

# Energetic Exercises

Preparing ourselves for the awakening of the soul involves much more than simply doing a series of physical exercises designed to “raise the vibratory rate of the body to match the vibratory rate of the soul.” Gabriel addresses this issue in many places in our dialogue.

In chapter 13, he tells us that the church Jesus refers to is the “human body that allows the soul of humanity to awaken and flourish. So the body becomes the church or the tabernacle of the soul that is awakened and flourishes.”

Later in that chapter he says the “bread in communion is representative of the true higher vibration of the physical body realized so that the soul may be hosted in the physical body. When the physical body... is no longer encumbered by its armoring and its belief systems and its emotional conditioning, when it is able to flow freely with the life force and raise its vibration, then it can be used as a vehicle through which the soul expresses and experiences and has its spiritual being in the physical form.”

So preparing the human body as a “host” for the soul involves the mental (belief systems), emotional (emotional conditioning), and physical (releasing the body’s armoring and raising its vibrations).

For me, changing belief systems involved accepting a different understanding of God and creation as revealed in books such as the Conversations with God series and Gabriel’s teachings, including Reiki and Light Ascension, which are programs of self-mastery.

In chapter 3, Gabriel explains what he means by dealing with emotional conditioning. He tells us we have to create peace and harmony and acceptance within ourselves before we can do that (love) with others.

“It is important that you integrate you first, that you do your internal process to be at peace with you and awaken the soul in you. Then you can love one another. You can only love one another as you love yourself. If you cannot love yourself, you cannot love one another because you’re only having one relationship and that is a relationship with yourself.” We see, then, why Gabriel defines the Awakening of the Soul as “giving up the separated self, the fight of separation and acknowledging your unity within.”

Of course, we cannot acknowledge our unity within if it doesn’t exist. “If you are in duality with yourself and not in full acceptance of yourself, how can you possibly be in full acceptance of others? If you are not able to integrate the wholeness of your individuality and respect and honor it and experience the integrity of it, how can you ever possibly expect to do that with the individuality of everyone else?”

When I asked Gabriel how we can learn to fully accept ourselves, he responded, “By dealing with all of your past history. Dealing with all the traumas and conflicts within you. Dealing with everything within yourself that divides you from loving yourself and accepting yourself unconditionally and completely. And being able to separate, reveal, and share every part of your being without reservation and without judgment. How many parts of yourself are you able to accept? What are the parts of yourself that you hide that you are ashamed you cannot accept? What feelings within yourself do you find difficult to embrace and accept and respond to? These are all parts of yourself from which you are divided, all parts of yourself you have disowned or suppressed or judged or shamed. All that needs to be owned, to be brought into integration. All that needs to be healed.”

So all the parts of us we've disowned, suppressed, judged, or shamed need to be integrated, owned, and healed. Some of us can heal ourselves, but as Gabriel says, "It's better to take advantage of people who already have a process that you can utilize, who have tools that can teach you so that you have a tool kit."

Of course, Gabriel is talking about therapy. My therapy sessions with Robert Baker over the past several years have helped me to begin to accept, heal, and reclaim myself, as they have scores of others on the same path.

Dealing with the body's energetic armoring is a key part of preparing the body for the awakening of the soul. As Gabriel explains in chapter 4, "The exercises are at the heart of the process of awakening the soul consciousness or Christ Consciousness because until you can clear the vehicle that holds the soul in conscious awareness, no matter how much the soul attempts to waken, it will be blocked by the unconsciousness of the vehicle receiving it. So the physical body must be free flowing without blockage and without the density and pollution of lower vibrations. Your body is the temple of worship, the temple of your being, the temple of God. Therefore, it must be maintained at a vibrational level of awareness and presence of being that allows you to evoke the conscious awareness of what is passing through it. The only thing that prevents you from accessing the soul right now in total awareness is that your physical body has become so dense and blocked that it is barely living."

The physical exercises presented here are designed to release the energetic armoring, the "pollution of the lower vibrations," that is blocking the life flow in our bodies. They begin with the breath. Breath is life. Before you do any of these exercises, practice inhaling the breath by breathing deeply into the body, expanding the solar plexus. Hold it for a short time. As you begin to release the air, drop the jaw with your mouth open at least two fingers

wide, making a loud *aahh* sound.

Feel the opening in the back of the throat, and you should feel a connection of energy that activates a sensation all the way down to the base of the spine. Breathe in, drop the jaw, and then aspirate the breath six times before you do the exercises. As you do the breathing exercises, get in touch with your feelings and allow the sound of *aahh* to vary in its expression and loudness according to what you're feeling. Connect what you're feeling to the expression of your sound and release with *aahh* anger, rage, sadness, joy, happiness—anything that you're feeling through that sound.

### ***Exercise 1:***

Lie on a mattress or an exercise pad with pillows around to catch your blows. Make fists and begin lifting your arms one at a time as high as you can, then bring them down pounding the pillows or mattress. Then add the legs, kicking them scissor like, pounding them into the mattress. The legs and fists don't have to be synchronized. Get in touch with your feelings, expressing them with the sound of *aahh*. Begin to attach words to your feelings and replace the *aahh* with them. Phrases like: "No, No, No, No. I won't. Leave me alone. I love you. I hate you." Express whatever you are thinking and feeling with statements like these. Do this for up to ten minutes or until exhausted. This is an effective exercise for generating energy throughout your entire body and beginning to loosen the layers of energetic armoring.

### ***Exercise 2:***

Lie on your back and bend your knees with your feet flat on an exercise mat or mattress. Do the breath and sound. Lift the pelvis as high as you can and let it drop on the mattress, continually raising and lowering the pelvis at a fairly rapid rate. This will loosen the layers of armoring in the pelvic region and allow the life force to move down the legs into the feet. As you do the exercises,

get in touch with your feelings and begin to verbally express your feelings with phrases that reflect your emotions.

As you verbalize your emotions, trust that phrases or statements will come from your subconscious into conscious awareness. Do the exercise for ten minutes or until you are exhausted.

As you release the armoring, different feelings and memories may begin to surface. You may begin to have memories of childhood experiences. Strong feelings may suddenly overwhelm you. Allow, honor, and feel the feelings and they will change.

### ***Exercise 3:***

Most of us became frozen emotionally at a certain stage of child development and build up armoring in the upper back, arms, shoulders, and chest. That armoring is usually related to receiving and/or giving. The child frequently believes it is unsafe to receive because of a lack of nurturing and emotional support. Consequently, a child's nervous system is constantly preparing for pain, distorting the child's relationship with desire. Desire is a yearning that is produced from a loss of connection to our authentic core self as a child. We then constantly seek fulfillment outside of ourselves. This exercise helps release armoring related to our feelings and resentments about a lack of nurturing and helps us unlock our assertive energy, enabling us to be self-motivated, to fulfill our goals, and to manifest in the physical world.

Stand in front of a sofa or pile of pillows. Once you have connected with your feelings, begin the breath and sound. Bend your knees and raise a plastic toy baseball bat high over your head (get one that is fairly hefty and plump). Bring the bat down with as much force as you can, repeating the motion over and over. As you beat the mattress or pillows, express whatever you are feeling. Give yourself permission to fully express whatever feelings come up. It is an excellent exercise for releasing anger and rage. Don't

force a feeling. By accepting where you are, you can move towards where you want to be.

All this expression of feelings helps us connect with our authentic selves. As Robert Baker says, “The expression of feelings and the movement of the life force through the body are simply preparing the way for the expression of your divine being in your physical body, your soul. So you are really doing soul restoration, soul reclamation. Through that reclamation and restoration you will still and heal the mind and the emotions. When that takes place, you open your relationship with your divine self at the core of your being. You are now in touch with your soul. Your emotions become the inspiration of your intuition. And your thoughts become the doorway for your soul’s knowing. So you are then operating through intuition and knowing. And it’s all coming from inside you. You are the source, for you are a soul. You are an expression of God. You have a direct relationship through the soul’s connection to spirit expressed in the physical body.”

The exercises do not need to be done in any order or frequency. However, in the first week you might do three sessions with a day between. Monday, do exercise 1; Wednesday, exercise 2 and Friday, exercise 3. Do that for two weeks, then mix them and begin doing one a day. The bat exercise is effective when you need to release anger or aggressive energy.

Finish each exercise session by sitting quietly with your legs crossed yoga style and meditating for about five minutes. Breathe in and out deeply, focusing on the breath. If thoughts or feelings come up, allow them and let them move on. At the beginning of the meditation, ask your higher self, your soul, if it has any advice for you. At the end of the meditation, ask if it has an answer for you. Listen with your heart and your mind for the answers. All the answers are within. Everything that you need is in your physical body. The body has the ability to restore itself endlessly, but you must begin to honor it as the sacred tabernacle of your being. Treat

it with gratitude and joy.

End your meditation with thanks to God and God's guardians for being present with you in your time of surrendering and healing of your past experiences, and ask for the assistance of all beings of highest good, love, and light to serve you on your path.