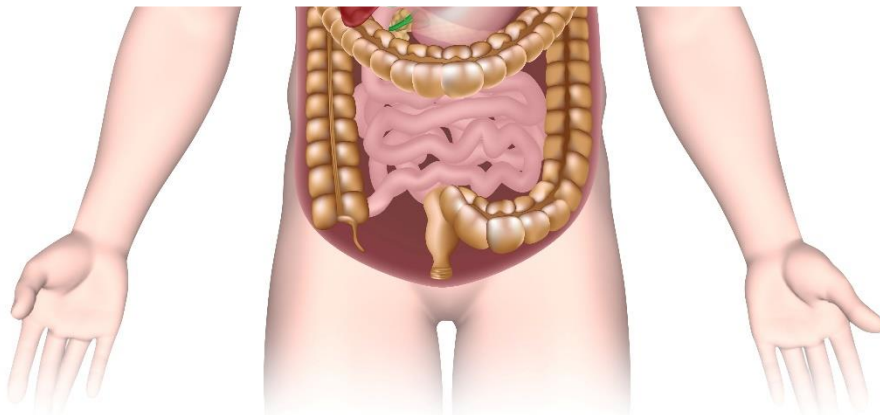


# A voyage through your digestion





Core therapy is a separate technique in body-orientated psychotherapy working with body immersions, which are opening for the body's memory down to the cellular level. In this process, we get in contact with emotions, experiences, and memories that have been embedded within our bodies, and which can block a free flow of energy. This can cause problems in daily life, both physically and emotionally, letting early emotional experiences affect e.g. our digestion, detoxification, and our mental condition later in life.

The starting point is a detailed understanding of the body's anatomical and physiological functions, along with the emotional development. Everything we experience throughout our lives, our body embeds and remembers on the cellular level. Through this work, in deep relaxation, we get in contact with the body's memories and its couplings to both physiological functions and the emotional process. By this, we can get in contact with chronic conditions that have not been accessible to processing otherwise. Thus, the body is enabled to let go of the blockings allowing the cells to work more naturally again. The released energy will give the person the courage to use him- or herself much more favorably. In this way, core therapy can be applied to both physical and emotional conditions.

It is an in-depth active but gentle kind of therapy, where old blockings are released naturally and under supervision. It can lead to new understanding avoiding the customary thought patterns connected to problems and attitudes that obstruct free self-expression. Considering the life-giving forces within all human beings, this gives us the opportunity to make health improvement on both the physical and the emotional level.



## **A Voyage Through Your Digestion**

### **Relaxation**

Lie or sit down comfortably in a way that allows you to remain so for a while, but remember: If you want to change position during the immersion, feel free to do so, the point is that you should avoid any extra tension.

Now, allow your consciousness to descend into your breathing and feel that you are breathing, just breathe the way your body wants, don't scold it even if you have learned how it should be done and the breathing itself wants to act in another way. Just let your awareness stay with it for a while.

Now, let your consciousness spread throughout your whole body and allow it to relax, just observe whether you have areas with tension, and if so, recognize it or let go of the tensions, by exhaling tensions with your breath or inhaling energy to parts of your body that needs it.

Let your consciousness move down to your feet – observe them –  
your ankles

your lower legs, knees and thighs and observe here whether you have the state of tension you want – if not, allow yourself to let go of what you don't want to be there – just allow yourself to do what feels right for your body.

Now, draw your attention upwards to your pelvic area and observe here whether you are relaxed – if not, allow yourself to let go of the tensions you don't wish to have here now.

From here, you draw your attention upwards to your whole body and observe if you dare to fall down onto the mat or chair – daring to give in and believe that the mat will be there at any time so that you can just let go. So allow yourself to let go of all the tensions that you don't use for lying down or sitting here.

Move your attention further out into your arms and shoulders, elbows, forearms, and hands and let go of all the tensions that you don't need to hold on to here.

Now, move your consciousness to your whole head, the areas around your eyes, your jaws, and your hair roots and let go of the tensions that you don't need.

Know then that no matter how much you let go, no harm will come to you and just let the relaxation come to you, and if you have thoughts coming to disturb you, recognize them, and let them sink ever so quietly down into your chest and let them rest there. Do not stop them or consider them. Know that you can get back to them any time you want.

Then, sit or lie here for a couple of minutes and let the bloodstreams flow through you so that all your tension can be taken away. You are now ready to hear your body's wisdom and immerse through your digestive system.

### **Immersion for Your Digestion**

Now, draw your attention to your lips and observe how they are. Are they crispy, soft, ready for kissing, tight, or ... just allow yourself to observe them.

Then, ever so quietly, you access your mouth, look around, and observe the mood here.

Go over your teeth, do they like to bite into the food, or would they prefer something liquid that they don't have to get themselves into? Observe whether they are happy with their condition.

Observe if your mucous membranes are all right, see if they are fine and pink, or red and inflamed, or something else.

Observe whether there is enough saliva for your mouth to feel pleasant, or whether your mouth needs anything in general.



Allow yourself to float down through your gullet to your stomach and observe whether you are allowed to go there or if there are any obstacles.

Find out whether your stomach opens for you – if not, ask it to do so.

Now then, you are in your stomach and observe the mood – have a look around, what is it like to be there? Observe the mucous membrane, how is it, is it all right or is it made uncomfortable by something you eat or by some emotions you are hiding here?

Does your gastric acid function well enough to break down your food/protein and minerals in a good way? Observe whether the movement you make to divide your food into small particles is an okay energy.

Now, allow yourself to go to your sphincter in to your duodenum and see if it will open up – if not, ask it to do so. If it does not open, you might feel why it isn't working.

Now, enter your duodenum, allow yourself to observe the mood here. In this short stretch of intestine, bile and pancreatic juice will enter through a common outlet to mix with the stomach content and continue digestion.

In the duodenum there is a duct leading from your gall bladder and one from your pancreas, allow yourself to go there, choose the left duct up to the liver and observe its condition.

Just observe whether it is busy performing all the chemical processes, which are demanded from it, or if it is tired, or if you eat food that makes it difficult for it to function, or if it is in need of any substances.

Observe whether your liver produces enough bile.

Also, allow yourself to observe whether you are hiding some emotions here.

Now, follow your bile from your liver to the gall bladder.

Observe the mood here inside the gall bladder and observe whether there is enough bile and enough energy.

Observe whether you can let go of the bile, allowing it to flow.

Observe whether you produce condensed energy, which becomes gallstone.

Just observe what emotions you have here in the gall bladder.

When you are done here, draw your attention back through the bile duct to where the ducts split and choose the other duct to your pancreas and observe whether it works satisfactorily.

Is there a production of breakdown substances for protein, fat and starch?

Does it seem happy and in top form, or is it coming to a standstill?

Also, allow yourself just to observe which emotions you have here in your pancreas.

Now, allow yourself to exit the duct and move down to your duodenum and enter your small intestine. It is long so just take a trip.

While you are on your way, you can observe the mood and observe the possibilities for your small intestine to absorb nutrients for you.

Are you able to pass freely or are there any obstacles on you?

As you continue to the end of the small intestine you will meet more and more bacteria. Are they friendly or not?



Now you reach the valve between your small intestine and your large intestines and just observe if it is working for you so that the bacteria content of the large intestine stays in place.

Now you are inside your large intestine one of the first things you come across is your appendix, which you may or may not have and just observe whether the mood around it is okay, or if you need to fix anything here. If you have had your appendix removed, are you hiding some emotions from your operation here?

After this, move upwards through your upward intestine and observe the mucous membrane to find out how it is.

Are there any inflammations?

Is the mix of bacteria, fungus and other microbes in a state that is good for you or do you need some special nutrients?

Are you able to pass freely or are there old stool remnants, or are there emotions blocking the way?

Now you come to the first bend and observe if things are clear here.

Now, allow yourself to bring your consciousness through your transverse intestine from right to left and further on to the left bend.

How is that bend?

What moods and emotions do you find here in this deep and hidden part of your body?

Finally move down your downward intestine to the rectum and go to the sphincter. Observe how you react to letting go. Is it dangerous or difficult to let go of waste and old emotions so that your rectum holds on and create constipation or does it work fine for you? Then slowly draw your consciousness out of your body.

Your consciousness is now out of your digestive system so gently observe that you are breathing. Now then put your hand on your body where you observed your digestive system could use good energy, cleaning energy and feel what colour may help you. If everything was just fine you can still give the digestive system a colour that is good for you.

When your hand is in the right place for you, ask the universe to send the colour that will help you, just take the colour that comes into your mind, to your hand that will send it into you to create an even better opportunity for digestion. Just open to take in the energy from the colour in and heal.

Then feel your body by gently moving your hands, feet and open your eyes.

Before you start talking, turn around and write down your experiences, the messages and impressions you got on your journey.

We should all be quiet until everybody has written down what they want to here.