



School of Intuitive Studies

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What is Integration

When the nervous system is in a sympathetic state, which can occur through action or activity, energy can be actively moving through the body. And with healing work, it's necessary to move energy which stimulates the sympathetic nervous system. Once that process completes, the nervous system needs to settle into a parasympathetic or rest and digest state for integration to happen. Integration means that the nervous system and energetic body have settled to a point where the cells can shift and absorb the new state of consciousness. If we do not allow for the parasympathetic or rest and digest process to happen following healing then our nervous system can be operating on the consciousness that we are never enough or we are not healed enough.

Integration is what allows the healing to transform on the cellular level, and it's a vital part of energy healing. After actively clearing energy, the nervous system needs to decompress into the parasympathetic state for new, fresh, and vital life force energy to integrate into the cells of the body, allowing for a shifted state of consciousness in the body. Making time for integration following energy work allows a healing process to be fully complete.

Integration can include resting... it can also include whatever is going to bring joy, peace, decompression, or a subtle flow into the body. On one hand, this could include extra sleep... on the other hand, it could include journaling, slow movement, or walking in nature.

When we are in a parasympathetic nervous state, there is more prana moving through the meridians of the body that doesn't require pressure or overthinking. The flow of prana through the meridians in the body and particularly in the lower body, supports further cellular and soulful embodiment, which is explained next.

What is Embodiment

Embodiment means prana is flowing through your body, allowing consciousness and presence – or flow – throughout the body. When your meridians are flowing with life-force energy, there is a cellular response in the body. This allows the body to heal naturally, or it brings consciousness to that are of the body.

Bringing awareness and feeling your energy and presence in your physical body is a form of embodiment. Also, being able to track where you feel that emotion in your body is also a form of embodiment.

Included in this are muscle tone, physical movement, being present in your feet, and actions that bring you into your lower body.

Emotional, energetic or physical wounds may still be there, but it helps to bring consciousness to your body to shift the energy.

Some forms of embodiment include:

- Walking barefoot on the earth
- Slow walking in meditation... being mindful of the sensation of the bottom of your feet making contact with the ground beneath you
- Squats and exercises that get you into your quads and glutes
- Feet stomping
- Stretching the lower body
- Hip openers and quad calf stretches
- Reclined and seated stretches
- Resting poses or positions
- Core toning and/or core strengthening

Feeling connected to your lower body allows for opening and flow in your upper body!