



What the heck are Energy Centers?

Simple Reality is about practicing being in the present moment by observing our emotions connected to the Energy Centers, this will create a huge shift to Oneness.

FS THE FALSE SELF
UNGROUNDED REALITY

PB PARADIGM-B
The emotional reactions, beliefs, attitudes and values of the age-old story of the human condition.

EC ENERGY CENTERS

SECURITY

The drive to constantly acquire more and more to feel safe never works and, on top of that, we are faced with constant anxiety caused by the fear of losing what we have managed to accumulate.

SENSATION

The sensation center is also called the affection and esteem energy center since we are constantly seeking love and also trying to find some way to increase our status or prestige in our community.

POWER

Constantly trying to control and manipulate events and other people causes conflict, jealousy, hostility and fear.

Observing one or more of these Energy Centers during our meditations and everyday lives. This will create a shift to Paradigm-A within you. This transcendence begins the process of self-transformation and results in an awareness of our Oneness with the whole of Creation.

PA PARADIGM-A
Our authentic power we can create a new sustainable human community.

TS THE TRUE SELF
AUTHENTIC REALITY