

National

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Association



Meta-Psycho-Physiology Concepts

What is it?

Meta-Psycho-Physiology is an approach to reorganizing the physical body to integrate growing awareness of metaphysics and spiritual psychology to accommodate the increased vibrations that accompany this knowledge.

Why do we need it?

Since the physical body has grown to house your old thought patterns and belief systems, when you adopt new ones, your old body may slow down or block the integration of new knowledge. It may be very helpful to retrain your body's energy flow to assist in integrating your new self. This may alter your posture, quality of movements, way of walking, habitual gestures and your personal atmosphere, among other things. It is designed to complement any other self-development approach you may be undertaking.

Can you give me an example?

Suppose you are a person dominated by a strong intellect, and you are developing a great "heart centered" approach. It is most likely that you have certain tendencies to gesture with your index finger, have joints touch other joints (like crossing your arms, legs, hands on hips) and have linear movements in general. These will reinforce the logical left-brained activities. If you curve your gestures and lower them to the heart area, tilt your head, you may find accessing your heart intelligence easier.

Another please?

Let's say that you have gone deeply into spiritual studies and find dealing with daily life to be very challenging. You are tending to stay isolated, dreaming, meditating and praying extensively while having no desire to engage with society. Chances are you are ungrounded and move into altered states frequently. This could lead to unhealthy states. Since each one of us is made up of the elements of earth, water, air and light, you could add more earth-quality to your walk and gestures. Literally dig your heels into the earth. You could emphasize certain sounds in your speech to galvanize your will force. Your center of energy, from which your movement impulses spring, could be lowered. Being more grounded, you can then work to bring the physical form to the higher vibration, rather than leaving it behind.

We strive to reprogram our powerful mind, heart and soul to one of joy, belief in abundance, freedom from illness and injustice. Yet some are frustrated by their own lack of ability to integrate their new insights fully into their lives. Meta-psycho-physiology can help you retrain your body to hold higher vibrations now anchoring into this dimension.

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