



The Bio Self-Emergence Institute

The Space That Calls Your Name

By Donna Harber, MSW, CBT

Have you ever felt like you needed to become a professional juggler just to get through your day? I have been on a lifelong journey, like many of us, for balance here on earth. My journey for balance took an amazing turn downward when I took up skiing at age 27. I went on a weeklong vacation to Colorado - I do recommend this as a way to fall in love with the sport. However, it was the process of learning to ski that provided the knowing of the need for grounding as a vehicle to sustain balance. One of the first things the ski instructor told me was, “if you feel you are going to fall, look up”. This worked amazingly. Every time I felt I was going to fall I looked up and I didn't fall. The real change in learning came two years later when, despite numerous key trips to exotic resort destinations my skill level was not improving. I was soon to learn the missing link through an intense experience skiing with my sister's friend Bert. We ended up at the bottom of the mountain, but not at the ski lodge - and it was late in the day. All the lifts were closing and we needed to get back up to the top of the mountain to find our way down to the ski lodge and our cars, this time. We frantically made it to two needed lifts, each time being handed the “last chair” sign. Each lift shut down behind us, leaving us the silence of the mountains at dusk in a blizzard. I felt as though we were the last ones left on earth, in a vast field of white. Bert was older, exhausted, and less capable of a skier than I. I had been studying about chakras and, in a moment of clarity, I asked my feet charkas to show me the way down the mountain. Reading signs that would have assured that would find the right trail to the lodge was out of the question in the storm of swirling white snow. My ground, the connection to earth, would have to tell me everything I needed to stay on the right trail to safety. Which way to go? Left, right, or straight? In a brief moment of utter connection my feet chakras opened and my feet and legs were humming like I had never experienced before. The humming up my legs automatically turned into muscle and neural commands that guided every turn – even though we could not see where we were going. I, at that moment, had the sight of oneness with the mountain – she returned us to the lodge.

Later, I began to realize the significance of grounding in our lives. “Looking up” can provide us with a way to not fall, but the life sustaining energy comes from our grounding connection to the earth.

When my clairvoyant abilities increased, I saw and experienced regularly our connection to the Center of Earth. This is our grounding connection to be here in body. My study of embryology revealed to me further knowledge of the sacredness of the space that is slotted for us upon our conception.

In the fallopian tubes at the moment of conception, two spiraling vortexes meet and begin human life. As the inwardly spiraling vortex (the egg) meets the outwardly spiraling vortex (the sperm), a vibratory space in the center of the earth is formed that calls the name of the soul. As the soul takes form in body, the sacred vortex becomes the grounding connection for that life.



The Bio Self-Emergence Institute

The core of earth is the heart of Earth. Earth's core movement generates its electromagnetic field as our own heart beating generates our electromagnetic field (our aura). It is our ability to connect with the heart of earth that provides the information that sustains us through every turn, every bump, and every choice of trail we take in the sea of darkness or the sea of light.

“Looking up” only prevents a fall. It cannot ground us or sustain us in our neural and muscular experience.

In this life, I rely on the sacred space in the center of earth that mirrors my soul essence, a space that was formed on the day I began my journey of being in body. Through this connection and through all I have experienced in life, I have brought Embodied Meditation into practiced form. This method of meditation is the journey of communication as one with the four elements (earth, air, fire, and water).

This healing verse will support you in your journey to the space that calls your name. When connection is to the sacred space, anxiety no longer has a vehicle in which to manifest. I welcome you to the sacred space of being in body.

The Rhythm of Life (by Donna Harber)

I stand grounded, communicating with the space that calls my name.

The flow of earth meets my stance, fueling me into movement that supports my being in body.

The ocean rises up to meet me, so I may communicate with all that is.

Intensity of life becomes passion, and the reason for being.

My breath opens to the fullness of being.

My heart is held and the sound of flight fills the air,

Preparing the way of the eye of light, bathed through the universal way.

The rhythm of being is.

*Donna Harber, MSW, CBT, is an Energy Therapist, a Certified Bioenergetics Analysis Therapist, and a Spiritual Teacher. Donna is the bringer into form of the Body Energy theory and practice of **Bio Self-Emergence**, along with Embodied Meditation (a meditative practice of working with energy). Donna can be contacted 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/>.*