

Container: An Embodied Mechanism of Communication

By Kiera D. Laike, IRW

We develop as a reflection of how Earth develops. When we develop we have mechanisms, like our container, to connect and be in sync with our planet, solar system and galaxy. When we are in sync, we are like members of an orchestra or madrigal singing group, all playing different parts but all in synchronized, beautiful harmony.



Embodied Mechanism: Container

Like the Russian nesting dolls, so are the multitude of containers through which we create our lives.

Our aura is one of the many containers through which we create our lives. It allows the soul essence to embody, to become denser, and to form our vortexes or energetic centers and our crystal structures inside of us. The Embodied Practice segments below support us in developing our aura, giving us a safe container in which to develop.

Last month's article discussed how grounding, the embodied mechanism that puts us in communication with earth's energy, contains information about bringing our soul essence into the body. Our container, another embodied

mechanism, puts us in communication with other fields and aids in our energetic development.

In my book, *Soul Orientation: The Dance of Reflective Relationship*, I wrote of the space-time vortex of Earth. The space-time vortex is a four-layered vortex in the fabric of space. Earth's space-time vortex contains her and functions as one of Earth's mechanisms of connection to the sun, planets, and other solar systems.

In forming, elements and water swirled Earth's iron core, condensing in, creating the inner heart of Earth and then finally, Earth's outer shell cooled. Through this process and millions of years, as Earth became denser as she formed, the density of Earth's mass formed the space-time vortex.

So what do we have to learn from this forming of one of the containers of Earth?

We develop as a reflection of how earth develops. So, we must establish our swirling developmental process to become more dense, to create one of the containers through which we make our long-range connections. Becoming dense or forming your soul essence in body involves many mechanisms. The one that we are focusing on in this article is the outside edge of our aural field.

Just as the Earth needs her cooled and hardened surface to hold the intensity of her heart inside, so we need the outside edge of our aura. Our outside edge begins with our sacrum's ability to charge and move that energy to the outside edge of our aura, one of our containers. This must be experienced to be understood. To support you in experiencing, establishing and understanding your container, I would like to share excerpts from the Embodied Practice Manual below. Containers must be experienced before being understood. This article holds an energetic container for you to step into if you choose.

Charging the sacrum or the Breath of Life (as we call it in Embodied Practice):

Containing to Connect

Exhale.

Pause. On the pause of the exhale, connect thumb to pinky.

Inhale when you are ready.

Exhale. On the pause of the exhale, connect thumb to pinky. In that pause, be with your soul essence. Inhale when needed.

Regular breath. Continue and be with your soul essence.

Exhale. On the pause of the exhale, connect thumb to pinky. Be with your soul essence.

Inhale. Soul essence pulsates out.

Exhale. On the pause of the exhale, connect thumb to pinky. Still in the pause, greet your soul essence.

Inhale when you need to. As you inhale, continue to allow your soul essence to pulse out.

Exhale. Allow your soul essence to slowly pulsate in like a heartbeat.

Pause. Connect thumb to pinky, be with your soul essence, and imagine snuggling into this safe space inside of you.

Inhale when you need to. Soul essence pulsates like a heartbeat out to meet.

Take two to three breaths and repeat. Allow yourself to be nurtured by your soul essence.

Charging the Sacrum: Breath of Life

Exhale, as slowly as you are able.

Pause. As you come into the pause, allow your diaphragm to open (note: this will take a while, until it happens in the physical realm).

Inhale. Diaphragm releases down air and flows into the space of the lungs.

Exhale. Diaphragm releases up

Pause. Diaphragm prepares to open. Release downward any tension, fears or other feelings. Diaphragm releases downward.

Inhale. As the diaphragm relaxes the sacrum begins to open to the Breath of Life energy.

Regular Breath. Do this sacrum opening breath for five to six times.

Exhale.

Inhale. Charge the space between lumbar two and three.

As the diaphragm relaxes down, the energy swirls in an inward motion down the left side of your spine and in an outward motion down the right side of your

spine. Those two vortexes form in your middle lower back, pushing the energy of the Breath of Life down into your sacrum. The cobalt blue energy begins to charge into your sacrum.

Exhale.

Pause. On the pause of the exhale, connect thumb to pinky. Simply be with your soul essence for a few breaths if needed. If able, let the Breath of Life happen.

Exhale. In the pause of the breath, connect thumb to pinky. "I am one in relationship."

Inhale. Connect thumb to ring finger. "Open to the Breath of Life." Slowly allow yourself to inhale, place pressure on your ring finger. Allow that diaphragm to drop in the back, charging that space between the second and third lumbar spine.

Pause. In the pause of the fullness of breath, move thumb to middle finger. In communication, two lines of energy pulse downward on either side of your lower spine, spiraling inward on the left and spiraling outward on the right.

Exhale, as you charge in the sacrum. Move thumb to index finger. "Receive the Breath of Life."

Pause. Connect thumb to pinky finger. "I am one in relationship."

Inhale. Connect thumb to ring finger. "Open to Breath of Life." Charge the space between the second and third lumbar spine.

Pause. In the pause of the breath, connect thumb to middle finger, "In communication", swirling out, send the charging energy into the sacrum, charging the cobalt blue energy of life.

Exhale. Cobalt blue energy covers the outside edge of your aura.

Four-Part Breath

Exhale.

Pause. Connect thumb to pinky. "I am one in relationship."

Inhale. Connect thumb to ring finger. "Open to the Breath of Life."

Pause. In the fullness of breath, connect thumb to middle finger. Be "in communication."

Exhale. Connect thumb to index finger. "I am coming into relationship."
Do this five to ten times.

A Note from the Sensology Institute Staff: This is the fourth in a series of 7 articles on Embodied Mechanisms, each describing one of the energetic mechanisms of Embodied Practice and soul orientation. These mechanisms allow our soul to emerge in the body through the gathering of our soul essence photon light from each lifetime. Each mechanism provides another key to unlock the door of our interrelatedness, or oneness, with the Universe. Articles 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.