

Wisdom of the Body

The physical body is a vast container of wisdom. You are made up of Mother Earth's body and she is a wisdom keeper for all her creation. Before she came to ensoul the earth, she had much training in other realities and universes and she gathered wisdom from all these realities and she holds this on her physical body - the earth, the mountains, the water ways, and other creations which are part of her reality.

The elements which comes from her body is the principle component in the making of your physical body. The elements contain the wisdom which is applicable to Human beings.

Your bone structures which are made up of the elements produces bone marrow and they in turn produces the blood in you and the wisdom and knowledge of who you are is contained in these two - bones and blood.

So, becoming aware of your bones and its functions is an exercise you might want to incorporate as part of your daily practice. When you start acknowledging your bones, the bones will feel appreciated and they will acknowledge you back by releasing its secrets - about You.

The second part to acknowledge is your blood which carries the essence of your soul.

Acknowledge and have gratitude for all your liquid intake and this gratitude energy will flow through your blood stream and Appreciation will become a natural part of your energy field.

Every organ of your body carries wisdom. Simply asking any part of your body to reveal its wisdom is enough. And what is the core wisdom all the organs carry. It is Oneness and Evolution.

There is ancient wisdom stored in both your elbows. There is wisdom about the stars and your star heritage stored in the back of your skull. There is wisdom of the rhythms and patterns held in the eyebrows.

Your rib cage holds the wisdom of the changing cycles of time. The center of your back holds the wisdom of your astrological chart and its influence on you. The thymus bone holds the wisdom of your Soul evolution. The pineal holds the wisdom of your Oneness or Fullness. Your heart holds the wisdom of your Soul Intention for this life time. Your stomach holds the wisdom you have garnered from your ancestral lineage. Your knees carries the wisdom on living your life based on the laws of the Universe and your toes hold the wisdom of practicality in everyday life etc.

All the organs of your body - every part of your body holds wisdom. Your body parts also holds the energy of your ascension, your fire power you call Kundalini, your higher evolutionary memory (memory of your Adam Kadmon and Omega Consciousness). Call forth these higher vibrations from each of your body parts and they will respond.

Your body attunes itself with Mother Earth daily and this can be felt more strongly during the cycles of the moon.

Your body also attunes itself to the revolving planets and to the Sun and Moon on a 12-day cycle.

Mother Earth is evolving every moment and since you came from her body, you are also evolving every moment.

Make a statement to yourself.

I am in complete alignment with Mother Earth.

I am in complete Harmony with all my organs.

I awaken the Truth, Love and Wisdom with in all my organs.

I awaken the ancient codes and memories with in all my organs.

I bless all my organs and I thank all my organs.

Your organs have the capacity to generate greater life force with in you.

Communicating to the body is a great exercise in Self Awareness and growth.

There are spirits in your body called Body Technicians and whom you can call to restore your health and wellbeing.

It is time to discover the Beauty and Sacredness of your body.

Coffee with Master Buddha
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