all contained within us. When the faulty belief has created a change in the structure or function it will be displayed in the physical often, so the Russian doll will each time get bigger with the same dysfunction. Therefore when we do healing work we can go back to that original wound without a regional structural functional dysfunction, so we can then change the functioning or consciousness. Sometimes the physical alteration will remain. But the consciousness has expanded.

We may not be able to completely alter and change the physical structure. In some cases, it's possible to change the actual physical changes. In other cases,

it's just an internal shift within. What definitely changes is our attitudes, which will be reflected in our posture & within our health. As we heal/integrate, we view things from a higher level of consciousness and awareness.

I also use this Russian doll analogy when I'm talking about each person's connection with Source energy, the universe. I have come to know this from quantum science, from my meditation practice, from my own inner knowing, that we are part of one infinite field of energy which is consciousness a.k.a. Source energy.

I'll start from the bigger doll and work inwards this time. Imagine the universe or Source energy is everything. It's everywhere, in everything. This Source energy is made up of infinite aspects of itself which includes our higher powers/true self. This higher power then has part of itself within the human form for each human lifetime. Part of this higher power within us is our soul.

Our soul is connected to every cell in our body. According to Doctor John Ryan, who has created the new energy medicine modality of Unity Field Healing. Dr Ryan teaches the soul is connected to our body and ourselves via the 24th chromosome. The 24th chromosome is part of the quantum field, so is multidimensional. This 24th chromosome and the quantum aspect to the DNA is yet to be fully evidenced by science.

We are made up of trillions of cells, each of which is connected to us so and to this quantum field of energy, that is related back to the Source energy.

My third analogy with the Russian doll is that of ancestral trauma. If we start with an ancestor where a particular trauma programming pattern or faulty belief began. If this issue was not healed or resolved, it was then passed on epigenetically to the next generation. If that next generation did not heal the wound, it was then passed on to the next generation.

As you can see with each subsequent passing on of the initial trauma pattern it can get added to or diminished a little bit, before it's passed on again. Interestingly, if someone has found a way to heal or transform that trauma and neutralise it, then it is subsequently healed all along the ancestral line. As well as healing into the future line. Many First Nations or indigenous cultures have often stated that what we do today can affect 7 generations in the future or past. The latest research in epigenetics shows that traumas can be handed down at least 7 generations if not more. So the indigenous were right.

This ancestral trauma keeps going down the lineage until we get to the current life. Within each of us, in this moment we have a collection of little inner dolls

or from subsequent relatives down the ancestral line. The good news is, if we manage to heal ourselves & integrate our unresolved energies, we not only heal the past, but we also save the future from having to suffer the same issue. What a great reason for desiring to access our wholeness. Not only do we benefit but it heals our ancestors and saves our future children and their line from suffering the same wound,

The Golden Buddha Story

We are all like golden Buddhas. The golden Buddha represents our true nature, our highest potential. The individual we would be, if we were completely in flow with life and connected to Source energy/all that is. Free from our baggage, traumas and faulty beliefs.

Apparently, there is a true story in Thailand, of a giant golden Buddha statue that was covered up by plaster to protect it from an invading army. All the monks protecting this golden Buddha statue were killed, so the true nature of the statue beneath the plaster was lost.. And it was many centuries later, through accident that the hidden golden nature of this statue was uncovered. Through a crack in the plaster, it's golden interior shone out and it was rediscovered.



To me the metaphor of the golden Buddha, that has layers of plaster or clay covering up its true identity, is similar to humans living today. Humans who have not attained enlightenment, Buddha status or Christ consciousness, have layers of mud, clay and dirt covering up their true nature. This true nature is golden.

Instead, we are often living life through this plaster clay covering and for some with very low levels of consciousness, we can have everything completely covered up. Depending on how much baggage or mud, i.e. all the unintegrated traumas – ancestral, collective and individual traumas, will determine how clearly we can see and live from this true golden nature.

We all have this inner golden child, this inner golden centre. By gently and gradually allowing all the plaster and dirt (unprocessed emotions, energy, traumas) that's been accumulated, that blocks our true golden perception of ourselves, we can then access to its power and its abilities.

Who would we be if we were living from this inner golden nature? This inner golden child? According to the work of Doctor David Hawkins, who spent the final decades of his life researching consciousness, he determined a mathematical range frequencies and energy that measured our level of perception or consciousness.

Via kinesiology, he worked out there was exponentially an increasing amount of energy and power to the next subsequent level. The base level started at shame & ended at enlightenment. He discovered the higher the levels of consciousness we ascend, the more we let go of our emotional baggage, our faulty mental constructs. Once we get to what he deemed to be level 500 and 540 we were getting to be able to heal ourselves with consciousness, presence & unconditional love.

Doctor Hawkins wrote that at the level of 540 on his scale, unconditional love was able to heal most illnesses and many other issues people have. He determined at his level of 600 there was peace. The higher levels getting even closer to pure enlightenment or Christ consciousness, which was enlightenment.

His work also showed that the logic and reasoning resonated at much lower frequencies. They were in the 400's on his scale, compared to love and unconditional love, which resonated at higher levels in the 500's. According to Doctor Hawkins scale the power of unconditional love and true inner peace has the ability to heal everything within us and can influence those around us. To be in the presence of someone who resonates at the higher frequencies of unconditional love, peace or higher, can actually assist us to raise our consciousness to resonate at similar levels even if it's only temporary to start with. But if you can feel these sensations and the experience of vibrating at those higher levels, even for a short time, the body and the awareness it has gained from the experience, are retained in cellular or energetic memory. So the body/soul can then learn to then recreate it for itself on a more permanent level.

This is how I see the work that I do. I can use my level of consciousness to help lift someone else up, so they can view and feel what it's like to be at a higher level than they are currently at. This enables them to see who they are and who they could possibly be and what could possibly feel if they were living at this higher level. When they returned back to the state they began before the session they are now different, because they've experienced who/what they potentially can be. Then they set their own internal GPS, so they can then take steps towards attaining this for themselves on a more conscious level.

Emerging from the Tar

I often give the analogy for the process of letting go and transmuting our traumas, poor programming and faulty beliefs with the metaphor about emerging from the tar.

Tar is a dirty, sticky, very viscous fluid material, made from peat, decaying vegetation or even fossil fuels and it can be quite toxic.

Tar reminds me of prehistoric times. Possibly because it triggers the idea of the evolution of life & how our unintegrated past can cause issues in the present. I equate and visualise the traumas and emotional baggage humanity has accumulated over the aeons, as being analogous to this viscous toxic tar.

When we have the intention to get out of the tar and begin applying the principles of healing and wholeness, we take the first steps towards emerging from the tar. The tar can be so thick and heavy, that at first, it continually pulls us back down into the pit.

But the more we practise climbing out of the pit, eventually we will gain the necessary strength to stay out and not be pulled back. But, initially, as we emerge, we are still covered in this heavy thick tar. This slows our progress as we're still carrying a big heavy toxic load. With each step we take forward, parts of the tar/emotional energetic baggage drop away. Eventually, as we keep walking towards our healing and whole self, enough tar has fallen off so we can begin to straighten up. As we become more upright and posturally aligned we become better receivers to receive the wisdom that's all around us in the universe, in quantum form. In the frequency & vibration of the unified field or consciousness.

As we allow more and more of the tar to drop away from our body and we're able to stand straighter, energy flows easier through our body and energy systems. We start to feel lighter, with more inner peace. We begin to move swifter. Movement becomes easier. Life becomes easier, when we have less and less of the tar/unprocessed energies sticking to the body.

The tar represents the emotional baggage, faulty beliefs, and poor programming from our parents, our ancestors and our environment. Depending on how heavy the emotional baggage is weighing us down it blocks our progress. If we don't have other variables that counteract its effects, it often does not allow us to see our true potential. The baggage can make it difficult to get ourselves on this path towards wholeness and health & stay on it.



Of course, there's always many variables. This is just a simple analogy to allow the mind to understand and grasp new concepts. The more we've been programmed and conditioned with these emotional baggage and faulty beliefs etc, as we start to do new things, to try new ways of being, to utilise the tools of healing, we may have learned or picked up from practitioners, books, videos, etc, we start to gradually let go of this baggage. It often is difficult to start.

Many times we can make a little bit of progress only to find ourselves falling back into our old habits. All programmes, depending on how long we've had them, can be tricky to override and reprogram. Of course, it's always possible to do so. If we have the intention to change our life, or we have an intention of who we wish to become, we will succeed. Gradually, we will take the steps to reach the goal, if we keep repeating the new patterns. We need to practise and practise over and over, the new tools and techniques, because the old patterns of programming have had millions and trillions of practise. This is how they were to laid down. But it happened unconsciously. With healing we are reprogramming ourselves, consciously. With awareness.

Sometimes these programmes were already programmed into us by our ancestors and by our environment. But if we see a role model we admire, who's living the way we'd love to live, that's a great beacon of light for us to be striving to reach for ourselves. We may not heal others but our progress can inspire and light the way for others to follow.

Often we discover our life so difficult, so unsettling, so unhealthy, that it is easier to choose a new path than to stay in the old. This can be the inspiration to get on the path & stick to it. Then we will always walk towards this new goal as it takes us further from who we do not wish to be any longer. Our inner golden child, our inner golden light, our true self, our higher power, soul, whatever you

wish to call it, is always calling us forward, ever closer to it. Ever closer towards our wholeness, which is what we really are.

The more we practise, the more tools in our toolbox, the more we learn and understand, why we need to leave the old patterns that are not working and take the unpleasant uncomfortable steps towards the new, the quicker we will override the old unhelpful patterns. Repetition, especially conscious repetition of the new, creates healthier habits and patterns. It is never easy at any point of the journey. This is especially true when we first start attempting to drag ourselves out of the tar. But if we know in what direction and what we're trying to achieve and attain by getting out of the tar, it will be a great motivation/inspiration for us. It will allow us to set our own internal GPS to reach this goal. To become this version of ourselves that is calling us forward.

Understanding that making an effort and taking a step forward is always helping. Even if at times we sometimes fall back into old habits and old ways. We can always pick ourselves up and start again. Intending to get ourselves out of the tar/emotional bondage of our past conditioning, with conscious practice should lead us home to ourselves. Eventually, we will gain enough strength, enough knowledge and skill to integrate our baggage so it no longer holds us down or back.

As we get better at putting into practise the tools and knowledge we have gained and developed, the more we have repeated these and overridden the old habits and programmes, we will feel lighter. We will receive more inspiration and guidance from this higher power, our true self, that is calling us ever forward towards it. Not because as we integrate, we deserve to receive more guidance but because as we let go of the baggage, we can receive the guidance that has always been there for us. We start to see and feel it. When covered in the tar, it's there but we often are not aware of it.

The less emotional baggage, faulty beliefs and perceptions we have, the clearer we can receive the guidance from the universe, from our higher power, from Source. Be kind & compassionate with yourself as you integrate these new patterns & become a better receiver of your own inner wisdom. It is a process. A journey.

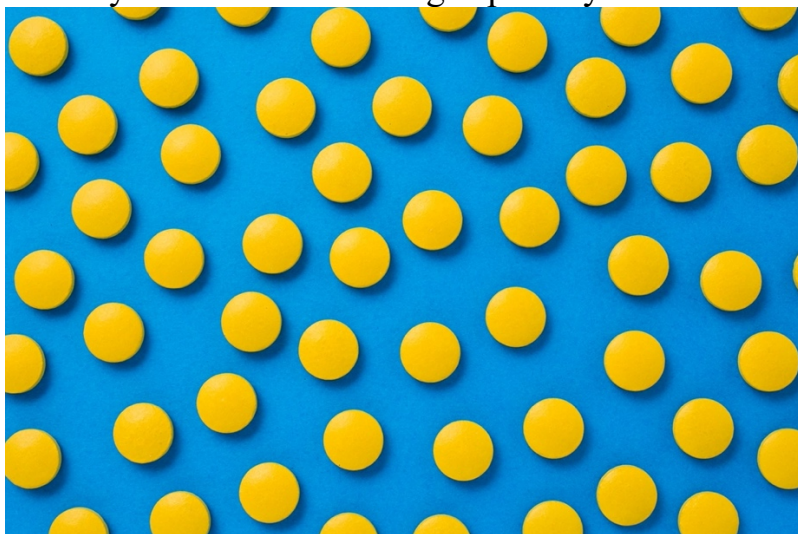
Placebo - Nocebo

What is the placebo effect? Theoretically it is when we are given an inert substance, for instance a sugar pill, or given a treatment that we know doesn't do anything. Yet a patient heals from it. With medications, the pills being tested, have to be better than placebo when they are being researched and tested.

What I find fascinating and disappointing, is the placebo effect has been studied so little. It is gaining traction to look into this effect, but for many decades it was even laughed at or ignored. It often still is laughed at in some circles, that people get better by taking a sugar pill. They often imply these as people are stupid or silly. They are neither. It does remind me of the psychological fact that what we judge in others is usually in ourselves.

I've been astounded the medical profession hasn't inquired into why the placebo effects always occur with most forms of treatment? I find it very interesting and possibly very telling about current consciousness and global mindset, that scientists and medical professionals haven't been interested in asking questions about the placebo effect. What are they afraid of? Is it ego or ignorance or lack of awareness or something else?

But what is the placebo effect? If the body is given a substance or a treatment that is not expected to do anything, that's inert, but yet someone heals. What does that mean? It means something has triggered a belief, a sense of safety in the treatment and that belief is powerful enough to trigger the body's own innate healing capabilities. If that is not fascinating and interesting I don't know what it is? Why is this innate healing capability not researched more?



For me, the reason people can heal from the inert substance, from a belief, this is worth researching. There are people researching placebo and doing this work, but until recently it has been largely ignored.

What is the placebo effect? It is the ability of the body to heal itself. I often tell my clients that if I could teach them how to consciously activate their own innate healing ability I would. We all have the potential to activate it. It just happens to be different for everyone and each situation. Our mind and beliefs are key.

The two important points to this are, firstly, we have this innate inner healing ability that can heal anything. People have healed from every known disease. Even from ones that are supposedly incurable. There's always an example that someone has been able to heal from it. Some books have addressed this. And if this is possible for one, it is possible for us all. The second part is, it is the belief that triggers this innate healing ability. So beliefs are vitally important and powerful in shaping our lives.

A thought repeated often becomes a belief. A belief is a shortcut to a repeated thought.

It has been shown that the memory stores these thoughts and beliefs as feelings or feeling tones. Hence the feelings/sensations we have in our body and our emotions are clues to our beliefs & thoughts. Our body holds the clues to our faulty beliefs. Doctor David Hawkins, wrote that, with his work on consciousness, he believed by addressing and sitting with the feeling tones/body sensations, he could transmute 1000 thoughts and thus the beliefs associated with them. Not sure how he came up with the 1000 figure, but the premise is – feel the feeling – lose the beliefs and thoughts that are attached. The body is key.

Doctor Bruce Lipton, has written in his book, 'Biology of Belief', how his research showed how the environment influences us way more than our genes. Beliefs shape our inner environment. This will influence how we perceive our outer environment. Genes are merely blueprints. The environment, especially our internal body environment, including the thoughts, emotions & the reactions they create in the body are what cause genes to be activated or not.

Now, I haven't mentioned the nocebo, because it's the opposite to the placebo. It is when we are given an inert substance, or something that should not bother us, or change us, but actually causes a negative reaction in us.

So, with the placebo effect, it is therefore possible to access, if we can change our faulty beliefs and determine the correct belief required to potentially activate this internal innate healing process. So, spending time in learning what our fundamental faulty belief patterns are and changing them, can open us up to

the possibility of accessing this innate healing mechanism. I write we are, potentially, able to activate our innate healing process, because there are so many variables, it is impossible to control them all or know them all. I leave room for the mystery of the universe. I hypothesise, we have the potential to self-activate our own innate healing system, in conjunction with higher power and Source energy and other possible variables, I may not be aware of at this point.

I do know that I wish to learn, to the best of my ability, how to activate this innate healing ability. I have heard it is possible from other speakers and sources. Often the limitations of the environment and society we live in can slow down our own ability to let in these new abilities and beliefs. We do live in a society that constructs limitations. These limitations were probably necessary to give us some stability, in a sea of infinite possibilities.

The world we live in requires some sort of space/physical construct, from which to perceive the world. We cannot perceive the world, from the see of infinite possibilities and emptiness. We require the collective consciousness of shared beliefs, to create the world, that is in all our collective minds. Unfortunately, we have constructed the world with many limitations. With new research, especially in quantum, psycho-neuro-immunology and neuroscience fields, we are learning about these limitations and the possibility for infinite possibilities.

Consciousness research is demonstrating how we created the world around us. We have the conscious ability to create it with our minds, our thoughts and our beliefs. Quantum science is showing how our consciousness can change our reality in all forms, physical, mental, emotional, spiritual. As we reach higher levels of collective & individual consciousness, it becomes less necessary to create these rigid constructs. We can take responsibility for our lives and what we have created. Knowing that as we rise in consciousness, we are able to create with intention. Creation with awareness is powerful & often is in service to others.

We are designed to be in balance

The human body is meant to be in balance and harmony. This is our default setting. Symptoms are the body's way to get our attention. To let us know something in the body is out of balance and needs addressing. Traditionally though, symptoms have been seen as an annoyance to control, manage or get rid of. Pain is usually seen as something to avoid & get away from. Not that we aim to experience pain or symptoms, but avoiding or blocking them does not answer their call for help. Symptoms & pain are the body's way to ask for help and that change is required. Many prefer to keep doing what is hurting the body and block the pain or symptoms. This can be either physical activities, destructive thoughts or relationship patterns etc. These are band aid or at best, temporary solutions. Ignore the body's symptoms at your own peril. If you wish to change your life, you need to change something.

The famous quote is, *'Insanity is doing the same thing over and over again and expecting different results.'* Usually attributed to Albert Einstein, but maybe not. Anyway, despite the author, the quote is quite accurate.

Often traditional treatments don't look for the root cause of these symptoms. Management and controlling symptoms can be very important until we identify and correct the problem at its root. This can take time. Often the problem or symptom has taken time to develop and grow. The physical symptom presentation manifests last. Unless it is an acute injury, many symptoms occur after the imbalance has been present for some time. Our thoughts and emotions create bioelectrical and biochemical changes that if prolonged and under the right circumstances, can result in observable physical changes and symptoms. The biochemicals create minor changes which over time add up and cause physical change.

We have the potential to be whole. To live in full health and vitality. So, what stops this?

Every system in our body works together, nothing works in isolation. If we contract a muscle, we utilise areas in the nervous system, circulatory system, lymphatic system, the fascia system, the hormonal system and our immune system etc. Every system works in a muscle contraction.



Our nervous system can tell us if we are balanced or in disharmony. There are generally two states in the nervous system - the regulated state or a dysregulated state. This is operated by our autonomic nervous system. The autonomic nervous system generally has two parts -the sympathetic nervous system and the parasympathetic nervous system.

The sympathetic nervous system is our flight or fight reactivity centre. The parasympathetic nervous system also can be split into two parts. The largest

component of the parasympathetic nervous system is the vagus nerve. It is a cranial nerve that originates in the brainstem area. It runs down through the body and potentially has connections to every organ in our body. Dr Stephen Porges originated the Polyvagal Theory, which breaks the vagus nerve into two basic components. The dorsal vagus nerve and the ventral vagus nerve. The dorsal vagal nerve originated much earlier in our evolution, and it deals a lot with the gut and lower organs. Our gut reactions. This dorsal vagal action also can create a 'shutdown', if our emotions get overwhelmed or we go into what's known as the freeze response. This dorsal vagal reaction can be a very normal, but when we shut down and get into a freeze state it can be an unhelpful, non-optimal state to be in long term.

Of course, the freeze response is a way that our body responds to keep us safe when we're in danger, if we are unable to fight or flee. The body works to try to protect us, to keep us safe when in perceived or actual danger.

The ventral vagus nerve is a newer component in our evolution and it's designed to be our social engagement & safety measuring stick. If we are feeling safe and protected, we are usually in our ventral vagal nervous system state. When in this state, the body is working in its most optimal vibrant balanced way. We are meant to be in this state most of the time. Many of us are far from this.

If the body perceives danger or threat and it can't get help quickly from the environment, or from the people or situations around us, the ventral vagal state will quickly move into the sympathetic nervous system state. This is the heightened alert state - the fight and flight system. If we are unable to fight or flee, then often the nervous system will move us into the dorsal vagal state and have us shut down/freeze.

All of these aspects of the nervous system are needed. The problem with modern day living is that a lot a lot of people now live in a state of chronic stress. The stress response is only meant to be for acute short-term reactions. Get us away from danger and back to safety- quickly. For example, if we're in sudden danger and we need to get out of the way of a car when crossing the street, or if someone is about to physically attack us, that would require an acute nervous system stress response that is appropriate and short acting. Once we have removed ourselves from the acute danger then the nervous system should return to normal. Unfortunately, with society the vast majority of us tend to live with our stress system turned on chronically. What does this do?

Each part of this nervous system has its own neurochemicals. These neurochemical or neuropeptides are bioelectrical and biochemical. The

biochemicals are transmitted through our bloodstream and thus go to every cell in our body. Every thought has a corresponding neuropeptide and thus its own emotional reaction associated with it. This creates a reaction in EVERY cell.

When we are in the ventral vagal state, the state of balance, where our happy healing chemicals are being transmitted around the body. These chemicals have the ability to be the best painkillers, better than any medication. These are dopamine, the serotonin, the oxytocin, DHEA and endorphins. When these are all working optimally, they give us a sense of safety. They keep us feeling vibrant healthy alive connected and these are great natural painkillers. It just takes time & practice to activate them if you have already developed the habit of being in fight, flight or freeze. But with intention and practice these healing, pain-relieving, feel-good chemicals can be consciously activated.

If we are in chronic fight or flight (sympathetic nervous system) long term, we have the biochemicals of adrenaline and cortisol circulating in our bloodstream continuously or for long periods of time. For short periods this can give us a boost in energy and strength, but long term, it decreases the ability to adequately function in our immune system, digestive system & reproductive system. Living chronically in this stress state, increases the risk & probability of developing just about every chronic illness. The one illness each individual may develop will be determined by many factors, including family history, previous injuries or illness etc.

If we're in this chronic stress state, we have a lot of energy being consumed that is not available for the immune system, digestive system or reproductive system. This energy is diverted to the muscular system etc in order to fight or flee. This contributes to us being potentially at risk of chronic illness and chronic pain or recurrent injuries. Of course, there's always many variables to take into consideration in these equations, this is just a quick brief overview.

If we go into the freeze state or the dorsal vagal activation of the nervous system, it is not the chronic stress hormones of adrenaline and cortisol that flood our system. Other neurochemicals, including endorphins, flood our system. This dose keeps us numb. Freeze state is like an opioid overdose. This could be very helpful if someone in the present moment, is undergoing a very painful traumatic situation they cannot remove themselves from. You can see the body is designed to keep us safe and pain free, even in situations that are dangerous and traumatic.

If these situations are short and temporary and we have adequate support from those around us, we often don't have long term issues. But if these stresses, traumas and patterns are prolonged and ongoing, we can create habitual unconscious reactions in our body that create habitual non optimal nervous system pathways in our body. Then we often don't even realise we are reacting from a chronic dysregulated out of balance state. If the dysregulated state is all your body knows it perceives this as normal. These patterns are often developed unknowingly when in our childhood.

So how do we restore the body to balance? It's not a simple question to answer and there's many ways to address this. This is a brief introduction and is very general. First of all, we have to acknowledge and understand the state that we're actually in at this particular moment. So, becoming aware of which aspects of the nervous system are working at this moment are vital first steps. How are we feeling? Where are we feeling this? Can we feel anything? Does feeling sensations cause more dysregulation?

The breath is often a great way to access the nervous system. All healing happens in the present moment. We can't access healing in the future or the past, we can only access it now and the breath is something that is only able to be used in the present. When we're in chronic stress, fight or flight, we often breathe very fast, very shallow and we use our accessory neck and upper chest muscles. We often lose the ability to use the diaphragm. Changing the breath can immediately change our stress response.

If we're in the ventral vagal state and have a regulated nervous system we often have a slower breath rate. We use the diaphragm and all of the lungs. The belly often expands on the in breath to allow the diaphragm to fully descend and allow maximum expansion and use of the lungs.

So utilising breathwork can be a way to access and start to change the nervous system. When placing our attention, our awareness on our breath, we can learn to slow it down. There are many types of different breathing tools. Science has shown that if we breathe five seconds to six seconds in and five to six seconds out, that is the optimal average breath rate that allows the body to be in balance and harmony.

The HEARTmath organisation has researched and developed some breathwork and heart rate variability tools. As the vagus nerve influences every organ in our body, the heart and specifically the heart rate variability are very good ways to measure and know if the system is in balance or is dysregulated. Heart rate variability is often measured these days on smartwatches and is an indicator of the variability between beats. It is not measured by the number of beats per

minute and people can have a healthy heart rate but still have a non-optimal dysregulated heart rate variability.

Research has also shown that there are sensory neurites within the heart tissue that link to the vagus nerve. These cells also create a bioelectric field. This bioelectric field is the biggest in the body, much larger than the brain. The heart's biofield extends about 3 feet around the body. Thus, our heart's bioelectrical signals can influence bioelectrically every cell in our body. So when our heart rate variability is optimal it transmits the signal to all the cells in our body. The converse is also true, if we have a dysregulated heart rate variability the bioelectrical signal will be received by every cell in the body. So, you can see that we are bioelectrical and biochemical. Everything we do can affect every cell via the hormonal system in the bloodstream or bioelectrically via electro-magnetic fields or nervous system.

Breath & visualisation exercises designed by Heartmath, have been shown to be very good in shifting our heart rate variability into an optimal regulated state. These techniques couple awareness to the heart area with breath. Both have vagus nerve connections.

Ways to get us back to a regulated state are varied and many. It's good to have many tools and techniques to draw from, as life has infinite possibilities. It's good to have a variety of tools with which to address stressful situations or triggers that may arise. These tools also help us stay in optimal health and allow us to return to that state as soon as possible after the acute threat phase passes. Knowing how to tell which state you are in is required. This may take practice or the assistance of a therapist to acquire.

Emotions are a sign of which state we're in, regulated or dysregulated. If we are in fight or flight, we can feel emotions such as anger, irritation, frustration, annoyance. If we are in a dysregulated or freeze state, we may feel chronic sadness, grief, numbness, apathy & or depression.

The ventral vagal state or a regulated nervous system, is when we're feeling joy, peace, harmony, compassion, kindness, forgiveness or love. So, any activity that can allow us to feel more joy, peace, love, compassion, kindness, forgiveness is one that will help us get back to this ventral vagal state because the biochemicals and the bioelectricity of the body will be altered optimally. The biochemicals in this state - the endorphins, dopamine, oxytocin, serotonin, DHEA, also assist pain relief and also facilitate our immune system to function optimally.

From a quantum energetic or spiritual point of view, if we can remain in this state of ventral vagal activation nervous system regulation, we open ourselves to the possibility of complete healing. There is this presence that is within each of us and all around us. This collective field, if we remain open and alert, in the ventral vagal state, then we allow ourselves to open to grace and I guess another word for grace is presence. Grace and presence are related to unknown - the mystery of the life and the universe. Grace is still a mystery, but we need to be in the regulated state to have a chance to experience it. Healing cannot occur in the chronic stress state. Learning cannot occur in a chronic stress state. It changes brain blood flow and functioning. We need a regulated nervous system to learn and remember better.

When we are in fight or flight, we often develop what we call hyper vigilance. We are on high alert looking for any clue to danger. In the short term this is a very beneficial system but if we are long-term in fight or flight then it becomes a habit. We can lose the ability to know what's safe, how to relax and calm the system and return to the balanced state.

Unresolved emotions, traumas, faulty beliefs, the relationships that we've grown up in can create these non-optimal patterns. These are often created in our childhood. It is not uncommon that the dysfunctional relationships we may have experienced in childhood are replicated in our adult relationships. The unconscious aspect often re-creates these issues but we have been trained to blame other factors. For example, we often blame picking up heavy objects for a bad back. Even if we often do the same activity without injury. But if another life stressor occurs this can increase muscle tension and can cause pain.

We may have the same type of adult relationship patterns stemming from childhood that are dysfunctional and causing us to stay in a hypervigilant state. They can be wired into our nervous systems before we are old enough to be aware of it. These are our habits and unconscious behaviours. Addressing these is addressing the root cause. If the root is not addressed the issue keeps recurring.

If we've experienced the freeze state for a long period of time, especially since childhood, the body shuts down as a protection mechanism. The freeze state often is created chronically if a child or person is unable to get away from the trauma or the situation that they are feeling unsafe in. They may report feeling numb. This freeze state can decrease the person's ability to be alert for danger, to be able to sense what situations or people should be avoided. Also, this state may interfere with the person's ability to recognise someone or somewhere that is safe.

Many of our traumas and developmental issues began in the womb and often in the first seven years we are not able to use language to adequately express ourselves or use emotions or even to get away from threats because we are too young too small, too dependent.

Many of these issues can also be passed along to us epigenetically via the ancestral lines. If our ancestors haven't dealt with a trauma or an issue it can be passed on epigenetically. This means that it doesn't create a genetic issue but it can alter gene expression, via changing the chemicals and bio electrical activity around the DNA. If we inherit an epigenetic issue and it's not truly genetic, very often these can be changed by changing our environment internally. Usually, people make only external situational changes. The root cause has been neglected.

When we are children in the womb we are experiencing everything the mother experiences biochemically, bio electrically. We are very vibrational beings. We are picking up the heartbeat of the mother, the sounds and vibrations. Research has shown that babies respond to the voice of the parents and music. Bruce Lipton in one of his lectures demonstrated with a video how using an ultrasound machine on a fetus in the womb, how the fetus reacts to parents fighting. It was clear the fetus was having a stress reaction. So, therefore the baby in the womb is definitely being exposed to all the loving and not so loving biochemicals and bioelectrical activity from the environment around it and will be thus affected.

Also when a baby is born it doesn't have language or the ability to express itself. A baby cannot tell us how it's feeling, or even walk away and to remove itself from a unhealthy situation. So it's often in these very early stages of life that a freeze response can be developed in the child. Once created this pattern of responding can continue on through adulthood, creating perception issues and non-optimal activation of the body and as a result often chronic illness or chronic symptoms. It is nobody's fault; these issues have been passed down the generations.

None of these explanations or discussions are meant to blame anybody because we're all children of people who what traumatised, who were children of people who were traumatised, and they were children of people who were traumatised or been taught to react in a non-optimal way. It goes back many, many, many generations, if not back to Adam and Eve or some other place in our evolutionary cycle. But today with the research emerging, especially in trauma areas and in the psychoneuroimmunology fields, we're seeing how these patterns from the individual's past and from the distant ancestral past, how these patterns can influence our body's functioning. It is therefore really obvious to

me that sometimes a back injury is not just a back injury. A migraine may not just be a migraine. If someone has persistent chronic symptoms which keep recurring and if they often occur in the same places it may be because there's been a previous injury there that can create a weak spot or maybe a belief pattern has formed there. Or it can be a belief pattern passed down from families. It's been shown that it's more our environment and belief patterns than true genetics. So often when people say their parents were like that or that their mother had this or their father had that, it's often the belief systems and the epigenetics of a pattern and not true genetics. It was the shared environment, not genes.

If it's epigenetics, or the environment. If we change our environment, usually internally, by changing our thoughts, our beliefs, our feelings, our emotions, this will often change the culture that the cell is operating in and thus its function and ability to function correctly. There's a time and a place for being hyper vigilant or frozen but generally we want to be in balance most of the time.

This was just meant to be a quick introduction to highlight how most patterns, most traumas and issues are not only ancestrally originating but may have originated early in our childhood development. They may have even started in the womb. All of these, including traumas that have happened later in our lives, it is important to remember we still have the power and ability to address these issues and integrate them to attain true health and balance.

Research is showing that only addressing the mental aspects of an issue by thinking about and talking about these patterns doesn't always adequately address or resolve the issues. The body keeps the score and shows us by giving us signs and clues to where the body is not working optimally and how these traumas and patterns have influenced the functioning.

Somatic therapy and counselling can be used to teach a person to safely tune into their various sensations and feelings in the body. It is these sensations and feelings that these unresolved emotions, faulty beliefs and traumas can be creating in the body. It is through these sensations that body talks to us. We need to learn to listen.

So in a safe environment and with the presence of a compassionate witness, the somatic therapist or counsellor, a person can learn to sense and feel safely these sensations that have been stored & expressed in the body from these past unresolved traumas. Often faulty beliefs are linking this pattern to emotions. These emotions, if not integrated, create these unpleasant sensations that are being expressed in various areas of the body.



As the body is allowed to release these patterns. As these sensations are witnessed, emotions can be released, unpleasant sensations can be felt. As they are viewed with a compassionate witness and held in safety and presence, often underneath these sensations emerges our hidden inner wisdom. This part of us is pure presence. We all have this presence and inner wisdom. This innate inner wisdom can finally shine forth and allow us to have insight that can show us the next steps to take towards living life with optimal health vitality and joy. The life we were designed to live. As we let go of our traumas and patterns that block the guidance from our inner wisdom, we become open to receive presence, grace and abundance in all its forms. This presence allows us to move through life's challenges with greater grace and ease.

The Ocean and the shore - as metaphor

When I sit by the ocean, I am reminded how it can be a great metaphor for life. While Source energy or the universe is infinite, the ocean it is finite. But from a metaphor's point of view, it's vastness creates the symbolism required. If the ocean represents the universe or Source energy, the waves which are created as the water approaches the shore represent our individual selves. If the shore or the rocks, represent the traumas, patterns and issues of our lives. Then we can see that each of us is not truly an individual but merely a wave that washes up on the shore that comes from and returns to the ocean.

As I watch the waves I see no two waves are the same. Some are strong and powerful and make a large impact. Other waves are smaller and gentler as they caress the shores. It doesn't matter if the waves are large, small, gentle or strong, they each materialise close to the shore, break up on the shore before returning to the vastness of the ocean from whence they came.

I see that no one wave breaks down the rocks or removes the sand. But it is multiple waves over and over again, as they crash onto the shore or meet the resistance of the rocks. Over time, the effect is they gradually erode and breakdown the rocks or transport the sand to someplace else. It is a collective effort.

So, if the rocks and the shore represent our collective issues then it's never just one wave or one person that affects change. It is many waves emerging from the collective Source which eventually erodes our patterns and thus transform the trauma or pattern into something less solid, which is then integrated into the ocean of Source.

We are all one with Source energy and we are also one with the ocean. Each individual human is created from Source and remains connected to its totality, even if they don't realise or remember this. Just like the wave is still connected to the ocean, as it rushes to the shore and onto the rocks, to wear down and eventually erode and change the block of resistance that is the shore.



Does the wave have to know it is still connected to source and the ocean when it expresses itself?

What if we are like fish swimming in water, swimming in the ocean? There are jokes that imply that fish don't know what water is because that's all they know because it's forever surrounding them. If water wasn't surrounding them, they wouldn't stay alive very long. I am not sure how anyone knows if fish are aware, that there's water around them or not. But what if like fish we are surrounded by a unified field? A unified field which is everywhere and infinite and filled with energy and quantum particles? What if, as humans we are surrounded by this force and we don't even know it?

People, like surfers, can learn to ride the waves. We can resist the flow of the waves and feel pounded by the impact of resistance to the other waves. Or we can learn to ride the waves and go with the flow and use the energy of the wave for maximum impact.

I am reading reports of people describing experiments, usually in quantum science, that show we are all connected. Our perceptions are not facts, they are relative to the observer. These and many other interesting results support the eastern mysticism descriptions written thousands of years ago. Many of these experiments are reported and they support the existence of a field that is infinite. I have even heard physicist, Thomas Campbell, report that his experiments and experiences made him feel like he proved that there was a God.

Lynne McTaggart in her book, 'The Field' has reported the science of many quantum physicists and quantum scientists that report a unified field. A field that is around all of us and connects all of us.

This field reminds me of what Carl Jung, the psychologist, wrote about the collective conscious and the collective unconscious, of which we are all a part. Carl Jung wrote how symbols and metaphors are a very important part of this field. Of course, the collective conscious and the collective unconscious are two halves of the whole. What is unconscious and then seen and made aware of becomes conscious, so I'm of the belief that we are all like a sphere of white light, the more conscious we become the lighter the intensity of the ball becomes. But this is another chapter.

How I see wholeness & what's blocking it-
The three lines of influence in our lives
(originally published on my Substack site on 30/04/2025)

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.
—**Nikola Tesla**

From my life experiences, from my readings & from my what seems my innate drive to understand the world, I have developed a working model or metaphor for the purpose of life. Feel free to disagree, as this is a working model and is based on my experiences. We all have our own truths, but I do believe there are always some fundamental constants to all truths. Nearly everyone's truth I have read about winds up with 'love' being at the centre. We all thrive when we are of service and being loving.

Science and spirituality are my passions. I feel they are the same thing. One is merely giving valid explanation to the other which has been 'known' for millennia. So here is my take on what humans purpose is and a glimpse of a path to lead us there. (Notice I wrote, a path, not the path.....many paths all lead to the same destination....)

We all have three strands of pre-existing influence when we are born. From the DNA, we inherit epigenetically from our maternal and our paternal lines. Generations of information including unresolved energies/patterns/programs or emotional baggage. We also contain the knowledge and wisdom earned from our ancestral lines in these as well. It isn't all about challenges and issues. Our ancestors weren't just about trauma creation, they also uncovered deep wisdoms after integrating their own issues. We can build upon this wisdom today.

We also receive information from our soul's lineage. Our soul's often have experienced life before and carry the wisdom and unresolved issues from these other lives into this one. The NOW. According to Canadian physician Dr John Ryan, who pioneered the new energy modality, Unity Field Healing, (disclaimer: I am a practitioner of this modality), we all have a 24th chromosome on our DNA which is quantum in nature. This is NOT proven scientifically; yet. But I do believe there is a quantum nature to us & our DNA. (DNA is our blueprint- it expresses depending on epigenetics and our current environment. Our internal environment, often mirrors the external one. So we have three lines of prior knowledge and experience, which is influencing us at the time our birth. Then of course we have the issues and challenges from the current life. Therefore, if I follow this theory, we clearly arrive to the Earth

plane, possessing a level of consciousness. The level of consciousness may vary across the various specific aspects of our lives. For example, some are highly evolved in one area of their lives but not in others. Again we are a sum of the individual parts that make the whole. For me, this an explanation of why some children possess amazing wisdom and display mature choices. Or the converse if they arrive with low levels of consciousness.

In my previous posts I often have stated that I believe humanity is evolving into a higher consciousness. Life is always ever evolving and expanding. (At times it may not seem humans are raising their consciousness, but there is growing awareness and awareness is part of consciousness.) I would not have been writing this post 5 years ago, for instance.

There is no coming to consciousness without pain.

Carl Jung

The key to growth is the introduction of higher dimensions of consciousness into our awareness.

Lao Tzu

Dr David Hawkins has created a Map of Consciousness where he has mathematically calculated the various levels of consciousness. It is all relative but gives a standard way to measure using his protocols. His map ended at enlightenment or Christ/Buddha consciousness. So, if I assume this map has some credence, then humanity is evolving towards collective Christ/Buddha consciousness. (This does seem funny to believe when I turn on the news...luckily, I rarely watch the news these days.)

Now I have introduced the concepts of how we develop from the three strands of information at birth and the consciousness. Next component in this theory is more energy or spiritual in nature.

In spiritual circles, the metaphor of light and dark is used. Dark is merely the absence of light. Increased consciousness is increased light. With increased light there can be less left in the shadows. In the dark, is the unconscious 'stuff' we feel too much pain in acknowledging or have not attained sufficient inner capacity to be able to integrate it. We cannot force integration; it must develop and happen at the rate a person can do so without overwhelm. So, learning to safely feel this pain of awareness is key to lighting the dark and eliminating/integrating shadows.

First stage of any healing is becoming aware. Once we are aware and throw light on a matter, it ceases to be hidden in the shadows. Once we are aware we cannot be unaware again - consciously.



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So if we take a human or humanity - we can look at it from the perspective of the individual or whole. It is all connected. The universe is hypothesised to be a hologram anyway. If a person is so whole, they are enlightened. All shadows have been integrated and seen. The light is pure. So shadows will influence the perceived 'light intensity' of the human. Imagine a human or humanity as a sphere. Maybe a disco ball? The amount of light radiating from this sphere will depend on the level of conscious awareness, so there will be less shadow and thus higher light intensity. Low consciousness would have a very dim disco ball....no fun being had at that disco.

Going back to the three strands. If all three have attained enlightened consciousness then all will be pure light. That would be a blindingly bright disco ball. So the amount of unresolved issues and emotions we still contain at birth and through the course of a lifetime will change the light intensity of the strands. If someone was completely 100% unconscious and in shadow the three strand would be without light. The disco ball is unlit....don't bang into it in the dark.

So our unresolved programming, patterns, faulty beliefs and unresolved emotional baggage - ours or our ancestors. Or our past life karma will influence how much light we are showing NOW.

Thankfully we are becoming more conscious and understanding how these patterns and unresolved emotions are able to be integrated safely. Research is showing us many new things and shining a light on techniques and theories for this healing. The path to a higher consciousness is not the path of repeating the same things as previous generations. It involves understanding the wisdom gained from the past and building upon this wisdom. Wisdom is gained when we integrate trauma/unresolved issues etc. This path is the path never travelled before. It has no path nor lights to guide the way. (We never live in the same world as our parents. It has usually evolved on in the society. Of course, in the past, life changed more slowly.) Evolution involves moving into the unknown of the shadows, feeling the feelings these experiences bring or are hiding. As we feel them, we integrate them - if we are NOT overwhelmed. We must feel safe during this process otherwise we may increase the shadows. The end result of integration is a greater wholeness.

This is the work I do for myself and for others. I wish to attain Christ consciousness for myself, and I am using my skills and wisdom and knowledge to assist others along the path. I think of myself as a guide into the unknown that lies within us. As I move ever further inwards into myself, I am more of a 'lighthouse' for others. So, others following me may have a light to follow, so their path is easier.



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For those of us being guides and lighting the way it can be more challenging, but the rewards are sweet. It is amazing being a catalyst for the integration and moving towards wholeness of others. It's a path of service.

I am not completely whole- yet- it is a process. But for me I am committed to the 'truth' of my theory, and this allows me to go further into my own being to discover my own inner wisdom and inner light.

Just as we cannot heal others or feel for others, so they do not have to do the work, we each have to find our own path. But the more who have lit their own path, this makes it ever easier for the ones that follow.

We can NEVER light up another for them, we can only be a lighthouse and light the path for others. We all must find our own path, but together in a collective of humanity we can light the way, so it is easier to forge this new path to ever higher consciousness and even deepening knowledge of ourselves and life. Let me know what you think my theory in the chat? Or write your own theory...I do enjoy being challenged as this assists me to adapt my theory...we all have to discover our own truths but we can do this together. We are all one.

Being mindful of presence

What if I told you that nearly every thought you had was a waste of time and often wrong? Does that trigger you? Do you believe or think that this statement is impossible? I used to think it was crazy too. Now I understand the truth in this sentence. I have not entirely eliminated thinking and thoughts from my mind, but I know I think a lot less and I'm aware that the thoughts that I think are often unhelpful, future projected fear and often faulty. And as I've said before awareness is the first step in healing and changing.

Years ago, I read in one of Dr David Hawkins' books that he has not had a thought in years. I didn't understand what he meant at the time. I thought that was crazy, even scary. It made the body sound like a puppet, that I was not in control of. But as I have continued along my own path and journey inwards, using the tools and techniques I talk about and practise myself. I have become more mindful. I have become more present and endeavouring to be the person I wish to be. It is in this endeavour of being the person I wish to be. Become consciously, my true self, listening to my inner wisdom. I realise most thoughts come from our faulty programming and are indeed often not helpful. We can use this awareness to address these thoughts and integrate the energy beneath them. I often will recite, usually in my mind, the four lines of Ho'oponopono over and over again in certain situations.

It has been shown that 90 to 95% of our activity with our mind is from our unconscious or pre-programmed mind. If it's from our unconscious and pre-programmed it happens below our level of awareness. Many of these programmes are downloaded in our first seven years of life. If you want to understand this the work of Dr Bruce Lipton is wonderful at describing this in great detail that is easy to understand and digest. There are many great interviews with him on YouTube.

So, first of all, to change anything we need to become aware of it. So how do we become aware of all these programmes and faulty thoughts going on automatically in our head? Becoming mindful is a very important tool. Being able to slow down to become aware that we're even having thoughts, or tune in to feel what's going on in our body are vital first steps. Many people are uncomfortable with allowing themselves to feel the sensations in their body. Sensations in the body, usually the unpleasant ones, are often our unprocessed emotions, unresolved traumas, false beliefs etc expressing in the physical. The body reflects our level of consciousness. The state of mind of what we're thinking often creates sensations & tensions within the physical body. So, by becoming aware of the body and the state is in, the signals its sending, is a really important step at becoming whole and attuning to our inner wisdom.

What is mindfulness? Mindfulness can include meditation, or it can be being in the moment while we are performing an activity.

Both require us to become present. Present in the moment. Everything happens in the one eternal now. There is no past, there is no future. There is, but only in our minds. If you ponder on this, if you think about what you want to do tomorrow? When tomorrow arrives, it is now the NOW or present moment. We only can meet the future in the present moment. Healing can only be done in the present moment. When we are present, we are more likely to be in the balanced nervous system state or at least make better choices. The future is determined by how we are responding NOW.

If we are anxious, it's more likely that we have our mind not in the present moment but in the future. If we are feeling guilt or shame or some sort of unpleasant emotion, it is often because we're dwelling on something that happened in the past. Much of our brain doesn't adhere to our linear time. This is often why people can get end up in chronic stress reactions or PTSD from trauma. The body will often respond, as if it is experiencing the initial trauma right in this moment. Even if the traumatic incident was years ago, it is still experiencing it as if it is still happening, because this part of the brain doesn't experience time. Everything is always now and happening now. Therefore, we can only change it now, in the present moment.

If we are mindful while doing an activity it means we tune into our senses. Remember, we are one big receptor for Source energy, the unified field and we are comprised of trillions of little individual receptor cells within our own body. Each of these cells is reporting into its own central source, which is the brain. Our brain is our central processing unit. It is our receiver and the weigh station for the incoming information from both internal organs and their internal sensory information and from the peripheral sensory receptors delivering information about the external world. It is the brain that coordinates responses to these signals both internally and externally.

The brain is not the mind. The mind is nonlocal and not contained within the body. The mind is part of presence/Source energy/unified field. It is all around us. When we are present, we open our mind. We are in a balanced harmonious nervous system state. We open our mind and the conscious part of our brain. These cells are receptors that act like antennas to receive the signals from Source energy/unified field.

Mindfulness training helps us become better receivers. Mindfulness training helps us to recognise the faulty patterns and thoughts that may be blocking this

receptivity. Mindfulness training allows us to see these faulty beliefs and thoughts are not who we truly are. Instead they are blocking who we truly are and blocking our inner wisdom and thus access to our true selves.

Whether we're using mindfulness doing an activity or whether we are meditating, we are basically tuning into our senses and being present in the present moment. Meditation and mindfulness training is about training us to be in the present moment.

What is important about the present moment? Apart from the fact that all healing happens there, that everything that ever happens is only happening in the present moment, that alone is its most important aspect to it. But also, it allows us to gain an awareness of the unified field, the presence of awareness itself. Anyone who meditates will know that there's a spaciousness between all things around us and through us. This spaciousness is interwoven through everything, as if we are a part of a massive tapestry or a movie screen where we're just a character or a symbol on that screen. The presence or the awareness of consciousness like is the white screen of a movie theatre. The background upon which we exist, and we can sense this awareness/presence when we still our mind and tune in to the present moment. It is in this state that we are more receptive to picking up intuition, wisdom and guidance, that can help our healing and get our body back to full vitality. This state of being also guides us to make better decisions, better choices. To have harmonious relationships and to cooperate with others.

I, like other people, grew up in a three dimensional world governed by Newtonian physics. Quantum physics has turned everything upside down and shown us we're not just physical. The Newtonian view of the world has its limitations. We as humans have been living a limited existence. Limited by our own minds, our own faulty beliefs. With mindfulness we can tap into our higher self and inner wisdom. We can let go our limitations. We can become open to infinite possibilities.

As we learn experientially, via meditation or other tools for getting us into a balanced harmonious state, it is clear we are nothing but energy. We are governed purely by frequency vibration, as Tesla described. We are not separate. We are connected by an interconnecting series of fields. And in fact, the material, the physical part of us is minuscule in comparison to the other energy fields and dimensions. It is still mind blowing to me.



So, in this three-dimensional world in which we live, we were taught that we had to achieve. We had to have certain material things. We had to be successful and achieve. It was very competitive. But what the new science and new information is showing us is these types of behaviours and beliefs are often a

sign of faulty collective and individual beliefs. Or past traumas that have not been integrated can create emotions in people that cause them to strive to make themselves feel whole by external trappings. We have been taught we require external validation to measure our worth. This is proving to be based on faulty societal beliefs. Beliefs can and do change.

The true importance is for each of us to be who and what we wish to be. We will then be guided to do what needs to be done to have what we need. Often, we have this back to front. We spend our lives doing, doing, doing and achieving, achieving, achieving, to have the things we think we want. To have the things we think we need and often the end result is we are left living in a state of being that is non-optimal and disharmonious for our health and wellbeing. We usually wind up having fractured relationships, imbalance and health issues in the body. If we can tune into our being. Our inner essence and be who we wish to be in our hearts, we will then be guided to do what we need to do. We will receive and have all that we need. This of course is easier said and written than done. It is a process.

We are human beings but instead we have been human doings. The error is obvious in the words we use to describe our species. So, by becoming mindful or meditating we start to notice our thoughts. We start to notice the sensations in our body. We start to listen to the communication that our body has been trying to tell us. Information we have often been trained to suppress or repress because it's uncomfortable or that society has told us is unacceptable. It is time to understand and befriend all the emotions and beliefs that have been kept suppressed and repressed. But this needs to be done in safety and at your own pace. Because to rush this process would put the body in overwhelm and overwhelm is another state of stress. Overwhelming the system while trying to heal it can only re-traumatise it and slow down or prevent the true healing or the true inner connection to our true self.

Trauma is a disconnection from our true self. The more disconnected we are to ourselves, the more reactions and compensatory patterns we need to develop to protect us. Healing involves reconnecting to our SELF. To learn to hear our inner wisdom as it whispers guidance to us.

By becoming present and becoming mindful, we tap into the power of our awareness and thus our consciousness. Consciousness is energy. It is operating whether we're aware of it consciously or not. If it's unconscious, we can be manifesting or creating a life often filled with dramas and problems and we don't even realise the role we have in what is manifesting or appearing.

We cannot blame ourselves for this because it is done UNCONSCIOUSLY. We can always choose to become aware and thus understand that the power of our awareness and consciousness can be shaped and directed towards what we desire. Shaped to what is in our heart and towards what would truly fulfil us.

Higher levels of consciousness are visible by how much we mirror, by our behaviours, compassion, unconditional love, peace and joy. Often the result of cultivating from these levels of consciousness are actions and behaviours of service to others. Each situation we're in is win-win. Rather than the win-lose attitudes which are typical in our present society.

Awareness with consciousness is key. So, we must have the appropriate intention to create what it is we truly wish to create. The intention gives us a GPS towards where we wish to go. And we have learned that what we focus our intention on increases. It is often common, that we unconsciously focus on what we don't want, what we don't like about a situation. Thus by the laws of physics increase the very thing that we have our attention on. I, myself have been guilty of this many times and still catch myself doing this, but I'm becoming more aware. Awareness is the first step. We cannot do or change anything unless are aware. We have to focus on what where we want to go, not on where we do not.

Creating the intention of the direction in which we wish to head is first. The we need to know or have an idea on what would the end result might look like, might feel like. This is how we're meant to have an intention. The intention is like setting up the GPS to take us toward our destination. One step at a time.

When we have the intention of the destination, then this consciousness/inner wisdom will guide us towards the steps we need to take.

What we focus on expands. What we resist persists. Like focusing on what we don't want, this concept is a common expression that signifies a big truth. When we are connected to our inner wisdom and to a higher self and we are in flow life moves with grace and ease. But if we do not like something that occurs we fight it and resist it and it's in this resistance that we block the life flow. The secret then is to accept where we are. Accept what is happening, even if we don't like it. But being willing to accept where we are and being willing to accept the situation we are in, however horrible and unwanted, gives us a chance to get back into flow. It is our resistance that blocks flow. Again, this is easier said than done and this something I struggle with to this day but I'm getting better at it the more I practised the tools that I have in my toolbox.

There is a great quote by AH Almas- "Your conflicts, all the difficult things, the problematic situations in your life are not chance or haphazard. They are

actually yours. They are specifically yours, designed specifically for you by a part of you that loves you more than anything else. The part of you that loves you more than anything else has created roadblocks to lead you to yourself. You are not going in the right direction unless there is something pricking you in the side, telling you, "Look here! This way!" That part of you loves you so much that it doesn't want you to lose the chance. It will go to extreme measures to wake you up, it will make you suffer greatly if you don't listen. What else can it do? That is its purpose."

Resistance is a sign we are blocking the flow and receptivity from Source energy/unified field. Our inner wisdom will create these roadblocks or health conditions or pains or problematic relationships, to wake us up. So, we need to become aware, present and mindful to see the hidden meaning, the hidden directions that are actually hidden in plain sight. We may not have learned yet to read and interpret these messages. But becoming mindful, present we become aware and more conscious, thus able to recognise what inner wisdom is attempting to let us know by giving us the adverse symptoms and situations and people in our life.

The power of presence - science is showing that we are merely avatars in a human game of life. The player controlling the avatar represents our level of consciousness and Source energy. The player or consciousness is not only within the avatar, it is everywhere.

We are all connected to the one Source energy/unified field, but we all have an individuated aspect of consciousness. We're all just receptors in the body of humanity. In the body of Source energy/unified field, as it experiences itself.

The more this avatar we live in, in physical form is tuned to the consciousness that is truly guiding our life, the happier more harmonious our life will be. The more vitality and health we will have. Learning to tune into presence, the Source energy, will help tune our own individual aspect of this presence and consciousness that is within us and is around us. Source energy/unified field, is infinite. It is comprised of probably an infinite number of higher selves and those higher selves are then broken down into the next level, the soul. It is the soul which then governs our physical form. Our soul communicates with our higher self and Source energy/unified field. The more we get rid of faulty beliefs & start tuning into this higher awareness, the easier life will be. The healthier we will be, the more harmonious we will be and because we are One we will work collectively and cooperatively with each other to create lives of abundance and beauty and inspiration. This is often called the flow state.

The books of Eckhart Tolle are great at talking about the power of Now or the power of presence. Michale Brown's book, 'The Presence Process' shows how the body talks to us when we allow it to. The process assists us to release our unprocessed emotions and trauma, usually from childhood. These books are just a few that teach how becoming mindful, becoming tuned in to all the senses within our body, tuning into our surroundings we develop the ability to respond consciously rather than react unconsciously. Presence & mindfulness are vital components to living an authentic life, to living a healthy abundant life.

May you become present, still and come to know yourself. When you connect to your Self you begin to live from flow. You start to live the life of your dreams. May you take that first step today.

Namaste.