Self-responsibility, with love and compassion, is the first form of energy in the Wellness Energy System.

This creates an environment or context, within which all other energy expressions can be better considered.

Self-responsibility and love flow from the appreciation that we are not separate and individual entities, nor are we made up of separate parts. Rather, we are united in a single energy system along with everything else in creation.

*It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.*

- Charles Darwin
Question(s)

What types of love do you have in your life?

List them please.
Wellness is like a bridge supported by two piers. Each pier is crucial to the bridge's integrity, just as the two principles of self-responsibility and love are fundamental to the process of wellness. In each case, the piers support a connection between two distant points, allowing for movement back and forth. This freedom to move between different places or attitudes, rather than rigid attachment to any particular one, is the hallmark of wellness.
• Self-responsibility and love establish a life-context in which freedom and flexibility are naturally occurring states of being: primary expressions of life energy.
• Self-responsibility and love together form the foundations of wellness and encourage the free flow of all other types of energy.
• If either principle (or pier) is weakened, living harmoniously (or traversing the bridge) becomes more difficult.
When both are strong, energy dances back and forth, and the crossing is easy.
Question(s)

How does breathing affect you internally and externally?
breathing

• Every breath you take determines how you feel. But the reverse is true, how you feel determines how you breathe.
• Breathing is one of the most important functions you perform. Simply put, if you don't breathe you die.
• breathing is the most important component to relaxation.
• However, the majority of adults do not breathe as effectively as they should. We rarely even give our life's breath a second thought. However, we can either propagate wellness by the way we breathe or we can cause our bodies distress, without even realizing it.

  • Balancing Act and Breathing
• The balancing act between how you feel - your emotional side, your spiritual component, and your physical dimension are all constantly in a state of movement. Life is not static but is in constant motion. And how you breathe is a reflection of the state you are in.
• Notice how you breathe when you are excited about something. Do you hold your breath? Or when you are angry, does your breathing rate increase? When you are ill, have you noticed that your breathing is different from when you are feeling well? Or when you are calm and relaxed, is your breathing slower? And so on... Each breath you take can reflect how you feel and how you are feeling
What is the relationship between you and food?
• The circle of emotional wellness starts with good eating habits. This in turn leads back to sound emotional health. When you eat right, you will find you are able to cope with emotional stress and have better mental and physical health in the long run.
Question(s)
Define your life in regards to moving (mind, body, soul) = Exercise.
moving

- Exercise: mind, body, soul
- the most basic expressions of energy
- The ability to move is the basis for more complex bodily activities such as working and playing, creative expression, communicating, and sexual bonding.

- When nourished and stimulated with oxygen, sensory stimulation and food (fuel), the body responds
  - internal movement (lungs expanding, heart pumping, and etc...)  
  - external movement (walking, smiling, and so on).
Question(s)

Do you think about thinking?

Do you listen to the inner voice?

Are you hearing between the lines in the personal conversations?
Feeling/Thinking

• Listen to your Self and don't do anything for others which may harm you mind-body-heart-soul. Acts done in a sense of being the martyr, feeling you are lacking, a "not good enough" attitude, or the person/people who drain your energy, are not beneficial to your mind body connection or them (you are not allowing those people the opportunity to experience their own lessons).

• It is common knowledge that what you think can affect your body: the mind body connection.

• So, is it all in your mind?
   Well, yes, and in your heart and soul and body. Think of it as a chain of command - simplified. Start with your soul, spirit, higher self, (lets call it your guide) When you are not being all you can be "your guide" will try to let you know. Now, if you are meditating and listening to your intuition, you will receive this message pretty easily.

• But, during those times you are not receiving, or paying attention, or not acting on the received message; your guide may take steps to "assist you" in listening. This message goes through the mind and heart depending on the situation. You may lose focus and random thoughts jump in. Or you can't get a certain situation/conversation out of your head. These could be "signs" and "coincidences" trying to point you in a different direction.
Feeling/Thinking

- The KEY: by following the feeling or not, the appropriate lesson is learned, it just depends on how much of your energy (health, money, peace of mind) you want to invest before you learn it.

- Your heart gets involved with feelings: that sense of - it's not real, something's not right, it's "out of whack", also feeling down (which can lead into depression) or anxiety about certain things which increases stress. Again, the message gets louder the longer your guide is ignored.
  
  - Here is an example of how this can build: **Like someone trying to get your attention** -

- First they whisper in your ear .. .then they talk louder . . .they tap you on the shoulder.. .then hit you in the arm . . and finally, hit you on the head with a 2x4 (all for your own good of course!)

- **Wellness Index and Wheel:** Avoid the 2x4 with this information
Do you play enough?
Playing and Working

• Ask the question:
  “Why I don't give myself a lot of options for play.” Do I miss chances to enjoy myself because I'm self-conscious, and because I've defined playing in such a limited way.
Question(s)

How are you at sending and receiving messages?
Communicating

• Feeling and thinking together lead to communication. Communicating involves the organization of feeling and thinking energies and their transmission in the form of a message, verbal or nonverbal.

• Communicating is an energy output
Are you intimate with yourself?
Intimacy & Sex

- In the Wellness Energy System, intimacy is one of the deepest forms of connection.
- It is the energy of our aliveness.
- Sex is also about the preservation of life - a type of communication in which the entire organism attempts to unify itself with another.
- It depends dynamically upon the input sources that we get from breathing, sensation, and food/fuel for its complete expression, and it is strongly modified by our energy outputs of thoughts, feelings, and messages.
- Sex may also serve to open us to new levels of meaning in life as well as provide experiences of transcendence.
What meanings have you found in regards to your life energy and wellness?
Finding Meaning

- The search for meaning is a complex energy it involves all of the previous energy forms.
- It involves these basic questions:
  - Who am I?   Why am I here?
  - Where am I going?   What do I want?
  - What is real?   What is true?

- Regardless of whether these questions are conscious or unconscious, all life activity, all energy expressions, are colored by them.

- The ongoing process of addressing these questions encourages a balanced life and provides us with a focal point toward which to direct our energy.
Question(s)

Are you growing and moving forward regularly?
Transcending

• the movement where all the energies of the Wellness Energy System, once experienced as separate and in individual spaces, are appreciated as one.

• We come to know that we are one with all that is and that the one that we are is energy.

• This information inspires both love and self-responsibility, which bring us full circle in the never-ending spiral of wellness.