



The Compass Within

MODULE 2 Handout: *Navigation - Using Your Inner Compass*

I. Discover your Inner Environment: The *Feeling Body*

Your inner environment holds the key to working with life.

The Mental Body ~ The Feeling Body

The mental body includes:

- Thoughts, beliefs, judgments: mental constructs about who you are, what life is and what you think you need to do.
- Residue from emotional reactions to life experiences.
- The pattern of the way you addressed problems in the past.

Your relationships, life experiences and family history shape your internal thoughts, feelings and actions. They impact the attitude you hold towards yourself. Have you built your sense of worthiness on what you do, how much you know or the amount of money you make? Are your actions designed to gain approval? These are the patterns that get woven into the fabric of your being.

The Feeling Body unlocks new awareness of the unknown aspects of you.

The Feeling Body acts as a barometer, receiving non-verbal communication as sensory input. Non-verbal communication is energy moving from one body to another. It brings your attention to another level of communication.

- Tone
- Body Language
- Actions

Your feeling body becomes your guide.

Notice your different body sensations:

Heavy?

Hot?

Peaceful?

Tight?

Tired?

Energetic?

Languid?

Spacey?

Grounded?

Confined?

Unconnected?

Cold?

Expanded?

A sense of lightness?

When you don't feel yourself flowing in your life, are you willing to do something about it? Your first inclination might be to do something you've done before. If that works, that's great. If you find yourself longing for more, listen in...

When you want to maintain your well-being and create the life you want, the first step is getting to know your inner world. You experience the *quality* of your inner environment through awareness of the *feeling body*. The feeling body is that part of you that feels or senses where your body is tight, where there is a feeling of expansiveness, where energy is moving or where it is blocked. Your feeling body gives you signals or clues about what is going on within you. It does the same thing about your outer environment. As you become sensitive to these signals you could start to relate to them as your inner guidance system.

When your body is tense, it is difficult for new information to be received. As your body finds relaxation, your sensitivity to the feeling body expands. You begin to experience new insight into yourself and those around you. It is only when the body is relaxed that you can connect with the inner resources that can guide you in the day-to-day situations that occur in your life.

Your invitation here...

...is to be the research scientist. Your terrain is the uncharted territory of your inner environment: the parts of you that live as your potential. Your first step of unlocking your potential is to become familiar with your feeling body. You can begin with these:

Opening the body: Your breath can show you where your body is tight and how it needs to move to open up. Stretching with the breath (a form of inner directed movement) can help your body relax. Remember, a relaxed body is key to developing your inner guidance system.

Stand, breath, eyes open with attention inside. Once body is calm and breath has quieted... Keep your focus on your breath with a gentle awareness.

Repeat while sitting or lying; there will be different ways to discover that your body will want to stretch, whether seated or lying on the floor.

II. DEVELOPING TRUST

Patterns reveal themselves in your inner dialogue, the way that you talk to yourself about life, and the tone you use with yourself and with others.

Does your inner voice of doubt run the show? Inner voices rooted in judgment are not trust-worthy. They are simply your patterns. No matter where the patterns of self-doubt originated, you now get to choose whether to continue listening to those voices.

*“If you hear a voice within you say you cannot paint,
then by all means paint and that voice
will be silenced.” ~ Vincent van Gogh*

Allowing your creative expression to flow will dissolve old patterns. Sometimes you just need to begin.

Self-worth, determined by anything other than your deep inner connection, is built on quicksand. I used to live with the feeling that I had built an illusory image of myself and would soon be “found out.” One wrong step and I would be lost to the quicksand. Illusions have no substance.

Once you decide to develop this inner connection, you can begin to discover your feeling body. Remember, the feeling body is your barometer. As this intimate relationship grows, your discernment sharpens. You know which way the wind blows, inside and out. Your feeling body gives you the ability to move forward with a resounding “yes.” You have the ability to determine the next step that is right for you.

You begin to identify the thoughts and voices that come from patterns and differentiate those from the ones that arise from being gentle and patient with yourself. As you develop a foundation of self-trust, you will know the “right” steps to take.

*“As soon as you trust yourself, you will know how to live.”
— Johann Wolfgang von Goethe*

Life situations as training

- ▶ When you make any change, how do you know you are moving in the right direction?
- ▶ When confronted with change from the outside, is it an opportunity? A mistake? Fear: trust, willingness//resistance, life is changing around me, but I’ll be damned if I’m going to change. Everyone else needs to change; not my responsibility.
- ▶ When change occurs in your life, do you see it as new opportunity?
- ▶ What if you viewed every change as an opportunity (discovery, new learning, expansion)?

- ▶ What do you use as your guidance system? Touchstone?
- ▶ Body sensing; discernment of the heart. Feedback from life; mirrors (other people). Ease in body. Creativity: opens doors.
- ▶ Developing a sense of comfort/ease with being on the edge.

Cultivating trust in your inner guidance promotes a more peaceful environment.

III. Building the Inner Network

Consider the unseen world within you, as it manifests in the energy field of your body. Your energy field, as light, extends out from your body. All of your thoughts, ideas and feelings are encoded in light into your cellular structure. Your cells “remember” the thoughts you generate. The light is made of frequencies which vibrate at varying rates creating a harmonic that is experienced as either resonant or dissonant in your internal and external environments.

Your feeling body is a network of sensory mechanisms. Your feeling body is the vehicle through which you receive and convey information to and from the world around you. To appreciate how this works, consider how you feel in different situations you encounter in your day.

The mental body, as thought, defines and decodes what the feeling body experiences. If you decode an experience in a way that results in an emotional response within you, you have a choice about the next step. You can witness it and allow it to pass through you. Or you can identify with it, creating an endless loop that codifies into a pattern, ultimately limiting your ability to respond freely.

These systems are all part of your energy field.

All of life is an interconnected energy web, a grid-like system on the planet. Your energy field connects you with this energy grid, linking you with everyone’s energy field. Through your field you impact everything and everyone around you. You draw the ideas, people and situations to you that energetically resonate with your field. Your mental body influences what you express and what you receive. Your thoughts direct your path. One direction, *centropy*, opens up to expansion. The other direction, *entropy*, contracts your field in limitation.

Your personal realm is interwoven into the greater world. Every thought you have generates waves of energy reaching out into the grid. Is it that much of a stretch to say that your thoughts, as part of your energy field, influence events on the other side of the world?

What if it were the *literal* truth that peace begins with you? Wouldn’t you want to discover more about your field of energy and your inner environment?