

# George Laws Social Work Services LLC

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Licensed Clinical Social Worker

EMDR Practitioner

Somatic Experiencing Practitioner

## What is Happening!

I am proclaiming, not questioning, “What is happening!”

Perhaps, even when I state, “What is Happening!” it may take your unconditioned brain to hear this proclamation, just as I intend for you to hear it, as a proclamation not a question.

You may need to adjust your thinking by focusing upon the statement that I am making, “What is happening!” And not hearing the action generated conditioning of your brain to hear these words as a question. Allow yourself to hear the statement and not the question. Notice if you hear the questioning stance fused, over-coupled, with the exclamation stance. Allow yourself to differentiate these two stances. For some this may take time.

Give yourself time.

Once you understand, then read on. Until you do, just keep reading the title and the paragraphs above, over and over until you hear in your brain, “What is happening!” Remember you cannot force growth.

Ok you are ready to read on after allowing the differentiation?

What is, is Life force energies flowing, happening. That is what is happening. Life is happening. Happening is Life. You and I are life. We are happening. Each is not separate from life. Intrinsically mutually generating, organizing, and destroying what is happening.

That, is what is happening!

So do you understand that “What” is not always to be followed by a question. Nor is who, where, when, and how. Yet our brains have been conditioned to be con-fusing.

Always is what! So, what!

What is to be understood and with understanding comes a choice to heal, to make whole once again, to uncover the separation, and choose to be in balance through clarity, with living flowing energies and bring about a harmony of body, mind and consciousness.

To know what is happening is to be perceiving what is happening in a mutual exchange of information and energy between you, your outer space and inner space. Thus, creating a medium space of understanding through perceiving now, clearly.

Clarity can be supported by attending to the river of flowing energies including your body, your mind and consciousness. For this I will reflect upon the vedic understanding of the mind to gain clarity and balance between the outer and inner spaces of life itself.

Without your body, your mind, there is not perceived an inner nor outer space.

Consciousness is the medium.

Consciousness is that what.