



HARMONIZING CENTERS

PART 2: INSTINCTIVE - MOVING

AN EXPLORATION *of* IDEAS



A REMINDER OF WHAT WE'RE UP TO...

Throughout the natural world, especially the plant, animal and human realms, everything that exists seeks to grow and develop.

The cosmic duty of every human being is the conscious evolution of their inherent potentialities.



PRACTICE #1

- Breathing in, I'm aware of my body.
- Breathing out, I release tensions from my body.

This is an act of love, directed toward your body.



BREATH

Through conscious attention on the breath, transformation can take place at the cellular level through the fullest experience of the archetypal realm. It is ultimately the breath, the inhalation and exhalation, that unites microcosm to macrocosm. Through the breath, we are joined to the Absolute....

(Judith Harris, Jung & Yoga, p. 40)

DISHARMONY WITHIN & AMONG THE 3-BRAINS



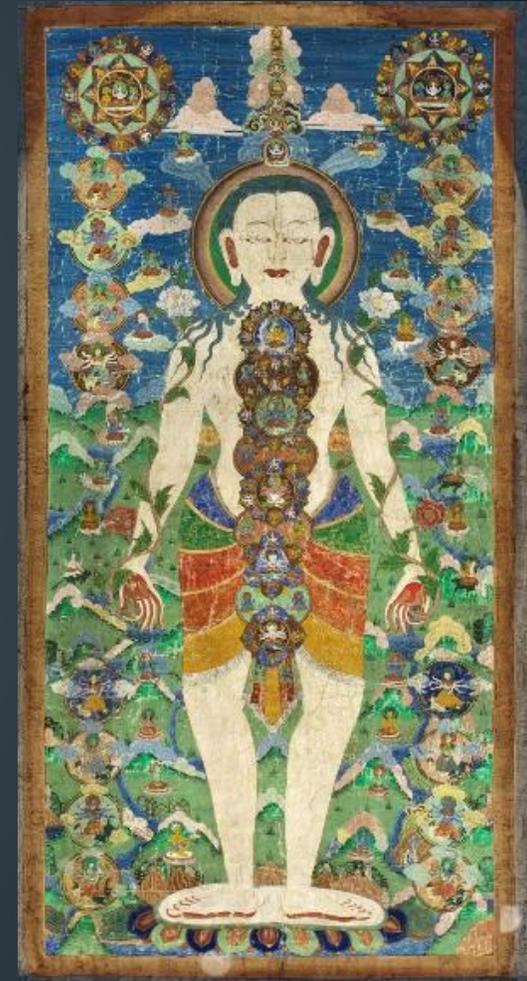
Thinking

Feeling

Moving



OUR JOURNEY:
From fragmentation
to a harmonized
and integrated life





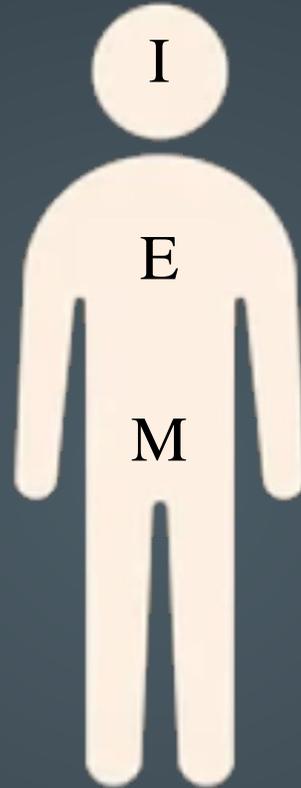
PARTS VS. WHOLES

17TH CENTURY

Thinking

Feeling

Moving



21ST CENTURY



Was Newton wrong about gravity?



HARMONIZATION

Within

- Placing attention / consciousness in a Center
- Training a Center to do something intentional, new
- Hold the stillness within while the extremes of the opposites subside – a neutralization of polarization

Among

- Getting our centers to work together, not against one another



Instinctive (inner) part

What is the intelligence of the instinctive part?

- Regulation of breath, temperature, circulation, digestion, chemistry, electrical, ...
- Kinesiology 'knows' things
- Gut instinct: Something just doesn't 'feel right'



INSTINCTIVE

part of the

MOVING CENTER

THE WORLD OF
FUNCTION



Instinctive (inner) part

How to educate / spiritualize / harmonize?

- Breathwork & its variants*
- Sacred breath / following the breath
- Meditation (positive impact on the machine)
- Listening to the body (Corpus Divina?)

*Caveat: Disrupting the instinctive part has risks



INSTINCTIVE

part of the

MOVING CENTER

THE WORLD OF
FUNCTION



The hazard of consciousness...

- Training a Center to do something intentional, new

HARMONIZATION





MOVING

part of the

MOVING CENTER

THE WORLD OF
FUNCTION

Moving (outer) part

What is the intelligence of the moving part?

- What catches the falling object?
- What ducks out of harm's way?
- What drives the car?
- What can dance?





MOVING

part of the

MOVING CENTER

THE WORLD OF
FUNCTION

Moving (outer) part

How to educate / spiritualize?

- Sensation exercises / attention exercises
- The Movements
- Yoga (In Christianity, motivation is everything)
- All the exercises offered in this week's email

“The troubles we cause for our bodies are endless”





WHY?

It is our task to restore this fragmented world to harmony, to bring the wholeness from the world above (or within) down into our world, thereby creating a miraculous alignment between heaven and earth. It is in this way that we bring the divine in its mystical holiness into our lives. Holiness must be experienced in apparently insignificant daily tasks in order to have meaning.

(Judith Harris, Jung & Yoga, p. 114)





MOVING CENTER

DEVELOPING
SINGLENES OF FUNCTION

EXERCISES FROM TODAY'S EMAIL

- Gestures of reverence
- Work against laziness
- Conscious relaxation of the muscles
- Presence before eating
- Presence while eating
- Conscious breathing
- Basic sensing exercise

Share your Work with your Work Partner, Journey Group members, or the class next week. Evolve *knowledge* to *being*.