

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 5 : Part 3

(I laugh) That's how the call starts. Let's just laugh! :)

Wow! Wow! Wow!

The theme this year has been amazing! 'Healing the Split: from Wounded Inner Child to Healthy Adult Self'.

We are in our December call of the 2023 edition of JSEMP.

This is it! We're doing our last month on this theme as we get ready to go into next year's theme which has already been pinpointed and will be very much about standing as Pillars of Light and anchoring the Light as deep as we can. Anchoring it as deep as we can, standing as anchor points that are able to hold the higher and higher frequencies coming in - and have that not only help humanity and the earth with the Ascension process, but also be very very beneficial and help us see how solid we've become. (that came through in the October call.)

Basically, what we've been doing all year since January is really working on healing trauma out of our bodies. Trauma is what happens when there is a dissociation within us between the memory of something, which gets put up in the brain, and the actual energetic impact in our bodies of that event. Healing, really, is 'Healing the Split': to heal is to bring these two back together. To bring them back

together so that the energy that was trapped in the body and dissociated as a floating memory left on top in our brain structure. As that's brought back together, the energy that was stuck holding that can finally evolve. Can finally 'grow up'. Can finally regain access to the entire field.

There's a couple of core concepts this year that we spoke about that might be a little bit disturbing for some people. We have been trained so much to have this vision of (it served a purpose, but...), this whole idea of the 'inner child', that we have this inner child and we need to coddle it and take care of it and love it and let it know that it's safe...

And yes, it's not that that's false, but to heal the trauma, to bring back these energies together leads to the energy that we called the inner child - which is unevolved pieces of our consciousness that are still looping from when we were 3 or 4 or 5 or 6 - it brings them back into the center. It brings them back into the entire field. And that's what we mean when we say 'going from a wounded inner child to a healthy adult self'.

The healthy adult self has regained sovereignty over itself. It is no longer a bunch of pieces: a 3 year old that wants this, a 5 year old that longs for this, a 7 year old that's angry at this, a 13 year old that's pissed off at the world... All these energies are doing a tug of war in us. And all of them just need the same thing. All of them just need us to go and meet them and finally release them. They cannot do it themselves.

They are... 'c'est figé'... it's like frozen energy. It's not able to get out of its loop on its own. It needs us, the Sovereign Being, the Self with the capital S to come in and hold it and bring Core Star energy into it that allows it to open up and feel safe enough to release what it's holding. And what it's holding is, generally speaking, excessively intense emotion. It's the emotion that a 3 year old went through. It's the emotion that a 5 year old went through.

It is very intense. It is prelinguistic. There are no words associated with it. It is such a deep body feeling that for your physical body and your structure that ensures your survival, it feels very dangerous. It feels like you could die if you felt that. And that's why it dissociated in the first place.

So what a wonderful theme to go through that leads to understanding that expression 'forgive and forget'. Understanding what that truly means : as we bring these energies back together and they're finally able to integrate into the system as we forgive (and I'm not even talking about forgiving someone), as we forgive - which means to release, let go, accept love - to release it, it no longer exists.

It goes back to being pure energy in circulation within you, energy that's accessible to circulate within your body as a Sovereign Adult. Energy that's free to finally expand and contract back into the Core Star and create more Individuated Light, more Essence. Once that happens, it doesn't exist anymore. That memory doesn't need to exist anymore once you bring it back together. It's like a distant memory of a movie you saw. There's no more emotional charge.

Some core concepts this year! It's like: 'what do you mean there's not really an inner child? And what do you mean to forgive and forget is true? ' But that's what we're aiming. We are aiming to be finally back into structural integrity. Structural integrity with our Self with a capital S. Our Higher Self.

So... Wow, what a theme! Small little recap - because it's always good to see where we have been :

January was devoted to really working on feeling that Sphere of Light around us. The central line, the Hara Line, the expansion of the Sacred Heart Space all the way out. So we did that all in January. Both of the January calls were devoted to really creating that container, that ball

of energy, the spinning balls, the Hara Line, the Sacred Heart Space, and letting the system know it's safe to do this. We're not gonna go too fast. We're not gonna be like: 'can't you heal already?' Just nice and slow. So that was a really good introduction and prep work. Go back there anytime you want to redo these meditations, they're awesome!

In February and March we looked at the anatomy of a defense structure. So we started looking at how it's actually made :

1. You've got the wound, then
2. You've got the emotional, irrational defense structure that got built around it to protect it, and then the other layer after that you've got
3. A more matured defense structure that the ego's had a chance to refine and make it sound really, you know, intelligent and true and stuff like that - our whole belief system that we walk around in the world with and that we defend ourselves with.

So we looked at how that was made. We made a campfire by bringing up the parts of us that are afraid to feel, and the parts of us that feel too much. That was a super, cool, cool call. And then that second call - the March call - was all about walking down a beach, and actually meeting each of these layers of the defense structure as we went into them.

And then we devoted April, May, and June to the layers of the brain, to really understand how this works, how defense structures are made. First your brain stem... our mantra for the brain stem was: 'it's safe. It's safe to let go. It's safe to feel this'. Second, we then went into the limbic brain the month after... We really went deep into understanding the male and female roles, how they have constructed for us our belief system around how to be in a group, and how to make sure we belong to the tribe. How people will treat you - which is what

feminine teaches us, and how to be safe in the world - which is what the masculine teaches us. And Third, in June, we went into the higher levels of the brain, the cortex of the neocortex. These were incredibly powerful calls, wow!.

And then from there, with that kind of deep understanding of the defense structure - how it's made, the childhood stuff, the survival, the tribal, and the cortex and intuitive brain understood - then we went into understanding 'Character Structures'. That is some very deep work. There's no way that in 2 months you can cover all of that, some people have been studying that for years! But we still started understanding what Character Structures are all about.

The Schizoid, the Oral, the Psychopathic, the Masochistic, and the Rigid. The kind of wounds they went through as children, the wounds we went through as Souls in other lives that led to us preferring certain Character Structures to others, and the great gift that they contain because, to heal those and transcend them is to then heal one of the 5 Core Soul Wounds that are within the fabric of humanity (and beyond) and actually understand what's behind that wound. Behind the abandonment wound is the absolute knowing that you are one with God, and it could never abandon you, for example. So these were wonderful calls.

And starting these calls, we started working very specifically on the Fourth field of the body. When we were working on the 3 layers of the brain, that was the First body, the Second body, the Third body: the physical, emotional, and mental. And then we started coming into the Fourth body, that's all about your relations. It's your relational body. That's how you enter into relations with other people. That's how your energy field enters into relations with other energy fields. This is where Character Structures play together as energy streams, energy

currents of push, pull, withdraw... all these kinds of currents that we have with other people.

And then we did another thing related to the Fourth layer of the field. We started looking at the Chakra Cords. That's what we did in October. So September and October we were focused on working on the Fourth layer of the field. Chakra Cords we went pretty deep into all of them, and understanding what they each represent. These 7 Chakras and the Chakra Cords are all on the Fourth field of the body. Always remembering we were working on the Fourth field of the body, which corresponds to the Heart Chakra, which is called the Astral Body...

And then, last month and this month, we are working on the most important relationship in your life, which is the relationship between your human self and your Divine Self, which is your relationship between the self with a small s and the Self with a capital S. So we went beyond only working from the Fourth field, and we came back to working with all of the 7 layers of the field.

In a nutshell, I want to continue working on this. The meditation that came in is absolutely beautiful, and I can't wait to... I can't wait to do it with you and receive your feedback on what it felt like.

I also want to re-mention that last month, as we are working on this relationship to ourselves, that is the key relationship in your life: your relationship between you and what has created you and your relationship between you and what you have created. Right? So your human self - what you have decided to believe, what you have created as a belief system and a story about what you went through as a child and all that - that's your creation. That's your creation.

And this is so awesome to think about this: you made up a story, that's the creation you made as a human. You made up a story. And guess what? That story is not over! I don't want to talk about the hero's

journey but, like, that story is ever unfolding. That story is the story of you coming back to knowing the bigger Self that you are and the Creator/Source/God that is your true parent. That is becoming a Healthy Adult Sovereign Self!

It's like this new relationship where you are able to be there for the human you the same way that God is there for you, the same way that your Higher Self is there for your smaller self. So it's just this beautiful process of coming deeper and deeper into our relationship into a physical body, which involves a lot of duality. But that's part of the game, and that's part of the story, and that's part of the adventure! It's like: 'I went on this adventure. I got lost thinking I was the separate thing, and part of that adventure was getting lost enough to then find the road to come back and realizing Oh my God! I've been one with all this all along!'

And 2024 energies... they're gonna be pulling us pretty hard and asking: 'Are you ready to expand your story of what you are?' I'll talk about it more in January when I talk a little bit about the energies coming in. Not too much about Astrology but rather the Solar Plexus Mutation happening within the field of humanity. It's super important to understand because it's evolving our intuition. It's evolving how we're gonna be able to work with emotions, which is gonna be amazing. We will be less subject to being taken over by emotion completely.

So we're standing as... how can I say this? We're on the leading edge of something by doing this work. Anyone doing deep trauma release work is on the leading edge of what's going to be coming in because we're going to need people that are able to hold the Light and anchor that Light while other people start flipping out because they haven't done this work yet.

So I just want to recognize each and every one of you right now and say thank you so much for being willing to do this work because it ain't easy. We know it's not easy. But, man is it ever worth it! It doesn't take long doing it before you start seeing that it's worth it.

Okay, let's see... anything else I want to say? There's one little thing I wanted to say and it slipped my mind. As we're working, last month and this month, on the relationship to yourself - to the Divine and the human self, to the upper Chakras and the lower Chakras, to the lower Subtle Bodies and the higher Subtle Bodies - I introduced a couple of concepts such as the 'Silver Cord' and the 'Assembly Point'.

Some of you already know them because you've been working with me for many years, but just mentioning that will also be part of what we're working on tonight and just remembering what that Silver Cord is, it's very important to understand what it is. Your Silver Cord attaches to the back of your heart and it is what ensures that your physical, emotional and mental bodies can develop. When you die, these don't remain, they recycle, but every body above that doesn't.

Every body above that are your Eternal Bodies. They are permanent. Wherever you're going, you're going with them. And whatever work that you do in your life to expand your ability to feel the outer bodies, that's the spiritual development that follows you. That is gained. It's earned. It's done.

Many people have Astral Bodies but the other bodies are very... They're very tight. They're very dense. There's not a lot of space between them. So that's why a lot of the Soul Alchemy work is so good, because that's what we're doing. We're decluttering these upper realms, and then all the work we're doing is permanent. Permanent as in you leave with it.

The most important relationship in your life is, and always will be, to your Creator, and the one to yourself - the one to the self that you walk around in on this earth. That middle place between those 2 is your Soul, is your Higher Self. (Your Higher Self is all of your Soul so it's a little bit bigger than just the Soul you're incarnated in right now.)

That's what we're gonna keep working on tonight, because the most important relationship I want you to cultivate, over and over again. Is to yourself : To the ego, which is the human thing. To your Heart, which is your Soul in this incarnation. And to your Higher Self, which is the vast vast Being that You Are that knows absolutely that it is One, that it is One with its Creator. So... oh, yeah!

I can't recommend enough to anyone watching this video on Youtube to consider purchasing the meditations that we did this year. This is a very expansive theme. And what a beautiful... What a beautiful gift to offer yourself or someone you love.

And to anyone that would want to join us in the program for the January edition, reach out. There's information below the video to let you know how to get in contact with me.