

Access SELF Energy on Demand

Four real-life examples from students and clients



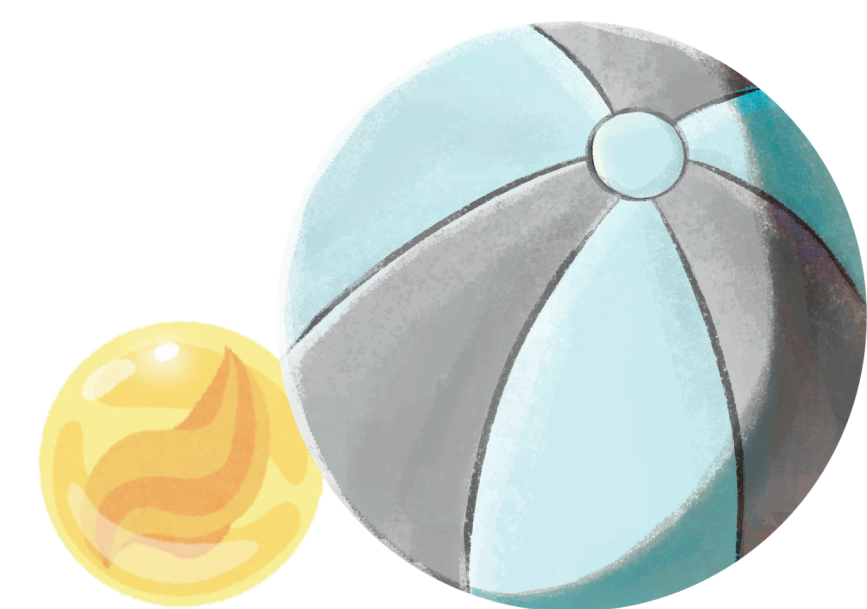
When I worked the crisis/suicide hotline, I had to get into “the zone” the minute I got to work. Thinking about the people I would talk to and feeling so much compassion for them allowed my fearful anxious parts to step back. I could be present and courageous. Now, when I need to feel that openhearted grounded energy, put myself back in that setting – literally holding a fake phone up to my ear with my elbow on a fake desk and... poof! Just like that I drop into Self. Compassion and courage are there; I’m set!



I have a statue of GuanYin – the revered Bodhisattva of Compassion. I often look at her before I start my day, even for a minute or two. I soften my gaze, welcome her energy, and suddenly things shift inside. I feel “Being, not doing.” It’s like her energy and mine kind of merge. This is what Self Energy is for me. With little kids and a busy practice, it’s such a relief to begin my day this way.



When I can’t access Self – that wise strength I know is in me, but I can’t find at all, 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.



When I’m in need – worried, discouraged, even mad – I can sometimes sit down and put my head between my knees like I used to do for anxiety. But instead of doing cognitive exercises, I look for this little marble (I know it sounds weird) but I know it’s somewhere in my body; it’s almost like I am hunting. And damn if it doesn’t show up when I pay attention. Sometimes it has words for me, sometimes it just feels like a calming presence taking care of me. When I focus on it long enough, it expands, morphing into this big beach ball. That’s my true Self. Everything else gets quiet. I know what to do next.

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

which resonates the most? why?

what does Self energy feel like in my body?

what parts get in the way of accessing Self?

my new on-demand idea: (draw or describe)