

Transformation Yoga – ATTAINING PEACE/GRIEF MANAGEMENT – MEMORY vs ENERGY SIGNATURE

The distinction between Memory and Energy Signature when missing a deceased loved one:

Memory is past tense. It is material, corporeal and dense. [Ex: that time we.... I remember when.... I miss how he/she used to... I regret not... I loved it when... He gave me this... I gave her that...] Memories are cherished and special. But they naturally evoke a sense of loss because memory is past tense. You can't go back to it. It's over. That's why memories can be bittersweet because inherently they are a reminder of what no longer is. But have you know that moment where a memory made you laugh out loud before the awareness of loss set in? That magical space is reconnection with energy signature. And with practice, that connection can be preserved and strengthened.

Energy Signature is dynamic. It exists only in the present moment. It is experiential. It is everlasting. It is the conscious *experience* of a loved one. Memories and possessions can help to reconnect to an energy signature, but they are not necessary. The path to reconnection is intention and attention... ACUTE ATTENTION. It is about detecting the "feeling-tone" of your relationship. Feeling-tone describes the bodily sensations of an experience. It's a way of making material a spiritual phenomenon. How does it *feel* to be with that loved one? Slow down time and experience it right now... Notice how your belly feels, your shoulders, your head, your ears, your chest, your heart your toes. Slow down time and marinate in the experience of *being* with them. When you feel their presence you'll notice energy signature is distinct from memory- it's happening newly right now. Allow yourself to relax into the moment. Have a conversation if you like. Listen with your intuition for a response.

Einstein theorized that energy cannot be created or destroyed. In that context, we are eternal. So give yourself permission to explore connecting with your loved one's energy signature. Naturally that connection wanes at times and grief surfaces. Honor that, feel the full range of your feelings without judgement. Just know that when you are ready, you have the ability to reconnect with your loved one. The more you consciously practice connecting, the easier it becomes for them to be a constant presence in your life and allows space for memories to be heartfelt and sweet.

Recommended Movement / Breath-work

Helps prep the body and mind to being more receptive and intuitive. Practice daily before bed, 5-10min on each side.

Dirga Breath- inhale through the nose. Feel the belly expand, then sip in more air and feel the ribs bellow. Sip in more air all the way up to the collar bones. Exhale, let the belly deflate back towards the spine. Work slowly and consciously. Repeat 3-5 times



Side Twists

Bring your knees into your chest. Then allow them to lower to your side. If your legs don't go down all the way, build up pillows to meet them so you can completely relax. For a deeper stretch, open your arm into a "T" position and look out over your arm that is opposite your knees. Repeat on the other side. Finish the series by hugging knees into the chest and breathe deeply here for at least 1 min

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