

Align With Energy

July 8, 2010

Hello, this is Todd and we're about to start the AWE Group session for this week.

Okay, so what's coming up is the session today is going to piggyback onto the session that was done last week. That session last week was about the sacrum and the liver to organize and plan and the spleen coming in for fluid movement and feeling like you're moving through life smoothly, synchronicity. There was also a little bit of sleep pattern issues that liver meridian _____ from 1 to 3 in the morning. That was the basic theme of last week's session. So the links that we are doing this week are going to piggyback onto what was done last week and just keep that moving forward. It always does that from week to week, but this specific week really wants to focus in that concept of things that have been balanced or things that have come up in the past week...this set of links are going to kind of add...its like a continuing formula from last week.

All right. What's coming in is the occiput, which is the bone in the back of the head, linking to the atlas, which is the first cervical vertebra. The atlas essentially holds the head - very important in rotation and movement of the neck. So this first part is a lot of structural stuff going on where...it's about freeing up the neck's mobility, taking tension off the muscles in the back of the neck that could trigger headaches or stiff neck.

Now, it's linking to the gall bladder meridian and bringing in the gall bladder meridian around the concept of decision-making and...so it's having to do with decision-making around the concept of money. Within this is about just what to do with it - how to spend it, how to invest it, how to save it and also how to position yourself to receive it. That could be the current job situation or new job situation or career move or retirement or just doing something completely different.

The next aspect of this is linking into the pericardium; it's the protective covering of the heart. This has to do with relationships and it's about resetting and reestablishing new boundaries and also bring in the heart's wisdom of knowing what to allow in (into your heart) in the relationships that you are in and also having the wisdom to know what to let go of in relationships that you are in or may have been, relationships that have ended or have changed in some way.

The next link is to the environment and it's linking to one of the planets. Look at this as...you know, just as we have things in our environment that affects us energetically, the planets are the same thing. So this is not like astrology, like predicting the future type stuff; this is more of environmentally how the planet's energy affects our bodies. The planet that its linking into is the planet Mars. And it's bringing in this energy that Mars has of...Mars has a very athletic-type energy to it where there's a lot of movement and flexibility and physical activity that it brings with it, so...oftentimes when Mars is in the picture, it's a great physical pick-me-up as far as boosting energy and revitalizing the entire system from the health perspective.

Then there's a little satellite link off this where it's going to do reciprocals; that's just about balancing the body from head to toe, reconnecting circuits of areas of the body where there may be body parts or bones or muscles that are stressed out, joints are stressed out. It's about reconnecting them with their energetic partners found within different points in the body and essentially strengthening our structure, our posture, our movement, or flexibility and really, just our overall Qi or our energy field. So it's like an external protection and internal protection. But it's not about guarding; it's about being fluid and able to move through life physically.

Let me check and see if there's anything else. No. So we're going to tap all this out. We started with the occiput and the atlas link having a lot to do with the neck. Then it went into the gall bladder for decision-making about money, pericardium for about boundaries in relationships, and then, into the energetic influence of Mars as how that is revitalizing energy for just overall health intentions that we have. And again, all of this is piggybacking onto last week's session. There's like a synergistic effect to balance even greater what was done last week.

So nothing else is coming up, so we'll just let this run for another week and we'll check back in next week and see if we need to work with this more or if we just...different links or concepts come up.

All right, so we'll talk to you then.

Bye.