

LOVING
PRESENCE
EMBODIMENT

Welcome!



UNDERSTANDING THE TERMS USED

LOVING PRESENCE EMBODIMENT

is an Open-Source, Fully-Integrated
Human System For Spiritual Evolution

LOVING PRESENCE EMBODIMENT is about creating new connections, both inner and outer, which allow you to:

- Move toward your own inner Oneness
- De-condition and dissolve self-limiting patterns
- Live authentically in the world as the person you were born to be; clarify your unique expression and gifts
- Bring a more Unconditional Love into all your relationships, be they personal or professional, harmonious or challenging, casual or intimate (all beings are worthy of this!)
- Experience well-being, inner clarity, more freedom from inner tension & turmoil and a sense of relief
- Heal yourself, others, the environment & the planet

OPEN SOURCE means:

- We can be open within to The Source of All, through Loving Presence
- This system comes from Source, sovereign and free
- This system is available to all beings in an “open-source” format
- We, Humanity, are the stewards of this system
- No person or group may lay claim to this system which comes from and thus belongs to Source

A FULLY INTEGRATED HUMAN SYSTEM:

- Works naturally, at your own pace and within your own organic rhythms
- Addresses the full spectrum of all your human experiences
- Is compatible with and appreciative of all religions, all practices, all beliefs systems and all differences; is all-inclusive
- Accesses both physiology & neurology (creating new neural connections for brand new possibilities!)
- Is humanitarian in nature
- Is for wellness on all levels of your being and for all beings





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SPIRITUAL EVOLUTION is that:

- We, as human beings, can awaken to infinite possibilities, vast new experiences, a sense of inter-connectedness with others and the clarity of Loving Presence, more quickly and simply than ever before in recorded history.
- Given this time on planet earth, with the current global and collective challenges we are all facing, we will survive and thrive best through community and cooperation; we are stewards of our planet.
- As we journey forward, we are creating new innovative systems oriented toward human well-being; we are now already in the Humanitarian Age. Old systems rooted in greed, oppression and fear are no longer relevant and cannot control us.
- Everyone belongs; everyone has a unique part to play; everyone has purpose and gifts to share in the greater unity.
- Together, we seek to ensure not only the health and survival of our species, but the thriving of Love and our love ones as well.
- Our evolution is not only for the benefit of ourselves but for that of all future generations; each generation incorporates and builds on what came before; it is now possible that there are younger ones among us who are quantum leaps ahead in consciousness than what we currently comprehend!

LOVING PRESENCE...

..is the space of Oneness and Inter-connectedness we are all part of. It is All-inclusive and everyone belongs as they are, in each moment. Paradoxically, this mystery exists as the space within you and as the space around you...Loving Presence is who you are in the Spiritual Heart of your Being. Regardless of the story your mind tells about Love, this is not romantic or emotional in any way, but is a mature humanitarian response to being fully present to yourself and other human beings. Some call it "Unconditional Love", others "holding space". Your ability to Unconditionally Love yourself and others may be one of your greatest challenges and greatest gifts in life.





INTRODUCTION TO THE 4 LEVELS OF APPROACH



LEVEL 1 - INQUIRY LEVEL: PRIMARY FOCUS ON BODY

Inquire begins with noticing and a willingness to do so regardless of the content, be it positive or negative. This is an active path: the action of focusing your attention & turning your attention inward. When doing so, you may notice patterns occurring in your body-mind. To help you focus, patterns can also be noticed through a tool called 'Polarity Filters' (Polarity meaning 2 'poles' bound together in a union...can't have one without the other!)...examples: pleasure/pain, expansion/contraction, open/closed, flow/stagnation, attraction/repulsion, stimulation/sedation, attachment/aversion, etc. You can then focus mindful attention on the experience of your patterns as you explore them deeper through the use of the filters (or in your own way).



LEVEL 2- ACCEPTANCE LEVEL: PRIMARY FOCUS ON FEELINGS

Whatever you notice you then accept. Acceptance means acknowledging that an experience is actually occurring, regardless of like or dislike. This is a passive path of allowing your experiences and those of others to occur without judgment. It does not mean condoning harmful experiences, but accepting what is occurring with awareness and human dignity. The more you accept, the more you begin to experience the Love that is at your core, the importance of all your relationships & the deep bonds with family & friends. Acceptance relates to connection and community, eventually accepting others as yourself. Even at this level, you may begin to notice glimpses of Love present within, beneath and/or around your experiences. Love is the backdrop which allows all of your experiences to occur.





INTRODUCTION TO THE 4 LEVELS OF APPROACH



LEVEL 3 - TRANSFORMATION LEVEL: PRIMARY FOCUS ON MIND

In Level 3 you enter into the very deep structures of your Body-Mind, delving into the hidden and unseen forces at work in your experiences. This is an active path of change for de-conditioning that which no longer serves you. It is at this level that deep and lasting change can occur. With the use of "Transformational Tools" for body and mind, you can gradually untangle from limiting patterns & transform your old experiences into new energies for re-investment into Life and Love.

Michael's "Transformational Tools" toolbox: Neuro-Linguistic Programming NLP (Master Practitioner), Shintaido Martial Arts (2nd-Dan Instructor), Shiatsu & Myofascial Bodywork, Zazen (Zen Sitting Meditation), Insight Meditation, Human Design, Family Constellations, Energy Field Work & Western Contemplative Prayer



LEVEL 4 - TRANSCENDENCE LEVEL: PRIMARY FOCUS ON SPIRIT

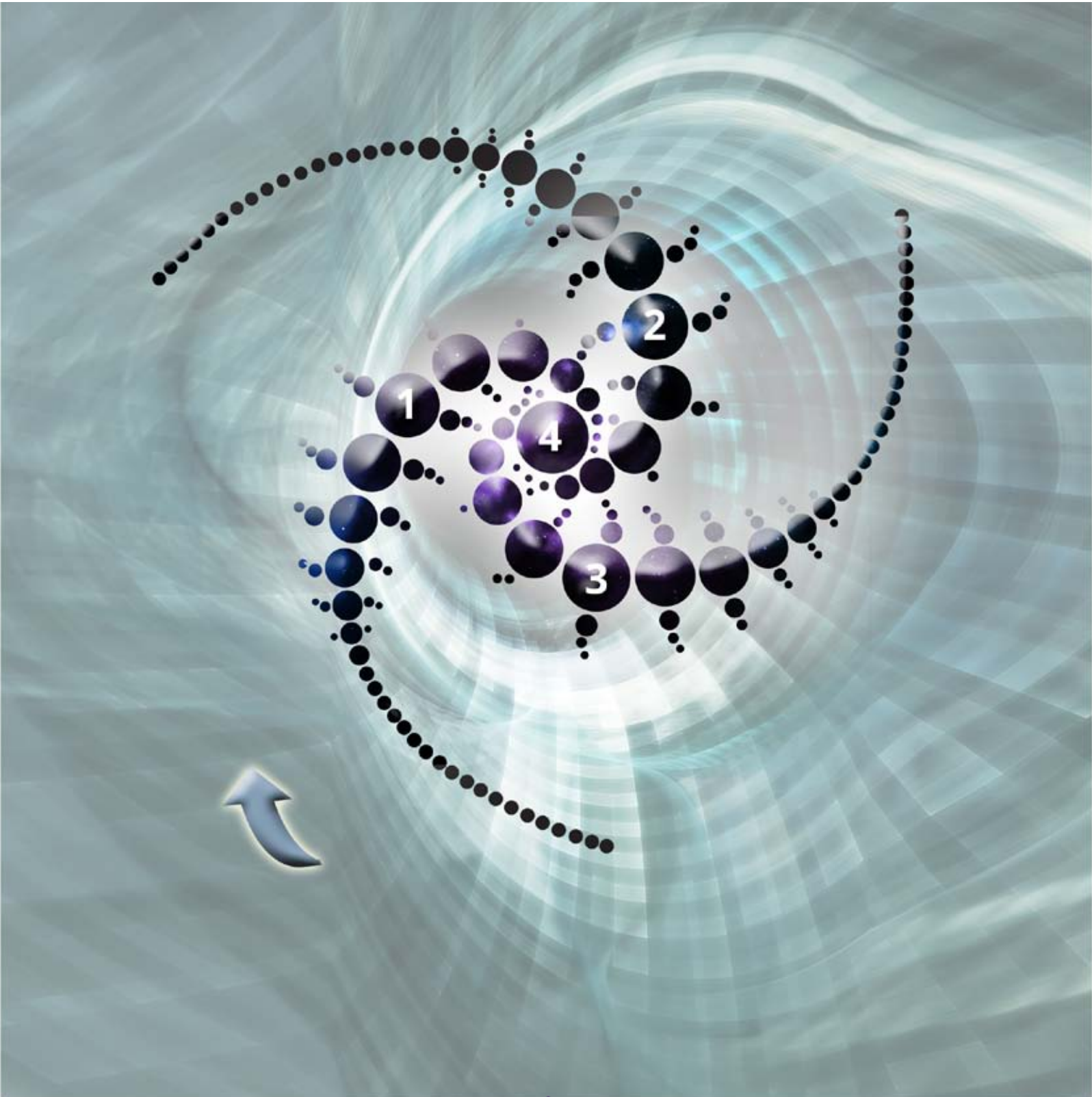
When you Transcend, you move beyond known experiences and into the greater space of Love within, between and around you. This is a passive surrender of letting go into Love. This Love defies all definition and explanation, remaining always a complete and utter mystery. It can be called by many names: Loving Presence, Oneness, Source, God, Christ, Buddha, Krishna, Divine, Great Spirit, Singularity, The Unified Field, The Void, The Tao, Nothingness, Emptiness, Etc. It is a quiet, still, simple and peaceful experience within you...essentially not much seems to happen yet paradoxically all is included and integrated! It is also a portal whereby grace, providence and miracles can operate in your life, as well as subtle body awakenings, but not by any means of controlling. It can never be forced, only prayed for with relaxation and contemplation. The path toward this Love is approached through a paradoxical self-surrender/Self-affirmation. One can only be open and receptive to its mystery as the Loving Presence within you and within everyone else as well!





LOVING PRESENCE EMBODIMENT

PATTERNS & THE STRUCTURE OF YOUR EXPERIENCES





LOVING PRESENCE EMBODIMENT

EXPLORING PATTERNS WITH THE POLARITY FILTERS

POLARITY means 2 'poles' bound together in a union...can't have one without the other!

In a safe space,

Notice, through any filter, how you experience any pattern in your Body-Mind → Inquiry (1)

Allow whatever you notice (sensations, feelings, thoughts) into your awareness → Acceptance (2)

Practice with these first two levels. *Noticing/Allowing, Noticing/Allowing, etc..* Foster more safety and acceptance. This sets the foundation for → Transformation (3) & Transcendence (4)

PHYSICAL patterns



pain
numb
contacting
tight
weak
rigid

(Sympathetic NS)



pleasure
sensitized
expanding
loose
strong
flexible

(Para-Sympathetic NS)

EMOTIONAL patterns



despairing
repulsed
aversion
disgust
lonely
threat



hopeful
attracted
attachment
delight
connected
safety—base state

ENERGY patterns

stagnant
closed
stable

flowing
open
changing

Filters for energy changing:

*decreasing
sinking
sedating
moving inward
condensing
inhibiting*

*increasing
rising
stimulating
moving outward
diffusing
exciting*

MENTAL patterns

negative
dark/gloomy
judging
cloudy
agitated
denying

positive
light/bright
discerning
clear
calm
affirming





LEVEL 1 - INQUIRY LEVEL: *Primary focus on body*



Nickname:	"Reptilian Brain"
Order in Evolution:	1st - (The oldest part of our brain)
Fetal Development:	1st Trimester
Part(s) of the Brain:	Brain stem, lower brain, parts of Cerebellum and mid-brain, Nervous System (neurons)
System Name:	Sensory-Motor System
1st Job Function:	Keep you alive and healthy
Needs/wants:	Safety & survival, bodily needs
Reacts to:	Real or perceived threat –fight, flight or freeze; (shields up or shields down)
Governs:	Movement, Sense Data, Behavior, Instincts (hunger, mating, threat, survival)
Time Tense(s):	Present tense only
Shadow Side:	"Highly Habituated" for survival, mostly below the threshold of consciousness, fear based
Light Side:	Experience of "I'm Alive!", Physical Vitality, Action, Body Consciousness, Body Wisdom
Approach:	Practicing Inquiry by noticing
Key word:	Doing





LEVEL 2 - ACCEPTANCE LEVEL: *Primary focus on feelings*



Nickname:	"Old Mammalian Brain"
Order in Evolution:	2nd - (hierarchy over 1, infuses with 1)
Fetal Development:	2nd Trimester
Part(s) of the Brain:	Mid-brain, Limbic System, Neural Connections
System Name:	Emotional-Cognitive System
1st Job Function:	Insure better survival & quality of life for the family or tribe; group mind; working together, supporting Life
Needs/wants:	Belonging, Connection, Caring, Support
Reacts to:	Relationship Issues (rejection, betrayal, jealousy, neediness, coldness, etc.)
Governs:	Emotions, Relating, Family Bonds, Nurturing Young, Immune Responses , Memory, Rewards, etc
Time Tense(s):	Present & Past
Shadow Side:	Filters our experiences, clouds the truth, usually below threshold of consciousness
Light Side:	Sense of Belonging, Relationships, Emotional Intelligence Depth of Feelings, Inter-connectedness of all
Approach:	Practicing Acceptance by allowing
Key word:	Feeling

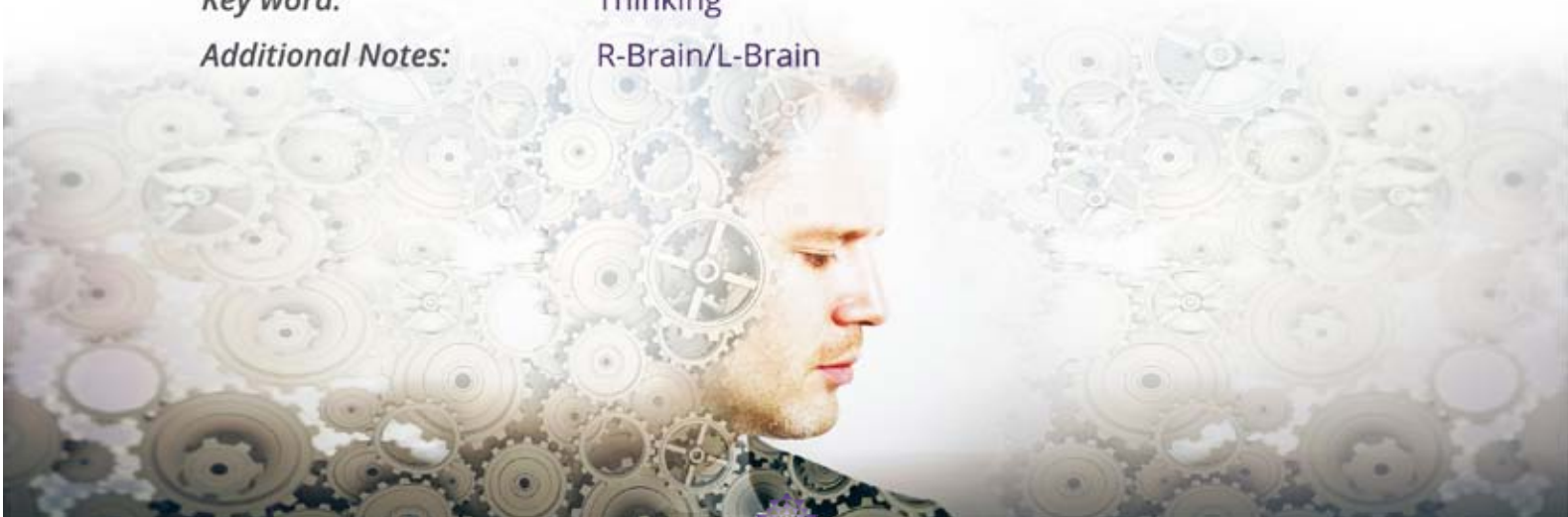




LEVEL 3 - TRANSFORMATION LEVEL: *Primary focus on mind*



Nickname:	"New Mammalian Brain"
Order in Evolution:	3rd - (hierarchy over 2 & 1; infuses with 2 & 1; 2 mediates 1 & 3, a new job for 2)
Fetal Development:	3rd Trimester
Part(s) of the Brain:	Neo-Cortex, Frontal Lobes, Neural Transmitters
System Name:	Verbal-Intellectual System
1st Job Function:	Explore infinite possibilities in order to improve Life
Needs/wants:	Possibility, Creativity, Freedom, Meaning, Purpose
Reacts to:	Your story, what you believe, your "reality", "The Maia"
Governs:	Language, Communication, Intellect, Imagination, Rational, Awareness
Time Tense(s):	Present, Past & Future
Shadow Side:	Illusions, False Perceptions, False Beliefs, Fantasy
Light Side:	Creativity, Innovation, Growth, Learning, Individuality
Approach:	Practicing Transformation by accessing
Key word:	Thinking
Additional Notes:	R-Brain/L-Brain

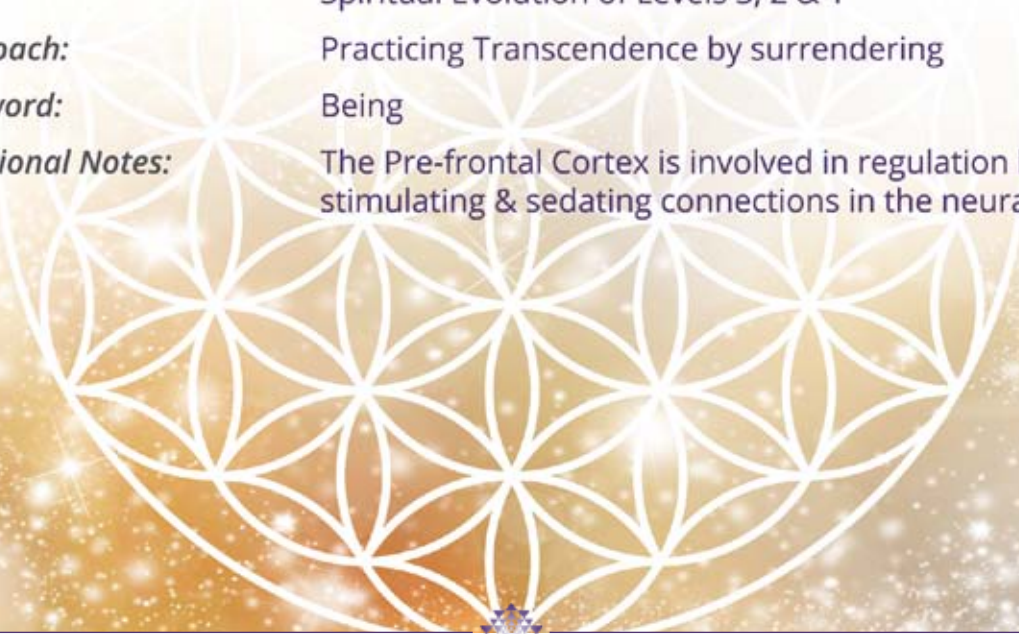




LEVEL 4 - TRANSCENDENCE LEVEL: *Primary focus on spirit*



Nickname:	"The Heart"
Order in Evolution:	4th - (currently in development, Unity of 3, 2 & 1, speaks through 3, 2 and/or 1 as inner guide)
Fetal Development:	Present through all stages
Part(s) of the Brain:	Pre-Frontal Cortex, Heart, Synapse, Neural Energy Field
System Name:	Unified-Field System
1st Job Function:	Inclusion, Regulation, Balance, Integration
Needs/wants:	No needs but always moving toward Well-Being
Reacts to:	No reaction
Governs:	All Levels, All parts operate as One
Time Tense(s):	Beyond time, yet in this moment; Eternal Now
Shadow Side:	Bliss, in-action, non-engagement, non-participation
Light Side:	Bliss, Guidance, Providence, Grace, Peace Spiritual Evolution of Levels 3, 2 & 1
Approach:	Practicing Transcendence by surrendering
Key word:	Being
Additional Notes:	The Pre-frontal Cortex is involved in regulation by stimulating & sedating connections in the neural net





THE 4 LEVELS SUMMARY TABLE & ADDITIONAL CORRESPONDENCES

SUMMARY TABLE

LEVEL	FOCUS	APPROACH	PRACTICE	POLARITY	EXPERIENCES	NEEDS	FUNCTION
4	Spirit	Transcendence	Surrendering	Passive	Subtleties, Solitude, Stillness, Clarity, Peace	None	Regulation, Integration, Well-Being
3	Mind	Transformation	Accessing	Active	Thought Forms, Belief Structures, Reality Structures, Identity Structures, Mass Hypnosis, Field Influences	Freedom/ Purpose/ Inspiration	Thinking, Innovation, Imagination, Creativity, Communication
2	Feelings	Acceptance	Allowing	Passive	The Emotional "Waves", Full range of Emotions, Full range of Relationships	Connection/ Belonging/ Reciprocity	Family, Tribe Nurturing, Relating, Support Remembering
1	Body	Inquiry	Noticing	Active	Grounding, Movement, Actions, Sensations, Body-feelings, Energy	Survival/ Safety/ Bodily Needs	Health, Energy, Motivation, Survival



MORE CORRESPONDENCES OF 4

LEVEL	KEY WORD	PART OF THE BODY	ENERGY DIRECTION	REALM	SPIRITUAL PRACTICE	YOGA PATH	SYMBOLIC ELEMENT	MORE...?
4	Being	Whole Body	Space Around, Between & Within	Mystery	Silence Prayer Meditation Contemplation	Kriya	Fire	?
3	Thinking	Head	Upward	Fields of Study (Theosophy, Philosophy, Science, Etc.)	Exploration Learning Purpose Teaching	Jnana	Air	?
2	Feeling	Torso/ Solar Plexus	In & Out	Humanity	Caring Empathy Kindness Service	Bhakti	Water	?
1	Doing	Root/Pelvis/ Feet	Downward	Nature	Clearing Grounding Taking Action Body Disciplines	Karma	Earth	?





FRACTAL STRUCTURE *The 4 levels within the 4 levels*

SPIRITUAL	SPIRITUAL	Loving PresenceCLEAR; beyond experiences
	MENTAL	Higher Ideals, Humanitarian thinking, "We are" thinking, Unified Mind
	EMOTIONAL	Love of Humanity, Brotherly Love, Selfless care for others
	PHYSICAL	Etheric Body, subtle sensations, Life Force, Prana , Chi, Health , Vitality
MENTAL	SPIRITUAL	"I Am"... (You Are >>> We Are)
(Who are you?)	MENTAL	"I think"...(Who thinks? Does who you think you are agree with what you feel and how you behave? Who is this 'I' of you who thinks, feels and does?)
(What is real?)	EMOTIONAL	"I feel"...(Who feels? Does what you feel agree with who you think you are and how you behave? Where are your feelings coming from?)
(How do you know your truth?)	PHYSICAL	"I do"...(Who does? Does how you behave agree with who you think you are and what you feel? What moves you to behave the way you do?)
EMOTIONAL	SPIRITUAL	Romantic Love, attraction, merging, belonging, The other, our Beloved
	MENTAL	Negative, delusional, exclusionary thinking/ Positive, open-minded, inclusive thinking
	EMOTIONAL	Isolation/Connection & Belonging
	PHYSICAL	Fear/Safety (guarded /shields up / open / shields down)
PHYSICAL	SPIRITUAL	The actual space within, between and around us
	MENTAL	Head, lengthening the spine, up and out, upward movement
	EMOTIONAL	Solar Plexus, torso, reaching out, pulling in, touch, hugs
	PHYSICAL	Pelvis to feet, Earth, gravity, grounding down, downward movement





BALANCE IN THE 4 LEVELS

Balance consists of spending a portion of our waking time in each of the 4 Levels. The correct balance of how much time to spend in any one level is different for everyone and can only be determined by you. Time can also be spent in multiple levels at once.

What's your correct balance?

4) Time for Source

Examples: rest, quiet time, stillness, meditation, prayer, religion, ritual, any spiritual practice

3) Time for Mind

Examples: self interests, intellectual pursuits, fields of study, whatever feels free and fresh, whatever inspires you, creative pursuits, new explorations

2) Time for Relationship

Examples: connecting, intimate time, community time, spending time with others, social time, giving back

1) Time for Body

Examples: movement, physical exercise (walking, running, dance, yoga, martial arts, etc), time in nature, physical behaviors (doing things), taking care of the body (preparing healthy food, hygiene, etc)





YOUR IDENTITY & THE UNITY OF THE 4 LEVELS

Healing the Conscious/Unconscious Mind split... Mind (Psychology)



The Conscious Mind -

What you are aware of;
Who you *think* you are;
Concrete Reality;
Separateness/Uniqueness

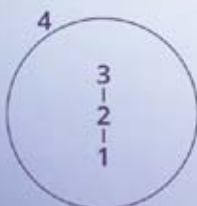
The Unconscious Mind -

What you are not aware of;
All that is hidden from you;
Multi-Dimensional Reality;
Oneness/Sameness

Healing the Body/Mind split...Body-Mind (Physiology/Neurology)

- Body & Mind are two sides of the same coin....you (as you know yourself, called your individual identity) and also, parts within a greater you (called your Spiritual Identity) fused together in Spirit.
- Body & Mind can seem very different or at odds with each other, yet reflect each other in your unconscious mind.
- Feelings can mediate and help unify your Body and Mind or make it more confusing when they act autonomously.

Body (1), Feelings (2) & Mind (3) are One in Spirit (4)



OR





WAYS TO CONTINUE

- Continue practicing the system by yourself and with others
- Attend another workshop (see the website for the schedule)
- Schedule a Private Session
(see me after for immediate openings while I'm here or schedule for a later date)
- Plan on attending an upcoming Weekend Immersion...
(we go deeper into level 3 and 4)
- Enroll in the Workshop Assistant/Apprentice Program
(prerequisites: (2) Workshops and Entrance Interview)
- Host a group of your own *(I will work directly with you to get it going)*



*These workshop materials are
available on-line for free.*

Download at:

www.LoveGuides.Us/open-source-workshop-materials/





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YOUR PRESENCE IS GREATLY APPRECIATED

Please feel free to stay in touch

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