

MAIL BOXES ARE US

A Different Kind of E-Mail (Energy-Mail)

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Introduction: We come to this conference to expand what we know and do, to share our ideas and skills, and to promote the healthy growth of specialized kinesiology. This is an opportunity for each of us to notice where our old beliefs blind us, to open our hearts and minds to more possibilities and experiences, and maybe to switch to a whole new paradigm for viewing wellness and our role as health care practitioners, educators and researchers. The first step is to take responsibility for our own energy systems, how we think, and, therefore, what we perceive and act on. This prepares us to work objectively with the energy systems of others.

Mail Box Openings

It came to me in a dream recently that we are like those openings you see in doors for pushing mail through, or the blue mail box you see standing on the curb with the door that can be opened by anyone wanting to deposit mail within.

Yes! Thoughts and experiences drop into our awareness and direct our life like mail drops into a mail box and finds its way to its addressee. *We are open to and continue to collect mail (thoughts) of a certain kind until we change the zipcode of our mail box!*

It's as though we stand in every moment with our mouth open, like birds in a nest, waiting for the next morsel to be dropped in for our digestion. We may not recognize that *our thinking determines the kind of mail we receive* and we probably believe that someone else must have put us on *all the unwanted mailing lists* we receive mail from. Certainly *WE* would not have ordered all the *junk mail* we get!! Guess what! We did order it, and we continue to receive it until we change the nature of our thinking and acting.

Who Puts Us on These Mailing Lists?

You ask, "How did I put myself on some of these mailing lists?" "How could I have ordered in such challenging reading and demanding packages to respond to?" Well, the patterns created by the thinking of our

ancestors and genetically passed along form one piece of this puzzle. We are the recipients of all the thoughts that our ancestors picked up, hosted and passed on to their following generations. Their thinking forms the background from which we developed.

Another structuring element of our zip code that draws specific mail to our mail box is all the thoughts and beliefs of our current family, peers, teachers and culture (*our collective life tribe*) that we have internalized. Add to this, all the *pet thoughts and feelings* that we have individually acquired and attached to in our lives, and you have a third determiner of our present zip code and the kinds of mail we receive. And, of course, with the clutter of all this pre-conceived thinking, it's very hard to have a new experience or an authentic, creative thought.

Being the *analytically-prone creatures* that we are, it would be easy to start to catalogue all our beliefs and thoughts that make up our *mailing address*. It would be easy to judge, justify and blame factors outside of ourselves and once again give away our power to creatively think and feel what is real to us. Another choice is to use the impact, the energy and excitement, of the moment to change our mailing address -- our identity and view of reality.

Change Your Mailing Address

“How can we change our mailing address?” We become willing to feel ourselves and our life, instead of thinking about them. We start to notice what our thoughts are creating and bringing to us in our life. We honor the nature of our energy system and know that at some level of organization we are setting ourselves up for the kind of mail that we are receiving.

How we think does indeed determine our reality! Every time we have thoughts of judgement of another, of ourselves or of a situation -- for example, “That shouldn’t be happening,” “They or I should not be doing that,” “Life is that way and I have no power to change it” -- we begin to make our beliefs our reality. In so doing, we give our creative power to the very thing we judge, fear, admire, lust for or believe we do not have. We establish our zip code by the way these thoughts alter our energy system and limit the power of our mind to direct us -- the details of how this dynamic works is the topic of another paper or book!

Take A Different Action

When you spot an action, feeling or thought that no longer works for you -- and I’m guessing that most of you are discovering that many of the *old ways of thinking* no longer work for you -- it is time to find a way to *forgive (give forth) your judgement and need for life to work as it used to.*

Once you release these thoughts, which have become like actual *things* in your life, you can begin to *accept* the situation *as it is* and allow the energy of it to activate you until your awareness changes and you have a whole new experience of it. Releasing the attachment you might have to any idea or belief releases energy into your human energy field. *The more you release energy into your field, the more your energy field changes and ultimately changes your zip code and way of thinking.*

Life is Designed to be Invigorating

My suggestion is to shift your perception of any irritation, annoyance or discomfort that stirs up an unwanted reaction in you. As well as irritating, this experience could be considered stimulating or invigorating, if you feel it without judging it! It’s all in the perception and judgement of it.

A hand on your shoulder that comes from out of the darkness as you walk down an alley creates the same pressure and sensory stimulation as a hand that is laid on your shoulder by a lover. But, oh what a different interpretation we tend to make of these two stimulating touches! When we are not attached to *expecting* a particular kind of interaction with life, we respond to the alley-hand on our shoulder and the lover-hand on our shoulder in ways that are attuned to the input of the moment. When we are attached to pre-conceived thoughts about ourselves and life, we have fewer options of how to assess and perform when that hand touches us from behind.

Pre-conception leaves us with very little room for responding to our gut intuition. We find that our intuitive input is buried under all the other mail we already have in our box. Without our intuition, we have no way of assessing what is *truly real.*

Get On the Universal Mailing List

The more we empty our mail boxes and release our pre-conceived thoughts and pet ideas, the more likely we are to get on the *universal mailing* list and start receiving some bonafide information about ourselves and the potential of our world. This is only possible when we stop making everyone and everything else in the world the cause -- excuse, is more like it -- of our powerlessness to know how to see objectively and to take appropriate action in any moment.

We must take back the power that we have

given to others and give up our favorite excuses which keep us on unwanted mailing lists. We must be willing to stand alone, if that is what it takes, in our own truth and knowing. And from this trans-personal perspective, we can open ourselves to the sea of mail -- thoughts -- that is around us and draw in what we need to create the life that we want to be part of.

The actions of acceptance, answerability and forgiveness must occur before our mailing address will change. Then, our address may change from one that used to read:

“take everything personally and literally,”
“repeated patterns,”
“no way out,” or
“no new options,”

To an address that reads:

“choice is mine to explore,”
“creative thoughts accepted and applied,”
“broader perspective is enjoyed” or
“multiple options are always present.”

How Open is Your Thinking?

What thoughts are guiding your life? Are you

getting the mail you want to get? Are you loaded down with mail that you do not like dealing with? Are you always complaining about all the junk mail that fills up your mail box and demands your attention daily? Or, do you maintain and update your mail box to receive the kind of mail that you desire.

Our Energetic Mandate is to Evolve

We can no longer get away with ignoring our energy system and its dynamics. Even when we persistently stick our head in the sand, we get our butts/but's kicked so hard that we eventually have to pull our head out of the security of our beliefs and take responsibility for how we are managing the power of our spirit. The easy way to do this and to avoid the butt-kicks is to accept change and then surf the waves it generates! As the *electronic age* develops, we must realize that it is a mirror of our energy system.

**Responsibility for our continu-
ance on earth lies within each of us
and the quality of our e-mail
circuitry.**