

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 1 : Part 3

Here we are. JSEMP, 2023, March calls.

We are unfolding into a very powerful theme this year, which is the theme... I've labeled it/titled it 'Healing the Split : from Wounded Inner Child to Healthy Sovereign Adult Self'. We're going through a process of going deep into a cognitive understanding of the genesis of our Defense Structures, how our Defense Structures got built, and how they are basically running our energy field to protect us in a way that makes us not able to be responsive.

Our Defense Structures are purely reactive. They were built in order to react to what were perceived as threats at the time by an unevolved child-like consciousness that, if we want to be really honest about it, as a child, we were in a world in which we did not have power. We were in a world where adult beings had power over us, and told us what we could and could not do, and let us know what was right and what was wrong, and all of the part of our brain structure that takes care of our physical and emotional survival is a reactionary part of the brain. That is the dominant part of the brain that is functioning when we are children.

There are developmental cycles, and we'll go more into that next month when I talk about the 0 to 7, 7 to 14 and 14 to 21 major developmental cycles of not only the brain structure, but of that lead to us becoming an adult self - whether healthy or not. But for now,

we're still, we're still honing into how is the Defense Structure made? How does this function? Because it's super important to understand this. If we don't take the time to cognitively understand how this works, your mind will continue to protect you from doing this work. Not because it's a bad guy, not because it doesn't want you to heal, but because it is doing everything it can in its power to ensure its stability.

So... the beauty of taking the time to go into a deep, cognitive, and psychological and psychodynamic understanding of what's actually happening in you when you're having a reaction - and it's taking over your body - is so that we can have a calm mind that's able to step back and allow us to go into a response, a response ability, an ability to respond to what's going on instead of being hijacked by the lower survival brain, which we share with lizards and mammals, which will react to what's going on. The more we understand how that sequence and system is in place, the more we'll be able to, with our consciousness, be : 'Oh! I understand what's going on right now. Let me just intervene right in there while it's going on' and hold space and disentangle / disengage from the reaction, and actually create a new possibility of choice. And that's our goal. To heal is to bring forward a new possibility of choice, of choosing differently, of choosing a response instead of a reaction. Pretty much impossible to do that if you can't even see and comprehend and understand in real time when you are in a reaction and this is the deepest work you will ever do. Becoming aware of when you're entering a reaction is the only way you will ever be able to heal what's actually going on. A reaction is always your entire system trying to protect you from feeling something. The only way we can heal something is by feeling it. So, it's not meant to feel like you have an enemy within you, but it certainly can feel like that because most of us have been stuck in patterns for a long time. We often catch ourselves saying, "Oh my God! There I go again" or "there he goes again."

Tonight, I want to have fun exploring the anatomy of the Defense Structure. I started talking about it last month with the whole 'IF... THEN, BUT... THEREFORE' concept, which is a very powerful tool to understand because it can help you uncover your belief system, the BS that holds your map of reality in place. This map of reality was constructed by the child-like version of you, an unevolved consciousness, and an immature perspective on reality. Many of us are still operating from this perspective, layering it up with rational-sounding explanations to justify and explain away irrational and purely emotional reactions.

I want to help you understand that your Defense Structure is made up of layers, and we'll explore each of these layers. But before we dive into that, let's remind ourselves of the ultimate goal. Yes, it's about healing the split and not letting a wounded inner child consciousness run our lives, but it's also about growing into a sovereign adult self. And why? The goal is to create more light. We are Creator beings, manifestations of God Essence, and our deepest desire is to expand the light from our Core Star and bring it into the world as creations. We then examine these creations and bring their energy back through our field into the Core Star to create more Individuated Essence, more individuated God Essence.

However, energy blocks and traumas in our fields often hinder this process. It's as if there are obstacles preventing the energy from returning to the Core Star. To achieve this goal, we need a clear field, open and receptive not only to external energies but also to the Essence energy returning from our creations. This is the overarching objective : for you to harness your creative power as a Sovereign Being of light, bringing more light into the world through creations filtered by a clear structure. This clarity will eliminate the need for shuffling around and saying, 'Not there, not that one either, and we can't touch that thing...' This way, your creations won't come out distorted, and

your Core Essence will benefit from the expansion and creation of new light. All of us... all of us don't benefit from that.

The way we get there is by healing the energy blocks that are trapped in our Auric Field from our childhood, from our child wounds, from the wounds that we acquired? That's not really the right word... but from whatever we went through as children that created trauma and wounds, created deep pain, and then from which we started layering a Defense Structure in order to avoid feeling that pain again.

So, just, you know, the reminder of why we're doing this. It's always good to remember why we're doing this when things get tough, and whenever things get hard. It's : 'Why am I doing it? Oh, yeah, okay.'

So, what I want to talk about tonight is a fun subject. If you want to grab a pen and paper (you don't have to if you don't want to, but you can too). You want to grab a pen and paper, and I want to help you understand through a visual (whether in your mind or on paper) what our Defense Structures look like.

And the reason I want to do this is so that you see where we're going tonight. I want you to draw in your mind or on paper a big circle. A nice big circle. And... in this circle, I want you to then draw a circle within it that looks more jagged. It's kind of all jaggedy. And then within that circle, I want you to draw another circle, and then finally, one last smaller circle inside of that, look something like this. Hmm. So something like this.

The outer circle is your Defense Structure. That outer circle. That's your outer Defense Structure. This Defense Structure has been matured and refined over time. Okay, it's... It's pretty smart. It's pretty intelligent. It can handle a lot of things coming at it. It literally governs your lifestyle, how you go about interacting with things to ensure that

you're safe. Right? So, that whole outer structure is literally all around you. It's all around your Auric Field. That's your outer structure.

Then the little jaggedy ning ning ning thing in there, that one is irrational emotional reactions. I'm going to talk about this more, but I just want to give you the labels for each of them. So that outer circle. That's your outer Defense Structure. That jaggedy, that sunny whatever-looking circle is your internal Defense Structure. Okay, it is... it's irrational and highly emotional. It is purely reactive.

Then the circle that's deeper than that, that's the wound, that's the pain. Whatever that is. That's the wound. And finally, the smaller little circle in the middle of that. That's your pure creative energy. That's pure core, creative energies, the creative impulse of life.

The reason I want you to draw this is that I want you to see visually (or in your mind), I want you to understand : your core creative energy is trapped inside of there. That little ball in the middle is pure creative energy. It's trapped within a wound. That wound is trapped within an internal Defense Structure built on emotional, irrational reactions. Which is trapped inside an outer Defense Structure that is refined and built over decades of time.

This seems worse than it is. This seems worse than it is.

So in our daily life, we walk around and we've got our Defense Structures on. Our Defense Structure is : 'Okay, the world is like this. The world is like that. I got it. I understand how to function in this world without getting hurt. Got it.' Everything's fine. As long as we're there, people can do things, and we're kind of like : 'Yeah, whatever,' we brush it off, and we stay in our Defense Structure - in what my alchemist mentor used to call our 'biological robot state.' But basically, you got your structure. You understand how things work : 'I go to work. I do this. I talk like this. I do this. Everything's fine. Etc.' That's

your 'IF I do this, THEN that happens' that we talked about last month. When something happens that pushes, when an energy pushes into your Defense Structure, your outer Defense Structure, and actually breaches it - an energy breaches your first line of defense -

Then you go into the internal Defense Structure. And that one is literally, however you felt when you were a child. So this is a... this is arghhh... You have seen people in this state. You have been in this state : it's when you have all of a sudden become a 5-year-old and everything coming out of your mouth is like : 'you NEVER do this, and you ALWAYS do that, and you always do that, and you blah blah blah.' You have lost your grip on being an adult, and you are right back in a child-like reactive structure. So we all know this, and we know it in us, but it's even easier to see when someone else is in that state. More importantly, really important to understand : you can't really talk to someone in that state. You can try, if you want, but they're a 5-year-old, and they're looping. They're not moving from there.

Okay. And this is where the issue shows up. The outer defense gets breached. You go into an emotional, irrational reaction. If you could, in that moment, sink deeper and actually go deeper into the pain that's being flared up, and go and hold that pain and be with that pain. You could then start the healing work of releasing that pain and hence releasing all that energy from the Core - that stuff under that pain.

What happens most of the time is the opposite. The outer Defense Structure gets breached. The reactive energy kicks in, and from there the energy block gets recycled. It gets fed more negative energy because we fight with someone, we say shit we didn't mean, we get mean and vicious or we're mean and vicious with ourselves... and that creates more pain, and it creates more complexity to the energy block it. It starts layering it into layers and systems that are more and more complex and able to communicate with each other that become a

network. And eventually, it's just looking like an armor around us. It's not even just like 'oh, I have an energy block here.' It starts becoming like a Transformer, it starts looking into something... It develops a life of its own. Eckhart Tolle calls it 'the Pain Body,' which is a really good name for it.

And what we do then is we create more pain for ourselves and for others. We're not doing it on purpose.... It's not blame, this is not blame time, this is responsibility time. This is time to understand what's happening and what's actually happening when we get triggered.

So the core idea I want to talk about tonight is understanding the difference between soft pain and hard pain. Soft pain is when we manage to actually enter through the Defense Structure, sink into the emotional reaction, and go deeper than it, into the body, and go hold the pain of the wound where it is in the body. And we stay there, we hold it, and we feel it. We feel that pain. We call it soft pain because it is child-like pain. It's a pain that could best be described as deep hopelessness and helplessness - existential terror. It doesn't have words, it doesn't have big stories; it's a very deeply felt pre-linguistic feeling. It's either hurt, anger, or sadness. Feelings don't have words; they're not word-based. That's the soft pain. The more we can go in there and hold it, the more we heal it.

All that pain, all these wounds need to heal is to be fully felt and received, and allowed to know what it's going to be like to have a loving, benevolent, parental energy that gives them unconditional love and just holds them as they process how they feel. That's all our pain needs.

The problem is that we don't do that; we go into... we stay stuck in the emotional reaction, and then we create more pain because then we

judge, we judge the pain. We judge the reaction. We judge that child-like part of us, that unevolved consciousness and what it's doing.

And by doing that, we're adding more layers of pain onto it. That's why we call it hard pain. It's like hard layers of pain that we've added onto what was just a little child-like pain that needed to be held.

And we're all... I don't know about you guys, but man, I was an expert at creating hard pain. I have rarely met an inner bully as vicious as mine - which is, generally speaking, how you've internalized parental figures or authority figures in your life.

But this is what we want to work on. We want to develop a super clear discernment between that hard pain that is caused by us judging our soft pain, from the actual soft pain. Because you can feel that pain all day long; it's not going to change anything about the soft pain.

It's almost as if that soft pain is in the middle, and the hard pain is around it, and that hard pain is there for you to not feel that soft pain.

And then it's such a paradox because it would probably take about 5 minutes of absolute willingness to feel that soft pain for it to be released.

Most of us are stuck in lifetimes, lifetimes of being in the hard pain because these judgments are not just our egoic self judging us now; these judgments can span lifetimes.

We come in with tendencies and proclivities based on other lives that we've had and what we did wrong, and what we did this, and what we did that, and so we come in, and there's already... we don't do it on purpose, but there's already a tendency to go towards certain types of judgments within ourselves. And then things happen in our lives and we feel the pain, and then that creates that dissociation between the

emotion and the mind, and the mind starts making up stories about why that pain is there, and why we deserved it, and why this, and why that, and blah, blah, blah, and then the pain we're feeling is the pain of everything our mind has generated to explain away and defend us from actually going to feel that pain there that feels like it's... until you've felt that pain, it's hard to understand it.

How can I say this? It's hard to understand why our mind has done what it's done because it really does feel... to feel the deep hopelessness and helplessness that the three-year-old you felt is... very, very intense.

But we're not 3 anymore. This is the thing, we're not 3 anymore. So with a cognitive understanding of what's happening, we are able to go there as a field of consciousness that is mature and is coming in with, you know, access to the Soul dimension. And we can come in here and give that energy, give that place, that wound, some new energy that will allow the mind and the emotion to come back together, and that's how that gets released.

If you remember, that's the whole thing we're explaining about energy blocks; that's exactly what happens : there's a separation, the wound happens, the mind and the emotions get dissociated.

That's how we survive it : emotion down there in the energy block - that's the wound part, and thought starts building its perception of reality - looking at how other adults act, looking at how it's supposed to be, the good and bad : 'How do I make sure that I survive? How to do this and that. Okay, got it, that's how the world works.'

And all that is a bunch of mental blah, blah, and you know, belief system = BS system. It's 99% of what we believe about reality isn't true.

And the emotional irrational reactions that we have within our field - that second line of defense, the inner Defense Structure - are based on the map of reality that we have constructed. It is NOT based on reality, and it is stuck in the past. It is stuck in whenever that thing happened that wounded us is. That's where it's looping, and it cannot stop looping there on its own. We have to go there and help it.

So my goal tonight, hmmm... My goal this month, I should say, because in 2 weeks we're going even deeper into really creating that discernment energy between the soft pain and the hard pain.

But my goal for tonight is for us to start feeling these layers of the Defense Structure, to start feeling them and playing around with what happens when we are able to breach a layer as loving, kind, benevolent consciousness.

So that the system flares up, and we are there to hold it as it flares up, and then we go a little bit deeper into a deeper layer... it flares up, and we are there. So we learn to be there as responsive Beings. Responsive so as to be able to respond mentally and to feel energetically.

That's how we learn to respond instead of react.

And this entire year is about that, really. The more we're able to hold the reaction - which is literally to be in response energy - we're able to hold that reaction happening... which is irrational, which wants to blame someone else, which wants to make it all about the outer world, which wants to decide that everything I'm going through is because of other people : 'it's because of this, and it's because of my mom, it's because of whatever he said...'

We hold that.

That's us responding.

And as we hold that, that emotional reaction will start to receive what it actually needs from us.

And this is how true change happens : for us to be able to go feel the wound that's underneath the emotional reaction, we're going to need to calm it down.

We're going to need to not get swept up into it and react. So be in the responsive state. We need to stay there and go towards the pain and actually feel some of that pre-linguistic pain.

And I want to, I absolutely want to go play in this tonight, imagining that we're going through these layers in a responsive way, with a lot of golden energy and whatever else is going to come up... I had ideas of what we were going to do but of course it's going to get channeled however it wants to! So... let go.

And the more we do this, the more we will be able to build that ability to respond. The more we're able to go and feel the pain - because we are in a responsive state, the more Core Creative Energy we release that's stuck in these blocks, the more of that Core Creative Energy can flow through us, and the more whatever was trapped in there can spiral back into the Core. Finally. Finally, all the trapped Core Creative Energy in these energy blocks that is freed, and spirals back into our Core, creates more light within us, which then creates more light shining through us, which makes us more radiant, which makes us feel lighter. It makes us feel younger.

What else do I want to say? I can really feel the energy kicking in. Yeah. Yeah. Okay. I think I can't keep talking about it mentally. Let that sink in... Remember that little drawing you did because what we're going to do tonight is we're going to go from that outer layer, and sink through it. Then we're going to go into that jagged emotional, reactive layer to go toward actually feeling and holding the pain underneath it.

So yeah, okay... Kicking in big time. I'm going to stop this recording for a second. Anyone watching this on Youtube, If you want to come join us and play - because yes, this is play, believe it or not! - Reach out. There's information below the video