

CONNECTING WITH THE VAST INTELLIGENCE

**"...at this moment, I am connecting with my body.
I am scanning it entirely and notice whatever arises...**

...I am just being present to the different sensations as I watch them and allow them...I breath deeply and notice the air coming into my lungs and the movements in my chest as the air comes out...

I take a deep breath...

...Now, I recognize that there is an innate intelligence running throughout my body... It is the same intelligence that allows all the inner functions in my body to happen, endlessly since the moment of conception up to this moment,.. silently,... in stillness...

...all the respiratory functions,...the beating of my heart and the blood circulation reaching into all the cells of my body,...all the digestive functions,...all the brain and nervous system activities,...the glandular system,...the defensive system in the body,...the creation of thoughts and emotions...

...and I breathe deeply as I recognize that...

...there is a vast intelligence in me that is taking care of my body's life without my intentional intervention...

This intelligence is the same that runs throughout other bodies as well and all the creatures known and unknown,...plants, animals...

...and I breathe deeply as I recognize that...

...this intelligence is the same one that runs the entire universe and it is running through me right now...

...It has the wisdom and power to heal and transform...

...I feel it running through every cell of my body...

...I feel it connecting every part of myself and everything outside of me as well.

...It has never left and is always available...

...I breathe deeply as I recognize that...

...It is allowing the healing and transformation of all of the root causes and it's healing and transforming all the places in my body mind and soul that have been touched by the pain of these patterns.

...I am stepping aside and delegating to my body's intelligence...

I am relying on my body to know how to do it.

I take a deep breath, scanning, noticing, and allowing.

This process will continue working in me, even after this session, for hours or days or even weeks...