

AWAKENING THE ENERGY OF LIVING

Dr Dain Heer talks about his modality The Energetic Synthesis of Being, known as ESB

Do you recall what it was like when you were a kid and the world was your playground? Do you know that feeling when you are in nature? The space, the peace?

This is the feeling you get during the Energetic Synthesis of Being. The ESB, as it's known, is a unique way of working with the energy of people and bodies simultaneously. Each of us knows something that is so important and is a contribution to the world – however, sometimes it gets buried by the judgement we have placed on ourselves.

When you strip back the trauma and drama, the judgement and conclusions, you tap into a presence of the authentic you, who you are and from that space watch out world. You start to contribute to the true possibility of change, expansion and consciousness for yourself and everyone around you, and the planet.

I often ask the question: 'What is it you know that you are not acknowledging that you know? And what is it that, if you knew it wasn't always this way, then you could create something totally different? How else could you be in the world?'

You don't need to look for an answer; the information will come energetically. This energy I get you to tap into is the energy of living. The ESB is awareness of the energy of being you. You know you have far greater capacities than you've ever given yourself credit for. What if now is the time to acknowledge that? And if you did, what would that create?

These days there is a lot of attention on positive thinking, affirmations and vision boards. Whilst there is nothing wrong with this, how about we pay attention to the energy of things. The only time you create a difficulty in your life is when you fail to act from what you know, or when you choose to go against your knowing.

What to Expect

In an ESB Class or private session, I ask the body and the being to become present with the energies. Being aware of energy is a subtlety of awareness that helps you to know what you know, that expands your possibilities beyond your wildest dreams.

How does it work? Well, you as an infinite being have far greater capacity than you've ever given yourself credit for. It's just nobody ever tells us and nobody ever, ever shows us what it can be like. They never give us the energy and say: 'Hey, this is you. This is you as you actually are.'


This is the you that goes beyond all the stuff that you've been pretending is true for you, all the limitation, conclusions, unhappiness and judgement. This is you.

What if you could go where you've gotten rid of you, where you've left you behind, where you've judged you... and bring you back together as everything you truly are?

What I noticed working with thousands of people all over the world is that the ESB can give you the energy of being you, a knowing of who you truly can be – if you're

willing to choose it and have it.

Often this knowing can create a healing change in your body. Many times it can create a healing change in how you feel in your world. Sometimes it provides a space of instantaneous transformation.

For a tiny glimpse of this energy, just ask yourself, 'If I were to have the space of being me, and all judgement were to go away now, what could I choose that hasn't been available before?' 

Find out more

Dr Dain Heer is an international speaker, author, facilitator of advanced Access Consciousness workshops worldwide and creator of the Energetic Synthesis of Being (ESB).

He will be in London 10 March for an evening taster of his 'Being You Changing the World Class', where you can experience a taste of the ESB, price £90 (including a recording of the class as a downloadable MP3. 'The more you listen, the more dynamic the possibilities for change will be,' says Heer.)

For more details about the evening and/or to buy Dr Dain Heer's latest title *Being You, Changing the World*, go to www.drdainheer.com

