

WAITING AT A BARRIER

How to find a barrier / How to release a barrier.

If I have an intention to begin a specific movement and I establish the degree of effort I am going to use for that movement, and I don't vary the degree of effort or force that I am using. I look for when I would need to use any more force or effort. Otherwise, that's as far as the movement would go.

I do not override a circumstance where there is already any resistance that is saying don't go there.

So, if I maintain the exact intention for the original movement to continue and I don't move further, something somewhere else in the system will occur. A meaning, an emotion, a feeling may suddenly come into awareness. The system will may start to move in another direction or in another place, or it may release the barrier in the direction you were intending until you discover the next barrier. You will want to notice, does the new movement take you in the direction of moving toward or turning away from.

When you resume movement as the barrier dissolves in the same direction or on a different plane, pay attention again where is it not safe to go further unless you use more force. Simply wait at the new barrier. When we use more force, we don't make it more safe – we just override what's there and nothing changes.

Physical barrier - quality or type of tissue changes.

Emotional charge barrier - active, contradictory, but simultaneous intentions at that place. Can be protection around an emotional wound or a mental body judgement.

ENERGETIC FLOOR EXPLORATION USING BARRIERS WITH ISSUE OF COERCION.

Select

1. An habitual “have to” in your life.
2. An habitual “afraid not to”
3. A disaster if I don’t, but I really don’t want to.

Seated. Hold that issue in your awareness. And allow your body to start to move.

Whenever you feel stuck or feel in resistance, turn your attention to your posture. Check how you are in gravity.

Whenever you can create less effort, be more comfortable, aspects of your inner world that you would not normally notice, have a better change to come into consciousness. Whenever you can be in less effort, while you are engaged in an intention, you will be entering a lesser known or even forbidden territory.