

Align With Energy

July 1, 2010

Hello, this is Todd and we're about to start the AWE Group session for this week. We'll see what comes up today for everybody.

Okay, what's coming up today is the sacrum; that's the kind of flat bone in the back that's triangle shaped in the lower back. The sacrum is there for support and stability of our spine and hips and therefore movement and flexibility. On a consciousness level, it represents our blueprint, or foundations of life. Whenever there is a live change or coming up on a change or have to make a decision or go in a different direction or have confrontation, sometimes the sacrum can get flared up. It can become hyper-mobile, or move too much where its unstable or it can be "locked down" and not move at all. Okay? So think of over-flexibility may be like wavering and can't come to a decision or a direction. And when it locks down, it's almost like out of fear; it doesn't want to move forward.

It's really both in that...you know, whoever is listening, it may apply to you one way or the other - it may be a little bit of both of feeling...maybe wavering or trying to figure out what the best direction to go is in anything. It's not coming up as something specific for relationships or abundance or health; its really all three categories. Okay? So we'll just let that go and we may check back with that in a little bit, but that's...for right now, it's the priority.

Within the sacrum there's some links going on - or like a subsession going on within the sacrum. The first area coming up is the liver. The other area that's coming up is the spleen. The liver is coming in on two different types of balancing. One is the liver itself where there's the organ that's there for the consciousness of planning and organization. And the other part of the liver is the actual liver meridian itself and it's doing a link with the liver meridian to the pineal gland as a link to rebalance it for the sleep pattern.

The liver is active between 1 and 3 in the morning, so from 1AM to 3AM, the liver is active. If there's any type of imbalance in the liver sometimes it can cause people to wake up or have a problem having a problem going to sleep between 1 and 3. The pineal gland is coming in to help, essentially, as kind of the body's clock to help dial itself back in. Its like at this time, between 1 and 3, that liver and liver meridian...it's like its actively trying to sort through the purpose or the pathway in life - what your purpose is going to be about, if there's a new path or new direction that needs to be taken.

Okay, from there, it links to the spleen. The spleen is being brought in to help shift a possible perception of feeling stuck or stagnant or not moving forward or not going forward quick enough in whatever aspect that may be whether it be in relationships or abundance or health. That could be like not meeting your goals as far as your health is concerned or relationships being stuck or not enough coming in abundance-wise.

The spleen is about, basically, fluid movement and rhythms. So it's linking into the consciousness of the spleen, which is about being in the flow with the rhythm of life.

The way I like to think of it is...what's coming to mind is when the spleen is out of balance or when we're maybe out of balance or stressed, it may feel like we're swimming upstream in rapids. But when the spleen is balanced, it's like we're floating down a lazy river in an inner tube and just kind of going with the flow and letting the stream take us down and enjoying the ride. So the spleen is being brought in as almost a calming effect to help shift the timing of everything of where we're at and shift our perspective to understand that where we're at is the perfect synchronicity even though it may feel like...not feel like it. It's like to be aware of the synchronicities of life that are around us all day as a way to help confirm that we're on the right path and that experience is where we need to be.

Okay, let me see if there's anything else. Okay, that's it, so those are the two organs that it seems like the sacrum is kind of paying the price here of being a little bit stuck or stiff or a little bit hyper-mobile or moving too much.

So we're going to tap all this out, tapping head to heart. If you want to, you can put, you know, one hand on the back of your sacrum in your low back and tap that. Okay.

We'll check and see if there's anything else. Nope. That's it. All right, we'll check back in a week and we'll do another session.

Bye!