

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 1 : Part 2

Alright, JSEMP, 2nd call of February.

We're having this call on February 22nd, which is pretty cool, because it's one of those astrological moments where it's called a 222 portal. 2 is the energy of the Divine Feminine frequency. It's also the energy of doing it together, and then it's the fact that it's tripled because it's the 2nd month and the 22 second day, 2-2-2. It's doing it together but also with the help of much of our families, of our families, of whatever that means, our Soul families, our Galactic families, our families. I think some of our families span even beyond the Universe, but that's okay, we don't need to go that far right now, even though I appreciate it.

We're working on a really intense theme this year, which is as a group held within a high frequency container that we're all feeding into, to be willing to go into the places in our Energy Bodies where we hold traumatic emotions, where we hold the traumas that we dissociated from by learning to go hang out in our minds. Then, these energy blocks never get processed, and we just keep adding more and more mental stuff on top.

I talked a lot about this at the beginning of the month, I really gave you a lowdown of what that looks like: that map of reality. I will bring it up over and over again during the year. Because the more we understand how this works, the more we understand how the map of reality that we built as children to survive in the world is literally what are very

archaic, the very archaic part of our brain that works with association created as meaning and as beliefs that led to what we call our BS, our belief system, that map of reality of how the world is.

That map of reality is everything you have come to believe is true in order to not have to feel the actual trauma within you. If part of your map of reality is 'it's not safe to express myself creatively in the world', what that belief is actually pointing to is that wound of having expressed yourself, and having received some kind of trauma from it.

And if we just stay at that map of reality surface, we walk around in our lives and what it's is everything we're doing is a reaction. It's all reactive. We're doing this to avoid this, you know: 'If I'm a good girl, then I won't get pooped on. Okay, okay, okay'. That's what I have as reality. So... what the map of reality behind that is: 'If I am myself. I will get hurt. If I'm creative people will hurt me. I will be screamed at, people will be angry, etc., etc.'

And then the beauty of it is that because we're Divine Beings and we came to clear the field and help humanity heal, it doesn't work!

These associations that we built in order to prevent ourselves from feeling the deeper pain, they don't work. Because even if we do that 'If I'm a good girl, then people will treat me nicely'.... The reality is - and we all know that this happens - that other part comes in: 'but I did everything right, and I still got called wrong, and therefore...'.

And then whatever that is, whatever that therefore is (which is what we were talking about 2 weeks ago), whatever that is, that's the closest we manage to get to actually feeling what the Core Wound is and the reaction in our body to it.

So I think I gave you the example of, for me, it's sulking in anger: 'If I'm a good girl, then... if I absorb all the negative energy around me. then

my parents will be, peaceful, and I'll be safe in the house. But I go back downstairs, and I still get pooped on, and I still get screamed at, and I still get this and I still get that, and therefore... it doesn't matter how much I do, it'll never be enough. And then what's left for me to do?' My map of reality is 'whatever I do, it'll never be enough'. So what's left to do? I go back in my room, I go hide in my room alone - the only place I'm safe. And maybe I sulk in anger, to avoid feeling how much that hurts.

That thing after the 'therefore', it's a really powerful gateway to figure out what's really going on underneath it.

For some people it'll be more like a victim thing (crying), and if you go deep enough underneath that, it might be: 'Therefore I should just f***** kill them all'.

And that's so unacceptable... It's so unacceptable... You're a 5-year-old thinking about killing your parents! You're like: 'Oh, my God!' and you just you need to dissociate from it to survive. And so, then, your map of reality is all like a bunch of jumbled stuff, and it's very small. Our maps of reality are very small. It's the whole world and your map of reality. And you're walking around in there and the whole world is constantly threatening to challenge your map of reality because, even though you do the 'if...then', most of the time it doesn't work.

It's such a good example from hmmm, who again? The other day, when we were talking separately, she's like: 'Okay, I'm going to do this. I'm going to do that. I'm going to drive him to work. I'm going to make his lunch. I'm going to do this. I'm going to do that. I'm going to be a good person. I'm going to be helpful. I'm going to be this'...

and then she gets downstairs and it's like, she just gets crap from them like: 'Well, why didn't you do that? How come you didn't take care of

that? Oh, my God, you're so bla bla bla!' And you're just like... it just deflates you and you're like: 'What?'

And then that allows whatever that deeper, whatever that deeper thing is underneath, it allows it to come up. And man... We have difficulty accepting that whatever comes up after... It's a hard one to look at.

And that... that can get you really close to actually feeling what you need to feel in there because under that, we're starting to get really close to the core pain, the core wound, whatever we want to call it.

So I just want you to know that I am a 1000% with you, and I am a 1000% doing this work really deeply right now.

Please understand that the deeper you go into feeling these energies, it does get scary. It feels like it'll swallow you. It feels like it'll drown you in it,

Our masculine energy is: 'this will annihilate me. I am powerless in front of this' and it kind of freaks out, and then it wants to go back into action.

And the feminine side is more like: 'it's too much. I'm too much. I'm too much for everyone. I'll never be able to feel this and be held by others', and then it goes into its own variation of collapsing itself.

That's what we want to do for each other in this container, is to hold the space that allows us to start feeling these deeper things.

It's not: 'okay, I'm just going to go feel them and cry for 8 hours'. It's about being able to tap into them and to bring the frequency of your heart and your conscious Divine Self into that energy, into that energy, because that energy is trapped. It's like a trauma happens, inhale,

limbic kicks in, then dissociation of the thought and the actual emotion.

All that happens in a split second, and that dissociation leads to that being stuck somewhere in the body and to your mind working over time trying to make up stories about how to avoid feeling that, and what it needs to do to not feel that.

What we're doing this year is, we are becoming more and more aware of this.

Cognitively, super important! We need to understand this process with our minds. Or else the mind will constantly interfere with the process and try to protect you from going to feel it because that's its job. The job of your mind is to make sure that it stays healthy and doesn't break. So the more we're able to train your mind to understand cognitively what's going on, the more it's going to be willing to be a partner with us and let us go feel these things. And then it's a loop: the more we feel something that's there and actually release it, the more the mind is like 'Oh, that didn't kill us... Oh, okay.' And it's a little bit more willing the time after... it's like 'Okay, okay, I know what's going on. I know what's happening. We're doing this thing right where we're... yeah'. And you're like 'Yes', and then it starts being a partner.

That's why a lot of the teaching that I try to give you - that I give you - is at the cognitive level first so that the cognitive level of your brain - which is the higher brain - grasps what's going on. So that when the lower brain kicks in - which is your survival system - we've got allies going on: we've got your heart being willing to be open and inviting and welcoming to the process, and a cognitive brain that's able to be 'Okay, it's okay. It's okay, bodies, you don't have to freak out... Okay, it's okay, survival brain. I understand what's going on, you don't have to....'

Because your survival brain cannot, itself on its own, shift out of its defense structure.

Not because it's incompetent. It's nothing, it's because it is run by programs that are reactive. It is not able to do abstract thinking.

We have to change the program. We have to change the association that's been put in there that then gets triggered all the time whenever something is getting close to making you feel something that feels dangerous to the defense structure.

So I want you to keep having fun with that idea of playing with the 'If... then, therefore... but' because it really helps you get more and more clear on what your map of reality looks like.

Our map of reality, it was built by the time we were 9 years old. It's not complex. This is not a complex world that your limbic brain built for you. It is basic rules of how do I belong? How do I keep my body safe? How do I make sure that others don't reject me or hurt me?

And all that was built by a child-like consciousness.

So we go into these places where these emotions have been trapped in the body, and we bring new energy into them. It's not even about 'let me explain to you why you don't have to be worried about blah, blah, blah'... That part of your brain doesn't work like that. This is a big mistake that we do. We start...

I used to do that. At a certain point, I was about to have a burn out because I was trying to converse and talk with 13 different fragments of my inner child and trying to give them what they need. And it's never going to end if you do it like that. You know there's an energy in you that is 'I am the energy of I need and I don't get'. It doesn't matter how much you try to give to it. It is the energy of 'I need and I don't

get'. It is run by the program 'I need and I don't get'. Even if you get it, it's like... 'But... I need and I don't get!' Okay, here's a 1 million dollars. 'But I need and I don't get'... Okay, here's 16,000 candies. 'But I need and I don't get..' It doesn't matter what you give it....the program can't comprehend it.

This is really really important to realize: you could spend the next 30 years of your life trying to answer the needs of all these programs running in you. And you'll discover that it doesn't really work. They're still there. Anyone that's... Ego is a program as well. It goes like that too, saying 'okay, if I get that, then I'll be happy'. Yeah, you know what? You get it and it's like.. it takes what.. maybe 5 minutes... maybe 5 years later. 'Yeah, but... bla bla bla bla bla' This is not how we do it. We do it by bringing love into there, and by holding that love field in there with no... there's no discourse... there's no... there's no need to try to communicate with words to parts of us that are mostly pre-linguistic. They're deep, deep. emotional reactions.

They need us to hold the field while they get processed. They need us to hold the field and let them know that it's safe for them to be felt. And that's... that's huge. And it's much more effective than spending 10 years trying to talk with them and give them everything they want.

How to explain this... They're trapped at a certain age. It doesn't matter how much you try to teach them, it doesn't make them grow up. You are the one that needs to bring the grown up energy into there so that that energy feels safe being processed - which can look a lot of ways: screaming, hitting pillows, shaking, crying, having a completely irrational reaction... It can look like a whole bunch of different stuff. But it's it's in the body. It's not...

Yeah.

I'm going to get into that a little bit next month, about something that happens often when we're about to go hit/touch the thing. and then - we don't even do it on purpose but, like, we recycle it up in the defense structure, and then it creates more pain and then we didn't even get to the thing!

I don't want to get ahead of myself, but... I just really want us to hone into this. This is about feeling it in the body and bringing new energy there, bringing new conscious energy in there. There's nothing to do. There's no discussion to have. There's just presence to hold and let it kind of 'ahhhh' However, it's going. Melt isn't the proper word but dissolve, melt, transmute... Whatever we want it, whatever verb we want to use for that... transform. That's a key, key, key piece.

The mind wants to participate, and it will give you cues sometimes like 'oh, I can feel that it's related to a past life' or something. Okay, fine. Thank you mind for helping, and then get back to feeling. Get back. Feeling is not... Thinking and feeling is not the same thing.

So fine, the mind wants to give information. That's fine.. and don't get stuck in what it's saying. Don't get.. Don't bring yourself back up there when it's doing that. It's kind of like 'okay, thank you for the information' and hone back in and stay there. Breathe and stay there. That is the most powerful thing you can do.

And that, for most people, is the most gut-wrenching. We will do anything to not stay there. You know like 'oh, I have to reorganize all my files by alphabetical order' or, 'I have to vacuum everything in my house now, I have to!' It's like hmmmmm, really? So just catch it when that 'must have' happens. Just keep bringing yourself back to feeling it, feel it.

If it helps you, just realize that these energies in you are trapped. Wherever they are, they're trapped. They cannot do this on their own,

so your willingness to go there and be with them... It's Divine. It's Divine. Just like being able to forgive is Divine.

And just like forgiving, that's the beauty of this, we go in these places and we hold the space, and we flow that Divine Love in there. Eventually what happens is that these energies dissolve. Then the defense structure that was on top of them to protect them doesn't have anything to react to any more. So it starts to loosen up, and then we can actually forget... we can actually move on... we can actually stop being stuck in the past, and be now. Because that's what it means to forgive and forget. You're completely here and now. There's nothing left of the past. Wow! I want that. Where can I buy that?

So... Tonight is the second call of the month and what we normally do on the second call - and will continue to do - is Source downloads. So I have some amazing ones that came in today as I was working on this, and I'm really looking forward to sharing them with you. When I feel that it's... when I start getting this sign of 'enough' from the field that we're in, we will stop the downloads and then we can just have fun being together and talking a little bit.

All right. I'm going to put this part of the video up on Youtube again, because, I really want to make sure that the teaching is available for free, and that those who feel called to join us to come into the work we do after the presentation part understand what the presentation is about and then can decide if they want to join us. So if you hear this, and you want to know what we're doing after... Come join us!