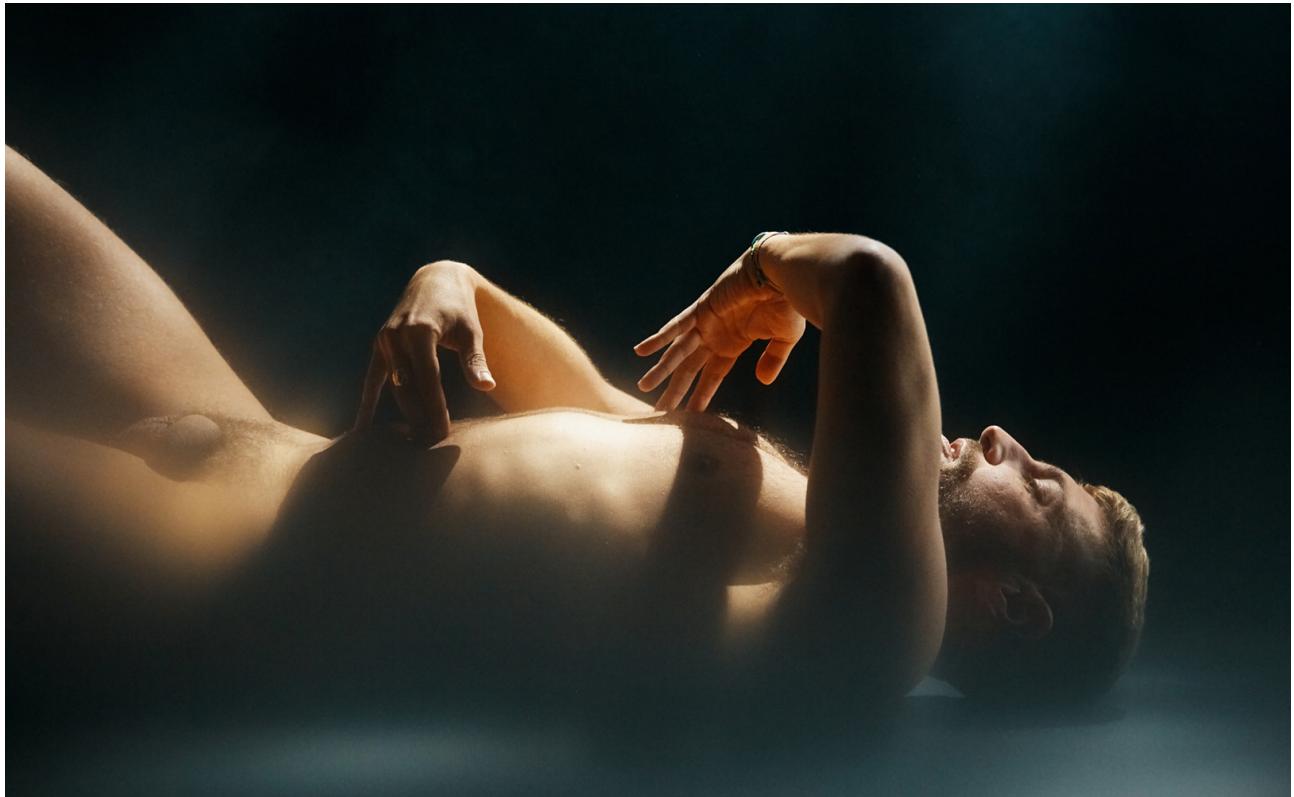


MODULE 13-  
ASSIGNMENT:



## Cognitive processing

While most learning happens in the body, we've seen that working cognitively can help the mind feel safe, allowing it to support the body to drop deeper into its explorations.

In the previous stage, awakening, we looked at a few questions that allowed us to recognise the quality of our essence. The assignment included a multi-dimensional process involving sexual fantasies, peak sexual experiences and elements of inspiration.

The two main questions were:

*What do people get from you just by being around you?*

*What inspires you?*

In this embodying stage, we want to take this process further, by allowing ourselves to fully receive the nourishment of the qualities that come with the essence and this power.

After we've worked on the above questions, we can ask ourselves the following question:

*What is its impact? How does it impact their lives?*

From here, we continue to hold a greater awareness of the impact of our power. To begin embodying it, we must remain in this state of awareness until we feel it intensifying and amplifying within us. As we feel it strengthen and intensify, we also feel how it's expressed through the sensations in the body. That's how embodying happens.

A great way to do this is to sit and remember a specific situation when someone benefited from your presence. That presence will have come effortlessly and you may have felt yourself adding service to them.

Remind yourself of the details from that moment and feel how this person felt due to receiving your presence and whatever it was you served them with.

Visualise the impact you had on their lives and how this may have impacted the lives of others along the way as well.

Sitting with this impact, feel what's happening to you at a sensorial level in the body.

As you feel it embodied at a sensorial level, you can weave in any of the somatic practices described in this module as a way of further embodying it.

These may include the following:

- Using sounds: perhaps the practice of humming with the fingers blocking the ears and feeling the vibration of sound slide down the front of the spine and down to the front of the coccyx.
- Slow movements: perhaps turning the head from side to side very slowly, even extremely slow, carried by your sounds, as if your head was turning as slowly as the earth does on its axis.
- Positive feedback loop: contracting the PC muscles and bringing that contraction up from the perineum to the crown of the head.
- The involutions: bringing the hands and feet together and allow yourself to receive your own energy. Let it move and flow within your body using sounds and breath to amplify it.
- The peace prayer.
- Notice how your breath is as a result of these practices. Feel your breath breathing you.

The next question we will work with in this module is the following:

## *Which parts of my essence do I need to value more?*

Often, when something happens so effortlessly, it can be easy not to fully realise its value. For example, we might give this gift away for free or not even see it nor place any real value on it.

By approaching this question, we can allow the energy harnessed from the previous question to flow into this exploration.

As we ask to be shown the parts of ourselves that we don't value enough, we can ask to be shown what's standing in the way of us valuing those parts. The answer can sometimes come in unexpected ways, such as challenges, conflicts, loss or challenging situations. It can also come as insights and visions etc.

We benefit from holding these in awareness and letting our essence and our power feed into these challenges so that things can find balance.