

AVYVA ENERGIEZEICHEN

Bewusste Körperwahrnehmung



The AVYVA ENERGY SIGNS are inserted into our body by

- looking at them.
- direct touch by hand or finger.
- applying the sign on the affected part of the body.

Localize: The energy signs are accompanied by our breath. Similar to oriental body exercises (Qi Gong, etc.), spirit follows breath. This is how we experience the topic in our body. Experience means: Noticing of a change or movement in our body. It may appear as a pressure, cold, heat, curling, twitching, biting, itching. Just anything that moves in our body. We are breathing to that point.

Observe: With the mind, we get a picture of the current state in the body. This can be a feeling of something like glass, metallic, colored, transparent, emptiness, anything.

Touch: We are breathing carefully around that place in the body where we have discovered something, we scan the "object" with our breath.

Transform: Now there is the most beautiful moment. We let our imagination run wild. We often find something like a valve somewhere at the object. We direct our breath there and blow gently in our rhythm into the object. Just like a balloon, we fill it with air. Don't worry, it can not and will not burst. Due to the fact that our consciousness is present, we give the object this much attention that we can grow it as big as it needs. It's our body, and we have created it.

Integrate: The more we inflate it, the thinner the border of the prospect. Slowly it disperses and is now part of our entire energy potential. We transformed, neutralized and integrated the energetic blockade with full consciousness.

Ground: We continue our research through the body. If we notice anywhere anything else, we also observe this with our breath and mind. This is the way we let flow the energy of the rune from our head to our feet. Usually the soles of the feet start to tingle, as if we had ants in the feet. There, usually the energy retains. We breathe gently into the feet and inflate our soles, as if they were clown feet. Just inflate it big. Now small energy roots slowly begin to grow out of the soles of the feet into the earth. We accompany them and feel the grip and the power with which we are now connected to the earth.

Now we have

- 1 sensed our body consciously.
- 2 transformed and integrated our blockades.
- 3 connected consciously to the ground.
- 4 solved our part of the global, regional, local or personal issues

This form of conscious perception of the body promotes self-responsibility, self-initiative and independence. We are all-one!

Definitely true: Practice makes perfect!

Have fun with the rediscovery of your body!

◆ Let's develop ourselves ! ◆

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