

Group Healing Session – June 4th, 2009, 7:30-8:30pm

Balancing the Rush of Reaction

Finding the Still Point Within

Life will continue to offer experiences that throw us this way and that, as it always does. This will never change. The universe is designed to keep us adaptable and ever-changing – this is how we evolve into the best versions of ourselves possible. With every twist and turn we have the opportunity to become flexible, accommodating and present to the lessons being offered to us.

When we are not present, we tend to enter into reaction mode. We have reactions instead of responses because we are working off of unconscious conditionings and stored memory, rather than seeing each situation that presents itself as new and unique. We will continue to repeat experiences with similar consequences over and over again until we break the unconscious mechanism of reacting. Every time we react to change instead of responding to it, we lose vitality and power.

When situations arise and we remain present, we are able to access still points inside of ourselves that are free from emotional reaction. We are then able to see situations for what they are – gifts that help us to learn and decode our life lessons. With wise eyes, it will not matter how extreme circumstances may look on the outside, we will always be able to remain calm and centered.

Use your every day situations to test out what it feels like not to react – when you feel yourself being pulled from your centre of gravity through worry, fear, grief or anger, catch yourself and change direction. When the inclination comes to fixate on that which you would like to change, gently move your focus away and into the opposite direction, knowing that anything you resist will only grow stronger. Step out of the habitual cycle of leaving your core by resting in the truth that nothing is as it appears on the surface.

Instead of reacting blindly, take a deep breath and ask yourself what feelings underlie your reactions. Do you feel unimportant, cast aside, or not good enough? Take a moment to recognize and acknowledge your own worth – every being on this planet has a special imprint to contribute to the world consciousness – there are no exceptions to this rule. You are a spiritual being who has taken human form in this lifetime, but your essence will forever remain spiritual. Find your inner stillness where you know this to be true, and rest quietly and confidently in your knowing.

Download Information:

Username: group

Password: 2233