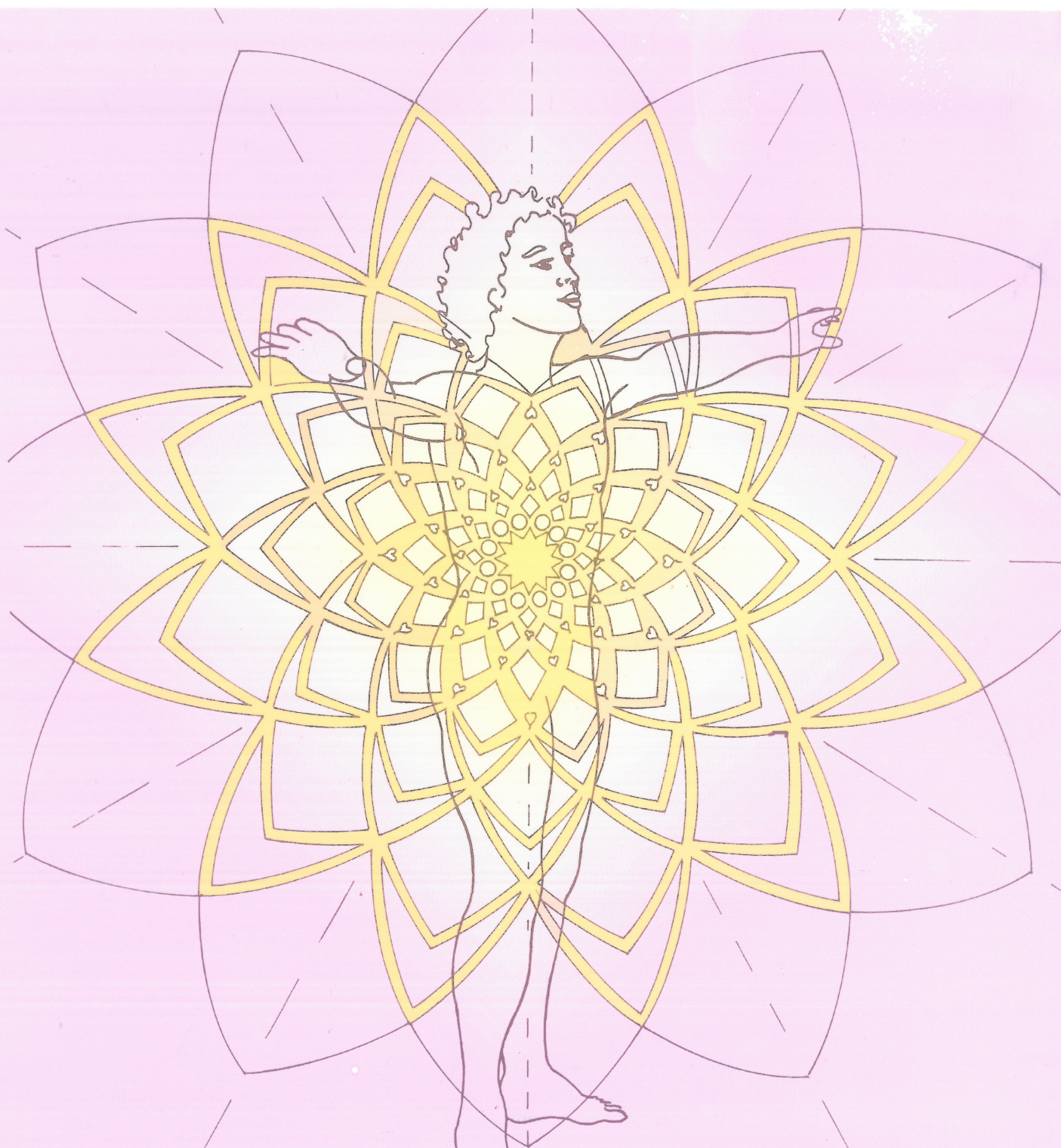




FULFILLMENT

The New Consciousness of Life

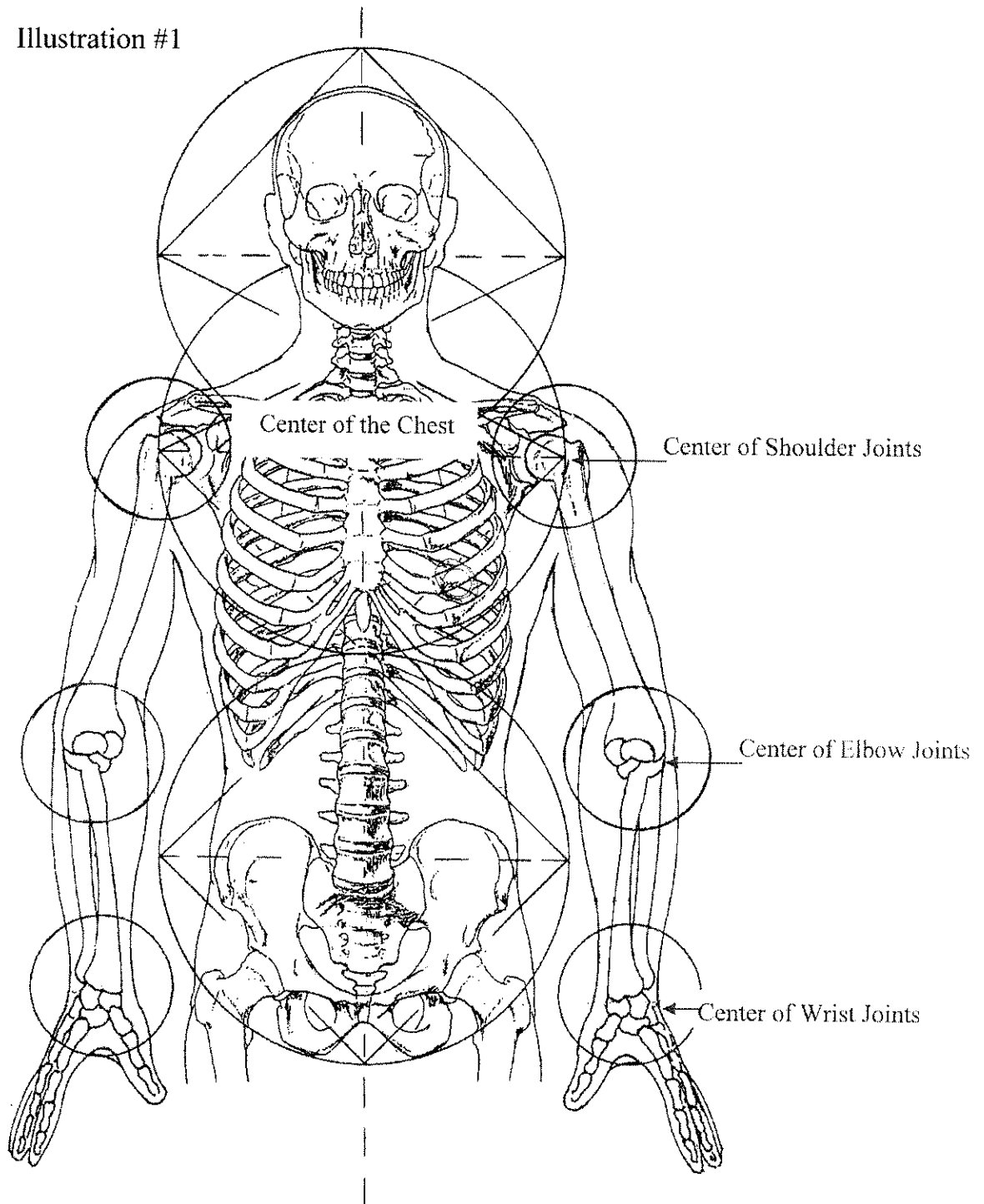
*This talk has been lovingly transcribed by
Nancy McGowan
and edited by
Michael Cristiam Nebadon and Carol Sipper
October, 2009*

Unity In Motion

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Illustration #1



F U L F I L L M E N T

Michael Cristiam Nebadon

Talk With Students

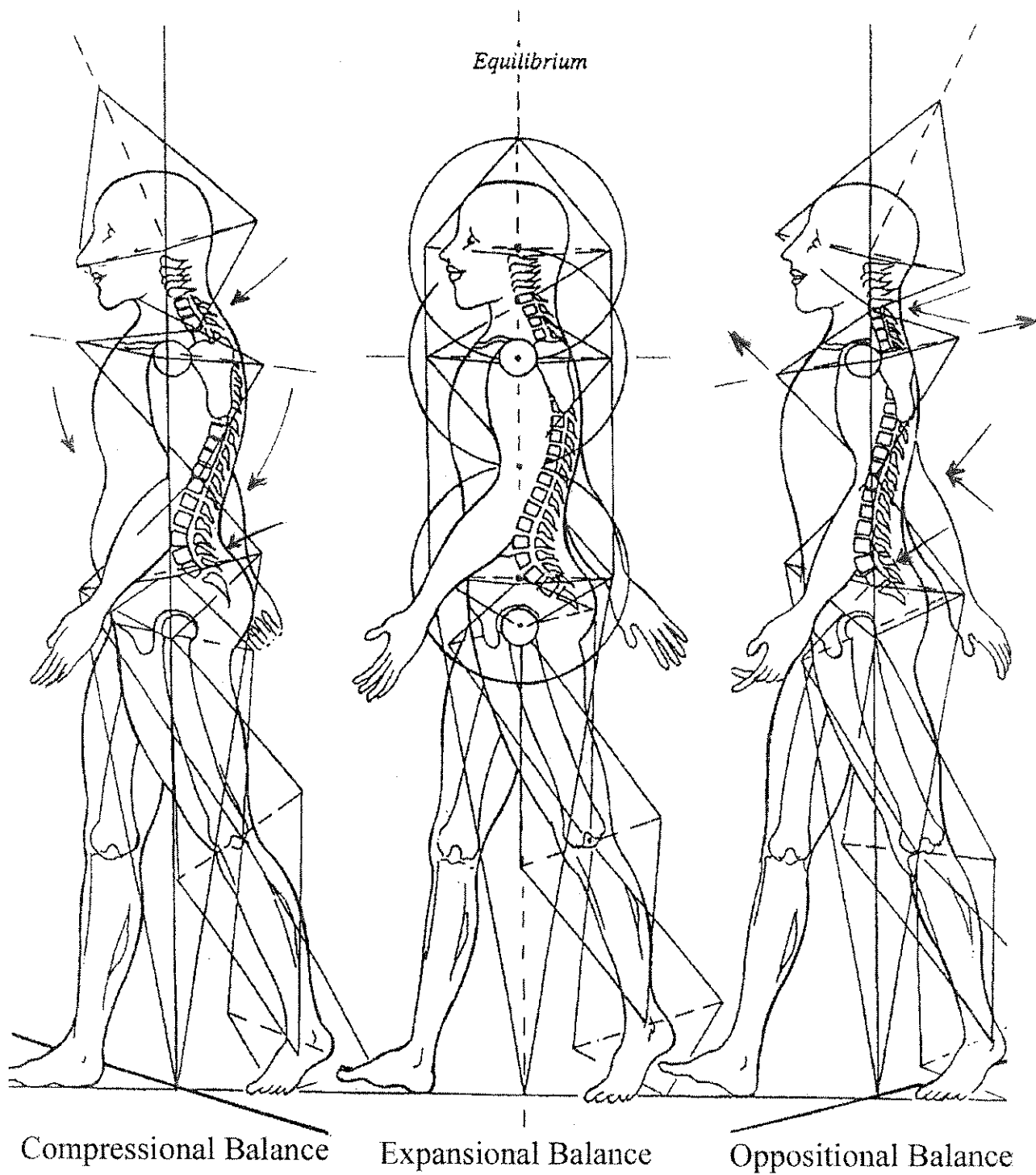
April 4, 2009

Pittsburgh, PA

Cristiam: (Referring to Illustration #1 of skeleton with forces) You are now familiar with the centralization of the three segments of the arms at the joints - elbow, wrist and shoulder joints through your knowledge of the Connections of Unity in Motion. And you are now refining the experience that is the centering of the socket joints of the arms in their relationship to the shoulder girdle and the whole of the spinal column.

The center of polarity between both centralized sockets of the arms through the shoulder girdle is in the center of the chest, the heart. What I would like for you to do now in this new seminar is to further develop the internal vision within your mind of the centering of the arms at the shoulder joints.

First, by acknowledging the sense of balanced polarization between right and left of the arms at the center of the chest and second by seeing how the joints of the shoulders as they are centered in their relationship to right and left at the chest relates also, in their line of connection, to the opposite transversal hips. Through the development of this internal vision your mind acquires a greater sense/relationship between your skeleton and you.



You can see in this graphic (Illustration #2 referring to the Three Symbols of Balance) how in the center figure, our depiction of Three-Dimensional Balance, the angle and placement of the arm movement expresses the centering of the shoulder joints of the arms centralizing also the balanced shoulder girdle at the chest. And, how the shoulder joints' relationship to the opposite hip determines whether the shoulder girdle is truly centralized and therefore suspended on top of the rib cage, expressing the release of the thoracic area within the spinal column.

You can also see within the two symbols at either side of balance that in whatever degree the shoulder joints connecting the arms to the shoulder girdle express deviation from their central connection to the pelvic girdle, this non-centered angle of relationship reflects also a deviating angle of the shoulder girdle resting upon the rib cage.

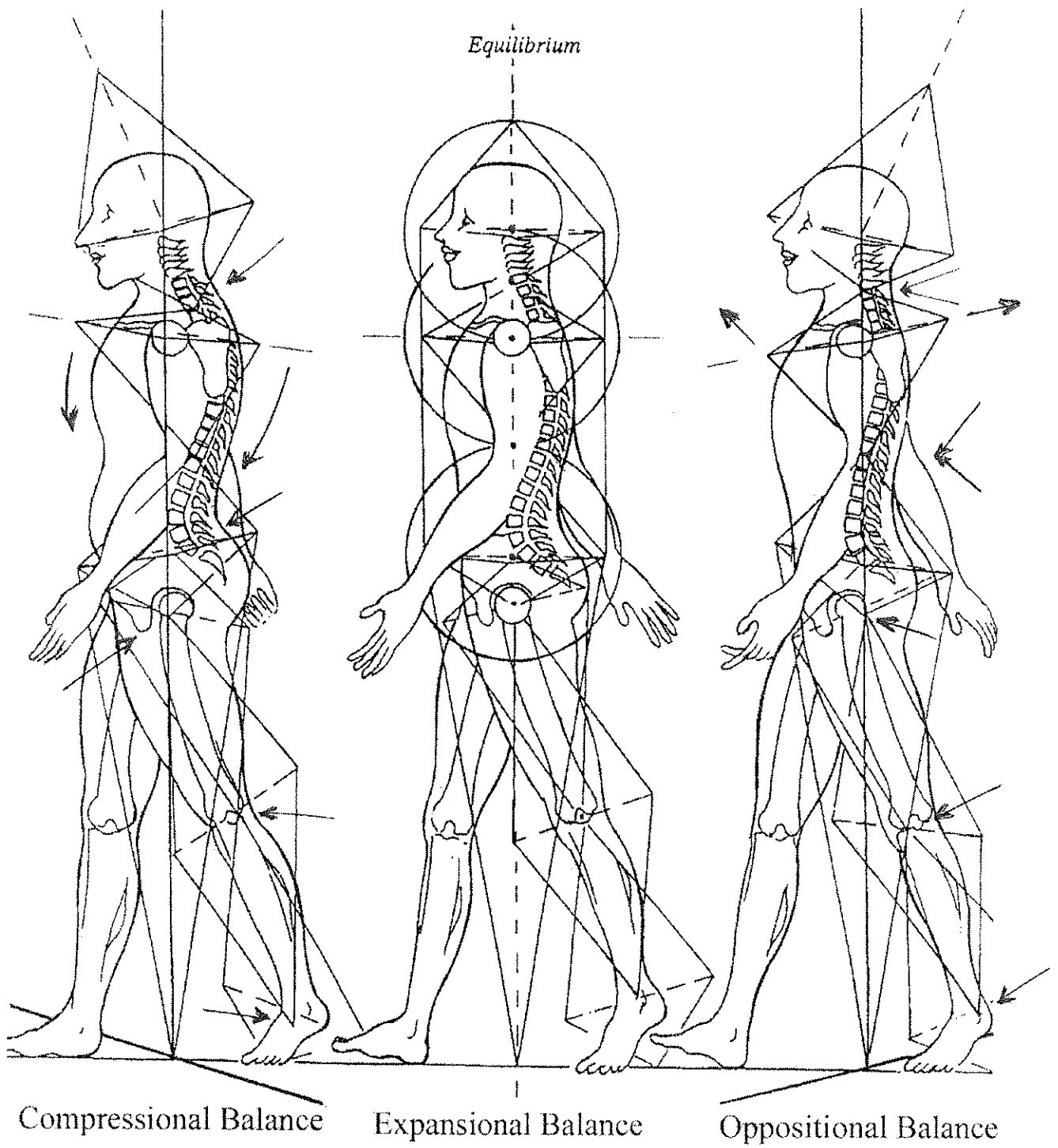
This structural non-centered relationship between shoulder girdle and pelvic girdle in turn reflects a sense of compression upon the vertebrae of the spinal column.

As you can see through the figures on either side of the central figure there are two forms of compensation expressing this non-centering of the shoulder joints at the shoulder girdle in relation to the pelvic girdle.

To the left is the figure of "Compression" that occurs when the angle of centering of the shoulder and arms in relation to the pelvis creates an inner cavity within the rib cage and thoracic area of the spine.

If the non-centered shoulders reflect compression upon the rib cage, this force creates an inner cavity within the thoracic area of the spine. This inner sense of compression reflects also angles of compression within the three main curvatures of the spinal column that as a chain reaction expresses a forward displacement within the centering of the head, reflecting also the displacement within the centering of the pelvic girdle.

To the right is the figure of "Opposition" that occurs when the shoulders push back in their angle of relationship between the shoulder girdle, rib cage and pelvic girdle reflecting a chain reaction that affects the relationship between the three main curvatures of the spinal column.



If the shoulder joints push back the shoulder girdle upon the spine in order to extend the spine, then the relationship between shoulders and spine reflects also different points of stress upon the three main curvatures of the spine affecting the angle of centering within the head at the top of the Atlas. Therefore the neck (the cervical area) the upper torso (the thoracic area) and the lower back (the lumbar area) are in there whole relationship over-extending their whole spine expressing an oppositional pressure upon the sacrum.

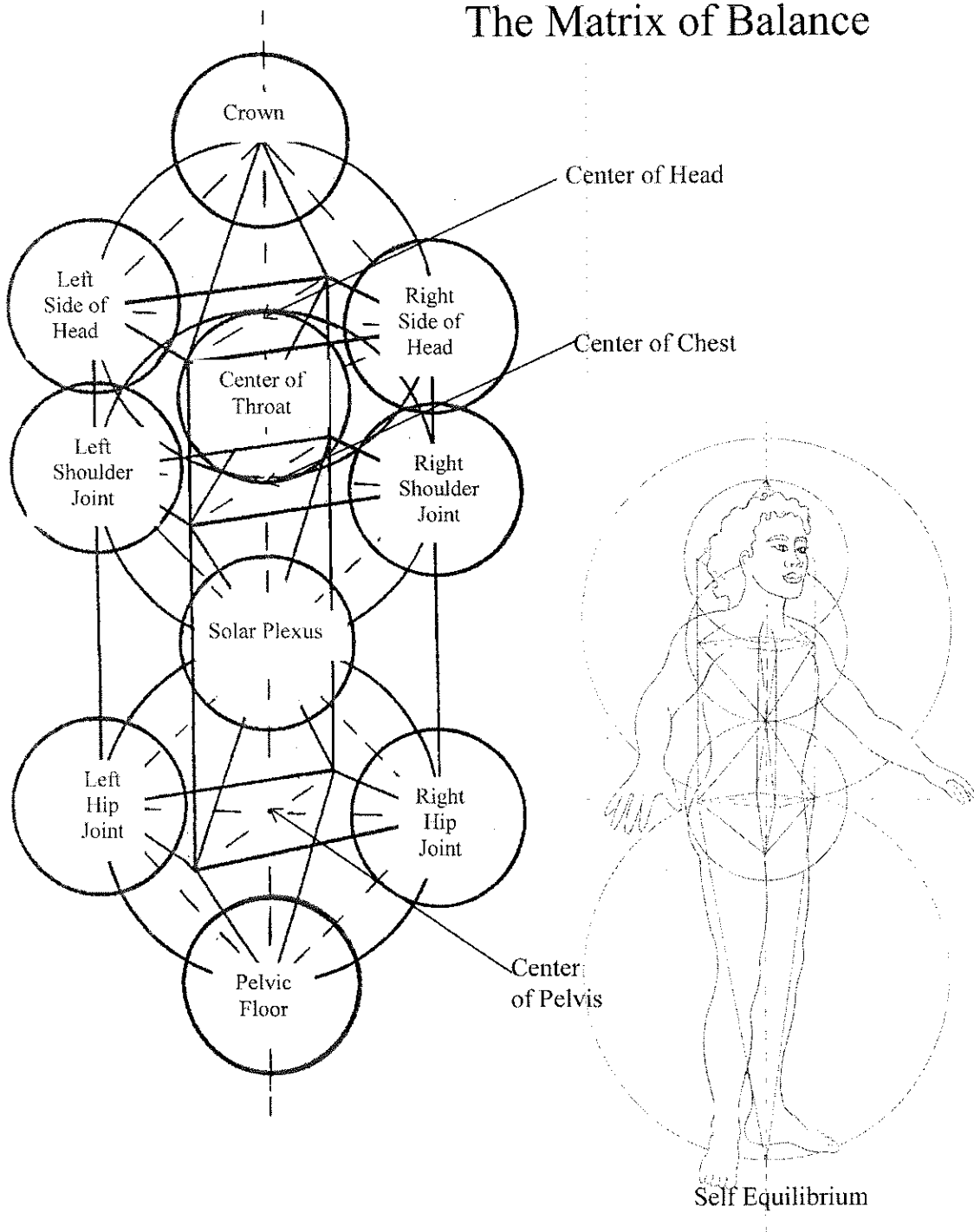
This oppositional relationship between the whole of the spine upon the sacrum expresses a compensatory deviation of centering within the placement of the pelvic girdle. This relationship of forces creates many problems within the hips, knees and ankles because the relationship between the three main segments of the legs; upper leg, lower leg and feet at the joints reflects the relative structural displacement of centering that occurs between all the upper segments of the body.

So, as you can see in this graphic depiction of Compression and Opposition, the relationship between all of the moving segments of the skeleton is locked inside of its un-centered system of motion.

This locking of the whole system of motion between all the moving segments of the skeleton deprives the person of the experience of wellbeing that arises when the body is suspended and therefore naturally expanded by its balanced relationship with three-dimensional space.

As you begin to develop the internal vision of how the particular relationship of rotation of the shoulder joints of the arms reflects the angle of centering of the shoulder girdle you can also begin to see that the centering of the shoulder joint at the shoulder girdle to be like an internal eye from which your mind sees and understands the whole relationship of tensional forces between all the segments of the skeleton.

The Matrix of Balance



This whole relationship of centering between all of the segments of the skeleton is what we call the Matrix of Balance. (Illustration #3 referring to the Matrix)

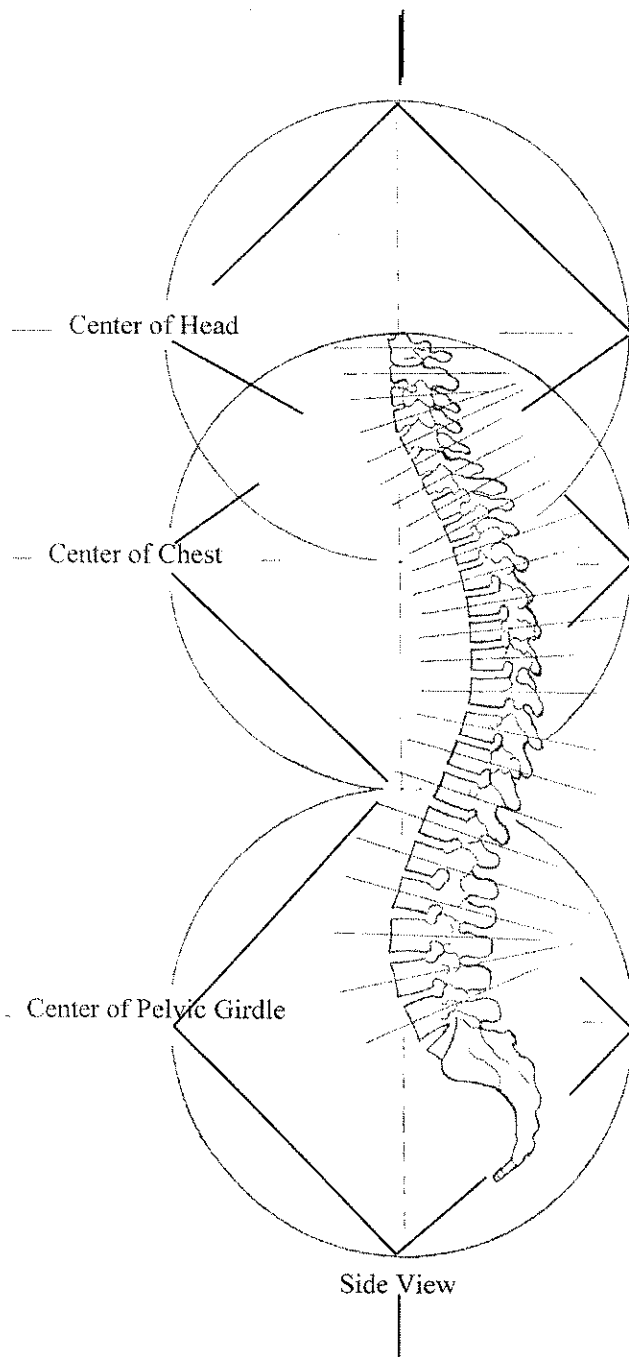
The Matrix of Balance is the whole system of tensional forces expressing in natural expansion the centered, balanced interaction between all moving segments of the skeleton.

The Matrix, being the essential map of equilibrium that expresses Unity in Motion, reflects the natural, spatial three-dimensional expansion that is the suspension of the whole physical body in motion.

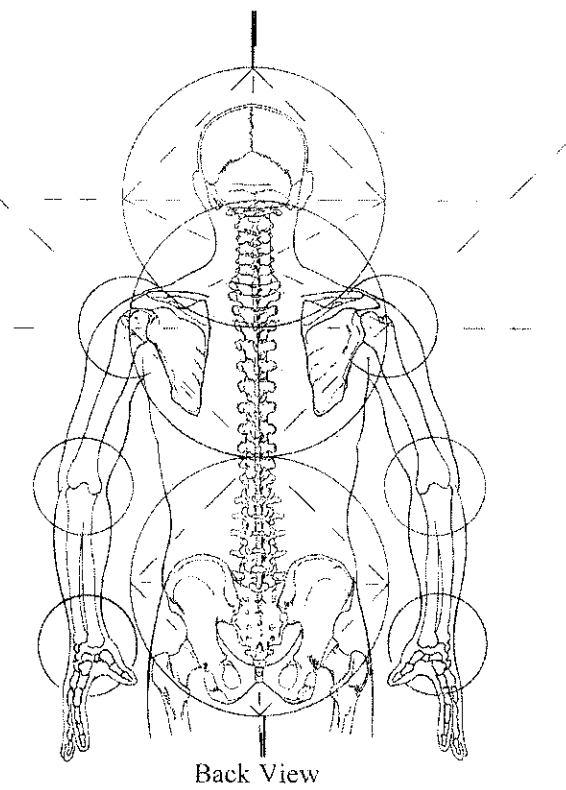
As you develop the internal seeing of this balance of forces your mind begins to have a clear awareness of how this relationship of motion between all moving segments of the body reflects also the natural freedom of three-dimensional placement within each of the vertebrae of the whole spinal column.

As you know, the whole system of movement that is the study of Unity in Motion is designed to re-align all relationships of centering so that all vertebrae within the spinal column also re-align, expressing a structural release in which each vertebra is naturally extended in their natural angle of three-dimensional extension.

Illustration #4



The Spinal Column
suspended by the
three-dimensional
forces of balance



Through this release the three main curves within the whole formation of the spinal column become spatially reinstated, expressing the natural vertical direction of whole extension that is self- equilibrium. (illustration #4 referring to graphic of spinal column)

As you can see then, this internal, visual understanding of the relationship of motion between all moving segments of the skeleton as it is assisted by the practice of the movements of Unity in Motion is of extraordinary importance because it facilitates the release of all patterns of constriction within the relationship of all vertebrae within the spine.

Remember that the spinal column is something that we are. It is not something that we feel. We don't feel the spine. Each of us is a genetic pattern that conceals within its formation (as a cerebral spinal system) our primal sensation of life via the spinal column. We have a genetic memory from which we sense everything inside the spine. Thus since we are the spine, it is very difficult to transform it or to change it or expand it, or release it.

Student: Cristiam can you say more about this; your statement that we are not sensing the spine, we are the spine.

Cristiam: Yes...Each of us is the sensation of the spine. Usually when we sense the spine it comes into our awareness as a form of discomfort. Our shoulders have tension and we feel it in the shoulder relationship to the neck. Sometimes we feel emotional constriction and this is reflected as shortness of breath and the physical pressure of the rib cage upon the thoracic vertebrae.

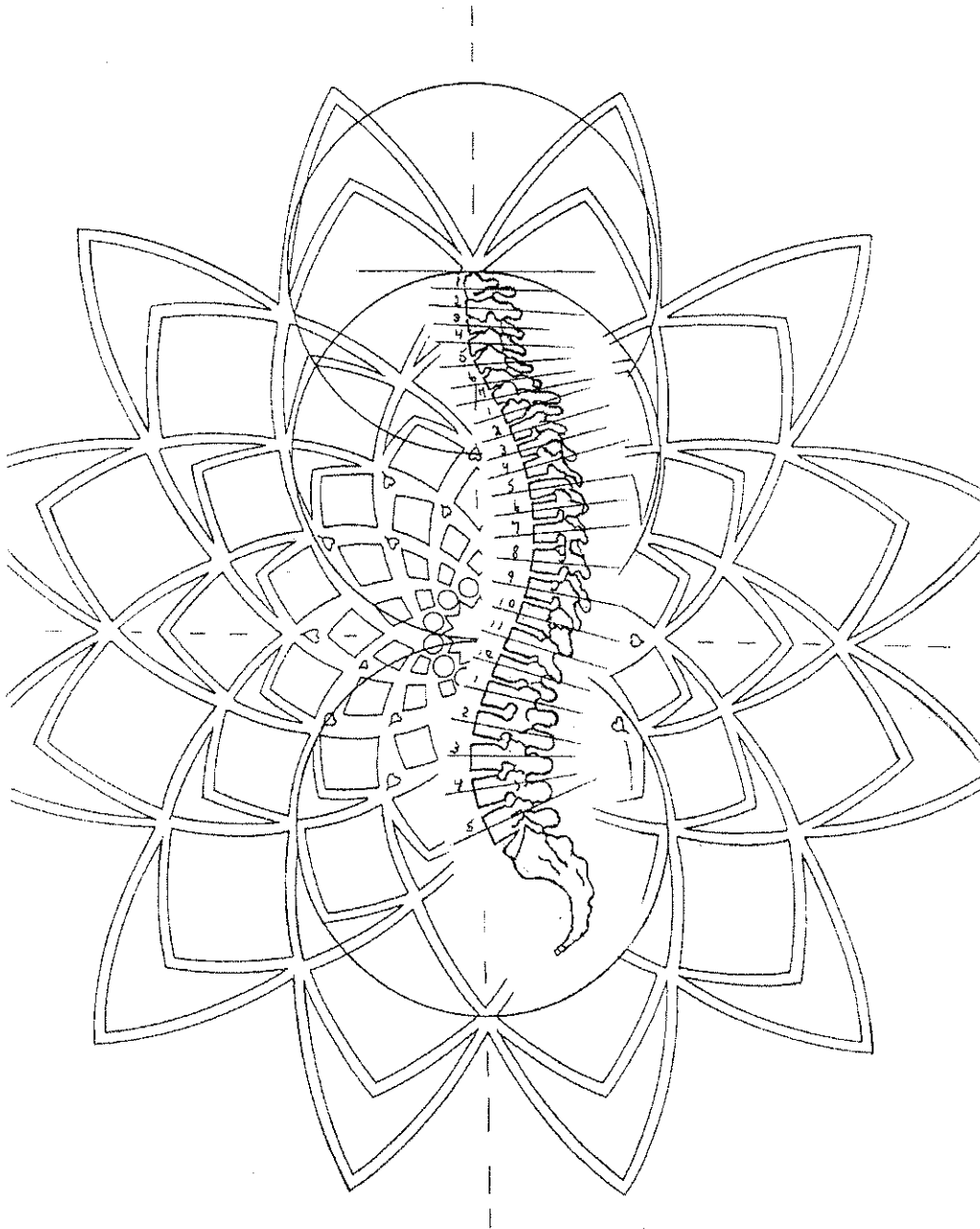
Other times we feel distress and pressure upon the lumbar vertebrae that then reflects relationships of discomfort and pain upon the knees, hip joints and feet.

When we feel at best within our physical sensation we do not acknowledge any sense within the spine other that we feel great.

As a matter of fact, when we feel great the body disappears from our sense of awareness. We are the body. This freedom from any sense of discomfort is our natural state of balance.

When we live with discomfort, physiologically speaking, it is because some areas within the relationship of the whole spinal column are displaced into a formation that no longer expresses the three-dimensional release of the

Illustration #5



Natural Suspension of all Vertebrae of the Spinal Column

entire spine. And as you have seen through our exposition of centered relationship, the release of the whole spine is the direct reflection of the harmony of centered relationship between all segments of the skeleton.

You know this through your practice because your entire study of the movements of Unity in Motion is designed to bring about the release within the natural formation of the whole spine (the reinstatement of the three curves) so that through this release the nervous system and your mind can also be released expressing the natural whole sense of awareness that is the freedom of balance.

You know also through your studies that trying to release the mind through the mind is almost impossible because the mind is the natural formation of the spine and therefore self-enclosed inside of a system of consciousness that (because of its particular sense of experience) sees everything from its particular point of reference.

As, through the movements, we realign the interrelationship of centering between all the segments of the skeleton and as all the vertebrae of the spinal column become suspended in their natural spiral formation of three-dimensions, we also realign the formation through which the brain experiences self-awareness and this is the transformation of the individual's sense and experience of Life. (Illustration #5 referring to spinal column inside the geometry of balance)

You are all, as students of Unity in Motion, experiencing this transformation. And you are now at a stage in this transformation in which the Matrix of Balance which is the tensional forces that release the three-dimensional formation of the spine is becoming very much part of your self-awareness. As a matter of fact you are all now beginning to experience how the Matrix of Balance is not only the natural three-dimensional balance of your physical body but also the natural release of your mind.

It is for this reason that I am now encouraging you to become more and more passionate in your desire to continue developing this internal vision in which the awareness of your being merges with the freedom of movement that is your natural state of balance.

So, returning to the internal relationship of your skeleton, you now further understand the function of the limbs – arms and legs in their relationship to

shoulder girdle and pelvic girdle. And though this understanding you are also refining the vision and experience of the tensional forces of balance (the Matrix) that liberates within you any unconscious or subconscious sense of Compression or Opposition within the formation of the spinal column. Also, as you develop and refine the understanding of these three patterns of balance you can see and understand this transformation as it occurs from two different directions.

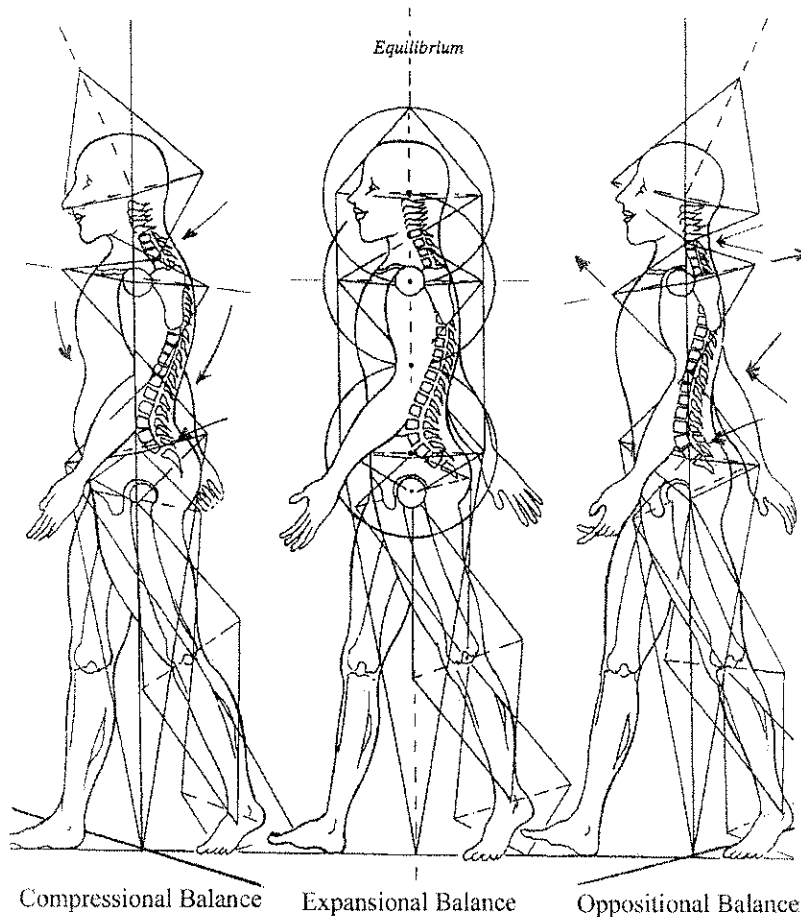
1. If you see it from the bio-mechanical sensation of your body you can understand that as you refine the geometrical path of balance which is the form of the movements of Unity in Motion and as the vertebrae of the spinal column are becoming increasingly realigned in their natural three-dimensional formation, this new relationship within the whole of the whole of your being will appear in your consciousness as a new sense of mental awareness.

2. If you see it from this new sense of awareness (the release/expansion of your mind) you can also understand how this release of your mind becomes "the new subtlety of physical sensation" from which you experience your body as the vehicle for freedom of movement and immediate connection to life.

These two understandings of transformation are inseparable and are, as I said before, like a completion of a circle in which your increased internal awareness of expansion within the relationship of your skeleton is the same as your increased sense of self-awareness. And, your increased sense of self-awareness is the same as the new sense/relationship of centering within the whole of the skeleton.

To express this more linearly we could say that, as your increased sense of awareness frees itself from any form of structural holding within the skeleton, the ventricles of the brain open, and when they open they add a new sense of wholeness that begins to manifest new points of conscious awareness in your being. It is these new points of conscious awareness that allows you to perceive many things that before were not available inside of your own self-contained pattern of movement.

So, as you can see, the physiological and the mental senses of perception are interchangeable because one assists the other. Finally, the two enter the natural state of communion in which the awareness (the internal vision of the mind) matches in synchronicity the actual experience of the physical body becoming centralized and directed by the natural momentum that we call Universal Balance.

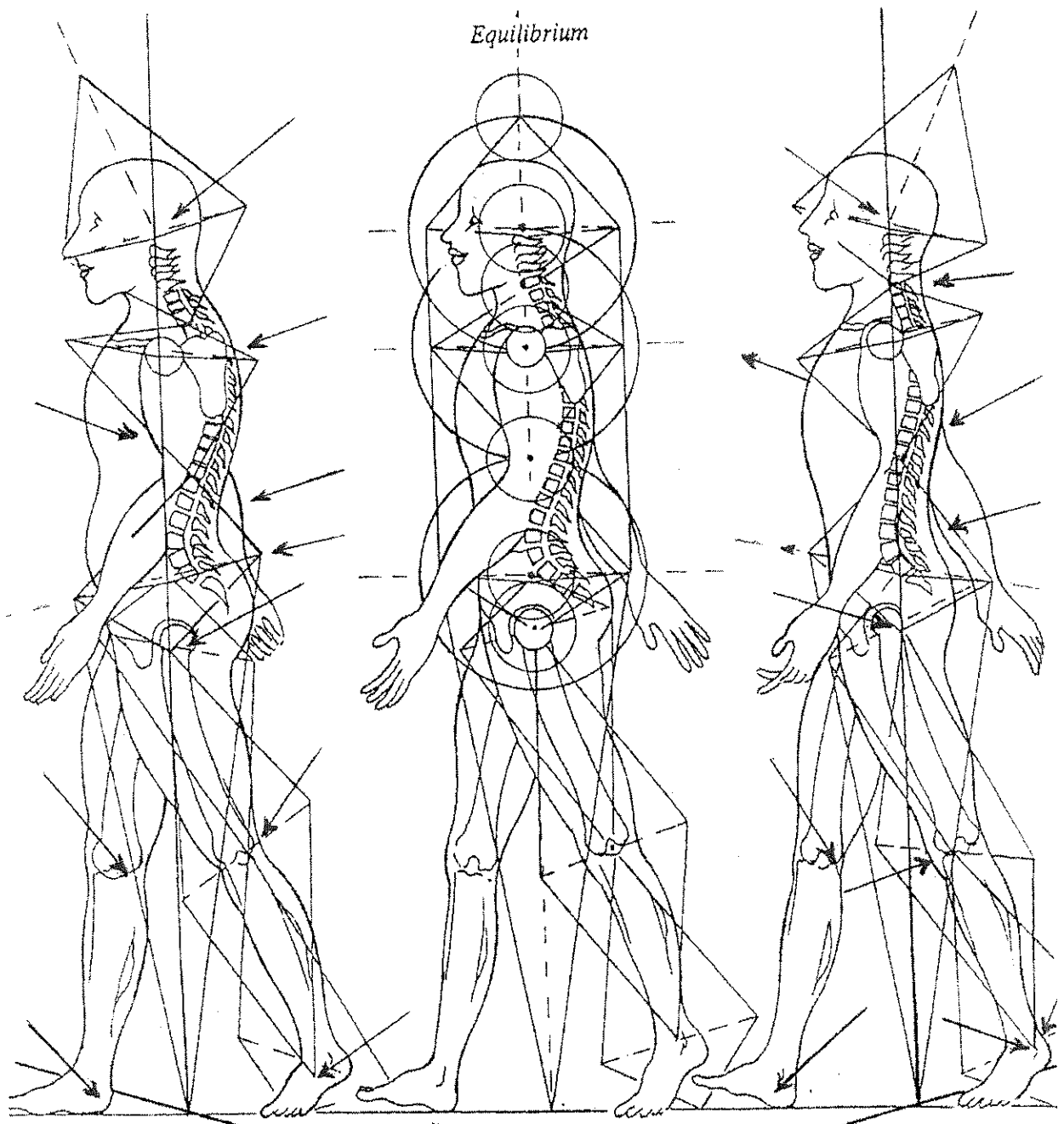


Remember when you began your studies we learned the first section of Unity in Motion in order to clarify the relationship of the three segments of the arms at the joints and the centralization of the arms via the shoulder girdle at the center of the chest.

Now as you are further along with your studies and in the process of

refining the mental perception and physical experience of the centering of the shoulder joints to the shoulder girdle and spine, you can see how this releases the rib cage and therefore the relationship between the thoracic and cervical vertebrae of the spine. This release then gets reflected in the further release of the upper torso in relation to the lower back, pelvis and legs and the centering of your head on top of the spinal column.

All these biomechanical transformations of relationship within the body, as they come into correspondence with The Matrix of Balance, change our relationship to the ground and therefore clarify our vertical sense of equilibrium via the centered top of the head--that which in Unity in Motion we call Crown.



Compressional Balance

Arrows indicating
points of collapse
within the whole
body in motion

Expansional Balance

Freedom
of
Movement

Oppositional Balance

Arrows indicating
points of resistance
within the whole
body in motion

This clarification of The Crown is our new experience of three-dimensions and our new connection with the unresisted nature of our sense of balance allowing each of us to experience life as what it is; a magical momentum that brings about the natural sense of well being within our sense of Self.

Student: Cristiam can you further explain momentum and how it relates to the three symbols of balance.

Cristiam : Yes, remember that these three symbols depict three interpretations of balance engaged in the change of weight from one step to the next in the natural act of walking.

Also remember that this change of weight is a frame of movement, therefore when we say that these three interpretations of balance are involved in the same bio-mechanical act of change between one step and the other we are also implying that these three are expressing three interpretations of momentum.

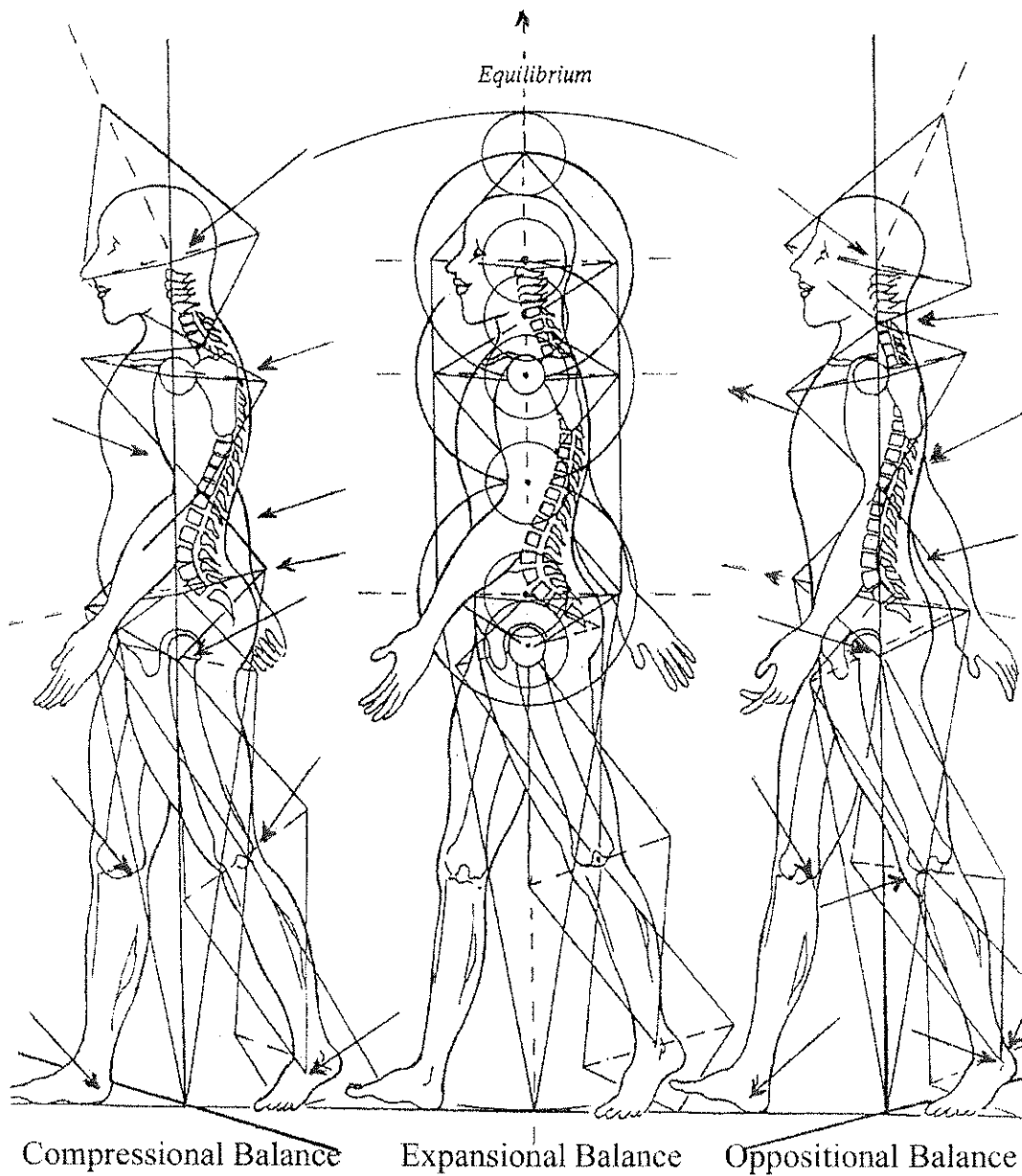
At the center we have the natural momentum that is unresisted motion. And at either side we have the natural momentum that is impeded by the compression or opposition existing within one's sense of balance.

As you see, this graphic is two-dimensional because of the nature of the printed page, but as you begin to internalize these three different interconnections of structure and energy you also begin to see what is natural momentum and what is the resisted balance of forces that reflects the Compression or Opposition within one's sense of balance.

In the central figure the centralization of the hip and legs reflect the centralization of shoulders and arms and the centralization of the head on top of the atlas within the spinal column.

It is through these three interconnections of centered relationships: 1. head, 2. shoulders and arms and 3. pelvis and legs that all of the vertebrae of the spinal column are naturally released through their centered relationship expressing the three-dimensional extension of the whole spinal column.

In this relationship of unity in motion the change of weight between one step and the other is suspended in its centralization by the field of gravity. This central suspension is the equalization (balance) of physical weight and is the same as the center of expansion of the whole body, the center that is Self Equilibrium.



Arrows indicating
points of collapse
within the whole
body in motion

Freedom
of
Movement

Arrows indicating
points of resistance
within the whole
body in motion

Through this equalization of central forces; the force of gravity and the force of expansion are balanced, reflecting the centralization of the physical form of the body in three-dimensional space.

Also remember that this balance of forces is just one frame of movement and that if we were to depict the continuity of frames that it takes to transfer the movement of the body from one step to another, each of these frames would be constantly balancing the physical weight of the body as three-dimensional expansion.

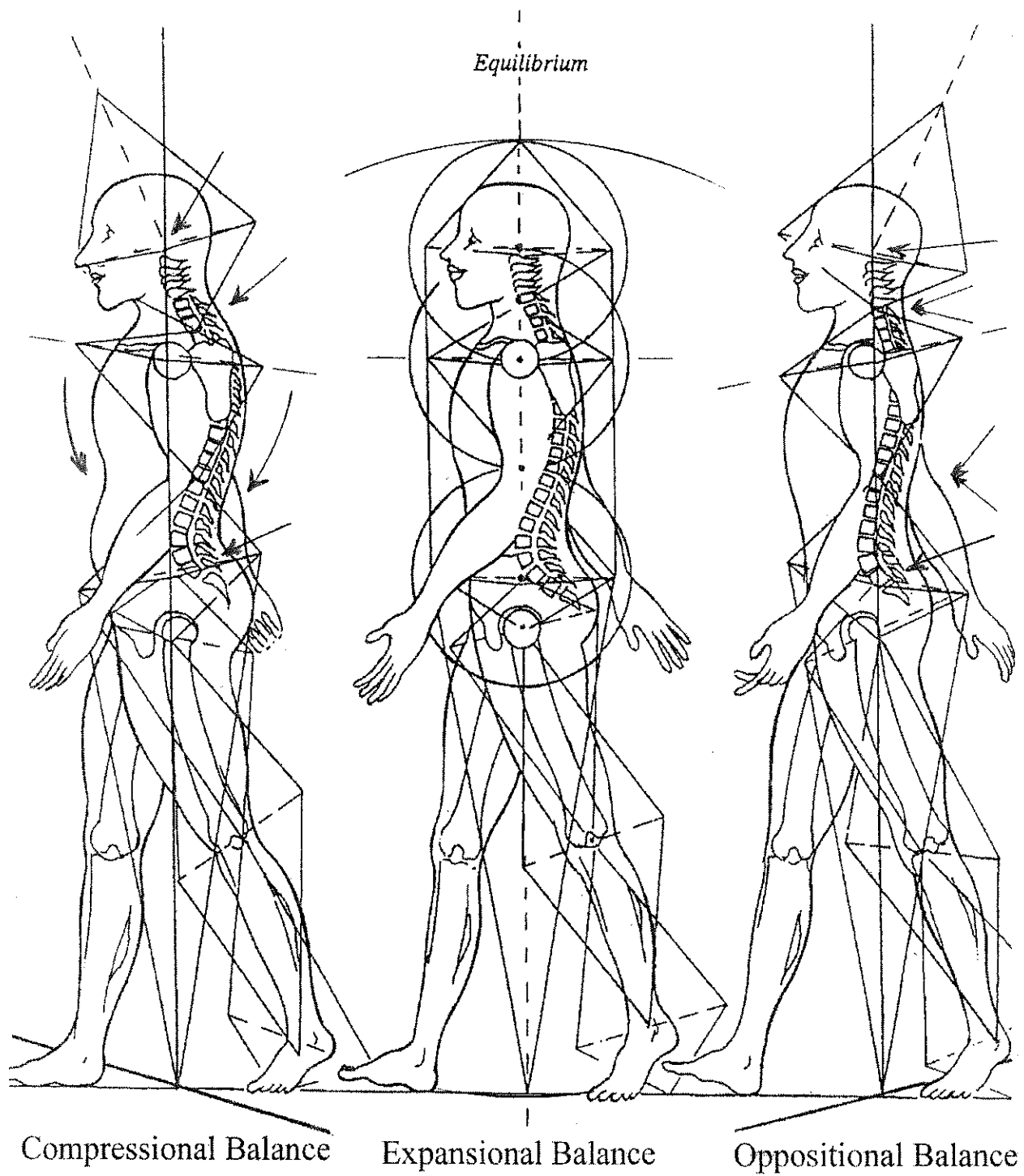
At either side of this central graphic depicting three-dimensional balance we have two forms of interpretations of physical balance in which the particular relationship of centering between the three main centers: 1. head, 2. shoulder girdle and arms and 3. pelvic girdle and legs are balanced upon or against the three main curves within the spinal column.

In this balance, the centralization of the field of gravity embracing the physical body from all directions of space is no longer the natural three-dimensional extension of the spinal column but the center of a system of forces in which certain areas within the spine become points of conversion that support the whole of the body in three-dimensional space.

These points of conversion supporting the body in three-dimensional space are points of resistance within the interrelationship of all the moving segments of the skeleton and are maintained through the continuity of frames from which the body moves from one step to another.

In these two symbols, the amount of pressure existing within the sense of balance is the same as the resistance existing between the relationship of all segments of the skeleton. This resistance between all moving segments of the skeleton then becomes centralized at the places of maximum movement within the spine (cervical, thoracic and lumbar). This resistance between forces is the same as the sensation of physical weight which comes as a direct consequence of the three-dimensional embrace of the field of gravity upon the body.

It is for this reason that the central line of balance within these two expressions of balance is depicted as solid.



In the central symbol of balance the central line is depicted as a dotted line because the central line that balances the physical weight is the same as the central line that expands the body equally in all directions of space.

In this merging of balanced forces, the angle in which one experiences the ground is the same as the Crown expressing the natural momentum that moves the body as unresisted motion.

At either side of balance the natural momentum no longer exist as such. The amount of compression or opposition existing within the physical mobility of the body reflects the angle in which the individual experiences the ground and also the angle in which the individual experiences the centering of the head on top of the spinal column.

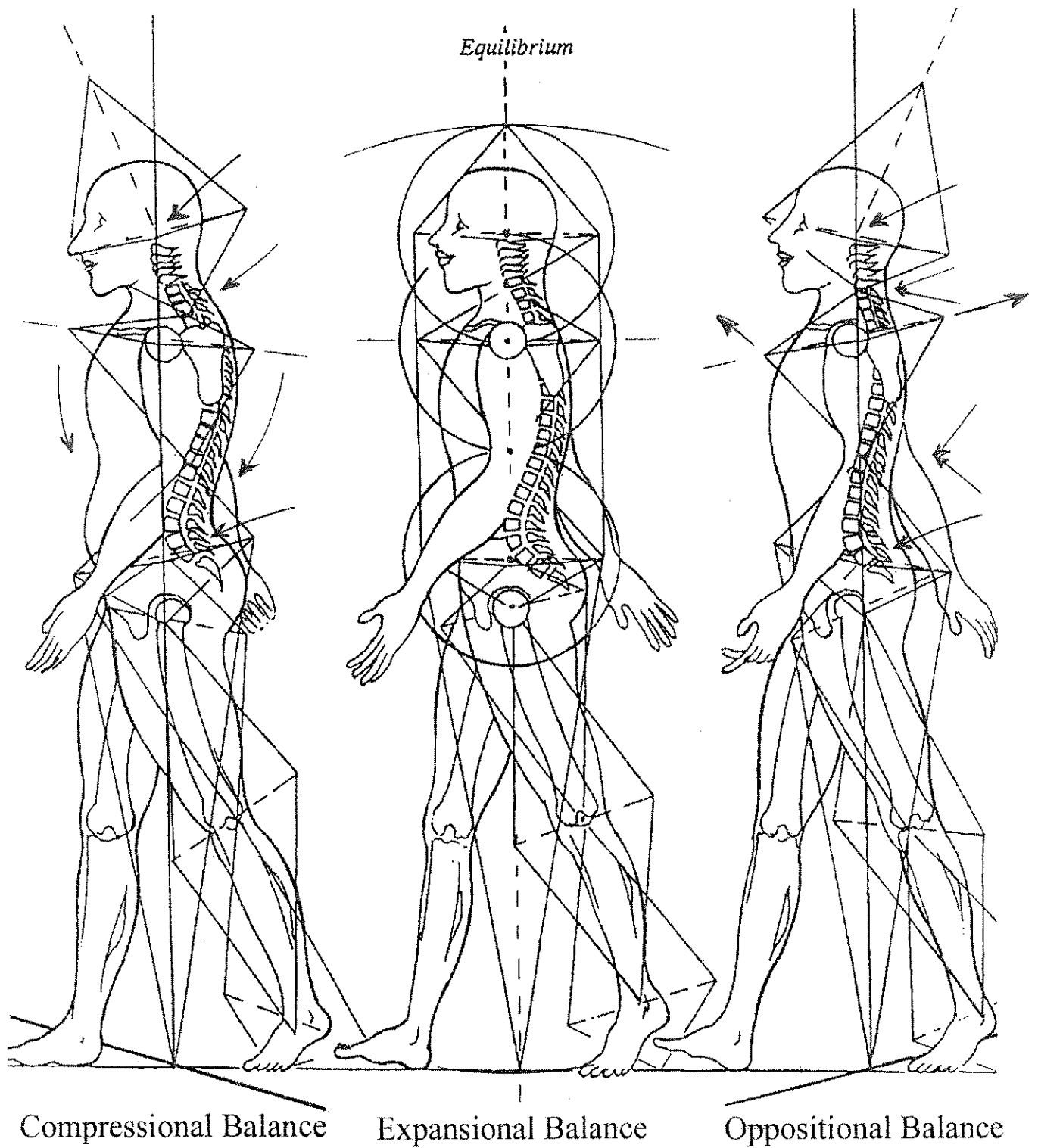
This angle of centering within the head expresses the deviation of the natural vertical direction of the whole of the body in which case the individual cannot experience the physical liberation that is his true centralization in three-dimensional space. The body inside of this interpretation of tensional forces experiences itself as if solid. The very resistance within the whole of its own motion deprives it of its experience of being balanced and directed by the natural momentum that is Universal Balance.

Now, it is important to clarify that the sensation of solidity within one's own body is the same as one's relationship to the field of gravity.

Gravity embraces us all towards our center of being and towards the center of the Earth. It is neutral in the sense that it is its function to centralize all animated physical forms towards their center of physical stability. When gravity is balanced by the expansional force of life, then the balance between these two forces expresses the balanced centralization of the physical weight and the experience of natural momentum.

Therefore when we said that in these interpretations of balance, the relationships of Compression and Opposition express a physical sensation of solidity, it is because one's relationship to the field of gravity is the same as one's interpretation to natural momentum.

It is important to keep reiterating that gravity is neutral and 100% benign. It is its function to balance expansion thereby centralizing the physical form of the body in three-dimensional space. But when we innocently do not know how to utilize the all-embracing spherical nature of the field of gravity, the physical



balance of our bodies may not necessarily meet the three-dimensional expansion that is the release of the whole skeleton in motion.

Therefore the amount of compression or opposition is the same as the amount of solidity or sense of weight from which each of us experiences the natural momentum that is the movement of life.

At this point in our exposition of the three symbols of balance as they relate to natural momentum, it is important to clarify once again why these three symbols are depicted in the same frame of movement that is the transference of weight in the natural act of walking.

In our central graphic depicting the Matrix of Balance we said that the individual is experiencing the natural unresisted movement that is Universal Balance because the frame of movement within the physical body is the same as the frame of movement of life.

In this analogy it is important to realize that it is the three-dimensional angle of release within each and all vertebrae of the spine that expresses the centralization of the Matrix of Balance which is also the balance of the physical weight of the body as it relates to gravity and expansion.

So the transformation of the two patterns/interpretations of balance involves not only a transformation within the whole pattern of movement that changes the relationship of the whole skeleton and each and all vertebrae of the spinal column in three-dimensional space, but, also the transformation of the conscious awareness within the individual as he or she becomes present with the natural sense of communion that is the present moment of life.

As you know we call this natural sense of communion Universal Balance.

In your study of Unity in Motion this transformation towards physical balance and your communion with the natural momentum of life occurs through the gradual reinstatement of direction within the whole skeleton freeing the three main curvatures of the spine.

These three forms of curvatures are; (Illustration #7 referring to graphic of suspended spinal column with curvatures)

1. The first form of curvature is the lumbar area composed of five vertebrae expressing in their three-dimensional extension the natural release and strength within the pelvic girdle and legs. As you know, in Unity in Motion we call this area Foundation because it is the "physical" structural foundation from which each of us experiences the ground and via the head on top of the spine our vertical direction of expansion. Thus, this center is also the center of gravitational foundation from which the field of gravity is three-dimensionally balanced by Crown.

2. The second form of curvature is the thoracic area made up of twelve vertebrae expressing in their natural three-dimensional extension the release and expansion of our chest (rib cage), and shoulder girdle and arms.

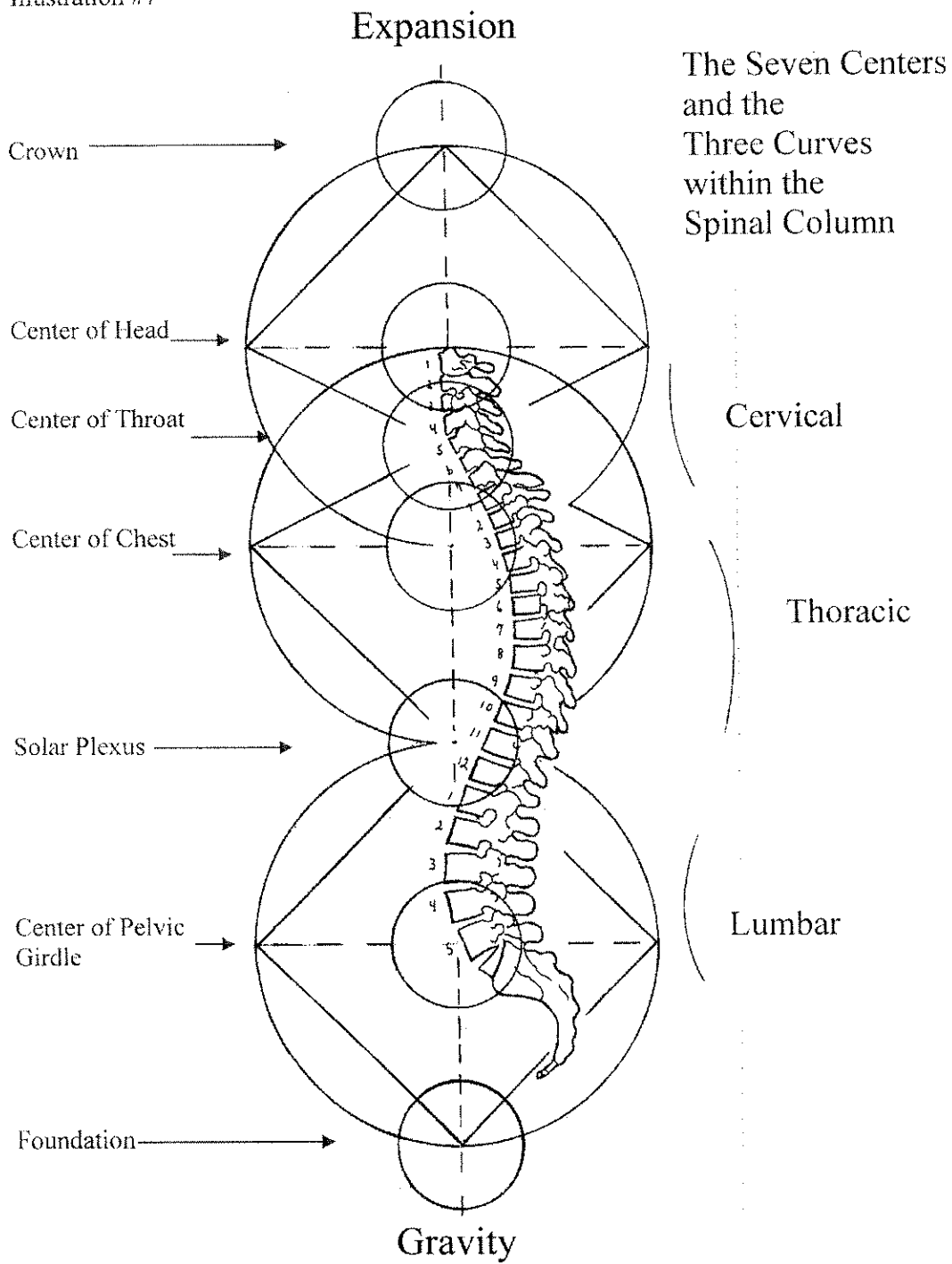
This thoracic area expresses the freedom of movement form which each of us experiences the natural momentum within our sense of balance which is the natural momentum from which we experience the movement of life.

3. The third curvature is the cervical area made up of seven vertebrae which in their clear three-dimensional release express the natural length of the neck and the natural centering of the head expressing the totality of release within all vertebrae and curvatures within the spine. This cervical area expresses the centralization of the head on top of the Atlas (spinal column). It is the highest center of gravity within the body and the clear vertical direction that unites gravity and expansion as the natural momentum of life.

Student: This transformation of the placement of each of the vertebra in three-dimensional space seems to be a lot because we are not only transforming the relationship between all the systems that make up our entire body but also the whole experience in which our mind sense three-dimensions.

Cristiam Yes, The whole release of the body as it is consciously reinstated in its whole relationship of centering is also the transformation of the mind that becomes released into its essential expansional transparency reflecting the natural freedom of a mind that is no longer bound by the interpretation of weight (Gravity).

Illustration #7



Student: are there two minds then ?

Cristiam: well there is in truth one mind which is the mind that is Universal Balance traveling as natural momentum and experienced by us as the whole movement that we call Life.

And, there is the mind of time which has been the unfolding of our human evolutionary consciousness. This is the mind that innocently has been grounded by our conscious separation from natural momentum. It is in its communion with natural momentum that the evolutionary mind merges with the whole mind that is the Unity in Motion that is Universal Balance. And, it is through the union of these two minds (the evolutionary and the universal) that each of us merges with the frame/moment of whole movement that is Universal Balance.

Remember that as Universal Balance the moment and the frame of movement are one and the same. They both are One expressing as "Eternal Now " the physical centralization, as natural momentum of the whole unresisted movement that is Universe.

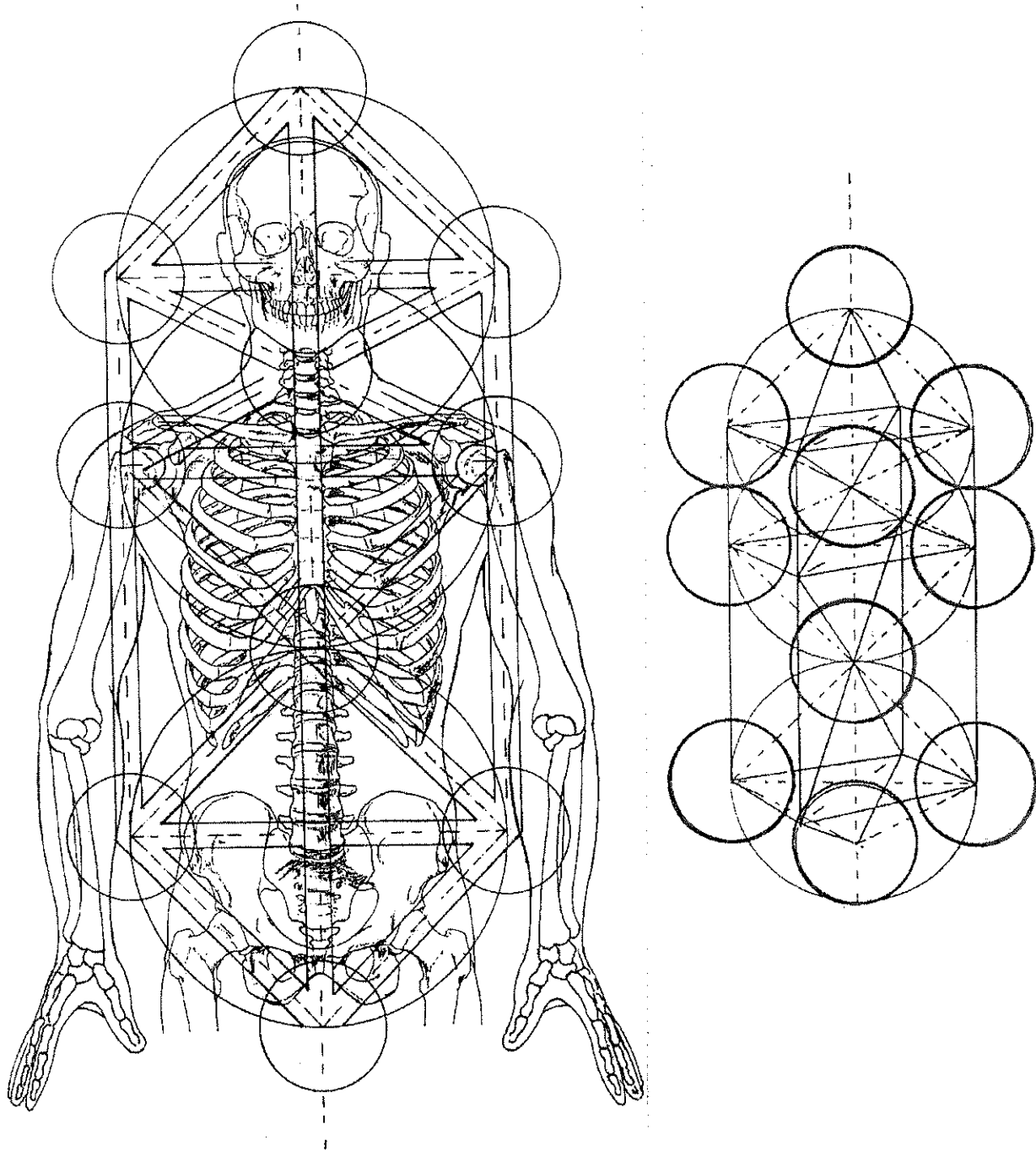
But it is important that when we talk about the profundity of the meaning of Balance we do not forget that this transformation is not complex or difficult, but on the contrary it is easy and natural. This transformation becomes easy and natural as you become clear in your awareness and understanding of The Matrix of Balance. (Illustration #8 referring to skeleton inside Matrix of Balance)

Without the Matrix, our understanding and therefore the actual conscious experience of balance is complex because the transformation of the body is not just a change in its postural alignment but involves a new structural balance between all segments of the skeleton, fascia, between all pairs of muscles and the new relationship of interaction between all organs of function that make up the miraculous organism that we call the human body.

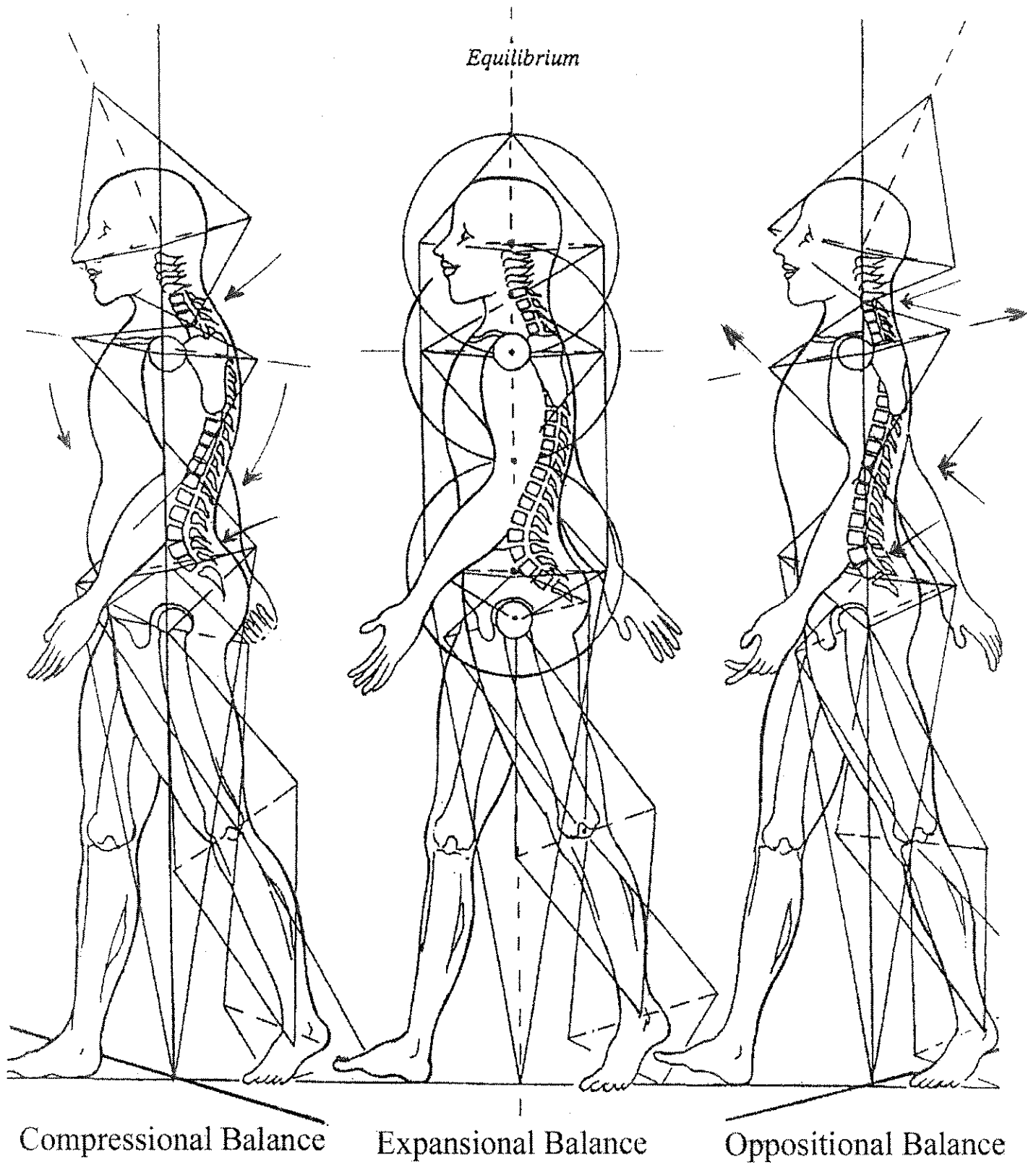
But, with the understanding of the Matrix that suspends the body in three-dimensional space, the whole of the body then, can merge quickly with the spherical system of directions that can unify gravity and expansion as the balanced frame of movement that is natural momentum.

Without the Matrix the re-instatement of the balance of the body is, as I said earlier, difficult and a mystery because the body, being sensed as solid by its own resistance, can only be exercised pulled or stretched in our search for release from stress and structural pain.

Illustration #8



The Matrix of Balance



And this form of exercise, when initiated from points of Compression or Opposition within the spinal column, may innocently prompt more pain and confusion within the persons experience of balance.

This pain and confusion is a direct reflection of the compensatory relationship of centering between all moving segments of the skeleton that, by enclosing the body inside of its own motion, does not allow the person to experience the unification of whole interaction that is the Matrix of Balance--the Matrix of Balance that brings about the three-dimensional release of the whole spinal column.

Student: Cristiam you have talked bout the experience of Compression and Opposition from the perspective of bio-mechanical interaction saying that when one moves with this compensatory pattern of movement one feels that the body is solid. Can you say more about this?

Cristiam : Returning to the Graphics... (Referring to Three Symbols of Balance)

Yes.. When you begin to spend time internalizing these three symbols of balance you can feel the places within the body that self-contain maximum points of stress and pain.

In the "compression" pattern of movement for example, the displacement of the three main centers pelvic girdle and legs, shoulder girdle and arms and the sense of pressure experienced within the centering of the head on top of the spinal column self-encloses the whole body inside of its own self-resisted mechanism. The person moving within this pattern of movement usually experiences a sense of heaviness, of being overweight. And many times this sense of being overweight is not necessarily because of over eating but a direct result of the self/enclosed pattern of movement that manifests weight by the entrapment of its own energy in motion.

As I said earlier, in "Compression" the inner conversion of the spinal column becomes locked inside the interaction of the three places of maximum movement within the spine. This causes a shortening of breath and a sense of sluggishness within the interaction of all the organs of the body.

This sense of sluggishness is also expressed by the sense of feeling a lack of muscle tone within the interaction of motion of the whole of the body.

This lack of muscle tone then reflects the particular energy in which the whole of the body moves in space and the level of physical energy through which the individual experiences the natural vitality that is whole movement of life.

Now, there are many forms of illness or discomfort that come as a consequence of moving within the Compressional pattern of movement. The sluggishness within the whole system reflects a form of physical interaction between all the organs of function that, operating in a constant state of delay, deprives the whole body of the natural simultaneity that is its natural communion with Universal Balance. When the organs are not simultaneously functioning as one whole system of balance, the very nature of the compensatory interaction becomes the stress and the essential conflict that then manifests symptoms of disease .

Now, in terms of physical points of stress and pain in "Compression" it is evident by the structural formation of the body. You can see, for example, the stress existing within the lower back as the relationship between shoulders and arms and pelvis and legs are locked within the thoracic area. This locking of the interaction between the upper and lower areas of the body becomes even more accentuated at the lumbar vertebrae expressing the displacement of the pelvic girdle.

You can also see how the displacement of shoulder girdle and arms upon the rib cage can express itself as tension and pain within the shoulders. This tension within the shoulders, then expresses points of stress and pain within the neck.

The pressure and stress within the neck is a direct result of the relationship between the uncentered head, shoulders and arms. These are the points of stress existing between the upper segments of the body that express themselves as "head aches".

These forms of pain are direct reflections of the pressure existing within the brain that mirrors inside of its own interaction the pressure existing within the interaction between the vertebrae of the spine and all of the segments of the skeleton.

The pressure within the brain mirroring the pressure existing within the body is the direct reflection of the person's relationship to the field of gravity. Remember we said earlier that the field of gravity is a benign and neutral field because the function of the field of gravity is to embrace the body equally from all directions of space toward the center of the body and toward the center of the Earth thereby facilitating equal expansion.

If we could measure the degree of compression existing within the body, this degree will be the same as the particular relationship of the person to the field of gravity, the particular degree of pressure existing within the brain, the particular degree of muscle tone and the particular degree of delay existing within the form of interaction between all of the organs of the body.

The same could be said of the person moving in what we call the "Oppositional" pattern of movement.

The difference being that in Compression the whole of the spine converges into itself and in Opposition the whole of the spine becomes like a wall that supports through self/created pressure the whole of the body in motion.

It is this opposition that creates the sensation of being stiff and tight, and in need of constant exercise in order to feel a sense of looseness and physical release.

As you internalize this symbol of Opposition, you can see the points of maximum stress and structural pain existing within the movement.

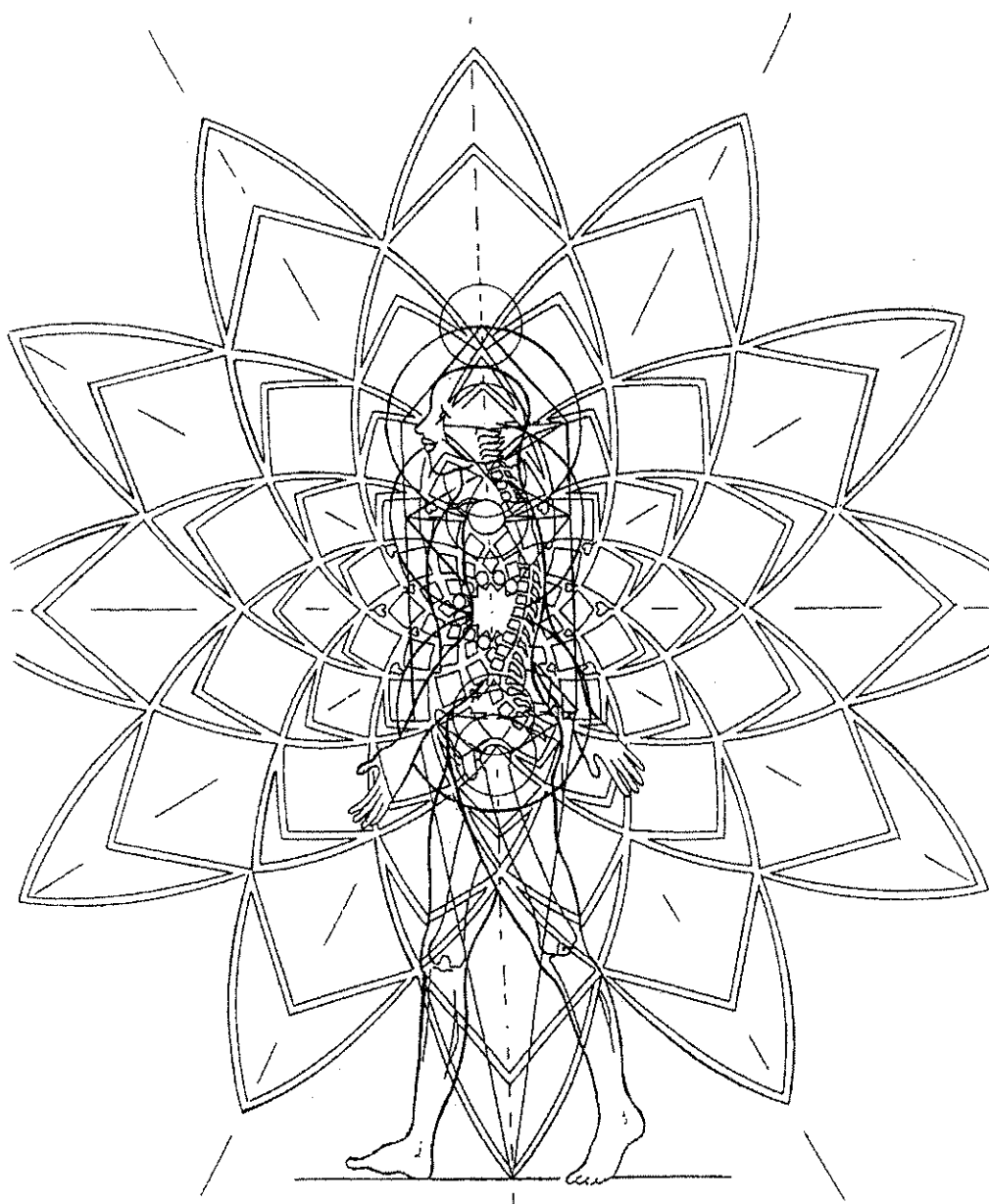
Stress within the lower back reflects a form of locking existing between spine and pelvis.

Pressure and pain existing within the thoracic area of the spine comes about as a direct consequence of the shoulders and arms holding the spine which is resisted at the pelvis.

There is often pain within the hip joints as they become locked in their uncentered relationship to the pelvic girdle. There is often also pain within the knees that comes as direct consequence of the uncentered relationship between the three segments of the legs at the joints.

Again it is important to perceive that the centering of the head on top of the spinal column is deviated from its true vertical direction of extension because of

— Illustration #9 —



Natural Momentum

pressure existing between the Atlas (top of the spinal column) and head and the three areas of maximum movement within the spine.

Again, as is the case of the Compressional pattern of movement, the pressure existing between the head and the spinal column becomes the form of interaction by which the brain experiences the field of gravity and the perception of three-dimensional space.

Remember that in our central symbol of balance--the unity existing within the Matrix of Balance (the system of tensional forces that expands the body in three-dimensional space and centralizes the physical weight) expresses the natural synchronization of the field of gravity with the expansional field of energy that is the very life force that animates the human body.

In the central symbol of balance, the field of gravity and the expansional forces are balanced and the central line (expressing the natural three-dimensional extension of the spinal column and the physical centralization of the whole body) is the center of true Self Equilibrium. (Illustration #9 referring to figure inside of Balance – Natural Momentum)

And, it is this union between Gravity, Expansion and Self-Equilibrium that is the individual's communion within the natural momentum that is Universal Balance.

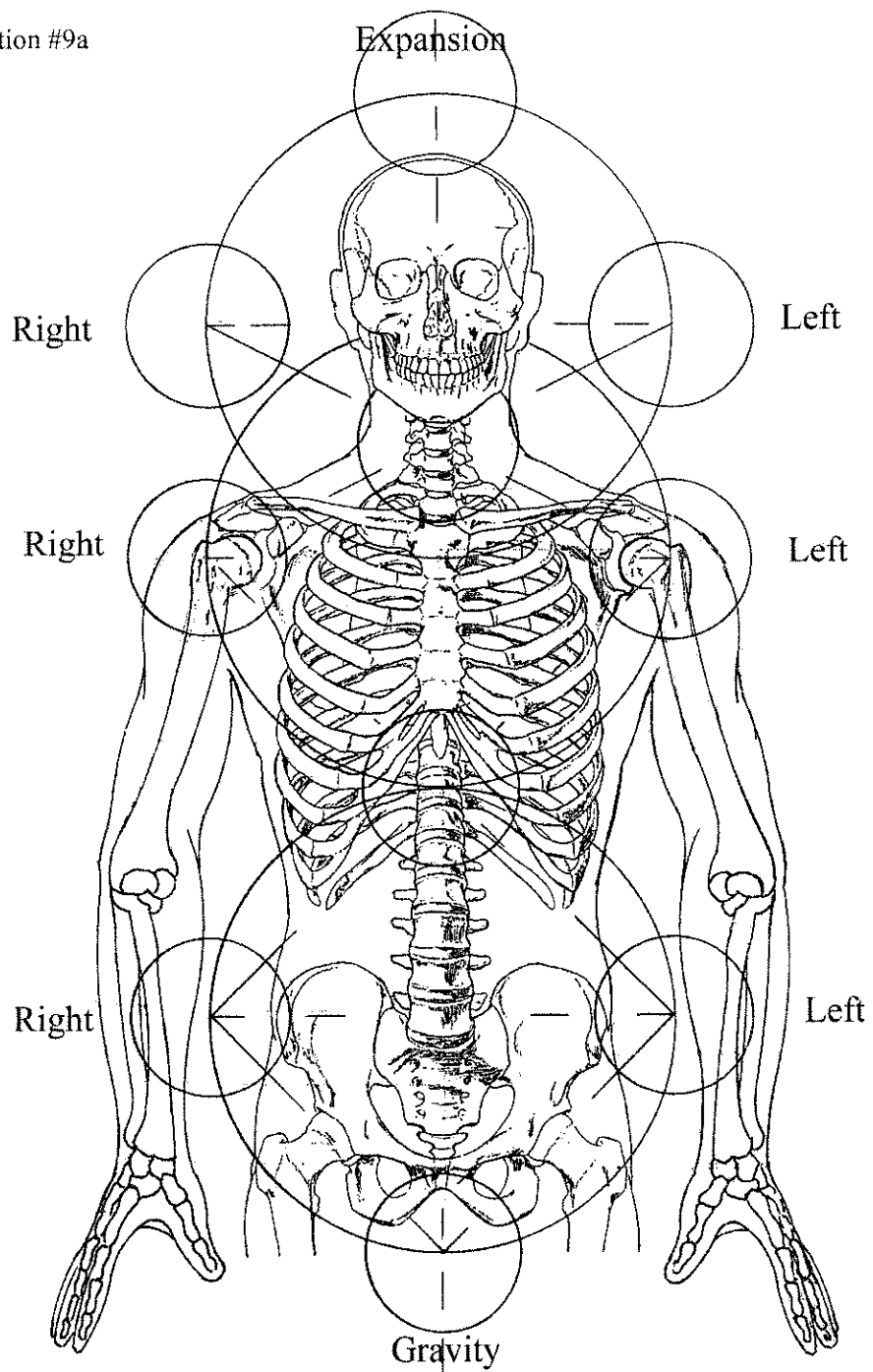
Remember at the beginning of your study we talked a lot about this, but the Matrix did not then have the same meaning as it has for you today. Now that you have more understanding and experience of the movements of Unity in Motion, and can more easily perceive the relationship of your whole skeleton in motion, you must come back to the Matrix and get a much clearer refinement of its form.

The refinement of the Matrix is the refinement of learning to put yourself in the center of space and thus utilize the Geometry of Balance as a mean for you to become free from having to support your physical body in space.

The Geometry of Balance is composed of all the planes and directions existing in three-dimensional space that suspend and liberate the physical weight of the body in motion as it is propelled by the natural momentum of life.

Remember that the Matrix, as it synchronizes you with the Geometry of Balance, also synchronizes your mental awareness, your energetic feeling and your

Illustration #9a



*The Forces of Balance and
The Three Senses of the Self*

physical/structural experience of three-dimensions into the one whole experience that is You - Yourself.

Once your mind understands the Matrix and its connection to the Geometry of Balance the geometry will move you and support you instead of you having to support and move yourself and then the Geometry will also continuously refine you in your experience of merging with natural momentum. Then, you will also understand how the muscle tone within your body comes as a direct result of your geometrical connection with Universal Balance.

Student : How do I place myself inside the Matrix?"

Cristiam: By mentally internalizing all of these forces as places of structural relationship within your skeleton.

First, you know that within the Matrix, the center of Gravity and the center of Expansion (which is your relationship to three-dimensional space) are one and the same.

This imaginary line then becomes your sense of centering of the physical body and the points of reference from which you acknowledge the three main senses of balance. (See illustration 9a)

1. The balance between right and left of shoulders and arms centralized at the center of the chest, (your heart).
2. The balance between The right and the left pelvis and legs centralized at the pelvis.
3. And the balance between right and the left of the head, as it is centralized on top of the Atlas - spinal column.

Once the three expressions of centered balance are defined you can then begin to unite these three senses of balances with the transversal directions that unite.....

The right side of your centered head with the left shoulder joint and arm. The left side of the centered head with right shoulder joint and arm. These transversal connections expressing the release/extension of the cervical area of the spine— (the neck).

The right shoulder joint and arm with the left side of your hip and leg. The left shoulder joint and arm with the right side of your hip and leg. These transversal expanded connections expressing the release of the upper torso in its relationship to the pelvis and legs and the natural release expansion of the thoracic and lumbar areas within the spinal column.

And finally by acknowledging how the internal directions exiting within all muscles formations within the skeleton express the seven centers that unite the forces of Gravity with Expansion as Self/Equilibrium (Illustration #10 referring to graphic of Seven Centers)

Remember that the Matrix will liberate you from any sense of pressure within the structure of your body and furthermore will liberate you from the genetic inheritance that many times encloses us into a particular pattern of movement.

Evolutionarily we have come from thousands and thousands of years of unfolding inside of a self contained mind. And we have been innocently and simplistically relating to our physical sense of balance in a very simplistic form of understanding.

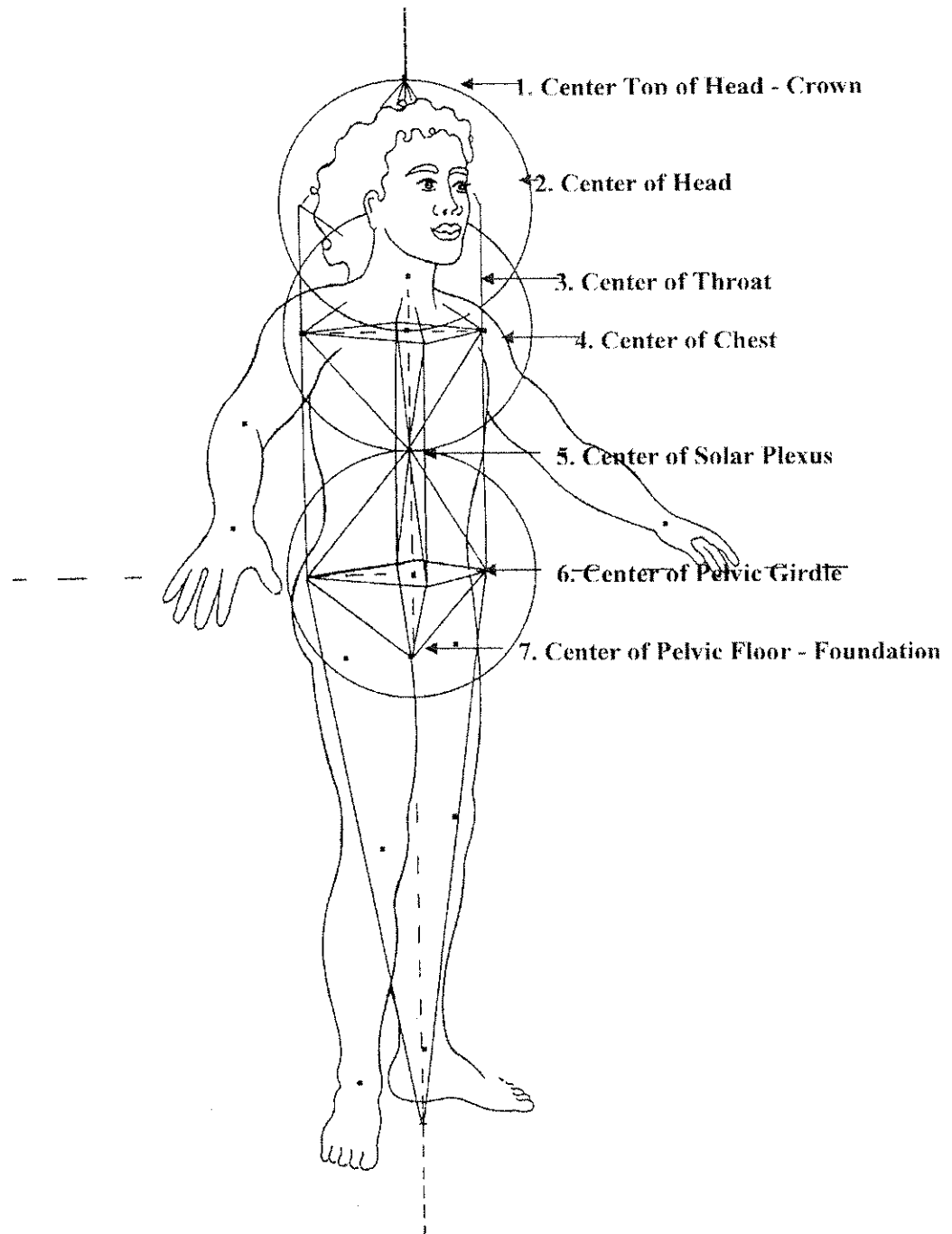
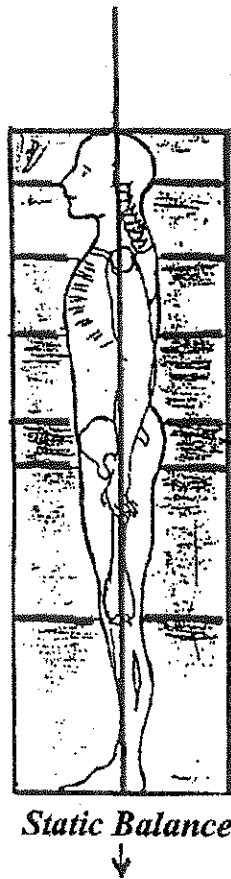
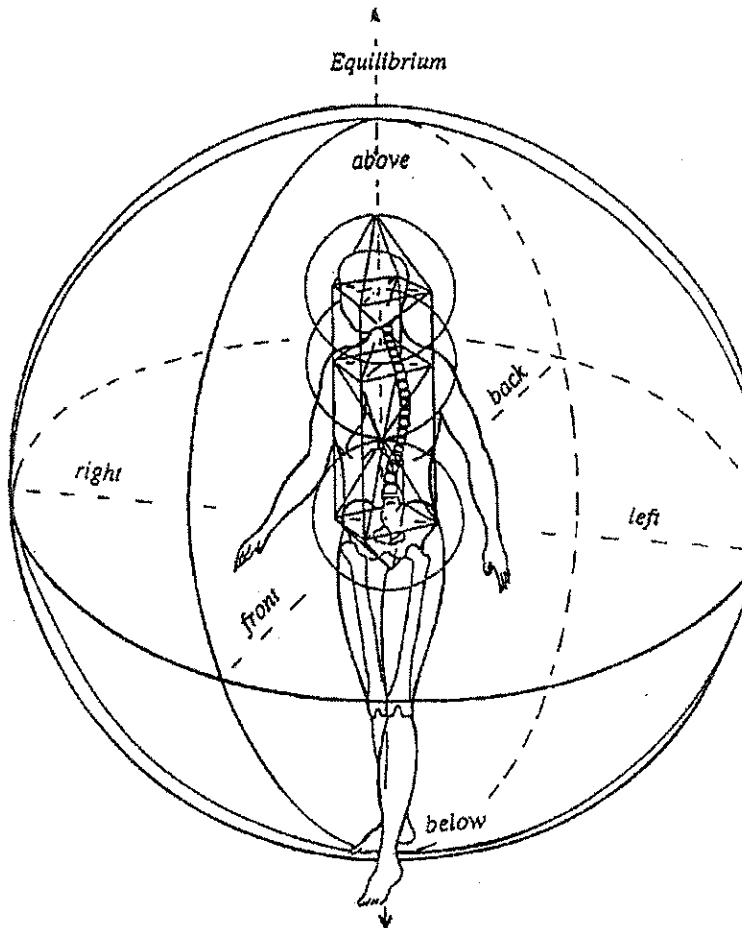


Illustration #11



Based on the idea of postural alignment centralizing the weight of the body in relation to the field of gravity.



Three Dimensional Balance

Natural movement in which the three-dimensional centralization (the balance of weight) is also the center of expansional momentum that is the unresisted movement of life.

For a long time we have been evolving On the planet in order to uncover the nature of our balance. This is the first time that we are free from our evolutionary interpretation of balance, releasing ourselves from the confinement of our physical structure and the confinement of our evolutionary mind. And, with this release we are coming into presence with a new mind and new consciousness through which we are becoming much more universally expanded: as a planet, as a people, as a collective consciousness. The whole world is transforming. We are in a new world. And as we more clearly comprehend this, we can consciously connect with the New Consciousness thus ever more becoming free from stress and suffering within our daily experience of life. . . (Illustration #11 referring to static versus three- dimensional balance)

Inside of the genetic code we may be destined to some day get sick from a disease or perhaps suffer from physical discomfort. We can now be free from these possibilities as our mind begins to free itself from physical pressure and through this freedom come into the awareness of the "new reality" that is the natural expression of the New Consciousness.

Remember that the body and the mind are like a circle in which one reflects the other. The release into balance of the physical body is the release/expansion of the mind and the release/expansion of the mind is the release of the physical body into natural momentum.

And with this understanding and experience the mind can quickly realign itself into the actual balanced formation of the body which ultimately, inside of its perfect holographic design, was made to be eternal.

This for some may not yet mean a lot because within our ancient evolutionary memory all we have is our remembrance of the conflict existing within life and death. That is the conflict existing within our constant appearance and disappearance, as we temporally live the human experience of physical life. -

But remember, as a pure principle, the physical form of the universe regenerates itself every moment and always will be eternal.

The universe could never not be. So we are catching up now with the understanding of the pure principle that is the Eternal Now of Universal Balance and we are catching up with our letting go of the structural, innocent, self contained, simple mind of time.

Until recently we were basic, tribalistic. Now for the first time we are becoming globally interconnected in our human understanding of unity. We are beginning to free ourselves from self containment and beginning to partake of the New Consciousness.

The New Consciousness, as you are learning, is a completely new paradigm of consciousness that unites us in total synchronicity with the whole intelligence and the whole physical reality that is Universal Balance. It is absolutely divine in that, as Unity in Motion, it allows each of us to know the nature of unity.

The New Consciousness does not have any distance from anything, and so the natural holographic makeup of our being and the whole physical world that surrounds us (the universe) is now equally in balance in its conscious communion with everything.

The New Consciousness is no longer separating the physical world from the spiritual, I and through it the physical world is actually the point of connection to life in which life becomes ecstatic.

Through the New Consciousness we live within the whole field of movement of the heavens instead of the particular movement of our human, evolutionary self-contained mind.

Because the Matrix is the system of tensional forces that brings us to our communion with the New Consciousness I encourage you to spend time in the understanding and knowing of the Matrix. So in the next two days if you have questions that can further your understanding of it, please bring them into the class.

We are all becoming more and more present. Things that before were evident and present but could not be seen with our conscious perception are now becoming more and more accessible to our senses and field of awareness.

Student: There is a language of words what express our wholeness and our relationship to everything, such as we exist as a "field," this word gives us the vision and gives us a huge and profound sense of who we are. We can see it also as a whole system like an eco-system and we can see it all at once.

Another student: How would I view the body with the idea or word of transcendence? I used to view transcendence as a separation from the body and the body would function on its own like a robot. But now the Self is fully

present in the physical and the Self is a field. How do I hold transcendence now?

Cristiam: Transcendence and self-containment were two different terms from which we differentiated our experience of ourselves and the world that surrounded us.

Self containment as a term becomes clear as we began to understand that we all have been "self-contained" inside of the ego experience that has been our evolutionary history. In another words "the ego" has been a natural outcome of our evolutionary unfolding of consciousness. This was a paradigm of consciousness in which each of us felt separated from our creator, each other and the world that surrounded us.

Because of this separation we may see ourselves as "This is the way that I am, this is the way that I think", without recognizing that most of this interpretation of self is a bi-product of the collective consciousness plus the genetic remembrance that connects us with our ancestry.

So from that sense, transcendence does not mean a form of rising above a specific situation but it is our essential connection to the larger memory within our essential being through which we have access to a larger vision of who we are and who we can be.

Through our communion with the New Consciousness we begin to understand that we are as large as we allow ourselves to be. We began to recognize that in the degree we allow ourselves to expand we will be matched by a conscious level of information arising within our sense of self. We may call this learning or we may call it a new awareness.

Student: Will this message about the Matrix and all of its dimensions of consciousness be in the new dvds ?

Cristiam: Yes, it will be. But information about The Matrix is already available. It is contained in our three published books. It is defined as a system of directional relationships of energies within the human body that expresses spherical expansion. The Matrix is the spatial relationship existing within the expanded skeleton allowing each of us to experience self-equilibrium as we move freely within a field of three-dimensions.

But the matrix is also much more than this because it represents the unity within our sense of self of three senses of balance within our being: conceptual understanding of balance, emotional experience of balance and physical engagement with balance.

The Matrix was first seen within the memory of the race as a myth within our evolutionary history. It was said to have been the oldest symbol preserved through all time because it represented the memory of the first image and likeness that was the body of Adam and was called The Tree Of Life.

This myth was both symbolic and also realistic. Symbolic because it self-contained the mystery of what was the actual state of consciousness existing within the first human imprint of creation.

Realistic because we now understand that the forces this symbol represent are actually the inner sense of directions within our physical body that allows us to experience Gravity and Expansion as the balanced engagement that unites us with the natural momentum that is the whole field of movement that is Universal Balance.

We can now understand that this ancient symbol is a map of consciousness that reconnects us with the movement of the heavens.

Within our evolutionary voyage our conceptual interpretation of balance has been bound by our misunderstanding/interpretation of the field of gravity and therefore we were not able to experience the totality of the release of the mind that corresponds to the celestial mind - the whole mind that is the holographic imprint of who we truly are. Inside this holographic imprint we are actually the experience of God. We are actually the Universe knowing itself as love. We are the mind that is infinite.

We are inside of this new mind now as we experience it though our study of Unity in Motion. All of us are experiencing it, although we are experiencing it in different forms of understanding. This new mind is not yet fully known by many because we have just recently come into the whole information and communication that could assist the world to consciously receive it and thus fully understand the changes that we are going through. Because of this, certain people (innocently and because of lack of information) are either experiencing great degrees of release or creating a lot of stories, thinking that the end of the

world is coming, that global warming will bring about endless cataclysms and that humanity may destroy itself through its own doing.

But if you want to know the truth about the transformation of the world, the transformation has already happened. It occurred in 1987 when the New Consciousness came into being and we have been in the New World since 1987.

Student: Could you explain that further?

Cristiam: Yes. On August 17, 1987 four projected events came together in one instant transforming the evolutionary consciousness of time into the New Consciousness of Life. These four events were:

1. The fulfillment of an essential remembrance within our sense of self that said one day we will return to the experience that is our natural state of being as it existed in the original edenic garden where we were all partaking of the natural ecstasy of life.
2. The fulfillment of the prediction of "the second coming" this time not in the form of a person but as the actual Consciousness that merges Heaven and Earth as the reality of one.
3. The ending of the Mayan calendar expressing the completion of the world as we have known it.
4. The fulfillment of a vision within the New Age in which a new planetary alignment was to bring about a new form of seeing and experiencing life.

These four predictions came through in the form of a very simple act of fulfillment (a moment of transcendental merging) expressing the completion of the whole scenario of consciousness that was our human evolutionary search for the meaning of life.

This completion represented the cumulative spiritual, mental and physical experiences of humanity that in their whole expression of unity (as the completion of a puzzle) matched as a mirror reflection of natural correspondences the whole field of consciousness that is Universal Balance.

In this instant of matching correspondences (as the harmonic convergence) the instant of time, expressing the whole field of evolutionary consciousness of man, merged with the timeless, boundless field that is the Universe and the linear,

dualistic mode of evolutionary mind became instantaneously transposed into a New Mind.

This is the New Mind that is the New World and New Consciousness of Life. But, as the new consciousness came into being, expressing a completely new form of awareness and experience of life, it could not be immediately perceived because the mind and the nervous system of our evolutionary consciousness needed time to physically transform, make sense and become gradually aware of the new form of seeing and the new form of being existing within the New Consciousness. This is the reason that even though the Harmonic Convergence and the birth of the New Consciousness came into being on the 17th of August of 1987 we are only now, after many years of transformation, becoming fully present with the miracle that is the fulfillment of our human consciousness.

Student: But hasn't Universal Balance and the Whole Mind of Life always been present?

Cristiam: Yes, but before the completion of evolution (before the merging that took place in 1987) our human consciousness could only experience glimpses and transient ecstatic experiences of the whole field that is Universal Balance. That is, we all had personal experiences of moments of extreme happiness, feelings of love and spiritual experiences of transcendence but these experiences could not be maintained by our consciousness on a continual basis.

This is because, as evolutionary consciousness was made up of the many interpretations of duality it could not yet match in a consistent, continual form of interaction the whole field of Universal Balance.

Therefore, the moments of infinite connection to the whole mind of life became followed by the return of the senses to the grounded level of experience existing within what we have called our human (physical) expression of life. Even though the whole field of Universal Balance always existed because it is the whole background from which our human consciousness evolved, it only became wholly available (as a matching correspondence in continuity) by the transformation of the consciousness in 1987. In this instant of fulfillment, the collective mind of evolutionary time merged with the Universal Mind and the transient state of evolutionary consciousness became the continual momentum that is Universal Balance. In this instant/merging of minds, the moment of time became the Eternal Moment (which is our moving communion with the whole

field of balance) and the act of perception within evolutionary consciousness became whole awareness.

This field of whole awareness is what is transforming us now and it is becoming more and more evident by our moment to moment experience of the many changes occurring within our world and our daily lives.

As you know, there are many beings now on the planet that are becoming "the expressing voice" of the New Consciousness. Eckhart Tolle calls it "The Power of Now", Byron Katie calls it "Loving What Is" and David Hawking calls it "The Field".

So in answering your question about the birth of the New Consciousness, the transformation of the world as we have known it occurred in 1987 when every single belief system gathered through evolutionary consciousness became instantaneously obsolete with the appearance of the New Consciousness and the old paradigm could no longer function inside of its old form of interpretation.

The financial systems, the religious believe systems, the political systems, every aspect of the world as we have known it is now transforming. We are now in the New World. And, as we begin to understand this, our experience of life eases up. In this way we transform into the moment to moment experience that is our moving with what IS - the fulfillment that is Universal Balance.

This understanding and experience of moving with existence is a blessing because as our mind becomes increasingly free it does not need to constantly get enrolled in the old reflex that says "Oh my God what it happening now?"

Now we can understand that everything that is occurring is a natural outcome of the transformation of the world from how it used to be to what is now becoming in its new communion with unity.

And this transformation that is occurring within the world and within our immediate awareness in our daily life is also occurring within your physical body.

Your physical body is going from an unconscious state of living in the mind of time doing the best it can with all the confused premises of evolutionary consciousness into a physical body that is learning to live in the same instant that is the natural momentum of Universe.

The physical body is catching up with the actual awareness of being fully present--engaged in the new field of consciousness that corresponds to the experience of natural ecstasy that is the physical reality of life.

Here, ecstasy means the interrelationship of motion existing within all celestial existence manifesting the moment within our human experience that we call "The Now".

But it also means our experience of two other forms of ecstasy.

It is the experience of ecstasy that comes into being through our communion with the New Consciousness revealing in us a whole, new *conceptual* understanding of Unity.

The experience of ecstasy that is the feeling of energy – the love – that arises within our being as we become supported and move with the whole movement that is Universal Balance.

Remember when we were children and we were taken for a ride in a carousel? And remember when you felt that everything was moving one way and if everything outside the carousel was moving in another way. Remember when the two ways merged and we felt as if everything was moving simultaneously with us? This was ecstasy--the experience of being momentarily in stillness as we were also in motion.

This experience of the childhood carousel becomes once again true for us as we enter the natural state of ecstasy that is the whole movement of the heavens. The nature of the movement of the heavens that is Universal Balance is ecstasy within ecstasy.

Everything is ecstasy in which "the now" is one frame of ecstatic motion. It is the frame of movement within the whole movement that is universal existence expressing physical balance as the dance of three dimensions.

Now as we are becoming cognitive of being inside the whole movement that is the New Consciousness, the physical body has a lot to catch up with. For a long time it has been concrete because it was the tendency of the mind of time to make everything concrete.

Every particle of the molecular structure of the body has been bound by its own concreteness. And now every particle of the molecular structure must become ebullient. We must become fully alive again. We must become the whole system of motion that is the human body mirroring in simultaneous communion of correspondences the whole motion of the heavens.

We must do this in order to partake of the same reality of balance that is the very life of our existence. And, as we do this, we become healthy.

Every single problem of health that existed in the old paradigm of consciousness was an innocent form of delay existing inside the system of motion in which we were living. Another form of saying this is: mirroring all of the confused premises in which our evolutionary mind interpreted reality, all of the systems that make up the function of the human body were not operating in a simultaneous state of interaction.

As you know, all systems of function that make up the human body are interconnected in their collective function through muscles. When the whole system moves in a natural state of balance the very nature of the unity is a consequence of the unresisted working of one system in relation to all others. When all systems work together simultaneously (within the same instant of time) each and all of them are free because they are partaking of the whole field of energy that is the nature of Balance.

Balance is the natural whole field of energy centralizing the physical weight of the body as it is moment by moment partaking of the natural momentum that is Universal Balance.

When there is a sense of imbalance the very resistance of the whole body in motion is the same as the delay of interaction existing within the function of all organs. And, it is in this delay of interaction in which all organs do not function simultaneously as one that disease becomes manifested.

Why? Because when there is any delay in the simultaneous function of the whole body, the body is innocently constantly laboring by not being able to synchronize with the whole system of movement that is the bio-rhythm of life.

The bio-rhythm of life is another term to describe the whole system of movement that is Universal Balance. The bio-rhythm is the simultaneous interaction between all independent celestial movements moving as one whole body – The Universe. This principle of simultaneous interaction moving as one is the nature of the New Consciousness from which we are now becoming connected with the eternal moment. The eternal moment being the centralization of the whole field of movement that is Universal Balance.

So in our communion with the New Consciousness we are all becoming simultaneous. We are all transforming into an increased state of unity, which is also an increased experience of ecstasy.

This form of transformation is very simple because it is natural but it may also seem complex because we carry many memories of the old system of consciousness within our genetic inheritance. The language and interpretation of consciousness has been very complex within this old paradigm.

Inside of this old system of consciousness we are all already in different stages of wear and tear and in this state all we can only do is postpone the inevitable. That is, postpone the stress, the pain or the development of a disease.

But all this can be released as we come into correspondence with the new world because in the new world we are just beginning to be reborn.

We are beginning to be reborn in the moment that we recognize that we are already in The New World. That recognition is actually our connection to the New Consciousness.

Student: Cristiam but if the new consciousness is already here doesn't everybody already partake of it automatically?

Cristiam: Yes, but without the awareness of the new consciousness you do the best you can. You may start to feel somehow different or notice that something is very different within your moment to moment experience of life but you can not partake of the energy of balance directly.

Student : Why not ?

Cristiam : Because energy – the energy that is Universal Balance -- is consciousness being conscious of itself.

In another words, the energy of balance and the New Consciousness are one and the same because both are simultaneously One. Therefore in order to experience the energy that is the nature of balance we must be consciously aware of it because our conscious awareness is our direct experience of the energy and the direct experience of the energy is – timelessly - our conscious awareness.

Student: In the medical world, there is stem cell research, and they are developing new organs from our own stem cells. This means that people who

have damage in their organs can have access to the rebuilding of these organs. They have already done this with skin. There is potential for rebuilding the body itself.

Cristiam: Yes, we are creating from our scientific mind many of the tools that correspond to our self-regeneration, but also there are certain aspects of Consciousness that can assist you to come into correspondence with self-regeneration.

These aspects of consciousness are, as you know, the Ten Dimensions of Universal Balance. The Ten Dimensions are ten simultaneous expressions of unity that together as One represent the whole scenario of consciousness that is the conceptual, emotional and physical experience within our being... engaged in the natural momentum that is Universal Balance.

In another words, the Ten Dimension is the New Self that you are.

The Ten Dimensions, in their wholeness, is actually the New Mind understanding itself as whole, living inside the field of whole awareness in which love is supreme.

Inside of this whole field of awareness we see the world with the eyes of transformation. We simultaneously transform ourselves and the world becomes beautiful to our eyes.

We all come into correspondence with an expanded, perfect vision of The New World and this expanded vision is the New Consciousness shows us the magical nature of Life.

So as our consciousness awakens to all of these aspects of transformation, the New Consciousness awakens in us all of the systems of function that are our human body. What I am saying here is that our awakening of the New Consciousness is the same as our inner awakening of consciousness that is the balance of the many systems that form our physical form – the body.

In this sense consciousness and the human body are one and the same.

So returning to the scientific method, the way the scientist thinks is that we will be able to discover through consciousness (intelligent scientific discoveries) all of the elements that eventually will lead to our physical well being and ultimately perhaps to our immortality.

But, when we get to that point (at the completion of its discoveries) what science will encounter is our Whole Consciousness. That is, it will encounter "physical wellbeing" and perhaps our immortality will be self-contained within The New Consciousness.

The New Consciousness expresses itself within our human experience as the whole spectrum of mind – whole awareness -- sensing itself as perfect within the natural unfolding of Creation.

So you can use both of them, understanding that science will continue helping us to encounter the discoveries that will improve and perfect our sense of well being. And, our understanding and experience of the New Consciousness will assist us to repair and replenish the body very quickly...that is now.

Beginning to understand and experience the New Consciousness is the most important form of assistance within our experience of life because it is the way that we can become free from our continual subconscious association with the old paradigm of consciousness that has been our evolutionary reality.

Remember that the old paradigm of consciousness was made up of countless interpretations based in dualistic premises and these are the many beliefs in which we have based our daily experience of life.

Remember also that for every single thought that our mind perceives there is a correspondent neurological reflex disseminated throughout the whole of the body.

Therefore what we must do is to begin to see the New World as it really exists through the eyes of the New Consciousness so that through the transformation and liberation of the evolutionary mind we can also transform and liberate the body from having to be constantly contracted by the way we perceive reality.

Every time we innocently return to an old reflex gathered through our evolutionary unfolding, we innocently crystallize the system back into its own contraction.

Therefore the more we can learn to live in the New Consciousness the more the body will be constantly released because the body and the mind are our simultaneous partaking of reality.

In the New Consciousness there is no division between the mind and the body because in their communion with Universal Balance both are One. And it is the function of the mind as it is also the function of the body to empower the Self to live in the natural state of ecstasy.

The true mind is ecstatic. It is spherical, all encompassing in its released state of being, it is not linear and this is the reason why throughout evolutionary unfolding of consciousness we have not been able to fully connect experientially to the whole mind that is Universal Balance and truly be able to enjoy it.

This is the reason why I am saying to you that it is very important for all of us to be able to connect to the New Mind and develop our awareness to perceive it, enjoy it and receive it, because it will quicken in each of us, physiologically, the nature of wholeness that is our true sensation of our physical body.

So I encourage you to continue studying the perfect reason and meaning existing within the Ten Dimensions and throughout this weekend if you want to bring more questions about it please do so.

Student: Cristiam can you say more about the relationship between consciousness and disease and the restoration of our natural state of being ?

Cristiam: Yes, the way that disease got manifested within the time sequence, (our history of evolution) was that every single disease that became named and assisted in its healing by science, became morphed or transformed into another form of disease. The reason for this was that a disease was not necessarily a biological aspect of the physical body, but an innocent disconnection of consciousness that could not yet match its true holographic imprint.

According to the way we see it within the realms of evolutionary time, it will take science all the time that it will need to go through all the discoveries. And, eventually this amount of time will be the same amount of time that it will take our human consciousness to become fully conscious of its essential holographic make up.

All of this is inside of time.

Inside of the New Consciousness, all the time needed for evolutionary consciousness to find the release of disease does not exist because the New Consciousness **is** already that.

So, if you understand that, and match through your consciousness the natural wellbeing that corresponds to the completion of science, then you are in the presence of the whole field of energy that is your wellbeing.

The completion of science and your natural wellbeing are together and are both right here in the presence of the eternal moment. It is only that we are coming from a developmental state of mind that could not comprehend that it could go from a linear state of perception to a holographic state of whole awareness in one instant.

You know that you can do this now. And just the knowing that you can is the opening to perceive it. You cannot perceive that which you are not open to.

Once you begin to understand that your body is an imprint of a holographic state of wholeness and that your consciousness is that now, you can, in an effortless manner, come into correspondence with a behavioral understanding of wholeness as well.

As you begin to merge with the new consciousness you will be able to learn all the A to Z of consciousness as you also regain your whole awareness of physical interaction.

Everything is available to you right now. And that is the message. We may not know this fully yet because, as I said earlier, the language and the vision that we have inherited throughout our evolution is very tiny. We have operated for so long inside a self contained system of consciousness that the self-enclosed mind of time may need time to release and expand in order to fully realize that it is now inside a whole new eco-system called Universal Balance.

Then, as the mind and the body become expanded inside of the New Consciousness, each of us can realize that we are free from any identification with conflict. No more conflicts of nationality, no more negotiations between conflicting premises, no more religious interpretations, no more economic problems. All of these conflicts exist inside of a linear process of consciousness that is now constantly rearranging itself to match the New Consciousness.

And, in the New Consciousness they are all perfect. And once you understand that, you become an assistant to yourself and to the world that surrounds you, because it is through YOU that the world is entering into the immediate new experience that is its natural transformation.

Student: In the New Consciousness, do you consider everything to be perfect in the way that you see it, or is it because it **is** that way? Or you don't see it that way at all?

Cristiam: This is very delicate. Let's take something tangible like economics. The world has been functioning inside of an economic projection that was not real. We were spiraling into an economy that was constantly projecting more, more, and more, and we created an economic system that was built up from an unreal, virtual foundation. It was predicted that it was going to fall but we didn't know when and we projected that it would happen in a far away, distant time. As it happened, the economy was falling for a long time and it only became evident in the last year.

The reason that it fell is that it was never real. It was random, out of control and was creating an enormous amount of havoc in the world. It had created a big separation between rich and poor, creating enormous problems because economics has to do with many things; it has to do with pollution because of the cost of disposing of toxic waste, it has to do with our facing global warming, our use of energy consumption, the cost of health care as well as all services etc, etc.

Therefore the economy did not have to do with only money but with everything; with all aspects of consciousness within the planet, and within our moment to moment experience of our daily life.

So, all of a sudden we are awakening to the realization that the economic old system is collapsing. What will we do within the system? The way that the system is viewed is with two views: One, we help the system in whatever way we can, or two, we let it drop, fully collapse and then rearrange itself into its natural rising once again.

And these were the alternatives within the battle of ideas that surfaced as the full conflict within our economy came into view in a matter of few weeks.

Then we decided that we are going to help the situation. And there were those on the other side of the conflict who said just leave it to nature. But it was decided that if we do this, there would be many people who would suffer. Many people would lose their jobs, their businesses, their savings, their homes.

Now as we see this conflict from the large perspective that is the New Consciousness we realize that trying to resolve it is almost impossible because

the whole system is already faulty and will eventually return to the same re-enactment of its own confused values.

But what we could do is give it time, frame by frame, so that it can arrange itself into the new system without having to go completely under or without having to grab it in order to put it together in same way we did in the past.

So we are buying time to facilitate an eco-minded rearrangement into Balance, until it intelligently (through the creative expressions of many individuals' new sense of awareness) can match itself with the actual presence that is Universal Balance.

The same thing is happening with the physical body. As regards my physical body as it exists inside of the old paradigm of consciousness, I am already dead. And you are already celebrating my life as it culminated into death. Yes, because my body has all the imprints. You know, the genetic imprint of memory through which it will eventually terminate itself. Therefore I am dying every moment.

But also, I'm reborn every moment. And, since I understand the New Consciousness I also understand the transformation of the whole system. The transformation of the whole system of function that is my body is not jumping from here to there but is an ecological rearrangement, frame by frame, moment by moment, as I am being transformed inside the New Paradigm of consciousness.

And this frame in this transformation will assist and ensure that all of the aspects of my old system will be able to use their old sense of balance to reconnect to the new balance without any suffering, without any kind of disconnection, without any kind of shock to the system.

This is the only way that the system could be repaired anyway. The system cannot be repaired by pushing it, depriving it or forcing it into anything, it can only be repaired by supporting it, nurturing it and assisting it, transporting it into the new holographic imprint.

Through this understanding, the moment of time is not just a bridge to the next moment but the point of union with the Eternal Now existing within the natural momentum that is Universal Balance. This is, then, the union between the frame of time (as we interpreted it in evolution) and the whole field of movement that

is the whole field of consciousness – The New Consciousness -- expressing the energy of Life.

Through the frame of life then, through each moment of life, we are in fulfillment now. We are in the New Consciousness. We are inside of the Holographic imprint of existence, traveling with existence. My body is perfect, yet at the same time I am going through the process of consciously and intelligently transmuting all of the systems and their functions to house them into the New Paradigm.

Inside of this new understanding of self-assisted premise no part of me is suffering, none of the senses within my being are in shock.

Once you understand this, everything is a piece of cake. If you don't yet understand it (because of the innocent entrapment of the evolutionary mind of time) you may experience a lot of complexity, because the whole system that is the body, by itself without you, without your conscious guiding and awareness cannot fully transform.

All the systems of function that are your body only know how to rearrange themselves inside their old interpretation of balance. But when all the systems have you, yourself – the Self - all systems can connect consciously to other systems and everything will come together in synchronicity. You become simultaneous, your simultaneity is your connection to the moment and you understand that everything depends on you.

Student : so the body is me ?

It is not that you are just the body, you are the intelligence, you are the heart which is the feeling, you are the physical formAnd when these three senses come together as you, you appear in the surface of life and this is your connection to life.

These three senses together bring your sense of Self to the surface of life. As you yourself appear the three senses are One, but without you the three could not be together.

Student this is a little bit confusing

What I am saying is that THE YOU that comes as consequence of your merging with the New Consciousness of Life is perfect. It's THE YOU that no longer corresponds to the interpretations of evolutionary reality but the ESSENTIAL YOU

that in its connection to the moment, in its connection to Life, is inside a whole new sense of well being. The new sense of well being is the health of life.

And this connection to life and to the Eternal Moment becomes your point of reference from which the whole system that is the body transforms all sense of discomfort into the natural ecstasy that is the Balance of Life.

Student: "I really appreciate this talk today because I am experiencing compassion, compassion for myself. I think we have to remember that we are the change in each household and we are the change in our sphere of associations. What this talk is doing for me is that my "other", my immediate family, is not on the same page, they are living in the self containment that you described, and you describe them as being innocent. I feel connected with that statement.

It is important to understand that when you have expectations of people you cannot expect them to fit into your concept of how they should be or how the outcome of any situation should be either.

Many years ago I was shown my third eye and this was the first time I saw it, it was scarcely open. This time I saw the eye opening and wanting to stay open. I interpreted it within my sense of awareness as a very large eye not as a human eye, a teaching eye, a validating eye. It was telling me that it is ok. You are right on schedule.

This life force expressed as compassion that we are experiencing toward our self and others, is a new acceptance of where we are now, and there is no criticism. This is a new love force we are experiencing right here and we can depend on it."

Cristiam: It is important how we use the word compassion.

There are two forms of compassion. There is the form of compassion where you recognize that everyone is you. And you recognize that everyone is going through the change that you are going through or have gone through.

The second is to have compassion for your self. What that means is that you understand that a lot of what you were born into and came into this life with has been a memory body. A body of genetic inheritance, beautiful and essential because it carries the memory of the whole race but it carries also within itself the history of the pain of time.

Therefore at the same time that you are inside of this extraordinary New Consciousness, inside of this beautiful boundless new mind, you are still inside of a physical body that innocently carries these memories. For the beautiful boundless mind and the genetic inheritance to be integrated and united, it requires from you another level of intelligence – the intelligence that is You – The Self.

This understanding will allow you to keep both of these realities together as they assist each other at the same time.

And, here is where Balance comes in. The Balance is the knowing that I can take care of my body and give to my body all of the things that its wants and things that it is accustomed to. And instruct it very gently to be able to make the transition into the New World.

Therefore I can take care of the two aspects of me, the new and the old. The One that knows all of it (as it is inside of the New Consciousness) and the one that is innocent and sometimes helpless like a child, and that gets tired and for a moment feels like it is “too much and needs a rest.”

So my desire is to assist you to understand that you are learning to take care of all aspects of you, all of it. And by doing this you are allowing the ancient human memory of your being (which is the memory of our genetic make up) to be able to learn and function in the New World without stress. No rocking the boat and no struggle.

At the same time it is important to understand that you are walking a delicate line. Do not take so much care of the human, innocent aspect of you that you may reinforce it. In this case it will bring you back over and over into the same story--the reenactment of the history of time. This is important.

You must know that this new intelligence is taking 100% care of the innocent aspect of you as you are constantly in communion with the whole field of consciousness.

And, you must also know that the little one may innocently want to continuously impel you to surrender to the memory feelings in you. And in doing this it will justify with a thousand reasons why you cannot live in the expanded mind of life on a continual basis.

So it is important that you do it (take care the human aspect of you) from the Fulfillment of the New Consciousness.

Remember that in the New Consciousness, Balance has become Fulfillment. And in the old paradigm of consciousness, balance was always a mystery. And the mystery of balance was expressed in a constant form of conflict between this and that, and the search for balance has been a constant search for a new sense of experience in which the interaction between conflicting premises could finally merge into a new form.

Well, the new form has arrived, it is here in its fullness and now the new sense and experience of Balance is fulfillment.

So Balance is no longer a mystery between not too much of this and not too much of that, a form of continual evaluation and negotiation between opposing polarities, but a new experience in which all polarities are united inside of a new whole form of interaction--unity in motion.

In another words, Balance within the New Consciousness is not a compensatory gathering of stability or the act of negotiating a compromise between two opposite interpretations of conflict, but the engagement of all forms of dualities or separations into a new Paradigm that moves with Creation as Eternal Now.

Within the New Consciousness the frame of time as it was interpreted in evolution has become the whole frame of movement that is Universal Balance.

And Balance, within the New Consciousness is actually the appearance of natural magic. It is the natural, magical appearance of everything being perfect because it comes into being from the future and not from the propelling recycle of the past. All polarities are dissolving into oneness and everything is coming together into a whole new experience--fulfillment.

So it is important for you to really remember this and connect constantly to this. Once your mind knows that it is now in the field of Fulfillment, everything that you encounter in your life will become extraordinarily meaningful and a gift for you. Every instant of your life becomes a surprise because all events will appear in your awareness as being a new act of synchronization between you and the creative reality of life.

Student: Would that be like the first movement of Unity in Motion, The Fountain of Life, where the right and left sides of the body come together in the constant

unity of "Interchanging Balance" and then come back to the center focus?
Would that be like the understanding of Fulfillment?

Cristiam: Exactly! And this occurs on a continual basis, in every moment, as you get to feel yourself supported by the whole field of Consciousness. Just as in Unity in Motion you get to be in the *pleasure* of the movement instead of the labor of the movement. That is the same with life. Once we reconnect with life inside of the union which is the New Consciousness, everything becomes perfect. We are interconnected with Creation – which is the appearance of the reality of life -- which always has been perfect.

Within the old paradigm of consciousness we were unfolding inside of our own process of evolutionary learning as a race – the human race. So we were unfolding inside of all the different polarities that existed within our linear mind as it interpreted consciousness.

Now we are unfolding inside of the complete expanded sphere of consciousness - the universe - expressing itself as the New Consciousness which is the New Mind.

Student: One of the profound things is that before we thought that we were this little self inside of a big world out there. So we had two things, our little self and then a big world outside our self. So now, we know that we **are** the world that we walk through, and it **one self** that pertains to any moment either outside of yourself or inside of yourself, **everything is** your Self.

Cristiam: Exactly. So what the New Consciousness is creating for us is the experience and understanding that "the moment" that is the very nature of our physical existence has become supreme. And, because The Moment is now supreme we are unable to create separation upon The Moment because that would immediately imply that we are outside of the whole field of consciousness and back to the complex and stressful old paradigm.

In the presence of the Eternal Moment there will be no arrangement of mind to justify endless discussions of conflict between the ideas of war and peace, for example. If those conflicts were to be present, this would be an arrangement of mind that has nothing to do with The Moment because The Moment, being now the presence of Universal Balance is the very existence of harmony and peace.

So the physical life has returned once again to partake of the moment of Universal Balance. We are no longer in the moment that corresponded to our human, dualistic interpretation of consciousness. We are in The Moment that centralizes the whole field of movement that is Universal Balance as our natural expression of Self.

As we become more and more aware of the supreme nature of The Moment we also realize that we cannot project anything but fulfillment into the presence of The Moment because that is the nature of The Moment.

Any form of projection of conflict upon the nature of The Moment is instantaneously revealed as being a projection of a state of mind that is in pain. That is suffering. And when this is revealed to oneself, one will stop it instantaneously because the mind that is projecting process or separation inside of the existence of Fulfillment is the mind that is innocently harming itself inside of disease.

In the past we were so innocently, unconsciously, living inside the state of separation that when we became sick we never understood **why** we were sick. In many cases we only found out when we went to the doctor and the disease was already fully active in its process of enfoldment.

We never were in touch with the moment of the first thought or feeling in which the disease began to become awakened within the system.

The reason for this innocent separation from the first moment in which disease came into being is that we were living in the realms of evolution and we were not living in the realms of physical reality. We were living in the virtual mind. And because of that the doctor has had to tell us we were sick. By the time we felt it, the disease had been settling in for a long time.

Student: What do you mean by "we were not living in the realms of physical reality" ?

Cristiam: Well, as the New Consciousness tells us, Balance is the natural integration of three senses within our sense of Self:

1. The balanced integration of the mind from which each of us is aware of our sense of self and the world that surrounds us.
2. The balanced integration of the energy or emotional feeling through which each of us relates to our self and the world that surrounds us.

3. And the balanced integration of the physical interaction of movement within our bodies through which each of us is our physical, direct experience of life.

The unity between these three senses of self has been a mystery within our evolutionary unfolding of consciousness.

Inside of this mystery the mind, the feeling and what we called our direct experience of physical reality were divided as three interpretations of consciousness. Inside this division, the mind was not necessarily in direct accord with the emotional sentiment of the being. And when these two senses were not in balance the physical experience of life became an expression of evolutionary consciousness composed of many belief systems and many ideas trying to make sense of the meaning and purpose of Life.

For example, each of us consciously knows that war is not desirable and yet at the same time we may find that "according to the circumstances" we must be at war. When this occurs our heart is also in conflict, therefore the very nature of our emotion must be put on hold by the necessity of the priority of the mind. As these three circumstances try to live together, the physical reality mirrors a state of consciousness in which there is a constant conflict between mental, emotional and physical premises not being able to live in the harmony that is the actual **present** universal moment of life.

This constant state of conflict has been the history of our evolutionary unfolding of consciousness, the history of our linear unfolding of mind. Inside of this history, physical reality has always been not the actual moment-to-moment unfolding of Universal Balance, but the history of the moment-to-moment unfolding of evolutionary mind.

Inside of these two expressions of the moment, Universal Balance has always been the background or whole field of consciousness through which evolutionary consciousness unfolded in its search for Balance. Therefore the moment of physical reality as it expressed the unfolding of evolutionary consciousness was more like a virtual reality than a true physical reality.

If we could measure the differences between the unfolding of evolutionary consciousness as it was super-imposed upon the whole field of Universal Balance, we could say that these differences as they got translated into time represent the state of non-synchronization existing between the human

evolutionary reality of man and the eternal, whole field of consciousness that is Universal Balance.

These are the differences that became transposed as The New Consciousness of Life came into being. And when this occurred the temporal moment of evolutionary reality merged with the eternal field of consciousness. Out of this merging, the moment of Balance came in presence, the Eternal Moment came into being and Physical Reality became for the first time Physical Reality. This is the Reality that is the merging of the three sense of The Self and the release of the mind of time, expressing the release of the human state of separation as it is now in the presence of the whole mind of life.

So returning to your question about my statement "we where not living in the realms of physical reality" I mean that in the realms of "virtual reality" that was our interpretation of physical reality, the distance between the two realities (the evolutionary and the universal) is the same as the innocent gap that exists between health and disease.

The degree each of us becomes more present with the New Consciousness is the degree in which each of us brings to ourselves the awareness and the connection of our physical body as it is merged with the whole field of movement that is Universal Balance.

As we come into correspondence with this merging of the personal and the universal, each of us awakens to the realization that any single innocent projection of separation is the regeneration of one's own disease. Once this innocent projection becomes truly perceived, one will instantaneously stop. Because there is not one human being on the planet that truly wants to be sick or wants anything other than to be in the presence of Fulfillment.

Therefore sickness is a form of confusion that is now being released from the planet. So it is important that we see what is occurring. We are becoming Present, and there are more and more individuals who are surfacing in their Presence.

And there are those who innocently hold to the old mind because, remember, the consciousness becomes fearful when it thinks that it may have to surrender and become new. This is so because the only way we thought we could survive in the past was to form concrete ideas and concrete systems that could maintain a sense of order and power for the maintenance of human survival.

And this was true for thousands and thousands of years, until the whole scenario of dualistic premises were brought to the surface of our evolutionary consciousness and the point of merging came into being in 1987. In this merging the temporal moment as it was interpreted on the planet Earth became one with the whole field that is Universal Balance and the Eternal Moment came into being.

This is the merging of moments, the merging of the frame of movement that was the unfolding of evolutionary consciousness with the frame of movement that is Universal Balance through which all the systems that were previously created to sustain the consciousness of time became instantaneously obsolete.

When the Consciousness merged, it became a completely new paradigm. And it is from this new paradigm that all of the evolutionary systems of the past are, little by little, frame by frame, being released.

The economic system is being gradually released and transformed, the whole banking system is being released. The old ways that we related to the world are being released. New forms of technology are constantly surfacing in our imagination. All that was is now changing into the New.

In the New Paradigm, religion becomes **life** itself. Life means that God is the moment. It is not a belief. And if God is the moment, you will not use the moment to project separation. You can only use the moment to project what it is: **unity** and receive from life what unity is: boundless energy.

All those systems that were concrete inside of the evolutionary frame of mind are now becoming released and becoming transparent in order to reconnect consciousness with life. And as new systems of unity come into being there will be no more polarized conflicts, no more holding, no more libraries self-contained within our mind, no more millions of dollars hoarded or hidden in order to survive or control. No more mistrust between nationalities, no more projections of doom of any kind.

This transformation is coming into being because we recognize that the planet, in order to match its eternal nature, must divest itself of the acquired mind of time. As the mind of time releases, it transforms itself into the new mind, the new mind that is whole, the new mind that is the creative reality of universal existence.

Student: In your vision you see yourself as a whole Self. Therefore you are the whole Self. So since every other person is yourself you become very conscious of the other. You want no one to fall through the cracks.

Cristiam: That is a funny way of put in it. I know that you are connected with the reality of the New Consciousness. You understand that you are the recipient of unity. So everything comes with you. You are the unifier element not the perceptive element. You are not a perceiver, you are a creator.

In the past you were a perceiver. And what the perceiver perceives is a point of view. In the New Consciousness you do not perceive points of view. You perceive whole principle in every view because you are inside of the field of whole awareness. It is like being inside a computer program that has whole information. You are the center of that creation. So you understand that you are the whole and you are inseparable from it. The whole exists because of you and you exist because of the whole. You could never make one more important than the other.

So that means that the whole world is supreme and the supreme nature of the world allows you to be supreme and you being supreme allow the whole world to be what is - supreme. You and the world you see are inseparable.

The inner and the outer no longer exist as two different worlds. One is no more important than the other. They are simultaneously one in your Self.

The entire history of evolution has been the conflict of within and without. Through all the generations of endless time, there was always a paradigm where the consciousness of man was without -- conquering and creating -- and when it saw that it couldn't go any farther it went within. And when it went within it discovered the many mansions within its mind. It searched for God and the meaning of Life. And when the search for God and the meaning of Life couldn't go any further, it went out. Then again, constantly in and out and out and in.

Now, as the frame of time and the whole field of energy that is Universal Balance has merged into the Eternal Now, it is the first time that evolutionary consciousness is within and without at the same time. And you, your Self, became one with life. And because within and without are no longer two separated senses within your life, you do not have an in and out anymore, they are simultaneous. You are simultaneous.

The reason that the physical moment was not supreme before, was because when we went "in" the physical moment that was the physical reality of our life suffered. That is, we left the without to be what people around us created in the moment and in so doing we took out our attention from the creative, external movement of life.

So every time we went within we suffered. And every time we went out we suffered also because we got enrolled in the many confusions of the world, into the speed of the world that was spiraling into its own compulsive creation and in doing so we felt like we were losing ourselves.

The whole voyage of switching between within and without became completed when the consciousness merged. And when within and without became one for the first time – through the Eternal Moment of Life – the Self, which was thought only to exist within, recognized that it also existed without at the same time. And this was the "great awakening" for the Self because the Self was living in an inner spiritual world that was celestial in its nature and beautiful in its feeling. The Self never wanted to go back to the external physical world because it mistrusted it. The Self thought that in returning to the external physical world it would return back into suffering.

So when the New Consciousness created the awakening that merged the inner and the outer, the physical moment became ecstatic because it no longer represented an affirmation of time but the natural centralization of the whole movement of life.

And, in its communion with ecstasy, The Self understood that the within and the without were two different interpretations of evolutionary consciousness as it was unfolding inside of its own process of becoming.

And, within this conscious understanding the physical moment, for the first time became occupied with both the temporal and the eternal, and became simultaneously one.

Therefore, the physical moment as it was the virtual reality of evolutionary mind, began for the first time to be dissolved and as the mind of time began to become transformed inside of its own experience the physical world also began to become ecstatic.

This has been and is the transformation of the old world of time into the New Physical Reality in which the moment of life is the same as the traveling of Universal Balance.

We can see this transformation in what just happened last year. A New Consciousness, a New World, a New President transforming years of racial separation into a new sense of equality and unity.

The word is going through an extraordinary rearrangement which is also the manifestation of a whole new rearrangement that is occurring within our inner body.

The world is a manifestation of your inner body and the inner body is a manifestation of the world. So, as you see the world you see the body and as you see the body you see the world.

Through the union of the within and without -- inner and outer world -- you get to permeate with awareness and love your physical self.

In the past the physical self as been like the world. And the world was made up of many systems of conceptual beliefs trying to work the best they could with nobody home. Nobody was home because the self was constantly switching between within and without the inner and the outer, life and death, love and hate, physical and spiritual bypassing the actual frame of movement -- the moment of whole engagement -- that corresponded to the balanced nature of Life.

The world has somebody home now and our body has somebody home, and that is you. And you set the sense of sanity within your consciousness within every moment, with compassion.

Because you are the center experience that unites the within and the without within the same moment of life you know also that everybody is you. And everybody is their Self.

What we are awakening to in the New Consciousness is that I am God and you are God. The God that I see in you is my receiving of myself as God.

Whatever I see in you is what I am becoming. I can only become what I see because my awareness and Creation are now one.

Student: You are it!

Cristiam: Yes I am it but remember that I am constantly *becoming*. Life is constant becoming. This sense of becoming as it is experienced in the New Consciousness is our traveling with existence. We are appearing as Self by our constant communion with becoming. Therefore I am the constant state of becoming.

Student: Becoming different or become more?

Cristiam: Becoming renewed.....becoming regenerated and yes, you can also say more and also different. This demands from you much thought. I need for you to think about it.

Remember in the past, when you where of a certain age you may have thought of yourself as ...this is the way I am and this is the way I will always be. Because the way that we have experienced age in the past has been through the crystallization of the context in which the mind sees reality. We become "old" the moment we transformed something that is fluid, something that is constantly becoming into something that is concrete. And reality is not concrete. It is fluid and concrete at the same time. It is not more fluid than concrete, nor more concrete than fluid.

Remember The Moment within Universal Balance (that which we call The Eternal Now) is concrete because it is the physical expression of its existence but it is also fluid because it expresses the change that is its constant becoming.

So the process of transformation in your being is to see yourself as constantly becoming someone completely different than you have been.

Student: I have been redoing the same patterns in my life every single year. The programs that I live are the same patterns. Patterns run in families, and I see the repetition in myself. We have been living the programs that have gone on for generations. It is time for all these patterns to be done with.

Cristiam: I want you be very attentive to the new you what is appearing, because you are also becoming conscious of the New You. Be alert and expressive. Say to yourself and know it is true: " am becoming better, I see reality as becoming different. I see Life as being more beautiful every day, and everywhere I go I encounter Love."

"Life is magical because It seems as though I will have an idea of something that I want or I need and it is manifested in front of me. It seems to me that everything is perfect, I feel great, why do I feel this way? "

Begin to create not a concrete holding but a vision of real *substance* of the new you. Begin to acknowledge who you are becoming.

The way that this expresses in me in my personal sense is that I am in awe of the constancy of synchronicity. Life is my constant becoming matched by the appearing moment of existence.

It is different that what it was. You know, in the past we had an experience and then we went back to sleep, and then have another experience and then go to sleep again and on and on. Now life is constant, a seamless state of awareness that merges time with boundless movement.

The way that this constancy manifests in my life isif I think of something like food, something I like to eat or something I need as a pencil it is right here. Whatever I think about, it is in front of me all the time. I have gotten to the point now where I see it but I also acknowledge it, "oh how lovely". Thank you for the magic. Thank you for my merging with the magic of what is.

I like to acknowledge it because I want to be thankful of what I am experiencing. I don't want to be unconscious about it. I feel like the acknowledgment of the perfection is part of it. It is like I am recuperating something that I lost a long time ago and now, as I am finding it again, I want to make sure I am with it. It is like being present with the fact that I am present. I know it sounds funny but it is a new way of sensing life and experiencing something that is so new and fantastic.

Student: In receiving this new person that I am, can I change things that I don't like? A job for instance? Do we change the things that we don't like within the job or do we leave the job, do we create perfection in this job?

Cristiam: All of it! I think that the most important thing is that you have to create perfection in the job. If you don't create perfection in the job you are not matching presence and you are already in a reflex.

Student: So you don't leave it without being perfect?

Cristiam: Exactly. You cannot leave it without it being perfect. What I mean by being perfect is....let us say for example that you are living in a certain pattern

of consciousness. All of a sudden you become more aware. All of a sudden you see that the place where you are in your awareness does not feel the same as it has been.

The place where you work is not as nice as you thought it was. And because of this you recognize your level of attention seems to be suffering. You are distracted with the idea that the job is no good and the people are not good either and not giving you what you want and you feel you are with the wrong people so you are no longer 100% functioning. So what that means is that you have to return to 100% functioning. And once you return to 100% functioning, it will take care of itself.

Either everything around you will change, or somebody will offer you a new job or many situations will come into being that will take care of you. But all of this you will not be able to encounter unless you can take 100% responsibility in matching the new presence that corresponds to fulfillment.

Student: This is the same with relationships.

Cristiam: Exactly! Since you are the recipient of the change, you are all things. The only way that you can re-encounter what corresponds to you is by fulfilling your purpose 100%. In any degree that you go less, it will be the same degree of difficulty that you will get "out there".

Student: You are creating your own harmony. If you create your own harmony and you go to work and still it is not what you wanted at all, harmony is going to be there for you. And things will settle down.

Cristiam: Exactly! By the nature of your being you yourself -- the natural reflection of receiving perfection -- as you excel in any degree of awareness, life or the circumstances that correspond to your fulfillment will match you.... constantly. And any degree of you holding back because of any particular pain, reflex or story, will represent itself in the level of complexity.

Student: So how do we develop this God we are?

Cristiam: It is a given. Holographically, you were created already with the imprint of perfection, so you are already perfect. But according to the different stages of evolution we have decided to learn through you are in different stages

of knowing and not knowing, refinement and not refining, experiencing within or without.

And, you are awakening now to the possibility of total awakening. As you really begin to awaken, you begin to discover how magical life is. Whatever you open yourself to it will match you and there will be a moment in this increased enfoldment of awareness that you will realize that in "the merging with the moment" your encounter with reality is the appearance of God. God is actually the existence of the fulfillment of your awareness.

God does not exist as the projection that we created in evolution, as the man with the beard, or the all knowing figure waiting to judge how you are doing. If God in any degree were linear and waiting to see how you are behaving, or hold any form of judgmental perception of you, he would never be God. He would be an idol or some particular confused creation based in our dualistic interpretation of evolution.

As you come into correspondence with the fulfillment of your awareness there will be a moment in which whatever you have called God, or even the idea of not believing in God will become funny to you. You will laugh and laugh with the realization that God is the existence of the moment blessing you with the experience of your fulfillment.

And when you know that God is the moment, that God is presence, that God is 100% physical, and 100% non-physical. That God is the merging of form and transparency and that God is here, then you will know that there is no discussion. God is not a philosophy, God is not a belief.

By the experience of fulfillment we are, as humanity, returning back into the Garden of Eden, all together, and there is no discussion about anything except we are manifesting, expressing, receiving, and cultivating synchronicity.

Student: And the world will teach us everything. It will teach you about the field, about your divinity. You will look at a tree and see a tree growing in synchronicity, It will teach you synchronicity like everything is simultaneous in Spring, and the physical world will teach us. The only problem is that we have divided it up into pieces and parts. And now we see it as the whole and now we see it as Love.

Cristiam: And the division we thought we had experienced will become divine also.

Student: What did you mean when you said earlier that you were going to get there "through the heart?"

Cristiam: The heart is the union between your mental, emotional and physical senses of Self. It is love. And since it is the union between the mental, emotional and physical senses of Self, the heart is no longer divided in any form. It is not divided between the intellectual interpretation of consciousness as it sees life, the emotional interpretations of feeling as it experiences life and the actual experience that is the physical reality of life.

In our evolutionary experience on the planet Earth the heart has been lived as if being divided between the conceptual idea of reality, the emotional experience of life and the actual physical experience that we called physical reality.

And because the heart was divided between these three interpretations of reality "The Moment", that is the merging reunion of the three senses, and the reality of the heart did not exist. It did not exist because it was not yet consciously synchronized with the whole movement of life.

It is for this reason that we could justify war when our heart's desire was peace. It is for this reason that we could justify poverty when we were surrounded by riches. It is for this reason that we could justify slavery when somehow in our hearts we knew all men were created equal.

Because we lived inside all these discrepancies the true moment could not yet exist and the true heart could not yet surface as the experience that is the true "Physical Reality" which is Universal Balance.

So we created three ideas of love. The intellectual idea of love in which the mind was considered to be supreme and love was something you keep inside. The emotional idea of love: "I love you because you are a part of me but I don't love you if you don't do as I say or become what I want." And then the physical idea of love: "I love you but we cannot yet be equal" because within what we called 'the real world' (the present physical reality in which we were living) this would not be possible.

So love, the whole energy of life, was divided into three different worlds that mirrored the three forms of separation existing between the mental, emotional and physical senses of self.

The love that was mental used philosophy, religion, and many forms of charity to appease their sense of separation within the individual self, because within the "virtual reality" that was evolutionary consciousness love could not yet be the full meaning of its heart.

The love that was emotional was fleeting because it said I love you only when it feels good. If it does not feel good I don't want you in my life.

And the love that was physical was almost non-existent in its true all encompassing form because the virtual moment could not yet house the true energy and the true matching connection that is the true physical moment of Life.

All of these three separations from love became instantly dissolved in the moment in which evolutionary reality merged with Universal Balance and the magical appearance of Fulfillment became the New Consciousness of Life.

Now, Inside of this new field, love is the union of the three senses and love is God and God is love.

God is really the whole energy field that is the Universe. And as the New Consciousness, it is the beating of the human heart partaking of the pulse of the Earth and the synchronicity of the solar system.

The 60 beats to the minute is actually the bio-rhythm of health in which the heart as Love, functions inside of the whole movement that is the balance of the planet Earth, the solar system, the universe.

Now, the human heart suffers enormously when it is divided between the three senses, because it has to function inside of a system that is separated from its own natural bio-rhythm. Once you begin to consciously understand the bio-rhythm of the heart as being the wholeness of you, your heart will be partaking of the natural rhythm of existence and you will always be in the heart.

You will always be in love. Your body will become the pulse of your heart and your heart will become your mind, the whole mind that is the Crown. Once the heart becomes the Crown, you love all things equally, because you are no longer separated by the idea that love has any preference in any form.

Love is who you are. Love is not just a feeling that comes and goes because love is "the constant". Love is not only the nature of your being but it is also the actual physical feeling of that which we call life.

Student: Love is substance.

Cristiam: Love is substance, yes! But remember what I said earlier.....that the universe functions as a whole system.

The more that you see it that way the more you can see that the universe functions as a whole system that is also a mechanism.

A self- propelling mechanism is one that always propels itself. It means that it is self-regenerated. Therefore know that love is the energy that moves the whole system that is the universe -- as a self-regenerating physical mechanism -- giving and receiving itself as love.

This will help you to understand because it allows you to see that love is not just an effervescent feeling within our experience of consciousness but love is actually the very substance of the movement we call Universe. It is good to see love as being something tangible, the energy that propels the mechanism that we call the Universe.

So then you have something tangible, your mind has something physical to recognize that love is Presence. Love is always present even before awareness comes into being.

Consciousness is number two in the Ten Dimensions. What that means is that the first dimension Crown is really that which IS.

You can never perceive it, because you are that and you can only be one with that in the dimension of being, which is Universal Balance. Consciousness - awareness - is one step removed from being. So love –the whole field of energy that is the dimension of Being –is really the substance that gives existence to all things.

The human being says: "I feel love" But the reality is I am Love. And when I begin to see that Love is something tangible, that it is actually the propelling mechanism of my existence then it becomes much more important than thinking of it as just a feeling.

Because when love is a 'feeling' it can come and go according to the different states of consciousness that I am experiencing. But when I understand that love is not something that comes and goes but is "the constant", I can relate to it as what it really is: the actual breath of my existence and my actual physical sensation of life.

Love is not the recognition of an attribute within your sense of self. Love is the actual breath of your existence. It is before any sense of awareness. It is the field in which you sense yourself as Self. Once I understand that love is something that I never have to worry about because love always IS then I'll know that love is the whole field of existence from which I receive my sense of Self.

I am not responsible for love, **I am love !** I never have to separate myself about how I feel, who I am, what I am, because I am love. Love is behind and before me. Love is atomic. It is, as I said earlier, the whole field of consciousness from which I receive my self as love.

Student: What if I am still experiencing the duality of loving or not loving?

Cristiam: Are you happy with this?

Student: No.

Cristiam: Then you must get rid of it. Remember this: We created everything external to be able to understand through the external the function of our internal Self. So we created the computer and the computer program to understand the function of our consciousness. The computer has information and it synergizes constantly this information in order to bring forward a new creative form. It is like this for everything. If you recognize that you are still divided between love and not love and you realize that this pattern of information within your mind is the same as any information within a computer program then you can change the program in order to change the outcome.

Once you perceive that you are divided in two you can say "Hey, wait a minute. There is a premise within me that is constantly dividing me into two and I need to change this program within my mind into a new program that can support me and empower me in truly knowing that I am the whole field of consciousness that is love."

Once you make this statement everything will be OK. It may take you some time and a few trials and errors from the first moment that you make this decision until the moment when you start to experience the change.

These trials will come because once you make this commitment for change you will be shown almost immediately the places within your consciousness where "separation" surfaces as an unconscious reflex into your moment to moment experience of life.

Then as you become aware of this persisting appearance of conflict, you will see even more clearly that this is an old pattern within your sense of awareness and that you can chose to transform this pattern in the moment you become aware that you are projecting separation. You will realize that to stop this pattern of separation you have a choice. You can choose to immediately act upon the possibility of expressing unity.

As you begin to do this, you will become increasingly aware that the time it takes you to become cognitive of the old patterns surfacing within your mind becomes shorter and shorter.

You are becoming aware, in a more accelerated manner, of the possibility of being consciously present with the present moment of your awareness.

And then, all of the sudden you will be present in the actual moment in which the old pattern surfaces with the first intent of the mind as it subconsciously wants to act inside of the old sense of awareness.

This is an extraordinary moment within your transformation because as the presence of your being matches for the first time the coming into being of the old reflex of separation with the moment of whole awareness, you -- Your SELF -- will surface, transforming the old into the new within the same instant of time.

This will be the union of three instants or moments of awareness merging as one within the same instant of time.

1. The moment of the old pattern of consciousness as it surfaces within your mind, 2. the moment of the whole field of awareness that is "the constant" of life, 3. and the moment that is you "The Self" becoming consciously present with the actual union that is the movement of life.

This is how an old reflex and all the reflexes of separation existing within your mind are finally released as they become erased or deleted from the form in which your sense of awareness experiences physical reality.

As you consciously transform the subconscious patterns through which your mind interprets reality, all sense of separation will flee from you as you merge with the whole field of energy that is the presence of Love.

Then, "You will always be love". And when you are love, everything around you changes, because everything around you becomes transformed in the presence of Love.

Nobody can remain in the presence of separation for too long if love is present because love, being the energy of life, is the most powerful energy there is. And, since love is the energy/propelling mechanism of all things it is the energy that transforms all things.

Will or no will. Somebody may say, "I don't think I can change, I don't want to change" Too bad, it is impossible. Love bypasses all forms of opposition. Nothing can resist it. It is what it is, it is supreme.

With your experience and understanding that you are love, and as you become engaged in the fulfillment that is the New Consciousness you will know that you are not going to play hide and seek any more with love. With this knowing, you will become totally free from the confusion that innocently has imprisoned us inside of the collective consciousness of evolution.

The history of evolution has been like a dream in which we went to sleep and when we wake up we could not longer remember who we were and then had to re-discoverer the whole content of our memory one frame at the time.

This became the voyage of time in which we had to learn through trial and error all of the different components that corresponded to the whole field of consciousness, the field of whole awareness that will allow us to know once again who we are.

This whole field became our reconnection to the whole mind of life in which each of us is once again in the presence of all the simple and exalted senses of awareness that are the very nature of our natural state of being.

Now as we awaken from the dream of time and all the confusions are left behind we cannot let ourselves play within the dualistic realms of love and not love, because just allowing our consciousness to be unconscious is dangerous. It creates havoc to ourselves and others because it recreates again and again the same reenactment of the dream confusion that for so long we have searched to awaken from.

That is the reason that I said that once you know that you are love, you will return to the nature of who you are, and everything that you experience will become perfect. Everybody will have gifts for you, all the time, hugs and kisses, and life will appear to you as what it is - a miracle.

As you regain your natural state of being everybody that comes into correspondence with you will see you through the eyes of love even if they do not yet consciously know it. It just happens in the moment. It is just that love is the law.... It is the natural engine of the Universe.

And as you become fully immersed in the reality of love you will see that all sense of duality will disappear around you. Fully engaged in the moment of creation you will recognize that "love" and "not love" are not two mirror images waiting to see what happens. They, as all other dualities, are simultaneous events dissolving each other as they are centralized with the constant resolution that is the traveling, Eternal Moment of life.

Inside of this vision of whole understanding you will be free from the mind of time.

Student: The human compulsion to fix or control comes from fear. But you may not know that you are that way, you may just think you are powerful, organized, orderly. How will I know that I am truly helpful and not just projecting my own desires?

Cristiam: The way we can know is from our evolutionary perspective, recognizing that in the past we had two possibilities to feel ourselves as being helpful.

Either we tried to be helpful because in our heart we knew it was our nature to be helpful or we tried to be helpful in order to get what we wanted.

Now, inside of the New Consciousness (as we are inside of the larger vision of unity) we know that we don't need to do either of these two things anymore.

One, you do not need to "get what you want" because it has already been given, it is inside of the New Consciousness. It is Fulfillment. And two, you do not need to fix anything because everything is being fixed by the very nature of you being love.

If you are trying to superimpose your will with an idea of how something should be fixed it may create a lot of problems. You may get resistance from other people and situations because they may interpret this to be a mind trip – a form of controlling.

This resistance may start creating stress upon you, because you are superimposing a force on the moment that covers the actual harmony of love as it is self-contained within the Eternal Now.

So love is the only thing that can manifest total change, because in the presence of love everything changes.

And in the presence of wanting to change something, everything resists. Why? Because now there is self-consciousness. When we became self-conscious, we go into our old patterns of mind that say, "are you expecting something from me, what do you want?" "You want me to surrender to something? . You think that something is wrong?. Did I do something wrong?" This series of reflexes bypasses the experience of the moment of fulfillment and puts it back into the old mind, back into the same pattern of confusion, back into the self-enclosed pattern of consciousness that has been our evolutionary unfolding of mind.

By the time the person's mind creates all these transactions inside of the state of self-consciousness what appears is an old story. The mind never becomes clear with what "really is" because the reality of the present moment gets covered with the story of the past.

And then you get hours of discussion expressing what has happened and who did this and that, thinking that inside this discussion we are going to get into something new. And at the end of the endless discussion you realize that you are never going to make it because what you are getting is the same story left in the same place that it was left before.

So this is what, in evolution, we interpreted as a possibility for change. The endless discussion of reenacting the conflicts of the past, thinking that we could arrive at a new way of understanding.

Change within the New Consciousness is human consciousness traveling with creation experiencing itself as love.

Change is the natural knowing that everything is renewing. It describes the renewal of life as it permeates the present moment of our awareness. Change is supreme because it is the way that all the systems that make up our bodies constantly renew.

Change and life force are one and the same. Change is life force and life force is change. The way that we experience life is through change which is

movement. Without movement, which is the reality of change, we cannot experience anything.

Student: I think that we have to make all this understanding of fulfillment our everyday existence instead of just a once-in-a-while acknowledgement.

Cristiam: I think this is where you begin to make full use of your intelligence, when you begin to take seriously the New Consciousness.

Remember what I said to you many times before....the most difficult thing that you are going to encounter in your study of the New Consciousness is that you will think that the New Consciousness is just another conversation about consciousness.

This is because you may innocently transform what you are learning about the New Consciousness as if it were to be another interpretation of the many philosophies of the past, as if it were to be another interpretation of the same message behind the many religions of time, as if it were a new form of saying that which has always been.

And In doing this you may innocently cover (with the interpretations of the ancient evolutionary mind of time) the magical event that came into being with the appearance of The New Consciousness of Life.

And, you may not see the extraordinary, fantastic, enormous meaning that the New Consciousness is. It is expressing a completely new mind. the new mind that is now the whole field of consciousness – whole awareness - experiencing itself as love.

Student : I think we need a lot of help to truly understand and experience this new mind.

Cristiam: Yes we do. And the reason for this difficulty in fully understanding the new mind is because the very words that we use to express it or describe it became through evolution "relative" and therefore our ancient mind is innocently trying to understand that which is completely new with the same dualistic interpretation through which (in the past) we had interpreted reality.

So I suggest that the way you become more realistic in your understanding of the New Consciousness is to take one word or term at the time, for example the recognition that "I am love."

The word love, as you know, has had in evolution a counterpart which has been its correspondent polarity--hate. We know this because we have seen how, in many situations, the exuberant feeling of love can, through the appearance of conflicts and confused premises, become indifference, rejection and eventually hate.

So the word love is permeated with countless interpretations of value. I love you, but I don't necessarily know how much. I love you but I don't necessarily like you. I love you but I cannot tell you this, because if I do, you may think that this means something permanent and I do not know if I could love you forever.

Therefore I suggest that you begin with the statement "I am Love" recognizing that you need to transform this exclamation not into a philosophical thought based in the idea of goodness or a form of affirmation but into an expression that can reflect the profundity of its meaning. Therefore for a period of time, everyday for a week or however long you decide, and even when the sense of love may not seem to be fully present within you at the moment, bring it forward as if it were to be fully present.

"I have a recognition within myself that says that I am love and love is not just a feeling. It is a whole field of energy and I need to constantly connect to this field so that it becomes part of my self, not as a fleeting awareness that comes and goes or has a relative value within my conscious awareness but as the very foundation that is myself".

Once you make this statement (in a clear form of intent) within your sense of self-awareness, the computer program that is your mind will do the work for you. It will bring forward, as we said earlier, all of the different experiences that will reveal within you the extraordinary meaning behind the statement "I am Love. "

This is how you begin to connect consciously with the New Consciousness, as the old interpretations of words and terms are seen with the new light that is your intelligence, transforming the fleeting experiences that are the temporal interpretations of consciousness into the constant of life.

You begin to understand that love is not something that you feel, but that Love is something that you are. And for that particular reason it is actually physical reality.

You can say to yourself "Oh! I get it! It is actually physical. It is not a belief, or an ethereal idea based in a form of idealism but it is real. How am I going to get

this reality to be so much part of me on a constant basis so that tomorrow when I awaken and I am back into the world, and I am taking the children to school and I have to go to work, and I am running from one plane to another, I don't become distracted with the same stress and same speed that constantly disconnects me from myself?"

Answer: It will require from you the recognition that this is an essential desire and as this desire becomes consciously present it will awaken within you a new level of intelligence. This form of intelligence may come in an inner voice of self-recognition that will say...

" OK, I am going to wake up in the morning, maybe a little earlier than I am used to and this is going to be my first thought: I AM LOVE. THE FIELD OF MY EXISTENCE IS NOT A FEELING OR A PHILOSOPHICAL THOUGHT BUT THE MECHANISM OF THE UNIVERSE. LOVE AS EXISTENCE **IS**, IT EXISTS BEFORE MY CONSCIOUSNESS. IT IS THE FIELD THAT I AM. I SEE IT NOW,NOW I NEED TO GO TO WORK."

And the day after that, as you make this statement again, this intelligence will make sure that this desire for being love does not become a holding of awareness. It does not become an affirmation or a mechanical form of "being positive", or the thought of being spiritual but the natural connection to the New Consciousness making possible the moment to moment experience that is the actual transformation of your being.

As you continue with the natural expression of your statement of being love you will begin to see that time begins to relent. That is, you will feel less and less in a hurry. Now instead of feeling as though you are being driven you will become more and more connected to all actions.

You will become more conscious of your surroundings. You will all of a sudden notice new details that come into your awareness. The air smells sweet, flowers are more brilliant, the children are happy, things at work seem to be more harmonious, I feel good, I feel love and I am loved.

Within this new experience you will be accelerating your connection to the constant of life – love - and, as love becomes more and more the very nature of your consciousness, it will bring to you not only the discovery of the greater meaning of love, but also the discovery of the greater meaning behind the many words and terms that express the reality of the New Consciousness.

Student: This understanding of "the constant" is very important because it allows us not to become mechanical or fixated in our day to day experience of life. By our understanding "the constant" Unity in Motion, for example, as the practice of balanced movements ceases to be something that we do at a certain time and becomes our moment to moment experience of life as it is carried to all actions of life.

Cristiam: Exactly, you begin to see every instant of your life as Unity in Motion.

Unity in Motion - as a term - is another form of encapsulating the definition of 'the moment'. What we call "the moment" is Unity because it gathers all things together as one. And, it is Motion because in its "becoming" it renews itself within the same instant of its appearance.

Therefore there are two things that happen simultaneously within 'the moment '. There is *Unity*, the amalgamation of all things at once, and there is *Motion* which as we said earlier means change. So, it is Unity in Motion, all together/changing.

The reason that we have classes about the New Consciousness is because when you began your study of Unity in Motion we all began also to become aware of the pattern of movement through which each of us experiences our sense of physical reality.

In this learning we went through a transformation because through the movements we are realigning the internal directions through which the whole body becomes three-dimensionally suspended in space. This realigning of the directions within the whole skeleton is what transforms the relationships between all the muscles, ligaments and organs of function within the whole of the body. As all aspects of ourselves come into balance the nervous system also becomes balanced, prompting the transformation of the mind that, as it also becomes realigned in its interaction, reveals a new form of seeing and experiencing the magical reality that is life.

Understanding all of this transformation as being part of the study, when we began to teach Unity in Motion we thought that, as it was the function of the movements to naturally transform the mind, perhaps it will not be necessary to bring forward the many aspects of change that will occur within the consciousness. We thought that these realizations would come naturally into the awareness of the student.

But then we discovered that the physical transformation of the body's pattern of movement was going to take a long time because the mind did not yet have an understanding of the language and the creative intention existing within the depth of meaning that was the nature of The New Consciousness.

We realized that the student was continually becoming released physically from pain and stress but as he or she left the class and engaged in the continuity of their day (as the mind returned to its usual forms of perception) the return to the old thought system was continually undoing the change and transformation that was taking place through the practice. This is because with every thought that our mind brings to the surface of life there is an instantaneous neurological reflex disseminated among the whole of the body.

Therefore we decided to begin to teach all the aspects of consciousness so that the mind (as it began to be informed of the possibility of a new form of awareness) could then support the body to maintain and further refine the nature of its merging-communion with Universal Balance.

This is how the Ten Dimensions of Universal Balance, the Ten Principles, the Ten Waves and the Ten Teachers came into being.

All of this information expressing the whole scenario of consciousness that is "whole awareness" became the body of knowledge through which, along with the practice of the Movements, could facilitate in the student the unity of mind and body.

Student: You talk about the mind and the body, but what about the third aspect of balance the feeling?

The feeling which is the "energy of balance" comes to the surface of your being as the mind and the body unite to express the balance of the nervous system. This is when the body, the mind and the energy merging together as one - Balance - expresses the natural fluidity that is your essential communion with the Movement of Life.

The understanding of "feeling" is complex because within our evolutionary interpretation of balance the feeling of the physical body was interpreted inside of a compressive interpretation of gravity. This interpretation of the boundaries of the physical body was always reflecting an interpretation of consciousness as it lived inside of the same boundaries of mind.

Therefore "the feelings" reflected the many interpretations of consciousness as they existed inside of the collective field of evolutionary mind and were many times confused. In this confusion the individual thought of feelings as being a personal sentiment without knowing that feelings existed as such because they were a direct interpretation of the form in which the mind interpreted reality.

Feelings (as emotional expressions) were actually thought forms. They were the thoughts through which we were constantly reacting to the discrepancy existing between the mind (our conceptual interpretation of reality) and the body (our actual physical experience of life.)

The natural feeling within our human sense of self as it is a direct reflection of the unity between thought, emotion and body is the very essence that is love. This is because from this essential sensation of life, each individual expresses all of the boundless emotions that exist within the whole mind of life. The emotions become then the direct expression of "whole awareness" the emoting reflection of "the heart" and the natural feeling of the physical body as it is suspended, nurtured and healed by the energy of Life.

So summarizing our understanding of the unity between the three sense of Self....

The conceptual nature of consciousness within our being is our direct communion with the field of "whole awareness" which is the whole mind of life – Universal Balance.

The emotional energy (that which is our direct reflection of the mental sense of unity) is also our direct experience of the "boundless feeling" that is the energy of life.

And the physical sensation of the body is a direct expression of the energy, the mind and actual bio-mechanical interrelationship of unity that is our engagement with "physical reality" – the whole field of movement that is the ecstasy of Life.

There are three forms of embodiment becoming one within the study of Unity in Motion...

There is the study of consciousness through which we learn to understand and experience the New Consciousness of Life.

There is the study and natural embodiment of the energy of balance which is our conscious awareness of all internal directions expressing the balance of our nervous system and our essential recognition of "being love. "

And there is the actual learning and practice of the Movements through which the mind becomes transformed, the energy becomes balance and the actual physical sensation becomes our communion with Life.

So we will leave it where it is, very beautiful.

