

Access SELF Energy on Demand

*Four real-life examples from
students and clients*



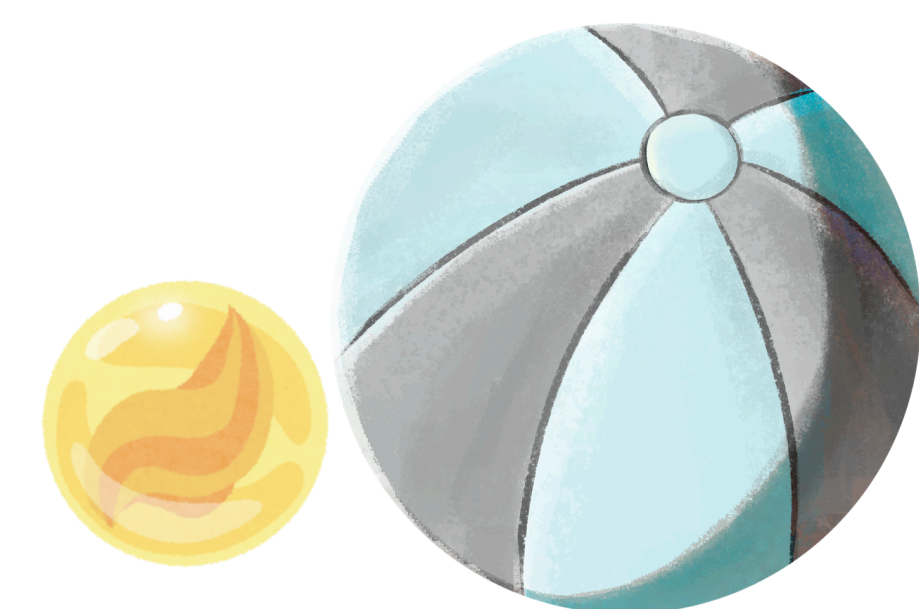
When I worked the crisis/suicide hotline, I learned to cultivate Self energy every day. As I worked the phones, I could always feel compassion welling up easily for folks on the other end of the call. Now, when I need to to feel that same openhearted grounded energy, I put myself back in that setting, imagining – or literally – holding a fake phone up to my ear. Poof! Just like that, I drop into Self. Compassion, calmness and courage arise.



I have a statue of GuanYin – the revered Bodhisattva of Compassion. I often look at her before I start my day, usually for a couple of minutes. I soften my gaze, welcome her energy, and suddenly things shift inside. It's like her energy and mine kind of merge. This is what Self Energy is for me; I feel it all through my body. Then, with little kids and a busy practice, I can tap into this same feeling pretty quickly when I need it during the day.



In the morning, when I can't access Self – that wise strength I know is in me – I step into tree pose, close my eyes, and do some 'Ujjayi' deep breathing. As I stay and breathe, Self energy arises in a wave all through my torso. I feel strong and clear-minded and ready for life. Then, when my boss makes me crazy, I have a sort of "Self muscle memory" that I can tap. And it helps.



When I get activated – usually mad, if I'm honest– I imagine this small yellow marble right in my solar plexus. I know it's there because I've found it before. If I take even a brief minute to pay attention, it starts to expand, often morphing into a beach ball. That's my true Self. Once I feel that marble, everything else gets quiet. Parts calm down. I'm clear. And I know what to do next.

now it's your turn -- reflect, then write:

which resonates the most? why?

when have i felt this same kind of energy?

what parts get in the way of accessing it?

draw or describe your own dropping-in idea(s)