



ENTEROGETICS

creating your invincible energy field

Enterogetics 101

Purpose

The purpose of Enterogetics is to awaken, balance and use our underutilized sensory systems to create an effortless life. The embodiment of this life can serve as an overflowing beacon of joy that affects every environment, person and creative force it encounters.

Enterogetics is a culmination of practical applications of quantum learning applied to the human experience that incorporate more than simply 'changing your thoughts' but instead seeks to use all the body systems in concert (emotional, mental, spiritual, energetic) to find the flow of effortless existence.

Application

Those who practice Enterogetics can practice it with any religion, practice, or experience in life because it is a meta framework that acknowledges that each individual will develop their own specific energetic signature and will choose to find coherence with their own mixture of experiences.

Aim

The aim of Enterogetics is to use these awakened tools to rejoin our awareness with the river of **Greater Balanced Coherence** in a sustained and lasting matter, using mental hacks, practical quantum tools, perspective dynamics and instinctual decision making, as examples.

Origin

The origin of Enterogetics is a combination of scientific inquiry, channeling and experiential explorations that Kristina Wiltsee has been continually conducting starting since 2014. It utilizes the latest human applications of understanding from the **Zero Point Field (ZPF)** and explorations of Consciousness-based reality.

Principles

Energetic Signatures & The Sensory Systems to Perceive them:

1. Every person, place, event, idea, morphogenic field, project has a field surrounding it that holds a specific energetic signature. This signature contains significant intelligence about the health, balance, origin and location of that field.
2. We are given a complex system of sensory systems that can be honed and developed to perceive the complexity and energetics of our own and others energetic signatures.

Greater Balanced Coherence

1. We continually form coherent bonds with each of these fields.
2. As we age, we tend to increase the complexity of the different and varied coherent bonds that we make and also find it difficult to break bonds with emotionally charged experiences. These stagnant bonds increase in complexity and malignancy the longer they are allowed to be in coherence with us. They coagulate with similar experiences and attract similar events and people with similar woundings.
3. The Zero Point Field (ZPF) is helping us find coherence with the fields around us that result in Greater Balanced Coherence and not coherence with malignant systems (Villain Universes).
4. Greater Balanced Coherence is when a tipping point of coherent bonds have been formed with supporting, nurturing and self-loving fields.
5. We develop and balance our complex sensory system and find Greater Balanced Coherence by cultivating the following practices:
 - Relaxation of all body systems
 - Alignment with the central column (also called nervous system regulation)
 - Slowing down and finding the flow
 - Playing with apparent blocks and challenges instead of fixating on them
 - Focusing on flow states

Fractal Existence

1. The Zero Point Field (ZPF) is continually guiding us to the river of Greater Balanced Coherence, it uses tools such as repeating patterns (fractals), excitement, effortless existence, dreams, clarity, spontaneous insight, coincidence, connection, dynamic integrity and hope to guide us there.
2. Fractals are one of the main tools that we use when interpreting the messages of the Zero Point Field (ZPF) because they reveal the lesson or experience that you are currently attracting and are being asked to resolve.
3. We can choose to interact with fractal patterns anywhere, but find it easiest in three main positions, internal (sensed by interoception), Interrelational (sensed by exteroception) and global. Global can be as local as a company or town or as non-local as global issues.
4. We can use this understanding of the universe to guide ourselves to lasting happiness, effortless navigation through life and resistless altruism.

Values & Practices

- Vulnerability as Relaxation
- Cultivation of Contrast through Sensorial Pleasure
- Seek Greater Balanced Coherence
- Mindful Coherence (Unity)
- Sensory Exploration
- Relaxation of all body systems
- Fractals are teachers, teachers are everywhere
- Seek curiosity, excitement and play

What Enterogetics is not

- Shadow work
- Inner Villain work
- Focusing solely on physical balance
- Only concerned with mind/body connection, an intellectual philosophy

Enterogetics Curriculum

Enterogetics Basics

- The basics of the applicable structure of the universe, our receptive senses and creating favorable coherence states.
- That the world is organized and arises from the Zero Point Field (ZPF)

Inner Villain Enterogetics

- Details the psychological architecture that is made up of 12 sub systems and a central column.
- Describes the process of becoming unstuck from the 9 primary Inner Villain systems and return to the central column

Enterogetics Advanced

- Details how the bodies contribute to the energetic architecture and serve as a completion of a diagnostic on an individual.
- Outlines how to connect with your specific form of projected intuition, capable of affecting reality.