

HOW TO LIVE BETTER
bodily, energetically,
mentally and spiritually

Involvement

“ In my opinion, getting involved is an essential part of maximizing the experience of life. Engagement could also be synonymous with presence.



SEVERIN BERZ

How to live better bodily, energetically, mentally and spiritually?

For many years, I have explored this question through different therapeutic methods, bodily practices, traditional arts and spiritual paths. This has led me to extract the principles that are most alive for me and to transmit them through my «Body, Energy, Alignment» method. This question covers a very wide field. I will therefore restrict myself here to mentioning only one of these principles:

InvolvementI

in my opinion, getting involved is an essential part of maximizing the experience of life. Engagement could also be synonymous with presence. We've all probably experienced an unpleasant task that seems to take forever when you resist it, think it shouldn't be us doing the chore or we'd rather be doing something else. On the contrary, when we give our full presence to this same activity, it passes very quickly and gives us a feeling of fullness. This feeling comes from the integrity regained through the engagement of all planes in the activity.





Not being fooled by immediacy and pleasure, allows you to live a life of value and meaning and patience to access happiness.

Indeed, when I give a meaning to this activity, the mind no longer puts itself in an overhang of the body. Our energy becomes de-focused from the intellectual object and encompasses the body as a whole, at the same time releasing all of the body's potential for overall movement. Thus the concentration of energy required by the action is less and expands allowing an even finer consciousness. This faculty is not going to manifest itself in the same way when we engage in the physical, energetic, mental or spiritual plane.

Bodily engagement means fully playing the game of life, the social and material game; fully play his role and express the characteristics of his personality, his bodily and intellectual capacities; take the risk of encountering its polarities, its inconsistencies and its weaknesses; learn to know and accept their ego and their function, their preferences for taste, colors, activities, relationships, sexuality, living environment, etc ... It is also about investing the material plane by realizing concrete things, constructions, objects, works, structures and events.

Energetically, it is about fully inhabiting the subtle dimension of being, staying in touch with the space that surrounds my body and the context in which my action is expressed. For example, when I free the body from my attention by releasing it, it should awaken and refine. By being more present to the perception itself rather than to what is perceived, to the energetic dimension of our being, this gives perspective on physical reality and more space for the body to process tensions and emotions according to his organic intelligence. The body and the physical dimension encompassed in a larger dimension are then fully expressed.

Mentally engaging means recognizing our tendency to identify and merge with our bodily sensations, emotions and pains.

On the contrary, by embracing a symbolic vision of the situation and giving it an intellectual meaning, our interest and our attention are invited to value and listen to more

discreet elements and to see the situation with more distance.

Because usually we give our attention to the most «noisy» and insistent parts of our body, the highest points of tension or pain. By changing our interests and our listening, we allow our energy to expand and thus offer a space to reabsorb these climaxes.

To invest the capacity of projection of the mind and thus to add the temporal dimension to the physical action, it is to give a direction and a capacity of projection to our body and our energy. It is the ability to commit today to an event that will take place much later. Indeed, many material elements and projects can only be achieved if they are planned. Investing in this capacity for projection is essential for spontaneous action. I can indeed feel today to sign a contract, buy a concert ticket, register for an internship. On the contrary, postpone decisions until the last moment to feel free destroys this capacity for projection and makes our energy run empty for lack of direction. Not being fooled by immediacy and pleasure, allows you to live a life of value and meaning and patience to access happiness which is not a result, a reward, but the ability to enjoy the process and follow our values.

To engage spiritually is to orient oneself on larger than oneself, not to get lost in one's history and personal goals, its facilities and difficulties, its comforts and discomforts. Prefer what continues to make us grow and mature. Avoid indulging in habit and the feeling that things have been taken for granted and will always be there. Rejoice and value every opportunity as if it were the last. To live life with the experience of consciousness as a supreme goal. It is to orient oneself on one's presentiment of totality and thus to follow a path that has a heart.



Practically

I stalk myself like a hunter his prey. I carefully observe my functioning, reflexes and habits. I try to be aware of my personality, my thinking, my reactions and behaviors in interacting with the world and with others. I take the risk of discovering myself at the same time as those around me. I do not filter my words and my actions intellectually before they are expressed. I discover my capacities in action, I respect my limitations, I listen to what is happening in my body, the awakened emotions, my bodily or cognitive defensive reflexes when I tell something to someone, when I speak up in front of a group, when I miss the train, when someone gives me a compliment or a reproach.

During my daily life I sensitively become aware of the following elements:

- Does my body expand or contract, does it stretch in specific areas?
- What are the physical reactions to the emotion? Do I let it circulate? Am I pushing or holding back? Where does it block?
- What parts of the body do I feel or don't?
- What story am I telling myself about the event? What shape has my body taken in space?
- What emotions or states of mind will I attribute to someone with this kind of figure?



- Where does the edge of my vision end? Is it wide, narrow, in portrait in landscape? Does it change throughout the day? Of the week?
- Am I in connection with my body, with the other?
- What is tense in my body, what is free?
- What is the direction of each of my members?
- What movement promotes or reduces the balance of my posture?
- Can I sensorially assess the distance between me and the wall behind me? From the ceiling? Walls on the left, on the right?
- Do I feel my body's fulcrum on the ground?
- Do I feel the force of gravity going through my body?
- Can I pay more attention to my peripheral vision than my central vision?



+ infos

Severin Berz

Individual sessions and various workshops of:
« Body, Energy, Alignment » on this website:
www.midline.ch