

## **Course: Holistic Lifestyle**

### **Class 2: The Physical Dimension**

**Caroline** ... Hello and welcome ...

In today's lesson, we will explore how exercise is key to creating balance in the physical dimension of our multi-dimensional experience, which makes it an integral part of Holistic Lifestyle. We will also review the health benefits of exercise and how movement supports the clearing cycle within the Five-fold Cycle model.

So let's begin from the perspective of the holistic model of reality. Consciousness is present in all and everything ... from the subtlest to the densest realms of manifest existence. Our physical bodies are an aspect of this consciousness. So if we wish to experience greater states of love and fulfillment, we must include balancing the physical body. As a form of consciousness, our bodies deserve honoring as much as the subtlest states of meditation. First, you must start with loving yourself, and the perfect place to begin is love the body that you find yourself in.

*Let's take a moment here for a short practice to increase loving awareness of the body. How often do you think lovingly of your body, your face, and your limbs? Choose an area that you tend to exclude, judge or negate, or an area you don't often think of such as an internal organ that you take for granted. With this area in mind breathe loving energy into it. Flow gratitude to it ... take a moment to be with this ... Notice how you feel. See if you can maintain this loving awareness as we continue with the lesson.*

The physical dimension is often the most challenging dimension for people to bring into balance. Why is it the most challenging? Because the physical dimension is the densest dimension within the primary trinity. Why is it the densest? In the creation game, Source contracts and densifies itself into form in order to experience itself in manifest reality. Of the three dimensions within the primary trinity — the physical, the emotional, the mental dimensions — the physical is the most solid in form. In a polarized relative reality, without this physical form, how would we get to experience its opposite, formlessness?

To successfully create and maintain subtle-dimensional experience in duration requires balance in all three dimensions of the primary trinity. Because the physical dimension is the densest, we must begin there. In bringing focus and balance to the physical dimension, we also

create the basis and support for balance in the emotional and mental dimensions. It can be said that our physical body is our temple. If we lovingly take care of it, we are making sure our deity, our Self is honored, which will maintain our temple in a state of absolute balance.

Remember that balance has always been a key principle in the meditator's journey.

Within the physical dimension, negative polarity imbalance is marked by the dominance of inactivity or lethargy over the positive polarity, which is movement and dynamism. When we are imbalanced in this dimension, we lack the energy and vitality to enjoy life to the fullest and even meditation becomes a struggle. Balanced diet and regular aerobic exercise are the primary means of emphasizing the non-dominant positive polarity. This positive emphasis creates physical balance.

*Are you still maintaining loving awareness of your body? Once again, let's take a moment and bring our focus back to sending love to our bodies. The very act of slowing down, breathing, and feeling gratitude to the body has tremendous healing power and expands our awareness in the heart field. In this awareness, let's continue.*

Now let's look at how we bring the physical into balance. In the holistic model of reality the primary technique for balancing the physical dimension is diet and exercise. The food you eat directly affects your biochemical and hormonal systems, which determines the level of balance or imbalance that you will experience. This is all I will have to say about diet today, but in your next class you will be exploring the subject of diet in much greater detail.

Why do we need to move our energy through exercise? Well, let's look at this question from the perspective of the Five-fold Cycle. As we evolve our wholeness through the energetic impact of peak experience, any data that is incongruent with this new vibrational frequency — the new energy — will surface to be cleared. The best way to move through the clearing part of the cycle is to move your energy. That's something most people don't like to hear. As Master Charles has said: "if it could all be solved by eating, no problem". As a society, most people would rather just eat to avoid intensity or take something to distract it temporarily and thoroughly ignore the clearing cycle process. When you notice you are in a clearing cycle, it is imperative to double or triple your exercise in a day. Very simple ... move it! And do things you enjoy. It doesn't have to be a dogmatic exercise routine. Have fun. Jump on a rebounder, dance, take a good walk, swim, get motivated and enjoy moving. Consciousness is spontaneous! I teach a yoga class here on a Sunday evening. Sometimes we do a restorative session, sometimes chair

yoga, which is very gentle, and sometimes we do a more dynamic routine. What is important is that we experience and include many different ways to move and connect to our breath.

So it can be said that one of the most effective means of maintaining balance in the physical dimension is movement of energy. The peak is loosening and your data is clearing, shaking out. Some of your data is more resistant, and the best thing you can do is move it *more*. Assist the movement of your evolving consciousness with the movement of your physical form. The more you move, the more you breathe, and the quicker you will move through the clearing cycle. With increased exercise you will find it much easier to remain wakeful.

*Are you still maintaining your loving focus? Let's pause again and take a moment to breathe and flow loving energy to our physical body ... now, let's continue ...*

When we feel lethargic and resistant to exercise, this is the most crucial time to move. Rather, we tend to sit around and experience lethargy and, if we have indulged over-eating, all of our focus goes into our very busy and (at times) uncomfortable digestive process. You've imbalanced your system, limiting the motivation to move energy. I'll use the analogy of trying to flow water through a crimped hose as a way of explaining energy moving through the body. If the hose is crimped, the water cannot flow freely. It's blocked until you release the crimp, and it flows unobstructed. Movement is the releasing of the crimp and allows energy to flow through the body and assists in releasing the more stubborn blocks. You will notice that when you are moving and breathing, you think less as you are connected to the breath -- rather than being connected to random thought with no awareness of your breathing (which is most likely shallow).

It is important to understand that fulfillment does not come from the balance generated by physical activity alone. Physical movement simply helps you experience the "Balance Point" of consciousness. That is where true fulfillment arises. Exercise is just a means to this end. But if you do not practice, then you will not access balance -- and you will not get to the gateway of the subtle dimensions. Think about how much exercise you get in the average day. Medical science recommends a forty-five minute cardiovascular workout daily. That is the most basic maintenance requirement. I suggest you take a look at your experience and determine if you can incorporate more exercise into your daily practice.

*Are you still flowing loving awareness and relaxed breathing into your physical form? This moment is filled with gratitude for the balanced flow of energy throughout your body. Again, stay in this awareness as I continue ...*

The value of exercise, other than the obvious health benefits, is that it has an integrative effect on your system as a whole. When you sit to meditate after having exercised, there is a level of clarity in the body that is palpable. In this understanding, we recommend that you move your energy before you meditate. Five to ten minutes will make all the difference between a busy and noisy meditation compared to a meditation filled with stillness and peace. Try it for yourself and experience the difference!

Before we conclude today's lesson, let's take a brief look at some actual health benefits of exercise. Exercise will:

- Detoxify your body
- Clear your mind and increase feel-good neurochemicals
- Increase vitality and creativity and teach us to breathe properly
- raise your heart rate and increase oxygen to the tissues and cells of your body
- Increase blood circulation
- Tone muscles and internal organs
- Make digestion and elimination of foods more efficient
- Stimulate glands
- Balance hormones
- Restore the nervous system
- Improve concentration and focus

What I have listed today are just *some* of the benefits of exercise. This list alone should inspire you to get up and move!

If you have any questions from today's class, please feel free to post them to the discussion area of the course, and they will be addressed by course staff. "Balance in the Physical Dimension" will continue with a presentation on diet in your next class.

This concludes our class for today. Thank you for your participation. I trust the points I've made have shown you that exercise is key to experiencing greater physical balance, wholeness, and fulfillment -- which will translate both in your meditation practice *and* your daily life.

Thank you.