

## Practical Spiritual Energy-Work (Shen-Gung), #3 -- Followup!

Enjoying your 'Growth Period'???

Thanks to everyone who came-out to the Practical Spiritual Energy-Work #3 on Saturday September 23rd! We all had another great time 'working our space' (ie. becoming more aware, running our own energy, grounding, blowing-up roses, healing, etc...). We did a lot of spiritual 'work' this past weekend... take a moment & validate yourself, & notice if anything 'feels different'... So what's a Growth Period, anyway? When you've done a bunch of 'spiritual work', ie worked your tools a lot, eg. at a seminar ... sometimes amidst all the good, warm feelings, you also get a kinda "hmmmm" feeling. So, how's your space now? Take a moment & notice if that sounds a bit familiar, & if you've maybe felt something similar in the past day, week, month, etc. If everything feels great -- hey, that's great! But sometimes, you might feel a little different, maybe even 'strange'... kinda "the same but different somehow". Don't worry-- that's a normal reaction when you've worked your space a lot. You see, when people really work their space, often their spirit / spiritual-energy goes "wheeee!" [technical term ]...

...but sometimes, after a while, their body goes "whoa".

Why is that? Several reasons:

- spirit 'works' energy faster than the body can
- spirit doesn't have emotion, memory, or 'habit' (ie, the body takes longer to learn to work/use a new energy)
- after working a lot of energy, the body likes to sleep for 8+ hours (while the spirit is still rarin' to go)

We call this a "Growth Period"... & loosely translated, it means "head up butt".

So for the next few days, give yourself lots of permission to:

- be a little more 'wrong' than usual
- hear yourself say "I thought I knew that already..." a few more times than usual
- maybe just feeling a little more 'sensitive' than usual, eg. taking things just a little bit more 'personally'.

In t'ai ch'i we call it, "Invest in Loss". So invest away!

Just be confident you'll come-out of your Growth Period flush w/ new enthusiasm, a new space, more awareness, & (even) a bit more confidence in your new capabilities. I'm not kidding-- this will happen! And if anything in your space is saying "yeah, right", well then toss that [nagging doubt] in a rose, make it wear something hideous, & laugh at it a while.

Meanwhile, here's a few Next Steps:

- Spiritually:

- Practice grounding (written meditation) for 10+ minutes at least every other day.

- Or if you like an audio version, try the 10min podcast here.

- ...and give yourself lots of 'gold suns'!

- Physically:

- Get out in Nature. Walk amidst some trees, lay in the sun, splash in the ocean. That works really well to 're-harmonize' your physical body

- Get a massage, hot-tub, sauna, or mud-bath. Yes, guys can do those too... & they work great for growth periods. I promise not to tell your buddies...

- Eat well & get enough sleep (no junk food crap & all-night cable binges)

- Mentally:

- Laugh! Rent a funny movie, look thru a funny comic-strip book (Calvin & Hobbes, Dilbert, Garfield, etc), or listen to a politician.

- Practice saying, "Not my Problem"... (but quietly, if that's your wife or boss nearby)

Enjoy your New Space, & See you Next Time!!

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