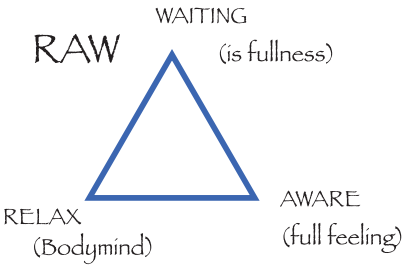
There is no difference between the inner Voice and the Outer Voice

FOR BAIL CALL
619.306.9300

In the Organic Universe -
FOUNDATION

Emotion In life
Personalize it
with out making it
Personal



If you're relaxed in yourself...

If it's not fun, it's better left undone

Foundation is about being connected in myself and being connected to everything around me regardless of whethere it is aware of the connectedness or not.

BEING
Waiting is Fullness
Natural Open State

FEELING
What Does Being Feel

FOR 5 DAYS
PUT ASIDE WHAT YOU KNOW ABOUT:
Eating, Healing, Exercises, Sleeping, Spiritual Practice, and WHAT ALL and BE open to the View of Foundation where Every Knowing Comes from the Inside Out rather than the Outside In.

EQUALS
What is the 1st movement - stillness
What is the 1st sound - silence

Asking your Body is Witnessing

BABY BLISS
What Takes A Baby out of their Bliss
2 What are the Antidotes
- Hunger - Antidote is Warrior Diet
- Tired - Always BE Self Healing 24/7
- Heat/Cold - Inner/Outer Adjustments - Clothes, Tumo, Cuddling (Be Good AT)

Disharmonious Frequencies - Yes to Live ^ No to evil
Disharmonious to What? - The Feeling of Being

Every Day Creation
Goals
immediate
middle
long
life

The ART, SCIENCE and REALITY of love with a special emphasis on the ART & SCIENCE of CUDDLING.

upper gravity lower gravity
upper arms lower arms

Walking in Full Body Feeling (FBF)
Looking up and OUT

FOUNDATION EXERCISES
-1. Remember that You ARE BREATHING
0. CB (Circular Breathing)
1. LBB ('ittle bitty Baby)
2. Laughing
3. RCB (Rhythmic Connective Breath)
4. SHM (Self Healing Movements)
releasing the Pain in your Body because it's not your pain.
5. MMAS Body Spirit
(Moving Madly About the Space)
6. Butt Drops or Leaping
7. The Emotions Exercises (two Parts)
8.Awake while laying the body 2 hourly checks to feel if you are RAW

By Core Intention
Clear Communication - Impeccability of Word
- Text
- Pictures
- Vibration (feeling)
- Knowing

In the Flow there is no time and only Space

It's ok to cry.
We want you to cry.
We don't identify people by what they're getting rid of,
we identify people by who they are.

If you are not having Fun with Emotion you do not want to be having it because Foundation is ALL about Having FUN!