

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 1 : Part 1

Okay, so we are entering February, JSEMP. Our theme... This is an entire theme this year and it's called 'Healing the Split: from Wounded Inner Child to Healthy Adult Self'. I'm a little bit excited about the call tonight so I'm trying to calm down because the energy gets so intense that I have difficulty channeling it sometimes.

So, the theme I want to work on tonight in the broad context of this theme of healing the inner child is to 'forgive and forget' so that there is no longer within a childlike consciousness that has very specific needs which are the needs of a child. And that what is left in you is that all these energies that are these pieces of you - that are not pieces of you but pieces of memory stuck in time at a certain age - can all come back to the here and now, and can all grow up, grow into you, the Adult Sovereign Self.

So, I will keep reminding us over again about this because it's been so ingrained in this idea that we have this inner child. What we truly have are our natural Soul qualities which are joy and playfulness, and innocence and curiosity. You know, these things that we see when we look at a child that isn't overly wounded. That's what you see in them is these pure qualities. You know, they're able to love, they're able to trust, they're able to fall and get back up and just keep going.

And so, our goal is to reclaim that as us now, as adults, and to do that, what we want to do is help these energies that are trapped in our field

as certain ages to finally come back into the central line to come back home, come back home.

And the reason we're doing this is because we seek to be in the creative pulse of life, where from the Core Star emanates a deep, Divine Intention, full of pleasure of creating. And as it expands and we create something, it goes through these fields, It goes through the Aura, It goes through the body, and eventually it becomes something in the world.

And that's only half the creation process because after that, the idea is for us to contemplate our creations, whatever they are - a lasagna, a piece of artwork, a lifelong mission, a dream that's been made manifest - and bring it back in. Bring it back in. So, it comes back in through the physical body, and it comes back in through the Aura, through the Hara Line, back into the Core Star. And what that does is, it creates even more Light because that's what we are. We are Light Beings, and we are Creator Beings. We are here to create more Light. That's amazing when you think about it. There's no such thing as there's already a certain amount of Light, and there can't be any more. No, that's not true.

Where the issue shows up is that as the energy of what we created tries to come back into the Core Star to create more Light, it rubs up against pieces parts in our Aura, where we hold wounds where we hold unprocessed emotions, and it, as soon as the, as soon as that creative pulse tries to go through that which could heal it, as soon as it tries to go through that the defense structure protecting the Core, the wound in there reacts, and then our natural tendency is to not keep letting that creation back in all the way.

It's kind of sad when you think about it. How many things in our lives have we done that with? You know, we just move on to something else, or it's like : ‘oh, well, it wasn't really that amazing, anyways’, or

‘oh, well, I could have done it better’, or blah, blah, blah! All of these are excuses to feeling what needs to be felt within your Aura to be released for that to be cleared, for you to be a clear Vessel, a clear Vessel of Light that's able to expand Essence Energy outwards and bring it back in and consolidate it into even more Individuated God Essence.

So, what I want to have fun with tonight is, I want to start talking about and give you a couple of fun little ways to look at how we build these Defense Structures. We've already talked a little bit about it. Yeah, last month, when I said basically what happens when there's any kind of trauma is the first thing that happens is your physical body takes an inhale and holds it, and the minute you take it in and hold it in an energy like that, okay, automatically, your limbic brain takes over. Automatically your reptilian and your limbic brain kick in to protect you. They don't think. They don't think like the cortex : they're not logical, and they don't think like the neocortex : they're not able to see long term. They're just able to see right here right now. What do I need to do to protect myself?

So that inhale kicks in the limbic brain and, in the energy body, what that looks like is... Your energy body has a constant flow of energy. It's like a waterfall, or think pulsating Light from your heart, however you want to look at it - the energy is moving all the time. In that moment when you go, the energy stops moving, and that's the thing : it stops moving, and part of that energy that got frozen conglomerates, it conglomerates somewhere, and then it stays there.

It stays there because what your mind does, what your mind does is your defensive brain brings them in your limbic brain to protect you from feeling something too intense for you at the time that you were going through it, is it automatically dissociates the thought (the

physical memory of what happened) from the actual emotion you went through.

And this is where the issue is right. Most of us remember a lot of things we went through, but we don't feel... We don't feel it. We don't because feeling it is literally in the moment, it's 'right here right now' that you feel it. And I'll tell you right now, feeling how you felt when you were 2 and something happened that really scared you, as an adult, is very intense to feel. It was intense for the two-year-old that you were, but for the adult that you are that's trying to function in the world and is aware that you need to work and you have to pay rent and you have to do this and after that... To feel these things, it feels like it will destroy you. Literally, that's what it feels like.

It won't, but it feels like that, and it's very important to acknowledge that and not be like, you know. That's the whole goal of what we did last month was we're slowly, progressively going into this. We're not trying to force anything. Because what if we decide we're going to bully that energy in us. It will never open up. If we're: 'Come on, can you just open up already so I can release you?'. It will not open up. It will not feel safe.

So, in the moment when something happens, you hold your breath, limbic brain kicks in, energy field freezes up for a second, and then your mind dissociates the emotion from the thought from the memory, and then you learn more and more to be in your head and not in your body, not in your energy field.

And the minute that happens, the minute that brain kicks in, the minute your limbic brain and your reptilian brain decide : 'I'll protect you'. You are no longer able to respond to the energy that's stuck in your body, and that's what we want to get to. We want to get back to that place where we can respond to the energy, not react. If we're reacting to it, it is the Defense Structure. If we are able to respond to

it, we are the Presence within us that is able to hold the space for the Defense Structure, so that it feels safe.

At the same time as we go and meet the actual emotion, the actual deep feeling that's not even.. It doesn't have words. The mind has words. These levels of emotions and feelings do not have words. A lot of them are pre-linguistic. They happened before you even had a linguistic brain walking around, putting names on things. So, in many ways. That's why it's so... That's why it feels so scary and so overwhelming to touch these energies in us.

Our mind doesn't understand what to do with it, because our mind got separated from it. The more we manage to feel these things, the more our mind will understand : 'Oh. Okay, it's not going to kill us'. Because that's another little key thing, is that for these parts of your brain, for your reptilian brain and your limbic brain, there's no capacity to understand. How can I say this? It is incapable of abstract thought. So, the ability to understand, for example, a physical feeling from an emotion... It doesn't, it's not there.

So, for that part of your brain, feeling an emotion that's very intense and makes your body shake, is the same thing as 'something's going to cut my arm off', and it reacts. It reacts, you know, in consequence of that. So, we want you inhabiting more and more of the upper layers of your brain, where you understand that feeling that emotion will be very uncomfortable. 'I might shake. I might cry, I might scream. I might this I might that, and that's okay. It's not going to kill me. It's just my body processing the emotion'.

We need that part of you, we need that part of you aware and in the process with us because, your protective brain, left to its own design, will simply continue to react and do everything it can to protect you from what's going on. And most of the time, what's going on in the outside, it's not... That's not even the threat. The threat is that it might

make you feel your Core Wound. That's the threat out there all the time. We're not lizards. We're not walking around, and, you know, sitting on a rock with a bird that can come eat us, yet we have that same level of fear running around our heads, but it's aimed always at making sure that we don't feel whatever it is we're holding in our field.

So, I say this not so that it's, you know, scary to feel this. It's so that you understand that for parts of you it is very scary to feel that. And we want to be there for these parts of you. We want to be there for them. We're going to do some Campfire tonight to work on Polar Splits. But before I go in there, I want to talk about how that 'ABZ' kind of thing happens with the defense structure.

So, something happens when you're a child. It's a trauma of whatever kind - at any time you felt fear is basically a trauma somewhere in your body. So, something happens. Inhale. Energy stops moving. Dissociation of the actual emotion and the thought process. And then the thought process starts spinning.

And that's what I want to talk about tonight : what happens when that thought process starts spinning. Most of these wounds were all before you were 9 years old so, most of these wounds you were not walking around with a fully developed cortex brain, able to analyze and have abstract thoughts. You were walking around with a reptilian brain and a limbic brain, and these brains do not think the same way. They think by associations. They do not think by... they're not abstract. They don't understand how to reason. They think in associations.

So, event happens, inhale reptilian brain kicks in, separation of the emotion and the thought, emotion gets stored somewhere in the energy body, and then limbic brain kicks in, and with its very limited thinking process, you start coming to conclusions : 'Okay, it's not... It's

dangerous to be creative. It's dangerous for me to express myself. I should not express myself.' You come up with all these.

This is the beginning of your BS system, your belief system. This is how it starts to form. And you do it within yourself, but you also intake it from the environment, from what other people are doing. You see your brother or sister getting, you know, in trouble because of something they did, and the parent is like : 'You know that that's not the way the world works', and you're like : 'Okay, that's not the way the world works. Got it.'

Okay, this is where it gets tricky. Then, from the equation the association you created in your limbic brain - which is your brain of belonging, it's how you learn to belong to a group and make sure they don't kick you out - you start deciding what reality is. So, in the case I'm giving you of a child drawing on the wall and getting in trouble for it, what they end up deciding reality is, is that : 'I will get in trouble if I spontaneously express my creativity'.

Another example could be a kid that's playing soccer, and he does a wrong move and his dad scolds him about it. That child is: 'Oh okay. So, to be loved by my father, I need to excel at sports. I need to be... I need to be good at something. I need to be the best at something' and that starts forming... that'll start forming their map, the map of reality of that person. And we're still walking around with these! Let's not make believe that we're not walking around with these anymore. And the way you can start figuring out what yours looks like is a very, very fun process to play with, and I highly recommend you play with this as much as you can.

If you start forming ideas like: 'If I do this, then this will happen' or 'So, if I'm a good girl, then Mom will love me', 'If I win at sports, then Dad will love me'. We start building these associations, and we get very good at them. And for that part of your brain, this is the absolute truth.

There's no doubting it. Doubt is in this part of the brain. This part of the brain doesn't even understand what that means. It's like that's the truth. It's a fundamental belief.

It's very easy to find those, you just use the 'IF and THEN'. Find somewhere in your life where something happened, and you got in trouble. And what is the association that you created at that time of what you need to do to be safe? 'If I act a specific way, then I will receive what I need, then I will be approved of, then I will be safe, then I will have friends, then my mom will love me', whatever that is. So that's childlike consciousness level stuff, that's level one.

This is what I want to talk about tonight. Level 2 is that... it never works. You go in life, and you're like : 'Okay. So, if I'm a good person, then people will like me'. And then you go in the world and you're like : 'Okay, I'm going to be a good person. I'm going to help everyone. I'm going to be there for everyone'. And then... they don't follow the script of your association. Some of them take advantage of you. Some of them are like : 'Oh, my God! You're so annoying!' Some of them are just like: 'Can you just stop trying to help me all the time? It's so annoying'. And that doesn't work with the script of what's true in your head.

And that allows you to start seeing where the splits happen. 'If I'm a good girl, then people will love me, BUT...' But is the next part : 'But I do all the right things, and still I get shit on, and still I get whatever people call me this or that' or 'still I'm rejected', or 'still my dad gives me shit'... And then the last thing right underneath that, what I call the THEREFORE : this is what we want to play with tonight, because this is where the really intense emotion is.

So, if I complete my example : 'IF I'm a good girl, THEN Mom will love me. BUT I've done everything right, and she's still mad at me. THEREFORE...' Okay, you probably wouldn't say that because you're

4, but you know, you'd be : 'Therefore, it's not even worth it. What's the use? I must just be a piece of shit. Maybe I'm not lovable'. Or maybe you go more bully style, you know : 'Therefore I won't even try to be nice anymore. What's the use?' So, whatever happens here is literally the polar split opposite of what happened up there.

And that's what the duality looks like. When you have children you get to see it in real time. We get good, as we're older, at hiding it. We've got these little advanced cortex brains and egos that are able to... 'No, no, no, I don't. I'm not doing that like'

So, think about that: 'IF I'm good at sports, THEN Dad will love me. BUT I won at sports and I'm still getting told I didn't do well enough, THEREFORE... I can never be good enough, my dad's an asshole, there's no use in even wanting approval from people...' Therefore... and then it depends how you are. You might go in the victim mode of 'I'm not lovable. I'm not worthy. I'm a piece of shit', and - whatever that's going to look like for you – 'therefore, I'm not doing enough, I can never do enough...'

There's a whole bunch of things that can happen in this. You've got the IF-THEN-BUT-THEREFORE, so that in here there's the possibility of touching a part of the actual Core Wound energy. We're getting a lot closer to the Core Wound energy. We're getting a lot closer to what's right underneath the Defense Structure, that the Defense Structure is trying to protect you from really, very good. Because the 'if I do this, then this will happen', that's your Defense Structure, that's the Defense Structure. And then, 'but it doesn't even work, and therefore...', that's the Defense Structure getting challenged, and then it's getting a little bit uglier. You're getting closer and closer to being able to tap into what's really going on underneath that.

So, that's what we want to play with in the Campfire tonight. Whatever version that is, like, we can almost say it's the victim and the

bullying energy. You know, they're very, very big dualistic polarities that the mind is stuck in, and the childlike brain, having gone through any kind of trauma - and we all have because it's just the world we live in - and that's why we come here in the first place - there have been dissociations. Yeah, we were working on that one the other day, right? Yeah, it's like : 'I'll do everything to be a good person, and then... and then everything will be fine, and everyone will be thankful'. And then, all of a sudden, everyone's like : 'whatever man, who cares?' And you're like : 'what? But...' That 'what', that feeling is getting very close to actually feeling the real Core Wound.

That's the beauty of this. That's the beauty of this. As you start mapping it out and understanding what's going on, that starts giving you pointers. It will be very, very easy for you to hit the break, hit the break when it's coming on board to protect you, of course, and go into response-ability and go : 'Oh! I know what's going on. It's all good. I'm going to respond here'.

Exciting!

So, I'm going just to end the recording of the part that I put on Youtube for other people to hear the teaching. And then we're going to go into our process, and I am expecting us to have some fun and Campfire tonight. We haven't been there in a while, and I really want to work on these polarities and these dualities because the more we bring them back together, the more we start reunifying ourselves.

And that, really, is the key. We want to bring these parts back together, and then we want to grow them up to our age so that we can merge with them, so that we can get that energy back into the Integrated Self. That's a Healthy Adult Self. All the energies are integrated. They're all available here and now; they're all available for the creative pulse of life to come out and come back in and create more Individuated God Essence.

So, if you want to join us in JSEMP, find this information below the video, and I will be happy to support you.