

The Midline:
The Forces that create the Body
Heal The Body...and Awaken Consciousness

*“In this place within, there is peace and stillness,
and with that, a fulfillment which has always been there.” - C.G. Deuter*

“My body is the temple, where flesh and spirit unite” Jehan

We are in an unprecedented time of change and transformation. Many of us believe or sense that we are ‘spiritual beings having a human experience’, yet it is often rare to have a direct, in-body experience of our own divinity and Oneness with all that is.

One of the primary reasons this feeling of unity, ease and Oneness is so difficult to feel is the constant bombardment of inner and outer stress, and the unceasing swirling of thoughts, static and tension of an overwhelmed nervous system. Even for those who are on a path of personal growth and transformation, the depth and rate of inner and outer change can significantly contribute to the hyperactivity of the central nervous system (CNS).

The time has come to recognize, feel and consciously choose to bring our attention to the Midline: a location IN THE BODY of rest, renewal, connectedness to Source and the Wellspring of Health and inner wisdom. The practice of resting in the Midline liberates our attention from the unceasing changes inside and outside of us as we create this New World with forms and relationships rooted in Oneness.

As a personal energy practice, resting our awareness at the Midline- the location of Stillness within us- we allow ourselves to directly *feel and merge back* into our birthright of Oneness.

STILLNESS FORMS THE BODY THROUGH THE MIDLINE

Around day 14 after conception, in the opaque liquid crystal matrix cells of potential life, a line appears and begins to vibrate. This line- known as the primitive streak-is the Midline, at the core of which is a Dynamic Stillness, our personal connection to Source. Through this midline flow the forces that create the body, which carry the original Blueprint of health and destiny.

Once the body is formed, this flow-known as the Breath of Life- continuously flows the forces that repair the body, sustain its optimal functioning (e.g. balancing hormones, strengthening the immune system) AND evolve our consciousness.

Our original midline-a continuous shaft of stillness from the head to the tailbone-recedes into the core of the spine after formation of the embryo. Yet the Breath of Life continues to ‘breathe’ in subtle, palpable rhythms known as the ‘cranial tides’ throughout our lives, *and for up to 3 days after the physical body has died.*

FEEL AND LOCATE THIS FOR YOURSELF:

Find a place to sit or lie comfortably with no distractions. Close your eyes and breathe slowly and deeply. Bring your awareness to the top of your head- the crown. Rest your attention there for a moment

From this place feel, sense or imagine a warm radiant column of stillness flowing from the crown to the tip of the tailbone. Bring all of your awareness into this 'river of stillness' flowing through the core of your being. Breathe slowly and deeply and allow your awareness to settle into the pool of stillness in your tailbone. Rest in this core of stillness for some time as you allow anything that arises inside or outside of you to 'be as it is', gently returning any wandering thoughts back 'down and in' to your midline.

All biological beings have a midline, upon which that distinctive lifeform was created, and within which is a shaft of Stillness. *As a way to experience this:* stand in the midst of a forest, close your eyes and bring your awareness 'down and in' to your own Midline. Feel the presence of the midline Stillness in the trees surrounding you. Notice the calming of your nervous system...this is the power of resting in Neutral. In this neutral state, we more easily feel our innate connectedness to Life.

NEUTRAL= 'LISTENING' WITH THE BODY AS A RECEIVER

With midline practice, we are cultivating a bodyfelt sense of allowing, listening and receiving the Wisdom of the Body and our own inner guidance. The Midline is THE location of Neutral in the body. As we rest our attention on this shaft of neutral Stillness in the core of the body, we also let everything inside and outside of us BE AS IT IS without bringing our attention 'up and out' to fix or judge. We stay deep inside the core, ALLOW and feel the unimpeded flow of the Breath of Life as it reignites our innate healing forces. Often this feels like an inner body warmth and relaxation as seemingly 'separate' parts feel more integrated and whole.

Other benefits include: reducing stress, trauma and fight/flight/freeze responses; strengthening immune function; reducing anxiety; balancing cardiovascular, neurological and hormonal systems; promoting mental clarity; restoring healthy circulation to all cells; promoting deep relaxation; allowing the heart to come fully 'online' as our energetic center.

MIDLINE AS A PERSONAL AND GROUP PRACTICE:

Midline Meditation is an essential personal energy awareness practice. Easy to learn, the initial guided instructions are a necessary assistance in redirecting our busy & fragmented attention back in to this potent location in the core of the body. Eventually, the guidance will not be needed when we feel the deep sense of “Home” and restfulness in the Midline.

This practice is an excellent adjunct to any healing modality or personal growth process, as any person can cultivate it on their own to support their regaining of health, ease and groundedness in the midst of physical, emotional and other challenges.

Stillness Circles are people coming together from diverse life paths and spiritual practices to cultivate and enhance the extensive benefits of Midline practice. These circles are a deep, nourishing, sacred container of embodied Oneness in the midst of dynamic personal and planetary transformation.

Midline Meditation MP3:

http://srandranwheeler.com/pages/meditation_mp3s.html
www.midlinemeditation.wordpress.com

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