

Tapping into your Source by using visualization techniques

Some find it easier to use visualization techniques when speaking to their body. I tend to use a symbol such as a house to represent my body. Focus on your breathing, as I have suggested previously. Once you achieve the body breath balance you can imagine or visualize that you are standing on your front doorstep. Reach for your doorknob, open it and enter. Take note of what you see as you enter. Is the house in disarray? Is it a different color? Is it decorated differently? Does this inner house look different from the house in which you physically live in presently? If so, is your body trying to tell you that it would prefer this house over the one you reside in currently? Pay attention to what you see. Once you are inside, look for the person in charge of running the household. As you enter the house you can simply call out or whisper your own name and request a response from source. Take note as to how that God source reveals itself to you also take note of what it's doing as you enter the room. You can even ask your source what it's doing if it is not totally obvious. Have a conversation with it. Tell it how much you would enjoy the two of you working together and ask it if it wants your help. Once you two make friends you can ask your source if it's willing to talk to you about organ and system functions, business affairs or even personal issues.

You can use the rooms of your house to symbolize organs within your body. Water, for example, in the bathtub may symbolize heavy emotions held within the bladder, a broken thermostat may be symbolic of your own inner thermometer being off kilter due to an infection or illness, the basement of a house may symbolize your reproductive or pelvic cavity, the attic may represent your brain, and so on. As your Source guides you through your rooms pointing out specific trinkets, furniture or fixtures, you can ask the source exactly what organ the object represents. You can look for bumps, bruises, scratches. You can even taste and smell

things or feel the texture of your organs. You will keep all sensory receptors active while working with your God-Human intellect. It may use whatever symbols are necessary in order to help you understand what it has been feeling and how a specific emotion affects that specific organ. You may find a few different emotions in an organ and, you may also find the same emotion residing within more than one organ. Understand that there are many forms of each emotion and there will be many memories connected to those emotions; whatever they may be. Don't beat yourself up about forgetting to stay open, just apologize and keep on going. You can have conversations just as you would with any friend. You must pay attention to what you see, smell, taste, hear and feel. We were given these sensory gifts for a reason. Trust your Source to guide you to the truth of a matter. Know that whatever route you choose to take in order to tap into your Source energy, really doesn't matter. Whatever vehicle you use to "get there" will work, the point is to get there. The key ingredients are awareness and intention. What do you intend to accomplish by going within? Be clear on your objective. For me, it is about maintaining homeostasis-staying balanced so that illness does not manifest, and if by chance it does, it won't stay long because I am ever present in my awareness. Do I forget? Sometimes. Will I get sick? Probably, but I am better equipped with the tools I need to heal, and I am more able to determine why I allowed myself to get sick.

Let's go back over the process of communication.

Once you get inside and know that you have forged a connection to source, you ask it to identify the organ or system that desires attention. Then you ask it to show you what emotion is connected to that organ. Once you hear what it tells you, you ask your source to show you the memory connected to that emotion. Now... you can either ask to see *the memory* or you

can ask it to take you to the *very first memory* it has of ever feeling that emotion. There really is a difference between the two.