

## Ongoing collection of spiritual practices

### Tuning into the body.

Martine Negro believes that tuning into the body is a very important part of the art of living well. Here is one way of tuning in, described in her talk, with some associated comments and an example.

Sit down. Close your eyes and tune in to where the pain is or whatever the sensation is. Ask yourself 'What does it feel like?' [A sensation/perception may arise in one's awareness.] Then ask yourself 'What would be an image that connects with that?' [An image often comes up.] Through this image connect with what this part of the body is saying.

And they get it. They get the inside of what is behind it. And then the release of pain or whatever it is.

By tuning in, sometimes an image, a symbol or a memory will come up.

Here's the example she gave to illustrate the process:

A person who loved swimming as a child. When she was a young adult she couldn't jump into deep water. And she couldn't work out why. So she tuned in and a memory came up. She was 16 and in charge of a 3 year old nephew. She released his hand for a few seconds to do something and he jumped straight into the close-by body of water and almost drowned. Everyone blamed her and she was so shocked that since that time she didn't go into deep water. So as she healed that, removing the associated guilt and everything associated with that memory; the next weekend she jumped into the ocean from a boat.

### Inviting universal energies into your life.

Martine mentioned Donna Eden whom she described as the "Grandmother of Energy Medicine". Donna was interviewed by Tami Simon titled 'Uplifting Energy'. Tami mentioned to Donna at the conclusion of the interview that she always seems to find her unbelievably happy and uplifted and high-spirited. Tami asked her how can you help those of us who might desire more of this radiant flowing and bright energy?

This was her response:

I think once a day, if you can find a place outside, not in a building, if you could just step outside somewhere and open your arms to the heavens—and I always call this "touching heaven with two hands"—and simply be in a receptive place. If you just go into that receiving place, you're open to whatever the heavens can give you, whatever wisdom is there for you, whatever truth is there or whatever energy that can just come through you.

And if you stand out underneath a night sky or the daytime, your hands will begin to fill up with an energy. Nine times out of ten, people can feel it quite fast. Their hands begin to buzz or fill up with a warmth. And when you get to that place, you scoop that energy up and you put it in the middle of your heart. There is an ancient vortex there that several different cultures call something like "heaven rushing in." And heaven rushes in with healing for you, or wisdom for you, or insight for you, or a little bit of joy for you, a little bit of that sunset energy coming into your body. The more you do it, the more you will receive it and get it, and start building up a habit so that you can have it more and more in your body.