

## **A CORE HEALING EXERCISE**

Establish this exercise in your daily routine.

This exercise is to assist you to understand patterns, and habits of processing such as:

- Choosing
  - to express individuality
    - expressing passion
    - expressing purpose
  - to suppress individuality
    - Compressing the suppressions
    - Resulting in depression

Patterns can serve an emotion and therein a motive which can be negative or positive to self, others, and life itself.

### **Exercise:**

To establish healing cycles this exercise demands that you are committed and disciplined. What your conscious mind is aware of is that you are often tired, even upon waking in the morning, you are not having sufficient energy to express your will and your wants into action. The reason for this is that you are using considerable energy to maintain an old pattern that is not in service to your heart, your center. This can be due to:

1. a passion for a past interest may no longer energize you,
2. an action or an expression never was your passion. It was not for you, but for someone else.
3. A past embodied experience left residues of traumatic stress within your mental, emotional, and/or physical bodies.

### **Directions:**

*Firstly,*  
*please understand that that which you are searching will not be obvious to your conscious mind.*

*Secondly,*  
**(search how you respond to certain situations, comments, and conversations,** within your mental, emotional, and/or physical bodies.

It is important to ask and wonder whether fear, anger, numbness, jealousy, judgement, punishment, and/or whatever toxic emotion might be working together as allies. Ask, ponder, and wonder about these following questions.

When I have a difficulty what does that difficulty serve?

- What does that *anger* serve?
- What does that *jealousy* serve?

- What does that fear serve?
- What does that Punishment serve?"
- What does that \_\_\_\_\_ serve?

Thirdly,  
wonder and ask yourself this question prior to going into the sleep state, "What does my (insert toxic emotion) serve?".

Hold that thought in your mind. Ponder this thought as you enter the sleep state.

Lastly,  
upon waking, search the feeling in your body, mind, and heart - as a whole. Everyone has an electromagnetic energy field that is flowing in and through and surrounding their body, expressing being. Allow the feeling that is flowing to be received and known.

(This is a process of core healing. A healing from the depth of your inner spaces of a core issue. And empowers removing the frozen energy that has stagnated within the mental, emotional, physical and spiritual bodies, that then allows for the energy to flow clearly through the body, so that you may be using clear pure energy, anew.)

