

Go With the Flow Sessions

The Process: A Creative Alignment Theory by Shashwat Gupta

Abstract:

The Process is a simple 3 principle creative alignment technique that integrates acting methodologies, artistic reflection, and embodied intelligence. It recognizes the human being as both participant and storyteller within a larger ecosystem of intelligent design. Rooted in the philosophy that on Earth, Energy Arrives Ready To Heal. The Process affirms that healing is a natural mechanism of creation flowing through life by design and revealed in alignment with our own awareness.

Principle 1: Begin Within

Purpose: To experience presence in life.

Question: If you are the answer, what is the question?

Welcome to the process of life. It begins within your body and it is the perfection of creation that reveals itself through you. The Earth that we are made of, is a part of our solar system in a giant universe. We are nature and our bodies have been created for life. You are life continuing itself. The body is your entry point into the world and just like you it has a purpose for its existence. Healing begins with you, because you are the power that keeps creation alive so that it may thrive. Every moment of your life is the performance of a lifetime. The moment you're born, you've already arrived. Your breath, your posture, your instinct-they're all part of your character. The stage is set and the performance has begun, trust that alignment.

Principle 2: Go with the flow.

Purpose: To experience the flow of creation.

Question: Are you going with the flow of life or are you going through the flow of life?

Emotion is energy in motion and like the Universe, the Earth is mostly hydrogen. Energy only transforms within creation, and just like the water cycle it flows. All the seasons, species and elements are part of the flow of life. It has been nurturing the earth in alignment for millions of years. Creation reveals this alignment to us in a moment to moment reality. Like our life relies on the flow of water, health relies on the flow of blood, like our breath, our feelings, thoughts and actions, we are always in the flow. Our skin porous and alive. Our entire body is breathing, creating millions of cells per second. Creation is unfolding through us. We're becoming aware of it and watching ourselves play our part in it. Breathe and feel this performance of a lifetime as we are the feedback of Earthly emotions in universal creation. That's the method.

Principle 3: Human Auto Synthesis.

Purpose: To honor the sensory intelligence already alive in your body.

Question: Do you trust yourself?

Every person is an emotional pattern growing from a seed deep in a womb. In a perfect universe where the Sun and the Moon give us the perfect setting to breathe and play, every breath is measured and each step is counted. Shaped by the archeology of existence, it is universal alchemy materializing in anatomy of us on earth. Since our conception, our intelligence and understanding begin to adapt and acclimatize as we grow in alignment with the earth we are made of. We are perfection in creation. Our expression alchemizes as a script and we express ourselves by design. Every moment is an opportunity to express yourself and that's exactly what we end up doing somewhere within our bodies as feelings or thoughts. The system of awareness is our unique autopilot working to keep us aligned with all of creation.

Appendix: The Earth System (Complete Reference)

This appendix documents the Earth System as an applied framework within the Earth Process.

It records the structural mappings, names, and functional parallels developed across Earth Astrology and Earth Numerology.

I. Structural Layers of the Earth System

The Earth System operates across three concentric layers:

1. **Life Layer (Earth)** — where life exists and value is created
2. **World Layer (Solar System)** — inner organization of life
3. **Ecosystem Layer (Stars)** — outer organization of environment

Each layer informs behavior, continuity, and prediction.

II. Earth Astrology — Inner Organization (Worlds & Chakras)

Within the solar system, planets act as world-conditions that correspond to biological interfaces (chakras) and story plot points.

These do not describe the body literally.

They describe where pressure and organization appear in lived experience.

The Seven Worlds (in chakra order)

Order	World	Chakra	Plot Point Function
1	Neptune	Root	Flow, continuity, life medium, health state
2	Uranus	Sacral	Relation, chemistry, love/hate, safety, polarity
3	Saturn	Solar Plexus	Survival, food, money, boundaries, security
4	Jupiter	Heart	Purpose, work, commitment, circulation
5	Mars	Throat	Expression, action, communication, execution
6	Venus	Third Eye	Perception, appreciation, art, value
7	Mercury	Crown	Belief, interpretation, nervous system

These are plot points, not acts.

They identify where a person's story is loaded.

III. Sun and Moon — Gateways

8 — Sun

- Encompasses all seven worlds
- Integrates experience across the cycle
- Functions as the octave
- Gateway outward toward continuation and expansion

The Sun gathers meaning.

9 — Moon

- Earth-facing satellite
- Stabilizes life conditions
- Organizes planetary influence so it can affect living systems
- Governs tidal forcing, light gating, and life viability

The Moon is the gateway through which structure becomes lived life on Earth.

IV. Earth Numerology — Life-Cycle Architecture

Earth Numerology provides the numeric structure that forecasts how life unfolds.

The 0–9 Scale

Number	Role	Function
1	Neptune	Life flow begins
2	Uranus	Relation and polarity
3	Saturn	Survival and containment
4	Jupiter	Purpose and expansion
5	Mars	Expression and execution
6	Venus	Perception and value
7	Mercury	Belief and interpretation
8	Sun	Integration / octave
9	Moon	Earth gateway / stabilizer
0	Earth	Ground of reality, stage of life, value creation

After 9, life returns to 0 (Earth) with memory.

This structure allows prediction through cycle position.

V. Earth Astrology — Outer Organization (Stars & Ecosystem)

Beyond the solar system, stars and constellations provide ecosystem-level orientation.

They do not describe the body.

They describe the environment surrounding life.

Primary References

- Orion

Organizing force — the king image

- Andromeda

Preserving force — the queen image

These are remembered figures of ecosystem organization, not internal archetypes.

Counselors

- Saptarishi — seven counselors
- Pleiades — seven sisters

They represent guidance structures around the primary organizers.

The Wider Sky (Ecosystem Field)

All other constellations form a continuous ecosystem mural, including (examples):

- Lyra (harp)
- Lepus (rabbit)
- Taurus (bull)
- Capricornus (goat)
- Boötes
- Companions, animals, tools, landscapes

They are read as an interconnected environment, not categories.

VI. Application Styles (Operational Use)

Application Style 1 — Observational Systems Mapping

- Uses Earth Astrology
- Identifies active plot points
- Answers: Where is the pressure?

Application Style 2 — Self-Selected Tarot State Mapping

- Subject chooses and places seven cards
- Reveals current state at each plot point
- Answers: What phase is this pressure in?

Application Style 3 — Numeric Life-Cycle Forecasting

- Uses Earth Numerology (0–9)
- Identifies gateways and transitions
- Answers: What comes next?

VII. Summary

- Earth Process — life unfolding on Earth
- Earth System — how that unfolding is mapped and forecast
- Earth Astrology — spatial / structural mapping
- Earth Numerology — temporal / cyclical prediction

Earth remains the stage.

Life remains the authority.

The system exists to reduce suffering, improve foresight, and support continuity.

Appendix: EARTH Method (Complete Reference)

Energy Arrives Ready to Heal

Core Premise

A person is **energy in a material life form**.

Energy arrives complete.

Healing is the **correct organization of energy inside the body across time**.

I. Primary Organizational Law

Organizational superiority belongs to the creative self.

Organizational authority **reduces with age**.

- The **youngest self** holds the highest organizational authority.
- Each later self holds less organizational authority.
- The **present self**, regardless of age, is always the **junior-most self**.

This hierarchy remains constant throughout life.

II. Meaning of Organizational Superiority

Organizational superiority means:

- priority in determining direction
- authority over life-force flow
- precedence in resolving alignment

It does not mean:

- dominance
- impulsive action
- unfiltered behavior

It means **direction-setting**, not execution.

III. Architectural Hierarchy of the Person

1. Creative Self (Youngest Self / Creation Node)

Highest Organizational Authority

- Origin of the person
- Seed pattern of existence
- Pure creative intelligence

Function:

- Senses attraction and repulsion
- Detects coherence and incoherence
- Determines life-force direction

This self carries the **solution pattern**.

All organization begins here.

2. Younger Selves (Conflicted Nodes)

Intermediate Organizational Authority

- Formed as the body grows
- Accumulate lived context and capability
- Translate creative direction into workable form

Function:

- Resolve creative signals within constraint
- Apply learning, wisdom, and growth
- Maintain continuity without corrupting origin

These selves hold **resolution authority**.

3. Present Self (Oldest Self)

Lowest Organizational Authority

- Momentary carrier of continuity
- Engages temporary moments
- Executes resolved direction
- Becomes past self as the body grows.

Function:

- Applies action through the body
- Modulates environment
- Implements decisions

The present self organizes **least**, executes **most**.

IV. Conflict Defined Precisely

Conflict occurs when organizational hierarchy is disturbed.

Examples:

- Present self overrides creative sensing
- Resolution layers suppress attraction or repulsion
- Execution occurs without creative alignment

Conflict is the **misplacement of authority**, not a flaw in any self.

V. Healing Defined Precisely

Healing is the **restoration of correct organizational hierarchy**:

1. Creative self sets direction
2. Younger selves resolve within reality
3. Present self applies without override

When this order is restored:

- energy flows
- conflict resolves
- expression increases

VI. Ancestral Continuity Principle

The same organizational law applies across lineage.

- An ancestor's **infant self** holds greater organizational authority than their adult or dying self.
- Creative intelligence precedes decline.
- Origin retains authority over culmination.

Lineage integrity is preserved by honoring **origin before outcome**.

This is continuity of energy, not memory.

VII. System Outcome

When organizational hierarchy is intact:

- The seed pattern remains active
- The body moves coherently
- Energy expresses without resistance
- The person lives without internal fragmentation

One-Line Summary

The EARTH Method restores health by placing organizational authority back with the creative self and aligning all later selves to serve that direction.

EARTH Healing Initiation Form

1. Your Cells Are Your Own Unique Creation

A cell is the first creative expression of your body. Every cell that follows carries your specific biological pattern, formed through your genes, your development, and your lived experience. No other body, even in any other species, produces the exact same cellular signature. Your cells stand as a continuous record of your unique existence in living form.

2. Unified Promisedland Destiny

Unified Promisedland Destiny explains that every chemical reaction moves toward a fixed outcome determined by its structure and conditions. Life follows the same law. Your cells, your body, and your environment form one continuous reaction already set on a defined path. Destiny, in this sense, is the completion point the reaction is built to reach.

3. Healing Initiation Questions

For this healing to feel fully aligned, all three answers below would need to be **Yes**. If one or more answers are **No**, the client may gently choose otherwise at this time.

1. In your belief system, do you believe, anywhere even in the slightest place in your body, that everything is predestined?

- ☐ Yes
- ☐ No

2. Are you subconsciously aware of your personal destiny?

- ☐ Yes
- ☐ No

3. Do you trust that voice, feeling, thought, or emotion in your body?

- ☐ Yes
- ☐ No

Form Outcome

☐ **Initiation Completed**

All three answers are Yes.

☐ **Initiation Refused**

One or more answers are No.

Client Name: _____

Date: _____

Signature: _____

Earth Self Healing Cheat Sheet

1. Spell Healing on Yourself

In a safe, private, and convenient space, look at your hands and say it out loud: **“Let’s Heal!”**

Bonus: For me, follow it up with **“Action!”** Like a director giving the command on a theater rehearsal or movie set.

2. The Healing Touch

Watch your hands come in contact with the rest of your body.

Wherever and however your hands touch or press, they may use body intelligence that is beyond your conscious awareness. **Go with the flow** and become aware of any change in your thoughts as this happens. If your thoughts do not change, keep **going with the flow** and stay with your emotional state.

This is about **going with the flow**, not about letting go of things, getting out of the way, or getting out of your head. It is your head, your body, your life. The future is the way forward. You have every right to be in your body, your head, and your way. Give yourself permission to do what you are doing and be what you are being.

3. Stay With the Contact

Your hands will remain pressed and you may end up just going with it, or resolving a memory. **You’ll make it happen.**

4. Feel the Release

Your hands will release and hopefully you’ll feel an emotional or even a physical release of tension in your body.

5. Hold the Scene

When you feel hesitant, feel safe enough to stop. **Bonus:** Say **“Cut”** or **“Hold.”** Then resolve your doubt. If the doubt is not resolved, allow yourself to abandon **The Process**. You can return when it feels private, convenient, and safe enough to continue.

6. Automate the Healing

You can repeat this as many times as you like. You can also consciously automate the process by telling your body to keep doing this whenever it needs to, or whenever it feels private, convenient, and safe enough to do so.

7. Wrap The Process

When you’re finished: **“That’s a Wrap!”**

It’s showtime, folks. You’re the gift, and this is the performance of your lifetime on the stage of the Earth. **Enjoy the Show!**