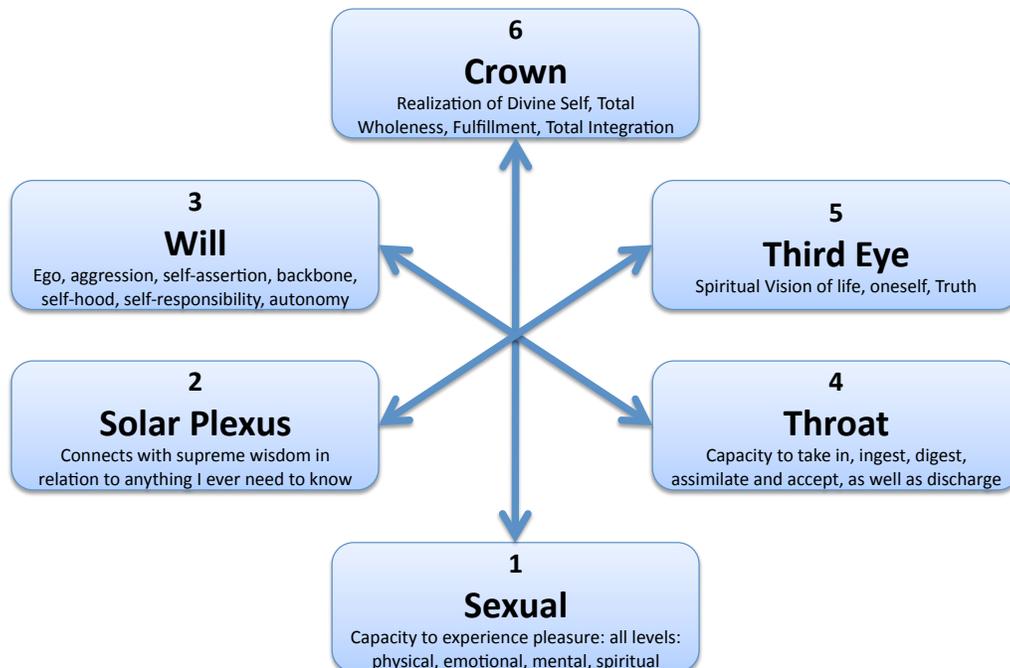


Opening the Gates of Heaven Embodying God

Summary of Energy Center Exercise

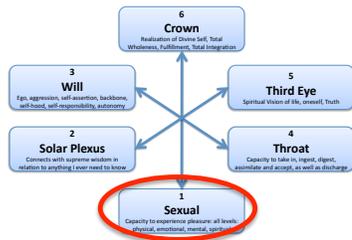
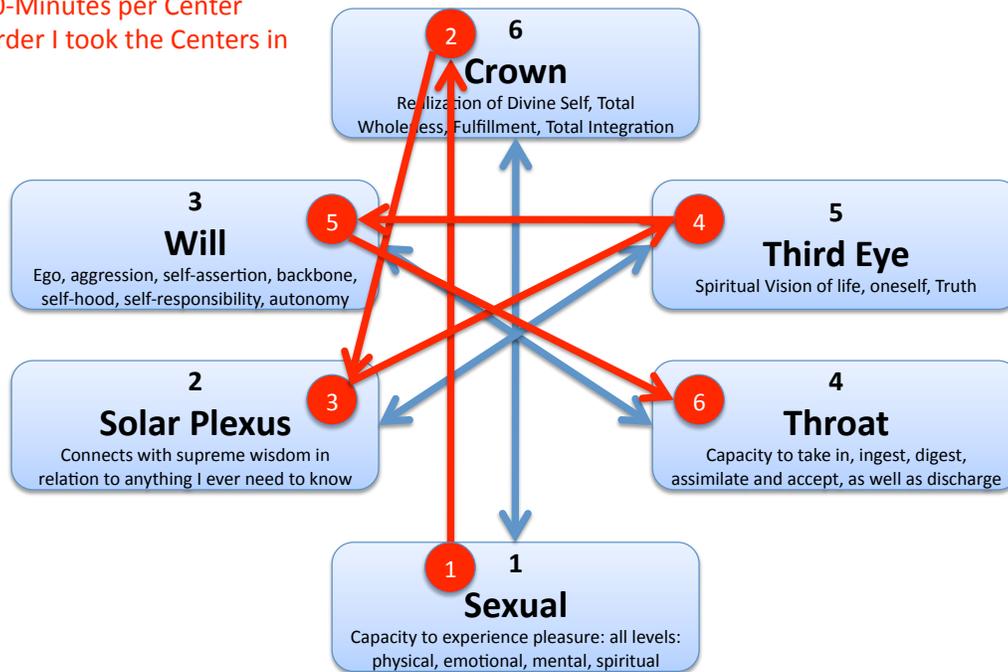
Workshop by
Alison Greene-Barton
Brian O'Donnell
April 15-18, 2010
Exercise on April 17
Exercise Experience of Gary Vollbracht

The Energy Centers



My Process

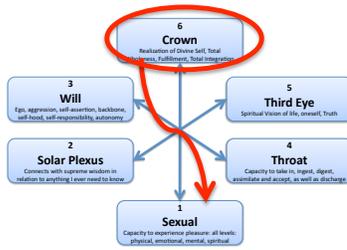
One-Hour Exercise
10-Minutes per Center
Order I took the Centers in



1 Sexual Center What Came in 10-Minute Meditation at the Sexual Center

- Pleasure is in feelings, feelings of all kinds. A rainbow. Rich in Flavors. Reason for being here. Open to feelings. Open to pain, love. Feel, feel, feel, feel, feel.
- Fluid, like a human river flowing. Filling emptying, whirling, falling, splashing, running as a river. Around rock and solid objects.
- Free, oh so free.
- Colorful. Full of life. Unpredictable. Many layers. Many colors. All enlivening. All making my incarnation worthwhile. Why you are here – to feel everything.
- Listening:
 - Move. Drop into the depths. Feel the falling.
 - Fly. Fly high, as high as the beautiful vultures overhead. Be lifted up.
- Why you are here on the earth.
- Sex – key, surrender
- Float. Why you are here!
- What LIFE is about
- So primitive
- So juicy

Message:
LIVE your FEELINGS
FULLY!



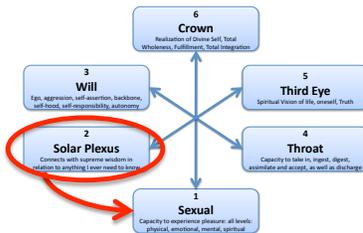
6 Crown

What Came in 10-Minute Meditation at the Crown Center

- Integrates with the Divine
- Links to Spirit, to All
- One with God
- One with Jesus Christ.
- One with YOU, Gary
- The Link
 - Mystery
 - Purpose
 - Meaning
- “But while I am linked to you here I cannot experience what you experience in flesh. I cannot experience LOVE here. I do not create new beings from here.” *(Not sure who is speaking – true throughout this experience)*
- “Incarnate and return home. Flow back home, to the light.”
- From separate to ONE. From separate to THE ONE

Message:

Leave the Spiritual Center; Go Back To the Sexual Center and LIVE your FEELINGS FULLY



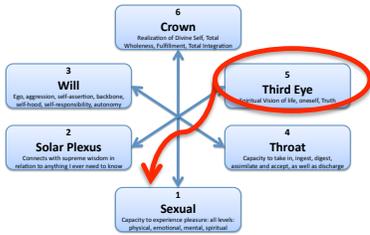
2 Solar Plexus

What Came in 10-Minute Meditation at the Solar Plexus Center

- I am the Truth. I am the way. I am the light. I shine. I enlighten. I show you the way.
- Gary, listen to me, my son. I shall be your compass, your guide, your map.
- But I am not the territory. Your feelings are the territory.
- Do not get so wrapped up in me, the “MAP,” that you miss the **purpose of your incarnation: to feel EVERYTHING. Yes, Gary, FEEL Everything.**
- Do not look to me for right and wrong but for TRUTH. TRUTH is THE MAP and Compass, but LOVE is the territory.
- Love, my friend, feel love. Feel being Beloved.
- Oh Gary, I beg you to set me aside so you can LOVE!

Message:

Leave the Maps, Go Back To the Sexual Center and LIVE your FEELINGS FULLY



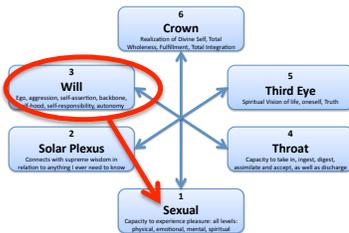
5 Third Eye

What Came in 10-Minute Meditation at the Third Eye Center

- Oh Gary SEE the territory. See what is TRUTH all around you. SEE TRUTH.
- And Gary, I am not the territory. Feelings are the territory.
- Shine your light on the territory, compare to your MAP of truth from you solar plexus. SEE. SEE.
- But then walk on the earth. Feel the earth. Feel yourself beloved on this earth.
- SEE where you are in Truth. SEE where you are going. Look all around.
- But, then, Gary LIVE fully on this earth.
- LIFE is FEELING, FEELING is LIFE.
- “Seeing” as a sense reveals beauty. Take in beauty. Resonate with all you see.
- Resonate with music you hear. The Truth you hear.
- Don’t confuse THIRD EYE – seeing truth – with the experience of sensing via all senses.
- LIVE.

Message:

Leave the Third-Eye Seeing; Go Back To the Sexual Center and LIVE your FEELINGS FULLY



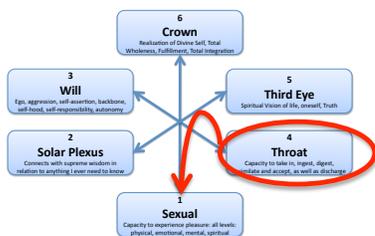
3 Will

What Came in 10-Minute Meditation at the Will Center

- I am your ego, the captain of your ship.
- I decide how you spend your time.
- Balance is so key.
- What time do you spend feeling?
- NO! [Rather I should have said] **Feel in all that you do, in all life experience.**
- Feeling comes from being **fully present in all that you do.**
- Use your maps (solar plexus)
- Use your Vision to see (Third Eye)
- But **take in all feelings.**
- LIVE. **Purpose is to live everything.** Yes everything.
- Balance. Balance.

Message:

Live in Balance: Go Back To the Sexual Center and LIVE your FEELINGS FULLY in **everything** you think or do



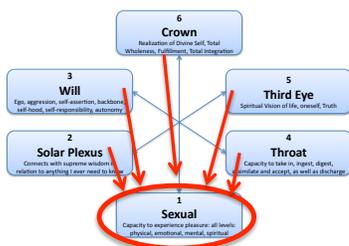
4 Throat

What Came in 10-Minute Meditation at the Throat Center

- Take in, ingest, digest, and accept.
- I am your digestive system that nurtures all of life.
- Diet is all important, balanced diet of all that nurtures you.
- And I absorb and send nutrients to all your body.
- Again, Gary, LIVE – be Fully in your emotions and feelings.
- I simply assure you that you have the energy you need to live life
- But I am *not* life. I am a *means* to an *end*.
- All you can control is what you take in to nurture you:
 - What words
 - What practices,
 - What teachings
- ALL else in my process is automatic.
- And please let the poop go when the nutrients have been extracted, no need to collect and store what no longer serves you.
- And don't spend all your time eating, taking in.
- Rather the goal is to LIVE – LIVE is to FEEL.

Message:

Limit your appetite for more and more stuff, even spiritual stuff; Go Back To the Sexual Center and LIVE your FEELINGS FULLY

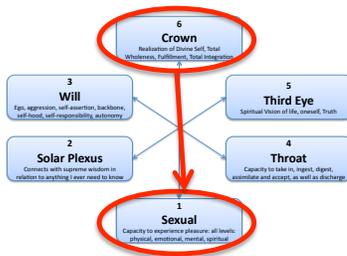


Epilogue

Message:

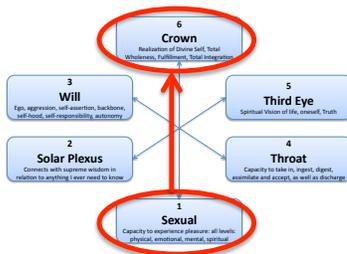
Live your incarnation; Go Back To the Sexual Center and LIVE your FEELINGS FULLY

- Purpose of living is to feel both pain and pleasure so, of our own free will, we purify ourselves – take our journey back to God.
- Living on earth is not an end in itself but a means of purification – the Plan of Salvation.
- Wow. The purpose of life (in feeling everything) is to draw us, of our own free will, into purification – where as a byproduct we experience bliss supreme.
- But this is nothing less than the Plan of Salvation, our journey to God.



Epilogue, Continued Cannot Stay at the Crown Center

- I can feel bliss at the Crown Center, **but** the bliss drowns out the pain brought on by the FALL – the pain in my decision to separate from God.
- **I incarnate** and for now **live in duality in order to feel** and to discern **cause and effect** – from here I choose for self development and purification by my own free will.



Epilogue, Continued Challenges on Earth Plane

- So what have I done in my incarnation for most of my life up until recently?
 1. Commit to separation
 - Fear
 - Covered by Pride and Self-Will
 2. Strategy of my Ego to survive and thrive while holding myself separate:
 - Develop Mask, Identify with my Idealized Self Image
 - Numb negative feelings by staying busy, etc., etc.
- With understanding this commitment and strategy of my ego to stay separate and identify with my ISI that it builds, and seeing that this doesn't work, my **spiritual journey back to God begins**.
- ***Found this Workshop Exercise a most amazing experience of clarification***