

Sacred Body Wellness System

By Trish Stone
Sacred Emotions

Emotional/Mahamaha

(Feminine/Yin) Acknowledgement, Understanding

Expectation/Projection

Dissolve that expectation of which you have upon everything. Dissolve 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.

Structure on which we choose to live our life

Our emotions are influenced by our belief patterns and behaviors, directing us to live in a certain way. Which drives the culture within which we live...

Mental/Hinengaro

(Masculine/Yang) Progress, Values, Legacy

Observation

The more we observe, the more we absorb. Dissolve the mind chatter and observe everything. Observe your own body and how it reacts to certain situations. Observe your emotions and how you react in certain situations. Observe your surroundings and how they change under certain circumstances. Observe nature and how the seasons/environment affect it. Then observe what happens when you observe.

Behaviours/Beliefs

Those around us influence our mind, directing our beliefs and the way we behave. Which drives the structure on which we choose to live our life...

Spiritual/Wairua

Connection to: Self, Elements, Community, Ancestors, Family, Source, Faith

Acknowledgement

Acknowledge all that you are grateful for. Nature, the elements, the four directions, the process, the flow. Your emotions, yourself, your faith, energy...

Culture within which we live

Our spiritual life is influenced by our emotions and the structure in which we live, harvesting the culture within which we choose to exist. Which drives the results...

Ethereal/Mauri

(Life Force Energy) This is the body of memory. Breath (Ha), Growth, Wisdom, Unconditional love/Aroha

Flow/Be

We are human BEINGS, however our conditioning has accustomed us to human DOINGS. If we dissolve our expectation, dissolve our negative self-talk, observe, and acknowledge, we are then BEING, in place of doing. FLOW.

Results

Our Values, Behavior, Structure and Culture all flow into one another, creating the results of which we are experiencing. To sustainably change the results, we must return to our innate being...

Physical/Tinana

Diet, Exercise, Nurture (from self and others)

Trust

Trust yourself every time. Trust the body you were born with and it's constitutional innateness. Trust your intuition. Trust the timing in which things happen. Be patient and most of all TRUST THE PROCESS. When we dissolve our attachment to expectation, we are then able to observe and watch the flow of a process that unfolds in seemingly magical ways - ways in which we would never have expected.

Values

The human body is born with a constitutional innateness...

When the Ethereal Body is entered without permission, resulting in either of the bodies being violated, the sacred (tapu) force of the entire body system is then violated. Where there is a disruption or violation in either of the bodies and the needs of all body systems are not met or acknowledged, the whole sacred body system becomes disconnected. This disconnection then results in disharmony, imbalance and unwellness.