

Whole Presence

Re-membering the Energetic Self

Most of us have known someone who can make his or her presence felt simply by entering a room. Such people do not need to say or do anything to draw attention to themselves. They merely have to be there. Their energetic Self, their Presence, is so powerful that it connects instantly with anyone in their vicinity. For the last seven years el Herington has worked with Presence energy both as a healer and as a facilitator of spiritual growth.

Presence energy could be called **soul or life force energy**. It is who we are. It is quite common for a person's Presence to become fragmented, to be scattered across space and time. Whole Presence work retrieves and reunifies these fragments thereby restoring a person's optimal spiritual potential.

Over all of your incarnations for as long as you have existed bits of your energy have been left behind with other people, places and events. *In this lifetime alone we have tended to give away much of our essential energy –Presence-- to our loved ones or had traumatic events separate us from parts of ourselves.* Some of the energy may be with a spiritual teacher or a sacred site, with parents, spouse, children or friends. Spiritual healers or other practitioners may find their energy with their clients. People doing work to heal our earth may have sent some of their Presence to her.

Like Soul Retrieval work Whole Presence utilises shamanic energy principles to gather together the energetic Self. However it is the client rather than a shaman who directs and controls the experience during the Whole Presence process.

El is the facilitator and the guide assisting the client to achieve an altered state of consciousness, identify the unique qualities of his or her Presence and then draw back to themselves the energy that has been lost. During the process it is also possible to let go of blockages and limiting patterns thereby becoming more truly who you are.

As the evolutionary process on the planet accelerates Whole Presence allows you to move more easily through the intensifying transitions. *It is as though you are in the eye of the storm and the upheaval is around you but not in your sphere of experience.* The integrity of the reunified Self brings inner strength and balance establishing more harmony and peace in your daily experience. Bringing all of the Presence together into one unified field creates a greater connection to the Divine "All That Is" on a conscious level and a deeper sense of your oneness with all of Life.

The experience is one of self-discovery and renewal. It also initiates a greater clarity and increased focus to create more powerfully whatever you choose to manifest. **Whole Presence empowers you to be all that you are, an unlimited creator within this life experience.** Emotional issues that arise may be processed and released with little effort and you recognize that profound shifts have occurred even without giving attention to those areas.

Reactions to Whole Presence are as many and varied as the people who take part. A Sydney-based healer reported that her reunified Presence made her significantly less inclined to adapt

to the demands of others. One consequence of her new wholeness was a rapid shift in her client base towards those seeking empowerment and growth. Others have talked of gaining a greater connection with the divine or of achieving clarity of mind and greater ability to focus on what they choose to manifest.

Becoming more completely who we are can be life changing. It can effect work, relationships and family ties. It is therefore important that those who choose to reunify their Presence energy are ready and able to deal with transitions and changes in their lives. They must also be aware that an **increased Presence gives greater power to their thoughts**. A clear awareness of focus and intention is consequently a precondition for undertaking Whole Presence, as is some experience of working with energy.

It's important to take the time to talk with a client before arranging a Whole Presence session. Sometimes Presence Healing is more appropriate. This involves using the energy that is already there to clear limiting or painful patterns without retrieving more of the client's Presence. Other times the client is referred to participate in preparatory work through other energy based systems such as Reiki or Qi Gong.

Over the years el has worked with many different healing modalities and found ***Whole Presence is the most profound step towards knowing yourself and being empowered on all levels***. With this foundation you are able to create your experience more in alignment with your true self.

For further information visit www.wholepresence.com or contact El Herington on 808.651.1190 or email creationsource@hotmail.com.