

Spiritual Nourishment

By
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Science now defines and communicates “new” ways to view our bodies, our connection with each other, and our world. These theories involve energy fields measurable in and through the body, as demonstrated through acupuncture, shiatsu, watsu (water shiatsu), tai quon dow, tai chi, and so forth. Through Rupert Sheldrake, we learn about morphogenic fields, and the 100th monkey syndrome, which join our species in a nonverbal, non linear sharing of knowledge and information. Through Bruce Lipton, James Oshman, Valerie Hunt, and Linda Kohanov we learn about fields of unification or interconnectedness that can be experienced as cellular or system congruence.

These scientists, biologists, and equine experiential therapists tell us that we can foster health, well-being, and balance through opening to the discovery of ourselves as open fields of energy. When these energy fields are congruent, first individually and then collectively, a heightened perception of balance and connection can result. This heightened perception or wave is felt as an invisible but palpable nourishment or substance—a type of manna or protoplasm. This congruence can be experienced in many ways. Some experience this wave as peace, order, acceptance, or belonging. This congruence feeds our inner core, our sense of union, and fosters a place for us here. As congruent waves, we are connected from the smallest atom to the largest group or world population, joining all together in the dance of life.

To more fully live from the experience of congruence requests us to cultivate our inner resonance. We can then stand firmly within our individual energy field and open to the awareness of spiritual nourishment that abounds in the universe. We can receive this nourishment and fill ourselves with this invisible yet palpable source of spiritual food.

One direct way to experience and cultivate this congruence is through our breath. Focusing and guiding our breath can bring spiritual food into our cells and sustain a negative ion type response within us—like standing next to a beautiful waterfall. Bridging the gap between thought and emotion, breath offers us an opportunity to rest in the ocean of substance where we join with others. We feed ourselves inwardly, offering the rich texture of our innate knowing a voice to guide us forward. This inner richness is boundless, limitless, inclusive and most powerful. The place that breath first touches is the place of our deep reservoir of life within—the center of our energy field.

One place to elicit this reservoir is right below the center of the chest where the ribs come together in a point called the xiphoid process. Breathing here begins the descent from awake thought to soft awareness, where we listen to the voice of our knowing. Cultivating this point of awareness through breath, bridges the mind and emotion, bringing us to again realize our connection to the bigger picture—our connection to all that is.

This is not necessarily approached with an agenda, a need, or a spiritual concept. More, the value of the deep abiding awareness brings us to a place of reception, openness, and opportunity. This

inner place of nourishment begins to include our bodies, our environment, and ultimately, the world. There is no belief here and no way to separate; only inclusive congruence abides here.

As our breathe is directed within to the center of the xiphoid process, as we focus on this deep resonance, our body feels more nourished. As we nourish our essence, as we focus on this deep resource, our essence is touched by awareness in place of cognitive perception.

Instead of reaching out, we drop into the void and our knowing fills us. Our longing for people, ideas, substances, food, riches, understanding, love or hope are filled. Resonating with that 'void' of life force, we begin meeting others who feed from this same place of nourishment. We meet on the open field of inner and then outer congruence. It is then possible to reflect balance to each other without need, offer contribution to others, and share through this place of plentiful bounty.

To know the nourishing result that moves our awareness to fullness, balance, and a sense of congruence, then offers us the experience of being more available to ourselves and each other. We find spiritual nourishment filling us as we remember to breathe and touch the well of richness within. This well, accessible to all, can be shared with others and brings us the experience of belonging innately and completely through our breath, which creates a field which unifies all life.