



Lesson 41:

Introduction to the Ignition Phase

Encounters with power and grace

Why might it be uncommon for clients to enter into the Ignition phase?

Describe three of the qualities (out of the many) that can emerge when the body-mind enters ignition?

Are there any examples you can think of where you may have encountered the felt sense of ignition in your life? This could be a time when you felt energy streaming through your body or maybe a time when there was an expansiveness radiating from deep inside. How would you describe that experience? And what conditions led up to it?

If this experience of ignition doesn't feel familiar, you can alternatively remember a time when you experienced *flow*. Flow, or the *flow state*, is a cousin to the Ignition phase. It too is an experience where everything feels aligned and connected and where we feel a sense that the energy is moving us versus we are moving the energy. Any separate sense of self drops away and we experience a deep oneness. If you can recall a state of flow in your life, how would you describe what it felt like? What sensations accompanied that state? And what conditions led up to it?





Trembling that emerges in the Ignition phase can look similar to trembling that emerges in the Empathy phase though it is subtly different. In the Empathy phase, the trembling is more of a discharge of backed up energy/charge — and even old adrenaline and fear. In the Ignition phase, the trembling is more of a deep flow of life-force rippling through the body almost like a tidal current.

I think of this trembling or *streaming* that we encounter in the Ignition phase as generated through a type of *induction* — meaning the field of the body is changing so much through the tissues opening and reconnecting that power starts flowing through the body — like the river of life passing through. This quality of *streaming* also might just be what full *perfusion** feels like, when vitality is so overflowing that the body is experienced as tingling. Perhaps even the cytoplasm within and between the cells begins moving with a deep tidal harmony. There is still so much we have yet to verify and learn about this powerful force.

Now that you have more language about the experience of ignition - be on the lookout to see if you can identify it, maybe even in small ways, in your body and life.

*Perfusion (or tissue perfusion) is a concept that describes the volume of blood flow, oxygen delivery, and nutritional supply to the cells of the body.

