

Integrative Wholeness

Volume One: An Introduction



*A Journey of Healing, Empowerment,
Transformation and Evolution*

Bindu S Johnson

Dedication

This ebook is dedicated to all of us who have been nudged or catapulted into our journey toward the light by challenges in our health or life.

We are indeed brave souls and spiritual warriors who deserve a standing ovation.

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What is Integrative Wholeness?

I am a magnificent multi-dimensional being of light and love. And so are you. The journey of Integrative Wholeness™ empowers us to fully embrace the ever-increasing magnificence of who we are.

It is a journey of fully embracing our humanity (the good, the bad, the beautiful, and the ugly) while connecting with our Divine Nature (our love based etheric center).

The journey of Integrative Wholeness™ has been my life journey. It is now my life purpose to share this with other heart-centered, spiritually oriented men and women to empower them to embrace their challenges, ground themselves in inner peace, evolve their consciousness and align with their true nature.

Integrative Wholeness™ has multiple meanings:

- A state of being in which all levels of our being are balanced and in a state of harmony with each other
- A journey or pathway to achieve a state of Integrative Wholeness™
- An alchemical blend of modalities to support the experience of ever increasing Integrative Wholeness™

Integrative Wholeness™ endeavors to identify, balance, and harmonize all levels of our being. These levels can also be called dimensions and include:

- Physical
- Emotional
- Mental
- Expression
- Spiritual
- Energy

The following chapters will explore each dimension in greater detail and offer you the opportunity to create greater awareness of your amazing multi-dimensionality and the possibilities that are available to you when you create balance, harmony, and wholeness.

Welcome to my world.

Bindu

A Life of Integrative Wholeness

Imagine a life of dynamic health, where your body has the capability of encountering life's challenges and bring you back to balance. You feel safe in your body and in your world. You have the energy and enthusiasm to enjoy life, family, friends, and the career you love.

You feel good about yourself. Feelings of love, peace, compassion, and joy make up your normal mood. You know yourself well, your likes and dislikes, your strengths and weaknesses. And you unconditionally accept yourself. You love yourself for who you are, faults and all, and you know how to nurture both your body and your soul. You know why you are here on this earth and you have created a plan to do it.

You work and play well with others but also enjoy time with yourself. You feel good about the service you offer the world through your natural gifts and talents. You experience financial abundance, having more than enough to meet your own needs and desires with plenty left over to share with others. You are a powerful creator of your experience, internal and externally.

You have a direct connection with your inner spirit and "God". You are guided from within and allow yourself to easily flow with the unfoldment of your life. You respect yourself, others, nature, animals, plants and all of life. You knowingly make a contribution to the unfolding evolution of the planet through your being, actions, words and thoughts.

You feel a oneness with all of life and live in the comfort of knowing that all is well in your world.

My Vision

This is my vision for Integrative Wholeness™. I believe that we are destined to live in a world where good health and happiness is the norm. Where we work and live in harmony with each other. Where financial, political, and health care systems work for the people and all are treated fairly and equally. A world where everyone has basic necessities of food, shelter, and health care available to them. We respect our environment as we love and respect ourselves and each other. Competition has transformed into cooperation.

I believe that we can have this, individually and collectively. My life goal is to manifest this in my day to day experience. My mission in life is to support others who desire to experience this for themselves, knowing that each person who opens to love, peace, and wholeness impacts many others, creating a ripple effect that will transform the world.

My Gift to the World

Integrative Wholeness™ is my contribution to this endeavor. I share it with you as an invitation to join the journey of Integrative Wholeness™ and become a part of the evolution of our planet. One day we will achieve the 100th monkey effect—finally, all of us humans will *-get it-*and our world and all inhabitants will instantly shift into a new era of prosperity, fellowship, and progression that religions of old could only describe as *heaven*.

A Guided Experience of Multi-dimensionality

Let's take a few moments to experience our multidimensionality.

You can read through the following text or [click on this link](#) for a guided experience.

1. Find a comfortable place where you will not be disturbed for 15-20 minutes.
2. Sit or lie in a comfortable position.
3. Close your eyes and let your attention focus on your inner world.
4. Notice your breath. Just feel your breathing for a few minutes. Notice the rhythm and pace.
5. Are your breaths fast or slow? Which is longer, the inhalation or the exhalation? Where do you notice or feel the breath in your body? In the nostril, the chest, the belly, the back? There is no right or wrong, simply observe what is.
6. Now observe your physical body. There is no right or wrong, simply observe what is. What sensations do you feel in your body? Do you feel relaxed or tense? Do you feel fatigued or energized? Is there pain anywhere or uncomfortable sensations? Do you feel sensations of pleasure? Do you feel restless and want to move, or do you feel relaxed and enjoy being still? What else do you notice in your body? Again, there is no right or wrong, simply observe what is. Take a few moments for this.
7. Now bring your attention to your emotional body. What emotions are you experiencing in this moment? What do you feel? Are you content? Frustrated? Angry? Disappointed? Joyful? Peaceful? Excited? Afraid? Emotions come in many flavors and colors, just like ice cream. See how many flavors and colors of emotions you are feeling. Are you comfortable feeling your emotions? Do you deny or suppress them? Do they overwhelm you? Are you afraid of your emotions? Take a few minutes to simply be present with your emotional body. You don't need to change or fix anything. Nothing is good or bad here, we are simply observing.
8. Now go to your mind. What thoughts are you thinking in this moment? What are you thinking about? Or is your mind quiet and still? Are your thoughts fast or slow? Do you notice certain repetitive thoughts or mental patterns? How long does your attention span last before your mind drifts off? How does your mind like this exercise, this experience? Are you judging yourself or your experience? Are you judging me, the way I am teaching or leading the experience? Just let your mind be and simply watch your mind without needing to change or fix anything. Simply observe the mind.
9. Now reflect on the world you have created around you. Are you single, married, divorced? Do you have children? Do you live in a house or apartment, a town or a city? What kind of work do you do? Do you like your work? What kind of relationships do you have in your life? Do you have pets? What kind of activities do you enjoy? Is life easy or a struggle? Are your finances abundant or strained? Take a few moments to reflect on your expression--how you express and relate to the world around you.
10. Now bring your attention to the part of you that is watching and observing the dance of the body, emotions, and mind. Who has been watching the mind? Who has been watching the emotions? Who has been watching the body? Can you feel or sense this part of you? It is still nothingness, simply awareness? It is not something that you can put into words. Just be with the part of yourself that is watching, just watching.

9. How long can you just be the watcher before the mind, emotions, or body distracts you? Do you notice when you are no longer watching and become lost in your thoughts or are wrapped up in physical sensations or an emotion? Can you come back to watching the watcher, to watching the body, mind, and emotions?
11. Can you go deeper into a feeling of emptiness or an experience that everything is simply energy expressing itself in different ways or not? Can you be the experience that you are that energy that is all and everything or not? Do you come in and out of this? Do you stay consistent with it? Can you disappear into nothingness and then reappear? Once again, let go of any striving or judgments, simply notice what is happening. Where you are is perfect, we are just getting the lay of the land.
12. Continue to watch for a few more moments. Without any direction, notice where your attention goes. Notice what dimension calls you attention the most. Your body, emotions, mind, something in your outer world, or stillness, emptiness, and nothingness?
13. When you are ready you can bring your attention back to the room you are in, back to your body. Take a few minutes to stretch and allow your focus to return to the room. Then take a few minutes to reflect on your experience or journal about it. What did you experience? What did you learn about yourself today? What is your dominate dimension or does that change?
14. Complete your experience for today by expressing your gratitude for this experience and for what you learned about yourself.

This was a guided experience through your multidimensionality. In the next sections, we will visit each dimension one by one. You will learn how both imbalance and balance appear in each dimension. And finally, you will be introduced to some simple tools to begin creating balance in each dimension. Happy journeying!

The Wonders of the Human Body

The human body was designed to live 100+ years in good health. Of all the possessions that you own, your physical health is the most valuable of all. Without health, we are blocked from creating our lives the way we want them to be. It is worth protecting, preserving, and treasuring.

The human body is one of the most wonderful creations in the universe. We can walk and talk and feel. We laugh and cry. We see and hear. We can get in a car and drive from location to location. We dance, we sing, we play, we work. We can watch a sunset with a sense of awe and bliss. We kiss our children with love in our hearts. We hold our beloved in our arms and feel the love between us. This is what bodies were made for.

In each moment there are millions of minute processes and interactions going on within the physical body. Each time you eat, think, see, touch, or hear, your body immediately sets in motion millions of biochemical responses to receive, digest, assimilate, and integrate each experience you have.

You eat and drink, digest, sleep, and breathe. You don't even need to think about how to digest and assimilate food. You don't need to think about whether or not to breathe or whether your heart is beating. You don't have to think about how to see or hear or talk.

The body is designed to carry out all of these processes with perfection. It knows exactly what to do with the food you eat. It knows how to bring itself back into balance, how to heal itself, and how to maintain optimum functionality.

The Problem

The human body was not designed to eat processed nutrient-deficient food, work endless hours without adequate rest and movement, absorb endless varieties of stimulants, sedatives, and drugs, cut ourselves off from nature, love, and pleasure, worry incessantly, and drive itself into exhaustion. Well, maybe I am exaggerating, but maybe not.

In order for the body to function normally, heal, repair, grow, and return to balance, it needs to be provided with the right nutrients and lifestyle. If the abuse on the body continues without giving the body the right nutrients and lifestyle, the biological landscape and normal functioning of the body's systems break down. This creates another layer of stress the body has to deal with.

Sounds dire? We are in the midst of a global health crisis. Just in the U.S. alone, the health of our population is steadily growing worse. To be ill, filled with aches and pains and tired is almost the norm. Obesity is at epidemic proportions and growing worse. Our modern medical system is trying to 'heal' lifestyle-generated illness with drugs and surgery. This only makes things worse for the human body. While they might be able to minimize certain symptoms for a short period of time, unless the underlying cause is detected and balance and function is restored, the symptoms will return or show up in a different way.

Medical insurance and medical bills skyrocket, yet our health worsens. Something has to shift, or we will go the way of the dinosaur. You laugh? Personally, I don't think it is a laughing matter.

There is a solution.

The solution to this dilemma is to take personal responsibility for our own health and well-being. We need to uncover an inner desire and resolve to change. We need to be willing to act on that desire, to be willing to make the needed changes in our lives to restore our own health and happiness.

Awareness is a key ingredient in creating health. We must be aware of signs of balance and signs of imbalance. The second ingredient is knowledge. We must have the proper knowledge about how to restore balance. The third ingredient is commitment to change. The fourth ingredient is action. We must apply the knowledge to receive the results. With awareness, knowledge, commitment, support and action, you can restore balance and health.

Awareness: Signs of Balance and Imbalance

The first step to making changes in your health is Awareness. Awareness is best distinguished in relation to something else. If you don't have the awareness of good health, then you wouldn't even know what to reach for. In our society, ill health is the norm, so it is important that we have an understanding of what true health actually is.

Signs of balance in the physical dimension include:

- ♥ Steady natural energy from morning to night
- ♥ Ability to fall asleep easily and sleep deeply throughout the night
- ♥ You wake refreshed in the morning
- ♥ Pleasurable sensations and a feeling of comfort in the body
- ♥ Muscles are strong, flexible, and toned
- ♥ Skin is clear, soft, and of good coloring
- ♥ Normal hunger for healthy foods
- ♥ Your hunger is satisfied at the end of every meal
- ♥ Your appetite is satisfied until the next meal time
- ♥ Pleasant body odor
- ♥ Normal bowel movements without effort on a daily basis
- ♥ Normal body weight
- ♥ Strong resistance to illness and recover quickly from injury or illness
- ♥ Your positive emotional state is more predominate than negative emotions
- ♥ Your mind is clear, focused and decisive

Signs of imbalance in the physical dimension include:

- ♥ Pain
- ♥ Difficulty falling asleep and/or staying asleep
- ♥ Feel sluggish and/or drowsy upon awakening
- ♥ Feeling tired throughout the day
- ♥ Spurts of energy followed by fatigue

- ♥ Can't make it through the day without your cup of coffee
- ♥ Jittery, hyper, shaky, nervous, or speedy energy
- ♥ Feel hyper but exhausted underneath
- ♥ Exhaustion, sleepiness, drowsiness, listlessness, lethargy
- ♥ Pain and stiffness in body and restricted range of motion
- ♥ Acne or blemishes
- ♥ Pale, reddish, or yellow coloring to the skin
- ♥ Liver spots
- ♥ Rough, dry, or oily skin
- ♥ Rashes, hives
- ♥ Cravings for unhealthy foods
- ♥ Addictions to unhealthy foods or beverages
- ♥ Excessive hunger
- ♥ Lack of appetite
- ♥ Muscles flaccid, tense, painful, stiff or weak
- ♥ Constipation or diarrhea
- ♥ Smelly bowel movements
- ♥ Painful bowel movements
- ♥ GERD or IBS
- ♥ Abdominal pain
- ♥ Frequent or painful urination
- ♥ Gas
- ♥ Strong and/or unpleasant body odor
- ♥ Feel unwell often
- ♥ Low resistance to illness
- ♥ Long recover time from illness or injury
- ♥ Obesity, overweight, or under weight
- ♥ Worry, depression, anxiety, panic attacks, hopelessness, stressed
- ♥ Fearful, irritability, sadness, melancholy, despair
- ♥ Confused, foggy, slow thinking

How many of these symptoms are the norm in our society or are just written off as normal signs of aging? How often do we self-medicate through food and beverages or over the counter medicines? How many of us simply accept imbalance and poor health as something that we cannot change? How many of us seek medical intervention for symptoms caused by poor diet and lifestyle? How many of us just don't care? How many of us try to improve our health but fail? And fail again and again because we haven't found the right solution.

There are solutions. If we have the desire, commitment and knowledge, we can improve our health.

My Experience

I struggled personally with ill health since my teens. I went to many doctors. Some tried to help but were unsuccessful. Many just said it was all in my head because their testing did not show I had anything wrong with me. Yet I lived in constant pain. At times I gave up and tried to accept my condition. I tried to push myself through life despite the pain. Finally I accepted what was happening and made a commitment to myself to heal no matter what. If one thing didn't work, I tried something else. I ended up being my own "health advisor," using the knowledge I had gathered over many years of searching and created my own path to health and wellness. I call this the Integrative Wholeness™ approach to Dynamic Health.

The Integrative Wholeness™ approach to Dynamic Health

There is a lot of conflicting information about health and wellness available today. It can be confusing to know what the right choice for you is. Integrative Wholeness™ blends ancient wisdom and modern science to create a system that is sound and adaptable to each individual. One of the underlying principles of Integrative Wholeness™ is that each person is unique. Rather than have a one-size-fits-all approach, I engage the individual rather than treat the symptom. The journey to balance is unique to each individual. The Integrative Wholeness™ system is designed to guide each individual to find their unique path to dynamic health.

The Integrative Wholeness™ approach to dynamic physical health includes:

Be prepared. Being ready, willing, able, and committed to taking responsibility for your health and well-being is an important step in creating dynamic health.

Basic Physical Needs. The human body has basic, essential needs such as healthy food, water, movement, sleep, rest, and breath in the right proportions. By treating your body with loving care it will reward you with vibrant health and energy to live a long happy, healthy, fulfilling life.

Honor your Uniqueness. Just as some of us have blue eyes, some brown, and some green, our biological needs are different. For example, the foods that are healthy for one person will make another person sick. The type of exercise and amount of exercise needed for optimal health varies from person to person. Understanding your uniqueness and tailoring your self-care to honor your uniqueness will go a long way to restoring and maintaining optimal health.

Listen to your body. Your body is the best book on your health that you will ever read. However, we have lost the art of listening to our body, understanding the messages our body is sending us and responding satisfactorily to those messages. Once you master this, you become your own "health advisor" and understand what lies within your power to heal and when to reach out for support.

Positive mindset. Your mindset and attitude have a powerful impact on your health. Some say that the body is a reflection of the mind and the mind is a reflection of the body. Worry and concern can have a negative impact on the healthy functioning of the body. Creating a healthy mindset is imperative to creating a healthy body.

Restore Balance. The body is a finely tuned machine. It was not designed for the abuses of our modern lifestyle. After long periods of abuse, the bio-chemistry of the body becomes imbalanced and the functionality of the systems within the body becomes impaired. To regain optimal health, restoring balance and normal function is essential.

The journey to a balanced healthy body is inviting, flexible, and fulfilling. You will learn to listen to your body, discover dietary facts that are not available to the general public, find your unique path to health and wellness, and discover a way of living that restores and maintains good health into old age. Lifestyle trumps genetics when it comes to your health and well-being so you can ease your fears about familial health issues. No longer does aging need to correspond to poor health.

The Power of Emotions

Emotions are a wondrous aspect of our wholeness. They give flavor and color to our lives. Think of the absolute joy of being able to watch a sunset in awe or the wonderful ability to grieve the loss of a loved one. To celebrate living with great abandon and to fear with equal intensity.

It is like walking through a magnificent landscape with hills, valleys, rivers, and mountains filled with trees, plants, flowers, and all manners of wildlife. So much to experience and enjoy. Now imagine a desert of blinding heat and endless sand. These are like emotions. Emotions give our lives flavor and variety and save us from drudgery, boredom, and the slow agonizing death of body and spirit.

We love the positive emotions but abhor the negative ones. I was once told that "the height of your joy is found in your last tear." At the time, I wondered if I would ever find my last tear. Now I know the saying to be true. Not that I have cried my last tear, I know that allowing myself to feel all my emotions has opened me up to embracing ever increasing joy. Allowing ourselves to feel our full range of emotions give us freedom beyond imagination.

Imagine the power of anger coursing through your body. Feel the intensity.

Imagine the joy of a new child's birth. Feel the magnificence.

Imagine the intense sorrow of losing your beloved. Feel the pain.

Imagine the delight of a hard-won accomplishment. Feel the celebration.

Imagine the tenderness of a purring kitten. Feel the sweetness.

Imagine the ecstatic joy of your wedding day. Feel the promise.

The emotional dimension is represented by your heart and also has a deep connection with your belly, or the second chakra. The heart is deeply connected to both soul and spirit. The unabbreviated term for "emotion" is "energy in motion." An emotion is simply energy moving through your body at a specific frequency. That energy gives you life and experience.

The Problem

Many of us have been taught to suppress or ignore our feelings. Or sometimes, our experience was just too intense or overwhelming to process. But when we ignore or suppress our emotions, they become trapped in the body. When this happens they block the natural flow of our energy. This produces a cascade of happenings in all dimensions:

- ♥ This blockage leads to the unnatural expression of emotions such as road rage and killing sprees.
- ♥ Improper flow of energy creates malfunctions in the organs and cells.
- ♥ Suppressed emotions impact our mental faculties. We create stories in our mind to protect us from feeling the emotions and then become blocked from manifesting our desires.
- ♥ Once we suppress our emotions, we work unconsciously to keep the emotions suppressed, which contributes to fatigue and insomnia.
- ♥ We limit movement in that area of our body which leads to pain and stiffness.
- ♥ Suppressed emotions cause a constant stress response in the body, inhibiting life-enhancing activities.
- ♥ This process can snowball into poor physical, emotional, and mental health.
- ♥ Blocked energy inhibits the connection with our spiritual dimensions.

The Solution

Inherent in any problem is a solution. The most important step in healing the emotional dimension is to acknowledge and feel emotions. Accept them as a positive, important aspect of your being.

We can open ourselves to feeling our emotions by simply acknowledging them as energy flowing through us. We can learn to breath, relax, feel, watch, and allow as emotions flow through us. We can allow the backlog of suppressed emotions to come to the surface and be released. With each release comes great freedom and joy. We can plant and nurture positive emotions to fill the void left by the negative emotions, which is part of the process of creating balance in the emotional dimension.

Awareness: Signs of Balance and Imbalance

Signs of balance in the Emotional Dimension

- ♥ Predominance of positive emotions
- ♥ The ability to feel and allow all emotions
- ♥ Dynamic physical health
- ♥ An abundance of energy
- ♥ The ability to sleep deeply
- ♥ A sense of energy flowing freely through your body
- ♥ Release of unhealthy mental patterns

Signs of Imbalance in the Emotional Dimension:

- ♥ Reactivity to the world around you
- ♥ Predominance of negative emotions
- ♥ Anger, frustration, fear, distrust, sadness and a myriad of other negative emotional states
- ♥ Feelings of hopelessness or helplessness
- ♥ Physical health problems
- ♥ Judgment and intolerance of other people
- ♥ Difficulties in relationships
- ♥ Job difficulties
- ♥ Panic attacks, depression, and anxiety
- ♥ Powerlessness
- ♥ Listlessness, apathy, lack of purpose and direction
- ♥ Chronic recurring problems
- ♥ Accident-prone
- ♥ Lack of spiritual connection
- ♥ Control issues
- ♥ Self-sabotage
- ♥ Lack of confidence and self-love
- ♥ Lack of success in business and personal endeavors

We look high and low for the solutions to problems in our lives. The one place that we often fail to look is within our own heart. By holding on to our suppressed emotions, we successfully yet unconsciously sabotage our success and keep ourselves stuck in repetitive patterns for years—or even for life.

My Experience

After many years of falling into the same patterns and feeling defeated again and again, I stopped running and began to look within for the solutions to the challenges and patterns in my life. I had reached the end of the road with nowhere else to run. This commitment drew to me the tools to truly heal old emotional wounds. This led me to leaps and bounds of progress in my healing process and the creation of the **Integrative Wholeness™ approach to emotional wellness**.

The Integrative Wholeness™ Approach to Emotional Wellness

The emotional dimension is in our belly, the center of our feelings and emotions. It is linked to our heart and soul. It provides the power to move us forward in our lives, adds flavor to our experiences, and connects us to our soul wisdom.

The Integrative Wholeness™ approach to emotional balance and wellness include:

Feel. Our emotions are an important part of who we are. They bring vibrant life and joy to our experience. We release the positive power of our emotions when we allow ourselves to feel and honor our emotions.

Release. For many of us, we have suppressed our emotions from a young age. That is part of our modern culture. When we begin to feel our emotions, we open ourselves to accessing a back log of emotional content. To feel, watch, and release our emotions is part of our journey to emotional wellbeing.

Inquire. The art of self-inquiry is helpful in getting to the underlying cause of stubborn repetitive emotional reactions or patterns. By addressing the underlying cause, negative patterns can be healed.

Heal. Negative emotional patterns can sometimes be held in place by cellular memories within your energy field. Neutralizing those cellular memories can heal the memory and free you from its influence.

Flow. Flowing and nurturing positive emotions are part of creating balance in the emotional dimension. Feelings such as gratitude, forgiveness, compassion, and many others need to be nurtured to bring us to a state of emotional wellness.

Celebrate. Being in a state of emotional wellbeing is cause for celebration as we share our inner joy with our world.

Healing the emotional dimension will create a powerful shift in your life. The energy of the heart is 50 times more powerful than the energy of the mind. The emotional dimension is closely aligned with our heart, life force, and life energy. When we use our life energy to suppress emotions, we are slowly killing our aliveness. As we release stored negative emotions, heal destructive cellular memories, and imprint positive energetics into our energy field, we are reclaiming our aliveness, our heart, our compassion, our mind and our passion. We empower ourselves to connect more strongly with our divine nature embrace the fullness of all that we are.

The Role of the Mind

The mind is a powerful tool for the heart and the spirit. It is designed to take in, store, organize, and analyze information. Through this process it can also offer solutions to challenges based on the data it has stored. The mind does not in and of itself access the higher wisdom of the heart, spirit, and divine wisdom. That information needs to be accessed by the spirit and heart, then fed to the mind. If the mind is used as a tool, managed by and in harmony with the heart and the spirit, it can be very resourceful and valuable. But if the mind loses touch with the heart and spirit, it can become a fearful, demanding tyrant, standing in the way of all that your heart and spirit need to truly soar.

In our society, we tend to give the mind a higher accord than we do the wisdom of the heart and the spirit. When we do that, we are missing part of the picture and are operating on the mind alone. The mind will always base its advice on past experience, whether good or bad. The mind is also more closely linked to the ego and can easily see itself as a separate being and have difficulty seeing and taking in other perspectives, needing to defend itself and its perspective. We need to understand the true purpose, strengths, and weaknesses of the mind to most effectively utilize its gifts.

The mind simply defined is the flow of our thoughts and belief systems. We have positive thoughts and negative thoughts. The thoughts we repeatedly think influence our emotions, our body, and our life experience. There has been much talk in the world these days about positive thinking. But without balancing the body and the emotions, it is very difficult to maintain a positive outlook on life.

The Problem

Problems show up in the mental dimension when we are cut off from our emotions, our body's inherent wisdom, and our spiritual knowing. When the mind lives in its own world cut off from the whole of who we are, it has no wisdom to guide it. This leads to decisions and actions that do not take the good of the whole into consideration. It only takes its own perceived needs into consideration. The mind has a "me against you" philosophy. When we identify with the mind, we believe we are our thoughts and belief systems. We protect them, sometimes to the death. This produces a cascade of imbalance in society and our personal lives such as:

- ♥ Conflict and war between individuals, spiritual traditions, and nations
- ♥ Polluting and raping the planet of its natural resources
- ♥ Killing of innocents such as animals, birds, insects, and plant life (and of course humans)
- ♥ Chasing money, thinking that will give us peace and happiness
- ♥ World hunger and poverty
- ♥ Attempts at controlling and dominating others
- ♥ Looking for solutions outside of ourselves
- ♥ Working ourselves into ill health by ignoring the body's needs
- ♥ Ignoring the emotional needs of ourselves and our children

The Solution

The solution to the destructive nature of the mind is to balance its influence with the body, heart, and soul. This is done in part by connecting with and balancing the body, emotions, and spiritual dimensions, and by balancing the mind.

As with all dimensions, there are two polarities. In the mind, these show up as positive thinking versus negative thinking, stillness versus activity, and openness versus closed-mindedness, to name a few. Left unguided, the mind often reverts to the negative polarity. We must consciously redirect the mind to the positive. It is a bit like teaching a dog to heal. You gently guide the mind back to the focus of your choice rather than letting it run wild.

Awareness: Signs of Balance and Imbalance

Signs of Imbalance in the Mental Dimension include:

- ♥ Pessimism / chronic negative thinking
- ♥ Judgmental / Critical / Intolerant
- ♥ Complaining
- ♥ Conflict
- ♥ Confusion
- ♥ Lack of focus and clarity
- ♥ Excessive, fast or obsessive thinking
- ♥ Defensiveness
- ♥ Lack of concern for others
- ♥ Controlling or dominating behavior
- ♥ Lack of success
- ♥ Lack of purpose and direction
- ♥ Predominance of negative thinking
- ♥ Predominance of negative emotions
- ♥ Anger / Frustration
- ♥ Fear / Lack of Trust / Anxiety
- ♥ Powerlessness / Feel like a victim
- ♥ Unforgiveness
- ♥ Listlessness / Apathy
- ♥ Chronic recurring problems

Signs of balance in the mental dimension include:

- ♥ Mental stillness
- ♥ Mental alertness
- ♥ Optimism
- ♥ Focus
- ♥ Creativity
- ♥ Clarity
- ♥ Cooperation
- ♥ Tolerance
- ♥ Gratitude / Appreciation
- ♥ Dominance of positive thinking
- ♥ Ease in releasing negative thoughts

- ♥ Ease in directing mind to positive thoughts
- ♥ I am worthy, loved, safe
- ♥ I attract positive people to me
- ♥ I attract positive situations to me
- ♥ Life is easeful
- ♥ Life is good
- ♥ Ease of shifting negative emotions

My Experience

My mind used to be filled with negative thoughts to align with my negative emotional state. I found it difficult to be in a positive mental state when my body was in pain or fatigued. I also noticed a big shift in my ability to maintain a more positive outlook on life after doing some deep work in the emotional dimension. When I first began meditation, I would run (not walk) from the meditation seat. I had the monkey mind blues, where my mind rambled constantly. As I have focused on creating balance in each dimension, including the mental dimension, my mind has become a friend and tool for evolution and creation that works in harmony with my heart and soul. Whereas peace was non-existent in my life, it has now become my inner rock. Whenever I am separated from my inner peace, I have the tools to regain balance and restore inner peace.

The Integrative Wholeness™ approach to Mental Balance:

The mind is a powerful tool when aligned with the heart and soul. Balance in the physical and emotional dimension are essential in balance in the mind. An imbalanced bio-chemistry can lead to imbalances in the mental dimension. Suppressed emotions and destructive cellular memories (past experiences held in the cells of your body) lead to imbalances in the mental dimension. As we heal the physical and emotional dimension, the mind becomes more available to be used as an instrument for the heart and soul.

The Integrative Wholeness™ approach to Mental Balance includes:

Right perspective. Remembering that the mind is a powerful tool for the heart and soul is important. Shifting that perspective is an important aspect to mastering mental balance.

Inquiry. Self-inquiry is a powerful tool to become acquainted with your mind, your thoughts, your belief systems, and your values. Knowing yourself in this way is paramount to mental balance.

Awareness. Awareness is being wakeful of your mind. Watching your thought process is an important step in creating mental balance.

Balance. As we are creating balance in all dimensions, the mind comes more into balance, and the support of our heart and divine nature come into play. A synergistic effect begins to take place in which the mental balance supports the overall balance, which in turn creates greater balance in the mental dimension.

Conscious choice. Once self-inquiry is habitual and awareness is established, we can more easily direct our thoughts, choose our belief systems, and choose to feed our minds healthy mental food.

Harmony. When the body, emotions, and mind come into balance, we naturally fall into a place of greater harmony within ourselves, and our awareness of and connection to our divine nature deepens.

When the mind is balanced and functioning in harmony with the body, heart, and soul, it is a powerful tool for management and manifestation. It becomes the film through which you flow your life energy through to manifest the life you desire. Healing and balancing the mind allows you to harness its power and energy to work for you rather than against you.

The Joy of Expression

The world is truly our playground. With healthy, balanced physical, emotional, and mental bodies and a strong connection to our spiritual essence, the world becomes is our playground to evolve, create, and enjoy.

Our expression represents how we interact with and create ourselves in the world. It includes career, family, relationships, hobbies, finances, creativity, social life, spirituality, confidence, education, and home environment.

We are amazing beings who have been given the gift of limitless energy and free will to express ourselves as we desire. How we express ourselves is unique for each person. Just like each instrument in an orchestra contributes to the overall sound, our unique expression contributes to the world that we live in.

Each moment in our lives is an opportunity to grow, learn, evolve, and express love, peace, and joy. Each challenge that comes to us is an opportunity to choose a positive expression. If someone is mean or cruel to us, it is an opportunity to express forgiveness. If someone is angry, it is an opportunity to express tolerance and acceptance. If we are challenged with financial issues, we have an opportunity to create abundance. If we feel like we are lacking love, it is an opportunity for us to be love and give love.

Our expression comes out of our creativity and out of using our gifts in the world. What are the gifts that you have come to share with the world? Are you someone who can comfort another in pain? Are you a great organizer or leader? Are you skilled at fixing things? What brings you joy, natural joy from within? Do you love nature or animals? Are you a wiz at computers? To quote Joseph Campbell, "Follow your bliss."

The Problem

The unfortunate truth is that many of us have suppressed our natural joy and gifts in order to please others and to fit into a society that is driven by fear and greed. Our society is one that is based on a belief system of "not enough." Many of us have been taught or enculturated to believe that who we are on the inside isn't okay, that we have to pretend to be someone else in order to be loved and successful in the world. Once we get the right girl or the right job or enough money, then we will be happy, then we will be at peace.

As a result, we work in jobs that don't resonate with our innate gifts and our purpose in the world. We struggle to survive, to have enough money for basic survival needs, and if we are lucky, a bit of fun on the side. We work in dead-end jobs with no future, waiting for the day we can retire and have fun.

We stay in relationships that are distant and unfulfilling because deep inside we don't believe that we are worthy of love. We don't have the skills to create healthy emotional intimacy in personal or professional relationships. We look to sex to fulfill that need, but without emotional intimacy, we find sex unfulfilling, and so seek fulfillment elsewhere. More sex, another partner, drugs, or alcohol. You name it, it is out there to distract us from the truth and solution that lies within.

We have lost touch with our innate gifts, our authentic nature, our desire and passion, our power, and our divine nature. We feel stuck and lost. Life is just a never-ending sequence of just getting through each day or struggling to achieve some imaginary goal that will allow us to find happiness.

We have lost touch with our joy, nature, and the world around us. We kill needlessly and destroy the planet to fulfill a never-ending hunger that will never be fulfilled from outside of ourselves.

Do you struggle to find balance between your family, work, and personal needs? Have you completely left your personal needs out of the picture in order to take care of everyone else in your life?

Perhaps you try to find your fulfillment in spiritual experiences by transcending the world to a place of inner bliss. How is that working for you? Can you connect with your divine nature and be an active participant in the world? Can you exist in inner peace and be a business person, mother, or craftsman? Can the two co-exist? Do they co-exist in your world?

Get the picture? Can you see the hamster wheel of life? Are you ready to get off? Have you already gotten off but are struggling to put all the pieces together? How do you fit all the pieces of your life together seamlessly into one whole, where all parts support the whole?

The Solution

The solution is to create balance in the physical, emotional, and mental dimensions and connect with our divine nature to bring a healthy, whole, and balanced individual onto the playing field of life. We use the challenges that show up in our lives as opportunities to discover imbalances in other dimensions. We also explore within to discover our innate gifts, authentic expression, and purpose to bring forth our unique contribution to the world.

We look to create balance in the various aspects of our lives. Time for work and play, private time versus social time, inner focus versus outer focus are a few examples. Family time versus work time versus private time are others. Everything we experience in life has two polarities. It is important to acknowledge and open to the polarities and find your unique balance within them.

Awareness: Signs of Balance and Imbalance

Signs of balance in our Expression include:

- ♥ Fulfillment
- ♥ Contentment
- ♥ Living your dream
- ♥ Using your gifts
- ♥ Career satisfaction
- ♥ Healthy personal relationships
- ♥ Financial abundance
- ♥ Empowerment
- ♥ Authenticity
- ♥ Being comfortable with who you are.
- ♥ Confidence
- ♥ Healthy business relationships
- ♥ Enthusiasm for life
- ♥ Service to others / caring / giving

- ♥ Grounded / Focused / Clear
- ♥ Balanced lifestyle
- ♥ Happiness
- ♥ Cooperation / win win
- ♥ Positive / Optimistic
- ♥ Physical, emotional, mental balance

Signs of imbalance in our Expression include:

- ♥ Unhealthy and unhappy personal or professional relationships
- ♥ Financial struggle
- ♥ Job dissatisfaction
- ♥ Lack of enthusiasm for life
- ♥ Ungroundedness
- ♥ Lack of focus for our lives
- ♥ Feeling stuck and dissatisfied with ourselves and our lives
- ♥ Workaholism
- ♥ Family difficulties
- ♥ Difficulties with children
- ♥ Health issues
- ♥ Emotional struggles
- ♥ Unhappiness
- ♥ Apathy
- ♥ Lack of purpose and direction
- ♥ Boredom
- ♥ Unhealthy/unhappy personal relationships
- ♥ Unhealthy/unhappy professional relationships
- ♥ Dissatisfied with life
- ♥ Wanting more / not enough
- ♥ Low self esteem
- ♥ Power struggles

My Experience

I have always been a great manifestor. I could envision a goal and manifest it. But until I got in alignment with myself, my manifestations would be unfulfilling, filled with negative energy and struggle, or simply fall apart. After the 5th time of having everything in my life dissolve, I stopped and took the time to get more in touch with my inner self. I always keep that as my primary focus as I manifest my life and consistently self-correct to stay in alignment. Life is more pleasant, fulfilling, and stable with this approach. The manifestation process is also more effortless and enjoyable.

The Integrative Wholeness™ approach to Expression:

Our Expression is our opportunity to bring our unique gifts to the world in a way that uplifts ourselves and others. In each moment, we are either uplifting mankind and the planet or undermining the beauty of both. Imbalances in the physical, emotional, and mental dimensions will pull us and our expression into the undermining arena where as being balanced in the physical, emotional and mental dimensions will heighten our ability to uplift mankind and the planet through our expression.

In addition, getting in touch with our unique, authentic self and our purpose in the world will fuel our contribution and create greater peace and harmony within.

The Integrative Wholeness approach to Expression includes:

Own your Power. We are the creators of our experience. We have the power to change ourselves and our lives for the better. We give our power away to others and to our own belief systems. As we progressively reclaim our power, we can write the script for our life anew.

Know yourself. Self-awareness and self-knowledge are key to creating the life of our dreams. We need to embrace all of our beautiful gifts and talents as well as our negative tendencies. By embracing all parts of our self, we avoid being unconsciously directed by hidden attributes. We also become aligned with our heart and soul, so our creations are in alignment with our highest good.

Create your vision. Knowing that we can have anything that we want, need, or desire we can envision the life that we would truly like to live--the life of our dreams. Vision must precede all creation.

Manifest Your Dream. Using the Art of Conscious Creation, we are able to consciously manifest our vision/dream in the world. Being balanced and in a state of Integrative Wholeness, we have greater power, clarity, focus, and energy, which allows for a smooth journey toward manifestation.

Share Your Abundance. By sharing our gifts, talents, love, and abundance with others, all benefit. What we give comes back many times over and contributes to the good of all and the evolution of the planet.

The journey to creating a balanced expression in our life is empowering and eye-opening. We get to discover the power and beauty that dwells within ourselves. We see life in a new way. We experience the fulfillment that comes from honoring ourselves and sharing that with others in our world.

The Ineffable Spirit

The spirit, or spiritual essence, is the core of who we are. It has been said that we are spiritual beings having a human experience. Our spirit is the unseen essence within us that activates, guides, and directs us in our lives here on earth.

Spirit is the energetic essence of all life, of all existence, of which we are a part. It is ever-present and unchangeable. It is the creator of life and the destroyer of life. It is the yin and yang, positive and negative, love and fear. It is subtle and beyond description and words. Like me in this moment, many have attempted to put it into words, but the most that words can do is point to an experience beyond words or thought.

Within each one of us, there is an inherent longing to be connected to this inner essence. We each experience our connection with our inner essence in our own unique way. For some it is stillness, for some it is activity, some it is connection through nature. There are as many paths to the reconnection and remembrance of who we as there are stars in the sky.

The Spiritual dimensions embrace the experiences of witness conscious, energy awareness, Oneness and beyond.

The Problem

Many of us have forgotten or lost the true authentic connection with our spiritual essence. Inherent in each of us is a longing to reconnect with or remember who we really are. We feel the inner longing whether we know it or not.

When we are not connected with our inner spirit, this longing can be interpreted as a need for more from the world around us. The problem is that nothing in our external world can fulfill the inner longing to reconnect with our spirit. If we misunderstand this longing for more, we can spend precious time and energy "looking for love in all the wrong places," so to speak.

I often see and hear the insinuation that the reconnection with our spirit and our success and thriving in worldly matters are mutually exclusive, as if one would discount the other. Many of us have spent years seeking spiritual experiences but find it difficult to balance that with success in worldly matters. For others, the focus on success in worldly matters takes the lead and our spiritual connection continues to be neglected.

Many have attempted to share their experience of it through religion. Yet at times, the essence of the experience is lost in the attempt to understand and practice the teachings about the experience.

Some believe that their path is the only path or the best route to experience spiritual fulfillment, a belief that turns them into zealots or simply makes them arrogant in their communications with others. Many wars have been fought over religious differences. "My way is better than your way, and if you don't switch to my way, then I will kill you or shun you." Some of these wars are still going on today.

The Solution

The solution is to not create duality in the name of spirituality. The essence of Spirit is Oneness. Spirit is not separate from us. Spirit cannot be harmed or injured. Our body, emotions, mind, and expression are all part of our spirit. They are manifestations of spirit.

Connecting with spirit is as simple as watching a sunset with full awareness or observing the wonder of a child being born. Connecting with spirit can be a walk in the woods or sitting on the beach gazing at the ocean. Connecting with spirit can be teaching a class, petting an animal, or writing a book. Connecting with spirit can be a sitting or moving meditation.

Anything that we do, feel, see, or experience in our life is an opportunity to connect with spirit. Connection with spirit is an opportunity to be mindful of the magic and beauty of each moment, no matter whether that moment is painful or pleasurable. It is all spirit. There is nothing but spirit.

To connect with spirit, we need to be open to the mystery within and feel life from a place beyond the mind. Can we open our heart to spirit, to oneness, to ourselves, to others, to life, to death, to all, and everything? Can we be present and mindful in each moment?

Awareness: Signs of Balance and Imbalance

Signs of Connection in the Spiritual Dimension:

- ♥ Contentment
- ♥ Understanding
- ♥ Inner peace
- ♥ Kindness
- ♥ Fulfillment
- ♥ Stillness
- ♥ Being
- ♥ Oneness
- ♥ Compassion
- ♥ Equanimity
- ♥ Acceptance
- ♥ Reverence for all Life
- ♥ Trust

Signs of Disconnection in the Spiritual Dimension:

- ♥ Depression
- ♥ Apathy
- ♥ Lack of fulfillment
- ♥ Lack of purpose
- ♥ Discontentment
- ♥ Unidentified lack of wellbeing
- ♥ Endless searching for . . .
- ♥ Loss of passion
- ♥ Separation
- ♥ Longing
- ♥ Polarization
- ♥ Resistance
- ♥ Fear
- ♥ Lack of Respect

My Experience

From my early years, I questioned dogmatic approaches to spirituality. The idea that we are all unique and our individual paths to "God" is unique appealed to me. I opened to the idea of "spirituality" as a returning to "God Consciousness" in 1985 at a ceremony at Kripalu Center for Yoga and Health. From that day forward, spirituality became a primary focus in my life. I spent many, many years practicing spiritual disciplines. Now, it just seems that "Spirit" is everywhere if only I have the "eyes" to see it. Some days it manifests as focused activity, other days it manifests as going within and being quiet, some days communing with nature, and other days engaged with my computer--but always surrendering to my inner guidance moment by moment. Striving is gone and acceptance and surrender are here.

The Integrative Wholeness™ approach to Spirit:

The subtle dimensions themselves don't become imbalanced. As we become balanced in the other dimensions, the connection with our spirit becomes stronger. The more imbalance in the other dimensions, the greater the distance between us and our spiritual essence.

Imbalance in the physical, mental, emotional, expression and energetic dimensions cause static in the energy field and makes the connection with our subtle spiritual dimensions more difficult. It is as if a cloud is passing over the sun, obscuring the light. The more balance in the other dimensions, the more light is allowed through. In order to accentuate our connection with our Divine Nature, balance in all dimensions is needed.

The Integrative Wholeness Approach to Spiritual Connection include:

Understanding. An understanding of our spiritual nature and the human journey is helpful to get the mind on board with the journey. The mind is a powerful tool that can be used to enhance the spiritual connection or sever it.

Acceptance. Acceptance is a major aspect of the spiritual journey. If all is Consciousness, then all is "God"; God consciousness or Oneness. In that understanding, everything is an expression of Love. Everything we experience is the "play of consciousness." One step in connecting with spirit is developing the art of equanimity .

Awareness. Awareness is a key ingredient in connection with our Divine Nature. As we become more balanced, our awareness naturally expands so that we see more and have greater insight.

Balance. Balance in all dimensions helps to reduce the static that clouds our awareness. As our awareness expands, we realize that our spiritual essence is always there if only we have the eyes to see it.

Connection. Taking time on a regular basis to reconnect with our spiritual essence speeds up the journey. It can be as simple as pausing for a few breaths or as involved in a daily practice of meditation. What is important is the connection, not the tool.

Sharing. We are one. What we give is what we receive. Sharing our self with others empowers our journey and theirs. Sharing creates an upward spiral flow that uplifts all of life.

Our Spiritual self vibrates at a faster rate than the body, emotions, mind and expression. Because of this they are termed as subtle and they are more difficult to sense. By bringing balance to the denser dimensions, we eliminate some of the "noise" and disturbance, making the spiritual dimensions more available to our experience. Also, by honing our skill of sensing our subtle dimensions, we make them more available to us. Once we have experienced this, we can know when we are out of connection with it and can make choices to restore that connection. Ultimately, that becomes your primary interest. Everything else is secondary and yet everything else falls into place once the spiritual connection is strong and consistent.

It's All Energy

Everything is energy. Energy is a vibrational frequency. It is the foundation for the creation of the world in which we live. Everything that we experience, see, touch, feel, hear, or sense is energy. Every thought we think is energy. Every emotion we feel is energy. Every solid object we observe or touch is energy.

The chair you are sitting in is energy. Your body is energy. The space between your body and what you are reading is energy. The words are energy. Your awareness of reading this is energy.

Albert Einstein's famous discovery of $E=mc^2$ has been dubbed the world's most famous equation. It describes the nature of reality . . . That everything is energy. Energy is the vibration or oscillation between the positive and negative polarities, the oscillation between yin and yang.

Our denser dimensions--physical, emotional, and mental--vibrate at a slower frequency and the negative polarity is more dominant. The denser dimensions have less power and less impact than the subtle spiritual dimensions. Have you been caught in a downward negative spiral and felt powerless to change it? If so, you have experienced the powerlessness of the denser dimensions.

The subtle, spiritual dimensions vibrate at a faster frequency. There is more equality between the negative and positive polarities. The subtle dimensions have more power (impact) than the denser dimensions. This is why a spiritual master can enter a room of thousands of people and the energy in the room will come to life. This is why a few highly enlightened individuals on the planet can keep the entire population of our planet from self-destructing. Just imagine what it will look like when billions of people all over the planet are vibrating at a high vibration. Peace, harmony, abundance and cooperation will be the norm. This is the fulfillment of my vision.

By impacting the energetic level, we can create an impact in all dimensions.

The Problem

In the world and in ourselves, negative, life-destructive vibrational frequencies dominate. Fear dominates over love, greed dominates over generosity, competition dominates over cooperation, war dominates over peace. Negative emotions dominate positive emotions. Negative thinking dominates positive thinking. Our world and our hearts are out of balance.

Just watch the news and you will see the imbalance in favor of the negative. Where are the stories of all the good and uplifting happenings in the world? Perhaps these stories are given five minutes at the end of the news broadcast, which has just inundated you with fifty-five minutes of the horrors of the world.

Watch your own inner dialogue. Notice the positive thoughts in relation to the negative thoughts. Are they in balance? Which dominates?

To create balance means to emphasize the positive whenever the negative is dominating. And yet, the positive without the negative is also imbalanced. The two in balance with each other create awareness, wholeness, and fulfillment.

When the physical, emotional, and mental dimensions are out of balance, the focus of our attention is brought to them. Intuitively, we know that we need balance in these dimensions. There are two drawbacks to this.

The first drawback is that we can get stuck in focusing on survival (physical), looking for love (emotional) and power-playing (mental). Our more subtle dimensions of the heart, expression, and spirit get ignored or distorted by the imbalances in the primary trinity (physical, emotional, and mental).

Secondly, we need the assistance of the heart, intuition, and soul to receive correct information to create balance. The heart, intuition, and soul get overshadowed by the imbalances in the body, mind, and emotions, so we have a tendency to stay in the hamster wheel of searching for solutions. This is why we often need assistance from someone who has greater balance as they can see what we cannot--at least temporarily until we create sufficient balance.

The Solution

The solution is to create balance. We create balance by emphasizing the positive. The most positive response to any situation is awareness and acceptance. Awareness and acceptance are positive energies and will neutralize the negative energies.

There are positive, life-enhancing vibrational frequencies. There are negative, life-destructive vibrational frequencies. Nourishing, supporting, and growing the positive, life-enhancing vibrational frequencies will create a greater sense of wellbeing and enhance balance and harmony in all of the dimensions. Neutralizing the negative, destructive vibrational frequencies eliminates their impact on you and allows the power of the positive frequencies to blossom and expand.

Just remember as a child how you felt when you skinned your knee. You were distraught and cried. You went to your mother, and she gave you a warm hug, cleaned the knee, and put on a cute Band-Aid. You felt better. This is the experience of balance. Negative experience. Warmth, caring love, and kind treatment brought balance.

Sometimes emphasizing the positive is as simple as bringing awareness (positive) to a negative thought or emotion with the intention to heal. That action alone can be like an act of turning on a light switch. Sometimes emphasizing the positive means a change in diet, lifestyle, or attitude. It can mean a shift in how we are vibrating--our vibrational frequency.

Awareness: Signs of Balance and Imbalance

As everything is energy, any of the signs of balance and imbalance in the other areas indicate imbalance in your energy field. In addition:

Signs of balance:

- ♥ Flowing with life
- ♥ Feeling empowered
- ♥ Acceptance
- ♥ Awareness
- ♥ Knowing

Signs of Imbalance:

- ♥ Feeling stuck
- ♥ Feeling disempowered
- ♥ Resistance
- ♥ Ignorance (as in lack of awareness)
- ♥ Confusion

The Integrative Wholeness™ approach to Energy:

Everything we have discussed in previous sections are ways to bring balance. In addition to that, we can learn to sense, be aware of and shift energy directly.

The integrative Wholeness™ approach to Energy includes:

Center. Centering our self, becoming present in our body and our experience is an important step in shifting energy.

Awareness. Simply being aware is an act of emphasizing the positive. What we become aware of we can heal, whether that be a physical sensation, emotion, thought, expression, or negative energy.

Acceptance. Letting go of judgment and resistance and dropping into a space of full awareness sets the stage for manifesting change.

Strengthen. Anything outside of our self that impacts us in a negative way can only do so because in some way, we have given our power away to that experience. By strengthening ourselves to the underlying cause of the negative reaction, we will reconnect with our inner power.

Neutralize. We can neutralize negative experiences and reactions by evoking the positive. Sometimes a simple intention will suffice, sometimes an ongoing intention or focus must be employed.

Release. We release all effects of giving our power away, which includes physical dis-ease, emotions, beliefs, and thoughts--and the impact of that on our lives.

Complete. We complete the experience by letting go of attachment to the result and turning it over to our higher intelligence. This is letting it go on a mental level and trusting that our soul and the universal source consciousness will guide us to the result that is for our highest good.

The modulation of energy can happen in many different ways depending on if you are visual, auditory, or kinesthetic. Each of these ways of experiencing the world will create a unique way of feeling and modulating energy. Modulating energy is impactful, as it shifts the underlying energy, which is the source of the manifestation. I have found in my experience that it is most impactful to work on all dimensions. Engaging the whole of our being creates balance and wholeness.

There are also many forms of energy medicine available to us today from homeopathies to essential oils to hands on healing such as massage to psychic healing. For some of these, an outside person is needed, but some you can apply yourself.

In our world today, we are shifting from the Piscean age to the Aquarian age. The Piscean age was dominated by the Father/Child model where there was an authority figure who knew best and we needed to surrender to that authority. In the Aquarian Age, there is a growing recognition that we are all equal and we are here to help each other evolve and heal. Although some might have special talents or gifts, each one of us has something to give each other. We will naturally attract those to us who can help us in our own healing.

Each and every relationship we have offers us the opportunity for healing, empowerment, transformation, and evolution if we only have the eyes to see it.

The Spiritual Heart

Each of the dimensions is connected to an energy center in the body called chakras. The chakras are spiraling energy centers within the body. They are the connection point between the energy body and the physical body.

Physical:

- ♥ Root chakra at the base of the pelvis. The focus is on survival.

Emotional:

- ♥ Second chakra in the lower abdomen a few inches below the navel. The focus is on getting our emotional needs met.

Mental:

- ♥ Third chakra at the solar plexus. This is the focus of the mind and owning our power.

Expression:

- ♥ Fifth chakra at the throat . The focus is how we express our uniqueness in the world.

Spirit:

- ♥ Sixth chakra at third eye (forehead between the eyes) and correlates to witness consciousness or equanimity.
- ♥ Seventh chakra at the crown of the head correlates to unity consciousness or the awareness of our oneness with all.

The Spiritual Heart

The fourth chakra, the heart chakra, resides in the middle or the balance point between the other six chakras or energy centers. As we come into balance the energy centers come into a state of Harmonic Coherence, where they resonate in harmony with each other, and the Spiritual Heart opens. The Heart blends the energy and wisdom inherent in each individual chakra and is connected with our true soul purpose and guides us from a place of unconditional love. When the Heart opens, it supports the other dimensions in maintaining balance and harmony.

The Big Picture

“Life is a process of ever-increasing Integrative Wholeness”

Master Charles Canon

We are truly magnificent multi-dimensional beings of light and love. As we release our attachment to goals and aspirations, we can surrender to the moment and to the journey of spiritual unfoldment and human evolution.

Yet we must begin the journey by walking where our feet are, using our freedom of choice to walk forward in a way that raises our energetic vibration, creates balance and wholeness, and uplifts all sentient beings on the planet.

We are all one. What we do to ourselves, we do to another. As we create balance and harmony within ourselves, we project that balance and harmony into the collective consciousness. Our state of being guides others in our world into a greater state of balance and harmony.

The power of one in a state of Integrative Wholeness™ supports the ongoing evolution of our planet as we emerge from the age of darkness into the age of enlightenment where love, peace, and harmony dominate over fear, conflict, and struggle.

I invite you to join me in the journey of ever-increasing Integrative Wholeness™ as a way to embrace our challenges, ground ourselves in inner peace, evolve our consciousness, and align with our true nature. In doing this we will contribute to the whole—transforming our planet one person at a time.

If this invitation appeals to you, please continue to connect with me in whatever way works for you. You can reach me through my website or social media. I look forward to meeting you.

About Bindu

I came into this world in a quaint, modest farming community in the eastern plains of Colorado. Unknown to me at the time, my soul had a great journey planned for me.

My wake-up call began in my teens with neck and shoulder pain and irritable bowel syndrome (IBS). By the time I was in my mid-20's, I was miserable. I suffered from chronic pain, IBS, fatigue, depression, insomnia, anxiety, and brain fog. I was a compulsive over-eater and sugar addict. I was a successful CPA but found no satisfaction in my work or life, and I totally sucked at relationships. I went to numerous doctors who either told me it was all in my head or gave me medications that just made me feel worse.

As a result, I embarked on a mission to heal my body and find inner peace. It wasn't long before I found myself on a journey of transformation and evolution. I discovered that healing wasn't only about healing physical symptoms or emotional distress, but also about creating awareness, self-love, and wholeness. The symptoms and dissatisfactions I experienced were a wake-up call from my soul, which catapulted me into this rewarding, fulfilling journey.

The journey has been filled with both great bliss and deep pain. I have encountered challenges in all areas of my life that seemed overwhelming and insurmountable yet have always been provided with the inner strength and tools to move through and beyond them rather than be stymied by them. I look for the gift inherent in each challenge and practice my guiding mantra to "Live Love" in every moment.

Some of the most precious gifts I've received are compassion, unconditional love, inner strength, self-empowerment, and inner stillness.

Through my years of exploring (and struggling), I gained a significant amount of resources and powerful tools and knowledge that I used to create a truly holistic path to a balanced, empowered, happy, engaged life. Once I'd done it for myself, I was guided to share it with other men and women who felt as stuck as I did. My mission since then has been to spare my fellow human beings from the years of pain, suffering, and struggle that I endured.

This put me on my soul path to empower heart-centered, spiritually-oriented men and women to embrace their challenges, ground themselves in inner peace, evolve their consciousness, and align with their true nature. As we transform ourselves on the inside, we transform our world on the outside.

I live in a small town in North Carolina with my two kitty companions. When I am not assisting my amazing clients in their process of evolution and transformation, I enjoy gardening, sewing, and reading. I love connecting with nature and being present with my inner voice and the flowing oscillation of activity and stillness.

Acknowledgements

I have been blessed with many teachers throughout my life.

Some blessed me with their wisdom and direction,
some by providing challenges in my life;
some through their support and love.
The gratitude to each is equally the same.

Teachers may come and go,
but the learning, lessons and transformation
live on in my heart and my life.