

Get Thee to a Bodyworker!
Spiritual Awakening, Personal Growth & Holistic Healing

We are "participating in one of the very greatest leaps of the human spirit to a knowledge not only of outside nature, but also of our deep inward mystery".

Joseph Campbell

Namaste'

Hope you are all well and enjoying the New Solar Year.

This Stellar Message combines two great passions of my life, namely Astrology and Healing/Bodywork. In recent messages I have written briefly about the Activation of the Light Body and the 2012 phenomena, the Emergence of the Christ Consciousness, the Divinization of the Body as spoken of by Sri Aurobindo and the Mother. And lately I have been receiving emails from Lightworkers and others involved in the work of planetary ascension and the activation the DNA cellular level of consciousness.

I would like to talk more about this topic from both an astrological and alchemical, i.e. a healing/bodywork, perspective, but first it would be vital to add some personal information regarding my background so as to put some flesh and personal relevance on the matter. In other words, to show that my interest and involvement in the above is neither academic, nor is it based on wishful thinking, or mere flights of fancy. Much of this material presented herein is drawn from my book in progress, **Wisdom of the BodySelf**.

To begin, during the 70's, as a result of prolonged and extended periods of a mantra based system of eastern meditation and advanced courses in Patanjali's Yoga Sutras (threads of consciousness), where we learned such practical sutras as levitation and invisibility under the aegis of the Transcendental Meditation Movement as taught by Maharishi Mahesh Yogi,, I began to entertain (and it was entertaining!) massive Kundalini experiences. Possibly and very likely, this arousal of the Life Force, derived in part from the generous dosages of entheogens, a current term for hallucinogens and power plants, meaning 'the God Within', that were the staple of the hippie diet during the turbulent 60's and found their way into my life on a regular basis for a two to three year period.

While ecstatic, the arousal of Kundalini was also dramatic, cathartic, emotional and ultimately exhausting and uncontrollable. Many a sleepless night, over a period of several years, was spent with me lying in bed, my body shaking and trembling, while the Kundalini snaked its way throughout the energetic pathways, activating the chakras, until the wee hours of the morning, wherein sleep would thankfully and finally come. Sometimes I'd fall

asleep on my back with my legs folded in half lotus posture. Many a night I simply meditated or rolled out of bed to practice asanas/yoga postures that my body craved, the movements taking place effortlessly without any conscious direction.

Long hot baths of two to three hours were not uncommon, as were long showers lasting an hour or longer, especially in hotels where we stayed for meditation courses. Sometimes in the middle of the day I would have to lie down somewhere, anywhere to accommodate this process. For instance when driving long distances, my spine would become agitated and my body begin to shake, I would have to pull over to the side of the road and lie in the back seat of the car, enter into a meditative state for an hour or longer, in order to balance out the energetic flows. *I would have arrived sooner but I had a spinal traffic jam due to congested Kundalini energy! or I couldn't make it to work on time as I up all night in trembling and shaking with ecstasy. If God comes a calling, what are you doing to do?* I wonder, do the words space case apply here?

Obviously this was a two-headed creature, one ecstatic and energetic with the other disruptive and disintegrating, just like the face of the ancient god of ecstatic remembrance, Dionysius. Together the copious use of entheogens and several years of mantric and Sidha yoga conspired to lift me completely out of my body, into the extreme edges of the Solar System, and beyond, actually to the Star of Lyra, but that is another story I kid you not, until, fortunately and gratefully, I found my way into my body, undoubtedly for the first time, through the reception of various kinds of bodywork.

While bodywork helped to soothe, calm and integrate the overpowering and disruptive flow of the Kundalini Life Force, it also brought to my conscious awareness all the various stresses and strains to my nervous systems, including numerous traumas, insults, injuries, wounds, tension patterns and deficiencies that were stored in the psyche/soma, which were, of course, the impetus for vacating my body in the first place. Suffice to say I am a work in progress as far as that process is concerned. And certainly, dare I say, I make no claims to be better than anyone else of the path of awakening!

For better or worse, I am simply stating my credentials and experiences that have led me to the discussion of this radical, visionary material of the Activation of the Light Body. Eventually these bodywork practices resulted in the emergence of Limitless Love and Light in my body, not just in my energetic, chakra system. In Buddhist terminology, this is the Sambogakaya; in Shamanic teachings, the Luminous Rainbow Body; and in New Age thought, the Christ Consciousness, to name a few of the more well known terms. The point being that this phenomenon of Limitless Love and Light is found throughout the ancient cultures, is an innate aspect of the Body's multi-dimensional intelligence and cosmic design and is undergoing a resurgence in the modern world, specifically within the New Age/Spiritual/Shamanic and the healing/bodyworking communities.

When I first began and healing bodywork practice in the late 1980's, this presence of Light repeatedly emerged during deep sessions with my clients. Initially this was a pleasant shock to me as I thought that in order for the Light Body to manifest one would necessarily have to dedicate many years exclusively to deep meditation for several hours per day. Not so, though I'm sure it would help. It would seem that most people (let's be real, some people

are completely unconscious and would prefer to stay that way) have ample light or a higher vibrational energy in their auric field, but due to the injuries, stresses, etc. mentioned above, their nervous systems are unable to digest, metabolize and circulate this Light, the very Source of their nature, according to many ancient myths and cosmologies the world over. In Taoism for example, this process is called the Circulation of the Golden Nectar and is the goal of Taoist Medicine, i.e. the healthy human being.

In truth, it is because of the existence of suppressed, and unconscious material stored in the body that we are not in communion with Source in the first place. Thus the Sambogakaya, the Christ Consciousness, the Luminous Rainbow Body, the Circulation of the Golden Nectar, remain out of touch as it were, though they are part of the innate multi-dimensional intelligence of the body. By the way, the light body announces its presence through the vehicle of sound. As the body is cleared of its psycho-emotional debris, a distinct feeling of lightness presents itself in my hands, travels up my arm, enters my body. This is accompanied by a series of breaths of light, of spirit, chi or prana. Eventually my body becomes resonant with light, like a tuning fork, which emerges as vocal tones or sustained vowel sounds. The tones are sounded back into the body of the client, which then receives the tones in the same process of a light filled breath that initially filled my body. Many clients then report a feeling of lightness, tingling all over, pleasurable vibrations in the cells, and at times ecstatic remembrance.

Over the years, with the giving and receiving of various types of bodywork/healing practices by practitioners skilled and educated in numerous spiritual, transpersonal teachings and recovery programs, my practice evolved into one that I call **Vibrational Bodywork**, described as an as an intuitive blending of **Somatic, Energetic, Shamanic, Alchemical bodyworks** with the **Vibrational Medicine modalities of Light, Breath & Sound**, for the purpose of **Spiritual Awakening, Personal Growth & Holistic Healing**.

Central to this practice is the hands on realization that everyone is a vibrational being with the innate ability to contact and commune with source. Everyone has a light body that can be palpated, touched so that the physical body itself can vibrate, tingle, resonate, attune and align with the Light and the Love that is its Source. This is a truth found in many ancient traditions as mentioned above and more recently in Quantum Physics as the following statement by the brilliant Nobel prize winning physicist David Bohm asserts, *“All matter in trapped light.”*

The notion of the world as Maya and illusion to be transcended and the body as a detriment to evolution and enlightenment was replaced by the world as Sacred Theatre and the body was elevated to the position of **Healer, Teacher and Revealer of the Mysteries**. By Healer, I mean that the body has the capacity to heal itself. By teacher I mean that the body will never tell a lie, while the mind will lie a blue streak. The body will always present you with the precise medicine one needs for the path of awakening, while the mind will oftentimes lose itself in the quagmire of spiritual idealization. By Revealer of the Mysteries, I mean that the body has a innate cosmic, multi-dimensional design and intelligence that once accessed, informs and forms the identity from the inside out and not from the outside in as is the norm in our materialistic, narcissistic culture.

Thus my attention turned away from traditional spiritual/mystical practices centered on disidentification, nonattachment, the impersonal life and renunciation that I had practiced for fifteen years and embraced the body centered approach found in both modern and ancient healing and bodywork traditions. With bodywork I began to learn from the Sacred Feminine, from the body and from earth based teachings.

After a few years and hundreds of sessions, my clients would ask me what I was doing to bring them into such a state. I replied that I really wasn't doing anything except removing what was in the way of their experiencing their own Light. Mostly I would marvel about why they could not feel it on their own, after all it's not like I was giving them a light body. I decided to engage in groupwork with the focus on the field consciousness and not the body of the individual. After fifteen minutes of clearing the group field, a familiar result surfaced, namely that of the presence of Light. This is how the Sacred Sound Ceremonies came into form.

As a word of caution, so as not to get carried away with all this talk of Light Body Activation, there is always the counterpart of the descent. And it is here that I break company with many other lightworkers who seem to disregard this element of the process. The words of Carl Jung say it best. *"One does not become enlightened by imagining figures of light, but by making the darkness (the unconscious) conscious"*.

Somatic bodywork clears the body of its armoring and unconsciousness through working directly on the areas of tension and deficiency whereas energetic bodywork clears the body of defensive emotional and psychological patterns by means of the chakras, which act as charge/discharge system for the entire organism. Both bodyworks utilize the conscious awareness of breath and the repair and restoration of the respiratory wave in the case of the former and the opening of the subtle breathing or pranic currents in the case of the latter.

To complete on my own process of becoming more embodied, the combination of the energetic, chakra activating, Kundalini raising experiences with the more grounded approach of somatic bodywork conspired to open my bodymind to a deeper layer or level of the body's innate intelligence and multi-dimensional design, to the qualities, substances and elixirs of essence. During sessions or while engaged in my own vibrational meditations, instead of ecstatic experiences on the one hand and working through my own suppressed traumas stored in the bodymind on the other hand, essential qualities would spontaneously arise. Love, Courage, Compassion, Joy, Vision, Clarity, Intelligence, Peace, Power, Will, etc., in brief qualities that are necessary for the full individuation and actualization of the human being in the world.

What they all had in common is the expression of presence, of substance, each in their own way. The essential qualities, substances and elixirs of enlightenment emerge naturally and spontaneously with the dissolution of psychosomatic patterns and with the activation and subsequent cultivation and development of the body centers. Again this is quite different from the spiritual experience of Limitless Love and Light or the states of witnessing, no mind and transcendence that are characteristic of advanced meditation practices and

states. The danger with these practices is that one can become disembodied. That observation is based on my own experiences. Even without the practice of advanced meditation techniques most of us are disembodied anyway. We live in our heads, in our spiritual idealizations, in our rationalizations.

Previously I mentioned four major bodywork approaches that I engage in and find necessary for the overall development and unfoldment of the True Human. Let's briefly discuss each of these bodyworks in a simple and basic manner. Each one presents a different though highly useful map of the body's natural consciousness. The first, the somatic, is a map of the bodymind, the storehouse of personal history, whereas the next three are maps of the **BodySelf**, the innate, cosmic, multi-layered intelligence and design that is embedded within the bodymind and the physical body.

Somatic bodywork. This is a fairly new paradigm and deals with the body as a storehouse of our personal history. Deficiencies and tension patterns from early result in body armoring and character armoring. Everything we do in life is basically a repetition of our infant and childhood themes. The bodymind, a somatic map of the body, is characterized by armoring, deficiency, tension patterns, arrested respiratory wave, wounds, insults and injuries to the developing self or identity. It is literally the storehouse of our personal experiences and a map of our formative development. Most of us in spite of our spiritual and psychological work remained imprisoned by our unconscious somatic histories. The result is poor psychological, emotional and physical health, such as indicated by the term psychosomatic illnesses. The purpose of somatic bodywork is to make the unconscious conscious thereby freeing us of our unconscious, negative or restricted past. An supple, resilient, flexible deeply relaxed body, an embodied sense of Self, a breathing pattern that is full and free, a present centered mode of living and a restored life force are all characteristics of somatic health and well being. Highly recommended.

Energetic bodywork. An ancient system found throughout most of the world. The physical body is composed of subtle bodies, energy centers and pathways. When these are closed, the body loses its vibrational resonance and we remain trapped in matter, separated and ignorant of our Source of Limitless Life, Love and Light. Most of us are already familiar with this approach at least in theory. With this approach eventually the bodymind with its deficiencies, tension patterns, wounds, injuries and so on will inevitably surface. The benefits here are inclusive of spiritual development and realities as in ecstasy, bliss consciousness, luminosity and so on. In modern times, energetic approaches to healing are undergoing a renaissance in the forms of vibrational/quantum medicine/healing/meditations (the names are exchangeable). Here I am referring to working with light, color, sound and breath as means to raise the vibrational level of the body.

Alchemical bodywork. Also an ancient system found in many cultures. Not as well but definitely essential, along with somatic bodywork, to the full development of the human being in the world. In this system the body centers, i.e. the Upper, Middle and Lower Tan Tiens in Taoist Medicine, the hara in Zen, the Three Internal Crucibles in Oriental Alchemy, the Path, the Oth and the Kath in Sufi teachings, the head, heart and belly in the Queen's English. Known as the Sacred Impulses in Gurdjieff teachings, the centers function as psycho-spiritual organs of perception.

Shamanic healing/bodywork. Again an ancient system found throughout the pre-modern world that has also increased in popularity. Soul retrieval, guidance, contact with nature and spirit guides and the attainment of the luminous Rainbow Body are all the domain of the shamanic healing, shifting of the assemblage point, silent knowing. In most shamanic cosmologies, contained within the body is the Axis Mundi, the Center of the World or Tree of Life. Once contacted, the soul can travel in all directions, horizontally to the north, south, east and west and vertically to the above and below, thereby receiving guidance from the guardians and inhabitants of the directions.

There are many massage practitioners and bodyworkers who are clairsentient, that is possess clear feeling, and through the sense of touch, can feel deep inside your bodymind and help to make the unconscious conscious. And bear in mind that in any practice a practitioner can only take you as far and as deep as they themselves have gone and as far and as deep as you are willing and ready to go. Once the body has released old negative patterning, the stage is set for meaningful change and transformation in life. Your conscious intentions and visions will no longer be sabotaged and undermined by unconscious agendas that are stored in your body, acting against the best intentions of your mind.

Also, it is always good that you have a traditional or vibrational meditation practice and a movement program, such as Hatha Yoga, Tai Chi, Aikido, Pilates, expressive dance, etc. that you practice on a daily basis. Bodywork then is a necessary addition to your own personal program. The results are immeasurably beneficial. With bodywork, the chances of a spiritual bypass of any material that is suppressed that is more than likely to occur with traditional meditation practices, are highly unlikely and even impossible in bodywork. That's just been my experience and is the reason why I embraced bodywork and healing in the first place. In contrast bodywork, especially somatic and alchemical bodywork, focus on how you are face, center, assemble, and ground your self in this world. The emphasis is not so much on witnessing and higher states of consciousness but on the cultivation of human qualities of essence.

Again the body will never lie. And most people are somewhat disembodied, only partially here. For these reasons and others bodywork, in all of its forms, is crucial and vital to Spiritual Awakening, Personal Growth and Holistic Healing and is the reason why there are so many bodyworkers/healers on the planet at this junction of human and planetary evolution, a subject we will look at in Part 2 of this Stellar Message.

In summary, the bodymind can be seen as a place of deficiency, tension, unconscious patterns, character and body armoring. As one shifts the attention away from the localized, limited and contracted bodymind, the internal dialogue and their limited perceptual field, then one enters into an awareness of the **BodySelf**, wherein one can access latent capacities and faculties that are essential to genuine, authentic expression of Self in the world, spiritually, personally and holistically.

The **BodySelf** is an umbrella term for called by various names in different traditions, such as the Alchemical **Philosopher's Stone**, the Sufi's **Pearl of Great Price**, the **Shamanic Rainbow Warrior**, the **Buddhist Diamond Body**, the Hellenistic

Microcosm of the Macrocosm, or what I like to call **the BodySelf**. The BodySelf, lies beneath the bodymind, and is the fully awake, aware and alive Self, with a fully developed body, heart, will and mind, the fully expressed and developed True Human.

This exploration of bodywork brings us full circle back to the Vibrational aspect of Bodywork that focuses on, well, the vibrational aspect of healing. Raise the body's vibrational frequency and say goodbye to illness, emotional distress and numerous psychosomatic problems. Light, Sound, Breath and Touch all have their own cosmologies and principles of healing. These form the basis for Vibrational, Energetic, Quantum Healing, Medicine and Meditation that is at the root of a paradigm shift in the conventional medical practice. Modern medicine sees the body as a molecular machine to be treated surgically or pharmacologically. This is a far cry from the vibrational cosmologies that view the body as endowed with sacred qualities and origins, the temple of the Soul, which is not recognized by modern medical practice. There is more to say on this topic but I have already said enough for now and take up this topic at another writing.

In closing, my purpose in writing this was to advance the notion of your body as an invaluable resource in your path to Spiritual Awakening, Personal Growth and Holistic Healing. From a holographic perspective, information that is stored anywhere is stored everywhere. Therefore your body contains memories of creation and of paradise. The human body is the Body of Creation, the Body of Eden. All you need to do is inhabit your body fully on all levels and dimensions.

In my practiced estimation a paradigm shift is well underway that will bring this phenomenon of the Activation of the Light Body to completion and fruition, one that is buoyed by

- 1) My own personal experience
- 2) thousands of private sessions,
- 3) scores of group Sacred Sound Ceremonies
- 4) the growing number of reports worldwide of DNA/cellular transformation
- 5) the proliferation of healing/bodywork techniques that cultivate this emergence
- 6) the prophecies of ancient peoples pointing in the same direction of a paradigm shift
- 7) the advent of Vibrational/Quantum Medicine
- 8) the work of Sri Aurobindo and the Mother i.e. the Divinization of the Body
- 9) the emergence of the Christ Consciousness
- 10) the innate multi-dimensional intelligence and cosmic design of the human body
- 11) what is foretold in the astrological skies

Part two will follow shortly and will focus more on the planetary picture, one that began in the turbulent 60's and is reaching fruition now. I wrote this part as a guide to those of you, any of you really, to whom I have suggested bodywork and healing as part of your path to manifestation and growth in life. There are practitioners everywhere who are skilled in one or more of these practices and can act as a guide, guardian and ally.

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In Spirit,

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