

When the ordinary mind becomes the dominant force of our inner experience, we lose access to our subtle senses. Existing in a thought-based reality, we disregard the wisdom of our bodies and innate spirituality. Clinging to our mind and rejecting any aspect of ourselves, we come off center from our spiritual alignment. Life becomes about survival, and we miss the ever-present opportunity to honor our subtle senses. From this state, it may seem impossible to find our way back to the inner peace of an awareness-based reality, where our inherent intelligence dwells.

Since the body houses our nervous system, the more we turn away from bodily sensations the less access we have to regulation. Anxiety, depression, rage, and patterns of self-betrayal are all expressions of a dysregulated nervous system. The less available we are for our sensations, the more we loop in thought; the more we loop in thought, the more dysregulated we become; the more dysregulated we become, the less access we have to our higher consciousness.

Habitual thoughts, such as insecurities, resentment, and overwhelm, hold the energy of unprocessed emotions. Likewise, bodily tension, such as tightness in the shoulders, clenching of the jaw, and contraction in the solar plexus, hold emotional energy that thwarts our well-being. Listening to the energy stored within our thoughts and sensations offers us the key to becoming clear and spacious.

As a child raised by healers, I was always intrigued by the spiritual practices of my parents. When I was six years old, my mom asked if I wanted to be initiated into Transcendental Meditation. I was unsure what to expect, but I eagerly agreed. As I sat alone in my room silently repeating my mantra, I would receive messages and insights that were far beyond my thought-based reality: images of my future self and of planetary restoration accompanied messages of hope that my pain had a greater purpose than simply suffering.

My daily practice helped me cultivate a deep connection with my intuition, and I began to open to my capacity to see subtle energy. Through my metaphysical eyes, I began to see when people's energy was aligned and clear or distorted and murky. At the age of eight, I remember seeing a vaporous muck around a person's heart center, and I placed a crystal on their sternum trying to help them clear their energy. Looking back, I see how I innately trusted the wisdom of subtle energy.

I had forgotten that I had this gift of subtle sight until many years later when I was plagued with anxiety and depression. I was trapped in a cycle of suffering, and I decided to mindfully be with my pain. Sitting in meditation, I could see and hear my own stored emotional energy pollution. Hazy energy in different

“**Sensation is the expression of the boundless energy of life moving through us. When we brace against our sensations, unresolved experiences continue to live within us.**”

*by Harmony Kwiker,
MA, LPC*

areas of my body prevented my vital force from flowing freely. The energy held a vibration of agony, grief, and fear, and I could hear its silent weep. Instead of rejecting my pain, I wrapped it with loving awareness and listened to it deeply. Slowing down and tending to myself with compassion, I experienced vitality flowing through me. In an instant, I awoke to my true nature.

As the years passed, I fell asleep to this gift over and over again. Once I began working as a transpersonal psychotherapist, however, I was surprised when my ability to see subtle energy was reignited in the therapeutic container. I vividly recall sitting with a client and seeing a cloud of murky energy around their heart center. They weren't talking about their heart, so I inquired what they noticed there. They described feeling heavy. We both attuned to the heaviness and discovered the innate wisdom being communicated through the subtle energy. My client discovered old grief and walls of self-protection that were wanting to be seen and honored. They felt more self-compassion and more open after listening to their subtle senses. This experience, and many thereafter, confirmed that the subtle deserved attention on the path of healing.

Over time I learned to trust what I was seeing and to collaboratively use this information to assist my client's return to spiritual alignment. When I began teaching Transpersonal Counseling, my students were intrigued by the way I used my subtle senses. They could see how I attuned to information that was not explicitly stated yet present in the client. Whether noting bodily tension, seeing auras, or attending to the blockages of energy, students learned the potency of meeting a client beyond the borders of their mind. In seeing clients for all of who they are, transformation can unfold in a profoundly nonviolent and gentle way.

As humans, we learn to turn away from our subtle senses to find safety and belonging in an environment that prioritizes logic and conformity, rejecting our intuition and subtle energy. Either told explicitly or subliminally that we're too sensitive, we develop a habit of denying our sensitivities. We begin to identify with our ordinary mind and eventually fall asleep to our true nature, as I did so many times before.

Sensation is the expression of the boundless energy of life moving through us. When we brace against our sensations, unresolved experiences continue to live within us. To illustrate, consider a person who was punished in childhood for speaking their truth. They may continue hiding their voice even though the threat of punishment is no longer present. The unresolved experience of stopping the natural flow of their expression may persist as a subtle tightness in their throat. Wrapping the tightness with loving awareness, they increase their ability to move the energy blockage.

Learning to be available for our sensations is the doorway to regulating our nervous system, as well as the bridge to accessing our innate spirituality. By listening deeply to our bodies, we become present to the sacred wisdom of our subtle energy. The moment we try to interpret, fix, or change our inner experience, we are retreating to our mind. Instead, being present and aware, we can see the way our body holds our inner experience. Honoring our sensations, validating them, and listening to them, we can find our way to our deepest truth and liberation.

To embrace the subtle is to open a portal into our inherent intelligence and divine wisdom. The soft whisper of intuition, the resonance of knowing, and the vision of what's to come are all sacred transmissions. We may open to the transpersonal experience of hearing someone's thoughts, sensing into our ancestral lineage, or connecting with spirit guides. Similarly, embracing the ability to sense someone else's glow of joy, heaviness of grief, contraction of fear, or incongruence between their expression and authentic truth are subtle sensitivities that impart information that is beyond the limited thought-based reality and vital to our spiritual alignment.

By listening deeply to the subtle, we welcome the opportunity to transmute anything that is not part of our true nature and return to our healthy, aware state. Each time we honor the sacred wisdom of our subtle senses, we expand our capacity to bring our spiritual nature with us in all of our relationships and life experiences. Let us honor our divine gifts and live the transcendent – where that which is mystical becomes practical.

THE SACRED WISDOM OF OUR SUBTLE SENSES

MEET THE AUTHOR



HARMONY KWIKER, MA, LPC, is a psychotherapist, author, and professor at Naropa University, where she teaches transpersonal counseling. She is also the founder of the Institute for Spiritual Alignment where she mentors practitioners who are passionate about bridging the divide between traditional and spiritual transformation. In her first book, *Reveal: Embody the True Self Beyond Trauma and Conditioning*, Harmony shares her story of transformation while simultaneously empowering readers to discover their truest selves. Her new book, *Align: Living and Loving from the True Self* offers a clear map of how to come back home to your true nature and create spiritually aligned relationships.

On the web

thespirituallyaligned.com

Bookshelf

ALIGN: LIVING AND LOVING FROM THE TRUE SELF BY HARMONY KWIKER, published by Mantra Books, Paperback (384 pages)

