

The Space In-Between of Beginning

By Kiera D. Laike, IRW

In the beginning there was space, we could say the great void. Yet without a differentiation of space, the forming of galaxies and solar systems would never have occurred. Most of us have some sense of this yet don't have the words to describe it.

Being in reflection with this process of creation, Embodied Practice begins with the pause of the exhale. The pause of the exhale is the part of our breath that begins our process of connections.

To aid you in experiencing, establishing, and understanding of the space in-between within us, I would like to share excerpts from the Embodied Practice Manual and my support to experience the space in-between within you.

Excerpts:

I know that all forming in our galaxy, solar system and the universe to be in balance must ultimately evolve to reflective relationship. Many schools of thought talk about reflection or mirroring, but I have yet to read anything that gives humans a container for what that would look like or how we get there, if we were in reflective relationship. Embodied and Pulse Practice are the beginning of this journey of humans returning to reflective relationship.



First there must be a space or void, or I refer to as the abyss. Our solar system and galaxy organized from a space or void in a cosmic dust cloud, so to develop in reflection, we must also.

To review, our galaxy formed as gravitational shifts occurred in a cosmic cloud of matter. Again, this is what scientists have learned. My knowing goes beyond this in that depending on the amounts and the types of matter in the cloud determines what occurs in the space that forms in the cosmic cloud. This dark energy and matter in the space form structures respectively. Then, when the structures of the dark energy and matter are ready, the matter in the cosmic cloud collapses into the space in-between or abyss of dark energy and matter structures. Fast forward 4.6 billion years; we are now experiencing the lining in the galaxy formed by this process.

Excerpts for support of being to create your space in-between within you:

Posture

Sit straight with back support. If it is difficult to keep your back straight now, roll up a towel, wrap it with duct tape, and place it horizontally along your spine.

Pull your belly button into your back. This contraction of your lower pelvis muscles, over time, will tip your pelvis into the charging position of the sacrum, one of the energy charging spaces in the body.

Place your legs in an L shape. Keep your feet flat on the floor and your legs comfortably in line with your hips.

Initiation

Exhale, blowing all your air out until your lungs almost hurt. Before inhaling, pause with your lungs empty. This phase of the breath is the connection, the settling, the time of gathering and preparing. The pause after the exhale is the moment of our greatest ability to connect to the soul essence in our body.

Pausing before the work of the inhale settles the e-brain (diencephalon or middle part of the brain).

Settling Breath

The connection is supported neurologically through placing the fingerprint of the thumb to the fingerprint of the pinky finger and applying pressure. Hold this. On days when you have trouble settling, take three or four Settling Breaths. Your soul essence remembers and knows this process.

Exhale.

Pause. In the pause of the exhale, connect the fingerprint of the thumb to the fingerprint of the pinky and say to yourself “I invite the settling the forming of the space in-between inside.”

Inhale. Release the thumb to pinky connection. Relax and inhale.

Exhale.

Pause. Connect thumb to pinky. “I invite the settling the forming of the space in-between inside.”

Inhale. Release the thumb to pinky connection.

Repeat this three or four times.

Experience the space in-between within you.

A Note from the Sensology Institute Staff: This is the third in a series of seven 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.