

I.N.-O.W.T

Fundamental Universal Laws that Govern Healing from Within written by Summer Bozohora



Introduction

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The acronym I.N.O.W.T. is pronounced IN-OWT or In-Out.

(IN-OWT) is a play on words that exemplifies the important shift of information coming from the outside in, to one of trusting inner information and knowledge (inner knowing) and moving the information outward. IN-OWT naturally balances the right and left hemispheres and activates the third eye. The inner eye - which is a *real thing* - it is the pineal gland. The pineal gland has cones and rods, just like your two frontal eyes, hence the name: 'Third Eye'. It does in fact receive information and light taken in via your two frontal eyes.

We are living in the information age and changing our focus from the outside to the inside is an important shift. We live in pivotal times - things are shaky politically, economically, socially, environmentally, and personally for many people. With the advance of the internet we now have *too much* outside information that will inevitably overwhelm us if we cannot trust our own inner guidance.

I have used IN-OWT's principles with clients in order to access a deep inner knowing, that in turn affects their symptoms of anxiety, depression, and stress, to induces self-healing and awareness. Turning inward is one of the worlds' best, most natural and soothing medicines.

IN-OWT is an invitation to fully participate as an individuals in our unfolding consciousness as human beings by being able to fully feel and receive what life has to offer with out dulling it, avoiding it or blurring it out! I believe we must stop numbing our bodies and our souls with constant outside distractions, visual strain and disconnection from others and nature and move toward empowerment and balance.

The power of inner knowledge that comes from the state of relaxed awareness achieved during the process of IN-OWT mirrors experiences found in many spiritual traditions -what Tibetan Buddhist Lama Sogyal Rinpoche calls a pre-dreaming or Rigpa state of awareness:

“In the Rigpa state, the minds’ innermost essence, which is absolutely and always untouched by change or death... could be said to be the knowledge of knowledge itself” (Mindell, Quantum Mind and Healing 2004, 24).

Awareness Paths:

Some forms of awareness paths or meditation encourage people to use it as a way of detaching from our busy life. Often we dismiss thoughts or body sensations to follow our breath or repeat a mantra. This type of meditation is classified as passive and directed i.e.) its' purpose comes from an external or 'outward' expectation. IN-OWT is active and non-directed form of awareness.

(Passive/Directed) Meditation	(Active/Non-Directed) Meditation
<ul style="list-style-type: none"> - just sitting - concentrating & repeating (chant/mantra) - turning off - externally directed - imagery is given - a way of detachment - a way of emptying 	<ul style="list-style-type: none"> - surrendering to experience - letting go - opening up - inner directed - imagery arises spontaneously - a way of surrender/connection - a way of achieving depth

(Taken from Wrestling with the Prophets (Harper, 1990) by Matthew Fox.)

All paths to awareness are ways of connecting to the greater whole. In passive/directed awareness there is a pre-determined outcome (outward/external expectation). For example, finding a place of inner peace or being healed from disease.

While these goals seem worthwhile, when you direct your awareness to a predetermined outcome, (ie) outer developed expectation) you limit the possibilities by attempting to tell the Universe, God or Creation what to do. This lacks the trust necessary to be in the flow of the

planetary and evolutionary system that has its own energetic blueprint of meaning and purpose for you and your soul.

With IN-OWT, it can be helpful to choose a focus – anger toward my mother for example, but one must remain open to the process and the outcome for true insight and transformation to arise. The process of IN-OWT teaches people to accept, honor and trust their experiences and their unique way of connecting to the creative source of life.

The Acronym of I.N.O.W.T.

The principles of I.N.O.W.T. are: **I**mmerse, **N**otice, **O**wn, **W**illingness to **P**lay, and **T**rust.

Immersion:

is setting your intention to immerse yourself within your inner being. Using breath as way of making space within and focusing our attention on our heart center, or truth in the middle of our chest is a powerful way – but not the only way to begin. You can also start with a focus, some external image or word that seems to keep popping into your awareness, an emotional feeling or physical issue for example. Whatever holds or draws your attention. Nightmares and reoccurring dreams can be resolved with the same process – recalling part of a dream is enough to start from.

Notice:

what is in your present awareness and ‘follow the energy trail.’ The ‘energy trail is any images, internal sounds or words, body sensations, memories, external ‘distractions’ or sounds that seem to draw your attention. Thoughts that also support and bring insight to these sensations are also part of the ‘energy trail’. Thoughts that are ‘judgments’ are distractions from it.

As one follows their energy trail, **trusting, honouring and accepting** what it presents, it flows like an internal movie. Aspects of oneself, often called our ‘inner voices’ which people can and do name for themselves naturally emerge: inner child or child-self, one’s mental or critical self, ‘head’ or ‘brain’, one’s guiding light or spirit and many others. (Personal terms derived from the clients own understanding occur spontaneously when needed and are preferred to those predetermined by psychological or medical definitions). The client’s internal-frame-of-reference is what determines healing.

Within the minds-eye, colours, strange images, body twinges, aches and inner voices of wisdom can be sensed. As the movie unfolds within our minds’ eye, – the ‘story’ of our identity unfolds and the meaning of each life experience can be witnessed, new truths and understandings integrated. The body feels the energetic shift through emotions and/or body sensations. In every case, when one approaches the feeling of fear and the unknown is faced with courage and trust as opposed to resistance or judgment, an insight, revelation, change in perspective or ‘surprising gift’ is inevitably received.

Own it:

This means to accept and acknowledge whatever the energy trail presents to you despite how our logical mind wants to dismiss or judge it, avoid it or discount it. By staying with the energy trail you show **courage** to move beyond what you previously thought possible.

Willingness to Play.

The 'energy trail' is open to suggestion, questions and games. It is not bound by the same rules of logic that we have been *taught* that the material world is. During our immersion into Self, it is natural for images and thoughts to emerge that do not necessarily make sense to our rational mind, but rest assured, images are metaphorical, not literal which means they are NOT rational or linear.

As you start the process, it is helpful to know that your left-brain or conscious mind will tend to judge, avoid and 'push away' what seems to it as unacceptable or scary. The key is to accept, honour and trust whatever comes to you by checking in with your heart centre and or third eye, which are the keys to bridging our emotions and thoughts. At first it's like learning to drive in Australia where the drivers wheel is on the right side of the car and we drive on the left side as well. It feels a little strange and the road signs can catch us off guard.

Trust:

There are no right/wrong or inappropriate 'answers.' Your images will tell you the truth about your belief systems and your feelings that need realignment. When you extend yourself with the certainty that everything is okay even when you do not have 'proof' you recognize that you are safe.

During this process we are tapping into a storehouse of information - an energetic map, that tells you what is 'right' for you based on the energetic resonance you feel within your heart and/or third eye. We 'know' what is right for us, we just have to listen instead of ignore or avoid the messages.

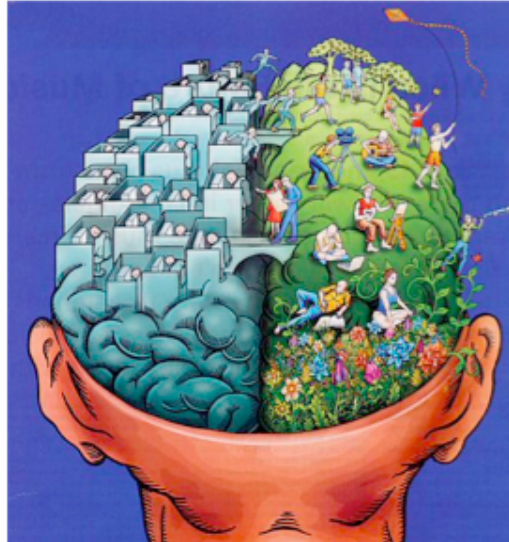
Common Blocks to setting an Intention and immersing oneself within

1. We are currently so busy in life with external demands that our nervous system cannot balance itself. With too many demands or stressors, our nervous system stays in fight, flight or frozen mode with an inability to stop and tune inward. Deciding what we can let go of to make space for personal time and healing is necessary. Often the process of deciding what to let go of brings up enough energetic anxiety and/or resistance that the process is well on its way.
2. We are unfamiliar with our inner world and need a skilled coach.
3. We don't know what we want.
4. We set our focus or intention for a session from our personality/ego instead of soul.
5. We find it difficult to FEEL.
6. The habit of the mind – to control and to be fearful, to judge and analyze needs extra support to let go of its habits and to feel safe.
7. We judge the process and try to imbed logical rules to it, thus creating a self-fulfilling prophecy that the process will not or cannot work for us. i.e) We cannot believe or do not have faith.

LEFT BRAIN
 Awareness of
 Particle State of
 Light

THINKING
 LOGICAL
 ANALYTICAL
 PRACTICAL
 SEQUENTIAL
 DUALITY
 WORDS
 FORCE
 MATERIAL
 LINEAR
 MATTER
 BODY
 DO

The Wave-Particle Duality of Light
 is reflected in our hemispheric brain
 functions



RIGHT BRAIN
 Awareness of the
 Wave Function of
 Light

CREATIVE
 FEELING
 INTUITIVE
 ARTISTIC
 UNITY
 EMOTIONAL
 POWER
 IMAGES
 SPIRITUAL
 ABSTRACT
 ENERGY
 SOUL
 BE

IN-OWT is used as a way to bridge the hemispheres of perception – of particle and wave states of light. Light is joy and a joyful person is said to be radiant! I believe that clear, natural vision and in-sight are energetically interrelated through the human capacity to feel joy. IN-OWT can be used to develop a more effective balance within the visual-nervous system so that, as human beings, we can increase our capacity to know wisdom & feel joy. This is what I believe the evolution in our consciousness drives us toward.

