

Physical Wholeness



a message from [Jennifer Hoffman](#)
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In order to do the healing work that is the foundation of each lifetime we require a physical presence on the earth. This physical presence begins with our body and all of the aspects that are required for it to function within its healing path. In addition to these physical aspects, such as gender, skin color, height, weight, and health, we have other material aspects such as personality and emotions that are important in realizing our mission. It is the combination of aspects that creates the perfect material presence for us to begin the journey of healing.

We are physically whole when we are consciously aware of and grounded with all of our aspects and we are aware of where we are, what we are doing and why, all of the time. But we also need to look at whether we are using our physical presence to survive our experiences or to transcend them. There is a difference between being grounded and being stuck. What may feel like grounding, may actually be our attempt to find clarity, purpose and meaning in an unbalanced situation that is too narrowly focused on the physical/material. Then we feel stuck because all of our energy is concentrated in a single area and there is no room for expansion.

Our material presence provides a vessel for spirit in which to do the work of healing. But if we forget about the healing purpose of our lifetime, we will focus our material presence on survival to create safety and control and never expand beyond that. Can we be surprised that many people are so intent on their physical appearance, accumulating wealth, owning a large home in an exclusive community, having a powerful job and earning the biggest salary? This all represents a focus on our physical presence, which is grounded in safety and survival. Anything that represents healing and movement is a threat to that.

Where are our other aspects? They are all contributing to the area we are focused on. Our emotions and experiences are grounded in the need for safety and control, creating experiences that bring these needs forward for healing and resolution. To become unstuck we must be willing to move our focus from needing to be in control to allowing movement in other directions, bringing our aspects into balance. Can we be grounded in transformation, when everything is changing, and feel safe, guided, nurtured and in control? Are we open to transformation or do we need assurance that we will still be safe and in control if we step through that door? When we can ask those questions and be open to the answers, change will bring new energy flows that will help us get unstuck and bring us back into balance.