

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 4 : Part 3

JSEMP, October 2023.

Lots of energy is moving around for various reasons. There's stuff going on in the world that's pretty intense. There's also the change of seasons, and October is when things start falling off... I'm from a Northern country so the leaves start falling off. There's this process going on... what's the word I'm looking for? 'Dépouiller; - it's like 'shedding' : things are shedding, and coming off.

Layers come off too. And this theme that we're working on - we decided to continue working on the Chakra Cords/Soul Contracts theme this month based on popular demand at the call last time. So I decided that we're going to work on, not the Relational Chakra Cords per se. Today, we're actually going to work on the 'Soul Cord', which is the cord that connects you directly to God and to your Guides.

We will also touch base a little bit with the Past Lives Cords because the Past Lives Cords have a huge impact on the belief systems we're carrying around, that we carry in the seventh field of our Aura. And when we incarnate we come in with these belief systems, we come in with these 'knots' in our understanding of ourselves.

It is from here that what we call 'Karma' is generated. So, based on what we're carrying in our energy field as we incarnate, it sets the tone

for the kind of experience we're gonna have : the kind of parenting styles we're gonna go through, the relationships we're gonna have with our primary caregivers. And from there that's going to affect the basic container and frequency of the relationships we'll have with other men and other women as we become adults.

But... all of that gets shaped prior. Of course something's happening in a life that has no relation to another life - I don't even know if I believe that!

I want us to go deeper into the cords, and then on the second call of the month we'll continue what we're doing of really honing into specific cords, and we're gonna work with the Sacral to Root, and the Third Eye to Crown Cords. So we'll do that on the second call. Tonight I want to focus on, as I was just saying, the most important cord that you have : the cord that connects you directly to God. And the most important relationship that you have, which is your relationship to what created you.

And your relationship... This is a super interesting subject, because ideally, what we want is to be able to reproduce the relationship of Source to us within ourselves as our own relationship to ourselves : the relationship our Soul has to our Ego, the relationship our Spirit has to our Soul, the relationship our Mind has to our Body... all these layers and levels of relationships : our relationship to our Core Star Essence, to our Pure Essence, our relationship to our intentional field, the Hara Dimension where our Soul longing and the resources to bring it into the world are, and then our Auric Field, our relation to our Auric Field, and our relation to our physical body. That's the relationship I want to work on tonight.

So the deep relation between you and God and the relation between yourself to all these levels of your Being. Of course, the goal is for that relationship to resemble more and more the one of the all loving, all

encompassing and all compassionate force that you are an extension of.

It's interesting... We have these, we have relationships with people outside of us because that's how we see, that's how we get to see the parts of us that have blind spots and energy blocks. Deep woundings that have affected our ability to know, live, and experience the true relation of Love that is our birthright as Souls.

I don't know how long I'm gonna talk tonight. It feels like I'm going to go deep pretty fast, but I'll talk a little bit just because it sets the tone and works energies out.

Our whole goal this year has been to heal the split within us, to heal that split within us that puts us in this position where we feel separate from what created us, separate from our Soul, separate from some of the needs of deeper parts of us that we call the 'Inner Child', and the Core Wounds. Our goal is to bring all that back into unity, all into an interrelationship.

Even the way our bodies are made, it's kinda like that. It's like these 3 upper Chakras are very unity-based. If you could go hang out in one of those Chakras, you wouldn't have a conception of 'I'm different from anything else'. It's strange to try to talk about that, because it's very hard for us to just go hang out in a specific Chakra.

And then the 3 lower Chakras are all about your super personal dualistic experience of reality. Your Root Chakra : your body versus someone else's body. Your Sacral : your emotions versus someone else's emotions, And, your Plexus : your thoughts versus someone else's thoughts. But these 3 lower Chakras are the human version of the 3 upper Chakras, which are the Divine versions.

So I don't know if you remember this from last year, we talked about this a little bit. Your Root Chakra is your personal will, and then your Throat Chakra is Divine Will. Your Sacral Chakra is your personal love - your ability to love yourself and accept yourself, and the Third Eye Chakra is Divine Love - the ability to love and see everything as it is. And then your Plexus is your personal mind - it's where ego lives, it's your personal mind, and the Crown is the Divine Mind. And then, the bridge : the Heart Chakra, the relational Chakra that creates the bridge between the unitive and the separated, between what's in communion and what's experiencing the individuation process.

And it is through the Heart Chakra and through the fourth layer of the field - that we talked about this last time, the relational field - this is where these 2 very different realities get to blend and meet, and this is where we grow. That's the process where the growth happens. The goal of any growth is to bring you closer and closer to knowing yourself as an Individual Essence, as a piece of God. You're not separated from it, but you're individuated.

(If you've ever read Carl Jung, you know what individuation means. It's not like individualization. It's not the same idea. It's just your ability as an Essence to know life and experience how you are a unique manifestation.)

So it's in this back and forth process between the pure Divine Energy that you are - which knows no difference and no separation, and this human experience that you're having - where you do feel separate and things are dualistic. Going through the Heart Chakra, and through our relationships, back and forth between the ability to commune with something or someone so much that you lose yourself in it... (that sounds like codependency but this is the healthy version!), you commune with something so much that you lose the small human personal self.

And these moments are super powerful, and then they're naturally followed by a moment of separating from it to individuate, to see : 'Okay? So who am I in that process? Who am I in that relationship? What am I? I just communed with this tree and felt that me and this tree were one'. And then you re-separate and you can see the Individuated Essence of the tree, and you can feel your Individuated Essence.

That back and forth, that toggle between 'I am one with and I am', is how more love is created. You go in, you commune; you come out, you individuate. And as you individuate, more Core Star Essence, more Light, more Individuated Essence you create. And that's when you then come back into communion with someone else.

So when we're in healthy, love-based relationships, that's what's going on: we're literally creating more Light and more Love together through coming together and then coming apart. Replenishing, seeing where we're at, seeing what we've done, seeing how we've grown, seeing what we've learned. And then from there we're back into a communing process. Which is very similar to the whole Core Star process that we studied, of how more Light is created, and the pure pleasure of your Essence is to create more Light - there's no other goal.

At the Soul level, there are kinds of goals, you know. There's like karmic proclivities and things we're trying to work out and trying to see where the blind spots are, where the blocks are - the places you need to learn something, where there's a part of your Soul Structure that carries a wound, carries a belief system that makes it hard for the pure God Essence to come right through and remind you what you are.

So at the Soul level, there's this game of 'we're getting to know each other, we're going through relationships, we're carrying a belief system and we're bringing it in'. And it's tainting how we interact with other people. And through these 'negative' interactions, we get to see

where our blind spots are. We get to see where the parts of us are that need the Light, that need the Core Star Essence to be brought back in because that's where there's belief systems in place that are dualistic and separate us from Source and from understanding what we truly are.

Which means that even in these 'bad' relationships, they have a purpose. It's easy to tell the difference between a healthy relationship and an unhealthy relationship. Healthy relationships are expansive, you're totally free to be yourself, the person wants whatever's for your highest good even if that means leaving them. 'Well, so be it, I love you enough to let that be'. There's this kind of... there's a lot of creativity, a lot of freedom, a lot of caring for the other.

And in less healthy relationships there's a lot of wounds. There's a lot of wounds getting played out, whether it's your wounds of 'someone who doesn't love me enough', whether it's the wounds of the other person, it's all about feeling that they're not loved enough either way... Whatever these wounds are, that's what they come down to. And then there's different reactive patterns to it, based on the Character Structures that we studied. These are the reactive patterns that we built around these wounds.

I just want to remind you again, it's not because a relationship is hard or brings up hard emotions to deal with, or has negative connotations, that it means that it's bad. It's so important to realize that a lot of our growth happens through hardship - but the only reason it's hard is because of the belief systems that are in place. It's like this paradox, right? Like these belief systems you're carrying generate patterns that will make you attract into your life certain situations and events and relationships that trigger that pain. But what's really going on is that it's getting triggered in order so that you know where to go. You know where it is. You know where you need to bring the Light in. But man!

Oh, my God! It's so hard! It's so hard to do it, you know? Cause your Ego is like: 'No, it's not me, it's them, or it's this, or it's that'.

So yeah, that's why I want to focus in on these relationships less about you with other people than the relationship between you and the levels and layers in you and of course, the most important one being your relationship to God, to Source, Creation, the... whatever tickles your fancy, however you want to say it so that it feels right to you.

I don't know if you've ever heard about the 'Silver Cord' but basically it's in the back, a little bit higher than the Heart Chakra. It's about here (pointing to Thymus) but in the back. It's a silver thread, and as long as you're in a human body, you have that. You cannot not have that and be in a human body. Impossible. That Silver Cord is what keeps all the levels and layers of your Being connected together.

For example, that's why even if you go astral traveling, you can't not find your body again. There are some people that are afraid to leave their body, like: 'What if I can't find it?'

So that Silver Cord, we're gonna work a little bit with that one tonight because that's the one that I wanna use as the God connection cord - even though I do believe that there's a pretty strong one from the Crown as well. I want to work on that Silver Cord a little bit because it can be a little bit damaged. So we're going to work on making it, on bringing it back to... Oh, how interesting! Yeah. The Silver Cord also gets a bit damaged from Soul Fragments, pieces of our Soul that we leave with other people or in other places. So... okay, I just got that now that we're gonna add that to the mix of the meditation. So that's in terms of the Silver Cord.

Then, in terms of how I want to work on the relations between these levels in us, of course we're going to work from the Core Star up

because it's proven to be very effective for us to go play at that level first and bring it up.

My goal tonight is just that we get to re-experience a deep connection to ourselves because, at the end of the day, your relationships to others will be a mirror of how you are in relationship to yourself. And how you are in relationship to yourself is deeply based on the beliefs you carry about how you're able to be in relationship with what created you.

So that's my plan for tonight. Is there anything else I want to say before we meditate? Let's see. I think I'm okay. I don't feel very mentally talkative tonight. So just get comfortable. If you need to go to the bathroom, drink a bit of water, etc., etc. I'm just going to start going in and let's see where it brings us.

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