

# AWAKENINGS



HEALING heARTS Community Center

hOLDING ON

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# Holding On = Getting OLD

“This is getting old.”

Your daily life gets old and worn out.

The same M, E, P & S patterns day in and day out.

In an effort to preserve life we suffocate it!

# Lungs & Colon

In TCM, the lungs and colon are yin and yang partners. On a mental, emotional and physical level, the lungs are about letting in the new and the colon is about letting go of the old crap we no longer need.

When you hold on, eventually you lose the ability to let the new in. Sometimes the collateral damage of not being able to let go leads to allergies. We become allergic to life!

# Rigid...Stuck

When we can't let go we become rigid . Remember the body is your consciousness made physical. Another way of saying that is that your body is the manifestation of your thoughts and feelings.

YOUR BODY IS YOUR THOUGHTS &  
FEELINGS MADE FLESH!!!

If your mind and emotions are rigid...YOUR BODY WILL  
FOLLOW SUIT!!!

There is an exact overlap of the mind, emotions and body. They are 3  
dimensions of the EXACT SAME THING!!!

# Illness = Stuck Mind & Emotions

I have spent most of my awake time (AD) studying the mind, emotions, the physical body, energy and spirituality and how they are connected and express one another.

BC: Before Conscious (Asleep...Half Alive...Dead)  
AD: After Duality (Polarity)

There are tons of examples, but I'll just give you one on related to the lungs and colon since we are on the subject.

# No Poo = No Kong Qi

## Consciousness Pattern of Holding On

I'm afraid to let go, because something bad might happen.  
I don't want to do what I'll have to do to move (peristalsis) forward.

## Physical Pattern Created ... Collateral Damage

Unable to let go mentally and/or emotionally the physical body starts to hold to things too...toxins and such. Over time this interferes with absorption on nutrients and eventually you become allergic to the air you breathe and the food you eat.

The more emptied out you are the more flexible you will be too!

# Did You Poo Today?

A popular topic among the elderly is pooing.

They know that pooing has a lot to do with their overall state of health in mind and body.

You don't want to wait till your old to start worrying about pooing...letting go of the past.

If you start letting go now you will not age as fast!!!!



# One More

## Consciousness Pattern of Holding On

I can't slow down and relax. I have to get things done. Only lazy people relax. I've got a lot to do. I don't have time to slow down and smell the roses.

## Physical Pattern Created ... Collateral Damage

The mind can not relax, so it stays in a worry...anxious state. This blows the stomach, because the stomach governs thinking. When this person eats sweet things they can't fully digest their food. Their pancreas doesn't can't slow down and digest the sweet things in life, so the body is unable to get the nutrients...the good from the food. The brain doesn't get the signal that the digestive system is satisfied, so stores the food for later because there may not be enough later and/or it sends the signal out in 30 minutes that it is still hungry.

We call this consciousness pattern **DIABETES!**

# Letting Go = Letting IN

When you let go of the old, you make room for the new. Hoarding is holding on to the past! If you have been in a hoarders house or seen the TV show their house is full of cramp...the house is constipated.

Remember the physical is our thoughts and feelings made flesh...material. That goes for our environment as well. The Feng Shui of your house!

# Letting Go = Letting IN

We have a tendencies to hold on to the old while trying to create a new future. It doesn't work that way!!!

If you are trying to create a more love in your relationship, but your holding onto the one you have and trying to make it work... **YOU ARE PREVENTING** at best **LIMITING THE NEW FROM COMING INTO YOUR LIFE!**

Affirming you have a new job while holding onto the one you have, because you are afraid you'll never get the job you really want.

# Money = Blood Flow

What if your heart started holding on to the blood coming through it. Would you prosper or would you start to suffer.

I believe money is the blood of the world economy. A lot of it is even associated with oil...our Earth's blood.

By holding onto our money the economy is negatively affected. Throw a little fear and doubt in the mix and whamo the economy blood stops flowing. Each one of us is a cell within the economic system.

Our fears, doubts and worries cause us to hold on, and if you don't let go you leave no space to receive. The heart has to empty to receive oxygen enriched blood!

# Losing Control

The majority of humans are afraid to let go, because they feel they will lose control of their lives...because deep down they know some aspects of their lives are flimsily held together.

Here is what we have to get. Letting go is not losing control but being willing to lose the old patterns in your life that are making you miserable! The pattern is ALWAYS mental emotional...the collateral damage (physical) varies.

The problem with collateral damage is that we label them as if to own them permanently. Maybe you need to be willing to let go of your collateral damage whether it is a label like diabetes, allergies, cancer...maybe it's a limiting job or an unfulfilling relationship.

You have more control than you realize. However, you have chained yourself up with perceptions, beliefs and expectations about yourself, people and life in general!

We usually get it backwards, especially in relationships. We wind up letting go of ourselves...our heart's desires in a relationship. We have to hold true to our hearts and be willing to let go of anything that we are holding onto that is holding us back or that is in way of those desires in our hearts.

# The KEY

The good news is that you have the KEY!  
No one else does!!

Even with all I do to help wake people up, the individual has all the power. I'm just efforting to wake myself and others up to the fact that we are all living in self imposed prisons.

When you affirm something for yourself, do it just for yourself. Don't pull anyone else into it. Affirm what you desire and let it go. LET IT ALL GO, so that you can receive something beyond your wildest dreams!

# The KEY

To the degree you let go is to the degree that you can have that new thing that you crave.

Can you jump without the rope...without the safety net?

That's what it takes to make REAL and LASTING change!

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Mind-Body-Spirit Alignment



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