

## Practical Spiritual Energy-Work (Shen-Gung), #4 -- Followup!

Thanks to everyone who came-out to the Practical Spiritual Energy-Work #4 on Saturday March 10th! Wow-- we did a lot of healing-work: aura, chakra, hands-on/lao-gung, & cellular... not to mention 'Supreme Being'. That's pretty awesome! And so now as you go thru your week, you might notice that along w/ the 'good feelings' you got from all the healing-work you did, you might also get a few "hmmmm" moments. Sometimes it's like a 'deep thought', or sometimes like a 'deja vu', like 'remembering' something that you've always known, but weren't aware of ever 'learning'. Short answer? As you begin to use your tools, ie. 'work your space', you begin to clear-away all the energy in your space which is not you, & start to call-back more of what's really you into your body/being continuum. As you might imagine, this can 'shake things up' a little, physically, mentally, & spiritually. ...And sometimes that profound spiritual change, creates a corresponding 'growth period' in the body. If so, why not take a minute & read about growth periods here, & try-out a few of those 'next steps'. The whole point of this work is to come into equanimity both with Ourselves-as-we-Are, as well as with Ourselves-whom-we-are-evolving-Into. Bonus points if you can keep your Amusement along the way. Great job, everyone, & see you next time!!