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### MINDMAP REVIEW So Far

You have explored the B(Spin) side of things: the 5 pressures, and the impressions they make; the chaotic experiences of coping and surviving mindsets; and the hurting caused by disconnection from Spirit. Disconnection hurts and impacts capacity at all levels - physically fearful, intellectually overwhelmed, emotionally powerless and Spiritually disconnected... limited resources. *Is it any wonder why you can feel lost, overwhelmed and defeated when fear and these heavy energies dominate?* The chaotic impressions left by the pressures can be addressed as you embrace your healing process.

Remember it starts with the intention to cross the fine line from B back to A. When your energies open up you can diffuse the fight, flight or freeze autonomic reaction. From a calm, grounded energy you can observe in what specific ways you hurt. Be reassured that your hurting has purpose, as it connects you to your experience and helps you identify your healing needs.

### RECONNECTION

Now comes the process of reconnection to A-Spirit. Hurting shines a heart-felt light on the meaning of your experiences so you can make choices. Embracing this idea adds momentum to your shift from hurting to healing. Reconnection to your Spirit's expanded resources such as calm, grounded, open, curious, expanded vision, inspiration, determination and creativity make healing possible. You can trust your Spirit to guide you in your healing. Reconnection helps healing. Healing helps reconnection to your Spirit, finding balance, strength and calm within.

### DECOMPRESSION

Decompression is the natural release of internal and unresolved pressures that have held the healing process in limbo. If you don't decompress you can remain frozen in fear and self-doubt for a long time.

Decompression provides a grounded and meaningful pause in initiating the healing process. You may have experienced the meaningful pause as exhaustion, yawning, stretching, deep sighing in frustration or feeling stuck. These are all signs of your innate need to stop, or freeze, to understand what is happening, while you prepare to do things differently. Letting go of the pressures is a good place to start. Releasing your chaotic energies at each level, creates a positive cascade of healing.

Let's start with reviewing the shift you are looking to make at each of the 4 levels. B, the Spin mindset, especially Survival mode, is a painful and challenging place to be. To cross the fine line from B to A mindsets starts with an intention to address all 4 energies to become Calm, Open, Receptive and Engaged.



### Momentum of Decompression regains the natural flow of healing.

Observer mode once again is your number 1 tool to take an emotional step back to see what is really going on and how you are being impacted. Ask yourself, *"Am I in inspiration, coping or surviving right now?"*

The answer is not as important as recognizing that you are able to tune into your core to accurately assess your state of being. Deliberately stepping back creates a meaningful pause, time to decompress your energy, take a breath and open up to an opportunity to respond, rather than react, to your circumstance.



When you are grounded and calm you can distinguish between energies such as: trauma (a recurring shock wave creating self-doubt and vulnerability) and Stress (a physical tension or strain). Being able to recognize these kinds of subtle energy differences empowers you to address each specifically.

When you are spinning, remember you don't have to address anything in your external world until you are ready. Very few things require an immediate instant reaction or solution. Look for small steps because they lead to small successes which build confidence and forward momentum. Do what is do-able when you are ready.

Tune into your core and trust that you can rely on decompression to return your PIES energies to balance and vitality. It is well worth your time to consider the issue through the lens of your Spirit, your lens of possibility. Embrace moments of hope, and pay attention to when you find yourself smiling for no apparent reason. These are signs that inspiration still exists within you.

**INTERLUDE 1 Roll words** – Reconnection to Spirit, Spirit reminds you of your truth, Spirit brings strength, clarity a possibility, Emotions identify needs, Decompression regains flow of healing, Restore your PIES vitality

The following segment animates: 1 The importance of decompressing at the PIES levels, 2 Meditation on how to decompress, and 3 The Accumulative Gain at all levels. The momentum of decompression also regains the natural flow of healing.

Use your PIES energies to release the internal pressures to experience an accumulative gain. It is easy to be distracted from Spirit and its accumulative gifts, when the world is so demanding and chaotic. Your Spirit is always present and invested in you, so it remains patient as it awaits your return.

Focusing on one level at a time will help you to be present and aware of your energies. You can become Physically calm, Intellectually open, Emotionally receptive and Spiritually engaged. Look for the expanded capacity each of the four levels naturally offers. We'll start with physical, the most primal energy, connected to the energy of the earth through the force



## PHYSICAL DECOMPRESSION

Within your physical body resides intellectual thought energy of your brain, emotional energy of your heart and Spiritual energy of inspiration, expansion and creation. Your body animates and communicates both A-Spirit and B-Spin experiences. Since your PIES energies are intimately connected, your state of being directly influences all your energies. From your Spirit mindset you have the capacity to become physically calm and grounded.

### Meditation - Physical

Relax your physical energy: find a comfortable sitting position, shift your position until comfortable, feel your physical balance. Breathing is primal and directly influences your PIES Energies.

Feel your breathing, take slow deep breaths, to saturate your body with oxygen. Expand your rib cage, and stomach outward into space. Feel gravity anchoring you to the earth. Expansion connects you to the universal energies of Spirit, creation and infinity. Gravity connects you to mother earth where nature's profound energies resonate within you. Consciously expanding and anchoring creates a calm, strong resonance and rhythm from your heart. These life force energies reach within and without, with each breath. Tune into any physical tension, pressure, discomfort, tightness and use your exhaled breath and posture to release the energies found there. **Focus on being Physically Calm.**

### Your Accumulative Gain

Turning inward, with a deliberate intention to be physically calm you enter into an uncommon **consciousness**.

Whether it be your physical instincts that alert you, your muscles, 5 senses, breath, heart beat or physical body in general, you are in a **calm** and heightened state of... **consciousness**.

**Trust your inner consciousness.**





## INTELLECTION DECOMPRESSION

As I have said countless times in my practice, the intellect is often the last to figure out what is really going on. Without your conscious permission, your instincts, emotions, mind and body are already aware and engaged in what is real. Your intellect can be distracted and unaware, therefore looking for answers in all the wrong places... outside of you rather than inside at your core.

Remember that the A or B flavour of your self talk will provide an instant clue to your state of mind. Thought energy is very influential and versatile. From Spirit you can create influential thoughts such as intention, vision, possibility and resolve.

### Meditation - Intellectual

Focus on relaxing and breathing slowly and deeply. Feel how you have already attained some energy balance. You have given your conscious mind an important job to do...to push distractions aside and turn inward.

Notice how your breathing opens up your body and mind. An open mind to possibility and vision is evidence of connection to your core self, your Spirit.

Notice how your mind is quieter, more peaceful now that some of the distracting internal chatter has subsided because you are focused inward. If you find yourself distracted, refocus on your open posture, calm your body, continue your slow and deep breaths. Be mindful internally.

You might use the energy of a single word or group of words, such as: calm, core, strength, gentle, open or healing to calmly influence your mind and core. Spirit provides your naturally expanded resources such as creativity, imagination, inspiration, vision, humor, artistry, insight, clarity, etc. **Focus on being Intellectually Open.**

### Your Accumulative Gain

Your **open** mind accesses your expanded clarity, common sense, vision and worldly... **knowledge**. Your lifetime of experiences helps you to consider many possibilities and perspectives. Here you apply your **knowledge** to make purposeful choices.

### Trust your inner KNOWLEDGE



## EMOTIONAL DECOMPRESSION

Your heart and Spirit have an intimate partnership, working together to provide you with conscious insight into your experiences. Spirit offers emotional energies to guide you toward meaning and purpose. Your emotions resonate fulfillment, celebration and peace when you are true to your path. They express energies of discord such as anxiety, angst and fear when you have lost sight of your path.

Like a radio transmission emotional energy is sent from Spirit on specific frequencies. Your heart interprets the **meaning** of the message and passes the **energy** and **insight** on to your physical body. Your body animates the meaning, energy and insight, then your intellect chooses a way to respond. If your choice resonates with your Spirit then you know you are on track.

These transmissions from Spirit may be energies from your present circumstance or have surfaced as an echo from your past. Either way you can apply your observer mode to take an emotional step back while you physically release your emotional energies.

When low frequency emotions such as fear, sadness, loneliness, trauma, guilt etc. are not processed and released, their energy can become amplified. They could be part of an emotional bundle containing additional, intense like-energies stored under pressure. When they are not resolved, their energies can turn toxic. By toxic I mean they begin to work against you, creating internal pressures of self-doubt, unworthiness and powerlessness. Emotions in and of themselves, are not toxic, they are healthy and insightful.

In survival mode fear and self-doubt dominate. You can be vulnerable to fearing and believing the worst. Being intensely contracted and disconnected from your Spirit, toxic emotional energies can feel intimidating. Avoidance of your emotions gets in the way of resolving the events of your story. While physically releasing the emotional energies, you can separate your story from the emotions influencing it. This allows you to shift out of surviving mindset's tight brace, to view your story from a more grounded mindset.

### **Meditation-** Emotional

Safely and purposely decompressing your emotional energies restores vitality and restarts the flow of healing. To decompress emotionally, mentally focus on being physically calm and grounded again. Go to observer mode to notice where in your body you are holding tension from bracing, anxiety or heaviness. Direct your breath toward these areas, and with each exhale imagine the energy being released. Witness your emotional energies moving. Your observer mode provides a protective buffer. This allows you to safely recognize the emotional energy, without being engaged or overwhelmed. Give yourself permission to take a meaningful pause to take the time to consider an issue from a calm, grounded state of being.

Think of a specific issue and pay attention to what energies arise. From a healing perspective you can see that this meaningful pause gives you time for consideration. If you connect with anxiety or resistance ask yourself: *How ready am I to act on this issue? Do I need more information, clarity or support before making a decision or taking action?* If you feel momentum, ask yourself: *Am I ready to act on this issue? Or Have I already healed from this issue, and I am ready to move forward?* As you acknowledge your emotions from your observer mode distance, you may feel echoes of other emotions surface. Echoes are insightful connections on your emotional map. So if emotional energies such as anxiety, fear, confusion and powerlessness surface, they are offering valuable insight into what has been blocking your progress.

Remember that you can act when you are ready. Emotional and intellectual clarity will build momentum to act on, and resolve, your experiences. Take the time you need, but most importantly... **Focus on being Emotionally Receptive.**

### **Your Accumulative Gain**

Trust your emotions have a distinct purpose in both hurting and healing. You will feel more **emotionally receptive** to: explore new things, expand your understanding and connect with your true self. Trusting your process will bring increased emotional strength and peace. Your emotions are not intended to hold you captive. Their job is to keep you tuned into your Spirit. They tell you what meaning things hold for you, what you feel, need, fear and what inspires you.

### **You take care of your Spirit and your Spirit takes care of you.**

Remember that emotions hold meaningful...**insight** and your heart-felt emotions express your unique insight and help you identify your needs & what choices resonate with your Spirit. Be **receptive** to what emotional **insight** you receive from your core, no matter how subtle. This valuable insight empowers you to tend to your Spirit and your quality of life. **Trust your inner insight.**



**INTERLUDE 2 Roll words - Accumulative Gain, Physically Calm brings heightened consciousness, Intellectually apply Knowledge to make purposeful choices, Be Emotionally Receptive to insight and meaning, You take care of your Spirit and your Spirit takes care of you.**



### **YOUR SPIRIT HOLDS YOUR WISDOM**

Decompression, the release of chaotic energies, allows you to find your way back to Spirit, to your meaning, values, identity and purpose. With practice you will become aware of your inner imbalance before it becomes severe or extreme. It can become second nature to shift back to the balance found in A-Spirit. The accumulative gain from engaging in your PIE levels, leads you to your Spiritual wisdom, your deep, moral knowing and truth. When you are Spiritually engaged you are tuned into your physical, intellectual and emotional gifts. These energies resonate within, reminding you how you can be empowered and purposeful every day.

**Meditation - Spiritual**

Now, turn inward to P.I.E.S. to create C.O.R.E. (Physically Calm, Intellectually Open, Emotionally Receptive and Spiritually Engaged). Start with becoming aware of your body. Use gravity to settle into your posture, open up your posture to expand your rib cage and being with each breath.

Turning inward is a natural ability, and can be done anytime and anywhere, connecting you to the calm strength of your core. It takes only a matter of seconds, so it is immediately accessible.

Do a quiet scan of your body to feel where you are bracing. Holding this tension creates energy blocks. Relax and release. Make small adjustments to your posture until you are balanced and grounded again. You are connected to the earth via gravity. Ask yourself: *Am in Inspiration mindset where Spirit grounds and expands all my energies?*

Imagine a white light at your core connected to everything inside of you. It travels through every cell, giving vitality to your body. *How does it look, sound and feel?* Think of the light expanding deep inside and then outside you, into the realm of imagination and possibility. *How do you experience this?* The light sparks your emotions of calm, peace, joy, love, play, laughter, excitement.. *And what else? Can you imagine them providing enlightenment, encouragement, validation, inspiration and healing to every part of your being?*

Next your light expands past your body to the sky and beyond. In other words, to the energies of nature and the universe, Spirit's biggest landscape. Spirit gives life, Spirit is everywhere. *When do you feel most connected to Spirit?* Remember how this feels so you can recognize its presence in even the most subtle ways. **Focus on being Spiritually Engaged.**

**Your Accumulative Gain**

Spiritually Engaged - Your Spirit holds your WISDOM

The Spiritual level of engagement means you have come back to your core authentic knowing. As you interact with your external world your Spirit will show you what resonates true for your authentic self. For example, if you deeply believe in compassion as a value, you will experience an energy of discord when compassion is not present. Discord energy can resonate as unease, agitation, dread, feeling off balance, internal resistance, healthy intolerance, sadness, etc.

Your core resonates with these emotional energies, providing you insight regarding your meaning, values, authentic identity and purpose. This is further evidence that your physical, intellectual and emotional energies are attuned to your authentic core self.

Turn inward to tune into your Spirit's gifts: calm, open, receptive, engaged, curiosity, passion and compassion, vision, creativity, logic, insight, imagination, joy, fulfillment, generosity, hope, grace, WISDOM

**Consciousness plus Knowledge plus Insight leads to WISDOM.**

Being engaged from Spirit means you have embraced your authentic inner wisdom!

**It is your wisdom to own.** Your Spirit holds your wisdom.

Turn inward to embrace your Spirit's gifts: Calm, Open, Receptive, Engaged, Inspiration, Curiosity, Passion, Compassion, Vision, Creativity, Logic, Insight, Imagination, Joy, Fulfillment, Generosity, WISDOM!

**Trust your Spirit, Trust Yourself! Trust your Wisdom!**



### HEALING by CONNECTION

Decompression makes healing possible, promoting connection and reconnection to your Spirit.

Healing by connection to:  
True self & inspiration  
Meaning,  
Values,  
Identity,  
Purpose



Healing by connection to:  
Others & a higher purpose  
Friendship,  
Belonging,  
Loyalty



Healing by connection to:  
Spirit everywhere –  
Magic,  
Wonder,  
Possibility



This concludes Reconnection and Decompression

### Here is a sneak peek at Video 5 - Three Paths to Express your Spirit

Giving your Spirit a voice expresses your true self.  
Three paths to **Express** your Spirit  
• Doing, Thinking, Feeling

Whether you see yourself as a person of action, a resourceful thinker, or you trust your heart and emotions first and foremost, there is a path for you to Express your Spirit.

**Giving your Spirit a voice expresses your true self.**



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