



Practitioner Corner:

Claudia Leifer

Happy New and Conscious Year to You!

There is an extraordinary crossroads of change upon us as a nation and as individuals. A celebration of a new year, a new president and an unprecedented time and opportunity for us to redefine our thoughts, words and actions if we so choose. It is what one holds within that consequently gets reflected without and called "my externalized reality" that is being redefined.

The notion of polarity comes to mind as we deal with it every day in our lives. If we are polarizing our thoughts, words and thus our actions, we are separate from that One creative source that is eternally whole. The sense of "separation" fuels the ego which in turn causes inner conflict. Once again, the inner conflict leads to outer conflict and this faulty and unnatural looping remains.

I have personally gone through (and still going!) several polarization dismantling lessons in my life. I was so unconscious of the detrimental effects of this unnatural ego loop, I was literally re-creating the same external realities for myself over and over... I was getting ever more unfulfilled, frustrated and with a sense I was constantly in duality (which I was!!).

That issue is right, that answer is wrong, it should be this way, he/she is wrong, this is the way out...

After much inner healing work and the choice to shift my inner reality to one of neutrality, I started to become aware and conscious of my egoic mechanisms. These mechanisms were still happening; however here is the distinction and the shift: I was learning to become neutral to the looping game. My polarized ego was weakening, my new neutral inner space gaining strength. I felt I was less in duality and more present in the Now moment. I was more equipped to hold different thoughts, words and actions which in turn completely changed my outer world. I was becoming more conscious! Aware of the moments I was able to hold unity and non-separation in my interior world and consequently in my outer world. Somehow, all the mental constructs and pictures I had about what it is to really hold unity consciousness were slowly transforming from just being mental concepts to feelings and ex-





Practitioner Corner: Claudia Leifer

periences. That really caught my attention and has become a path of no return, even if the road ahead seems rough and chaotic.

The process of neutralizing polarity usually gives way to an increased sense of spiritual maturity, another important aspect linked directly to the journey towards consciousness and awareness. Spiritual maturity embraces the qualities of self-responsibility and self-accountability. We are responsible and accountable for our thoughts, words and actions!

New opportunities lay here in the Now moment and ahead accompanied with a choice to heal what does not feel natural and organic to the beings that we truly are. Beings capable of fully embodying unity consciousness and the remarkable attributes and qualities that spring forth from living a conscious life.

Claudia Leifer is a holistic energy healing practitioner and core-healing coach. Her holistic studies started in Brazil, her country of origin, 20 years ago. She has a degree in psychology, studied several energy healing modalities, wellness and life coaching. She continues to deepen her knowledge in the holistic and metaphysical fields. She facilitates client ses-

sions that allow for personal explorations of one's inner core-healing potential. A journey that allows for so much healing and unlocks the gateway that leads towards true transformation.

Claudia can be contacted at: Claudia@corehealingcoach.com or at www.corehealingcoach.com

