



### \*\*\* The Nine Core Values of PsychoEnergetic Work \*\*\*

We have derived these core values as a result of our ongoing practice and exploration of our capacity for transpersonal experiences. Learning to be an active witness to an individual's unfolding process, we embrace fully each of these values as a worthwhile and necessary path towards deepening our humanity.

**1. EMBODIMENT** - —The creative ability to allow the life of the universe to move through our bodies, be colored by our unique perspective, and move back out into the world.

- The more deeply we embody ourselves and our place in the world, the more fully present we are for our clients. *Presence* is always a matter of degree.
- Embodiment supports presence most clearly when we are witnessing intensity in our clients. (Aposhyan)
- The moment to moment process by which human beings may allow their awareness to enhance the flow of thoughts, feelings, sensations, and energies through their bodily selves.
- Moving from thinking inside our heads to mindful awareness of our body's sensate experiences & innate intelligence.
- The embodied presence of the facilitator significantly effects the internal experience of the person whose process they are to assist and accompany during facilitation.
- Deepening body awareness means experiencing more of a "felt sense" of our own bodies. This provides us with a *groundedness*, a structure through which energy can move and flow.
- "The experience of being in my Body-Self in relationship to the world around me." – Michael Clemmens

- The flow of energy through our body brings feelings, emotion, vitality and *aliveness* to our lived experiences.
- The physical structure of our body reflects in an essential way how we *think*, how we *behave*, how we feel, and how we perceive the world around us.

Our ability to be “embodied” reflects how we will be able to experience *another person’s* body, mind or spirit.

- Becoming an embodiment of the zeal of eternity for incarnation in time and space; with one foot in the now point, and one foot in linear time.  
(Joseph Campbell)

## **2. MINDFULNESS** - —One reason to practice mindfulness is that most of the time we are unwittingly practicing its opposite.

- It is non-clinging, and therefore clear perceiving, and the willingness to appropriately be within whatever circumstances that are arising.
- Letting go of wanting something in particular to happen, we can begin to realize the significance of what is already happening, namely, life emerging in each moment as *awareness itself*. (*John Kabat-Zinn*)
- Meditation is not about trying to get anywhere else. It is about allowing yourself to be exactly where you are, as you are, and for the world to be exactly as it is, too.
- In the presence of another who is embodied and mindful in this way, you become more present yourself, if you allow yourself to be entrained into this frequency of energy.
- It is mindfulness that makes it possible to see connections that may not have been visible before. But seeing these connections doesn’t happen as a result of trying – it simply comes out of the stillness, the nothingness.
- Seeing things as “problems” has the effect of allowing us to distance ourselves from it and blocks “observing whatever arises as it actually is”.  
(J. Kabat-Zinn)

## **3. THE PRESENT MOMENT** - The only place that anything is truly transpiring is in the here and now.

- The only place that we can actually influence and change is what is happening here and now.
- The present moment contains all of our past events and all of our future possibilities.
- Indigenous cultures considered immersion into the present moment experience as entering eternity.
- Deepening begins with finding our way into the now point, with embodiment and mindfulness, and holding our attention in present moment awareness.
- For those who cultivate this capacity, a sense of presence emanates from them.
- If the situation is new, *slowing down is necessary*.

*"One must observe, and observe, and let this experience well up into something on its own. There is no decision making in this way of it. What to do just becomes obvious. You can't rush it. You 'feel out' what to do, by stepping back, while you observe. You make sense of things as you go. And you keep asking yourself '**What is fundamentally going on here?**'*

- Brian Arthur

**4. ACCEPTING WHAT IS** - —Ego consciousness often decides in advance that what is happening, both in our interior world, and in our outer circumstances, should not be happening. Or else it sees the reality that it wants to be there, and projects its wishes onto objects in reality.

- In our perception, life is often not happening the way we think it should be.  
(Suspending Judgment)
- *Letting Come & Letting Go!* – practicing a ‘hands off’ approach to an unfolding experience.
- We must learn to stop arguing with reality, in order to become curious about it!
- This is often confused with a passivity towards actions taking place in the present moment.
- In letting go of wanting something in particular to happen, we can begin to realize the significance of what is already happening, namely, life emerging in each moment as *awareness itself*.

**5. BASIC WHOLENESS** - Assumes that all of life is already whole, and basically good.

- Embraces a cosmological perspective of a living, unfolding, dynamic universe.
- Views good/bad polarities in a larger wholeness.
- The whole is in the part, and the part is in the whole.
- The self is a place for the embodied presencing of the whole. (Presencing)
- We can learn to act in the service of the “what is” that is emerging, to “presence” an emerging whole.
- The core capacity needed to access the emerging field of the future is “presence”

**6. ESSENTIAL NATURE** - That which always was, is, and will be; that which the ego identifies as true self (and also more than self, or even no self).

- Soul consciousness is synonymous with individual essence.
- We offer unique and tangible expressions of our essential nature, which emanate from an intangible and inexhaustible source.
- We are individual creations which come from Wholeness (holiness)

**7. RELATEDNESS** - —Building a solid ego container through shared presence.

- Our ability to enter into contact between self and *other* (that which is not self), and not within the control of what the ego wishes.
- This energetic exchange takes place along a necessary (and felt) sense of boundary, between the self and the other.
- The shared presence in the here and now lays the foundation for building an energetic container in which transformation can occur.
- Just as a cauldron can contain the energies of molten steel, dialogue creates a container that can hold human energy, so that it can be transformative rather than destructive.

- For the alchemists, transformation was a process involving the interaction of elements within a closed, transparent container in relation to a carefully tended fire.
- “Container as transformative vessel.” (cocoon)

**8. PERSONAL DEVELOPMENT** - The pursuit of mastery is an innate desire for all human beings; we venture forward naturally, when healthy, across the span of a lifetime.

- Our wounding and defenses inhibit this inevitability, and our motives shift towards protection.
- They shape our belief systems, gradually become unconscious, and thus exert the greatest amount of influence.
- Human development is always pulling us towards mastery. When this process gets interrupted, our goal is reduced to eliminating our problems, and this in turn reduces our sense of self.
- Striving towards mastery requires us to HAVE our problems, our suffering, our feelings, etc - in order to resolve them.
- When we abandon our striving towards mastery of self, we will inevitably displace it towards the possession of material gains or other external objects.
- We will seek to possess other people as well, and draw our life energies from them.

**9. MYSTERY** - —That which is ultimately unknowable, and transcends all attempts to categorized, contained or condensed into tangible form.

- The All that Is, that already is. It is that which we consider sacred, and the Ground of Being from which we all come, to which we all will go.
- That which is Infinite in its being and nonbeing.
- That which is unconscious, and cannot be known simply because we wish for it to be so.
- That which unfolds itself in right timing, with the right amount of support for what is, and challenge to be curious about what is not yet known.
- That which allows figure and ground to apparently reverse themselves in our perceptual field.

- Redirecting attention “toward the source” encompasses empathy, dissolves the boundaries between seer and seen, leads to a deep sense of connection, and a heightened sense of change. It is generative!
- Thus, what first appears as ‘fixed’ or rigid begins to appear more dynamic because we are sensing the reality as it is being created, and we sense our part in creating it. It unfolds as we are present to it.
- The leap into an emerging ‘gestalt’ from separate and individual aggregates, so that the whole is somehow greater (and other) than the sum of its parts.

\* ***What does it take to connect to this other stream of time, the one that gently pulls me toward my highest future possibility?***

\* ***What if this emerging future also depends on us?***