

Soul Recognition

A Journey of Integration and Expansion

By

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Soul Recognition (SR) is an experience that combines modalities which balance the right (feminine) and left (masculine) sides of the brain, and the right (masculine) and left (feminine) sides of the body. These modalities connect us with the above and below (spirit and earth), and open pathways of energy throughout the physical, mental, and emotional systems. These pathways are the same as those used in acupuncture. When the system is open there is an opportunity to **'be'**, without duality, concern or worry. We can then perceive from a place of oneness instead of separation, because there are no longer compartments or areas that are closed, stuck, or unavailable to us.

SR offers balance for our whole system, which then creates a deeper and more full awareness of who we are, why we are here, and more clearly shows how we "fit" in the world. When we remove areas of separation that exist within our system we are more present, available, focused and creative.

During the SR journey *centers of energy, or chakras* are opened through intention, toning, the use of crystals, sound, and movement. In eastern philosophy these centers are known to be central to how health and strength are sustained in the physical and subtle body. These centers continually communicate with the world around us and inform our internal and external responses to our environment. When these centers are open and balanced, there is a peaceful flow of connectedness that permeates our cells and brings vitality and a "glow" of joy.

There are seven centers in traditional eastern philosophy. At the bottom of the torso, the first center is called *the root center* and has to do with anger, balance, sexual appropriateness, being connected or disconnected from nature, nurturing others, etc. When the root center is balanced, we feel more connected to the world around us, more balanced in our physical body and more able to resolve sexual and practical issues. Many times sound is directed here to release memories or traumas.

The second center is *the spleen chakra*, located between the root and the belly button. This center assimilates and eliminates food, emotion, thoughts, ideas, beliefs, and memories. If we take on too much of any of these aspects, we can inhibit the flow of energy in this center, leading to stagnation, weight gain, or depression. If we move things out too quickly, we can experience symptoms like diarrhea or anemia, and can be less focused or present. An even flow of energy in and out of this center is necessary for health and well-being.

In the center of the body is *the solar plexus*, which is about living from our potential, our self-actualization, and our deeper intentions for life. When we are afraid to live from our deeper knowing and intention, it is because the energy has imploded here. We then experience fear, timidity, and insecurity. An open flow of energy brings a sense of competence, capacity, and command/authority within the self.

Between the solar plexus and the heart, is *the soul center*, where *the Seed of Light* is housed. Within the seed is the blueprint for this lifetime, our connection to our immortal spirit, and a sense of safety and belonging that includes all life. When we live from this place we are less influenced by the mores and conditions of society, religion or other forms of dogma, and more freely choose our direction.

The heart center has fibers that vibrate with the breath of life and connect all living things. Since every living thing has a heart, this center is primary in our pathway of interconnection. When this center is opened, there is a response that mediates all of the other centers. We feel completely connected, as if we belong, and compassion flows easily, removing judgment and ideas or beliefs that separate us.

The Sacred Space is comprised of the heart, the soul, and the solar plexus. We focus much of our attention here during the SR, because this space is central to our awakening and understanding. It carries our potential and information about why we are here (in the soul seed); the power, knowings and visions to manifest our dreams (in the solar plexus); and compassion and connection to what we create through the heart.

Opening *the throat center* lets out the sound and energy that we have held back during our life and experiences, and makes it possible to clear events and traumas that are still present in our system. Through the sound and vibration there is a cleansing and a purification. It is unnecessary to know what the sound is about or to have ideas about those who were involved in our pain or discomfort or the events held in our lower body. If the source of discomfort is known and/or remembered, there is peace and balance that can then be experienced as part of the release, regardless of the situation that created the experience originally. Part of the magic of the journey is an overall awareness of choices that were made and agreements that are in place with those with whom we have co-created these situations. We move then from a belief in a dualistic system (good/bad; right/wrong; victim/perpetrator), to a non-dualistic awareness where balance and equanimity is possible. The truth and understanding that we carry unconsciously in the lower centers and in the Sacred Space can be made conscious through the opening of this center.

The third eye, located in the center of the forehead, is where our intuition and mental telepathy are opened and where information about the universe is stored. Opening this center carries the channel of our life force through our innate and ever-present wisdom. This is so that we can know what it is that we want to know or need to know by receiving the personal guidance available here.

We then connect with our *crown center*, which is our connection with the universe. This connection expands as we touch into this place more, resulting in a feeling of oneness and a greater sense of unity, as we open more to light.

Exercises are designed to open and sustain each center and provide the experience of a flowing and deep resonance between all parts of the system and between the inner and outer worlds. The movement of our subtle energy field opens us to a vast and amazing universe that resides within us.

At the completion of the journey facilitators bring light and energy through the subtle and physical bodies to harmonize and ground the above and below through all the cells and systems. We then wash and massage the feet with oils and anoint the forehead in a group ceremony.

SR is an ancient honoring of the soul and unique purpose of each individual and provides a group imprinting and re-patterning as we witness each other with acceptance, love, and a sense of belonging.

For more information see www.soulsupportsystems.org or call (802) 4632200