

KESSLER'S PATTERN PRACTICES

SOURCE:

These are excerpts from Steven Kessler's book [The 5 Personality Patterns](#)
Kessler has advanced the field of developmental psychology with this work, and his book holds the most complete and useful explanation of these patterns and what to do about them that we've been able to find. Please buy his book if you resonate with this work, it's super potent!

LEAVING PATTERN - EXPERIENCING THE SHADOW

This exercise is designed to give you a felt sense of what it is like to be caught in the leaving pattern. It may feel very strange to you. Or it may feel very familiar. Either way, try not to judge your experience as you go through the exercise. But instead, just notice how familiar or unfamiliar this is and what it would be like to live this way much of the time.

FEAR OF BEING SHATTERED

Sit down in a quiet place and close your eyes. Take some deep breaths and let your body calm down into a relaxed presence. Just feeling yourself. And letting your body breathe itself.

Now, let yourself imagine that you're a squirrel. And you live up in the tree tops. You were a small agile creature. And you feel at home high up here in the trees. You can run and jump and almost fly from one tree to another. You can play all you want. And it's a lot of fun. It's safe up here. But down on the ground, there are dogs and cats and cars and humans, and it's pretty risky.

Bad things happen. You can get hurt. Before you even know what hit you. You can get squashed or torn apart. You're too vulnerable down here. So you try to stay up in the tree tops as much as you can.

But sometimes you want to see what's going on down there. The people live in warm houses with lots of good smells coming out of them. Delicious smells like hot chocolate and fresh baking bread. Sometimes you crept down the tree and look

KESSLER'S PATTERN PRACTICES

in the windows and it all seems so warm and happy inside. You close your eyes and imagine living in there in the warmth and good smells and belonging.

But then a dog barks right near you. And the sound is so loud, it scares you right out of your body. And you don't know where you are anymore, even which way is up. So you just run madly in any direction. And maybe you go up and get back to safety. But maybe you go down and the dog gets you and tears you apart.

And just the thought of it is so terrifying that you can't sink or feel your body anymore for a long time. And you're just frozen right there until you can kind of piece yourself back together. And quiet down and get oriented again. Now take a moment to notice what is going on in your body. Are you breathing fast? Are you tensed up? Are you scared? Do you want to get away?

Take some deep breaths. And let them out slowly through pursed lips. Letting the terror flow out of your body on each out-breath. Feel your butt in the seat. And your feet on the floor. Shake your body for a while to help him let go of the fear and calm down again. Take as long as you like to let your body settle down into a state of easy, safe presence.

Now take some time to absorb what you just experienced and consider the following questions. What was it like to live up in the trees, but look in the windows and imagine being inside.

- What would it be like to feel so small and vulnerable all the time? To know that your only safety is in getting out fast before you get overwhelmed and something bad happens.
- What thoughts or feelings arose as you did the exercise?
- What thoughts or feelings seem to get in the way.
- What would it be like to live this way all the time?

LEAVING PATTERN - EXPERIENCING THE GIFT

The next exercise may seem very easy and natural for you, or it may seem strange and impossible. Don't judge yourself either way. Yeah, we're just trying out different

KESSLER'S PATTERN PRACTICES

experiences so that you can see, which are familiar to you. And which are not. This exercise gives you a taste of the kind of mobile awareness that is a talent of leaving pattern as well as the ability to easily see things from many different perspectives knowing that there is always more than one way of viewing something.

Sit down in a quiet place and close your eyes. Take five or 10 deep breaths. And let yourself settle. Into with each exhalation.

Notice where your awareness is located. Is it in your head? Behind your eyes. Is it somewhere else in your body? Is it outside your body?

Move your awareness into the middle of your head. You can do that. Just by intending, sensing or imagining it. It's the same process you use when you move your hand. You simply intend to move your hand and it goes. With practice, you can move your awareness in the same way. Just by intending to move it.

Let's practice moving it some more. Move your awareness to the left side of your head. Just inside your ear. What is this like? Now, move it back to the center of your head.

Now, move it to the right side of your head. Just inside your ear. What is this like? Now, move it back to the center.

Now move your attention to the back of your head against your skull. What is this like? Now, back to the center of your head. Now try going into your eyes, into the eyeballs themselves. What is this like? Now, back to the center.

Now, move your awareness up to the top of your head, right at the crown. What is this like?

Now, let it move up a few inches more until it was just above your head. What is this like?

Now, let it move further outside your body. Up to the ceiling. And overdue a corner of the room. What does the room look like from up here? Can you see your body

KESSLER'S PATTERN PRACTICES

below you? If you can, what is the effect on you of looking at your body from outside of it?

Now move your awareness to a different corner of the room. How does changing your viewing point? Change the appearance of things. If you were able to move your awareness around independently from your body. How does that affect your relationship to your body?

Now, bring your awareness back down into your body. Perhaps through the crown of your head or just by intending it to be back inside. Feel your body from the inside. Feel your butt in the chair and the soles of your feet on the floor. Breathe into your body. Feel the many sensations within it. And let your awareness fully reconnect with your physical body.

Now notice what this whole experience was like for you and consider the following questions.

- *How easy or difficult was it for you to let your awareness move around within your head? How about outside your body?*
 - *How easy or difficult was it for you to come back into your body?*
 - *Do you feel at home there? What does this tell you?*
 - *How did you feel about letting your awareness go places outside of your physical body?*
 - *What thoughts or feelings arose as you did this exercise?*
 - *What thoughts or feelings seem to get in the way.*
 - *What would it be like to have access to this skill all the time?*
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KESSLER'S PATTERN PRACTICES

MERGING PATTERN - EXPERIENCING THE SHADOW

This exercise is designed to give you a felt sense of the experience of someone who is caught in the merging pattern. And has to turn to others for every need. As you go through this exercise, try not to judge it. But instead, just notice how familiar or unfamiliar the experiences and what it would be like to live this way every day.

Getting Life From Others

Standing with your feet about shoulder width apart. Begin pulling the center of your chest back into your body. As if you're trying to protect your heart.

As you do this, notice how pulling your heart center inward like this causes your pelvis and head to move forward. Seen from the side, the line of your torso has now shifted from being a straight vertical line to being concave.

Now, let your shoulders also round forward as you pull your heart center in even farther. Notice how your breathing is becoming shallow since you can no longer fully expand your chest to exhale.

Now imagine that all the muscles in your body have become soft, weak, and puffy. Let your whole body become soft and diffuse. Sort of like the Pillsbury Doughboy.

If you normally hold an energetic boundary around yourself. Let it dissolve until you can't really tell anymore where you end and others begin. Let all the structures inside you dissolve until you're just fluid inside. Almost like a cloud of mist.

If you tend to ground yourself to the earth beneath you. Let that connection dissolve. Until you're just a floating bubble.

Notice how the loss of that grounding and support makes your legs feel soft and weak. And how much harder it is to now stand on your own two feet.

Now notice how vulnerable and needy you feel. There is no structure, no strength you feel inside you? There is no solid ground under you to support you. There was

KESSLER'S PATTERN PRACTICES

no edge that defines you or protects you. Since there is no container to hold it. Any energy that comes into you drains right out again.

Notice that you feel empty inside.

You need something from someone. But even trying to lift your arms to reach towards them, brings a new wave of shame and how empty and needy you are. Asking brings the risk of judgment and rejection. So don't do anything physical to, to cry, to get what you need. Just wait until someone comes into view and then use your eyes to get them to help you.

Make your eyes into pleading, helpless puppy, dog eyes. Send out your need through your eyes. Until they can't resist you anymore. At the same time, send out a feeler from your belly with a suction cup on the end of it and try to plug into their belly and drink from them. It's all about the connection.

Only connection to someone else will fill you up. You can't do it for yourself. All you can do is try to get them to do it for you. But how can you do that? How can you get them to like you? How can you get them to give you what you need? Just let yourself walk around like this for awhile. Imagine that this is your experience of life all day, every day.

Feel into what it would be like to go through this life this way. After exploring this for a while. Relax. Shake out your body. And take some time to absorb what you experienced.

- *How easy or difficult was it for you to shift your attention this way? Did it seem familiar to you? Or did it seem strange and unusual?*
- *What was it like to feel so empty and needy? How was it to try to get everything you needed from someone else?*
- *What thoughts or feelings arose as you did this exercise?*
- *What thoughts or feelings seem to get in the way.*

KESSLER'S PATTERN PRACTICES

- What would it be like to live this way all the time?

MERGING PATTERN - EXPERIENCING THE GIFT

This exercise is designed to give you a felt sense of one of the gifts of the merging pattern. As you go through this exercise, just notice how familiar or unfamiliar the experiences and what it would be like to have this skill always at your disposal.

Radiating love.

Sit down comfortably. With your spine relatively straight and close your eyes. Take several deep breaths down deep into your body and release them. Once again, breathe into your core and feel yourself from the inside.

While continuing to feel your core. Let yourself recall a moment when you felt a profound love flowing through your body. Perhaps it was a moment with a new born baby. Or a time watching your child sleep. Perhaps it was a moment with a parent or spouse who was near death. A moment when all the hurts and disagreements of the past seemed to melt away. Leaving only the one, the love between the two of you. Perhaps it was a moment with a dearly beloved pet. Or a moment when you felt a profound love for yourself? Or a time when you felt wrapped in the love of something greater than yourself.

However it comes to you. Let yourself tune in to that moment deeply. As you keep part of your attention on your core. Feel how the love flowing through you shifts your internal state. Let that happen. Breathe that love in. Marinate in that love. Let your body tune itself to the frequency of love. Just as if you were turning the dial of radio to a particular station.

Let your attention open to this love.

If it hasn't already let the love start to fill you. Let it seep into every corner of your body. Gradually filling every cell with its sensation. Notice, especially how the love fills this core of your body. And as it does, let it gradually begin to radiate out from there. Perhaps at first it fills your own body.

KESSLER'S PATTERN PRACTICES

And then spills out and fills the space around you. However it happens. Notice that you are now embodying and emanating. Love it is filling you and radiating out from you in all directions. Let this happen easily and gently. While still respecting others and their own personal space. Don't impose it on them or attempt to change them.

Just let it flow out from you as an offering to any who wanted. Let yourself enjoy this experience as long as you like. You may want to try moving about or just sitting still. You may want to be by yourself or out in nature or interacting with others.

Let yourself take some time to absorb what you have experienced. When you're ready, consider the following.

- *How easy or difficult was this exercise for you? Did it feel familiar or strange?*
- *This exercise asks you to shift your state of being, but not to do anything physically. What was that like for you?*
- *What thoughts or feelings arose as you did this exercise? What thoughts or feelings seem to get in the way.*
- *What would it be like to have access to this interstate all the time?*

ENDURING PATTERN - EXPERIENCING THE SHADOW

This exercise is designed to give you a felt sense of what it is like to be caught in the enduring pattern. Feeling stuck and burdened. And having to hide yourself to protect yourself. As you go through this exercise, try not to judge your experience. But just notice how familiar or unfamiliar it is and what it would be like to live this way every day.

Having to hide yourself

KESSLER'S PATTERN PRACTICES

Sit comfortably with your spine relatively straight, and close your eyes. Take several deep breaths all the way down into your body, and release them. On the out-breath let any extra energy leave your body with the breath.

First, let yourself notice that you have a big bubble of energy that surrounds your body like a giant egg. This bubble extends out about two or three feet beyond your body in all directions, including above and below you, in front of you and behind you, and on both sides. This is your own personal space.

And ideally it is filled with your own energy.

Now imagine that you're pulling all of your energy inwards inside your body, and sending it down into the earth below. Pull in the edge of your bubble, closer and closer until it reaches your skin or even comes inside your skin. Now you have no space around you protecting you.

But you need protection. So imagine that you can send yourself down into the earth below. Down where you can hide from anyone who wants to mess with you. Keep sending your energy down into the ground until it feels like all of your energy is down there. Until nothing is moving anymore, and no energy is circulating through your body.

Keep doing this until everything feels kind of dense and thick, like sludge.

Notice that now you're stuck. You're hunkered down. You've pulled all of yourself deep down into the center of you, and now you're stuck down here. Maybe you want to take some action or express something, but there isn't any energy moving in you to help you do it.

And you know that pretty soon, someone's going to come around wanting you to do something for them. They're going to come buzzing into your space, bugging you to do something for them. And they won't even notice that they're trespassing in your space. They'll just walk right in and plunk down with some expectation, something they want from you.

KESSLER'S PATTERN PRACTICES

And then half the time they won't even have the grace to leave. They'll just stand there. Waiting for an answer, bugging you with their presence until you give them one.

And how can you even figure out what you want anyway? With them in so close, shoving their agenda in your face. It's hard enough to figure out what you want when you're all alone. But when there's someone else in here, filling up your space with all their own wants and feelings, it's even harder to feel yourself.

It just gets too crowded. Too much pressure.

Notice the resentment building up in your body. Notice how much you want them to go away. How much you want to retreat into your cave and block them out. And how much you want to just get away from them so they can't mess with you anymore.

Now gently let your awareness return to the room where you're sitting. Take a few deep breaths and let all these feelings leave your body on the exhalations. Now stand up and shake out all of these feelings until your body has returned to feeling safe and relaxed.

Take some time to notice what this whole experience was like for you.

- *How easy or difficult was it for you to pull your energy inside your body? To send it down into the ground?*
- *How did you feel about being heavy and stuck? Did it seem familiar?*
- *What thoughts or feelings arose as you did the exercise?*
- *What thoughts or feelings seem to get in the way?*
- *What would it be like to live this way all the time?*

KESSLER'S PATTERN PRACTICES

ENDURING PATTERN - EXPERIENCING THE GIFT

Deep grounding and strength.

In the previous exercise you experienced being caught in the enduring pattern. Stuck hiding and resisting everything. Now let's shift into experiencing the gifts of the pattern. As you go through this exercise just notice how familiar or unfamiliar these experiences are.

And consider what it would be like to have these skills and gifts always within your reach.

Sit down comfortably with your spine relatively straight. And close your eyes. Again, take several big deep breaths down into your body, and release them.

Let any extra energy leave your body with each out-breath. Feel your entire system calming and slowing down. Let any unwanted energy within you begin to flow downward and into the ground beneath you.

Now, gently and easily, imagine that you're an enormous tree. Feel the immense weight and strength of your trunk and limbs. You don't walk. You don't talk. You just stand and watch. Just hang out with this experience for a while.

Now, let your attention move downward to your roots. Feel your roots, stretching down and outward under the ground. And notice that they are just as big as the trunk and the limbs with just as much weight and reach.

If your roots are not this big already, let them grow downward and outward until they are.

Let yourself hang out with this for a while.

Now, let your roots grow down. Even deeper down through the soil and into the bedrock.

KESSLER'S PATTERN PRACTICES

Let your roots become twice the size of your trunk and limbs, and feel that enormous mass of you under the earth. Waiting unmoving, unaffected by events on the surface. Again, let yourself just hang out with this experience for a while.

Now, let your roots reach down even further, doubling in size again. Connect with this huge mass of you that reaches down so far into the earth. Notice that now 80% of you is below ground, down deep in the earth and only 20% of you is above the surface. Notice how much safer this feels than when all of you is up on the surface, where everyone can see you and mess with you.

Just let yourself rest here. Safe in the arms of the dark silent, dense rock. Where no one can bother you. Take all the time you like. Just relax into this deep, silent refuge.

Now while keeping all of your felt sense of silent strength and deep groundedness in safety, let the image of yourself change from being a tree, into being a mountain that rises out of a plane. Now your whole body is made of rock and earth. Again, notice that the roots of the mountains stretch down deep into the earth so that nearly all of you is underground, with only a small part of you rising above the surface. And yet when people look at you, they see only that small part. They don't even notice that you extend downward below the surface. They don't see that the roots of this mountain reach down deep into the bedrock.

They have no idea how safe and strong and unmovable you are in your rocky depths. You have become an immovable object, an enormous effortless unmoving strength. Maybe you have trees growing on your slopes, maybe not. It doesn't matter. You can stand for centuries or millennia while things come and go around you. Such things do not concern you. No one can influence you or make you do anything. You can wait forever.

Now let your awareness gently return to the room where you're sitting. If it's comfortable for you, you may want to keep this sense of yourself as an enormous effortless unmoving strength and let it stay with you. If it is not comfortable, simply let it go and keep the awareness that this is possible and that some people feel this way.

KESSLER'S PATTERN PRACTICES

Now take some time to notice what this whole experience was like for you.

- *How easy was it for you to let yourself become the tree? How about the mountain?*
- *How easy was it for you to grow down deep into the earth? To let most of you be hidden underground like that?*
- *How did you feel about being an immovable object?*
- *What thoughts or feelings arose as you did the exercise? What thoughts or feelings seemed to get in the way?*
- *What would it be like to have access to this skill whenever you needed it?*

AGGRESSIVE PATTERN - EXPERIENCING THE SHADOW

This exercise is designed to give you a thought sense of what it's like to be caught in the aggressive pattern. Seeing life as a constant battle for survival. As you go through this exercise, try not to judge it. But instead, just notice how familiar or unfamiliar experiences and what it would be like to live this way every day.

Life on the battlefield.

Imagine going out for a walk around the neighborhood. At this time, let yourself experience it in a new way. As you walk, notice that you are all alone. No one is with you. No one is by your side. No one is watching the back. The family is gone. Your friends are gone. There was no one to depend on. There is no God above you, looking out for you.

KESSLER'S PATTERN PRACTICES

There are no angels protecting them. If you think there are you're diluted. Which puts you in even more dangerous. Even the ground beneath your feet, doesn't really support you. It's dead. It doesn't care. Whether you live or die. No one is on your side. No one cares.

Whatever you feel about all this. Get over it. This is serious now it's life or death. It's kill or be killed. Pay attention. This place is a jungle. And you're either the predator or you're the prey. No exceptions. No innocent bystanders. Which are you going to be?

As you approach other people. Measure each one for physical strength. Ask yourself. If this gets ugly. But it turns into a fight. Can I take them? How big are they? How mean are they? What weapons do they have? What weapons do I have? What weapons do I need to survive this hell hole?

Some of the people you pass, we'll pretend to be your friends, maybe claim that they love you and care about you. Don't believe it. You've been down this road before. That only leads to being used and hurt. No one is there for you. When the chips are down, some try, but then collapse. You ended up having to carry them.

Either way it's not worth it. No refuge here. Better to go it alone.

But there is something that you can do. Something that makes it better. You can start pulling your own energy up into your chest and arms.

You can pull up more energy and more energy until you fill yourself with it. You stand up tall and start pulling up your energy. It makes you bigger. It makes you stronger. Focus on that string. Set your jaw. Sure. This takes will and determination, but you can do it. Over and over again. Keep pulling up more energy.

Feeling your upper body and the space around you with it. Notice how you're getting bigger, stronger, more intimidating. You carry more juice now, more voltage to blast people. If they challenge you. Stand up tall. Push the energy out in front of you in a big way. Just to let everyone know you mean business.

KESSLER'S PATTERN PRACTICES

Notice how people step back now, when you push on them. How they will give in. Weaklings, disgusting. But some people don't back down. They stand to face you, they send a wave back at you. Watch out now. Measure them against yourself. Can you take them? Do you want to? Are they friend or foe? Comrades in arms or traitors.

You can measure their strength, but it's hard to tell their intentions. So stay alert and stay focused. Keep your guard up. You never know. Pull up an even bigger dose of energy, just to be safe. Maybe you notice now that your adrenal glands are hurting. Your body is buzzing from the adrenaline.

No matter, ignore it. Get over it. It's worth the safety that the extra juice provides with the average person's system runs on 110 volts. You're now running 400 volts. In a crisis, you can go to 600 volts. Maybe more. The only source of safety is having more energy, more firepower. Overwhelming firepower.

The more, the better. You can never have too much because you never know how much the next guy will have. So be ready. Pump it up. Keep it handy. Stay focused. You never know. Sure this is hard, but it's the only safety available. All the rest crumbles. When you need it. All the rest is only a setup for disappointment or betrayal.

It's a tough life. Get used to it. Let yourself walk back home slowly. Keeping your guard up. Keeping yourself pumped up. And big and intimidating the tire time. Don't say anything to anyone about what you're doing. Don't Blab about it. Just notice the effect it has on people. Notice how they treat you. Now notice how much bigger you feel.

When you get home. Take some time to let all that extra charge drain out of your body. Exhale and send the charge out of. Each breath. Let all the effort and go. Move or shake your body to release the extra charge. Try making sounds and let the extra charge flow out of you with the sounds of your body as much time as it means to calm back down. Even if it takes a while and take some time to reflect on what you experienced.

KESSLER'S PATTERN PRACTICES

- *How difficult or easy was it for you to pull up the extra energy and fill yourself with it?*
- *Did it feel like just one more day of what you usually do? Or did it feel strange and difficult?*
- *What thoughts or feelings arose as you did it?*
- *What thoughts or feelings seem to get in the way?*
- *What would it be like to live this way all the time?*

AGGRESSIVE PATTERN - EXPERIENCING THE LIGHT

So far, you've been experiencing what it's like to be caught in the aggressive pattern, stuck in the fear-driven adrenalized fight or flight state. Now let's shift into the gifts of the pattern.

Running big energy

When you're ready, sit down comfortably with your spine relatively straight and close your eyes. Take several big, deep breaths down deep. Into your body. And release them. On each out breath, let any extra energy flow out of your body. On the breath. Heal your entire system calming and slowing down.

Now we're going to do this. The easy way. First, just notice the strength and directness of your spine. In your mind, draw a line from the crown of your head. Down through the center of your torso. To your perineum between your anus and your genitals.

Imagine this line as a column of energy, maybe a few inches in diameter. That runs straight down from the crown of your head, through your torso, to your perineum. This column is your core. The center of your physical being. The place in your body where you are most yourself. Now, let the bottom of your core begin to grow down into the ground below you.

KESSLER'S PATTERN PRACTICES

Just like the taproot of a tree. It can be Brown and Woody. Like the root of a tree. Or it can be more like a current of bubbly liquid light. Or it can have any appearance that you like. Its purpose is to connect you to the deep core of the earth. Only this time. The earth is very different from the way we envisioned it before.

Now the earth is a gigantic warm kind of nurturing grandmother being. Sort of like your favorite, ideal grandmother, the one who always loved you, no matter what. One who always glad to see you. The one who always greeted you with a big hug and hot chocolate and cookies.

This grandmother earth is completely safe and nourishing. So just let your taproot gently grow down as deep into her gigantic earth body as you like. And notice that the flow in this route goes both ways. So you can send down into the earth, any emotions or energy that you don't want. And she will send up.

Into you all the love, support, strength, and nourishment that you want. There is no need to push, no need for effort. Any kind of energy that you want flows easily up your taproot into you. Once you've established your core. And your connection downward into the earth. It's time to establish your connection upward.

Let your core begin to gently grow up through the crown of your head. And then on, up through your higher self. All the way up to divine being or God or whatever name you use for that energy. Again, let your core connect itself firmly into this divine source. Now your physical body is suspended on a vertical line.

Connecting the divinity or source above and the grounding earth below. Now you're not alone. You're connected to everything. Now you're part of the dance of everything and aligned with everything. Now you can live your life in harmony with the energies that flow up and down that line. And you can let those energies guide, inform and nourish you.

This is what it's like to have core and ground. And be in alignment with all that is. Let yourself relax into this experience and enjoy it. Now that you're fully connected and aligned with everything. We'll add the gifts of the aggressive pattern. Let

KESSLER'S PATTERN PRACTICES

yourself gently begin to experiment with the possibility that if you ask for it, you can increase the flow of energy through your body.

Be gentle with yourself as you experiment. And turn the volume back down. Anytime your body starts to feel uncomfortable. Self care is important here. But within the bounds of what feels comfortable. And as long as you do not feel your system begin to strain or your adrenals start to rev up. Let yourself experiment and play.

Try letting your route go all the way down into the molten core of year.

Ask the glowing lava there to feed you and to let some of its energy come up with you and fill your body. Don't use your adrenal glands to make the energy yourself. Just let the energy from the earth fill you. Let your body drinking this energy, but don't overdo it. Let your body fill only as long as it remains grounded, centered and calm.

Let that big effortless flow of energy become the core of yourself. Or if that's too much, let a small trickle of that flow become the core of yourself. Now let's experiment. You've just tried letting more energy flow gently up from the earth into you and through you. Let's try some other possibilities.

Take as much time as you like to explore each one of these. You can ask for more energy by gently. Flowing down from above into you and through you. You can ask for more energy to gently flow into you from the rear and out the front. You can even ask for more energy to gently appear somewhere within your core.

And then radiate outward in all directions. Now let's come back toward ordinary life. Gently, let your awareness returned to the room where you're sitting. If it's comfortable, you may want to stay with a sense of yourself as a big effortless flow of energy. If it's not comfortable, simply let it go.

But keep the awareness that is possible. And that some people feel this way. Now notice what you learned and what this whole experience was like for you. How easy was it for you to feel your core? How easy was it for your core to go grow down

KESSLER'S PATTERN PRACTICES

deep into the earth? How easy was it for your core to grow up into your higher self, into divinity?

- How did you feel about being a big effortless flow of energy?
- What thoughts or feelings arose as you did this exercise?
- What thoughts or feelings seem to get in the way.
- What would it be like to live this way all the time?

The flow of energy that is available to you is enormous. This is the truth that creates the gift of this pattern.

KESSLER'S PATTERN PRACTICES

RIGID PATTERN - EXPERIENCING THE SHADOW

This exercise is designed to give you a felt sense of what it is like to be caught in the rigid pattern. Overly focused on order and correctness. As you go through this experience. Try not to judge it, but instead, just notice how familiar or unfamiliar. It is. And what it would be like to live this way every day.

Seeing only the faults.

Sit down comfortably with your spine relatively straight and close your eyes. Take several deep breaths down into your body and release them. On the out-breath let any extra energy flow out of your body on the breath.

Open your eyes again and imagine reading a written paragraph of this exercise you are listening to. As you read, you may notice certain **mistaeks** in spelling, grammar, and punctuation. Notice how each of **that** the mistakes seems to jump out at you off the page saying, **Look** at me. To give you this experience imagine that each of the mistakes are put in big larger bold type, but this is what **they** **they** look like all the time to someone in the rigid pattern.

This is what it is like for them to read a book and come across a typo and least. If it is correct **gramar** and **speilling** were part of the rules in their childhood.

Notice how difficult it is for you to just see the paragraph without your attention, going immediately to the mistakes. Notice how the mistakes just seem to scream. Fix me. In fact, when you first turned to this page in the book, didn't your eyes go immediately to the larger, bold letters. Welcome to the daily experience of those who do the rigid pattern.

And this experience doesn't happen only when they're reading a book. And applies to everything in their lives. At least to everything that is. Covered by their rules. All of life is seen in this black and white, correct. And incorrect high contrast way. To give you more of a feel for this. Let's try looking this way at one of your acquaintances or distant relatives, but don't use anyone who is close to you for reasons that will soon become clear.

KESSLER'S PATTERN PRACTICES

Pick someone and bring him or her to mind as vividly as you can. The way he looks.

The way they sound and the way they act, take some time to let that picture develop in your mind. Now, let another image form in your mind. An image of the ideal them. The perfect then. Let that image become as vivid as possible. How tall should they be? Really? How should the features be on their face?

How should they be shifted to make them perfect. How should the proportion of their body change for them to have an ideal body? What about their voice? How would their perfect voice sound? Different pitch? more resonant? less nasal? And then there is the issue of their clothing. How would the ideal them dress better shoes?

Creases in the slacks, a matching shirt. A matching dress. And of course there is their behavior. How would the ideal then behave instead of the way they usually behave. Take some time to let this ideal image develop fully.

Now take the ideal image and superimpose it on the image of them as they actually are so that every difference is revealed so that every flaw stands out with the same vividness as the larger bold letters did above. As you look at them now notice how much of your attention goes to their flaws. Instead of, to them as a person.

Notice how every flaw seems bigger and more important than it ever did before. Notice how part of you suddenly wants to fix those flaws? Wants to start making small suggestions for their self-improvement. After all you like them, don't you? And wouldn't they be happier if they were more ideal? It's the least you can do to help them.

Now take a deep breath. And let all that go. As you breathe out. If some of it remains in your body, take another deep breath and let it flow out of your body. On the out-breath. That takes some time to reflect on what you just experienced.

- *How easy or difficult was it for you to shift your attention to the typos? How about to the other person's flaws.*
- *Did it seem natural and easy? Or did you have to push to get there?*
- *What thoughts or feelings arose as you did it?*
- *What thoughts or feelings seem to get in the way.*
- *What would it be like to live this way all the time?*

KESSLER'S PATTERN PRACTICES

KESSLER'S PATTERN PRACTICES

RIGID PATTERN - EXPERIENCING THE LIGHT

In the previous exercise you experienced being caught in a rigid pattern, and seeing all the mistakes. Now let's shift into experiencing the gifts of the pattern. As you go through this exercise, just notice how familiar or unfamiliar those experiences are for you and consider what it would be like to have these skills and gifts always within reach.

Seeing the order and structure.

One of the gifts of the rigid pattern is the ability to perceive the structures and patterns that are inherent in everything around us. For example, when reading poetry, we'll often see or hear the rhythmic patterns of each line, as well as the rhyme scheme of the whole poem.

When listening to music, a musician will often hear not just the melody and rhythm, but even each note within each chord, thereby hearing the inner structure of each chord. When inside a building, an architect or interior designer is likely to see not only the objects, but the rhythms and patterns of their arrangement. She may also see the spaces between the objects. And the patterns created by the spaces.

To get a sense of what the experience of seeing inherent structures and patterns is like for them, try looking at the back of your own hand. At first, you will probably just see a hand, but try looking more closely. Try looking at the tendons as you move your fingers. Can you see how each tendon is attached to a finger?

Can you see how it transfers the movements of muscles further up your forearms, as it pulls to straighten that finger? Now try shifting your attention to look at the blood vessels in the back of your hand. Can you trace the whole web of veins? Can you begin to see how the blood from each finger is gathered into larger veins? Does it move back toward your heart?

Now imagine that you can see the bones inside your hand. You probably recall how the bones are arranged from seeing models or pictures. Try pressing the fingers of your other hand into this hand and feeling the shapes. And movements of each ball. As you move your hand. Notice how much you can perceive of how the bones fit together.

KESSLER'S PATTERN PRACTICES

And move against each other. What would it be like to automatically perceive inner structures and patterns like this all the time? When listening to a lecture or presentation, you can discover the inner structure of the lecture by listening for the key statements and assembling them in your mind into an outline of what is being presented.

When reading a book, you can highlight the key statements in each chapter. Then we read just the highlighted parts to again, create an outline of what is being presented. You can look at an example that may give you the experience of initially seeing only a tangled mass of information and then seeing its inner structure emerge from the tangle and become clear for you.

Ask yourself. Has this ever happened to you before?

- *How easy or difficult was it for you to perceive the various inner structures and patterns we considered? The rhythms and rhymes. The chord structures, the objects and spaces, the structures in your hand.*
- *How easy or difficult was it for you to see. How. The principles in this presentation are related.*
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- *What thoughts or feelings arose as you saw these relationships?*
- *What would it be like to frequently see inner structures and patterns this way?*