

Uncover and Manifest Your True Self

**Week 4: Beyond Aging:
Revitalization, Healing and
Restoration**



Blue Star
Canada

Series Outline

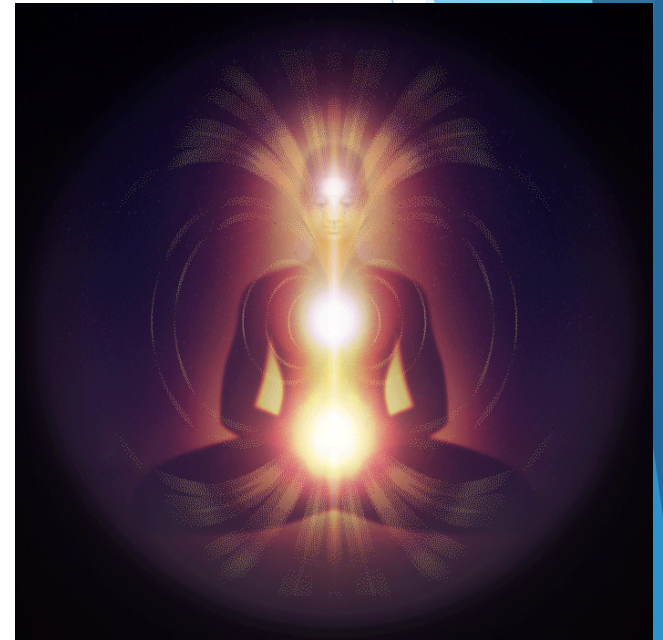
- ▶ Week 1 (Feb. 1): Know Yourself Beyond the Body
- ▶ Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- ▶ Week 3 (Feb. 15): Learn to Experience Limitless Love
- ▶ **Week 4 (Feb. 22): Beyond aging - Revitalization, Restoration and Healing**
- ▶ Week 5 (Mar. 1): Develop a Healthy Lifestyle
- ▶ Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey
- ▶ Week 7 (Mar. 15): Learn to Live Harmoniously with All of Life

Outline of Session Four

- ▶ Introduction
- ▶ Beyond Aging
- ▶ Exercises for Revitalization, Restoration, and Healing
- ▶ Healing Circle Meditation
- ▶ Discussion
- ▶ Wrap-up
- ▶ Next week...

What are we beyond the body?

- ▶ Throwback to Week 1:
 - ▶ You are more than just the vehicle you carry and operate
 - ▶ We are essentially beings of energy and consciousness
 - ▶ You, the soul, a subtle energy being, drives the human experience
 - ▶ Physical body is made up of elements, gift from nature
 - ▶ Body powered by prana from consciousness source



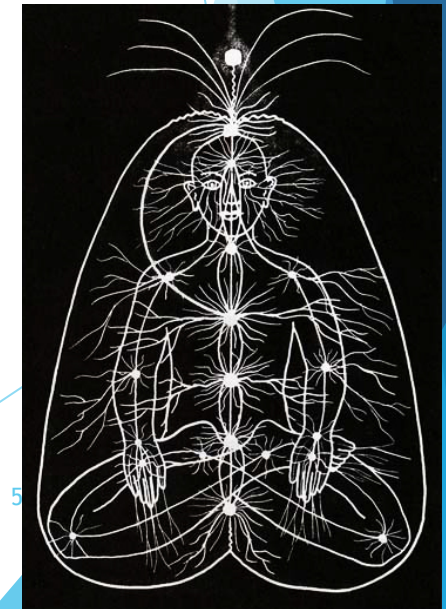
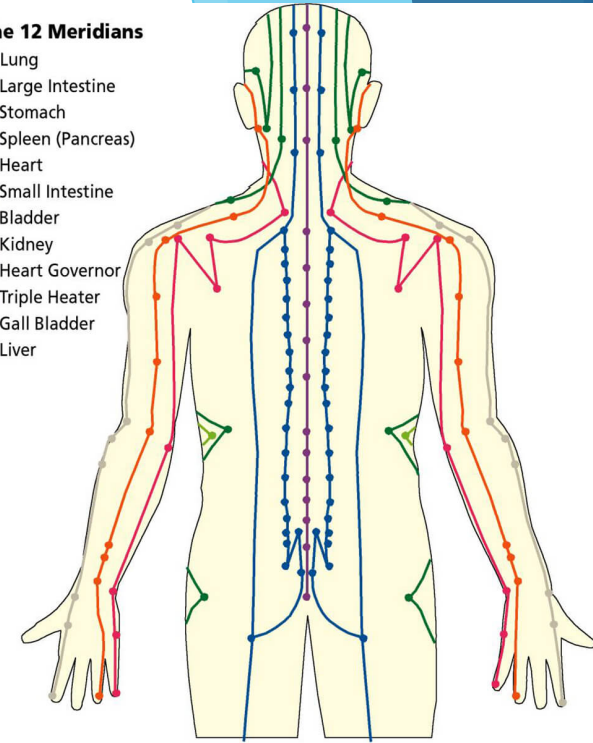
Why do we experience illness?

- ▶ Energy imbalances, or blocks
- ▶ Prana cannot flow freely throughout the body, as in wellness
- ▶ Aging of the body makes it more susceptible to illness



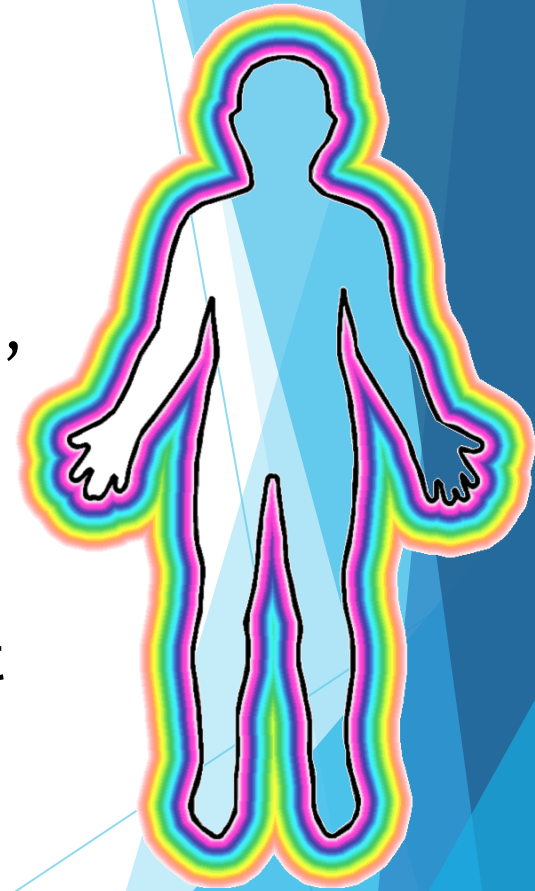
The 12 Meridians

- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver



Energy Templating

- ▶ Can be used to heal disease, promote health, wellness in physical body
- ▶ Process of visualization requires a stable, centered and focused mind
- ▶ Template is a creation in subtle energy body
- ▶ Physical reprogramming follows suit, but slower
- ▶ Reinforce with intention and focus



Epigenetics & Neuroplasticity

- ▶ How the physical body is able to make changes in response to energetic templating
- ▶ Neuroplasticity: Body's ability to form new neural pathways!

<https://youtu.be/ELpfYCZa87g>

- ▶ Epigenetics: Body's ability to change DNA!

<https://www.youtube.com/watch?v=kp1bZEUgqVI>

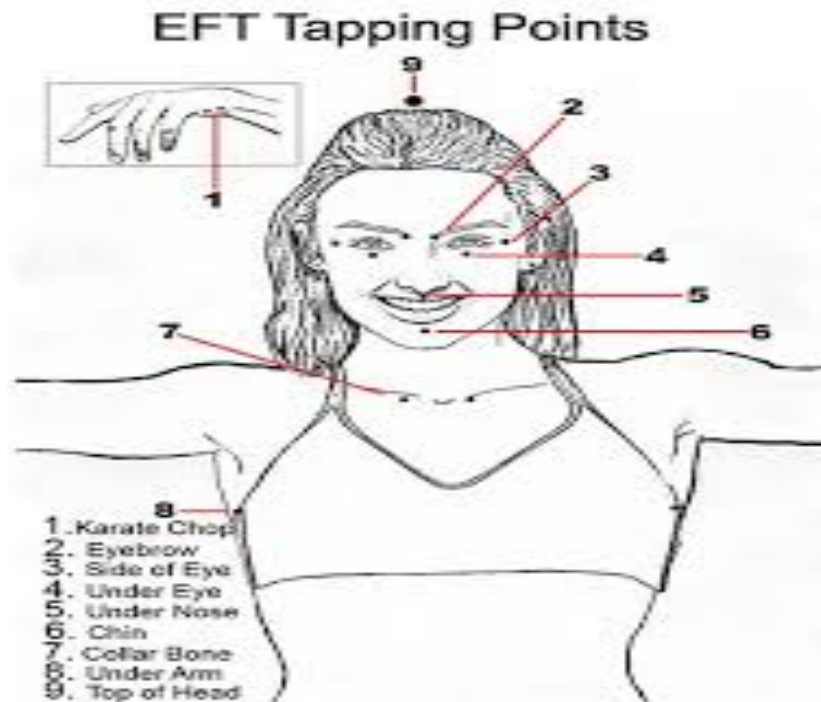
- ▶ Bruce Lipton on Biology of Belief (Epigenetics)

<https://youtu.be/KpNZoowANNU?t=79>

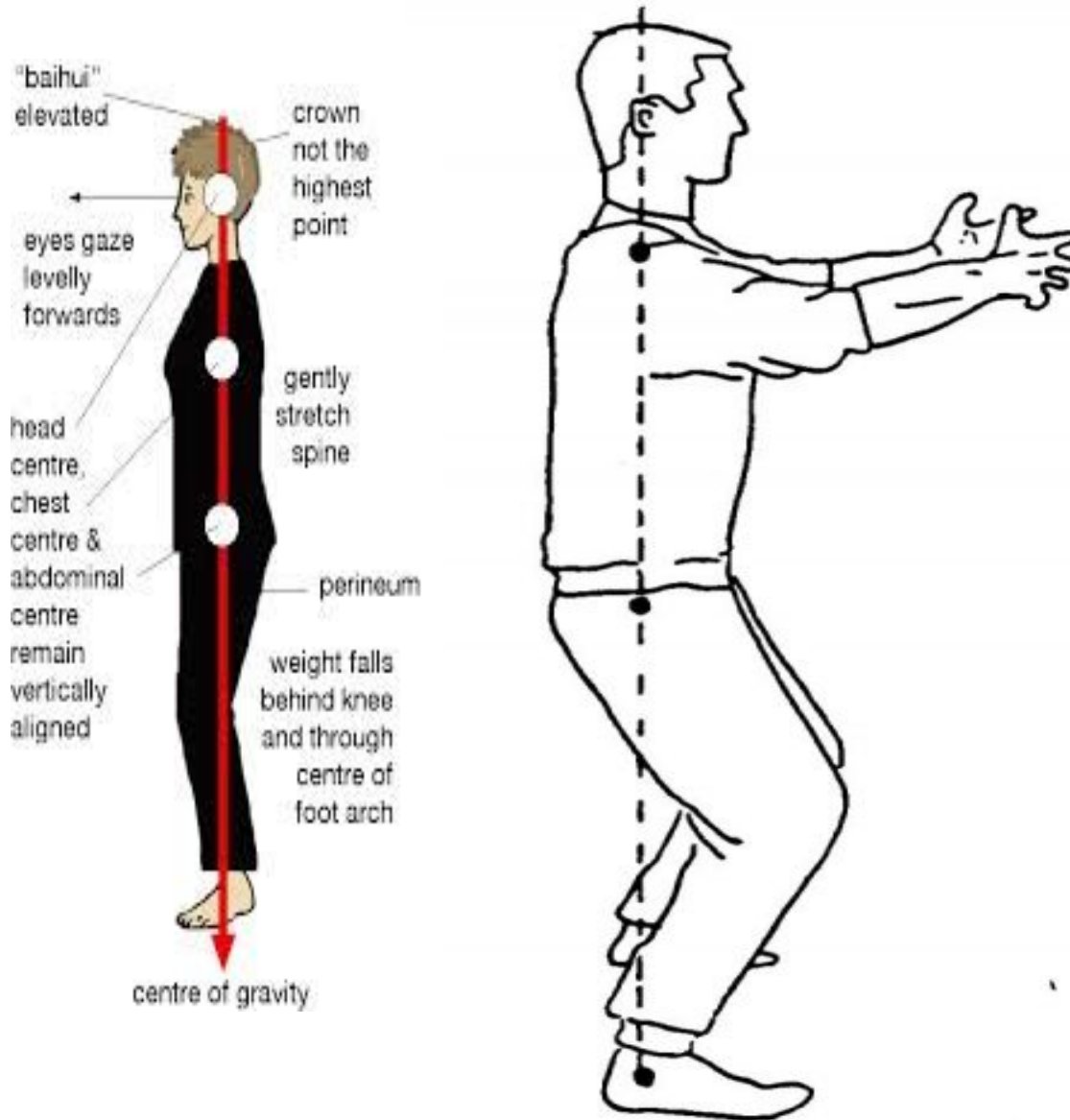
Exercises for Revitalization, Restoration and Healing

- ▶ **Pranayama**
- ▶ **Tapping (EFT)**
- ▶ **Wu-Chi**

Emotional Freedom Technique



Wu Chi (Tao in Stillness)



Meditation Practice: Healing Circle

Reiki Practitioners Invited to Become Active



<https://livestream.com/bluestar/events/8572351/videos/187689818>

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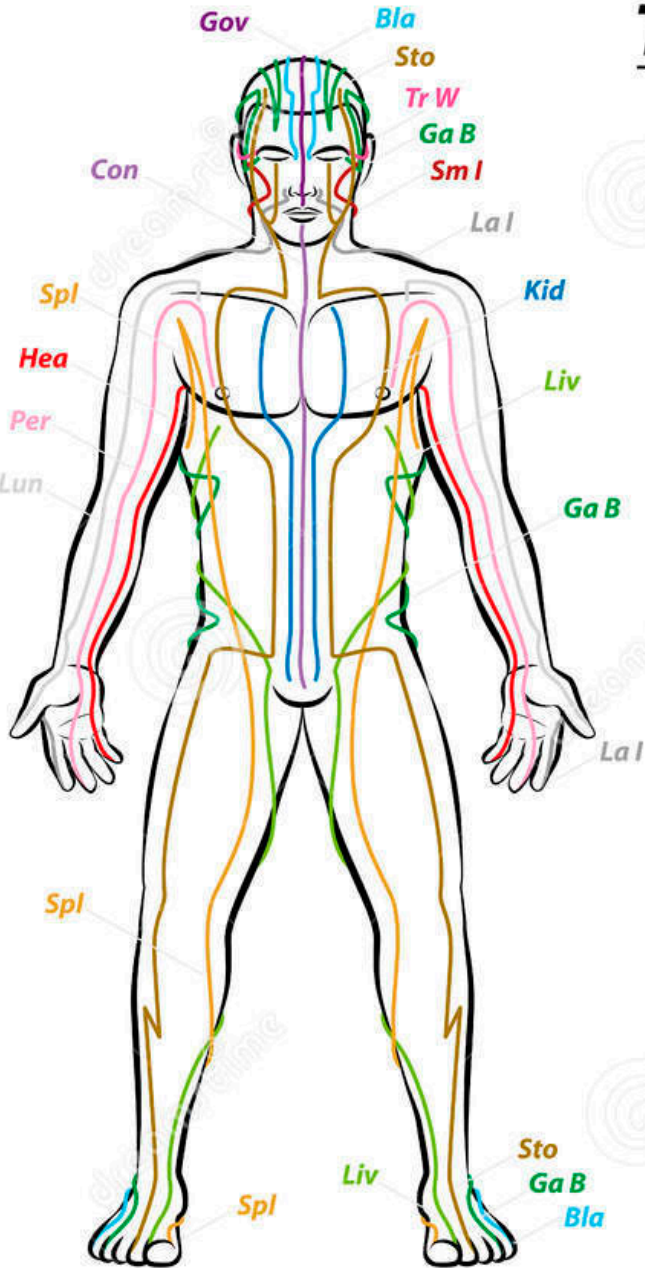
Wrap-up

- ▶ Reflection:
- ▶ What are the awesome possibilities we have within our being for staying well?
- ▶ What tools do we have?

Thank you!

Next week: **Develop A Healthy Lifestyle**

The Body Meridians



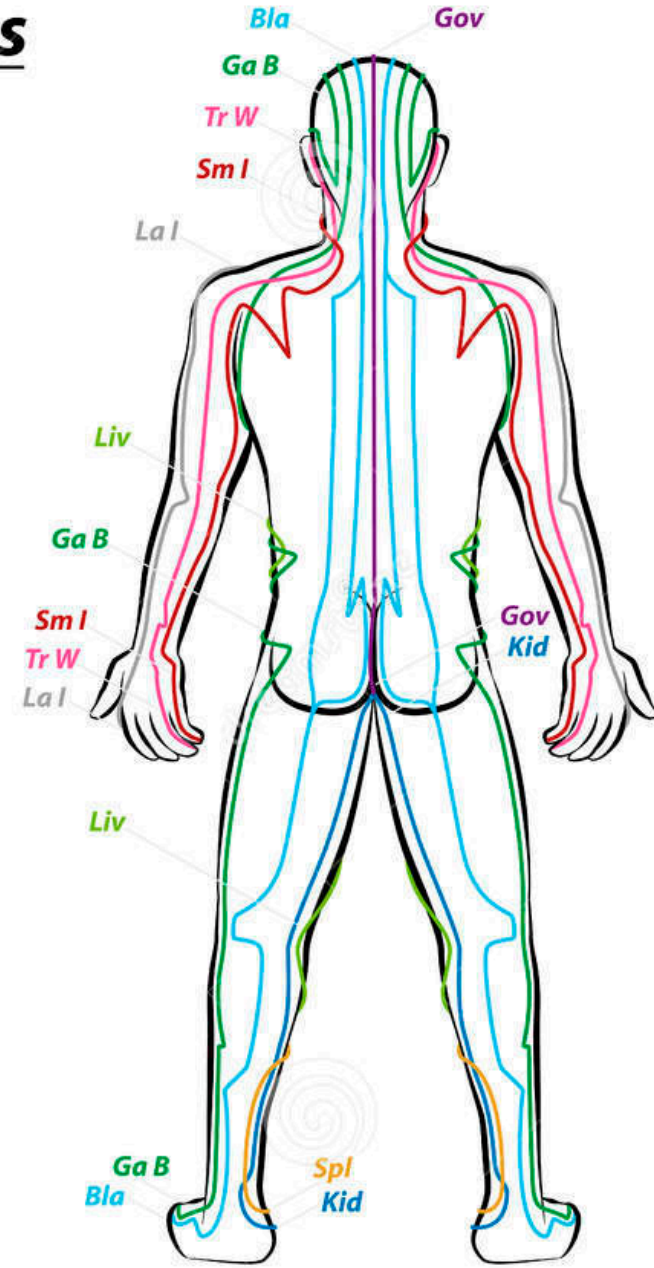
anterior view

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian



posterior view

What are we beyond the body?

- ▶ According to the Taittiriya Upanishad, we are made up of five bodies or sheaths
- ▶ Bodies powered by pranas
- ▶ If we are more than the physical, then to understand the root of aging & illness - look to energy body

Fivefold Sheath

