

What Is Inner Work?

“Inner Work” is a process of disintegration that paradoxically results in a reintegration into wholeness. In other words, a falling away of the way you were followed by the emergence of a new aspect of your being. But what exactly is falling away? And what exactly is emerging?

Energy.

Energy is everywhere. You are surrounded by energy fields. You have your own energy flows. These energies are the basis of your being, of your feelings and emotions. And this is where Inner Work sets its focus – on energy.

Inner Work is clearly not psychotherapy. And when compared with today’s popular self-improvement approaches, Inner Work is a radical departure due to embracing energy work as its foundation.

Put Inner Work to work for you today. [Click here](#) to take your next step toward the change you desire. Or, learn more about Inner Work below.

YOUR FEELINGS AND THE ENERGY BEHIND THEM

Ever try to change the way you felt about yourself or the world around you? It isn’t the easiest thing to do.

Ever think you’ve changed your emotions for good only to have them resurface later, either distorted, inverted, or in a passive-aggressive form? It isn’t uncommon. But why?

Because behind your feelings and emotions is energy. And if you don’t deal with your energy flow and the energy fields around you, your feelings and emotions will simply slip back into their old patterns.

But when you set your focus on the energies behind your feelings and emotions, the change you desire is neither difficult nor scary. Inner Work facilitates this process of focusing on your underlying energies, those energies hidden away in your deep subconscious that other methods never reach.

YOUR FEELINGS STILL MATTER

By focusing on energy, Inner Work in no way suggests your feelings don’t matter. On the contrary, Inner Work aims to help you recognize, embrace and experience your emotional self more fully. Think of it as making peace with your feelings and allowing them to work for you

And in doing so, your emotional awareness will expand, opening up new levels of awareness and intuition previously hidden to you. Through Inner Work, your emotional self (or emotional field) will heal.

YOUR DISINTEGRATION AND REINTEGRATION

Inner Work is a facilitation process. You are the owner of the changes. You make the changes you desire. It’s your choice who you will be.

Currently, you're the byproduct of your state of consciousness (or lack of consciousness). In other words, how you think and feel creates who you are. To experience a higher state of being, you have to release your current state of consciousness (or unconsciousness).

Think of it as Consciousness Processing. Change your consciousness, and you change your life. Change your inner assumptions about yourself and you change what you attract into your life. Enhance your consciousness, and you enhance your life. But how do you process your consciousness?

YOUR SELF-ACTUALIZATION AND SELF-INDIVIDUALIZATION

With the help of Inner Work, you can learn the skills of self-awareness and self-examination. In time, you will develop a second nature marked by:

- Wisdom
- Self-Reflection
- Integration (thinking and feeling at the same time)
- Acceptance (making peace with your feelings and accepting their power)
- Reconciliation (healing your emotions and your past)
- Deep awareness of the thinking and feeling processes

In other words, through Inner Work, the new you that will emerge is more self-actualized (you're in control) and more self-individualized (you know exactly who you are at any given moment, inside and out).

THE NEW YOU

Through the facilitating process of Inner Work, the emerging you will:

- Be in touch with your natural energy flow and feelings
- Reshape your feelings to promote self-worth and personal power
- Fall into synch with the universal life flow of energy

At this point, your life works better. Events connect and flow together without disturbance or interruption. There is no resistance to the natural flow of energy. There is no more "hidden agenda" coming from hidden, inner fears.

In fact, this is precisely when your inner fears can be reshaped from a childish reaction to an adult response. You will leave behind the belief that your happiness is based upon the love, approval and constant support of anything or anyone outside yourself. You will be more self-actualized and more self-individualized.

You will have moved beyond any failure or refusal to understand and accept your emotional profile – the energy patterns you have constructed over the years. You will have moved beyond the hidden feelings that are a part of self-rejection.

In turn, you will finally be able to see for yourself the deeper direction coming from your depth – your inner direction. You will know what needs to be done in order to connect with and accept that inner direction. And in doing so, you will be free to live a more vibrant, meaningful and productive life.

YOUR NEXT STEP

Do you want to be free to live a more vibrant, meaningful and productive life?

Then put Inner Work to work for you today. [Click here](#) to take your next step toward the change you desire.