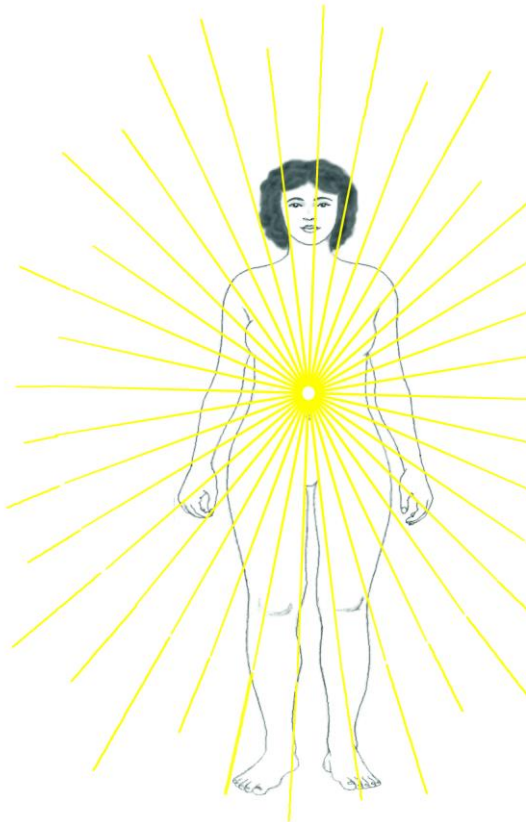


Core Being Connection Exercise to Anchor into Your Wholeness

Learn to Self-Regulate Back to Core Being, your bigger, more brilliant Self -
Throughout The day. Foster choice and self-mastery!



Core Being is your one note in the universe, that when mixed with all the notes makes a symphony of oneness.

According to quantum physics, if everything in your universe, were put together, it would only be the size of a small pea.

As the universe expanded, so did its particles and we became separate and disconnected from the higher frequencies of oneness, wholeness, wisdom and enlightenment.

Learn to reconnect to your inner wholeness or Core Being! Discover the unique spark of your god consciousness for it is who you truly are. Take time now to close your eyes. When you were first conceived, what color was your spark? What were its qualities? Feel the sensation of its energy in you.

As you learn to live from your Core Being, you foster harmony, peace, love and creativity in the world. “Dis-ease” melts away and is replaced by wisdom, lessons and the deeper truth of who you are.

Over time, as your consciousness increases, your mind and body more and more become the clean clear vessel god consciousness can move through. This is what Buddhists call not having a self. Until then, the Core Being becomes your “transitional warm and comforting blanket” helping you anchor into the truth and dissolve the distortions within.

CORE BEING CONNECTION MEDITATION FOSTERS PRESENCE

(Practice every moment of every day)

Part I

Ground deeply and do movements—such as dancing to music—to balance and charge your energy field. Imagine it balanced front to back, top to bottom, and left to right. Once you feel more connected and balanced, place your awareness on the Core Being energy vortex located 1½ inches below your belly button, in the center of your body.

Part II

Imagine a ball of energy the size of a dime glowing with your unique essence. To the extent possible, notice its color, light, sensation, image, smell, taste, and sound. Breathe deeply into that space, and imagine the glowing ball of your unique essence expanding to the size of a tennis ball. Just as a balloon expands, imagine the energy of your Core Being increasing in size. Once again, spend time breathing into its center, feeling its sensation. It is the conduit for the divine source of you. Sense it, know it, and intuit it.

Part III

If you want, place your hands on the Core Being area to help it charge and expand. The sensation of it often feels like tingles of wholeness. Begin to feel

your wholeness. Melt into the center of your Core Being again, and this time let it expand further—to the size of a volley ball. Imagine it front and back, top and bottom, left and right. With every in-breath, go back to the center of the energy ball. With every out-breath, expand outward until this sphere of light fills your physical body and your outer energy field, an egg-shaped zone of energy extending about 2.5 feet from the body (see Chapter on Energy Fields).

Part IV

As you anchor into your center during the in-breaths, you may notice negative emotions. You can expand through these outwardly to connect to your Core Being. With every in-breath, go back to the center of your light. With every out-breath, expand further until your light fills all the cells in your entire body and your outer energy egg. Remember, always to return to the center to let your Core Being expand out. Just as an atom splits open and discharges energy, going into your center splits open more of your Core Being and lets it expand outward.

Some days, your presence with Core Being may not expand very easily or very far. This is because a Core Distortion that holds lower vibrational energy triggers your wounding. It needs love, attention, and transmuting. This exercise will help, and if you are present enough with your Core Being, then the pain will transform to wisdom, wholeness and positive action.

*If you need extra support, reach out and schedule a private session and/or attend our trainings, weekend events or online classes.

Share the love and tell others how they can benefit from this E-book and video. Also find us on email/facebook/twitter and let us how this booklet and video supports you.



Sending you many blessings and good energy,
Carolyn Eberle, LPC Founder

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