

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 2 : Part 2

All right. Here we go.

JSEMP, April 2023, second call of the month. The second call of the month is always focused on downloads and discernments.

We work directly with Source energy, and I really appreciate the process of working with Source energy because, the way we... it's all about how we formulate, and it's all about understanding that in how you formulate, you convey a lot about your willingness to surrender to, to God, to a higher power that understands what's for your highest good more than you do when you're ego encapsulated. So these formulas that we use, it's always the same formula.

We ask for a download of information or a discernment between helping to fine-tune the understanding in the brain and the cortex brain of different things, such as service and sacrifice.

And we ask that it be done for our highest good, or for the highest good of all life - which is even more high frequency to state it in that way, in the best possible way, and the reason we say that is because there are probably 16,000 ways it can happen as opposed to the 3 you imagine that could be.

And finally, in order for me to embody my highest potential. So by formulating it like that, we're not saying... we're not 'God, do this for

me. God, take away this thing. Make this go away. Give me money. Get rid of this for me'...

Because, the reality is, nothing needs to be eliminated. Things need to be re-integrated and brought back into the central line. So you know, Source work is awesome for that. I'll get into it a little bit more when we actually start doing it.

But the reason I'm starting the call off directly by talking about the concept of that Source work is because this year, the whole program is about healing what we call the Inner Child, which is really just... it's kind of these time capsules, and these moments of us that are frozen in time. They're frozen in time and they're looping in there as if it's right now and, our goal this year, for the whole program this year, is to go from being that wounded Inner Child which just means stuck in time capsules looping in real-time with things that happened 30 years ago, 40 years ago that were managed by a child-like brain and managed by a developmental level within your brain that doesn't allow you to process in real-time and actually respond in an adult fashion to what's going on around you.

So the goal is to go from that wounded Inner Child to a healthy Adult Self, a healthy, adult, Sovereign Self. So 'healthy Adult Self', in this case, we're really talking about a healthy ego. So much of spiritual work is about thinking you need to get rid of your ego and transcend your ego and become pure spirit. But the goal of being incarnated in a body is to bring spirit down into matter, and also to give matter the experience of ascending, of coming up in levels of complexity, more and more levels of complexity. We call them dimensions: the first dimension corresponds to Root Chakra stuff, second dimension to Sacral Chakra stuff, and it goes on and on like that.

As we work with these 4 levels of Being - 1-the Core Star level. 2-the Hara Line intentional field level, 3-the psycho-emotional Auric field

level, and 4-the physical manifestation of all of these levels into this humanoid body you get to carry and play around with and house and ego in - we really want to get out of the way of the process.

We want to get out of the way so that the Core Star flow can simply flow out the Divine Pleasure of creation for no other reason than because it's awesome to do it. For no other reason than because your Essence wants to express itself and then wants to bring it back in through all the layers, and generate more Core Essence (more Individuated God Essence if you remember these calls in late 2022), we need the vessel to be clear. We need the vessel to be functioning properly. We need there to be room.

And this is the thing, these core traumas from childhood, and these moments where... a book I'm reading is calling them 'time capsules'. It's so funny because, this literally is a time capsule: there's a part of your energy that's stuck in a time capsule. These interfere with your ability to create anything you'd want to create, and then it leads us into these paths of feeling like a victim, feeling like: 'Why isn't it working out for me? Why this? Why that?' And really, at the end of the day, all that's really going on is that there is interference in the proper flow of the energy from one level of your Being to another. and then from the outer levels of the Being back into the Core Star.

So that's... that's our goal this year: helping to smooth out the bridges between the levels and smooth out the content within the layers so that we can get more and more flow.

When I do these Facebook events called 'Sacred Heart Flow', it's all about that. It's, can we learn to flow and blow that energy of the heart outwards and feed ourselves with it so that everything gets a lot simpler. When we're stuck in our heads trying to figure all that, working with a bunch of programs that got put into place to ensure our physical survival, we're not really interacting with things outside

of us that much. We are interacting with our programs about these things. And that basically means that we're in reaction and not able to respond. We're not in response. We're not in response-ability.

So I already know that one of the discernments I want to work on tonight's going to be about victimhood and responsibility, reactivity and responsibility. That's a huge one. That's a huge one for us to work on all the time because if we're really honest about this, most of us have been in reactivity our entire lives. We get little breaks once in a while when we're calm. When there's nothing triggering us, we kind of get to feel that we're calm and present.

But the reality is that for most of us, these are the rare moments, and what we want to do is we want to make that the baseline. We want that to be normal. We want a state of response-ability to be our normal state and allow reactivity to have its place where it's meant to be.

What a sentence! 'Ultra presence leads to ultra instincts'. Wow!.....So there's a couple of things I want to say before I go into the downloads.

How much time do I have? I don't want to... I can start talking and go into it.. But I want to say a couple of things about this lizard brain that we have. I would like to do an entire call just on this but I'm just gonna touch on it a little bit.

That lizard brain is the seat of intuition in the way it has worked up to now, the way it has worked up to now on earth for humans. Intuition has been very fear-based, and that's not a bad thing. That's not a bad thing, it's like you're walking around in the forest and all of a sudden you're aware that there's a jaguar behind you, looking at you. That's good intuition to have!

But it's very, very body-based, very body-based intuition that you could almost interchangeably... It sounds really weird to say this but you could almost interchangeably say fear-based. It's intuitive information that comes in through the fear brain, which is your reptilian brain, and it reacts right away.

You know, if there's an animal attacking, and that fear brain kicks in in time, you'll spear it in time... That's a super powerful, in the moment kind of intuition, because that's how that brain/that part of your brain works. It works 'in the moment only'.

What we're going through right now (Humanity)... Which, if you've ever delved into Gene Keys or Human Design and started to explore stuff like that, it's super interesting - we're going through what they call a 'Solar Plexus Mutation'.

It's like the next evolution, not only of the human/the human body and the frequency vibrational frequency that it's at, but it's like the Quantum Leap in our intuition, which will go from being a fear-based, spleen-based, in the moment reactive energy, into a more emotion-based, liver-based...it's hard to talk about this really quickly because, in Human Design they split the spleen and the liver : the Solar Plexus Chakra is now recognized as 2 different organs that govern it.

The spleen one is fear based, in the moment one, the liver is the more emotional processing one.

And the kind of intuition that's kicking into gear, that we are starting to see emerge - and it's a process, it's not like it happens overnight, it happens over a couple of generations - but more and more, emotion will be an information instead of us being victims of our emotions or of other people's emotions, which is what we're going through right now. You know, you're 3 and an angry adult walks up to you and screams at you... trauma! You're a victim to the emotion that just got

thrown at you, or you're a victim to your own emotions towards that, and you start crying, you start freaking out.

That's about to mutate. And wow that's so awesome that we get to, we get to see the beginning of it. Can you imagine what it will be like to not feel like a victim of emotions?

And there's a little super interesting key in here : as we evolve in consciousness, as we evolve in awareness, we will be more and more able to understand that it's all about frequency fields. It's just information. Someone going through an emotion of anger, they are hijacked by the frequency field of anger. It's not them personally. Just like you going into this pit of self-pity and shame and despair, or whatever... you are connecting to a frequency.

The more we become able to understand that, it will completely depersonalize our experience of emotions. And that might sound a little bit scary because some of us kinda like, you know, we get high on emotions.

But... At the end of the day, that is becoming an ultra presence. It's like : 'Oh, this emotion is coursing through my body right now. Oh, this emotion is coursing through that person's body right now'. And being able to be in tune at the emotional level so much with things that you're able to harmonize with them. You're able to notice what's going on in an emotional field, and you can choose to bring your frequency up through ultra presence and start affecting, by entertainment, the frequency band that the other person is in at that time.

That's... wow... That's the potential of us learning to become responsive, of us managing to bring to the reptilian brain the healing that it needs in order for it to be functioning at its optimal state. Having our survival brain able to function at its optimal state - which,

unless something's coming at you to attack you, shouldn't really be on.

Imagine that! Your reptilian brain doesn't need to be freaking out about anything unless something is going on that warrants it. If you look at lizards... unless something's attacking them, they're chilling out on a rock enjoying the sun. Use that as an image for yourself of what your reptilian brain should look like on a normal day to day basis. It should be chilling out on a rock unless something's coming at it.

That's kind of what we did 2 weeks ago. Right? We're just kind of like it's safe to relax. It's safe to relax. We just kept bringing that as a not. It's not a program, but it's like bringing that as an information in the reptilian brain like : 'yo, it's safe to relax', because what's going on is that everything your reptilian brain is reacting to most of the time is coming from programs, and from fears that are coursing through our bodies because of the stuck energy and traumas and unprocessed feelings.

And it's constantly reacting to that.

So.. we clear the energies out. We choose and decide to be conscious beings that have the courage to go and hold the space in these places in our body where these energies have been stuck and stagnant, and just kind of like looping, in order to free them and allow them to come back into the flow of the system.

That's it. That's the choice. That's the choice of rising up into mastery so that we can be Ultra present, so that we can have ultra instincts.

Oh my God, I love this! I love this idea.

Sorry... I'm just having fun imagining this lizard, because there's so many lizards here that I'm looking at all the time here. And there

they're super chill, unless there's another lizard there that they need to bob their heads at to say 'I'm in charge', or whatever, they're just chill.

They eat, they have sex, they lay eggs, they chill on a rock.

That's what your brain, that brain part of you should be doing.

Fight, Flight, Freeze. It'll have one default that it likes more than another one, that's fine. When stress gets too intense in our lives we start going too much into that default one. And that's what I was talking about last time.

If yours is more the Freeze thing, you kind of go more into 'I need to micromanage and organize a bunch of things and stay at home secure', or if the volume is too loud on the Flight one, it's like 'I need to go out and do things', and if the Fight one has the volume on too loud, then you need these super intense, intimate moments with your partner or other people.

I thought that next month I was gonna start talking about Character Structures, and I just want to do a parentheses and say it's too big of a subject to go into next month. Next month I want to hone into talking more about the emotional brain, because I realize that if we just give one month to each part of the brain, we're going to be able to go much deeper into helping each of these layers.

Next month I'll talk about tribal programming roles, emotional brain, a whole bunch of yummy, funky stuff to understand how we're interacting with others.

For tonight. I really want to stick to this brain stem reptilian brain stuff that we're working on.

Yeah, anything else I want to say before we start the downloads? Yes.

I've said this before, but I want you to understand that your brain stem and your reptilian brain - the ganglion, whatever it's called - it's the stem of your whole nervous system that goes down through your spine. Your nervous system is probably the most important part of your body.

It's hyper-important, and this is crazy to realize, but the way that works is from that brain stem, it goes into your spine, down your spine all the way to your tailbone. And then, where you've got your 12 ribs, you've got a series of nerves that come out between each of the spots between your ribs, and these nerves are all part of the sympathetic system. I might be wrong there. There's the parasympathetic and the sympathetic, and one of them is all about 'Fight and Flight.'

One of them is all about that reptilian brain, and the 'go' energy. It makes you go into... it shrinks everything down, and then all you have is a bunch of adrenaline, and you will do whatever it is that you do - either you do Fight, Flight, or Freeze. So you've got 12 pairs, 12 pairs of these nerves. Okay, so 24 nerves that are governing your stress reactions and your Fight, Flight, Freeze. And then you have 1 nerve that manages all your 'Rest and Digest' energy.

It's kind of crazy when you think about it. It's called the Vagus Nerve. I'm not saying it properly, but it's ONE nerve, and it goes down, and it hits all the organs, and when you're in fight and flight, it is impossible to rest and digest. That's the key thing to understand in what I'm saying right now. If these 12 pairs of nerves are active - which for most of us is almost all the time, except when we're in deep sleep - that nerve that ensures that you can rest, deeply rest, regenerate your organs, kick in your healing abilities, receive guidance and intuition and all that yummy intuitive brain stuff... that all requires that that nerve not be hindered by the other system.

So just remember: that 12 pairs of nerves versus 1 nerve. Fight-Flight managed by 12 pairs of nerves, Rest-Digest by 1.

So the more we clear out the programs within these parts of our brain that keep us stuck in reaction, that keep us stuck in fear - programs that are running all the time - these parts of our brain never rest. They don't rest.

We want to become 'Ultra Present'. If I want to describe that right now, it would look something like when you're ultra present, you are fully embodied in that 1 nerve. It's an absolute requirement.

In order to become the humans that we are becoming that are able to function with a high level of intuition that is related to the ability to feel all the emotions and all the currents and all the frequencies around us, we cannot be in fight or flight. How would that ever work?

That's the old school intuition. And it has its purpose, because you don't want the tiger to eat you. But we want to really learn to embody that calm calm calm nerve through which we can digest everything going on around us.

Right. Yeah.

Just FYI: when we're meditating and we really get into it, we really get deep into it, that's what we're doing. We're activating the Vagus Nerve. We're activating the Rest and Digest function.

Whenever we're doing stuff and you start feeling energy, and it feels soft and when you can start feeling expansion happening, that's what we're doing. We are in that nerve.

So...

Let's play! I've got a whole bunch of discernments I want to play with tonight. I'm gonna get excited and I have to, like, calm down and go to my rest and digest state.

All right.

I'll put this part of the video on Youtube again because I'm enjoying doing that.

And yeah. All right.

Anyone listening to this Youtube video that wants to come into the program, come join us!