

Beliefs and Mind-Body Interaction

Throughout our lives there are events that we are not able to fully experience or respond to due to a variety of factors: our age, lack of skill, knowledge or sheer overwhelm and intensity.

Whether these events are large or small repetitive ones, they are nevertheless important as they are stored unconsciously and contribute to the shaping of our self-identity, esteem, sense of competence, worth and ability to manage life.

The type of events in question can be considered incomplete experiences that result in energy being bound up within the body-mind. Our authentic nature does not have free expression and therefore we cannot truly inhabit the present moment.

The emotional content of these unprocessed circumstances distort our perception, as well as foster the development of false beliefs, protective postures and defensive behaviors. As a result we often feel as though we are living life with inadequate resources and without vitality or purpose.

Traditional methods of change focus on insight and behavior and generally fail to release problems at their core. Methods that allow our conscious mind to connect with a deeper organizing level of awareness can effectively discharge our troublesome patterns. We then can internalize a "complete experience," resulting in increased energy, clear awareness, and power to bring to our lives.

Pure consciousness is our mind without distortions, misperceptions or defenses. Through freeing our selves of old limitations, we develop full, clear, authentic awareness and power to consciously create our lives.

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