

Week 1 Day 3 – Embodied Living With ‘inanimate’ things

Living and non-living things contain energy. They hold a vibration. We can sense this on a day-to-day basis.

As we continue to listen within our environment, pause and reduce our conversations, we can also pay attention to the subtle vibrations of everything.

Objects such as a chair or desk hold vibration. As well as cars, bicycles, and skateboards. Every object contains an energy that can be accessed through our intuition.

We merely need to tune into the multitude of frequencies they are sending off and understand how we relate to their vibrations. Do we vibrate with them or is there a difference in our vibrations?

As we continue to practice pausing, sensing, and breathing into moments we incorporate this into our interactions with inanimate objects.

Many years ago, my family lost most of our possessions to a house fire. These were the contents within our home. Furniture, rugs, wall hangings, bedding, clothing, etc. Overnight, they were all gone. The realization that came from this experience was a gift. Of course, we are not our possessions, and we can live without material items.

On the other hand, can we really live without our things?

What I never understood was how much our things hold our energy. They begin to take on the vibration that we are sending off and become a part of us. When we lose things, we lose a part of ourselves.

For example, I encourage you to hold two items in your hand. Perhaps, a meaningful piece of jewelry, watch, or pen. Take it with you to a store. Find something new at the store that may be comparable. If you are holding earrings then find a pair of new earrings, a watch then find a new watch, etc. similar in size and brand new. Stand there and take turns holding your item versus the new item in your hand. There will be a difference in the vibration coming from the items. What do you sense within you as you hold your item versus the new item? Does one feel as if it resonates with you? Does one feel ‘connected’ to you? Do you feel ‘drawn’ to one versus the other?

Many companies spend millions of dollars on marketing items because they already know this. Creating a connection with an inanimate object makes it more appealing to the customer. Can certain items actually make us feel better? Actually, yes. And there is a balance. Items can contribute to our experience, and they do not have to equate to how we handle an experience.

It is our energy in motion, our emotional connection, to items that help us relate to ourselves and the world. They hold the energy of our emotions. They hold the energy of the world’s emotions. Realizing this helps us become empowered with our responses.

Experiment with this idea: Sit in a chair at a coffee house versus sitting in a chair at home. Which one makes you feel different?

The coffee house chair contains the energy of every person that has ever sat in that chair. So does the one at your home. The difference is one may feel more or less comfortable to you based on the state of the person or people that have sat there before. I encourage you to feel the difference.

This process will develop our 6th sensory awareness of our embodied sensations. I like to call it our 'spidy-sense'. As we strengthen our ability to 'tune in' we are developing our awareness of how everything in our life matters. Our vibration is affected by the people, places, and things which surround us. We understand that feeling good is an internal and external project and we *can* be affected by our surroundings.

As children, we intuitively knew this. We allowed our emotions to express what we intuitively felt. We cried when we needed a diaper change, felt hungry, or needed swaddling. We responded to the nurturing we received. These experiences created our safety in the world and helped us to feel secure.

As we grew older, this continued and expanded to people, places, and things. We were drawn to certain people and some people we did not want to be nearby. My children used to tell me how much they loved school until they reached middle school. I asked them why? They couldn't put it in words but were able to express it in sensations.

Elementary school felt good. They worked together, created fun times, and learned value in people, places and things. Middle school became mind-full focusing on academics and achieving and less about comfort and feeling. There was a distinct disconnection from heart-full living that happened in middle school, thus turning them off to the experience. Their heart-full intuitive intelligence was numbed as the focus became on mind-full intelligence.

Objects hold our connection. They hold expressions of who we are. We can feel our past relatives in objects. Chairs feel good to us because of our experiences. Cars feel good because of our memories. These are more than images that live in the mind. They are embodied and live within us as they are also stimulated by our surrounding and the familiarity of our environments. Each of us has an innate ability to sense and feel. We merely need to tune in and develop what is possible.

Even Spiderman had to go through a learning curve. As he realized what he was capable of achieving with his superpowers he had to practice sensing and feeling daily and repeatedly. As he did, he mastered his abilities. You shall do this as well.

Merely observe the sensations in your body as you walk down a hallway or into a room. Feel the air around you, sense the walls or the floors, smell the room, feel the flickering lights, and tune in. Feel the chair beneath you, the ground under you, the steering wheel in the car as you turn the wheel, etc. Next, compare different spaces: restaurants versus an office, yoga rooms versus business meetings, hotel rooms versus your bedroom. Take notes of your experiences. Journal the sensations, images, or memories these places evoke from within.

When we tune into our environment, we find clues to our inner self through our responses. We respond to the energy consciously and unconsciously. As we bring presence, we strengthen our intuitive nature highly attuned to vibration through our interactions with the world. This is empowerment. As we hold our vibration in the truth of ourselves, we can shift the world around us and within us by simply being aware.

Be present today. Sense how inanimate objects feel. Develop an experiment for yourself and compare objects and environments. Take notes and journal your experiences. You are developing your intuition exponentially as you embrace your supernatural abilities. Have fun and play in your experiences today.

Today's Mantra:

I EMBODY MY INTUITION BY SENSING AND FEELING THE WORLD AROUND ME.

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