

In Prolonged Holding You are Learning

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1. How to enter your feeling center fully without the inhibiting intrusion of your memory fears. You encounter layers of tensions stored in your body.
2. How to face uncomfortable negative feelings and issues that were outside the range of your feeling ability.
3. **To** allow that which you avoided, ignored and resisted in to your **choiceless?** awareness and **to** befriend the feelings and issues that you were afraid of before.
4. **To** open yourself to welcome even strange feelings to come in instead of habitual urge—reaction to stop it or seek to change it, improve it, modify **it**, make it better.
5. As you go deeper in to the posture of consciousness **you will?/to** uncover the buried feelings that consume your vital energies.
6. **To** allow these feelings to unfold and reveal their horror **stories?** to your witness—do not stop, resist, or fear. Observe how as you embrace the feelings they begin to change. They come out of unconscious and the trapper energies and the associated fear emotional reaction and fixed self-concepts and habits shift. Once you have learned how to face your fears and feelings, your process of being released from unconscious self-inhibiting, crippling patterns will progressively change with greater ease and speed.
7. To stay steady firm in the old feeling, memories, fears that become more visible. This will increase your ability to feel your feeling rather than judge your feeling. This will expand the range of your feeling center, heal your body, calm your mind. A new sense of freedom and creativity will come to you when you prolong holding the posture of consciousness. You are using the penetrating power of consciousness to dig in to deeper areas of your unconscious holdings that trap large portions of your life force in hostage.

The purpose of prolonged holding is to uncover the pure feeling that is buried under the layers of feelings we have that is related to our old memory fears and attachments.

The prolonged holding becomes a process of facing feeling and experiencing all that was threatening, painful, and hurtful. This becomes an integrative process where the fears that lived in invisible darkness choices for or against – good and bad, pleasure and pain – are exposed to the integrative light of choiceless awareness where duality dissolves in to unity. Through experiencing the experience, duality and conflict get resolved and manifests as harmony of polarity and unity of spirit.

Holding the posture of consciousness is becoming accustomed to be at ease, comfortable and open to feel and experience all that was pushed

away, hidden and ignored, denied and avoided.

Information and theoretical knowledge without this form of experience of facing all that was carried in unconscious is powerless to initiate transformation.

Our body is the outer manifestation of the spirit and as we **perceive?** the body for its inner values it is the living abode, the temple of the spirit. Getting in touch with our body's pure energy field releases mental and emotional blocks and reveals the restorative, regenerative healing power of prana.

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