



The Dignity Project

Guiding the Way

Promoting awareness and understanding of dignity
through education, communication and spirit.

Navigating Chaos

Our Physical Domain

To care for the body with more awareness and commitment than ever is crucial during times of chaos. The reason: we need a certain level of stability in order to maintain the integrity of our emotional body. Self-care includes eating vibrant food, sleeping deeply prior to the midpoint of the night, rising to greet the sun and allowing it to energize the body, and being informed enough by trustworthy media to not become disoriented in the collective field.

I have recently been called to restore relationship with my body. Each day I read short statements I've written to remind me of the huge truth that my body is a vessel borrowed from Earth and the elements of the galaxy so I could come here to learn. I have experienced how a lack of relationship with the vessel creates many and specific separations, so humility, reverence, prayer, and celebration, must go along with daily life. And, giving attention to everything that lives and grows on Earth provides clear reflection of my humanness.

Focusing on the breath, the heart, and the energies that come when we smile, will help counterbalance mental consternation. For me they create, or cause a memory or a return to, non-form. When quieting from activity and stimulation, we are allowing all the bodily systems to do what they do without asking anything extra. Through each decade of my life my father has reminded me of the value of resting, and how it is quite different from sleep. Sleep requires changes in chemistry and brain signals. Who we think we are is not present. Resting is more a practice of being aware and being "you" in a resting body, not utilizing it or demanding anything of it.

Resting, quieting the mind, following the breath, noticing and appreciating the heart, and using smile energy to flood the body with goodness, can belong to everyone without immersion in a discipline or religion, or scheduled sittings which are hard for certain bodies and personalities.

During resting moments, I am considering the wonder of a very complex vessel. It is more complex than that of any creature on the planet, for the human body is a combination of galactic and earth necessities and evolutions. Blood and bone tell our entire story. I consider the bone as carrying the agony, the violence, the resistance, the friction from which things grow -- the wind, a volcanic eruption, the antelope dying in the tiger's chase -- all the forces at work in evolution. I consider the blood as the carrier of human feeling, soul love, and the particular characteristics and traits of lineages. The maternal lineage is the leader because the maternal energies encompass the heavenly, that which is beyond Earth. The paternal energies are earthly and are found in the digestive system of the body. They participate in how we live and expresses the lineages, and how we wed or combine with the maternal as a human. Maternal energies bring souls into the Earth dimension and paternal inform events and experiences. These two energies are our creation points, our foundation. We can feel belonging and connection to life by being aware of the body's complexity and how it serves our journey.

I sense that we can live in chaos as well as prepare to participate with the arising order when we care for the body and know the harmony that exists within us. In large part, how closely we know our own domain determines how we treat others and how strong or safe or intimate we are in the world.



*I dwell in this body with trust in its Intelligence.
I serve this body with appreciation and choose
to live calmly in the midst of chaos, for then
this body will speak to me and we will be
united always.*