



The Bio Self-Emergence Institute

Being With: Invisible Resource Of Change

By Donna Harber, MSW, CBT

The alarm has yet to sound, the day has pressed in before it has begun, the business dealings, e-mail, voicemail, and children's schedules. In some way, in every person I encounter, I can see their lives pressing in on them. They speak their desires to be out from under the pressure. I wish for the day to come when we each find the resources that let us soar through our lives as we did on summer vacation when we were 10.

In sessions, clients look to me for answers - not because they aren't willing to take responsibility for their lives, but because they are so pulled out of themselves the experience of self (soul) eludes them. Thus begins the journey of creating a space for each client to stop thinking of ways to get out from under or through things and experience being with. Many of you may not have a slot in your brain or body in which to put the concept of being with.

To aid the understanding of being with, I teach the principle of opposite – as in walking where a backward force moves us forward. Without the backward force we would get nowhere. To someone who has lost their ability to walk and is relearning their movement, relearning this backwards force is the key to walking again. The law of opposite directs us to the unseen experiences of early life that enabled us to live supported. Nationally, we spend \$43.3 billion annually on medications for depression anxiety and sleep disturbances, while \$14.6 billion is spent on antibiotics.

When I see disorders of mood or sleep, I see the aspects of feeling pushed in on at the same time of pulling forward – creating a feeling that support is absent. The energetic stance of life of being pulled forward and expected to perform without support is the stance of the anxieties many of us experience daily.

In early development (1 month to 18 months of age), the sensing nerves are recording our body life experiences in our emotional brain and cerebral cortex. It is during this stage that the groundwork of our brain and cerebral cortex is being hardwired for how we will deal with and respond to life's pressure on us, along with the expectations that follow. It is the unseen experience of being that provides the programming.

For example; if I'm holding my baby, feeling tired, overwhelmed at all the demands on me as a young mother, the baby is recording “overwhelmed” - so when the mother feels pushed out or pressed in on so does the baby. When the mother feels her own inadequacy and inability to respond to the baby, this is wired in the baby system. Sadly, all of us have been raised in the age of the overwhelmed woman, due to the devaluing of the role of mother. This unseen force is in all of us - keeping us from experiencing the connection of “being with”, allowing us to connect to self and to a sustaining resource.



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There are many levels for which the unseen energy of the mother affects her developing infant, when baby is from one month to 18 months old. The unseen energies in the mother/baby relationship can build or not build the unseen backward forces that support our lives.

In my energetic therapy of Bio Self-Emergence, aspects of being inter-relate to certain body parts. This journaling exercise will support you in the unseen energy of meeting self and soul within your being. When we are able to experience flow throughout our body, the flow supports us in experience of life. We have the resource of back so that we no longer feel pushed or pulled on.

- Sit relaxed in a chair, have your journal ready to record or draw whatever you sense in your body or any thoughts that arise.
- After breathing and relaxing for a while, visualize your communication suit – about ¼ inch beneath your skin.
- As you sit, relax, and breathe, establish a connection to each part of your body. Establish this connection by simply saying “hello” to your feet and acknowledge the part of them (on a cellular level) that sends and receives energetic communication. Do this for each part of you – legs, belly, hips, chest, arms, head, and face. Visualize, then, a grass-green energy field moving up into your feet.
 - Journaling questions: How do your feet feel? Do they like the energy? Dislike the energy? Do they feel closer? More open? Do you notice any feelings (sad, scared, uneasy, etc.)?

Have the energy move up into your legs, asking the same journaling questions.

- Continue to each body part, moving the energy into each part and asking the journaling questions. If you have a lot of information, you can journal your answers after each body part. Ask yourself which body parts need the healing of green. Do not assume that it is all – if you do, you will be making the match that is always made, everything “good” is for everything or everyone that propagates not being met or self/soul unseen resource. Ask the god of your heart to support those body parts in receiving the healing of green. After you feel complete, release all the green energy. From the top of your head, fill with light gold energy. Go slow. As you invite change in the body parts, you are reprogramming your brain. In any given session, you may only get to a few body parts. Complete the journaling and healing with one color before moving to the next.
- Do one color for each time you journal. Keep it simple and only use these colors: green, yellow, black, blue, indigo (purple), red, and white.

To learn more about the developmental process that brings each of us to our ability to experience the awe of the universe and our connection with it, join us in January 2008 for the Winter Series of Embodied Meditation class.



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Bio Self–Emergence Body Energy Chart
Developmental Stage – “Being Met”

Body Parts	Energy Exchange Being Met
Feet	Our interaction with earth energy.
Legs	Tolerance for level of connection and amount of change.
Belly	Changing what is given to match what is needed.
Hips	Acceptance of individual power.
Chest	Ability to take in and soften, ask for what was needed, was resourced to.
Back	Connection with soul source energy.
Arms	Creative energy flow.
Hands	Creative manifestation.
Face	Mirroring of self in other.

Color	Energy Exchange Being Met
Green	Changing energy, ability to transform and transcend, release attachments.
Red	Energy that begins reactions or energy reactions.
Indigo	Ability of mitochondria to sustain energy output.
Black	Neutral space, one of the seeds of creation.
Yellow	Sustaining, joy, and vitality.
Blue	Quiet, peaceful, present moment, communicator.
White	Cerebral related – soul’s perception energy, locking in energy.

Note: This chart cannot be generalized to all of life experience. It is specific to the “Being Met” stage of Bio Self-Emergence development and is one level of flow in the body.

Donna Harber, MSW, CBT, is an Energy Therapist, a Certified Bioenergetics Analysis Therapist, mother, wife, and Intuitive Healer. Donna works with adults, couples, and children, utilizing Bio Self-Emergence Therapy. Contact Donna at (248) 355-2191. The Bio Self-Emergence Institute is located in Southfield, Michigan. To learn more about Bio Self-Emergence, go to <http://www.bio-self-emergence.org/>.