

Embodiment and the Field

What does deepening body engagement have to do with receiving information from the non-local intelligence field?

The body is the instrument with which we fulfill our desires on this earthly plane. With technology spreading vast and fast, it is bombarded by unprecedented influences (like electromagnetic radiation). Often we do not pay attention to our body's needs until discomfort and pain manifest. Yet if we start listening to this organism and its inherent wisdom, we discover a field of well being.

Breathing as if I had an internal shower

For the benefit of linking the above question, I will draw on my experience with Continuum Movement as One way to engage deeper with our biological system. It combines the use of breath, sound and movement and stimulates the fluids in our bodies.

By starting with a breath and introducing a sound, we prepare our physical terrain for movement that is arching, spiraling or curving. The resulting movement becomes almost effortless and often has an undulating quality; it feels delicious. The thinking "I" yields, as we allow the experience to take us where bio intelligence moves us. In the process we discover a field of resonance with the vaster, planetary organism. Surrendering in this way is deeply nourishing - "as if I had an internal shower", a workshop participant said.

Sensing below the surface

Movement happens 24/7 below our skin; most of it goes unnoticed. When we engage consciously with our movement experience, we become participants in our own unfoldment; we develop language to describe what we sense. We come to trust our way of sensing and recognize felt sense.

The pleasure of inhabiting the body has an effect on our surroundings. We become spacious. A spacious presence in stressful environments can have a calming influence. We become discerning with incoming information. We sense what is good for us, and what is better left out there.

Sounding and feeling

With sound or singing, our waters - ca 70% - connect to our emotional body. Feelings can wash through us without drowning in emotion... aaah! There is room for the witness and compassion becomes more possible.

If our mindbody is clear of emotional turmoil, it is easier to recognize synchronistic events or 'for the universe to show us the way'. A sensing body receives information that overrides the intellect. When we can be present enough to respond to its suggestions, the resulting action is always liberating and joyful.

A woman student was nursing her dying cat, when she received a business email from her estranged brother. "...I will be in Greece..." it said. Without thinking, she hit the reply button. "Can I come along?" 10 days later they met up on the island of Corfu. All disturbance in their relationship had vanished.

Embodied living is an adventure - you may want to start by directing your attention from the electronic screen to your breath and begin exploring.