



Defining and Shifting: The 4 Aspects of the Authentic Self

The Sacred Anatomy is not a psychological model and so psychological processing is not the approach we use to work. If you are constantly trying to get to the spirit through the mind you are bypassing the heart and ignoring the wisdom of your own soul. Instead try taking the position that everyone has a processing orientation based in their four aspects.

You can even go through periods where one Aspect is dominant over the others causing you to view life and to understand lessons from that vantage point. When we determine a dominate Aspect the processing style is also determined by this Aspect.

Naturally, all Four Aspects express within the course of any healing experience and throughout a life. Witnessing yourself move consciously from one Aspect style of processing to another is a fascinating sort of growth experience to observe. Realizations ripple through the Sacred Anatomy and awaken awareness while one Aspect after another emerges and matures into a full expressing part of the Authentic Self, manifesting in the life as the next one comes into focus. It is big fun!

To greater and lesser degrees each person has a relationship with each of his or her Four Aspects. The processor type is a big indicator of which aspect is currently most dominant in the structure. Greater self-care means refining the connection to the aspects and awakening through practices how they express most freely in the structure. *Shift the Aspect and shift the life!*

Four Aspects Processing

Physical Aspect

Physical processors are the folks most dominated by the Physical Aspect and experience. You feel everything physically. You experience nausea when releasing debris, feel emotions as needles in your eyes and head, break, stub, bruise, scrape and scratch yourself before, during or after a moment of reckoning when dealing



with a big issue. Physical processors tend to project their experience out into the world and should not drive or operate heavy machinery while engaged in processing as a banged up physical processor on a trip to the hospital is just no fun.

Working with Physical Processing:

Relish physical joy- by letting yourself make the connection between happiness and the body. Move every day and enjoy it. Even if you hate exercising, smile when you do it, put a spring in your step and feel the connection between your moving body and the neurotransmitters firing in your brain digging new and positive grooves for a new way of being with your physical self. Trick your old habits away by speaking enthusiastically about your daily walks. Tie your walking shoes, stretch and put on a smile, swinging your arms as you happily stride down the path.

Emotional Aspect

Emotional processors are people most dominated by their Emotional Aspect and the experiencing of emotions. You feel it ALL, all the time, in Technicolor and surround sound. You scare yourself, upset yourself, become overwrought, anxious and angry while processing your issues. You may generally love the experience of deep release and strive to attain it, emotionally. You may find yourself working yourself into a big crying jag and may enthusiastically report to your friends and family about being incapacitated by these releases. *"I was so exhausted by the tidal wave of emotions all I could do was cry in the bathtub for an hour and a half."* Be aware is not "drama" instead this is how an Emotional Processor is able to vibrantly *feel* life and you very naturally want to SHARE.

It is only something to worry about if you are also angry and fearful about releasing because it is such an ordeal. If so, you are a real drama king or queen and you had better be sure you are up for the intensity and demands of this work. Emotionally Processing royalty will spin out, eventually and that is not a pretty sight. Most especially Emotional Processors will spin if you really need psychotherapy to talk through and resolve your issues and are somehow trying to replace doing that sort of deep investigative effort with "easier" energy work. I've got news for you: it's not easier to do it this way. Talk to somebody if your story is eating you alive. Then release your passionate self with SAEM.

Emotional Processors who have not come to grips with their historical trauma are



high maintenance. Because you become so devastated and disoriented by your internal work and are unable to move into a more mature version of their internal experience the tendency is to get stuck in being upset or too overwhelmed to act effectively, stuck in a swirl, as a means of coping... If you find yourself swinging from being despondent, sobbing, curled up on your sofa one minute and giggling the next this Emotional Processing is kicking your butt.

Commit to a spiritual practice to develop balance and if you need it, a good therapist who is spiritually awake. But beware of false attachments to your healers or friends who listen and care as you may find yourself projecting mother or father issues onto them, transference is the Emotional fallback position.

The truth is that Emotional Processors, underneath the posturing are having a blast and love, love, love emotions! But shifting emotional intelligence into a more advanced state of development leaves room for you to be joyous and deeply happy which is such a relief you may get used to it and just stay that way!

Working with Emotional Processing:

Gain emotional perspective- ending excessive psycho-dramatic processing for good. Emotional release is critical for the healing professional. Stuffed sorrow, rage, and fear build up in the tissues and must be released before it becomes congested emotional content, stored and ripe for a breakdown or illness. This sort of prophylactic release can look very physical but is actually the focused release of emotional obstruction. By shaking it, dancing it out or sweating it out you allow the body to let go of absorbed emotions and free up the emotional aspect to speak clearly. Another emotion that gets jammed up is happiness. To appear mature humans suppress and control their sense of humor and their joy. Get happy and experience the release of held laughter. You'll be amazed how good it will feel to laugh more easily.

Psychological Aspect

Psychological Processors are the people most dominated by the psychological or mental aspect and experience. You are the people who have to understand everything. You think each comment through a thousand times and may return to conversations over and over with a list of issues brought up by the issues of the issues.



You are often extremely bright and enjoy conversations about philosophy, life and every curious aspect of whatever topic you are interested in at the moment. Do not get side tracked and blown off track by your own curiosity. This is a very popular ploy of the intellectual processor: *the distraction so I don't have to feel gambit*. Watch your maneuvers, stay on your game and ask those amazing questions! Glean details and collect information and keep learning. You are up for full partnership with life so make sure to share the responsibility where ever you can and you will thrive. Make up a plan for your life and your time. Express your opinion and share your idea about which directions things should take with others. You are usually well informed and well considered so take heart and leap into you big juicy life.

Psychological processors often know your own patterns and have analyzed them enough to fake yourself out in order to get out of your own way and actually change. The key is engaging your sharp and active mind to focus on the paradigm shift required. Often brilliant, it is possible for a psychological processor to experience a deep transformation by completely understanding a new way to see and be with life.

Working with Psychological Processing:

Return Psychological balance- understanding through contemplation the voice and needs of the internal self. By allowing the inner to speak out of the contemplative space within instead of the rational organizing mind, the actual language of the spirit can be heard. Inspired ideas, insights, and flashes of genius arise from this quiet and sacred sanctuary.

Spiritual Aspect

Spiritual Processors are the individuals most dominated by the Spiritual Aspect and experience. During personal work you feel the energies and can be transported into rapture more easily than the other kinds of processors. You may fall asleep and go unconscious claiming to be working too hard or moving too fast during classes or other learning experiences. You can get dingy and have trouble following things saying something like: *"This is all too much for me to follow."* Or something like: *"I can only understand when you explain it [fill in the blank]____way!"* Most happy in meditation, prayer or contemplation spiritual processors are great fun to work or play with because you enthusiastically enjoy the healing and transformative project that is your life. You will be goal oriented, as more and more Spirit and light is always the



desired result.

But be careful if you are a Spiritual Processor who is a professional spiritual baby and who refuses to grow up and be fully responsible for your own life and growth. You may get caught in being taken care of and wanting other people to do the heavy lifting for you as you float along having a pleasant experience of the energy and the feelings around you. Sometimes you may not even understand that emotional content is relevant to release because for you that's not necessarily the desired result.

Spiritual Processors can think that feeling is spirit and get caught in the experiential waves of emotion losing the plot. You will be the one who will call for a follow up with your healer with an assessment like: *"I felt great after our session but then my boyfriend came home and corded my heart chakra with his anger at his boss and I couldn't stop feeling sad."*

Very detailed and very specific. Spiritual Processors pick up knowledge by osmosis and often know enough to be dangerous and not enough to realize what you do not know. If the truth were out you might prefer bailing from the whole messy thing and just give it all to God. On the other hand, you are often really capable of doing just that and if you know how to meet others where they really live, the spiritual processor can be a phenomenal teacher and a delightful friend.

Working with Spiritual Processing:

Engage in Spiritual Practice - holding space for connection to the Divine is why the seeker needs a spiritual practice. Taking time each day to stop and open up to the silence, to be quiet internally even for a few minutes allowing the void to become a real part of life is the path to true freedom. Chanting, meditating, praying and watching the breath sets the stage for silence, which arises out of routine and disciplined practiced behavior. A steady practice leading you into increasing well-being, a sense of authentic self and peace.