

The Bio Self-Emergence Institute

Bio Self-Emergence Body Journaling **Being Met**

By Donna Harber, MSW, CBT

Oneness (the ultimate of “Being Met”), along with the ability to experience it and know it, is synonymous with unlimited possibility.

- Donna Harber

The concept of a developmental inter-related process that brings us to express and experience oneness and the present moment hopefully is becoming familiar to some of you. Many of you may have felt the truth of the power of oneness and the power of now, yet have no real concrete map of how to achieve these as a cellular reality. The process of Bio Self-Emergence is the road map to expressing and experiencing oneness. Body journaling is one of the tools used in our journey to being fully here.

Last month, the Bio Self-Emergence developmental stage of Bonding to Self (Existence) was explored through body journaling. The next developmental process in Bio Self-Emergence Theory to be experienced and explored is “Being Met”. This stage, from a human self-aware perspective, is complicated. This is largely due to cerebral cortex forming during this stage of development – it forms in response to how our body’s needs are met. The “Being Met” stage begins around the first month of age and ends around eighteen months of age.

“Being Met” is a wondrous four-dimensional process that involves the soul’s beginning to learn to perceive and interpret the world through our body. This is joined with the abilities of our parent(s) and/or caregiver(s) to meet and communicate what is desired. Our soul, as it is creating our body (it’s container), is interpreting information primarily on a body/cellular level during this stage of “Being Met”. Each and every cell of our bodies is wired to receive communication on how it is being met. Our “being met” is translated in four dimensions. The developing baby is coding information facilitated through the electromagnetic field of our heart via crystalline wave vibration, i.e., if I am holding my baby thinking about how exhausted or overwhelmed I am, this feeling has a vibratory rate as it is charged in the electromagnetic field around us. My baby in my arms will read this energy through his/her cells and code this energy in cell walls, the emotional brain, in the development of the cerebral cortex, and in the vortices formed by the electromagnetic field of the heart.

This encoded energy becomes part of our energetic screen or filter or interpreter, through which relationship to other is experienced. The developmental stage of “Being Met” is key in our perception and interpretation of our relationships to others.

Bio Self-Emergence body journaling about the “Being Met” stage can familiarize us with how we perceive others (our energies, our part in the equation) and create the space for



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the beginning of energetic change. The use of meditative imagery is the best beginning way to receiving information from the “Being Met” stage of development.

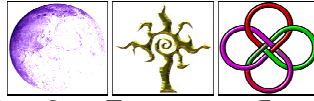
- Sit relaxed in a chair, have your journal ready to record or draw whatever you sense in your body or any thoughts that arise.
- After breathing and relaxing for a while, visualize your communication suit – about ¼ inch beneath your skin.
- As you sit, relax, and breathe, establish a connection to each 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. When you have completed, drain all the green energy out and visualize charging your body with neutral energy.
- 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.
- After you have taken seven times to journal, using all of the colors, you will have some basic information about how you experience different energies and how different aspects of you take them in differently. For example: how your energetic perception, interpreter, and body suit experience them.
- A chart follows this article to help you begin to make sense of the information received through your Bio Self-Emergence “Being Met” exercises. This chart contains general understanding of what each body part represents and general representations for each color. **Do not read this chart until you have done the journaling.** If you do so, it will bias your information of your journaling. The chart has been placed on a separate page, to reduce the temptation to read it before you do all of your body journaling.

Previous Body Journaling articles are available online at <http://www.bio-self-emergence.org/>.

To learn more about the developmental process that brings each of us to our ability to experience the awe of the universe and know that we are one, join us in September for the Fall Series of classes.



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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 how appeals were met.
Back	Backing of uniqueness.
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	The absence of energy, energy frozen, or overwhelmed.
Yellow	Sustaining, joy, and vitality.
Blue	Quiet, peaceful, present moment, communicator.
White	Cerebral related – soul’s perception energy.

Note: This chart cannot be generalized to all of life experience. It is specific to the “Being Met” stage of Bio Self-Emergence and should only be used in this context.

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