



## ***The Bio Self-Emergence Institute***

### **Bio Self-Emergence Introduction**

As the universe continues to unfold, we have learned that logical thought is not a mechanical, linear process, but an emotion-based process. The mystery of our hidden parts of self, our connections to life, and to what is created through thoughts becomes less of a mystery as we explore our feelings through body journaling. Bio Self-Emergence body journaling gives us a frame to receive information from a body-emotional level from which all thoughts begin.

Bio Self-Emergence Practice and Theory provides understanding beyond the common and traditional therapies. In Bio Self-Emergence, transformation is explored through our forming as beings against resistance. Resistance is defined by the opposing forces which allow forming to occur (on a quantum physics level). The exploration of this process traverses through six stages of development: Bonding To Self, Being Met, Inter-relatedness, The Container (charging the boundary), Passion and Power, Embodied Thought, and Creating Being. The stages are addressed from a muscle development level, corresponding brain development, and the related endocrine system cell receptors along with the emotional brain.

Bio Self-Emergence is taught through many venues. Individual therapy sessions or healings is a wonderful way to begin – to experience first-hand the feeling of being met in your process of being in your body. Three unique levels of classes are taught – level one on the body development, level two on chakra and ego state development, and level three on the human energy system. Ongoing workshops are available so that we can gently explore the layers of self and walk to *Nosce Te Ipsum* (Know Thyself). All of these experiences support the embodiment of the soul in flesh and facilitate continued transformation.

The second technique is body journaling. Body journaling is encouraged as different groups of muscles are exercised. Through the body journaling, we connect to and meet ourselves as we have formed. We understand what is forming our thoughts. This knowing, as we gather it through body journaling, is like stopping the source of negative, judgmental, or self-sabotaging thoughts. The result is a deep healing for our self.

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