

Embodiment

December 20, 2009

verb (used with object), -bod·ied, -bod·y·ing. 1540 – 1550

1. to give a concrete form to; express, personify, or exemplify in concrete form: to embody an idea in an allegorical painting.
2. to provide with a body; incarnate; make corporeal: to embody a spirit.
3. to collect into or include in a body; organize; incorporate.
4. to embrace or comprise

The first conscious knowingness of embodiment came to me about eight weeks ago. I knew this was information I wanted to share in general as well as a sermon topic, but I needed more information, knowledge and a deeper understanding of embodiment. So, I asked the Universe to provide me with more knowledge and understanding of embodiment.

Jerry & Esther Hicks, “Ask and It Is Given”

Whenever you have consistently focused upon a subject, causing a consistent vibrational activation of it within you, it becomes a practiced or dominant thought. And once that happens, *things* that match it will begin to manifest around your dominant thought. In the same way your earlier thought was joined by other *thoughts* that matched it, now *things* that match your dominant thought will begin to show up in your experience: magazine articles, conversations with friends, personal observations . . . the attraction process will become very apparent.

Once your focused attention has sufficiently activated a dominant vibration within you, things—wanted or unwanted—will begin to make their way into your personal experience. It is Universal Law.

Your expansion is given; the expansion of your time-space-reality is a given, and the expansion of this Universe is a given. It is just ever so much more satisfying for you to consciously and deliberately participate in your own expansion.

On that note, having asked the Universe for more information and understanding of embodiment, I did a lengthy reading session for a regular client. About 30 minutes into the session, I suddenly exclaimed, “Wow! This is it! What I’ve been talking about is embodiment. It is, in fact, the knowledge and deeper understanding I needed and asked for. I’m so excited!” Fortunately, so was my client because, based on what I had just related to her in the reading, she understood.

Previously recognizing that change begins with conscious awareness—I believe 85% of change occurs once we become consciously aware of that which we desire to change—I recognized the first step of change—our evolution—is conscious awareness, which is followed by our intention to implement change, which offers us a new and different way to experience, feel and, thus, process. This second stage is referred to as “processing.”

Processing is followed by a third stage of evolution, which is integration. Our new perception, belief, truth becomes integrated into our life and we “practice” experiencing this new consciousness.

Until recently, I believed “integration” as the final stage of change and recognizing one’s truth.

The final stage, I discovered, is not integration; it is embodiment. When how we act or react and what we think and believe is no longer separate from us—when it’s no longer something we consciously CHOOSE to do or believe, but, instead, is an integral part of who we are a core level—that is embodiment.

Once embodiment occurs, we then have “faith” in that which we have embodied because what we have embodied resonates deeply with the truth of who we are. We no longer “question” that which we have embodied. There is nothing anyone can say or do to shake your faith in that truth for it would be a denial of self.

You truly express and live your life in a way that is in alignment with the truth of who you are. It simply “is.”

You then attract, as the Hicks explained, experiences (things, including people) that support that which you have embodied—things that vibrate harmoniously with the truth of who you are.

Because you are no longer consciously *trying* to make things happen, life becomes easier—effortless—and you are in the flow. You no longer expend energy consciously making choices and decisions as to what steps you need to take as a result of your choices so as to consciously create a direction and move toward it. Instead, life just happens—effortlessly, without attention and energy—without trying to figure out what is and is not for your highest good.

Instead, that which you’ve embodied vibrates as the truth of who you are and the Universe responds accordingly.

One of the keys to embodiment is being in our bodies and present in the moment so, before sharing what embodiment offers, as well as some tips for the journey toward embodiment, let’s explore a bit about what it means to be a being in a body.

An integral part of the clairvoyant student readings is reading the body and spirit clocks. Unless someone is obsessed with body issues—positively or negatively—spirit clocks tend to be ahead of body clocks. There’s numerous and varied reasons for this; however, generally, the cause is two-fold: (1) spirit recognizes that it is eternal and, therefore, not dependent upon a body to survive and thrive AND (2) our physical body stores trauma, including trauma incurred during abuse. Typically, we, as beings, leave our bodies during abuse and return to find the body traumatized and wounded. Spirit returns, once again ready to “get on with the agenda” and has no connection to or investment in the trauma, leaving the body on its own to deal with the emotional, mental and physical wounds. The body no longer feels like a safe to inhabit, so spirit spends considerably time and/or mass out of the body, causing body/being competition.

The body can heal; it’s designed to do so. However, like a child, it must feel safe enough to come into balance in order to heal. Grounding allows our bodies to release that which no longer serves us, including trauma and pain.

Breathing is a huge validation for the body; it is literally life-giving. Filling in with gold suns of validation for the body also creates safety and encouragement for that which the body has already done.

Spirit, because it is eternal and not dependent upon a body to exist, can forget its connection to the body. We can also remind spirit that the body is the vehicle through which it has an opportunity to evolve in this incarnation. It's what it came to experience—being in a body. Spirit can be reminded to cooperate with the body on any level is, in fact, so it can experience, learn, heal and grow. Evolve.

Our physical body is, in fact, the vehicle in which spirit gets to be here experiencing. Of course, there are beings here not in a body. However, if there is no body, there can only be learning through observation; they are unable to learn through experience and experiencing emotions. No body means they cannot embody. They can only observe; similar to gathering information.

When you leave this body upon ending this incarnation, here's what you'll take with you: (1) the love you give; (2) the love you receive and (3) the lessons you have learned. What that means is that you will take with you the lessons you have embodied; you will never have to repeat experiences to learn those lessons again.

The fact is YOU chose to come here in a body, which takes a lot of courage, to experience in order to learn what you came as a being to learn.

Spirit has a rather cocky attitude; it knows it doesn't need a body to exist. Spirit exists for eternity—with or without a body; however, a body cannot exist without a spirit and is, therefore, totally dependent upon spirit.

Body/being competition creates stress when the body cannot keep up. It "breaks down," and manifests physical ailments ranging from minor pain to terminal illness. So remind your spirit that the body is its companion, and that they work together in harmony in order for you, as a being, to learn and evolve. The bottom line is, although spirit exists eternally without a body, in order to remain in this incarnation and continue evolving in ways offered only here—the ways it specifically chose to learn—spirit does need a body.

You can support your body with supplements and vitamins, healthy food choices that suit your body type, creative play, movement, grounding, filling in with gold suns and running your energy.

Earth Angels—beings from other realms and planets currently incarnated in human bodies here on earth—often suffer from body/being competition because the human body and the energy on this planet do not resonate with Earth Angels who come from the Wise One or Angelic Realm, the Elemental Plane or are Star People. Each has specific challenges with being in a body because the energy here can feel combative, as if the body literally takes a beating, which, you can image, does make it safe to be in. What Being wants to live in a battered body?

For more information on the challenges EarthAngels experience, I recommend *Earth Angels* by Doreen Virtue—a fun, enlightening and sometimes surprising book.

To complicate matters further, sometimes family members are from different realms and planets, which can leave them feeling like they were literally dropped off and into this family as opposed to being their off-spring. At the December Open Door Reading Space, medium communication came through from an attendee's mother, father and sister, all of whom are deceased.

Their energetic forms allowed me to see who they are as Beings and, in this case, also what they looked liked in physical form. (How beings appear energetically don't always match what they looked like in their last incarnation.)

The Dad was short and stocky (both in energetic form and in body) and obviously an Elemental as was the readee, who shared that she definitely “aligned with” her father throughout their life; the Mom appeared to be Human; and the sister, who was clearly from the angelic realm, appeared as very tall and thin light. As it turns out, that is precisely what she looked like in physical form—in total contrast to other family members where short and stocky. An in-body brother appeared energetically and, after confirming with the readee that this was, in fact, her brother, further observation indicated he was from the Wise One Realm. It all fit; it all made sense to the readee and yet, while in bodies, it was clearly a bit confusing; this family appeared to be a mis-match both physically and energetically. Fun stuff!

And, on a final note regarding being in a body, the following description of a spiritual educational program resonates deeply with me:

Embodiment is a path of awakening that views the body as the doorway, not the obstacle, to personal growth and spiritual transformation. The practice of the orientation of Western somatic therapy combined with Eastern meditational practices, mix bliss—the complete surrender to the deep energies of the body—with presence—immaculate mindfulness—and provide an audacious ride to the center of what is.

Embodiment:

 makes it easier for us to be in our bodies and be present in the moment

 creates and fosters body/being cooperation versus body/being competition

 frees up energy because we are no longer “working” the energy, principle or experience. We are no longer processing or integrating, which frees up energy

 increases allowance energy and decreases the need to “make things happen” and, thus, increases ease, peace and grace

 increases certainty and clarity and, ultimately,

 allows us to “be” in the world, but not “of it.”

A few suggestions to aid you on your journey toward embodiment:

 Stop listening to negativity! RIGHT NOW! JUST DO IT! Refuse to participate!

 Move in the direction of your goals

 Recognize—and affirm—that delays are not denials; they exist so you can get something along the way that you’ll need at some point later

 Ask the Universe, Source, God, your Guides: *What is it I need to learn right now? What potential within me needs to express itself?*

We tend to complain about what we don't have when we're sitting on so much potential. We often expend energy trying to get something and, in the process, fail to recognize and use that which we have

Take inventory of everything you have—every gift

In other words, move your “place holders” away from negativity and place them with revelations, awareness

Little changes make BIG differences. For instance, I used to say, “I have to write a sermon this week.” I didn't mean anything specifically negative about writing a sermon, but it did feel heavy—almost like it was a burden. “I have to . . .”

Having consciousness of my emotions and how my body felt when I spoke those words, I changed my declaration to, “I GET to write a sermon this week.” What a difference it made—immediate and long term. I felt lighter and, instead of feeling like it was a burden placed upon me, I felt excited at the prospect of creating and manifesting. I've also noticed that actually writing the sermon is filled with much ease, peace and grace. In other words, I'm allowing it to happen versus TRYING to make it happen!

The Universe corresponds to the nature of your song. Song writer/singer Bob Marley said, *Complaints are prayers to the Devil!*

Just start noticing what comes out of your mouth and what goes on in your brain. Remember, conscious awareness is 85% of change! Little changes equate to BIG difference.

BENEDICTION

Thinking brand new thoughts that you've never thought before, (fill in your name), is wildly more conducive to creating big life changes than just thinking different varieties of the same old thoughts.

Think about it -
The Universe

(If you would like to order a copy of Doreen Virtue's “Earth Angels” book, send an email to AngelChanneler@aol.com and I'll respond with order information. Cost, including shipping, is \$10.)

