

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Introduction : Part 1

Alright! Here we go, JSEMP 2023. A whole new year.

I wouldn't say it's a whole new content because there has been a very clear progression that we've been in for the last 13 months that has been incredibly enriching to experience with all of you.

A tiny recap: We did this whole 'Ascension Particles' process, then we went into 'Back to the Energy Body Basics', studying the Chakras and how they're related together, and then I went really deep into the Core Star - the deepest level of our Being - and I ended December with an explanation of how the creative process goes through these 4 levels of Being.

And the creative process goes through that, but the creative process doesn't end there. It then comes back, and it comes back into these levels all the way back into our Core as the goal of all creation is to create more Core Light, more Individuated Essence, more of what makes you a unique expression of Divine energy, a unique Soul.

And, what I was starting to present in the last call in December is that it's very easy the expansion part. Energy comes up from the Core Star like a deep, deep longing to create something comes up. It goes through the intentional field. It goes through the auric field, and then you bring it into the world - whether it's a lasagna, or a Ph.D., or a piece

of artwork, or whatever... it's the same idea.

That part's very easy for all of us, you know, like not necessarily easy all the time, but the expansion part is the fun part.

Then we reach a point where it's like the creation is done, and then it's time to look at it. And that part too, we enjoy it. It's like : 'Oh, look at what I did... look at this thing I've created... look at this beautiful design'. Yet, some of us sometimes are like : 'Oh my God, look at this piece of shit I created', but that's the part that we're used to.

Where it gets tricky is that that's only half of the creative process. The idea or the Divine goal of all creation is for that to then come back into you. *Into you.*

So, it comes back into the Auric field. It goes through the Aura, and then it comes back into the Hara Line, which is the intentional field, and then it makes its way all the way back into the Aura and to the Core Star, which is where your unique Individuated Essence is, and the result of that is more Light.

We are literally Creator Beings. We are literally able to create more Light, but it requires that we bring the creations back into our Core and that's the issue that we have. That contraction phase also means that when the energy is coming back in, it goes through the parts of us that are distorted, or that are hurt, or that have energy blocks, or that have traumas and wounds. And we end up stopping the process, for like, 'I don't want to feel that' or 'Oh, no, no, I don't like that'.

Of course, we don't do it on purpose, but what happens is that as it's coming back in, and it needs to go through these very uncomfortable areas – which it would help to heal them if we would let it happen – we end up... our defense structure ends up saying 'Whoa! That's

dangerous’ and then we’re like ‘okay, I don’t want that anymore.’

And we just... we just throw that creation. We just throw it out there. It doesn't get reintegrated. It doesn't come all the way back in. And we're left with a bunch of incomplete creations that, if we could see our energy field, literally looks like chunks. It's like chunks of energy stuck in our energy field, just like things from past lives. Past lives as well look like that. They're like little threads, you know, karmic stuff and karmic wounds, and whatever we haven't fully processed from other lives.

But right now, I'm just talking about our present life. These unfinished creations are hanging in our field, and it's – I want to say, I want to say it's draining. It's not a bad way to say it. It's stuff that's hanging out waiting for us to grab it and bring it back in. Bring it back in, love it and bring it back into the Core Star.

So that's what I was explaining in the last call. We tend to stop it on its way back in, and then we just end up with ‘Okay, what else can I create? What else can I do? What else can I do to not feel this, to not be aware of this?’

So, what I want to start doing this year – and this is my goal for pretty much I think the entire year (I'm not 100% sure yet we'll see) – is I want us to start exploring how these energy blocks form.

Because...

if we want to be able to bring these creations back through our field...
if you want to be able to bring that creative pulse of life and help it to heal traumas and wounds and un-evolved parts of our consciousness – which are basically our child-like consciousness...

We need to understand how this works. We need to be able to feel the difference between these levels of Being, and we need to have deep

clarity about where we're getting stuck. Where is the energy getting stuck on the way back in?

Often, if we try to do that, just like 'Okay, where is it getting stuck?' That energy in us... it does not feel safe opening up. That would be the equivalent of a child is crying and you're like 'can't you just get over it already?' No, they can't. They can't. They need you to hold space for them. They need you to let them know that it's safe for them to feel that.

And that's what I really want to work on this year with you. I'm very excited about this, and then I have to consciously calm my energy field down because I would want to download the whole understanding into your brain in like 5 seconds and then somehow, we could all just have fun doing it together.

But that's not fair. It's not fair to the parts of us that need a systematic process to understand. Our cognitive mind needs us to offer it a systematic process that helps to understand 'Oh, so that happened, and then I made it do that. And then I decided this about life, and that this led to that. And that's the actual structure of belief that I've been protecting that wound with.'

If we don't understand what that protective structure is made of and how it functions and how it reacts when we get close to it... We can't get out of it. We just think that's us. We think that's our personality, and it's not. It's not. It's the personality of your defense structure and your defense structure is not you. Your defense structure is what your unhealthy ego self looks like.

And I'm not seeing this in a bad way. I'm not trying to bash ego. What I'm saying is that my goal this year with you is to help all of us go from living from a reactive field of a wounded inner child to actually

becoming a healthy adult self.

We're never going to get rid of our ego while we are in a physical body, and we have a brain. What we can do, though, is, we can help. We can help it become a healthy adult. A healthy ego. Not one that is stuck in compulsions and trying to avoid feeling levels of pain that it doesn't understand. One that is literally able to work with your Soul and understand its true position in this whole mix as the interface that allows you to walk around in the world and interact with other egoic structures – whether or not they're healthy or unhealthy – and be able to hold a responsive state in front of anything coming at it.

So that, in a nutshell, is what I want to do with you throughout this year. I want us to go through the transition together. I want us to heal the childlike consciousness in us, which is an un-evolved consciousness. It's not a judgment. It's not. I'm not saying it's bad. But what if I tell you that what we have been led to believe as a construct, that we have an inner child in us, is all the unresolved and un-evolved consciousness of the belief systems that we had to create as children to survive the environments we grew up in.

And what if I told you that we can heal that and become Sovereign adult-like Beings that are able to have rational reactions, that are able to be spiritually responsive, and that are able to actually embody their Soul through their body because they have worked through the pain, because they have worked through the low-frequency emotions that are very, very hard to feel, and that we create a whole bunch of structures to protect ourselves from feeling...

What if... It's not even 'what if', it's 'Let's do this'!

So how do we do this? We do this by understanding how all of this holds together. How does it all hold together? Some of you have been

in my advanced program, and I went deep into that understanding of the anatomy of how we create our belief systems – our BS systems – and what they lead to as a map of reality that we then walk around in the world acting like that's the truth.

Let's say... I don't know... You had a mean dad. And as a child you decided all men are mean. That's how you survive that. 'All men are mean'. That's it. It's super dualistic. It's super polarized. And your subconscious brain is still functioning from that belief.

No matter what your rational mind... 'Oh, that's not true. There are good people out there, and there are this and that'. As soon as you're triggered and in emotional reaction, that doesn't mean shit anymore. Your limbic brain is back in control. It's back in the driver's seat, and it's controlling based on these beliefs.

So, some of the deepest work you could ever do is to excavate these deeply held beliefs and declutter your energy field from them. And to do that, we need to bring new energy into these parts because these parts on their own cannot evolve. A crystallized, child-like, unevolved piece of your consciousness is not able to do this work on its own. If it could, it would have done it a long time ago. If it could, it would have gotten out of that mode a long time ago.

The reality is, there's a wound, and there's a whole defense structure that got built around it to protect you from feeling that, and part of that defense structure has a lot of these beliefs in it. If the belief is, 'all men are cruel', why the hell would you take that off to then go feel the actual pain of that child that needed to have a loving dad and never got it? Why would you do that?

Now this is, in a nutshell, this is what healing is about. Healing is about you becoming that Sovereign Being, that Sovereign loving parent, that

Divine Parent to all the parts within yourself and letting them know that you can come and meet them where they are, and you can actually infuse them with the energy that they need in order to grow and expand.

Okay, I want to say 'grow up', but it kind of sucks because then it sounds like I'm saying 'just grow up already... just get over yourself' and it's like... Okay, if I'm super hardcore about it, yes, it is about getting over our small self. Yes, but we don't do it by judging it. We don't do it by judging the shit out of ourselves because all that does is flare the defense structure, and then you now you have a situation where your own protection structure is aware that you are its enemy.

That's not a good place to be, and most of us know that place. I don't think anyone on this call doesn't judge themselves, and when we are judging ourselves we are literally the enemy. We are being the bully to the part of us that feels like a victim. So, this is all about becoming a loving Divine Parent to ourselves. This is about us realizing that we are a Spiritual Being having a human experience, and that human experience involves having a body that feels fear.

It involves having an emotional system that is very intense to experience. Emotions are intense! We don't remember that as Spirit Beings because we don't have bodies. The human experience is also about having a mind, and a mind can be a wonderful tool, and it can also be a vicious weapon depending on who in us is running it – a wounded part or a loving part.

So much I want to say about this. I can't wait to start the meditation, but I have a couple of things I want to say before.

Something we will really be exploring this year, and I recommend to those that are coming in now – I would recommend you go through

some of the old calls of the last 3 months, where I talked about the 4 levels of Being because understanding the Core Star level, and then the intentional field (the Hara), and then the Auric field (which is what we're used to talking about with the Chakras and the Subtle Bodies) will greatly help you understand some of what I'm going to tap into as I talk about how these energy blocks function.

Because part of what interferes with the ability of creative energy to flow through us and expand and then flow back into us and create more God Essence, some of the core interferences you will find them in the Hara Line and you will find them in the Auric field. You will never find them in the Core Star. The Core Star is, the Core Star is your God Essence. It cannot be, it cannot be damaged in any way whatsoever. It is the part of you that is deeper than the Soul. It is the pure Spiritual Essence of What You Are.

If you take your fingers (3 of them) and you put them above your belly button, where the top of the top finger is, that's where your Core Star is. It's deep, deep, deep in the body, deeper than lines and Chakras and energy fields and all that.

So just taking the time, to tap into it for a second, and it doesn't have to be like 'oh, I need to feel it'. Sometimes needing to feel it, we're still stuck at the body level. This is way deeper than the body.

Okay, I'm feeling it... 'feeling' isn't... I don't know... so so tricky to talk with words.

From that level, then, is created the next foundation to your Being, which is the Hara dimension, which is a line of energy that connects you all the way to... whatever you want to call it: You know the what created you, the creative energy, Source, energy, God... Whichever word is right for you.

It is a line of energy through which you incarnate in this life. It goes down through you. It's first important point is the Seed Point. This is where your deepest Soul longing is. It keeps going down. It goes down a little bit below the belly button until your Tan Tien, which is where you accumulate all the Earth energy and the resources you need in order to bring your Soul mission into fruition, and that connects all the way into the Core of the Earth.

So that line, that Hara line, when the distortions happen on that line, it looks... It has different ways that it looks. We've talked about this a little bit when we talked about Hara. Sometimes the Hara Line can be a little bit to the right, a little bit to the left, a little bit too front a little bit too back. It's not super straight where it should be in your central line (that tube of light that goes all the way from your Crown down through your Root Chakra and goes all the way to the Earth).

We're used to working with the one that has the Chakras and the Subtle Bodies, but deeper than that there's that thread. It's also called the Golden Thread. Sometimes when the distortion is happening at that level, it's related to a, how to say it... there's a 'débancement' (lack of equilibrium).

There are 3 main components to your Psyche: Will, Reason, and Emotion. If one of these is out of balance with the other ones, it creates distortions in your Hara Line because that Hara Line is your intention. Your intentional level is deeper than your psycho-emotional Chakras and Subtle Bodies.

Your intention is what you are here to do in this life. When that is super clear, your Hara Line is straight, and whatever you seek to create you do it. It's not complicated. You get the download, your Soul's like 'Yes, I want to do that'. You bring the energy up you need from the Earth into your Tan Tien, and you manifest it in the world.

We've all had these moments where that line got so straight and all of a sudden you're like 'I'm doing this' and boom! You did it. We've all had these little glimpses of what it could be like to live from a healthy balanced Hara Line all the time, but the reality is that for most of us it is not balanced. For most of us... not all the time, and not about everything, but we have... we have distortions to it.

So, I want to give you 3 examples of distortions :

1-If the will is too strong, the Hara Line tends to go to the back. Instead of being in the central line it pushes in the back. And what that actually creates in your Auric field is that all the Chakras in the back are super open, and the ones in the front are kind of closed off.

These are people that are... The world would be bullies. These are aggressive people. These are people with anger issues. These are people that want to force things with their will to be the way they want them to be, and will do it with anger and rage and bullying or any kind of intimidation, whatever you want to any of these flavors.

So when will is screaming louder than reason and emotion, we end up with a Hara Line that's pulled back, and we end up with aggressive behaviors. I'll tell you right now, anything that you manage to create out of aggression will never be satisfying.

I'm sure any of us here have experienced that! You get angry at someone, and you make them do something you want them to do. Does that feel good after? Probably not. Then you feel like shit. You feel guilty. You feel this, you feel that, or even better, you're like: 'Well, I don't really like it because they didn't do it. I had to force them to do it'. You know? So that's what happens when Will is too strong.

2-The other possibility is that Emotion is too strong. What that looks like is victims. What that looks like is a Hara Line that's pushed forward and then the front Chakras are super open, trying to grab energies from others, and the back ones are really tight. It's like a pity party energy. And once again, you might be able to get what you want like that, but I really doubt it's going to be satisfying.

3-And then you got a weird mix that I'll very simply liken to... So there's the aggressive version Hara Line to the back, there's the submissive version Hara Line to the front, and then there's the passive aggressive version, which is a mix.

The lower part of the Hara Line is pushed forward : you've got your 3 lower Chakras, you know, like the 'poor me' and the 'I'm going to try to manipulate you into doing what I want' and the emotions are forward. And then the line goes back for the top 3, and then there's the will energy that comes in. What that looks like is 'I will act like a victim at the same time as I insidiously manipulate you into doing what I want', or, 'I will act like a victim and then, when you're not around, I'll stab you in the back'.

So fun! Joyful stuff to talk about tonight!

I'm sure we can all recognize whatever our patterns are, because these patterns come out whenever we're freaking out, whenever we're in fear, whenever we feel that we need to defend and protect ourselves.

One of these configurations will come into play, and generally we have one that's like our default 'go-to'. Generally speaking, we tend to navigate one more than the others.

The Hara Line can also be too much to the right or too much to the

left, and what that looks like behavior-wise is, when it's too much to the right : You got hyperactive energy people that do too much. They're doing so much. They can't catch up with themselves. They don't, they're not centered. They're all over the place. Do, do, do, do, do, do, do, do... Distract, distract, distract, distract, distract, distract, distract... They're not trying to pity party people into controlling them. They're not trying to bully them into controlling them. They're just trying to do everything on their own. If it's too much to the left : it's under-doing. That's like the deep, depressive states where you can't even get out of bed anymore.

So that's how the Hara Line can be distorted because of energy blocks, because of childhood beliefs that have been repeated over and over again, and have become what you consider reality is. And, at the intentional level of your Being, what that creates is split intentions. You want something... but, you know? Like : 'I want to be free but, you know I need to work', or, 'I really want to open up my heart, but, I don't want to be hurt again'.

So, then, you have split intentions - what's often called 'negative intent'. You have an intent. You want something but... 'these are the reasons that I won't get it', kind of thing - and that second part, that's the actual intent that you're feeding.

So, in order to create what you want in your life, you need to have a clear intent. No splits. No distortions. You need to know what you want, and you need to be clear about it. As long as there's a 'I would love to have this, but...', you are in split intent. And that split intent means that that creative pulse and that creative energy coming into you and through you is divided.

If the division is equal, it cancels out at stalemate, and you don't get shit done. If one's a bit stronger than the other one, you do end up

managing to do what you want it to do, but it's not complete because there's this other part that... you're not having an entirely integrated creative force.

And so you create half. It's like, I want to say 'half ass'. Basically your creations are... You're like: 'Yeah I did that', you know, but it's not like 'I did that!', like 'I did that' (proud of yourself). It's like, 'Yeah, yeah, I got an A but I'm still a piece of shit'. That was my example the last month when we we're talking about that.

So, I'm gonna go a little bit further, because I want to talk a little bit about the Aura, and then we're going to go into the process I want to do with you tonight.

When the intention is split that's what the interference will look like at that level of our Being. The place where the issue shows up might be in your Auric field, might be in that line with the 7 Chakras and the 7 Subtle Bodies (and there's more than that but these are the main part, that's the main part). What these energy blocks look like in the Auric field... it's very interesting.

The truth is, energy blocks show up as an accumulation of dark energy. It looks like dark clouds. And these blocks only accumulate in the feeling centers. So in the second layer of the Aura, which corresponds to the Sacral Chakra which is the feeling center of 'I love myself', 'I love and accept myself', and in the fourth level, which is the Heart Chakra/ the fourth level, which is 'I love other human beings' - it's your field of how you relate to others.

These 2 feeling layers of your Aura are where the dense accumulated energy is located.

The other layers - the first, third, fifth, and seventh layers - are

structured layers. They look like lines. They're lines, and they have a very definite structure to them. Where that dark, accumulated energy in the unstructured feeling layers of your Subtle Bodies... What creates those dark clouds are damages to the lines of the structured layers of your field.

So, if I remind you very quickly about this...

The first layer, which corresponds to the root Chakra, is about your personal will, your personal will to have a body. The layer related to that is the Etheric Body, and it looks like a double of your body in energy, with all the organs and everything, all the lines, all the meridians, and the nervous system and everything.

Then the second layer is the cloud-like feeling center.

The third layer is the mind - personal mind for the third Level and Divine Mind for the seventh layer. And that too looks like a bunch of lines. They look like lines. The seventh one looks like golden lines, and the third one looks like yellow lines.

So... All I want to say here right now is that 1, 3, 5, and 7 correspond to the structured levels of your field. It is damage in these levels that creates the dark clouds of energy in the unstructured layers of the field 2 and 4.

And 6 doesn't really have dark clouds, because 6 is the energy body of Divine Love and Divine Bliss so it tends to stay functional, whether or not you're able to access it because it's super far out there in your field.

So, in a nutshell, that's the theory I wanted to land into you for tonight.

If I recap it :

We will be exploring how this creative energy flows out of you as you create things in the world. What we really want to hone in on this year is how do we make sure that that energy can come all the way back into the Core star so we can create more Individuated Light, and what interferes with its ability to come all the way back in. So, the blocks, which are structures around wounds and traumas, and the entire defense structures that got built around them.

I've mentioned that there are 2 different levels of our Being where this interference can happen : the intentional field, which is all about having clear, undivided intentions; and the Auric field, which is all about your psycho-emotional experience of reality through your personality.

And that is my goal this year, for us to find where these blocks are in your field - whether they are in the Aura, the Chakras, the Subtle Bodies. Whether they are in the Auric or whether they are in the Hara Line, and where specifically they are in there, and how it's affecting that line and your ability to be in it, super centered in your intention.

And the result of all of this is going to be your ability to have deep clarity about where you are affecting your ability to create what you want, and having the tools to be able to go in there and heal these blocks so that the interferences fade and the creative flow of energy is unhindered within you.

That is a beautiful intention for 2023! We're going to go deep into this this year. I'm very aware of that. It's coming in very strong.

For tonight, what I want to do is I want to start setting the terrain. Basically, I want us to start. I don't want to go straight into like 'let's go work on one of your core wounds tonight, boom!'.

Whoa!

No.

What we're going to do tonight is we're going to... I'm going to practice 3 different techniques with you to help inform your energetic system that we are not going to be coming at this as bullies trying to force stuff to move and shift in you if it's not ready.

So that's my goal tonight, and I can't wait to present to you these 3 techniques.

We will do so right after we take a little pause so that... so that your brain can calm down from everything I downloaded into it. And we will come back for the meditation in a couple of minutes.

For you listening to this recording, if you want to join us... please sign up for the program so you can experience the energy work that we're about to do.