

**A Calling for Inclusiveness:
Beginning Reflections on the Elements of a Truly Integrative Energy
Psychology – A Beingness Based Model**

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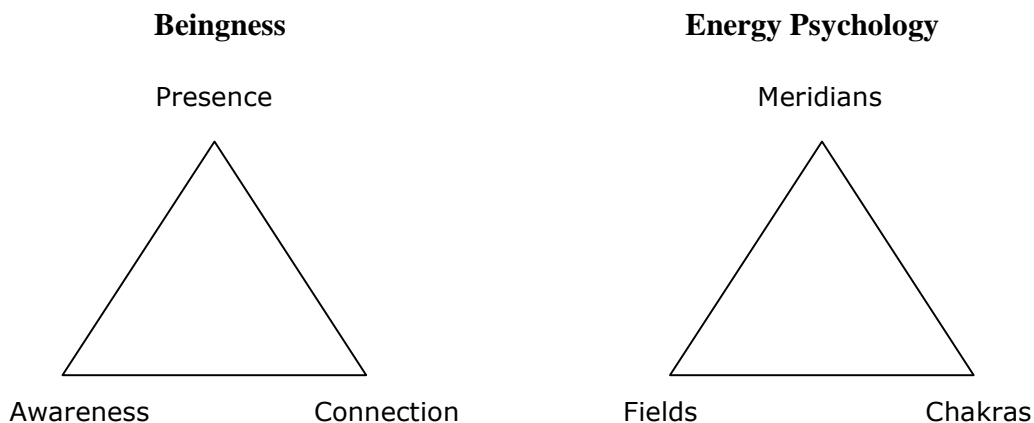
A Beingness Based Model

Energy Psychology is currently an alphabet soup of schools, most of which are based on interventions – EFT, TFT, TAT, EMDR, BSFF, the list goes on and on. This paper is a call for an inclusive model and an integrative theoretical framework on which such a model can be based – one that can hold all of us (whether we are meridian, chakra, or field-based) with an open hand. For us, such a model is founded in “Beingness”.

What is Beingness? Beingness is the infinite energy that we could call “*I am*” which includes *I always was, I am and I always will be*. This idea has been suggested by the great spiritual teachers throughout history and then proven by physicists, starting with Albert Einstein, continuing with David Bohm, and furthered by those that have followed them. These scientists have substantiated that time is an illusion, that there is no such thing as locality...

Why does Beingness define this discipline as compared to other disciplines in Psychology? In order to answer this question, we first need to understand what links the “Energy” in Energy Psychology with Beingness. What links these two, and therefore what we all share in common, is the realization that transformation of vibration is fundamental to healing and growth. Beingness is the essentially infinite energy that holds all of us where we are, including a directive to become Beingness itself, the ultimate highest vibration that we can attain. This is called enlightenment. Therefore, any discipline that reharmonizes our energy and raises our vibration is one that, by definition, aligns with the Beingness model. No other discipline in Psychology of which we are aware starts with the premise of harmonizing and heightening vibration as the road to health.

Not only does Beingness account for the ultimate purpose of Energy Psychology, it also accounts for why we focus on meridians, chakras and fields and how our respective focuses are part of a more inclusive model. In the world of Beingness, there is a trinity that is the equivalent of the trinity we find in Energy Psychology. In Beingness, this trinity is called Presence (the world of body and matter), Connection (the world of heart and soul), and Awareness (the world of mind and spirit).



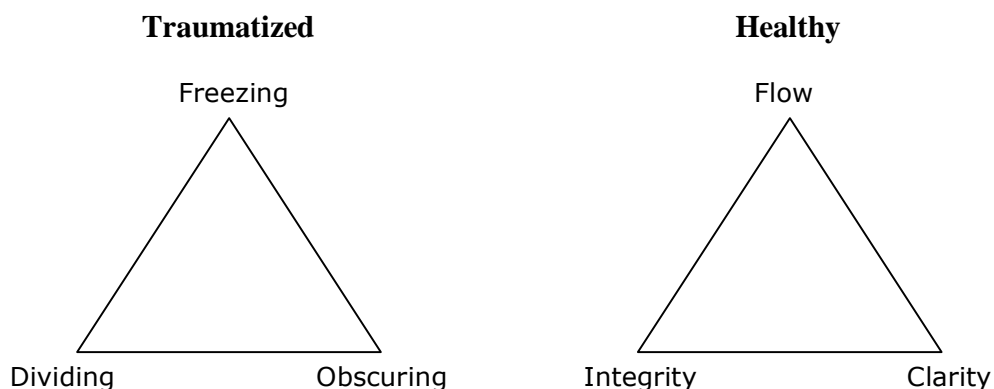
Our Common Heritage – Meridians, Chakras and Fields

In the world of Energy Psychology, we call this trinity by a different name. While this trinity is not exactly analogous, it is more than close enough – Presence as meridian, Connection as chakra, Awareness as field.

Presence is represented by meridians and thus meridian-based approaches. When we are traumatized from a meridian-based perspective, we are out of the flow. There is a freezing, and our capacity to be present to life becomes limited to the degree that the current situation retriggers the traumatizing event, essentially closing us to new experience, i.e. being present to life. When we release the freezing, there is a freeing. We are in the flow, information moves unhampered, and we are present to whatever life presents to us.

Connection is represented by chakras (or centers) and thus chakra-based approaches. When we are traumatized from a chakra-based perspective, we lack clarity about how to relate. There is a protective covering over, and our capacity to connect to life becomes limited to the degree that the current relationship retriggers the traumatized relationship. When we choose to remove this protective covering, there is a freeing. We rediscover the truer more beloved self, choice becomes available again, and we connect appropriately in each of life's encounters.

Awareness is represented by fields and thus field-based approaches. When we are traumatized from a field-based perspective, we fully identify with the obscuring, protective small self (ego), we experience being not enough and fragmented and are at cross purposes with ourselves. There is division, and our capacity to be aware of life as it truly is becomes limited to the degree that we are unable to allow and accept all of who we are. When we remember and reintegrate, there is a freeing; integrity and coherence emerge and are restored; and we reveal and are the True Beloved Self, the one who is aware that who we are is everything and everything is who we are.

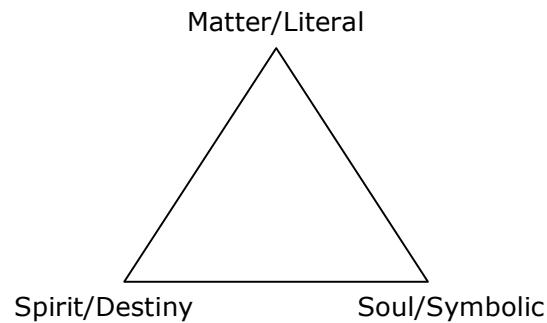


The Umbrella of Beingness

Beingness holds all of these, our capacity to perceive (Presence), feel (Connection) and think (Awareness). Beingness invites us into the revelation and realization that *I am therefore I perceive, feel and think* and not the other way around. It opens us to the grace of who we truly are, Enlightened, and not the illusion of who we appear to be.

From an applied perspective, meridian-based approaches focus primarily in the material realm on symptoms as literal and to be cured; chakra-based approaches focus primarily in the soul realm on symptoms as symbols and metaphors to help us understand and make meaning; field-based approaches focus primarily in the spiritual realm on symptoms as initiations that serve by inviting us into our destiny.

Nature of Symptoms



Implications

Beingness approaches incorporate the other three and bring in the fourth - larger systems in which we are embedded and ultimately Source itself. It implies that every inanimate, animate and extra-animate (angels, guides...) being is a cell in the Mystical Body of Beingness itself, helping Beingness evolve through them. Symptom relief, meaning-making, destiny, and the evolution of life are all One, each just vibrating at a different level or frequency.

We are therefore suggesting that in Energy Psychology, while all of our approaches and the interventions and practices that are derived from them emphasize different aspects of Beingness, ultimately they serve one purpose - the alignment of traumatically based denser vibration with the evolving higher vibration of Beingness itself.