

## Back to the Source- Appreciating the Core

1. Place your hands in one of two places either: above your head with light fingers facing in toward your core or place your light fingers half way between the solar plexus and your heart- near the top of your diaphragm. Remember the core and core sheath are further back in your physical body- near the spine- either in it or around it.
2. Move your light fingers in very slowly until you reach the core sheath. It is probably a little smaller than you think it is. You will feel it when to hit it because it will feel slightly spongy and give a little but you will not be able to penetrate the sheath and go into the Core. It is always protected from incursion.
3. Take a deep breath and simply sit with the core sheath witnessing and appreciating it's amazing power and beauty saying: *"Hello beloved, core sheath. Thank you for everything you do for me and thank you for the way your care for and protect my core! May I please witness you today to show my appreciation?"*
4. As it gives you permission. Take a deep breath and continue to simply appreciate your core sheath gently sensing it release, relax, and expand.
5. This is the location of the Source within you. Witnessing it like this will cause it to expand and to open up. When this happens, the core is listening to you!
6. Now it is your opportunity to speak up! Joyously share your appreciation and love for the core- the beautiful Source, the Totality and the Force of All Creation. Say out loud how you feel and how much you love this beautiful part of yourself. Don't hold back!
7. Remove your light fingers from the core sheath. Pause- take a deep breath and let your energy settle.