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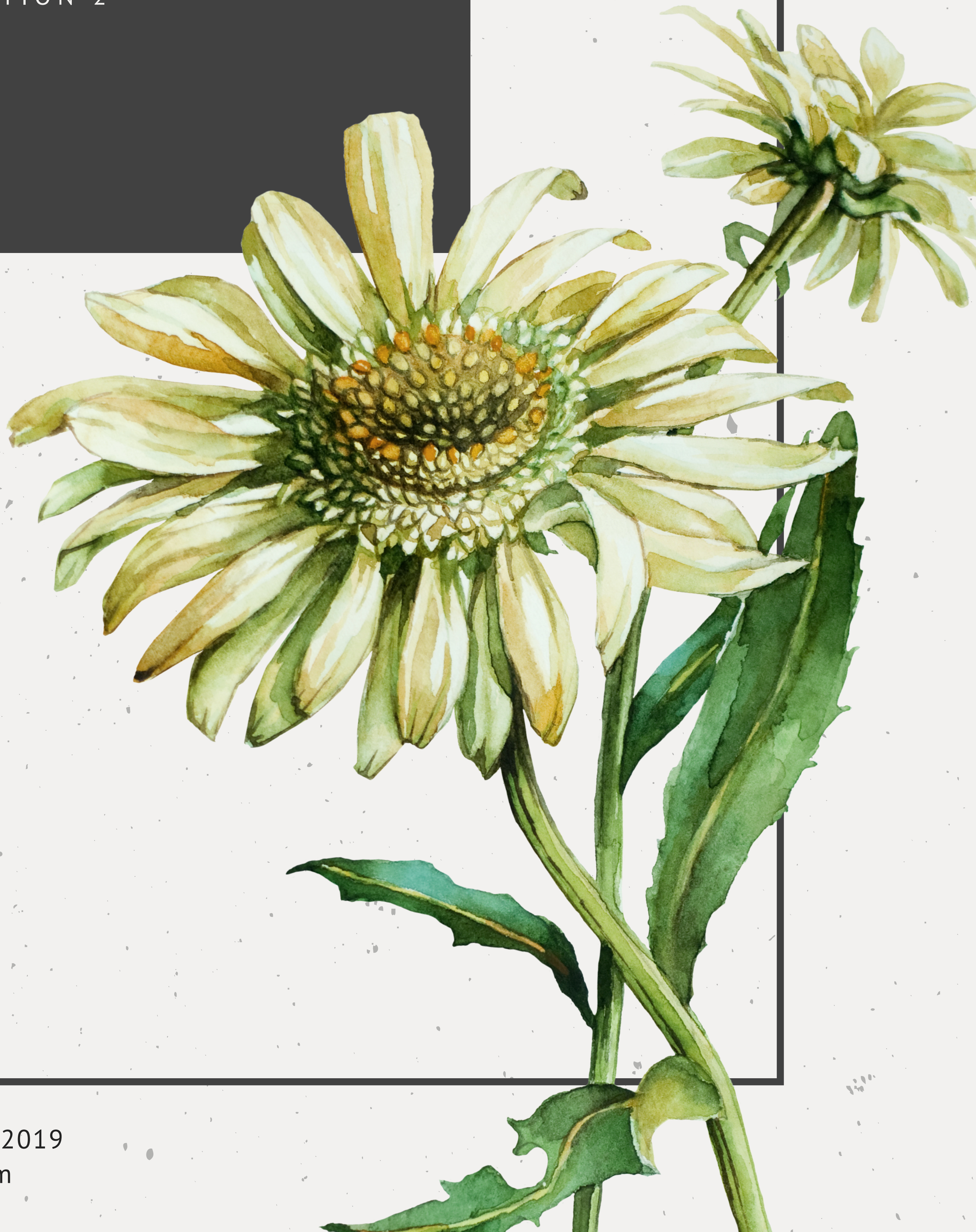
AYURVEDA
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The CORE Practice: Energy Release

AYURVEDA INTEGRATIVE
NUTRITION 2



Feeling Into the Core of the Feeling

PARTICIPANTS

Coach: Guides the Client into the Core of the Energy of the Feeling.

Client: One who is ready to release a negative emotion, or stuck energy or pattern.

Observer: Quietly observes the process, helping to keep it on track and supporting the coach or client as needed.

TECHNIQUE

1) Recall

Start by remembering a recent time when you felt a strong emotion. Start with feelings that seemed to overwhelm you, whether you really “got lost to the emotion” or simply felt you weren’t the master of it.

Sometimes a brief discussion helps a person pull up the emotion, but often we get involved in the “story” of what happened which distracts us from the feeling itself. So if you are guiding, ask the person if they can really feel the feeling. If it is vague, probe a little, but as soon as they get the feeling and it is strong, take them into it.

2) Locate

Ask the person to really be present to the feeling and then guide them to its physical place with something like, “Allow yourself to notice that this feeling as an energy and see if you can observe its location somewhere in your body.”

CORE ENERGY RELEASE

3) **Find The Core**

Once they have located that (it can take some time - always affirm their experience), ask them if they can notice a place where the energy of this feeling is most intense (dense, dark, tight, knotted, etc.). Once they locate that let them know that this is the core of the energy of the feeling. Ask them to bring their entire awareness, their whole attention, to that core, and to remain present to the energy that is there.

4) **Stay Present**

It can be helpful to continue to encourage them to stay present to that core by reassuring them that this is like the eye of a hurricane – it is the safest place to be. If they begin shaking or crying remind them that it is when they are outside the core, “bouncing around the edges,” that they will have these cathartic reactions. In the core they are safe.

It can also be helpful to ask them to take their awareness like a laser beam right down into the center of the core of this energy, or to “click in closer” or “zoom in slowly. It is important, though, that we aren’t over “doing” in this exercise. It is really just by being present to the energy of the feeling that it dissipates.

5) **Feel Into It**

Guide the individual through Feeling into the Core of the Feeling until they have felt it so thoroughly that there is nothing left to feel. Then have them remember the situation and ask them how it feels now. The energy of the feeling is only gone if they now feel neutral or compassionate regarding the situation and the person or people involved.

CORE ENERGY RELEASE

6) **Enquire**

Sometimes an energy gets stuck or is resistant. If it doesn't seem to be releasing, ask the person, "What would you have to feel if you released this energy?" Give them time and then check in. If the energy didn't shift, try taking them to the GAP and then ask again. Often if it is really stuck asking them to simply take Pure Awareness from the GAP down into the core of the energy of the feeling works to release what was stuck.

7) **Stay With It**

Sometimes there are layers of feelings, as if one is on top of the other. If you feel down into the core of the feeling and it can seem to be gone but then there is another feeling there. If that happens find the core of the new energy and feel down into it just to see what's there. Sometimes there can be several layers.

8) **Beyond Words**

Remember we don't always know what we are feeling, or what the emotion is called. Sometimes we even may be accessing pre-cognitive experiences. If the person has no words for it, that is often better as they won't get lost in the thinking mode. Focus on staying in the feeling mode.

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SUMMARY

Allowing your awareness to feel down into the core of the most intense part of the energy of a feeling is like diving down into the fountainhead of the energy.

As a kind of meditative technique, this is a technique for transcending on the sense of feeling.

CORE ENERGY RELEASE

Whether there are several layers or just one, when you feel your way down into the core of the most intense part of the energy of the emotion you will eventually find ... nothing.

The nothing that you will become aware of is the nothingness out of which you created the emotion. There can also be the sense of lifting off or letting go of the grip of the emotion. It just dissipates as if it is dis-creating itself.

There can also be a sense of, “Oh, that was just a wave of me. I created that.” At this point you are no longer in the grip of the emotion at all.

Mastering this ability is a great skill that allows you to quickly come out of the grip of emotion. This ability keeps you from getting lost to the illusion of separateness and helps you be more and more aware of your essence, and the essence of all life as Pure Awareness.

If your meditation is wonderful, but you aren't feeling its benefits integrate into your daily life, then ask yourself, “What would I have to feel if I were truly present all of the time?” and practice the CORE exercise with whatever comes up.

Meditation is practice for real life. It reminds us what we are at our true core so we can live from that center always. What gets in the way are these old emotional energy patterns that are not us – only waves of us that got stuck on their course of moving through us. Pure Awareness is your essential nature.

That pure consciousness presents itself as waves of bliss. Doesn't it seem worthwhile to concentrate on the stuck energy long enough for it to dissolve and be replaced by waves of bliss?

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