

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 2 : Part 1

Here we are. April 2023, JSEMP Program.

We're unfolding a theme this year, which is about healing our core traumas by bringing the dissociation back together. Bringing the emotion and the thought back together so that what we call a trauma - which is really an energy block that's held somewhere in our body, in one of our bodies in our energy field - can finally receive new energy, receive our conscious energy into it so that it's able to dissolve, and that energy comes back, comes back into our system as energy that's available for the entire system.

And the whole goal of doing this is because anywhere in our body where we hold trauma, the Core Star, the Essence, your Essence energy isn't able to flow through it completely. It has to kind of go around it.

When we create something, it goes all the way out, all the way to the physical, and then the next part of creation is to bring it back through the physical, the Aura, the Hara, back into the Core Star level, to create more light.

We are literally becoming more luminous, lighter as in less dense and heavy, but also more luminous and radiant.

So our entire goal this year revolves around that constantly. That's always the theme where we're getting a deeper and deeper cognitive understanding of how trauma work, how it gets stored in the body, and how we can go and actually heal and bring these energies back into the holistic unit of yourself, so that what there is in you is a healthy, adult self and not a wounded inner child.

It's kind of a little bit of a paradox. I've talked about it a couple of times already, but really what we call our inner child is crystallizations of energy that happened at moments before we were... most traumas happen before we're 9 years old. and we can go even deeper and say that almost everything plays out by the time you're 6.

I want to go explore this a little bit tonight. I'm going to talk a little bit tonight about what happens, as your brain is growing, because what we call the inner child most of the time is a piece of our energy that's stuck in time. It's frozen at a specific moment when we were a specific age and has an understanding of reality that corresponds to the level of development of the brain at that time.

So we're talking about a child's brain and an unevolved consciousness. And this is not. It's not judgmental. It's not as oh, you're not evolved. It's not like that. It's just the way you think when you're 3, or when you're 1, or when you're 7, is not at all the same as the way you're able to think when you're 30.

The problem is that the parts of us that are crystallized and stuck in an energy block and a trauma are still thinking like that. They have not evolved. They have not been brought back into the central line, where they can be accessible energy to the adult self that you are.

And that's our goal because the opposite of a healthy adult self is what we generally call our ego, which is a whole set of programs and a way of viewing the world and of thinking. You know, living in a world of

separation and 3D reality where, if you take something from me, I lose it, and all these kinds of logical reasoning are affected by programs that are coming from deeper in the brain.

We clear the programs, we heal the traumas, the energy flow of information can actually make it into our adult prefrontal cortex, where the actual information processing that an adult can do takes place.

I talked about it in different ways and tonight I really want to hone into talking about the actual brain structure, the physical brain structure that we have, and how it's made of/has 4 layers.

We share the first layer with all reptiles: that's called the reptilian brain or the brain stem, the survival brain. It's very, very, very rudimentary. It is about survival. It ensures flight, freeze, reproduction, and food. It's pretty much it. That's the goal of the reptilian brain.

It's a super powerful brain because if someone is about to attack you, that's the part of your brain that will help you out. If you're about to put your hand on a burner and burn yourself, that's the part of your brain that will get your hand off of there before you ever have a chance to have a freaking debate about 'oh, that burns! Maybe it should take my hand off of there'. So that part of the brain is super important. It's pure reflex.

So we've got that brain stem/reptilian brain. On top of that, we have the limbic brain, which is the mammalian brain. So this is the same brain that we share with all the warm-blooded animals. So this brain is a little bit more complex. It's not about instincts, it's about feelings and emotions, and it's about : 'How do I ensure that I am safe in the group that I'm in? How do I ensure that I have a role in the tribe and I am accepted by the tribe? How do I make sure that I am loved? How

do I make sure that I receive the nurturing that I need?' So it's more complex, but it's still kind of rudimentary.

I'm really going to hone into these 2 tonight, but I just want to give you the full view of the 4 layers of the brain. So you've got reptilian, lizards. Limbic, mammals. Cortex, monkey. Okay, so cortex, we're going to a new level of development. This is like the part of your brain that can figure out puzzles. This is the part of your brain that can figure out how to open a nut by cracking a rock on it until it breaks, and then you can actually eat the nut. Super important, important part of the brain, and absolutely what has allowed us to, you know, build a whole bunch of tools and develop the capacity for abstract thought.

Just in parentheses, sociopaths are people that are functioning mostly only from the cortex and have had a dissociation with the emotional and instinctual brain. Which is a little bit scary because you want these lower parts working because they are what allow you to understand how to protect your body and how to protect others, and as well how to belong in a group, how to belong in a group and actually understand the roles and the give and take that are necessary in a world in order for an ecosystem to function.

So, Lizards - mammals - monkeys. Reptilian - limbic - cortex. And then we got this thing going on here. It's literally like this (pointing to the forehead). The neocortex, or the prefrontal cortex they call it. This thing is what develops between 20 and 25 years old. This part of our brain is the part that's capable of deeply creative thinking, of super long-term thinking, of understanding the consequences of actions 20, 30, 40, 100, 200 years in the future. You know, that cortex isn't doing that. That cortex is like: 'I've got a nut, I've got a rock... what happens if I do that? Oh, that did something!' It's still kind of short-term.

This (prefrontal cortex) is the most important part of the human brain. This is what separates us from the reptiles and the mammals and the

monkeys. Deeply creative, intuitive capacities in this part of our brain. Now, the issue that shows up is that the way information is processed when you receive information from the outer world is that it doesn't come through here (prefrontal cortex). It goes like this:

The first part of your brain that will interpret the information you're receiving is your survival brain: 'Can this kill me,' first off. Secondly, it will go into the mammalian brain: 'How do I make sure that, you know, I'm safe emotionally.' Then it'll get up to the cortex, and then it'll get to the prefrontal cortex. The issue with this is that it gets filtered through the programs that are in these parts (brainstem and limbic system) of our brain.

A wound or a trauma creates a program in these lower parts of the brain that ensures your physical and emotional, your physical survival and your emotional safety. By the time it's able to get up to the cortex and to the prefrontal cortex, it has already been... It's already been tainted. It's already been treated by information centers that have created a perspective on how you're looking at it that doesn't really allow you to process the new information. The information is new, but it's getting processed through programs. So you're not even able to fully just receive the information with the part of your mind that can actually process new information because these parts of the brain are by repetition. The prefrontal cortex can process absolutely new information that has never been received or seen, and kind of ponder and contemplate and introspect. That's what this part of the brain is able to do.

Almost no humans have no programs that are filtering out the information before it gets there. So by the time it gets there, it's not neutral.

I don't know the right word I could use for that... I want to say 'tainted,' but I don't want it to sound judgmental. It's not that; it's just

been filtered through the belief system, your BS system, and the map of reality that you built in order to feel safe.

This poses a significant problem because we have expectations. If you grew up in an environment where people were violent or abusive with you, and someone new comes into your life and says, 'Hey, I want to be your friend,' or 'I love you,' or whatever, it's going to get processed through there before it ever comes to the front, and it creates expectations. Your map of reality represents the outskirts of how far you can go into the world and into your understanding.

So, someone could be coming to you with something beautiful, but if you have programming telling you, 'People come and offer me things, but really it's because they want to manipulate me,' what are the chances that you'll be able to truly see what they're bringing?

Conversely, if you live in a fantasy world where you're just constantly doing positive optimism, and then something happens that isn't what you wanted to happen based on that expectation, you might not be able to see the value of what's happening. You might not be able to see how valuable the teaching you're receiving is.

It's like, 'Oh, it wasn't the way I wanted it to be. Oh, well...' and then you're not seeing; you're not really seeing... You're not seeing - Third Eye, prefrontal.

That's why we want to heal our trauma. That's why we want to heal and expand our map of reality to go way beyond what the child in us, what the child-like consciousness in us, decided was reality. So that we can actually be in real-time, so that we can actually be in presence, where we CAN receive and interpret information in real-time based on what's going on around us, not based on what's going on in a part of our brain that's in reaction to something that happened when we were 3 years old.

So that's the value of doing healing work, and that is incredibly valuable because these parts of your brain - once you have cleared them of erroneous programs that are keeping you in reactive, fearful states - these parts of your brain are super powerful.

They are super powerful parts of your brain. The energy you need to do things comes from there, the energy you need in order to be able to enforce a boundary in real-time when it's time to do it comes from there. The energy you need to save your child from getting hit by a car comes from there. It's like this... man! If you can get your limbic brain and your reptilian brain back on track with your higher intent, with that Hara Line, with your ability to be in positive intent, there isn't much you won't be able to do.

And furthermore, your Core Star energy will be able to flow easily in and out, no problem. Then you can create more light, bring more light in, then bring more light out and in and out, and the more of us doing this, the more we'll be able to expand - well, Joyful Soul Expansion - the more we'll be able to expand into our natural state, which is Joy.

What we tend to call the inner child is really just our natural state. As Souls, we are here to play. We are here to embody Joy. We are here to express Love. We are here to just expand, expand the light. Increase. Transmute. Just the whole yummy, fun, roller coaster ride of getting to play as a spirit in a physical body.

Yes, yes, yes!

So this is a super, super interesting thing to understand: any information coming at you will always be processed by your survival brain and your emotional brain BEFORE it'll ever get to your cortex or your neocortex.

Something else I want to say about this because it's really interesting.

When we talk about how trauma happens... and, you know, something happens when you're 3... You drop a glass, your mom screams at you, you freak out... There's an intense, intensive emotion that's experienced. Your survival system is like 'this hurts, this is dangerous,' it separates, it splits off what you're feeling from you being in your mind where you can be like 'Okay, what do I need to be safe? Pick up the glass, say I'm sorry, then never try to help my mom again'... And whatever you, whatever conditions you come up with...

For the part of you that went through that, it is still going through that RIGHT NOW. The part of you that's dissociated, the energy block in your body somewhere, is still in exactly the same state as it was when that happened because your reptilian brain and your mammalian brain have no capacity to understand time.

Time is a cortex... Time is a linear concept. Time only starts existing when you're able to use a brain in a causal fashion. 'I do this, then that happens.' Okay, we've got a timeline. Before that, that didn't exist.

So that's a super important key to understand about these parts of your brain: they do not comprehend time. They do not comprehend time. Second important thing to understand about them is that they are unable to tell the difference between a physical pain that will lead to your physical death and something that's very uncomfortable emotionally.

It's too abstract to ask about these parts of our brain. They react in real-time. They are always in real-time. There is no before and after. It's just right now. And on top of that, not only is there just right now, but there's nothing else. There's nothing else that's possible.

How profound is it for us to be able to go and meet these crystallized energies in us and actually release them because they are still stuck there?

They are still stuck, looping, and re-experiencing whatever it is that they went through... And beyond that, they are unable to understand the difference between 'this is killing me' from 'this feels really really uncomfortable.'

So we've got these parts of our brain that are kind of trying to avoid dying, trying to avoid whatever discomfort will make them feel like they're about to die, and we're walking around as adults trying to function in the world with these programs screaming all the time.

When we're looking at that defense structure - that outer, the inner, the wound, and then the Core Star energy - that outer defense structure is kind of like that matured version of your defense structure that has a lot of cortex energy going on, and it's like 'yeah, I got it, I understand the world is like this, is like that, these guys are like this, that's like this, and I need to do this and then I'm going to be safe.' Okay, Fine. In that inner defense structure,

We have re-accessed the limbic brain because if you remember what I was telling you last month, that inner defense structure is completely irrational and completely emotional. That's the one that's like 'you always do that, you never stop doing that'... It's the one that has a complete emotional meltdown.

That is the inner defense structure, and we've created an outer defense structure around that to not have to let people see that.

So that's what we're going to play with tonight. It's just a different way to understand that inner defense structure. That outer defense we'll have a little bit more fun with next month. I'm going to keep going deeper... I'm going to start talking about Character Structures next month, and the 5 Core Wounds and the 5 main Character Structures that we developed to cope and survive with these rooms.

But tonight I want to really hone in to the reptilian brain, so I want to explain to you something that's very, very, very cool to understand. It's something that was brought to us by the Enneagram and the understanding of Subtypes - the Sub-Types in the Enneagram.

Basically, between 0 and 6 years old you're mostly functioning from the reptilian brain - that's the most important part of your brain that's active at that time.

And... a little parentheses, not a big one but just a little parentheses: in our developmental process, our brain develops. From 0 to 7, we are developing our physical body, understanding how to move with it, understanding how to grab things, how to run, how to do this, how to do that...

Then, from 7 to 14, we are developing the emotional body more and more, how we're interacting with others, you know, like 'when I do this that happens,' or, you know, playground playing kind of thing. starting to understand how to manipulate as well. That's part of that period.

And then, 14 to 21 we go into full, mental, cortex... We start layering everything with concepts and ideas and opinions and judgments.

From 0 to 21 is the most important part of our growth as a human: Root Chakra 0 to 7, Sacral Chakra 7 to 14, Solar Plexus Chakra 14 to 21.

But within the first 7 years, within that first period of time, you have a mini version of these 3. You have a mini version of your physical/your understanding of how to keep yourself physically safe, your basic understanding of how to keep yourself emotionally safe, and a basic understanding of how to keep yourself safe at a mental level, which is a social level.

And, based on when your core trauma/your Core Wound happens between 0 and 6-7 years old, you can have a really good idea of which one of the main reptilian instincts/survival instincts is the one that predominates for you. So there's fight, there's flight, and there's freeze. Fight. Flight. Freeze.

Any lizard you look at will demonstrate these 3 for you: they will either fight, they will run away, or they will play dead. So what that looks like for us is someone that has had their core trauma between 0 and 2 years old will have a predominance of the freeze energy.

What that leads to as an adult: you can recognize the types of behaviors that you have that will help you grasp which one of the 3 basic instincts you lean into more than another. It doesn't mean you don't have the other ones. But there's one you lean into more than the others.

Between 0 and 2, the freeze instinct is the most important one. You're so small. There's no way you're going to be able to run away. There's no way you're going to be able to fight back. So you're just kind of frozen.

From 2 to 4 years old is when the fight impulse develops the most, and we call this one the 'intimacy instinct'. What it looks like in a child is the child starts having the experience of 'that's my mom, I run away from my mom, I go away from her, and then I come back and she takes me back in her arms, and then I leave and I come back and she takes me back in her arms'. And that's how that intimacy instinct develops properly.

When we have a core trauma at that level, our intimacy instinct isn't functioning properly, and that leads to an excess in the fight instinct.

This doesn't mean you fight with people all the time... I'll give you examples of what each of these mean after. Then, if it is between 4 and 6 to 7 years old that you had your core wounding, it is your social instinct that has been affected the most. Because in that miniature of the physical body, the emotional body, and the mental body, being social - outside of just your mom and your dad and your family - being social is when you start entering the mental field, because it's through the mental field that you interact with other people. Right? You're interacting with their minds. You're interacting with people that aren't your immediate family.

So when it's... it's called the 'instinct grégaire' in French.... It's your social instinct.

So 0 to 2, physical survival instinct. When that's when the core wounding happens, you have a tendency to use the freeze mechanism more than the fight or the flight.

If the core wounding is between 2 and 4, and involves your intimate contact with people that you love and take care of you and nurture you, then you tend to have an overdeveloped fight instinct. And if the core wounding happens between 4 and 7, which is when you start developing your sociality, going out there and talking with people that aren't your immediate family and etc., etc. - if the wounding happens at that time, it's the flight mechanism that gets the most... it's like the volume is a little bit too loud on it.

So what that looks like, people that tend... BTW I'm in the freeze gang personally...

Sometimes they are called 'fawn' as well, because it's not just freezing, you don't move anymore. You freeze BUT you kind of look normal, and you look like you're still functioning. But inside you're completely

frozen. So they call it fawn. It's an interesting kind of development they've understood about the freeze mechanism.

People that have the predominance of the freeze mechanism are people that can spend a lot of time meditating. They can spend a lot of time at home. They love reading books, they love being calm, they avoid situations that are too noisy or social, they have difficulty with situations that are too intimate and intense with someone else. That's the freeze gang.

The fight gang are people that love passion, and deep, deep, intimate contact with someone else, and a big debate over a candlelight supper, and fighting, and then making love and that kind of woah! But they're also people that are go-getters. They go out in the world, and they do things, and they're like 'You don't get nothing for free. You gotta go get it!' They do, and then they think. Most of the time these people are prized in society. People are like : 'Wow! That guy's so productive, and he's so efficient and gets so much stuff done', and meanwhile, they're like literally volume super loud in their energy of fight, and they just... They live in this map of reality, where they have to go out in the world and fight to get what they want.

It's very interesting, the intimacy instinct when the volume is too loud, what it looks like in other ways.

And then the flight mechanism, when that one's volume is too loud. These are people that travel way too much. They're always moving. It's like they can't stay somewhere for more than... they move all the time. They change apartments once every year. They constantly flee, feeling anything in them by doing something. Often they're the ones that have the most addictions, not just to drugs, but to social media, to going out with friends, to watching TV... They're constantly trying to run away from being with themselves. And one of the easiest places to do that is in society. You go out in the world and you do things, and

you meet people, and you go to big gatherings and you make big suppers...

So I want to talk a little bit about this because it's really an incredible thing to understand.

When you study Sub-Types in the Enneagram, they give you super cool examples of that. They're like: 'okay, so if you're...' They give 2 examples that I remember that were really cool ones.

One: A perfect evening:

Now the perfect evening for someone that their Sub-Type is the freeze / the physical survival one would be sitting on the couch all evening reading separate books and just being together. It sounds like the most awesome evening ever, you know? You're in the same room, and you're doing separate things. You're happy to be in the same room together, but you have no need to be interacting. So... clearly, if you have another one of the instincts, that sounds horrible! But to the survival instinct, that sounds awesome.

Two: For the one that's more governed by the intimacy instinct, the perfect evening would be a candlelight supper, with a rose, and you made the meal that your lover loves the most, and you have a passionate conversation about this trip you want to take, and then you make love and everything's fine and bla bla bla. The kids have been sent to the babysitter and all that stuff.

Three: For the one that's more governed by the social instinct, a perfect evening with their mate would be 'let's go out and dance with other people'. I'm looking at Camille and Anna (a couple on the call) and I'm thinking about ecstatic dance... Basically 'let's go do something together in a group'.

So it's super interesting because we might think whichever one is our default is completely normal. But to the other ones that's not their default, that's hell. Like 'oh my God, no no! I don't want to do that!' People that are really into the intimacy/passionate thing don't really enjoy big groups of people, and they certainly don't enjoy if you're going to watch TV or you're going to be reading a book on the couch with them, and not even talking to them.

So that's one example. Another example that was in one of the books that was really good was the perfect version of a move, you know, when you're moving from an apartment/house. So... for the person that's governed by the survival instinct, they will personally pack everything. The boxes will be color coordinated. Everything will be clearly explained and instructed, so that when the movers arrive they know exactly what goes where and in which rooms they will be putting that. The one governed by the intimacy instinct will be like : 'Let's go to Cuba for a week, and let the movers take care of the whole thing'. And then the ones that are more the social instinct would be like: 'Let's get a 24, let's get a couple of pizzas and let's get a whole bunch of friends over, and let's just do the move together and have a whole bunch of fun.

Okay, so I'm gonna let you know right now. I'm part of the first Sub-Type, and that sounds like hell! I will color coordinate all my boxes, I don't want a bunch of drunk people moving all my stuff around, and I certainly won't leave to go to Cuba for a week, while it's going on'

So that's what I want to share with you tonight as information. I want you to consider which one of these instincts is your go-to because there's one of these 3 that is your natural setting.

It's as if it has the volume on a little bit louder. It doesn't mean you don't have access to the other ones, but that's where some kind of

core trauma happened, between 0 and 2, between 2 and 4, or between 4 and 7.

And tonight I want to focus the meditation almost completely on the brain stem, just working on the brain stem and helping to clear some of the patterns and the programs out of the brain stem.

So... okay. Is there anything else I want to say about this, because it's such a vast subject, and I love talking about this.

And I don't know about you, but my brain stem is already reacting to what I'm talking about!

You have to remember that these parts of you - your brain stem and your limbic brain - are working 24/7, even while you're sleeping, to ensure your physical safety and your emotional security. They never, ever stop working. Ever. They are your ultimate allies. They are your ultimate guardians. They are there all the time. We just need to give them...

We need to extract from them the programs that are keeping them in a reactive state so that they can actually respond, in real time, to things going on. Not to the program from 35 years ago that they don't understand is 35 years ago - they think it's right now.

And... yeah. I've got 2 different ways I want to go about this tonight. There might be a bit of campfire, we'll see... There are 3 others... Yeah, there's more coming in now, so just take a couple of seconds now to ponder.

What is your go-to? What is your default instinct?

If something is stressing you out, what are the default actions you're going to go into? Are you going to go hide in your house and just calm down?

Are you going to really need to have someone to talk to about it?

Or are you going to, or do you tend to want to go out, you know, do something else, and just 'changer les idées', just do something to stop thinking about it, kind of thing?

These behaviors are showing you these 3 completely different behaviors, and are showing you which of the 3 core instincts you tend to work with the most.

So...

I will start going into meditation.

We're going to play a little bit with the Core Star as well.

If you need to do anything to get comfortable, get a glass of water, go to the bathroom, anything you need right now... Please take the time to do it, and I'm just going to start channeling the energies. They're already coming in, and we will start in a couple of minutes.

For whoever is listening to this on Youtube: If you want to join us and actually do this work with us, there's information below the video on how you can reach out to me.