

Lansing IA SELF TRUST workshop

Day 1 Consciousness

We have different intentions existing within ourselves that are not communicating with each others and not brought into congruence at the time we make a choice. So - our choices often contain multiple intentions which are not all congruent or all even known to us.

Whenever there is a wrongness we will not heal.

Rules eliminate all other choices.

We can learn to change when we willingly hold as possible something that is not congruent with what we believed before.

Your intentions move your energy. Some habitual, ongoing, out-of-awareness intentions have already recruited parts of the system - parts of your structure and parts of your movement patterns.

Just at the very beginning of a movement - that's where change is possible. *(You can know the age at which those conflicting intentions came into the system by checking the timeline. HG)*

Habits may override what you really want.

Babies spend a good deal of their time learning how to filter out overwhelming stimuli.

“Self Trust” and “Self Worth” and “Deserving” reproduce more of the same.

“Self Doubt,” “Anxiety,” and “Feelings of Low Self Worth” reproduce more of the same.

Placebo - works based on what you believe and what you feel about the subject. Nothing recruits effective placebo faster than pain relief.

If you are “not feeling” something. If you are “stopping something before it can start.” What is the primary means of not sensing or blocking ?

CONTRACTION!

We are all PTS do some degree. We all needed to cut off so much of ourselves from easy access to activation that, at times, feels like self mutilation.

If we are present and spontaneous our life force will be high. (If we “don’t know,” we don’t need to *long list* - fill in your own blanks
HG)

Do not try to change “what's wrong,” “what is not good enough,” “what is not safe.” Change your perception of what is OK, good enough, and safe.

Whenever there is a wrongness we will not heal.

If intention is joined to what is already in process or in awareness:

FLASH! AHA!

Most ahas contain an element of “Oops!” - a sudden feeling of “Oh, how did I not perceive or include this in my model before?”

KIDTALK- when an adult says (with emotional charge,) “I CAN’T”

It means:

- I am afraid to
 - I will be judged
 - I will hurt another
 - I am removing (protecting) myself from a negative response from other.
- VS. when an adult says, “IT’S NOT POSSIBLE” (no emotional trigger)

Ideal line of standing in gravity - each arch point travels to each side of skull

It is a direct line to honesty. Whenever it detours and doesn't pass through this line when you press through an arch point, you have done something to prevent some part of yourself from being supported, or it is important to hide that part, or not occupy it. Our experiences imprint into our articular surfaces of our body.

(So our posture is a readout of our personal history and our solutions to that history. When we initiate slow, attended-to, movement we go through those meaningful posture sites - perhaps bringing up MB or EB, but certainly can shift the kinematic linkages and habitual energy paths.

Companionship advice (if looking for a meaningful, enduring connection):

Female: As a female you are programmed to know what you want and need to give to the connection. What you want to give will come from what you most want to give being accepted. "Feeling seen," "feeling safe," "feeling valued" will be present depending on what you give, as long as you are not in control.

Male: If you feel "attraction" first - before you feel "like" - run away!