

TIPS

HOW TO INTEGRATE MIND ENERGY BODY (ME-B) HEALING INTO YOUR EXERCISE PROGRAM

Where there is no sensation, the body is in defense (energetic and/or emotional). Absence of feeling also means there is an absence of positive feeling. Recovering connection to sensation/feeling is the heart of ME-B healing and health. Going deeper and allowing positive feeling to return is the journey. Exercise can be a fun part of the spiritual journey!

- Where we are weak physically, we are weak energetically and most likely where we are holding “inconvenient” emotions. When done correctly, exercise charges our energy field. We can use this supplemental energy to melt away blocks and to balance ourselves.
- When done artfully, exercise can connect our subconscious mind to our conscience mind and deepen our understanding of our true or divine self verses the self that has been programmed into us over the years.
- Let the good sensations in your body represent connection to the energetic dimension of your true self. During pauses in your exercise, allow yourself to anchor into those good sensations and confirm who you really are verses who you think yourself to be at the limited level of our personality programming.
- Periodically take breaks, pause with eyes closed and feel positive sensations in the body and let them spread to other areas – especially when doing weights, yoga, floor work, and reformer exercises.
- Experiment with the rythum of the energy by going slow. Especially when doing weights or related exercises. Going slow engages more muscle fibers and allows time for you to become more present with the sensations and energy in the body.

- During breaks, discover what wisdom the sensations and energy in the body might be holding. Practice picking up information from your body and energy systems. For instance, ask questions and open to receive an answer. The answer may come in a feeling, emotion, picture, symbol, idea, a knowing and/or an intuition. Learning how to receive information from the ME-B systems is a valuable skill to develop.
- When working legs, arms, back...keep part of your awareness on core and melt into positive sensations.
- Feel sensations and/or emotions that may come up but see them as energy verses any negative thoughts about yourself or others. Keep the intention of using exercise to melt away any overwhelming emotions. (Exercise charges the area with energy and promotes clearing.)
- Conscience breath can be a major component to your exercise and facilitates energy flow.

It is easy and can become a fun habit to integrate ME-B awareness into your exercise program. Discover more of you from within!

You can reprint this if you give credit to: Carolyn Eberle, LPC, MA, 720/530-7621; www.mindenergybodyinstitute.com.