

The Sacred Body



Emotional/Mahamaha

(Feminine/Yin) Boundaries, Acknowledgement, Compassion

Foundations - how we choose to exist

Our emotions are influenced by our conditioning patterns and the information we have gathered, having authority over the way we choose to live.

Expectation/Assumption

Surrender that expectation of which you have upon everything. Surrender your attachment to your expectation. When expectation is void, the energy is then in 'flow' allowing the process to take shape in its organic form.



Spiritual/Wairua

Connection: Self (authenticity), Community, Ancestors, Family, Source

Culture within which we live

Our spiritual life is influenced by our emotions and the foundations within which we exist, authorizing the culture within which we choose to abide.

Acknowledgement

Acknowledge all that you are grateful for. Acknowledge yourself, your ancestors, your experiences, those who surround you. Experience gratitude for all that you are able to acknowledge.



Ethereal/Mauri

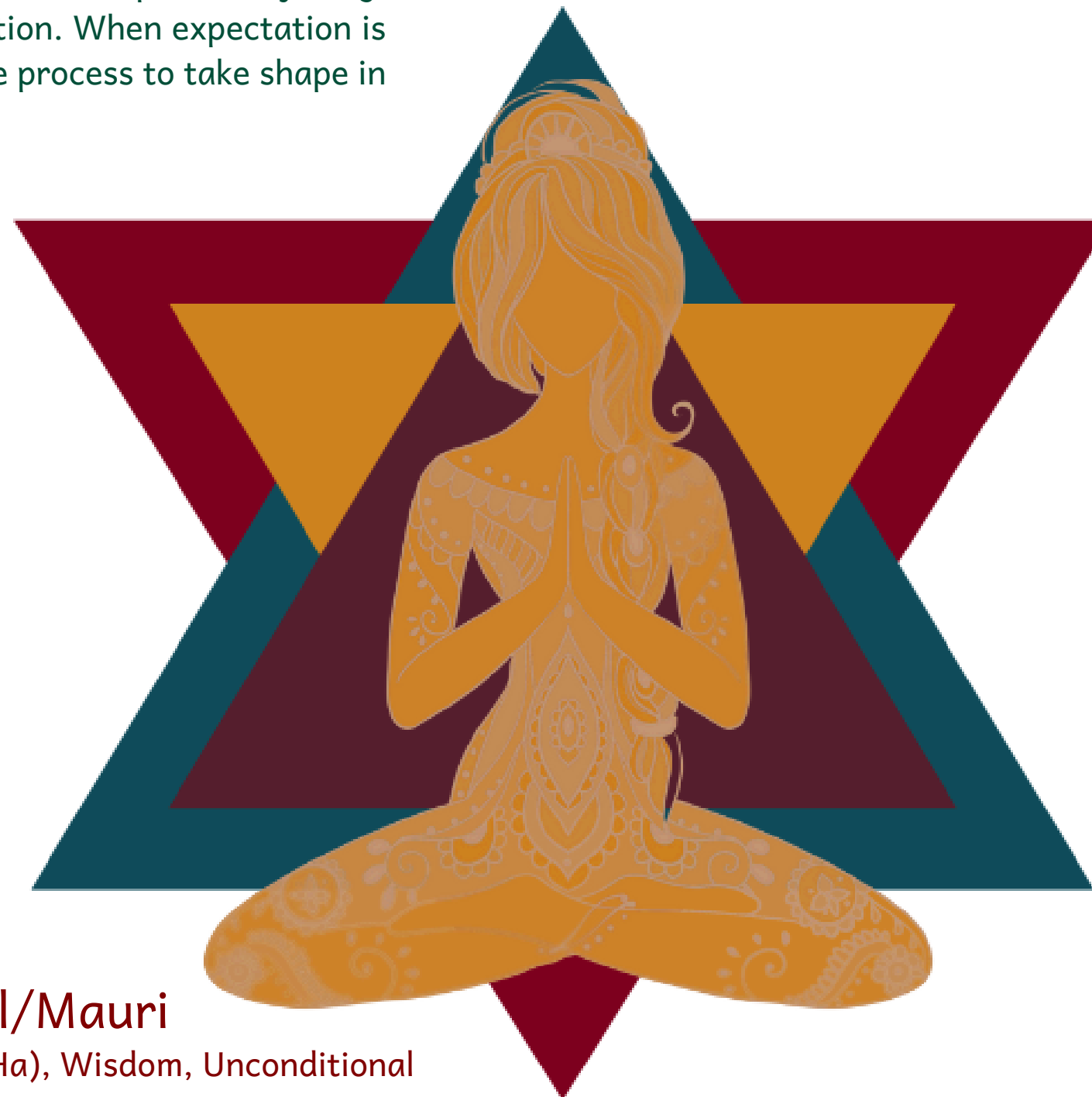
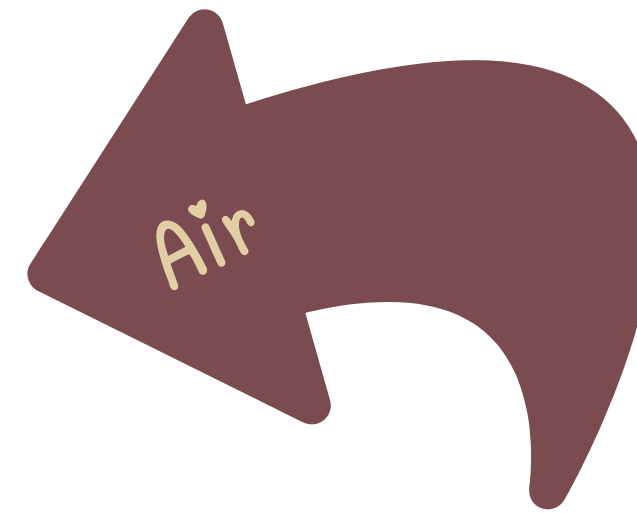
Life Force Energy- Breath (Ha), Wisdom, Unconditional love/Aroha, Liberation, As One

Impact

Our Moral Core, Influences, Conditioning, Foundations and Culture all flow one into the other, creating the impact of which we are experiencing. To sustainably change the impact, we must return to our moral core..

Flow/Be

We are human beings, at our moral core we simply BE. Our conditioning influences us to resist flow, abide by rules and cycles which are unnatural, locking us in survival mode. When we learn to trust, observe, surrender our expectations & assumptions, and acknowledge, we are then 'being' our authentic-self and experiencing innate flow.



Mental/Hinengaro

(Masculine/Yang) Values, Purpose, Self-Acceptance

Influence, Conditioning

Those who surround us influence our mind, impacting our beliefs and the way we behave.

Observation

The more we observe, the more we absorb. Surrender the mind chatter and become an observer. Observe your physical body and how it reacts to certain situations. Observe the mind chatter, the self talk, your belief patterns. Observe your emotional body and how you feel in certain situations. Observe your surroundings and how they change under different circumstances. Observe nature and how the seasons/environment affect it.

Then, observe what happens when you observe.



Physical/Tinana

Diet, Movement, Nurture

Moral Core

We are birthed into this experience with a constitutional innateness...

Trust

Trust yourself - every single time! Trust in the physical body you were birthed with, trust in it's constitutional innateness. Trust your intuition. Trust the timing in which things happen, be patient and trust the process. When we are able to trust in the flow of a process, it unfolds in seemingly magical ways



When the Ethereal Body (life force energy) is entered without permission, via a disruption or violation to either of the bodies for example abuse, neglect, abandonment, etc.. the sacred (tapu) force of the entire body system becomes disconnected. This disconnection then results in disharmony, imbalance and continual unwellness.