

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 5 : Part 4

JSEMP, last call of 2023, on the evening before the Winter Solstice.

Pretty interesting time, to not have coordinated that way. I'm really really grateful for having answered the call, in my own life, to step up and leave my old life behind. Leave the safety of working locally only and actually coming into a more expanded state of myself that allowed me to call out to more Souls to find me and to really just have the Soul pleasure of organizing calls like this and getting to share my passion for joy, for our Joyful Soul Expansion!

So... just first and foremost, I just want to express my gratitude for you that come to these calls. You allow me to share that passion with you, which allows it to tickle you and offer you whatever it can offer you. Whatever it can offer you in terms of helping tickle awake your own Soul so that we can all play together as Joyful Soul Expansion Companions. Yay!

Wow... It's been a hell of a year! I knew in January when I proposed this theme of 'Healing the Split' that it was probably gonna be a little bit on the intense side.

I think we've done a really really good job of absorbing and receiving a lot of information that I gave throughout the year, while still really remembering that this is about doing it. This isn't just about understanding it. It's about doing it in our bodies. And I'm aware that

we have all expanded. If I scan the energy bodies before (at the beginning of the year) and now, there's a lot more space. There's a lot more awareness. There is a greater ease. Ease and ability to feel and be aware of our Energy Bodies and these different levels of our Being - the Core Star level, the Hara level/the intentional level, the Auric Field - which is the psycho emotional level - and the physical body.

I want to finish the year off by doing a meditation in which we're - as we've been doing usually now - going into feeling each of these 4 levels because just that has been incredible work that we've done. All of us on these calls are able to feel their Core Star a lot easier than before. We're able to feel our Hara Line and when it's a little bit loopy sideways or a little bit too front to back... All these different shapes that it can be... not 'contorted' - that's a way too strong word - but like 'leaning' too much one side or the other. We're getting really good at feeling that.

And that makes me so, so, so happy. I want to say I'm proud but it's not like ego pride. It's like it makes me proud to... for all of us to be doing this and doing it together, which we amplify by doing it together. So then, we're all getting the benefits. We're all sharing it and getting the benefits all together of doing this work.

So what we were doing 2 weeks ago is I was making us journey into and really feeling our 7 main Chakras through the 7 layers of the Auric Field. So really, it's kind of a paradox to think about this. It's like : 'Yes, you have 1, 2, 3, 4.... You've got all these Chakras but they also have a version of themselves within each of the Subtle Bodies, and your Chakras have a front and a back side.

And when we were playing with that 2 weeks ago, some of us could notice : 'Oh, I really feel the front side more than the back side', or 'I really feel the back side more than the front side'. And I'd like to bring you back to what I was talking about in the first call of January 2023,

about how the Hara Line has an impact on your Auric Field. The Hara Line is the foundation on which the Auric Field builds. The kind of curves that it has says a lot about how these Chakras are going to be placed.

So... I want us, when we're working on it, to continue that process of really feeling into the front and the back of each Chakra and their emanation through each of the 7 layers of the field, because they feel a bit different. They don't even look the same throughout each level : some levels are structured, some are kinda cloudy, some of them are more like plasma, some... Without needing to go into images, just really feeling can we balance out the emanation of these Chakras throughout these 7 Subtle Bodies, front and back?

And we did it a lot just feeling into it last time. It was a long meditation, and I know that at the end it's kind of like : 'Oh my God, when is it gonna be over?' Which is okay, that means that we're actually getting somewhere, because we're affecting the defense structures. if you move your body a little bit, it kind of calms them down. You unfocus the energy for a couple of seconds and come back, they've had a chance to just calm down a little bit, and then you can go deeper.

So just a little trick for if and when your structures get flared up from us pumping Light for a long time in your system!

What else do I want to say?

Understanding that the front of your Chakras are about feeling. It's about feeling. The back of your Chakras are about your will. So we're not talking about the cords, where the cords at the front are of the present, and the back are what's past. In your Aura it's not like that. It's not like in your Auric field what's in the back is only the past. It's not the same thing. It's not the same thing.

The back of your Chakras are about your will. The front of your Chakras are about feeling. And then we have the top ones where that still applies, but there's also another element that plays. But we don't need to go there tonight... So, your Crown connects you to God, your Root connects you to the Earth, and then the front of your Chakras are about your feeling centers. The back of your Chakras are about your will centers.

You will notice sometimes, when you scan people just for fun (without, you know, peering into them, but just scanning their energy field), you'll notice that some people, the back of their Aura is way more strong than the front of it. It's almost like the front of their Aura is kind of close, and the back is further. And vice versa : people that are very, very feeling oriented, they have... they can have a really expansive front of the Aura and the back of the Aura is like : 'I don't want to bother anyone. I don't wanna force/impose my will anywhere. I don't want to...', so they shrink the back of their Aura.

Yeah, someone in the call is raising their hand saying : 'that's me!'.

We want to be balanced.

So we will do some Source downloads around this tonight. I'm not going to do the same meditation that I did 2 weeks ago but I'm going to do it in part. I'm going to organize it more through the Source downloads, and literally one Subtle Body at a time, and then just feeling the Chakras through each of these bodies and really asking for that Divine Intervention and that help from Source for us to truly feel the balance.

A balanced Aura. All the Subtle Bodies balanced in a harmonious way. All the Subtle Bodies in a harmonious relationship together. They're all part of one system, and they're very different from each other, but in no way separate. It's supposed to be an integrated unit.

And of course, the harmonious integration of the 4 levels of Being, from the physical to the Auric to the Intentional to the Core Star. So that's what I want to go play with tonight.

Knowing myself, that's probably going to be a good hour worth of downloads, and leave ourselves with a little bit of time to just hang out and chit chat before we close our last call of the year... and then I'll see you in 2 weeks! 😊

What else do I want to say?

Healing the Split was our theme this year. Bringing the raw emotion and the memory back together. Back together so that it can reintegrate into the central line, so that these parts of us that we think are children - which are just unevolved pieces of our consciousness from our childhood - can finally be brought back to center. Be brought back into the central line, and grow up!

And this is not an ego version of 'just grow up already'. No, it's like literally 'grow into', grow into a balanced field, a balanced field all around (I make a large circle with a hand gesture). All of it is accessible. That's what we want. No parts left behind. All back to center, all reintegrated - which means there aren't parts anymore. Eventually, there are no more parts. There's just a fully integrated you.

That's amazing. That's what we want. That's balance.

Then we can have fun doing what we're gonna do next year, which is making our Pillars of Light stronger and stronger and stronger and more and more solid by working on value conflicts, feminine and masculine energy... we're going to go into these themes next year that really help us develop what I'm going to call 'Soul Integrity' - as opposed to integrity with our ego.

I think I even had the name a little bit, I think it's gonna be something like 'The Journey from Egoic Pride to Soul Integrity'. Something like that... The name's slowly coming in.

So, yeah. All the work we're doing now it's awesome because we're clearing the field more and more and making it balanced. And then we're going to be like : 'Okay, how much Light can we pump in here?' And what are the deeper levels that we need to work on to really make ourselves able to really hold, really really hold and anchor in that Light.

Because the waves of Ascension aren't stopping. They ain't stopping. And we're going to stand and let them in.

So...

Okay.

Yeah.

I think I'm done talking. I'm gonna let a higher energy in me come in and start guiding the downloads.

You can lay down, or you can sit. I prefer sitting with my feet firmly on the ground, but I have enjoyed meditating lying down many times in my life so I'm not gonna sit there and put rules on how to do it. Do anything you need to do to get comfortable before we go deep inside for the next hour.

And yeah, if you just happen to stumble upon this video on Youtube, welcome to Joyful Soul Expansion! If you want to come join us in a group and do this work with us, I invite you to look at the link in the description below so that you can apply to come into the program and we can get on a call together and see if it would be the right time for you and if you're a good fit for my program.