

The Bio Self-Emergence Institute



Bio Self-Emergence Body Journaling **Bonding To Self**

By Donna Richoz Harber, MSW, CBT

In the first developmental stage, Bonding to Self, we establish a connection to the present moment and the oneness of being. This journey of connection to self begins with a crystalline vibratory communication between the soul and the focus of matter taking form in our body. The beginning stages of this are indicated in Bio Self-Emergence Theory as a developmental body process.

The core of our journey here to earth is a developmental process, which includes no less than the creation of the body by the soul. In Bio Self-Emergence Theory, the first stage the body experiences is “Bonding to Self”, beginning at conception and ending, technically, at one month of age – yet, for most of us, this process is a life long journey.

This stage, Bonding to Self, has to do with the soul energy meeting and forming in relationship to the energy of the womb and the aura field of the mother and father. This relationship determines many things, including how safe we feel, how present in the world we are (with ourselves), and our feelings of acceptance, personal power, self-possession, and our ability to be in the now (and not have to work at it).

Not only does this awareness form in the body, it continues to recreate and be supported through the body. It is for this reason that it is essential that we create new ways of working with our bodies that honor all levels of our aura field, body, cranial, and nervous systems - ways in which these systems interact, not as separate entities, but as one inter-related system. Body Journaling is a way to experience and connect to your inter-relatedness. Body Journaling helps bring the awareness that can create change on a body level, allowing us to feel safe, welcomed, grounded, and self-assured.

So what would “Body Journaling” look like at the “Bonding to Self” level?

To begin, one would commence with the body ... sit and breathe – 3 long breaths, on the exhale, make an “AH” sound, held for the whole breath ... hold a pillow with pressure on your sternum (upper chest)...ask the following questions slowly three times. After each time, breathe and make the “AH” sound.

1. What was the energy like in the womb?
2. Was your mother’s heart energy connected to the womb?
3. Was there a sense of the father?

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After each question, let your body speak and just let yourself write any phrases, images, impressions or sounds. For example, “It was black” or “I felt separate” or “I felt like crying”. Sometimes it is helpful to write what happened where, in your body (i.e., “I feel energy –here-“, or “I felt hot –here-“), the phrase or image arose.

Getting in touch with the body may take time, for we have lived so much of our lives in our heads, but the perseverance is worth the investment. This work has the potential to rewrite the energetic patterns of the body like no talk therapy can because it is addressing the body, not just the mind. Can you expect to change the body by talking to the mind? No, you must talk to the body and you do that by touching, moving, holding and pressuring it while holding in mind questions that relate to the issues that were relevant in the formational process.

Next, lay on your right side and get a good connection to the entire right side of your body. Take 3 long breaths, on the exhale make an “AH” sound, held for the whole breath, then ask the question:

Body, did you have a sense when you were forming that male energy was there for you?

Again, listen and let your body speak. Write anything that comes to you, don’t edit or judge. Give the body permission to freely respond. As the body continues to feel safe and supported, it begins to open. Now repeat the whole process on the left side of the body. Notice what comes. Are there differences between the two sides? Is it easier to lay on one side or the other? Write whatever comes and you will begin to see how eager the body is to share.

Still working with the upper body, use a grapefruit or similar size medium soft ball by laying on it, with it placed on the back between the shoulder blades (slightly off the spine on either side) ... breathe ... focus on the area that forms an upside down triangle across the tops of the shoulders to the center of the back between the shoulder blades ... 3 breaths, make the “AH” sound on exhale ... then ask the question:

Was I responded to as a unique soul in the body?

Listen, feel, expect to get some kind of information, then write. If you don’t get what you think you should get, just breathe again, relax and know that your body is learning a new way with you. Trust that it will happen in its own time.

Next, working with your jaw, use a tennis ball wrapped in a hand towel...position yourself on the floor...place the wrapped ball on the mandible (the point on the

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jaw in front of the ear)...Do this on each side ... 3 breaths, make the “AH” sound on exhale ... relax ... and ask the question:

When I reached to take in, was I met?

Always pay attention to what feels appropriate to the body. If something hurts beyond discomfort, stop it. Either change positions or lighten up on the pressure. Remember, you’re building a new relationship with your body, one built on listening and trust. As you continue to honor your body, it will begin to honor you.

Now we address your feet. Using a tennis ball, sit or stand and put weight on the ball ... medium pressure on all parts of both feet, one spot at a time ... take 3 breaths with each new position (make the “oo” sound on exhale) ... then ask the questions:

1. Were my feet met in coming into the world?
2. Were they supported in pushing?
3. Did my spirit feel welcomed by the earth (family dynamic, environment, psychosocial)?

As you take pen in hand remind yourself to breathe and relax. This helps to facilitate the opening to your deeper knowing. Continue to write freely. Thank your body for it’s continued support and presence.

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