



The Energetics of the Physical Body By Suzy Miller

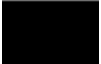
Many consider the physical to be the densest aspect of who we are. We have all been trained to believe that the body is “less than” the expression of our essence, and that we would be better off leaving the body behind and reaping our benefits in the afterlife or through some “out-of-body” experience.

Because of this “programming,” many of us treat the body as if it is always two steps behind and a disappointment. Once we begin working in the energetic realms, this becomes even more of the case. We can become frustrated as the body becomes tired or ill or experiences one “ascension” symptom after another.

Let’s take a look at the body from another vantage point in preparation for our physical body integration session. In actuality, the body acts as a host to the dimensionality of all that you are. Your body has an intelligence all its own, and your body is a requirement for your human ascension. Your body’s intelligence and your soul’s wisdom must “learn” to act as one! This is the essence of full integration. When we hold the essence as superior and the physical as inferior, we negate half of the equation.

There is a reason why religion and education direct you away from the physical; when the body and spirit function as one, you are truly FREE to experience yourself!

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Many have heard me say that the kids want you to take care of yourself. That is not just a nice thing the kids say for the sake of it; they say it to direct you to the half of the equation that gets neglected time and time again.

When was the last time that you asked your body what support it needs in this integration process? Have you tapped into the consciousness of your body and put its needs first? Owing to our unconscious programming, few of us even consider asking the body about what it wants in this process.


The physical body is currently attempting to integrate as much light as it possibly can, and with that light comes information about and experiences of your ONENESS. In order to accomplish this integration, your physical body needs to be aware that you honor the role that it plays as your host.

Even those that care for the body usually do so because the mind has determined that this or that exercise program and/or diet is the “right” thing. The body’s’ consciousness knows just what is right for this integration and as we make it our intention to connect with that, we begin to make choices that are driven by honoring all roles in this process. Your body’s’ consciousness also has the capacity to educate you regarding dimensional aspects of your Self and how they can interact with and support the physical. There will be a time when we will truly understand that even the physical is energy, and thus, energy will be the “medicine” of choice.

When we look at the miraculous nature of our physical biology, we can see that there is an innate consciousness in the body that knows just how to support us in this shift.

At a cellular level, spirit is always informing the body. At an atomic and subatomic level, there is no separation. One only has to look at a video of a fetus in utero to marvel at the inner connection and divine dance between spirit and form.

It is only when we enter the realm of the mind and our unconscious established belief systems that we lose this perception, but then again, that is what this earth



experience is all about; it's a game of losing our connection to *who we really are* only to find it again. The physical experience beautifully displays these belief patterns and gives us a step-by-step manifestation of where our alignment is and is not intact.

The “problem” in this process came as we spent more time focused on thoughts and the separation than we did on the body’ intelligence, and thus moved further away from the physical and more into the mind.

In this clearing of the physical body, we will return to the body’s consciousness so that it can guide us in this integration process. We will also put the focus back on energy as the primary support of the body, versus expecting the body to “do it all” by itself. We will open those lines of communication so the experience between the physical and non-physical can be clear with common focus!

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