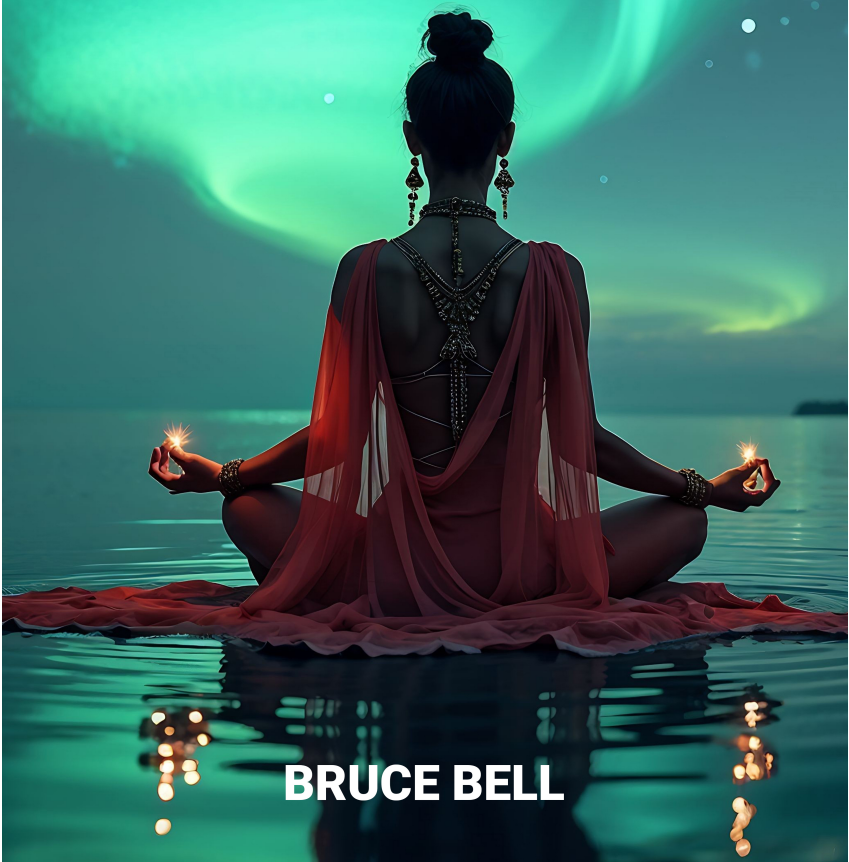


# FLOW STATE AWAKENING

Essential Embodied Transformational  
Practices for Mind-Body Mastery, Higher  
Self Activation & Chakra Healing



**BRUCE BELL**

Caption

# THE FLOW STATE AWAKENING

*Essential  
Embodied Transformational  
Practices for Mind-Body Mastery  
Higher Self Activation  
& Chakra Healing*

**BRUCE BELL**

# THE FLOW STATE AWAKENING

There's a moment when everything changes – when the ordinary dissolves into extraordinary possibility. I've witnessed this transformation countless times in my years as a dancer, healer, and guide. It's that precious instant when someone first touches the edge of their true potential, when they realize that the magic they've been seeking has been within them all along.

Welcome to **The Flow State Awakening**. I'm Bruce Bell, and this book represents a lifetime of exploration into the depths of human consciousness and the art of energy mastery. As the Department Head of Creative at the Barbara Brennan School of Healing and creator of the BioMatrix Coherency Healing method, I've been privileged to guide thousands on their journey to awakening. Now, I'm sharing these transformative insights with you.

Through this work, you'll discover how to:

- Access deeper states of consciousness
- Develop profound somatic intelligence
- Enhance your natural intuitive abilities
- Experience sustained presence and flow
- Activate your body's innate healing response

This isn't just another book about consciousness or healing – it's an embodied guide to accessing the divine

intelligence that flows through every cell of your being. Through these pages, we'll explore the delicate dance between movement and stillness, between form and formlessness, between the known and the infinite potential that lies just beyond our current understanding.

What you hold in your hands is more than words on paper – it's a roadmap to your own awakening. We'll delve into the mysteries of flow states, those magical moments when time seems to bend and possibilities expand.

You'll discover how to access these states reliably, how to harness them for healing work, and how to guide others through their own transformative experiences.

As your journey unfolds, you'll experience:

- Enhanced mental clarity and creative flow
- Greater emotional freedom and expression
- Natural vitality and renewed energy
- Improved resilience to life's challenges
- Deepened intuitive wisdom

From the subtle whispers of somatic wisdom to the profound insights of energy mastery, each chapter builds upon the last, creating a comprehensive approach to conscious evolution. You'll learn to navigate both the peaks and valleys of your journey with grace, developing emotional stability and energetic coherence that will serve both you and your clients.

The practices and principles shared here emerge from decades of experience in movement, healing, and consciousness exploration. They're grounded in both ancient wisdom and cutting-edge understanding of human

potential.

Whether you're a seasoned practitioner or just beginning your journey, these tools will help you access deeper levels of awareness and effectiveness in your work.

As you turn these pages, allow yourself to open to new possibilities. Trust that the wisdom contained here will resonate with your own inner knowing.

Let's step together into the flow of transformation, into the space where dreams become reality and potential becomes presence.

Throughout these chapters, I share real moments and insights from my students' journeys - not as promotional testimonials, but as honest windows into what's possible. These reflections, shared with privacy preserved, offer genuine glimpses of transformation that may illuminate your own path. They stand not as persuasion tools, but as authentic witnesses to the depth and integrity of this work.

Welcome to your awakening.

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# The Dance with Infinity

There are moments when the veil between ordinary reality and pure magic becomes gossamer thin. As a young man, I stumbled through this veil three times in one remarkable week, forever altering my understanding of human potential and our relationship with the infinite field of possibility that surrounds us.

My revelations became self-evident through the body's wisdom. Dawn was just breaking over the college football field, mist rising from the earth like ancient spirits awakening. Something called me to run - not in the structured way of traditional training, but in response to an inner knowing that whispered, "Move." Ten times I crossed that field, each 120-yard journey a meditation in motion, each footfall a prayer of connection between earth and sky.

Nature has a way of orchestrating perfect moments when we're ready to receive them. Later that day, I challenged a champion sprinter, curious if I could match his pace, always seeking to refine my stride. As we raced, something extraordinary emerged - that ineffable space where effort dissolves into pure flow. In those final twenty yards, gravity released its hold. My feet barely kissed the earth. I became wind incarnate, amazed that I could keep up with myself, surpassing all previous limitations of what I believed possible.

The next day brought an even deeper revelation. During an informal practice, time itself became fluid and malleable. As I leaped for a pass, defended by a future Hall of Fame linebacker, reality shifted into what quantum physicists might call a different dimensional frequency. The football rotated in slow motion, each stitch distinct and perfect,

while my consciousness expanded to hold both infinite slowness and lightning-quick action in the same moment.

But it was the third experience that truly unveiled the mystery. Late one night, in the shadow-dance of streetlights filtering through fraternity house windows, Yes's "Roundabout" became the soundtrack to spontaneous awakening. Thirteen perfect rotations on one leg - not planned, not practiced, but channeled from some deeper intelligence that moves through all things. My arms became wings, muscles forgotten, only the memory of bones navigating space. Everything whirled around me as I found myself at Eliot's 'still point of the turning world. I was amused that I even counted. The dancing Shiva graced my body, and I have never been the same.

This wasn't just peak performance or athletic prowess. This was consciousness itself revealing its infinite potential through the vessel of a human body. Modern neuroscience now confirms what I stumbled upon that week - that there are states of consciousness where the usual boundaries between self and universe dissolve, where our biointelligence transcends individual limits to merge with universal flows.

The ancient wisdom traditions speak of this too. The Taoists call it wu-wei - action without action. The yogis name it turiya - the fourth state of consciousness beyond waking, dreaming, and deep sleep. But these aren't just esoteric concepts. They're birthright experiences available to each of us when we learn to listen to the intelligence that flows through our cells, our fascia, our very being.

That week of wonder became my initiation into a lifelong exploration of the relationship between movement, energy,

and consciousness. It revealed that our bodies are not mere mechanical systems but rather exquisite instruments capable of tuning into and expressing the infinite intelligence that flows through all of life.

As you journey through these pages, know that these experiences aren't meant to be mere stories of what's possible - they're invitations. Your body holds this same wisdom, your consciousness contains these same possibilities. The flow state isn't some elite achievement reserved for athletes or artists; it's the natural expression of who we truly are when we release the constraints of our conditioned limitations.

Let this be your invitation to remember, to explore, to awaken to the flow state that already lives within you, waiting to dance you into your own extraordinary becoming.

Each of us carries memories of inexplicable moments that touched something greater. Take time now to recall yours.

Together, we'll explore these touchstones of wonder, discovering how they can deepen your connection to life's mysteries and enhance your everyday journey."

*"It feels so good.  
I actually take up space.  
I actually exist.  
I can take up space.  
Feels like light emerging. Actually  
felt my feet at a cellular level,  
growing energetically in all  
directions."*

# The Language of Sensation: Awakening to Inner Wisdom

In the depths of our being lies an ancient language, one that speaks not in words but in sensations, pulses, and whispers. This is interoception – the subtle art of listening to the body's inner symphony. Like a forgotten dialect of the soul, it waits patiently for us to remember how to interpret its profound messages.

My awakening to this sacred language began in the intellectual crucible of UCLA, where the mind was king. Yet it was the dancers, those embodied poets, who showed me a different kind of intelligence – one that flowed not from textbooks but from the wisdom of the flesh. What I witnessed in their dance spoke deeper than any academic theorem - a living truth that drew me from the sanctuary of scholarship into New York's raw artistic frontier, where every movement held the promise of tomorrow.

My temple was a Tribeca studio, my teacher a surprising magician: Calvin Holt. While tourists flocked to his legendary Serendipity 3 for ice cream sundaes, I discovered his true mastery in the alchemy of movement and energy. His movement classes weren't mere instruction; they were invitations to remember what our bodies had never forgotten. "Pick a point and move", he would say, "Find your points in space," words that seemed simple but contained universes of meaning. This wasn't about learning new movements – it was about unlearning the patterns that had imprisoned our authentic expression.

Calvin offered us a key to deeper artistry: learn the language of your body from the ground up. Each dawn for

a year, lying on the studio floor, my partner (wife) and I practiced the art of deep listening. The first instruction was radical in its simplicity: wait. Wait until movement rises from the depths of your being, not from the shallow waters of the mind. This practice became a meditation in presence, authenticity a way of distinguishing between genuine impulse and conditioned response. Who am I in this moment, and what do I need to be, and feel, to be true to me.

The body, I discovered, speaks in many tongues – pressure, heat, texture, weight. Each sensation is a word in this primal vocabulary, each feeling a sentence in the story of our authentic selves. But like any language, fluency requires dedication. We would often catch ourselves slipping into familiar patterns – the choreographed gestures of our conditioning. These moments became our teachers, gently guiding us back to what Calvin called "the point " – that sacred space of pure potential.

Modern neuroscience now confirms what ancient wisdom traditions have long known: our bodies house an extraordinary fascial network—a living matrix of connective tissue that serves as our source of biointelligence, processing complex somatic information at quantum speeds and generating insights that arise from our deepest bodily wisdom. Candace Pert also addresses in *Molecules Of Emotion*, that emotional memories live in the body, not just the brain. This internal intelligence system communicates through the language of sensation, offering guidance that precedes and often transcends rational thought.

The practice of interoception reveals that beneath our conceptual understanding lies a deeper knowing. When we

truly listen, we discover that our bodies hold not just sensations but stories – narratives of joy, trauma, healing, and transformation. Each cell becomes a repository of wisdom, each tissue a testament to our lived experience.

This journey of inner listening transforms us in ways both subtle and profound. As we develop our interoceptive awareness, we begin to distinguish between the authentic voice of our being and the echoes of societal expectations. We learn to recognize the difference between movement that springs from genuine impulse and movement that merely mimics external forms.

The gift of interoception extends far beyond the dance studio. It becomes a compass for navigating life's complexities, offering clear guidance when the mind's maps prove inadequate. In business decisions, relationships, and personal growth, this bodily wisdom provides insights that logic alone could never access.

At Evolutionary Somatics, we teach 'Here And Now I Feel' using first-order sensations—direct physical experiences like cold, tight, or loose. While many people describe feelings through emotional labels like sad, happy, or angry, these are actually second-order interpretations, filtered through mental processing and learned experiences. When clients stay with pure physical sensations, they remain more present to their direct experience, leading to greater awareness and more conscious choice in their responses.

Consider how often we override our body's signals in favor of what we think we 'should' do. Yet these sensations—the tightness in our chest before making a decision that isn't aligned with our truth, the expansion we feel when we're in flow—are messages from our deepest intelligence.

Learning to honor these messages is not just self-care; it's a revolutionary act of reclaiming our authentic power.

In this age of constant external stimulation and digital distraction, developing interoceptive awareness becomes not just a practice but a necessity. It's through this deep listening that we find our way back to ourselves, back to the authentic expression that is our birthright, back to the wisdom that has been waiting patiently for us to remember how to hear it.

I invite you to begin your own practice of deep listening. Take a moment to sit quietly and notice where your attention naturally draws you in your body. Describe what you find using only first-order sensations. Practice this especially during emotional moments, like during disagreements with loved ones. When you learn to identify pure sensations rather than emotional interpretations, you move from reactive blame to embodied awareness and choice.

As you continue through this book, notice the sensations that arise as you engage with these words. Feel the subtle shifts in your body as certain ideas resonate or challenge you. This awareness is your beginning of fluency in your body's sacred language. Remember, interoception isn't about adding something new—it's about returning to what was always there. It's a homecoming to the wisdom that resides in your cells, the intelligence that flows through your tissues, the truth that pulses in your very being.

*"I have the option of moving at the pace and in the way that actually supports me.*

*Brilliant.*

*This is different. It's another world. It's another location in a different dimension of reality.*

*This is much more than I expected in this period of time. I am very motivated to move."*

# The Art of Seeing

In the sacred dance between consciousness and perception, open-eyed meditation emerges as a transformative gateway to expanded awareness. This ancient practice, far more nuanced than simply keeping one's eyes open during meditation, invites us into a realm where seeing becomes an act of profound communion with both self and other.

Through the lineage of great masters like Muktananda and Rudrananda, we inherit a practice that transcends conventional meditation. Their wisdom teaches us that true seeing involves the entire being - not just the physical eyes, but the eyes of the heart, the mind, and the spirit. This holistic vision creates a field of awareness where boundaries dissolve and connection deepens.

Consider the metaphor of a clear mountain lake.

Just as the surface reflects the sky while simultaneously revealing the depths below, open-eyed meditation allows us to maintain awareness of both the external world and our internal landscape. This dual awareness creates a unique state of consciousness where we become both observers and participants in the dance of perception.

## The Physical Foundation

The practice begins with the body. As we sit in stillness, we learn to soften the muscles around our eyes, releasing years of accumulated tension. This physical relaxation serves as a gateway to deeper states of awareness. The eyes, often described as the windows to the soul, become portals through which energy flows freely.

Think of your gaze as a soft lamp illuminating a dark room. Rather than casting a harsh, focused beam, it diffuses gently, touching everything without grasping. This quality of seeing without fixating allows us to expand our perceptual field, embracing the entirety of our visual experience without becoming lost in details.

My journey into open-eyed meditation was anchored in my architect's instinct for mapping space. Arriving in NYC, I traded academic certainty for artistic freedom, beginning in an empty loft with a bold proclamation: 'I am here and I am writing my own syllabus.' From the center of my space, I created a simple choreography—tracing invisible lines from my eyes to each wall, corner, and cardinal point, creating a geometric web of presence. This conscious positioning became my declaration of artistic independence.

Later, this spatial awareness became key to meditation. By visualizing a line between myself and my partner, finding its midpoint, and weaving a sine wave along that connection, I discovered a way to maintain both focus and presence in the shared gaze."

## **The Energetic Exchange**

When two people engage in open-eyed meditation, something remarkable occurs. A subtle yet palpable connection forms between their energy centers, particularly the third eye chakra. This connection manifests as a tangible current of energy, often experienced as tingling sensations, waves of warmth, or spontaneous insights.

The practice reveals that seeing is not a one-way street but a dynamic exchange. As we gaze into another's eyes, we enter a shared field of consciousness where communication transcends words. This silent dialogue

speaks volumes about the nature of human connection and our inherent capacity for empathic resonance.

## **Haptic Awareness and Beyond**

As practitioners deepen their experience, they often report an unusual phenomenon: the ability to "feel" what they see. This haptic perception extends beyond ordinary sensory experience into a realm where vision and feeling merge. The boundaries between observer and observed begin to blur, revealing the interconnected nature of all experience.

This heightened sensitivity allows us to perceive subtle energetic shifts in others, reading the unspoken language of the body and spirit. Like a skilled musician who can hear the subtle nuances in a complex piece of music, we develop the ability to discern the rich tapestry of human experience through direct perception.

Haptic awareness functions differently in long-distance healing compared to in-person work. Though I can sense others' physical states remotely, the experience differs from working within someone's immediate auric field. While both approaches are effective, they create distinct perceptual experiences.

The common scientific claim that the brain can't distinguish between imagined and real experiences oversimplifies a complex phenomenon. Though visualization proves valuable—as with athletes practicing movements or my own choreographic work—its effectiveness depends on maintaining realistic temporal relationships. Direct, embodied experience remains distinct from imagination, even when both are powerful tools.

## **The Flow State**

Through consistent practice, practitioners often enter what might be called a "meditative flow state." In this state, perception becomes fluid and effortless. The usual barriers between self and other dissolve, replaced by a profound sense of unity and connection. This is not merely a conceptual understanding but a lived experience of our fundamental interconnectedness.

The practice teaches us that true seeing involves the whole being. When we fully engage in open-eyed meditation, we activate dormant capacities for perception and understanding. These capacities extend beyond the physical act of seeing into the realm of direct knowing - a kind of wisdom that arises from the depths of our being.

## **Integration and Transformation**

As we integrate this practice into our lives, we begin to notice subtle yet profound changes in how we relate to ourselves and others. Ordinary interactions become opportunities for deeper connection. We learn to read the energy of situations more clearly, responding with greater wisdom and compassion.

The transformation extends beyond the meditation cushion into every aspect of life. We begin to see with new eyes - eyes that perceive not just forms and surfaces but the living essence that animates all things. This expanded perception enriches our relationships, deepens our understanding, and opens us to new dimensions of experience.

## **The Path of Practice**

To embark on this journey of expanded perception requires dedication and patience. Begin with short periods of

practice, gradually building your capacity to maintain soft, open awareness. Notice how different it feels to see without grasping, to perceive without analyzing.

Key aspects to remember:

Maintain physical relaxation, especially around the eyes

Allow your gaze to be soft and receptive

Notice the subtle sensations that arise in your body

Stay open to the energy exchange between you and others

Trust in your inherent capacity for direct perception

## **Conclusion: The Gateway to Expanded Consciousness**

Open-eyed meditation offers more than a technique; it provides a gateway to expanded consciousness and deeper connection. Through this practice, we discover that true seeing involves the whole being - body, mind, and spirit working in harmony to perceive the rich tapestry of existence.

As you continue your exploration of this practice, remember that each moment of seeing with awareness is an opportunity for transformation. The journey of open-eyed meditation leads us back to our natural state of connection and presence, revealing the profound truth that in seeing others deeply, we come to know ourselves more fully.

Let this practice be your guide into the depths of perception, where seeing becomes an act of communion with the sacred in all things. Through the gateway of the eyes, we discover the boundless field of consciousness that connects us all.



*"Feel enriched*

*More of all of who I am*

*The essence of me is here now  
and that feels so precious and  
enriching*

*I feel much more of all of who I  
am"*

# The Dance of Two Breaths - A Personal Journey

Let me share a story with you about two paths to the same destination - one through discipline, another through surrender. Picture yourself driving down a quiet interstate highway, markers passing by like steady heartbeats marking time. This is where my own journey with breath began to deepen.

In those early days, I would challenge myself with what I called my "highway pranayama" - one complete breath cycle per mile. Watching those little markers tick by, ten to a mile, I'd draw in a long, measured inhale, suspend the breath in a moment of stillness (not forcing, just holding space), then release it all in a controlled exhale that would carry me to the next mile marker. My body would fight against this discipline, crying out to grasp for air, to return to its familiar patterns. This was pranayama in its essence - the scientific approach to breath, where we shape our breathing through careful practice and precise technique.

I still marvel at how filmmaker Craig Foster, in 'My Octopus Teacher,' transforms his relationship with breath through free diving, staying underwater for minutes at a time while building trust with an octopus. This mastery of breath reveals the extraordinary capacity of our living biointelligence - the same intelligence I witness in my daughter as she confidently immerses herself in icy mountain streams in deepest winter. These examples show us how the body's wisdom can transcend what we believe possible when we learn to trust and train with it.

But there's another way of meeting the breath, one I

discovered later in my journey. Imagine sitting by a quiet stream, watching how the water naturally finds its path through the landscape. This is the floating breath - no counting, no controlling, just pure observation of how breath moves through your body.

Close your eyes for a moment and try this with me. Instead of telling your breath where to go, simply notice where it wants to travel. Feel how it naturally expands through your pelvis, creating a gentle widening at the base. Watch how it rises like a warm tide through your ribcage, spreading beneath your shoulder blades. There's an exquisite intelligence here, a wisdom that needs no instruction from us.

As you rest in this awareness, you might notice how each inhale carries a quality of lightness, of expansion, like a flower opening to the sun. Each exhale brings a sweet heaviness, a settling inward, like petals closing at dusk. Sometimes the breath might not complete its journey - perhaps it releases halfway, then another inhale rises to meet it. Sometimes it takes little sips of air, like a bird at a fountain, each small breath bringing its own nourishment.

Both approaches - the structured practice of pranayama and the flowing awareness of floating breath - serve as bridges between our physical and energetic bodies. But they speak different languages. Pranayama speaks in counts and techniques, in specific patterns and prescribed rhythms. The floating breath speaks in whispers and waves, in subtle sensations and natural cycles.

I remember the moment this difference became clear to me. After years of practicing precise breathing techniques, I finally allowed myself to simply sit and feel my breath as it

was. It felt like stepping out of a structured dance class into a meadow where the wind itself became my partner, guiding my movements in an ancient, wordless choreography.

This understanding deepened during my meditations by the stream. I would choose a single point where water met stone, anchor my gaze there, and begin to intone the subtle vibration of 'aum.' As my perception expanded, something remarkable would occur - the separate currents of the stream would reveal themselves simultaneously, their distinct voices becoming a symphony of motion and sound. In this state of expanded awareness, I could perceive both the individual threads of water's dance and the unified whole of its movement.

Like Frost's insight in 'West Running Brook,' I discovered that within this flowing meditation lay a deeper truth: 'It is this backward motion toward the source, against the stream, that most we see ourselves in.' The stream became my teacher in the art of perception, showing how consciousness could expand to hold multiple layers of reality at once. This wasn't just observation - it was communion with the living intelligence of water, a dialogue between inner and outer flows that revealed our fundamental connection to nature's rhythms.

This practice became a gateway to understanding the subtle energy fields that permeate all life. Just as the stream's currents could be perceived in their multiplicity and unity, so too could the flowing fields of energy within and around us. Each session by the water reinforced what Frost knew: 'It is from this in nature we are from. It is most us.' Through this floating awareness, we discover our place in the greater dance of existence.

This is not to say one approach is better than the other - they are like two wings of the same bird. Pranayama builds strength and focus, teaching us the full capacity of our breath. The first moves in prescribed patterns, while the floating breath flows like a river, ever-changing, connecting us to the body's innate wisdom rather than the mind's direction. The floating breath reveals our natural rhythms, showing us how to listen deeply to our body's wisdom. Together, they offer us a complete language for exploring the subtle realms of energy that animate our being.

I invite you to explore both paths. Perhaps start with the floating breath, allowing yourself to simply observe how breath moves through you. Notice the natural suspensions between breaths, the subtle expansions and releases. Then, if you wish, experiment with gentle pranayama practices, always maintaining that quality of deep listening you've developed.

This journey with breath is endless - each moment offers new layers of discovery, new depths of understanding. Whether you're counting breaths on a highway or floating in the natural rhythm of your body, you're learning to bridge the physical and energetic aspects of your being, one breath at a time.

*"This was really extra-ordinary. Thank you very much. Wow! So much information. Really profound experience. It was really gigantic. I felt like my whole body was my crown, went into a very pure space, but not just the space, the whole thing. The multidimensionality of the directions."*

# Walter Russell and the Octave Wave – The Universal Rhythm

Sometimes the universe guides us to exactly what we need, precisely when we need it. On an autumn afternoon in Virginia's Shenandoah Valley, following nothing but artistic intuition down winding roads, we found ourselves at Swannanoa Palace. What seemed like chance led us to a pivotal encounter with Lao Russell, widow of the remarkable mystic Walter Russell. In the day's fading light, she recognized something in our quest and, despite closing time, opened the doors to their sanctuary. That moment of synchronicity became a gateway to understanding the profound connection between creativity and universal energy.

This encounter would illuminate the teachings of Walter Russell...

In the 1920s, Walter Russell, an entrepreneur and mystic, found himself transported into altered states of consciousness where the universe revealed its deepest secrets. What he saw wasn't complicated formulas or abstract theories, but something far more fundamental - waves. Endless, rhythmic octave waves that formed the very fabric of existence.

Let me share what makes Russell's insights so powerful for those of us working in healing and transformation. Imagine sitting by the ocean, watching waves roll in and out. That same rhythm, Russell discovered, exists in everything - from the breath in your lungs to the energy flowing through the cosmos. It's a continuous dance of generative and radiative forces, the universe itself is breathing.

This isn't just poetic metaphor. When you're working with clients or creating in your business, you're actually riding these same waves. Think about how a conversation naturally flows - there are moments of expansion where ideas bloom and energy builds, followed by quiet inward generative where things settle and integrate. This is the octave wave in action, the same pattern Russell saw underlying all of reality.

Here's where it gets practical. Remember our exploration of floating breath from the previous chapter? Russell's work helps us understand why that approach feels so natural. Instead of forcing our breath into rigid patterns, we can surrender to this universal rhythm. These patterns move as octave ways. It's like learning to surf - at first, you might fight against the waves, but true mastery comes from learning to move with them.

Let me give you an example from my own practice. When I first started working with energy, I tried to regulate everything - my breath, my movements, even the flow of a healing session. But understanding Russell's wave principle changed everything. I was good at understanding wave patterns, but this work exponentially deepened my ability to recognize and feel the impulses, how far they wanted to go, and how deep in the opposite direction they could go. My sense of quantum energies and how they entered and affected escalate and expanded dance in the 3D world to include forces I never was previously aware of. Suddenly, my work became more effortless, more aligned with the natural flow of things.

Russell's insights go even deeper. He saw that the periodic table of elements wasn't complete—that there were energies and possibilities yet to be discovered. Think about

what that means for your own work. Every time you step into your practice or business, you're exploring uncharted territory. Each breath, each gesture, each intention sends ripples out into the universe, creating waves that interact with countless others. Russell's understanding of how energy creates form revolutionized my practice, teaching me to raise vibrational frequencies through compression and release—like a dance of gathering and radiating heat through conscious intention.

Consider your daily actions through this lens. Everything you do - from sending an email to holding space for a client - is part of this cosmic dance. When you move with awareness of these rhythms, even simple tasks become sacred. Calvin showed me this in sipping up a cup of espresso. The beginning of the gesture, the halfway point, the geometric of being aware of the wave, the delight in the sip of coffee, and the natural resolution of gratitude. There for the taking in every move you make. It's like adding punctuation to a sentence - suddenly, everything flows with clear purpose and meaning.

But here's the most beautiful part: as you attune to these waves, you start feeling the connection between everything. That pressure you feel in a room? It's real. The subtle shift in energy when someone walks in? That's real too. You're sensing the electromagnetic orchestration that Russell described, the invisible dance of energies that connects us all.

For those of us working in transformation and healing, this understanding is invaluable. It teaches us that every breath, every movement, every intention works with (or against) these natural rhythms. When we align with them, we tap into something greater than ourselves - what

Russell might call the divine flow of the universe itself.

As we close this exploration of universal wave patterns, remember that you are part of this eternal dance of expansion and contraction. By aligning with these natural rhythms rather than resisting them, you open yourself to deeper flow and greater possibility. Every movement, every choice, creates ripples through the energetic field - touching lives in ways we may never fully comprehend. Trust in these cycles as they unfold in your work and daily life. Feel into the profound interconnection that wave dynamics reveal: we are all part of one great symphony of movement, forever dancing between form and formlessness, between being and becoming.

*“Ease, and can feel the waves  
moving around my interior  
Feel softer and calmer  
Can feel space in my body in  
places I have never felt before”*

# The Chakra Spiral: Energy Centers as Gateways to Consciousness

Life has a way of revealing patterns that only become clear in retrospect. Looking back, I can see how each step of my journey was guided by an invisible thread of synchronicity. It began at UCLA, where Allegra Snyder - Buckminster Fuller's daughter and Dean of the Dance Department - recognized something in my quest and directed me to Valerie Hunt in the Kinesiology Department. There, I encountered the groundbreaking work of Emily Conrad on psychic energy, setting the stage for what was to come.

Two months after arriving in Manhattan, I met Calvin, who would become my mentor for the next twelve years. Working with him, I first experienced chakras not as abstract concepts, but as living energy centers in the body - pure sensation without intellectual overlay. This practical foundation was later enriched by my encounters with Walter Russell's profound insights into universal energy.

Then came the pivotal moment that would shape the next twelve years of my life. My wife was invited to attend a lecture by a healer. The night before, she dreamed of the speaker without knowing who it would be. That speaker was Barbara Brennan, a former NASA physicist turned energy healer, whose scientific background and profound spiritual insight created a unique bridge between worlds.

Most people encounter chakras through books or studies - learning about their frequencies, colors, psychological associations. But Barbara's approach was different. As a

physicist and clairvoyant psychotherapist, she understood that chakras aren't just concepts to be studied - they're part of our living anatomy, psycho-physiological energy centers that function as octave wave vortexes. Her four-year school was built on direct experience, guided by master teachers who could differentiate subtle nuances and help students embody these understandings without reducing them to mental exercises.

Through Barbara's teachings, what began as pure sensation with Calvin evolved into a comprehensive understanding of how these energy centers actually work and influence our physiology. Her background in physics brought a unique perspective - she could explain the quantum mechanics behind energy healing while teaching us to feel and work with these subtle forces directly.

Imagine energy as a wave, flowing and shifting in countless patterns. When you bring your attention to these flows through the chakra system, something remarkable happens. Your intention to be present with the energy creates a clarity that begins to affect your whole being, from the cellular level up. This isn't theoretical - it's a tangible experience that transforms both practitioner and client.

In my experience working with the eight-flow system, each chakra reveals itself as a distinct gateway to consciousness. Starting at the base of the spine, we connect with the earth's fundamental frequencies - the ground of our being. This isn't just metaphorical; it's a tangible sensation of being anchored in the physical world.

Moving up to the second chakra in the pelvis, we encounter the primal forces of attraction and reproduction. Here, emotional waves surge and flow, nourishing not just our

reproductive organs but our entire gut wisdom. It's where we first learn to dance with the energies of life itself.

The solar plexus centers our three-dimensional awareness—front, back, left, right, up, down, in and out. Building on Calvin's teachings, we now articulate space from the inside out, learning to navigate and find stability both internally and in the world around us through embodied thought and movement.

But it's when we reach the heart that everything changes. Here, we enter what I call the psychic heart. Beyond the three-dimensional world, this heart opens us to a different kind of time and space. Beneath the beating, breathing, and constant flow of energies in and out here too lies the eternal steady connection to the heart of the soul. This isn't just about emotion - it's about entering the psychic plane, where cosmic forces become tangible realities.

The throat chakra reveals itself as the voice of truth, a creator's workshop where divine will meets personal expression. It's surrounded by a template space that holds and supports our authentic voice.

In the third eye, we discover both divine and personal vision, where cerebrospinal fluid flows activate deep physiological changes, releasing endorphins and opening new pathways of perception. This leads naturally to the crown, where imagination and complex thinking bloom, completely reorganizing how we perceive and participate in the world.

Finally, the soul seat above the crown serves as a point of assimilation, gathering energies from all directions and channeling them through our entire energy field.

What makes this system so remarkable is how it builds

upon ancient wisdom while incorporating modern understanding of human physiology and energy fields. Through years of working with Barbara, studying with Calvin, and integrating insights from Walter Russell, I've witnessed how these energy centers create their own spheres of influence, expanding outward like concentric circles. The physical body resonates closest to the core, while emotional and mental energies reach further out into what I call the kinesphere - the space you can actually feel and touch around you.

In BioMatrix Coherency Healing, we work with these natural energy flows, allowing them to align and become coherent. When this happens, these energy centers create a crystalline web in your auric field, bringing all frequencies into harmony. This creates a resonance, an expanded sense of being. This is the master flow state - where energy moves freely and consciousness expands naturally.

This isn't theoretical or merely ancient wisdom—it's validated through direct experience, not only my own but that of thousands who attended Barbara's school. It's a living, breathing system you can feel and embody. Through BioMatrix Coherency Healing, which we will cover in later, we create the conditions for these energy centers to align naturally, opening gateways to expanded consciousness and deeper healing.

The beauty of this work lies in its simplicity: when we allow these natural energy flows to move freely, transformation happens organically. No forcing, no struggling - just the natural unfolding of your own energy system's innate wisdom.

*"A newly evolved kind of yoga for  
the body, release of unhealthy  
cells, the whole trauma pattern  
and nervous system and the  
ways they are locked that define  
yourself...releasing.*

*Beyond cellular awareness  
Deeper understanding of our  
physical bodies*

*Opportunity to heal without being  
traumatic"*

# The Living Matrix: Mapping Consciousness Through Sacred Geometry

Before we explore the intricate dance between chakras and brain regions, let's understand the fundamental mapping process that activates this entire system. Mapping is an elegant visualization technique that connects and awakens eight cardinal and ordinal directions through each chakra center. This sacred geometry creates a precise energetic architecture that opens doorways to expanded states of consciousness and the higher self.

The mapping process begins with a unique breathing pattern that combines two powerful approaches - the floating breath and pranayama. The floating breath allows consciousness to move freely through space, while specific pranayama rhythms are gently guided to activate and stabilize each energy center. As these breaths synchronize, they create the optimal state for projecting lines of consciousness through space.

From the center of each chakra, we project lines of awareness along the cardinal directions - north, south, east, and west - and then extend through the ordinal points - northeast, southeast, southwest, and northwest. These lines aren't merely imagined; they become living bridges of consciousness, activated and sustained by our focused awareness and specialized breathing. Each projection provides feedback and creates a distinct resonance, a vibration that expands and stabilizes the energy field of that particular center.

What makes this mapping unique is how it combines precise geometric awareness with fluid, organic breathing. The floating breath creates a field of possibility, while pranayama provides the structure and power to maintain these extended lines of consciousness. This combination allows us to hold multiple dimensions of awareness simultaneously - the physical, energetic, and cosmic planes all come into perfect alignment.

The profound connection between chakras and specific brain regions creates a living matrix of consciousness that flows through our entire being and the evolution of life. As we explore these relationships, we discover how each level activates distinct neural networks while simultaneously affecting the fascia continuum of our whole physiology.

The brain stem's partnership with the root chakra establishes our foundational consciousness circuit. When mapping this primary connection, the breath naturally deepens and slows, drawing down into the pelvic floor. The fascial tissues in the legs and feet may begin to pulse subtly as grounding mechanisms in the brain stem activate. This creates our first experience of genuine security and embodied presence.

Moving up to the sacral center's resonance with the pons, we encounter a dramatic shift in how the body processes emotional information and deepened receptivity. The breath becomes more fluid, moving like waves through the lower abdomen. Fascia in the hip region softens and expands as the pons modulates our emotional awareness. This level of mapping often releases deep emotional patterns held in the tissues, accompanied by shifts in hormones that regulate mood and pleasure.

The solar plexus connection to the cerebellum introduces another dimension of bodily awareness. Here the breath expands three-dimensionally, expanding outwards from beneath the ribs, filling the entire torso. Fascial tissues throughout the core light up with increased neural activity as the cerebellum processes complex spatial relationships and integrates to automatic nervous system. This activation releases neuropeptides associated with confidence and personal power.

At the heart center's communion with the mid-brain, something remarkable occurs. The breath becomes both deeper and more refined, creating a distinct rhythm that synchronizes all systems. Fascia throughout the chest and shoulders releases long-held patterns as the mid-brain integrates multiple streams of information. In the mid brain cerebral spinal fluids are created and released. This level of mapping triggers the release of oxytocin and other bonding hormones, creating a profound sense of connection and wholeness.

The throat center's dance with the third ventricle shifts us into subtle energy awareness. Breath becomes almost ethereal, moving through the upper body like light. The fascial network around the neck and throat responds with microscopic movements as the brain's chemical messaging system activates. This level of mapping often produces states of profound clarity. The floor of the ventricle is a sea of Cilla transporting fluids to the pituitary. There is a sense of lifting, often a tingling that warms the body.

As we reach the third eye's resonance with the pineal gland, breath transforms into pure energy awareness. The facial fascia and cranial tissues begin to pulse with refined frequencies. The pineal's activation releases specific

neurochemicals, including melatonin, into the cerebral spinal fluids, spreading them throughout the entire body. People report deeper sleep experiences. Recent research indicates the stimulation and growth of new neural activity, and enhance our capacity to process subtle information and access expanded states of consciousness. The sensation is distinctly different from that of the pituitary, brighter, more centrally focused.

The relationship between the crown chakra and frontal lobes creates the pinnacle of our subtle anatomy. In this sacred junction, breath becomes pure consciousness, flowing simultaneously through all dimensions of our being. The entire fascial network illuminates coherent energy as the frontal lobes integrate transcendent experience, activating the full spectrum of consciousness-enhancing neurochemicals.

Harvard researcher Dr. Maura Zappaterra's studies of cerebrospinal fluid dynamics confirm what ancient Indian texts called the Cave of Brahma—a gateway to what subjects consistently describe as 'The I Am Experience.' This phenomenon has been repeatedly validated in my own practice, where clients spontaneously use these exact words to describe their awakening."

This intricate dance between chakras, brain regions, and biological systems forms the foundation of our mapping meditations and healing work. As we guide people through these layers, each level builds upon the previous one, creating ever-deeper states of coherence and harmony. The body responds with progressive waves of release and integration, marked by shifts in breathing, fascial tone, and neurochemical balance.

In our mapping meditation, we systematically engage each level, allowing time for full activation and integration. The healing work goes even deeper, using this understanding to address specific patterns and promote profound transformation. Through this process, participants experience not just temporary states but lasting shifts in their baseline consciousness and physical well-being.

The beauty of this system lies in its natural progression. Each level prepares us for the next, creating a journey that is both deeply biological and transcendently spiritual. As we map these territories together, we discover that consciousness itself is a living, breathing reality that flows through every cell and system of our being.

*"The prevailing word for me is just aliveness and senses, and there relief and wonder of not thinking, and just being with the sensations, and letting them actually come from within, just going with what's here, its own intelligence. It was just wonderful."*

# Mind: The Fall, Regeneration, and Micro-Movements

There's a profound wisdom in returning to beginner's mind, especially when the body demands we start over. My journey through physical breakdown and regeneration illustrates this perfectly. From a football injury that broke processes in my lower back (undiagnosed for a decade) to a mysterious collapse in my 60s, each challenge taught me to approach healing with fresh eyes.

The most recent breakdown came without warning. After months of construction work on an old house, I woke one morning to find my right leg immobile and my left shoulder seized in pain. No dramatic injury, no pulled muscle - just a systematic shutdown that left me facing an orthopedic surgeon's recommendation for hip replacement.

As a dancer-artist, I found my somatic truth echoed in Walt Whitman's verses:

'I sing the body electric!'

And:

'I celebrate myself, and sing myself,  
And what I assume you shall assume,  
For every atom belonging to me as good belongs to you.'

There on the cold winter church floor, wrapped in blankets with my faithful standard poodle Barney keeping watch, I embodied what Whitman had poetically intuited—our electrical nature and shared atomic/cellular heritage. Each micro-movement became a living pulse, generating waves of electromagnetic awareness through my system.

This electrical nature of our body that Whitman intuited

poetically became my lived experience on the floor of that cold winter church, wrapped in blankets, with my faithful standard poodle Barney keeping watch. Each micro-movement generated its own electromagnetic pulse, a subtle wave of awareness through my system.

Here's where beginner's mind became essential. I had to ask the most basic question: What movement was possible without pain? When I couldn't lift my leg, I scaled back further - could I just think about lifting it? This mental rehearsal created subtle tensions, barely perceptible preparations for movement.

The healing progressed in waves of awareness. First, just feeling the weight of my body pressing into the floor, surrendering to gravity. Then, those thousandth-of-an-inch movements, each one engaging my entire system in a coordinated response. Time expanded in these moments - a quarter-inch lift might take an hour, but in that hour, I wasn't just moving; I was rewiring my nervous system's relationship with movement.

Gradually, the work evolved. From lying on my back, I began exploring subtle shifts to my side. Each roll required exquisite attention - not just to the movement itself, but to the preparation and aftermath. How did my breath change? What tensed unnecessarily? Where could I find ease?

The progression to sitting then standing then shifting my weight to where I could walk again took weeks. Each attempt was a meditation in slow motion, letting my body find its own way to vertical. Standing came even more gradually. I'd press my palms into the floor, feeling the earth's support rise through my arms, learning to trust my legs again. When I finally achieved vertical, it was like

being reborn into gravity.

Walking became a study in weight transfer. I'd stand, feeling my weight centered, then experiment with the smallest shift to one side. Could I lift the opposite foot? Could I trust my balance? Each step was a negotiation with space, with gravity, with my own fear and hesitation.

Throughout this process, I discovered that I already knew but now a lived experience. Healing isn't linear. Some days brought apparent setbacks, but even these became opportunities for deeper learning. The key was staying with the electrical nature of each moment, as Whitman understood - feeling how each micro-movement sent ripples of reorganization through my entire system.

This journey taught me that healing isn't about forcing change but about creating conditions for the body's innate intelligence to emerge. Every micro-movement became both a physical action and an energetic event, an opportunity to enter what modern science calls a flow state - where time expands to hold our complete attention and awareness.

The modern understanding of body organization has evolved far beyond the old biomechanical model of levers and pulleys. Through patient attention to micro-movements, guided by the pleasure principle and supported by the contemporary science of BioTensegrity, we can initiate healing from the smallest scale upward, allowing the body's inherent wisdom to guide the process of regeneration.

But the transformation ran deeper still. Through physical and psychological surrender, a new awareness unfolded moment by moment. Core truths emerged: forgiveness flowing freely, patience replacing mental constructs, and

love—always love—as the supreme principle. A profound sense of purpose and worthiness arose, dissolving any notion of separation. The ancient truth that 'all is one' became not just concept but lived experience, transforming my entire sense of being in time and space.

This is beginner's mind in action - approaching each moment fresh, without preconceptions, letting the body's intelligence lead the way. It's a perfect marriage of ancient wisdom and modern science, showing us how the smallest, most mindful actions can catalyze profound transformation.

*"It is so hard to retrain the mind,  
but not with this. It's so natural in  
a way.*

*Encompassing to have a sense of  
great belonging*

*I was in a lot of pain when I got  
here and now I feel so much  
better,*

*I feel all of me, and the  
wholeness, as I do this. I am  
having tears of joy, happy tears."*

# Buckminster Fuller: Tensegrity and the Architecture of Life

Buckminster Fuller revolutionized our understanding of life's organization through his phenomenological observations. He saw beyond the mechanical to recognize a profound truth: everything is connected through geometric forces that permeate both physical and spiritual realms. This insight resonates deeply with my own somatic experience - the understanding that a movement in my left hand creates a response in my right foot, a principle I first explored while dancing with energies in Calvin's loft.

This understanding of interconnected forces led me to experiment with physical manifestations of these principles. I purchased 100 feet of surgical tubing from Canal Street, transforming our studio into a living geometric laboratory. Stretching elastic lines from ballet barres to walls and ceiling, I created a web of dynamic tension—a tangible feedback system that responded to every movement. These weren't theoretical constructs but real, earth-bound resistances that generated immediate, visceral sensations.

Like Fuller's discoveries, these explorations emerged from direct physical experience, not cerebral abstractions.

The fundamental building block of nature, Fuller showed us, is the tetrahedron - a triangle with a point above it. This isn't abstract theory; it's visible in nature's atomic structures. Nature abhors straight lines and perfect cubes, preferring instead these dynamic geometric forms where energy flows in continuous patterns of radiation and condensation, echoing Walter Russell's insights into nature's building blocks.

The icosahedron, unique among Platonic solids, demonstrates nature's fluid principles perfectly. When constructed with vertical and horizontal struts connected by bands or wires at equal distances, it creates the closest geometric approximation to a sphere—nature's perfect form.

This remarkable structure possesses another distinctive quality: when compressed, it naturally returns to its original shape, exhibiting a resilience that mirrors water's behavior. This is why sacred geometry recognizes it as the shape of water, reflected in everything from raindrops in free fall to river beds carving curved paths, and even our own interstitial tissues moving with spherical intention.

This understanding of spherical movement reveals a profound truth about our bodies: they are not rigid structures but dynamic systems of tension and integrity - what Fuller termed "tensegrity." This word, combining "tension" and "integrity," describes how our bodies maintain their form through a continuous network of tensile forces rather than compression alone.

On Fuller's gravestone, the inscription reads "Call Me Trim Tab" - a metaphor that perfectly captures his understanding of effective change. A trim tab is a miniature rudder on a ship's main rudder. When the captain needs to alter course, this small surface moves first, creating a pressure differential that makes moving the larger rudder possible. Without this intermediate step, the forces involved would be too great to manage efficiently.

This principle applies beautifully to human movement and consciousness: small, precise adjustments can initiate profound systemic changes. Our bodies, like ships in the

ocean, respond best to thoughtful, incremental shifts rather than forced movements against resistance.

When we move with awareness of these tensegrity principles, we enhance our body's electromagnetic vibrations, creating resonance and harmony among our evolutionary tissues. This awareness transforms our sense of self, revealing our continuous participation in life's larger patterns. We begin to understand ourselves not as isolated entities but as dynamic expressions of nature's geometric wisdom.

This new science of biotensegrity offers more than a mechanical model - it provides a framework for understanding flow states, those moments when movement becomes effortless and we experience our deep connection to life's underlying patterns. By recognizing how tension and integrity work together in our bodies, we can move with greater efficiency, awareness, and joy.

Fuller's insights remind us that transformation doesn't require force - it requires understanding.

Like the trim tab's subtle influence on a massive ship, small, conscious adjustments in our movement patterns can initiate profound changes in our entire being. This is the architecture of life: continuous, connected, and responsive to the smallest intentional shift.

*"I feel amazing. I feel like I am full. I feel together. I feel really grounded. It just feels good...I really like what you were talking about on a cellular level. I was able to understand, through your movements, and just saw in me a whole new perspective."*

# Dancing with Geometry: A Journey Through Biotensegrity and Flow

When my body refused to move, geometry became my dance partner. Not the rigid geometry of straight lines and perfect squares we learned in school, but the fluid, dynamic geometry of life itself. My introduction to this new world came through a tiny icosahedron model from Tom Myers' work - a seemingly flimsy structure that would transform my understanding of movement and healing.

There I was, barely able to walk, holding this eight-inch model of interconnected struts and tensions. Something remarkable happened. As I gently held this delicate structure with both hands, my balance improved. The geometric forces at play in this small model somehow reorganized my entire body, from head to toe. Biotensegrity teaches us that the geometric structure and forces of every cell in our body are icosahedrons. And since there are no empty spaces, every cell is connected to every other cell, and the force applied to one are spread everywhere through the body. This wasn't just coincidence - it was biotensegrity in action.

Being both a choreographer and builder, I couldn't resist taking this discovery further. Armed with PVC tubing and bungee cords from Home Depot, I began crafting my own icosahedron structures of varying sizes. Each size revealed its own mysteries:

The one-foot model became my intimate teacher, working with the subtle energies close to my body - what we spoke

of earlier, the layers of the energy field, called the koshas, each with their unique forces in space. This began to reteach me the language of the inner dance.

The two-foot structure opened up new movement patterns, revealing the hidden Fibonacci ratios in my natural movement arcs. I was like discovering a mathematical poetry written in my own body's laws of motion.

The three-foot model became my gateway to the expanded kinesphere, training my body to move confidently through larger spaces, reclaiming territory I thought I'd lost.

Equally remarkable is how these tensional structures affect our energy field.

A couple visited our studio. As one partner held the large IKO, I observed her presence - grounded, centered, complete. When I asked about her experience, she replied simply: "safe." I invited her to dialogue with her partner, who moved to the opposite side of the structure. In that geometric sanctuary, tears welled in both their eyes as they shared truths from depths their hearts had rarely known.

I then asked if they would welcome the energy of a couple married nearly four decades to enter the space. They agreed, and we stepped in, four of us now anchoring the cardinal points of the IKO. What transpired next defies conventional explanation.

A force emerged that brought us all to tears - not descending from above as I first tried to understand it, but radiating outward from the very center of our shared space. This wasn't external light flooding us with love; this was primordial force awakening from within.

I finally understood: the formative patterns of the IKO exist

within our very being. They are the sacred geometry of consciousness itself, the evolutionary flow encoded in our cellular memory, awakened through our geometric alignment.

In that moment, we weren't just holding space - we were experiencing the living mathematics of creation expressing itself through us.

What fascinated me was how these structures mirrored the very architecture of our cells. Scientists now understand that every cell in our body maintains its shape through this same principle of tensegrity - tension and integrity working in perfect balance. Our bodies are literally billions of icosahedrons, dancing together in a cosmic choreography.

The magic lies in the fluid nature of this system. The fascial tissues, our body's continuous web of connectivity, are never exactly the same from one moment to the next. Each interaction with these geometric structures brought new information, new patterns, new possibilities. No workout was ever identical - how could it be, when the very matrix of our being is in constant flux?

Through this exploration, I discovered that biotensegrity isn't just a scientific concept - it's a gateway to freedom. The interstitial fluids in our body, flowing through these geometric patterns, carry both physical nutrients and subtle energies. When we align with these patterns, we tap into a profound intelligence that knows how to heal, how to move, how to dance.

My journey took me from not walking to dancing in polyrhythms, finding effortless continuity where there had been only limitation. The icosahedron became more than a model - it was a remarkable tool for reclaiming my body's

natural wisdom. Each session with these structures wasn't exercise; it was exploration, a conversation with the geometric forces that underlie all life.

This brings me back to haptic perception. When I tell dancers and movers about the icosahedron, they often respond, 'Oh yes, I can visualize that. I'll think about it while dancing.' But as we've discussed, there's a profound difference between imagination and direct experience. No amount of mental visualization can replicate the actual sensations—the precise tensions, the elastic responses, the flowing arcs, and the subtle pressure resistance that stimulates cellular growth. It's this physical resistance that reshapes movement patterns and informs the mind. As the adage goes: the mind doesn't know how to move—the body does.

Like Buckminster Fuller's trim tab - that small rudder that can turn an entire ship - these simple geometric tools created profound changes throughout my entire system. They taught me that transformation doesn't require force; it requires understanding the patterns that nature already uses to create and sustain life.

This is the gift of biotensegrity - it shows us that our bodies are not machines to be fixed, but living geometries to be explored. Through this lens, healing becomes less about correction and more about discovery, less about forcing change and more about finding flow.

The beauty of this approach is that it's endlessly generative. Just as no two moments in nature are identical, no two explorations with these structures yield the same experience. They become partners in an ongoing dance of discovery, teaching us that healing isn't a destination but a

journey of continuous unfolding.

From these geometric playthings, I learned that our bodies are not just collections of parts but symphonies of interconnected tensions and compressions, each movement rippling through the whole in ways both subtle and profound. This is how I found my way back to dance - not by forcing my body to comply, but by learning to speak its native language of geometric flow.

*"I feel in my body, all aspects of  
my body, very expanded. No  
boundaries.*

*Softness, no difference between  
inside and outside.*

*Everything is moving, flowing  
Can feel everything in my space.*

*Most relaxin I've been...don't  
know since when.*

*Feel whole room around me, bit  
I'm not doing anything.*

*Great feeling. Effortless.*

*Extraordinary gift! Beyond  
extraordinary! All you did was  
guide my focus-so I was conscious  
and effected my energy,*

*You did not tell me how to move  
or where to go."*

# The Art of Gentle Pressure: Discovering Flow Through Biotensegrity

In the quiet spaces between movement and stillness lies a profound truth about healing. When I first encountered Leonid Bylum's work, creator ABR (Advanced Biomechanical Rehabilitation) therapy, it challenged everything I thought I knew about energy work and healing. Here was a method so simple - a ball, some padding, and patient attention - yet it opened doorways to understanding how our bodies truly heal.

Imagine a piece of fabric with missing threads. This is similar to what happens in conditions like cerebral palsy, where the collagen matrix - nature's perfect geometric lattice - is compromised. The skin lacks its natural tensegrity, that delicate balance of tension and compression that gives healthy tissue its resilient strength. But Bylum discovered something remarkable: by rolling a ball across padded skin with precise, gentle pressure, we could speak directly to the body's innate intelligence.

When I heard about this, don't ask why, but I oddly thought this might be a long-distance healing technique. So I put it to test.

The genius lies in the simplicity. Working with a partner in another room, I mapped out their chakras using this method. "You're pressing too hard," came the call from upstairs. How could they feel pressure from a completely different room?

This wasn't just physical therapy - it was a conversation

Here's what makes this approach revolutionary: it honors the body's natural timing. Too often, we try to force healing at our preferred pace. We blast high frequencies at tissues that aren't ready to receive them. But the body, like a shy animal, has its own rhythm. When we match that rhythm - rolling the ball with just enough pressure to create a gentle stretch in the fascia - something magical happens. The tissue begins to remember its original pattern, its perfect geometric blueprint.

Understanding pressure is key to this work. In her groundbreaking research, Jan Trewartha states in her book *Scars, Adhesions, and The BioTensgrity Body*, the tissue begins to remember its original pattern, its perfect geometric blueprint.

This builds on Bylum's discoveries, mapping out distinct pressure gradients that create different responses in the body. The lightest touch creates what's called a quasi response - creative, unrestricted, and free-flowing, like dancing to rock and roll on a Friday night. This is where exploration begins, where the body first opens to possibility.

With slightly more pressure, we enter a sweet spot where structure and freedom find perfect balance—what's termed quasi-linear. Here, possibilities remain abundant, but with enough pressure to provide structure. I recognize this from energy healing work, where practitioners have an intuitive sense of energy's potential direction. Like whispering to a floating breath, you can gently guide it while remaining ready to shift if it chooses another path. It's a true dance of interconnectedness.

This is the zone where healing thrives—where we can both direct and flow with the body's natural intelligence. It's no

coincidence that this precise pressure gradient stimulates collagen fiber growth, creating optimal conditions for genuine tissue regeneration. In these elusive flow states, where practitioner and client enter a dance of therapeutic collaboration, we witness remarkable transformations. ABR enables children with cerebral palsy, initially unable to hold their heads upright, regenerate the essential tissues that make this basic function possible.

At the highest pressure gradient, we encounter more rigid, predictable patterns - think of the structured movements of weight training. While this has its place in building strength, it offers little room for the subtle explorations that deep healing requires. Too much pressure, and we risk injury rather than invitation.

This is why I developed what I call "bio matrix coherency healing." It's not about imposing change but about creating the conditions for the body to remember its own wisdom...

What's fascinating is how this gentle mapping triggers specific physiological responses in each chakra region. When we work with the heart center, for instance, the body often responds by releasing oxytocin - nature's bonding hormone - creating waves of warmth and connection that ripple through the entire system. Similarly, as we map the third eye region, the pituitary and pineal glands awaken, releasing their own cocktail of feel-good hormones that help initiate those coveted flow states.

Like a master gardener who knows that pulling on plants doesn't make them grow faster, we learn to provide just the right environment for natural healing to occur. These biochemical cascades aren't just physical responses - they're the body's way of translating energy work into

tangible feelings of wellbeing and flow.

The implications reach far beyond physical therapy. In our rush to heal, to grow, to transform, we often override our body's subtle signals. But what if true healing moves at the pace of fluid dynamics rather than mechanical force? What if, like the gentle roll of that ball across padded skin, transformation requires a delicate dance between intention and surrender?

Through this work, I've witnessed profound shifts - not just in physical conditions but in the way people relate to their own healing journey. When we slow down enough to feel the natural expansion and contraction of our tissues, we tap into an ancient wisdom that knows exactly how to restore balance.

Think of it like this: each roll of the ball creates a wave through the fascial web, a ripple that carries information through the body's fluid systems. This isn't just physical pressure - it's a form of communication, speaking the language of tensegrity that every cell in our body understands.

The beauty of this approach lies in its respect for the body's intelligence. We're not trying to fix anything. Instead, we're creating a dialogue between conscious intention and cellular wisdom. This is why the pressure must be just right - too much force disrupts the conversation, too little fails to engage it.

In my practice, I've found that this gentle approach opens doors that forcing never could. It's like finding the perfect key for a lock - when the pressure is just right, the body responds with an eager "yes" to healing.

This physiological response isn't just metaphorical - it's a

real cascade of hormones and neurotransmitters and interstitial tissues that creates those sublime states of flow we associate with deep healing and transformation. This is the sweet spot where transformation becomes not just possible but inevitable.

As we close this exploration, remember: your body knows how to heal. It remembers its perfect geometric patterns, its natural state of flow. Sometimes all it needs is a gentle reminder, delivered with patience and precision, to find its way back to wholeness. In honoring this wisdom, we discover that true healing isn't about force - it's about finding the perfect pressure that allows life to flow freely once again.

*“I wrap myself around the pain,  
but now the pain is here and I can  
give myself more space around  
the pain...As we went to the  
crown, it was completely  
peaceful, completely sacred, and  
the pain was gone.”*

# The Dance of Electromagnetic and Scalar Waves

When I first met Emily Conrad at UCLA, I couldn't have imagined how profoundly she would shape my understanding of energy. Here was this extraordinary woman, creating visible ripples of energy that moved like waves through her skin, from elbow to wrist, in perfect succession. It wasn't just movement - it was energy made visible, and it opened my eyes to possibilities I hadn't dreamed existed.

James Oschman later helped me understand what I was seeing. Those ripples weren't just physical phenomena - they were electromagnetic impulses gathering strength, forming what he called solitron waves. Like streams joining to form a river, these waves would build upon each other, creating coherent patterns of energy that could flow through the body with remarkable precision and power.

But it was Valerie Hunt who showed me the next level of this energy dance. She taught us how to work with electromagnetic lines in space, drawing their ends inward toward the center. This compression wasn't just about gathering energy - it was about transformation. When compressed just right, electromagnetic energy shifts into something entirely different: scalar energy.

What fascinated me was how perfectly this aligned with Walter Russell's wave theory. In his detailed drawings and writings, Russell illustrated this exact principle - how when energy is compressed to its center point, it makes a 90-degree turn, transforming into a different state entirely. His work provided a theoretical framework that explained what

we were experiencing in practice.

This scalar energy fascinates me because it defies our usual methods of measurement. While electromagnetic waves show up on our instruments, scalar waves remain invisible to our devices. Russell's understanding of this transformation point - where compressed electromagnetic energy turns at right angles and shifts dimensions (just like Valerie Hunt) - helps explain why scalar energy operates beyond our conventional measuring capabilities. Yet their effects are undeniable. When directed with intention, scalar energy seems to know exactly what's needed for healing. It's as if it carries an innate intelligence, delivering precisely the right amount of energy to restore balance and flow.

This understanding transformed my approach to chakra mapping. As I worked with clients, moving from the edges of each chakra back toward the center, I realized I was unconsciously following the same principles Valerie had described and Russell had illustrated. Each gentle movement was gathering electromagnetic energy, compressing it, allowing it to transform into scalar waves that could facilitate deeper healing.

The beauty of this process lies in its natural rhythm. When we work with these energies - electromagnetic and scalar - we're not forcing anything. We're participating in a dance that's already happening within the body. Those ripples I first saw in Emily's arm weren't created - they were allowed. She had simply learned how to align with the body's natural energy patterns in a way that made them visible.

This is where flow states emerge naturally. As we engage with these subtle energies, our bodies respond by releasing into deeper states of coherence. The electromagnetic

waves gather and transform, scalar energy flows where it's needed, and healing unfolds with an elegance that still takes my breath away, even after all these years.

It's a reminder that our bodies know how to heal. They understand this dance of energies intimately. Our role isn't to direct or control but to create the conditions where transformation can occur naturally. When we do this - when we honor both the measurable electromagnetic waves and the mysterious scalar energies - we tap into something profound: the body's innate capacity for self-healing and renewal.

In my practice now, I see this dance happening every day. Whether I'm working with someone in person or conducting long-distance healing, these principles remain the same. The electromagnetic waves gather, transform into scalar energy, and flow exactly where they're needed. It's a testament to the wisdom encoded in our bodies and the subtle energies that surround us all.

This understanding has become foundational to my work, not just as a technique but as a way of seeing the world. It reminds me that healing isn't about forcing change but about aligning with the natural flows of energy that are already present. When we do this, we participate in a dance that's as old as life itself - the eternal choreography of energy seeking balance, of form finding flow.

*"Comfort in my body  
Awareness of sensation that I  
have been blank before  
Gentle, cultivates a gentleness in  
me  
Intuiting a better balance in the  
brain, and executive function  
being more available."*

# BioMatrix Coherency Energy Healing: The Art of Flow

When I first developed BioMatrix Coherency Energy Healing, it emerged from years of watching how energy naturally moves through space. Like water finding its path down a mountain, energy seeks its own flow state. What fascinated me was how this flow could be guided, not forced, into patterns that support healing and transformation.

The practice begins with breath - that most fundamental rhythm of life. I've found that when we truly attend to our breath, something remarkable happens. It's as if the breath itself becomes a bridge between our conscious awareness and the deeper currents of energy flowing through our being. As you breathe in, there's a natural expansion, a gathering of force. Then comes that exquisite moment of pause before the release of the exhale.

Working with thousands of clients, I've observed how this simple attention to breath creates a foundation for what follows. From the base of the spine, we begin to gather energy with each inhalation. Then, riding the wave of the exhale, we extend that energy forward into space. It's not about pushing or forcing - it's about allowing the energy to find its natural reach. Like a river finding its banks, the energy will tell you exactly how far it wants to go.

The mapping process that follows is creating a sacred geometry in space. We draw lines of energy back and front, left and right, exploring the dimensions of our energetic field. But here's what's fascinating - these aren't just arbitrary directions. Each line we draw reveals something

about how energy naturally wants to move through space. When we add the diagonals, we're not just making an octagon - we're creating a three-dimensional matrix that mirrors the very structure of our biofield.

I remember working with a client who was initially skeptical about this process. "How will I know if I'm doing it right?" she asked. I smiled and told her what I tell everyone: "Your body knows. Trust the signals it sends you." Sure enough, as she followed the practice, she began to feel subtle shifts and openings she'd never experienced before.

The addition of sound - that spherical "ohm" that expands outward in all directions - adds another dimension to the work. Sound carries energy in waves that can penetrate deeply into our tissues, creating resonance patterns that help reorganize our energy field. When we allow that sound to expand spherically and then draw back to center, we're participating in a fundamental pattern of creation itself.

As we move up through the chakras, from root to crown, we're not just checking energy centers - we're creating a coherent field that allows energy to flow more freely throughout our entire system. Each pause at each center allows for integration, for the new patterns to stabilize before we move on.

What makes this practice so powerful is its ability to enhance our interoceptive awareness - our capacity to sense and understand our internal states. As we repeatedly map and explore our energy field, we develop a more refined sensitivity to the subtle signals our body is constantly sending us. This enhanced awareness becomes a powerful tool for maintaining health and well-being.

The beauty of BioMatrix Coherency Energy Healing lies in

its simplicity and its depth. On one level, it's a straightforward practice of breathing, awareness, and energy movement. Anyone can do it. But beneath that simplicity lies a sophisticated understanding of how energy moves through space and how we can work with those natural patterns to support healing and transformation.

Through this practice, we learn to live more fully in flow states, where action becomes effortless and life unfolds with grace. It's not about achieving some perfect state - it's about aligning more fully with the natural rhythms and patterns that support life itself. When we do this consistently, we find ourselves moving through life with greater ease, more resilience, and a deeper sense of connection to the web of energy that sustains us all.

*"This was amazing. All you did was map a place for my attention to follow...and never add any interpretation. There were no emotions, just flow. It was all mine. Me. It is beautiful. Peaceful. I feel like I am home"*

# BioMatrix Coherency Energy Healing: A Guided Practice

After introducing the theoretical foundations and principles of BioMatrix Coherency Energy Healing in the previous sections, I'd like to guide you through the actual practice. Find a comfortable position, either sitting or lying down, where you can remain undisturbed for about 20 minutes.

## The Practice: Step-by-Step Guidance

### Phase 1: Breath Awareness

Begin by bringing your attention to your breath

Notice the natural rhythm of your breathing - no need to change anything

Feel the expansion as you inhale, observing how far the breath naturally moves

Experience the subtle pause at the top of the inhalation

Allow the natural release of the exhale

Continue this mindful observation for several breath cycles

### Phase 2: Energy Mapping

From the base of your spine:

Forward Direction

On an inhale, gather energy at the base of your spine

As you exhale, draw a line of energy forward into space

Let it extend as far as it naturally wants to go

Draw this energy back to center

(Sometimes I count to eight, sometimes four. Not

necessarily equal, just a marking to help know when the wave ends)

Backward Direction

Inhale and gather energy

Send it backward on the exhale

Match the distance you went forward

Return to center

Side Directions (I prefer to go clockwise)

Extend energy to the right, then return to center, pause, gather energy)

Extend energy to the left, then return

Bring all awareness back to center

Three-Dimensional Exploration

Now back/front front exploration, feeling for new openings

Next left/right again with fresh awareness

Allow these lines to flow naturally - they need not be straight, they could just be a sense of space. I know one person who follows a bee. But each time you shift directions, go back to center, where you can gather earth energy from the rising shushumna...even if it is only a sip)

### **Phase 3: Diagonal Mapping**

Create an octagonal grid by moving:

Front-right to back-left, return to center

Back-right to front-left, return to center

Back-left to front-right, return to center

Front-left to back-right, return to center

## **Phase 4: Spherical Expansion**

From your center, create an "Ohm" sound

Let this sound expand spherically in all directions

Feel it move through the octaves

Allow it to reach its natural boundary

Feel it return circumferentially to center

Let it settle into your central channel (shushumna)

Pause for a breath to integrate, then move on.

## **Phase 5: Chakra Ascension**

Move your awareness gradually upward through each energy center:

Root chakra (base of spine) - pause and integrate

Sacral chakra (lower pelvis) - pause and integrate

Solar plexus - pause and integrate

Heart center - find your anchoring here

Throat center - pause and integrate

Third eye (brain center) - pause and integrate

Crown - pause and integrate

Integration

At each point, allow yourself to fully experience any sensations

Notice any areas of opening or resistance

Trust your body's signals and wisdom

Let each experience integrate before moving on

## **Completion**

Take a few moments to feel the effects in your body

Notice any shifts in your perception or physical sensation

Gradually return to normal awareness

Take note of any insights or experiences

Practice this sequence regularly, allowing it to deepen naturally over time. As your sensitivity increases, you'll discover new layers of awareness and understanding. Remember, there's no "right" way to feel - your experience is uniquely yours.

*"It was the Universe inside of  
myself.*

*It was the Universe of me.*

*It was pretty awesome.*

*The peace says was so beautiful.*

*The state..its a love, but it is a self  
love.*

*That light and that love is in  
everything."*

# **The Symphony of Consciousness: Integrating Ancient Wisdom and Modern Flow**

In the depths of human experience lies a profound connection between consciousness, flow states, and personal transformation. This chapter weaves together diverse spiritual and philosophical perspectives, creating a rich tapestry that illuminates the path to heightened awareness and peak performance.

When working with flow states and dimensions of consciousness, we must remember that our physical body serves as the vessel for manifestation. While flow states transport us beyond ordinary reality, it's through our embodied experience that we can perceive and integrate these transcendent moments.

The universality of flow states, alternative realities, and quantum dimensions points to what ancient traditions call Universal Mind. As we explore these various dimensions of consciousness, we create space for our earthly experiences to align with deeper universal principles.

This understanding has profoundly influenced my own journey, allowing my flow experiences to transcend everyday limitations of time and space. In these sacred moments, we touch the wisdom of our higher self—that eternal aspect of our being that exists beyond time and space. These experiences create a living bridge between our everyday awareness and our higher self, allowing us to access deeper truths and universal wisdom.

The ancient wisdom of Sat Chit Ananda, as illuminated by Sri Aurobindo, provides a foundational framework for understanding the layers of consciousness. Sat represents pure existence - the unchanging truth of being. Chit embodies consciousness itself, the knowing principle that allows us to perceive and understand. Ananda manifests as the ultimate bliss that emerges when existence and consciousness unite in perfect harmony.

When we examine these concepts through the lens of modern flow states, we discover remarkable parallels. In moments of flow, whether experienced through athletic performance, artistic expression, or healing work, we touch upon these same fundamental aspects of being. The athlete in perfect form, the dancer lost in movement, and the healer channeling energy all access this trinity of existence, awareness, and joy.

Ernest Holmes, possibly the original pioneer of what modern marketing calls 'mindset work,' offered a far more profound understanding through his Science of Mind teachings. His perspective, grounded in the fundamental truth that All Is Mind, provides a Western approach that harmonizes with Eastern wisdom. Holmes articulated a trinity of Spirit Mind, subjective mind (distinct from the modern concept of the unconscious), and body-soul, revealing how consciousness creates reality through these interconnected levels.

His practical application of mental laws, including the use of affirmations, wasn't merely about positive thinking—it was a spiritual technology designed to shift the self-conscious mind from limiting beliefs to an experience of oneness with Spirit. This deeper understanding of consciousness as the fundamental reality transcends today's superficial mindset

approaches, offering a bridge between practical psychology and universal truth.

The integration of these perspectives reveals a universal truth: consciousness exists in layers, each offering unique gifts for personal transformation. When we enter flow states, we naturally align with higher levels of consciousness, accessing deeper wisdom and expanded capabilities. The frontal cortex activates, imagination flourishes, and we begin to perceive reality through a broader lens.

This heightened state of awareness isn't limited to exceptional moments - it becomes available through consistent practice and understanding. Whether through meditation, movement, or focused intention, we can learn to access these elevated states of consciousness deliberately. The key lies in recognizing that body, mind, and spirit operate as an integrated whole, each supporting and enhancing the others.

The journey toward mastery involves embracing both the challenges and the opportunities that arise. Doubt and fear may emerge, but they serve as guideposts rather than obstacles. By aligning our subjective mind with universal principles of creation, we transform these challenges into catalysts for growth.

Faith, trust, love, empathy, and compassion become our allies in this journey. These qualities aren't merely emotional states - they are frequencies of consciousness that facilitate access to flow states and deeper awareness. When we cultivate these qualities intentionally, we create an internal environment conducive to peak experiences and profound transformation.

The practical application of these principles requires dedication and practice. Through regular engagement with flow-inducing activities, mindful awareness, and conscious intention-setting, we develop the capacity to access higher states of consciousness at will. This isn't just about achieving peak performance - it's about expanding our understanding of what's possible in human experience.

As we continue to explore and integrate these various approaches to consciousness and flow, we discover that they all point toward the same essential truth: we are capable of extraordinary experiences when we align body, mind, and spirit with universal principles. The path to mastery lies not in forcing these experiences, but in creating the conditions that allow them to emerge naturally.

This journey of consciousness expansion and flow state mastery is both personal and universal. Each individual must find their own path, yet all paths lead to the same destination - a deeper understanding of our true nature and our unlimited potential for growth and transformation.

In embracing this holistic approach to consciousness and flow, we open ourselves to new possibilities for personal evolution. The integration of ancient wisdom with modern understanding creates a powerful framework for accessing and maintaining peak states of awareness and performance.

Remember, this journey is not about reaching a final destination but about continuous expansion and refinement. Each moment offers an opportunity to deepen our understanding and experience of consciousness, flow, and the infinite potential that lies within.



*"I kept on hearing, "I AM ALL That I Am". And kept hearing "I Am Divine Love". I felt it in my whole being, That was awesome. I would like to see where it takes me on a regular basis. I get what you are doing, and I love it."*

# The Nature of Flow: Experience, Consciousness, and Transformation

In the depths of human experience lies a remarkable state of being—one where time seems to bend, self-consciousness dissolves, and possibilities expand beyond our ordinary understanding. This is the flow state, a phenomenon that bridges our everyday awareness with extraordinary realms of experience and potential.

Consider a moment of perfect balance: turning thirteen times on one leg without effort, or the exquisite awareness found in the smallest movement while lying still on the floor. These experiences, seemingly at opposite ends of the physical spectrum, share a common thread—complete absorption in the present moment, where action and awareness merge into a seamless whole.

Flow emerges when we find ourselves perfectly poised between challenge and skill. Like a dancer discovering a new movement or an artist touching brush to canvas, we enter a space where our capabilities match the task at hand. Yet this balance isn't limited to grand performances or obvious achievements. It can arise in the subtlest of moments—a micro-movement on the floor, a breath held in perfect stillness, or a thought that expands into unexpected clarity.

The experience brings with it several distinct qualities. There's an effortlessness that defies our usual sense of striving. Actions unfold naturally, as if choreographed by a deeper intelligence. Time shifts and bends—minutes might

stretch into hours, or complex sequences might unfold in what feels like seconds. We receive immediate feedback from our bodies and environment, creating a continuous loop of awareness and response.

In this state, we become simultaneously the witness, the asker, and the experiencer. As the witness, we observe the unfolding of experience with pristine clarity. As the asker, we pose the essential questions: How far can this go? What's possible here? As the experiencer, we remain grounded in the physical reality of sensation and movement. This trinity of perspectives allows us to navigate the flow state with both awareness and wonder.

The body becomes our primary vehicle for this exploration. As one discovers in practice, "Your mind cannot move—your body knows how to move, and it will teach you how to do what you want to do." This wisdom reminds us that embodied experience serves as the foundation for all understanding, even as our awareness expands into broader realms of consciousness.

While these experiences might seem mysterious, they reflect natural capacities within all of us. As Ken Wilber's work on states and stages of consciousness helps us understand, we all have access to various states of awareness. Flow represents one such state—a particular configuration of consciousness that can arise spontaneously or through practiced engagement.

During these periods of heightened awareness, our physiology shifts. Specific hormones and neuropeptides cascade through our systems, creating electromagnetic responses that open new neural pathways and scalar intentions that redirect our biointelligence. This biological

symphony plays in perfect harmony with our subjective experience, supporting the expansion of consciousness and creativity.

The crown of our experience—both literally and metaphorically—becomes a place where we can plant the seeds of our desires and connect with abstract concepts or even divine forces. This connection opens us to what lies beyond ordinary mental receptivity, allowing us to perceive from what might be called a "higher mind"—one that can glimpse the whole picture rather than just its parts.

Intrinsic motivation drives this exploration. We move, create, and discover not for external reward but because something within us yearns for expansion and expression. This internal drive connects us to an enhanced creativity that seems to flow from sources beyond our ordinary understanding.

The practice becomes one of recognition and surrender. We learn to identify the subtle signals that indicate we're entering flow, while simultaneously letting go of the need to control or direct the experience. This paradoxical combination of awareness and release allows us to navigate increasingly subtle realms of experience.

In essence, flow states offer us a bridge between our ordinary consciousness and expanded realms of possibility. They remind us that within the simplest movement or quietest moment lies the potential for profound discovery. Whether we're executing complex physical feats or exploring micro-movements, these states reveal that "everything is available in everything."

Through consistent engagement with flow states, these experiences gradually integrate into our very being. What

begins as temporary states eventually stabilizes into new stages of development - fundamental shifts in how we perceive and function in the world. This transformation occurs at the cellular level, enhancing our capacity to transmit and receive higher vibrational energies. Our thoughts, actions, and sense of purpose evolve, leading to a profound reimagining of who we are. While this evolution requires dedicated practice, clear intention, and thoughtful reflection, it represents a natural progression in human development. We function from the platform of a new stage.

The next chapter will explore this transformative journey in detail.

As we conclude, remember that these experiences, while sometimes extraordinary, represent natural expressions of human potential. They invite us to explore the vast territory of consciousness while remaining grounded in the wisdom of the body. Through this exploration, we discover that every moment holds the possibility of flow, every movement contains the seed of discovery, and every experience offers a pathway to deeper understanding.

The journey into flow reveals not just what we can do, but who we can become—beings capable of navigating multiple levels of consciousness while remaining anchored in the direct experience of the present moment. This is the gift and the challenge of flow: to remain fully present while expanding into ever-wider circles of awareness and possibility.

*"And feeling the chakras as a ball  
of energy*

*...by the end it felt like all the balls  
of energy were merging.*

*It was very expansive.*

*I could feel little flickers, what  
would be my physical body,  
but the physical body was way  
beyond beyond beyond.*

*And the closing with the crown  
chakra and beyond felt like*

*...God Force coming in,  
it felt like a lot of Divine Love.*

*But very powerful.*

*Whoo! (Giggle).*

*It was very energizing.*

*And very cohesive.*

*Thank you.”*

# The Art of Flow: A Journey into Personal Transformation

Flow begins in whispers. Like morning dew catching first light, it starts with the smallest of movements - a gentle awakening that ripples through body and being. This intimate practice of transformation isn't about forcing change, but rather about creating the conditions where change naturally emerges.

Consider the practice of conscious stillness. Lie on the floor, releasing all agenda and expectation. Simply wait. Let the body be your guide. At first, you may feel restless, uncomfortable with doing "nothing." This is normal. Stay. Breathe. After 20 minutes, 30 minutes, sometimes an hour, something shifts. A subtle current of energy begins to move through you. This is your natural flow state emerging.

The pendulum practice offers another gateway to our subtle knowing. Begin by holding a crystal or weight on a chain at your heart center, allowing it to hang freely. Close your eyes and center yourself. Before asking your deeper questions, establish your personal dialogue with the pendulum. Ask it to show you 'yes'—often expressed as clockwise movement—and 'no'—typically counter-clockwise. Some pendulums may also indicate 'I can't answer' or 'I don't know' through forward-backward or side-to-side movements.

Rather than forcing answers, allow your body's innate wisdom to express itself through the pendulum's movement. This is a co-creative dance between your conscious and subtle awareness. My own journey with the pendulum illustrates how our analytical mind can

sometimes obstruct this natural flow.

As a college student, I spent a frustrated day alone in my dorm room with a self-hypnosis book, trying to make the pendulum work through sheer mental effort. It wasn't until later, when my mental barriers softened through cannabis use, that the pendulum suddenly came alive with movement. This experience taught me a profound lesson: when we release our mental grip and allow our body's natural intelligence to emerge—in this case, through activated endocannabinoid receptors—we access a deeper dimension of our knowing.

The pendulum becomes a bridge between our ordinary consciousness and our subtle wisdom.

Working with the chakra system deepens this exploration. Starting at the base of your spine, sense into each energy center, allowing awareness to rest with whatever emerges—sensations, stories, memories. This simple act of witnessing often initiates profound shifts.

You can enhance this inner dialogue using a pendulum as translator. First, establish your reading system: typically, clockwise movement indicates an open, assimilating chakra, while counterclockwise signals a non-assimilating, protective response. Then let each chakra reveal its needs—what posture, thought, breath, or feeling would support its optimal opening? This creates a precise, personalized map for energetic alignment.

The practice of micro-movements reveals yet another dimension. Begin with the smallest possible gesture - perhaps just the intention to move your finger. Wait until the impulse arises naturally rather than forcing it. This cultivates exquisite sensitivity to your body's authentic

rhythms.

As one practitioner shared: "At first I felt nothing. But after several sessions of just lying there, waves of emotion began moving through me. Old grief surfaced and released. I discovered a whole world of sensation I'd been too busy to notice."

The trim tab principle teaches us that the smallest adjustment, applied with precision, can shift an entire system. Like a bird's whispered "yoo-hoo" calling us to attention, these subtle practices create space for profound transformation. We don't force change - we create conditions where change naturally emerges.

This is the heart of flow practice - learning to sense and follow the natural currents of our own life force. Through consistent engagement with these tools, we develop intimate relationship with our own becoming. The body becomes our trusted guide. Emotions flow freely. We move with greater ease through life's challenges and opportunities.

Remember that this journey is uniquely yours. While these practices provide a framework, your experience will unfold in its own way, at its own pace. Trust this process. Allow yourself to be surprised by what emerges. Most importantly, maintain a spirit of curiosity and compassion as you explore these territories of consciousness and embodied awareness.

We are each part of creation's grand design, and its universal laws reside within us. This journey becomes your unique artistic expression. Like a choreographer in an empty loft space, you face infinite potential - awaiting your first movement, your first sound, your first joyful brush

stroke.

Through dedicated practice, what begins as occasional moments of flow gradually becomes a sustained way of being - one that transforms not just our individual experience but our relationship with all of life. This is the promise and invitation of flow practice: to discover, through our own direct experience, the extraordinary potential that lies within ordinary moments.

For those committed to transformation and seeking guidance from someone who has walked further along this path, I offer a transformative 13-week journey. This structured program meets you exactly where you are and guides you systematically to your next level of development. Like a master gardener who creates ideal conditions while honoring each plant's unique growth pattern, we work together to cultivate your potential. Through careful attention and skilled support, we witness and nurture the emergence of your authentic expression.

Remember: these are embodiment practices. True transformation happens here on Earth, in this physical dimension. The body, carrying billions of years of evolutionary intelligence, requires consistent practice to integrate new patterns. Until deeply embedded, these patterns will fade from both conscious and cellular memory.

Your body is your most ancient and willing co-creator. To create lasting change, you must speak its language and honor its level of existence. The equation is simple but profound: toxic inputs (whether food, thoughts, or habits) train the body toward dysfunction, while nourishment (physical, emotional, and spiritual) invites vitality and regeneration.

This is why I commit to daily mapping—clearing, recharging, and reimagining. It's a sacred practice of partnership with the body's innate wisdom.

For in the end, this work is about claiming your singular light - that distinctive way that only you can shine. The world needs your particular medicine, your unique perspective. Through these practices, you learn to trust and express your authentic nature, contributing your essential note to the grand symphony of life.

Begin where you are. Trust what calls to you. Let the whispers guide you. Your flow journey awaits.

*"Felt connected to sound  
geometry that was all lit up, mega  
cool and so powerful*

*I feel a template where I can click  
into A template has been created  
and I am here, in the moment,  
exist and in it, brings balance."*

*"I can lean into and have a  
tensegral vibration elastic  
relationship...travels through my  
whole body giving me balance  
and support, and ease of  
movement into space. I can find  
it!"*

# The Divine Intelligence in Our Cells: The Mother's Somatic Revolutionary Path to Embodied Consciousness

The extraordinary partnership between Sri Aurobindo and Mirra Alfassa (The Mother) represents one of the most profound spiritual collaborations in human history. Their connection transcended ordinary relationship - they were true soul partners in the deepest sense, each completing and amplifying the other's work. While Aurobindo articulated the philosophical framework of integral yoga and the supramental descent, it was The Mother who embodied these principles, bringing them into the very cells of physical existence through her own body.

The Mother's revolutionary insight emerged from this unique partnership. Her body became a living laboratory for humanity's next evolutionary leap, taking Aurobindo's vision of the supramental consciousness and making it tangible, cellular, embodied. Through her own deep explorations, meticulously documented in "The Agenda" and "Mind of the Cells," she revealed not just theory but lived experience—a raw, sometimes overwhelming process of cellular transformation.

This understanding fundamentally challenges the traditional view that divine intelligence exists separately from our physical form. The Mother's work suggests that every cell contains the potential for transformation, carrying within it the seeds of supramental consciousness. This isn't merely philosophical speculation - it's a lived experience that she

documented through decades of careful observation and experimentation with her own body.

The implications are profound: our bodies are not obstacles to spiritual growth but are themselves instruments of divine expression. The Mother's approach to somatic awareness wasn't just about improving physical health or achieving temporary states of flow - it was about fundamentally transforming the very nature of human embodiment.

This perspective aligns remarkably with contemporary findings in cellular biology and neuroplasticity, suggesting that our bodies are far more adaptable and responsive to consciousness than previously believed. The Mother's work provides a bridge between ancient wisdom and modern science, offering practical methods for accessing and working with this cellular intelligence.

By bringing the supramental consciousness into direct contact with physical matter, The Mother initiated a new phase in human evolution - one where the body becomes an active participant in its own transformation. This isn't about transcending the physical, but rather about awakening the dormant divine intelligence within our very cells.

Emily Conrad's groundbreaking Continuum work offers one of the most direct contemporary approaches to what The Mother was pioneering. Through its unique synthesis of sound, breath, and fluid movement, Continuum creates conditions where cellular intelligence can awaken and express itself. Conrad discovered that in states of deep fluid movement and resonance, the body begins to move in ways that transcend our habitual patterns, accessing what she called "the cosmic ocean" - that same field of

intelligence The Mother explored in her cellular work.

Victor Frankl's profound insights from the concentration camps remind us that even in humanity's darkest moments, there exists an inextinguishable divine spark - the same presence The Mother recognized in every cell. Frankl's discovery that meaning and love persist even in unimaginable suffering points to the same truth The Mother embodied: that divine consciousness is present everywhere, waiting to be recognized and expressed, even in what appears to be the most hostile conditions.

This is the deeper current running through all the practices and principles I've shared in my work and teachings - not just techniques for achieving flow states or managing energy, but invitations to participate in our own evolution, to allow the supramental consciousness to work through us in its own unique way.

The tools and methods I offer are doorways, each one carefully designed to help individuals access their own inherent wisdom and evolutionary potential.

This is the real work, the great work, and it's available to everyone who dares to open themselves to its possibility. My role isn't to prescribe a fixed path but to create safe containers where each person's unique journey can unfold in its own perfect way.

When she would lie motionless for days, appearing lifeless to those around her while her consciousness explored new territories of being, she was mapping previously unknown dimensions of human potential. Satprem (The Mother's scribe for her Agenda) understood this profound truth, protecting her space when others feared the worst,

knowing she was pioneering paths that would benefit all of humanity. This same protective container is what we must create for ourselves and others on this journey - spaces where the unknown can safely emerge.

The revolutionary nature of this work lies in its immediate availability: we don't need to wait for some future evolution—the potential for transformation exists here and now, within our very cells. Each person's journey will look different, sound different, feel different. That's exactly as it should be. When we work with the body's intelligence, when we enter the flow state, when we allow ourselves to be moved by the deeper currents of consciousness, we're participating in the same work that The Mother pioneered.

In embracing this understanding, we open ourselves to a new way of being—one where the physical and the spiritual are not separate domains but unified expressions of the same divine intelligence. Like The Mother, we must each find our own way, trust our own process, and allow the intelligence of life itself to guide us forward in this great work of conscious evolution.

*Please know your work w/ the fluids & fluidity in the bodily systems is unique & thorough! And, your explanations are easily understood! Keep up the good work you do, you're holding a model that not many dabble in! Your stuff should be taught in Medical Schools for supporting the Integrative model where Energy meets Biology!*

# The Ripple Effect: From Cellular Intelligence to Global Awakening

The journey of energy mastery reveals itself as something far more profound than individual practice - it is participation in the very evolution of consciousness itself. As The Mother demonstrated through her extraordinary work, transformation begins at the cellular level, where divine intelligence already resides, waiting to be awakened. This understanding fundamentally shifts how we approach global change.

When we recognize, as The Mother did, that our bodies are not obstacles but instruments of divine expression, we understand that personal transformation isn't just about individual growth - it's about creating new possibilities for all of humanity. Each person who awakens to their cellular intelligence creates what Rupert Sheldrake called morphic resonance, making it easier for others to access these same states of consciousness.

The shamanic aspect of energy work takes on new meaning when viewed through this lens. We're not merely channeling energy; we're participating in the same work The Mother pioneered - allowing supramental consciousness to express itself through physical form. This isn't about personal power but about becoming clear vessels through which divine intelligence can flow and evolve.

Lynn McTaggart's research, (The Power Of Eight) with groups of eight aligns perfectly with this understanding - when individuals unite in clear intention, they're not just combining forces, they're creating new fields of possibility

for consciousness to express itself. Like The Mother's work in Auroville, these collective efforts create laboratories for consciousness evolution.

As we develop our capacity to work with subtle energies, we're not just expanding personal abilities - we're participating in humanity's collective evolution. Each "train station of perception" we access becomes a gateway for others, just as The Mother's explorations created pathways for future generations to follow.

The path forward requires unity consciousness - not as an abstract ideal but as a lived reality, expressed through our very cells.

Victor Frankl's insights remind us that even in our darkest moments, this divine presence remains accessible. Emily Conrad's Continuum work shows us practical ways to access these deeper dimensions of being.

By maintaining clarity of purpose while remaining open to the unknown, we become living examples of transformation. Our personal practice becomes a gift to the collective, not through force or will, but through the natural radiation of awakened consciousness. Each person who steps into this work becomes, like The Mother, a pioneer of new possibilities.

The future of this work lies in recognizing that evolution happens through us, not by us. As we develop our individual and collective capacities, we participate in creating a world where love, understanding, and conscious evolution guide our shared journey forward. This isn't just vision - it's the practical reality that The Mother demonstrated through her own embodied transformation.



*“ It doesn’t feel about stories,  
there is not a story,  
its just experience of expansion.  
With the expansion of energies it  
feels like it pushes out anything  
that is getting stuck,  
if that makes sense.*

*Anything that was stuck feels like  
it was moved out.*

*It doesn’t feel like there is a  
emotional quality to it,  
it feels like there is some little  
stuff,  
feels like when the light shines  
through with the energy,*

*it feels like it shines through and  
clears,  
and for me it does not feel like  
there is an emotional quality to it.  
It just has been pushed out.  
The stuff that need to go is just  
pushed away.  
Vaporized. "*

## A Final Embrace

As these pages draw to a close, I am filled with profound gratitude for our shared journey. Remember that you carry within your very cells the intelligence of the divine. Your body is not separate from your spiritual journey - it is the vehicle through which consciousness evolves.

This sacred truth is your birthright: you are not just an individual seeking transformation; you are transformation itself, consciousness evolving through form. The divine intelligence that The Mother worked to bring into physical reality already pulses through every cell of your being

In times of doubt or darkness, remember that you are held in the same embrace of divine love that supported The Mother's journey. This isn't something to achieve or earn - it is the very essence of who you are, waiting to be recognized and expressed.

As our paths part here, I send you forth knowing that you carry within you the same potential that The Mother demonstrated - the capacity to participate in humanity's evolution through your own embodied awakening. Trust in the intelligence of your cells. Live from the wisdom of your body. Share the love that you are.

In eternal love and gratitude,  
Bruce

*“I want to be here. I do want to be here, in this body at this time. If feels really healing. Powerful. That Light and Love is everything.*

*”*

# Keeping the Flow Alive: Your Journey Beyond the Awakening

As we reach the final pages of this journey together, take a moment to acknowledge the profound transformation you've begun. The Flow State Awakening isn't just a collection of concepts – it's a living, breathing pathway to embodied consciousness that you've now made your own.

Throughout these chapters, you've discovered the subtle language of your body's wisdom, explored the depths of energy mastery, and learned to access states of consciousness that once seemed beyond reach. These aren't mere theoretical understandings but practical tools for daily awakening.

**The key to sustaining this awakening lies in consistent practice.**

The daily energy meditation we explored offers a foundation for maintaining your connection to the flow state. Begin each morning with this practice, allowing your consciousness to expand through the layers of your being, from physical awareness to the infinite field of possibility that surrounds us.

Conscious movement remains your gateway to deeper awareness. Whether through the BioMatrix Coherency practices or the subtle explorations of internal sensation, let your body guide you into states of enhanced perception and presence. Remember that each movement, each breath, carries the potential for transformation.

The open energy meditation serves as your daily touchstone for maintaining energetic coherence. As you've

learned, this practice allows you to navigate the subtle realms of consciousness while remaining grounded in physical reality. It's through this balance of earth and spirit that true mastery emerges.

Your journey doesn't end here. As the creator of these methods and your guide on this path, I invite you to continue exploring these practices through our ongoing programs and advanced trainings. The depth of this work unfolds gradually, revealing new layers of understanding as your practice deepens.

Remember that awakening is not a destination but a continuous unfolding. Each day brings fresh opportunities to embody these principles more fully, to dance more deeply with the infinite, and to express your unique contribution to the symphony of consciousness.

Trust in the wisdom you've awakened within. Let it guide you forward, knowing that you carry within you everything needed for this journey. The flow state isn't something to achieve – it's your natural way of being, waiting to be remembered and lived fully.

May your practice continue to deepen, your awareness expand, and your connection to the flow state strengthen with each passing day.

The journey continues, and I look forward to supporting your ongoing evolution through our work together.

In the flow of infinite possibility

Bruce

*"This is the work that I have had from the beginning of my life that I am only beginning to get now, and because of this awakening I am only beginning to avail that for myself now."*

# Bruce Bell: Pioneer in Movement, Consciousness, and Flow

In the ever-shifting landscape of personal transformation, there exists a luminous pathway illuminated by wisdom, experience, and profound understanding of the human spirit.

That pathway is one that Bruce Bell has tirelessly forged, inviting seekers, spiritual artists, and holistic practitioners alike to embark on a journey of self-discovery, inspiration, and healing.

With formal foundations in Religion from Dartmouth College and Choreography from UCLA, Bruce's true evolution as an innovator and master of movement emerged through his immersion in New York City's vibrant artistic frontier.

It was here, under the mentorship of transformative teachers, that his unique approach to movement and consciousness took shape.

The mystical wisdom of Calvin Holt, whose teachings transcended traditional movement instruction, the pioneering work of Barbara Brennan and Valerie Hunt in energy healing, the somatic innovations of Emily Conrad, and the collaborative artistry with Elizabeth Dare Andes - all these influences converged to forge a wholly original understanding of human potential and embodied consciousness.

Bruce penned **"The Flow State Awakening: Embodied Transformational Practices For Your Higher Self "** to share this synthesis of experience and insight.

This work serves as a bridge, guiding readers through the complex interplay of energy, consciousness, and movement, drawing from both his formal education and the profound wisdom gained through decades of artistic exploration and somatic practice.

Your quest for personal transformation, emotional regulation, and inspiration is a sacred calling—one that Bruce is uniquely qualified to support.

His innovations seamlessly blend creative choreography with somatic practices, empowering countless students to move with greater fluidity and joy while instilling the core tenets of cellular awareness and bio-energy connection.

This isn't merely theoretical knowledge, but wisdom earned through years of practical exploration and artistic innovation in the field of movement and consciousness.

Now is the moment to embrace your transformation—open the pages of "The Flow State Awakening" and begin to chart your path toward divine consciousness.

Each chapter unfolds as an invitation to deeper understanding and mastery, beckoning you to align with your passions and purpose while fostering enduring peace within your soul.

Bruce invites you to join him on this journey—not just as readers but as co-creators of healing and inspiration.

Together, let us weave a tapestry of vitality, joy, and collective awakening, guided by the unique synthesis of wisdom that emerges from a lifetime dedicated to exploring the frontiers of movement, consciousness, and human potential.

# The Flow State Awakening

## Master Energy. Transform Lives. Awaken Consciousness.

### Discover Your Path to Peak Performance and Divine Connection

Are you ready to transcend ordinary consciousness and tap into your unlimited potential?

Experience a revolutionary approach to energy mastery that combines ancient wisdom with cutting-edge understanding of human potential.

### Transform Your Practice:

- ❖ Access peak flow states at will
  - Regulate energy with precision
  - Guide transformative healing sessions
  - Maintain vibrant presence all day
- ❖ Master Your Energy:
  - Develop unshakeable emotional resilience
  - Create lasting vitality and strength
- ❖ Navigate subtle energy realms with confidence
  - Embody higher frequencies of consciousness

### Perfect For:

- ❖ Healing practitioners
  - Performance-focused athletes
  - Consciousness explorers
- ❖ Transformation seekers

### Beyond Theory - Real Results

Drawing from the groundbreaking BioMatrix Coherency method and decades of experience at the Barbara Brennan

School of Healing, Bruce Bell offers precise protocols and practical tools for sustained transformation.

## **Your Journey Begins Now**

Move beyond temporary fixes into true embodiment of your highest potential. Access states of consciousness that were once the domain of masters. Transform not only your own life but gain the power to guide others through profound healing journeys.

## **Available now in print and digital formats**

[Kindle Books]

Bruce Bell is the creator of BioMatrix Coherency Healing and former Department Head of Creative at the Barbara Brennan School of Healing. His innovative methods have transformed thousands of lives worldwide.