



## *The Bio Self-Emergence Institute*

# **The Gift Of Free Will**

## **Part 2 of 4: The Settling Resource**

*By Donna Harber, MSW, CBT*

In Part I, we learned about how our environment and our stress responses to it dictates our evolution (the Wolf Effect). One of the powers of our free will is the ability to shape our human evolution through our stress response connecting to the resource of flow (via the inner room – the hypothalamus/pituitary axis).

Some of the life triggers that can put us out of control of our stress response include novelty (situations that we have never experienced before) and unexpected outcome (when things do not turn out the way we expected or planned). To illustrate unexpected outcome, imagine two families going on a vacation. Family A has been given a \$10,000 gift for the vacation while Family B has scrimped and saved \$1,000 for the vacation. As their car pulls out of the driveway, each family has a flat tire. This is no problem for Family A, they call a tow truck, but two new tires (so they are balanced), and go for breakfast as the tires are installed. Family B, however, struggles – wondering the whole time if they will need a new tire, if they spend on only one will the car be OK or will the mismatched tires cause the car to vibrate and, after spending on the tires, can they still go on the vacation with only \$750 for the week.

Family A, with their resource of \$10,000, are minimally stressed by the flat tire. They do not have to know how to control their stress response because they are not having a stress response. Family B, now with only \$750, needs to know how to control their stress response because they do not have the resource of flow.

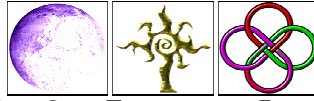
Resource of flow is a birth right ability. Like learning to read or to ride a bike, our ability to exercise this resource is not automatic. Connection to flow begins with our ability to settle. This is the ability of our inner room to calm the nervous system. To reduce the effect that stress has on us, we must first learn to command our inner room and then to connect to resource flow.

The first step is Settling. Working with the grasp reflex is a simple and powerful body tool to support our inner room in settling. The grasp reflex is a brain stem reflex that we are all born with. It is one of the many marvels of nature, a baby's hand automatically closing over each and every object placed therein, assuring a neurological sense of security. The grasp reflex energetically codes what is available for the baby, what is the resource of life for it (on one level).

We can reawaken the grasp reflex in ourselves to aid us in our ability to settle and to lend context to life resources. When we can master the many mechanisms of settling, each of us can live as lucky Family A, who was given \$10,000 for a vacation.

### **Grasp Reflex Exercise:**

1. Get two soft washcloths or soft stress balls.
2. Sit or lay down. Breathe in and connect to air. Exhale and connect to earth. Move into the rhythm between earth and sky.
3. Place your soft object in the palm of your hand.
4. Begin with your smallest finger (pinky). Close the finger, putting pressure on your soft object. Say, "I am with me". Keep the finger closed on the object.
5. Continue with the next finger (ring). Close the finger, putting pressure on your soft object. Say, "I am in reflexive relationship to other". Keep the finger closed.
6. Close the next finger (middle), putting pressure on your soft object. Say, "I am one". Keep the finger closed.



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7. Close the next finger (index), putting pressure on your soft object. Say, "I perceive only what has been created from source". Keep the finger closed.
8. Close your thumb, putting pressure on your soft object. Say, "My intent is pure".
9. Hold this grasp for 3 breaths (in and out, in and out, in and out).
10. Repeat this exercise one or two times, slowly and deliberately, with the phases.
11. Move to a rhythm of closing for 3 breaths and relaxing for 2 breaths.

Welcome to the beginning connection to your inner resource of settling. Should the technology gods favor us, there will be a video of this exercise on [www.EmbodiedMeditation.com](http://www.EmbodiedMeditation.com) by the time you read this article.

Tune in next month for Part III, Free Will and the Narcissistic Wound.

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