

Embodied Soul Essence

By Kiera D. Laike, IRW

“It is my honor to offer to you your soul essence, once again in its energetic position on Earth and ultimately in the Universe, through this Embodied Practice. Welcome.” - Greeting offered to new students in Embodied Practice classes.

In the past four articles of this 7 part series on some of the embodied mechanisms needed to connect to soul orientation, the electromagnetic field of Earth, and beyond, we covered grounding, container, and Four-Part Breath. To further awaken our understanding of these mechanisms, this article begins where Embodied Practice starts- connecting each with the essence of their soul.

I developed Embodied Practice as a beginning point to reestablishing the energetic development of humans. We are not born as fully developed energetic beings. For our soul essence to be gathered and then emerge in the body we must go through our energetic process of development.

We begin Embodied Practice by gathering our soul essence energy, composed of structured photon light, and embodying it in our soul essence sphere in the space between the hypothalamus and the pituitary glands in the brain.

Soul essence gathering, like all Embodied Practice, reflects principles of how the Universe functions. These principles are true from the smallest quantum particle to the ever expanding Universe. They show us that all things that are created in our Universe, begin first by a gathering of light, which then creates the expansion. This is reflected in the gathering of matter before the first Big Bang expanded outward and the Universe began forming. The same process is seen in the seeds of a tree gathering nutrients before it expands and emerges from the ground - and also in the baby’s gathering of nutrients for growth and strength



before emerging from the womb.

Embodied Practice begins with the gathering of our soul essence energy, composed of photon light. We first prepare the space in between the hypothalamus and the pituitary glands in the brain, to receive and contain our photon light energy in what we call our soul essence sphere.

Our soul essence sphere is one of our Embodied Mechanisms of communication, connecting us to our “energetic DNA”, giving us the codes to form the rest of our energy structures, or Embodied Mechanisms, in the body. A cell phone, for example is a mechanism of communication with other people. Our soul essence is a mechanism of communication with the energy of Earth and beyond. To imagine that we can communicate with Earth, our galaxy and beyond, without mechanism of communication is a bit like fantasy.

Our first mechanism of communication, our soul essence sphere, begins to put our energetic evolution back on track, and communicates with our human DNA so we can expand and emerge into the expression of our soul essence in body. All things that take form in our galaxy, and Universe, from humans to planets and stars, must follow their evolutionary path to reflective relationship in order to be in balance. Our soul essence, this energetic DNA, gives us the coded information to evolve ourselves, and ultimately the human race.

When we call our soul essence, when we activate, enliven, and learn to use our embodied skills and abilities, we put ourselves in communication with the energy that surrounds us and dictates the path of our energetic development and evolution.

As each seed gathers to itself what it needs to emerge from its husk into the light. If the seed waited and looked to another seed on how to sprout, it would remain dead in the ground. Let us not wait – let us gather. When we gather, we need not worry about how we will transform ourselves or manifest change in our lives– it will happen in natural order.

To listen to free downloads of the Embodied Practice and experience the beginning awakening of your soul essence go “Free Practice Downloads” link on the homepage of www.SensologyInstitute.com.

A Note from the Sensology Institute Staff: This is the fifth in a series of 7 articles on Embodied Mechanisms - articles that are grounded in Kiera D. Laike's theory and practice of Sensology (see www.SensologyInstitute.com). Sensology has never before been written about, and is not based on any established philosophy or discipline.

Kiera D. Laike, IRW, Interrelated Realm Walker, brings the theory and practice of Sensology, described in this article and in her book, Soul Orientation. Kiera founded the Sensology Institute and Embodied Teacher Certification programs it offers. She and the Sensology Institute staff offer Embodied Practice classes and Sensology sessions on line and in person. www.SensologyInstitute.com or drlaike@mail.com.