

# HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

## Module 2 : Part 3

All right. JSEMP, May 2023.

In this wonderful theme that we're unfolding in this year, of 'Healing the Split : from Wounded Inner Child to Healthy Adult Self', I wanted to go through a deeper understanding of the layers of the brain with you, so that you have a clearer picture of where instincts are governed.

What's governing your instincts - that's part of the reptilian brain. And then we have the mammalian brain, which is the limbic brain, which is your emotional brain. And then we've got on top of that, we've got the cortex, which is kind of like a monkey/logical brain. And then finally, we've got the neocortex, which is unique to humans and is literally our ability to think completely outside the box, to see super long-term vision, hyper creative thinking - what we call Fundamental Creativity (which will happen next month).

So last month I talked about the instinctual brain that governs our Fight/Flight/Freeze responses, and this month I want to talk about the emotional brain which we share with all mammals, all warm-blooded animals, birds, and bigger, complex mammals than that.

And what's really interesting about the emotional brain is that... how to say this... Our roles, our behaviors beyond pure physical survival, this is where they are managed. This is also called the 'Tribal Brain', so whenever we're talking about tribal programming like: how you have

to belong to the group, how to ensure you are emotionally secure - not just physically safe, but emotionally secure in a group - because you know what your roles are and you know what you need to do and not do in order to be accepted by the tribe and therefore not thrown out and eaten by lions kind of thing.

So the emotional brain is super important for us to work with because, as we started to see, what happens when there's a trauma is that there is a dissociation that happens and the mind and the intense emotion that was felt get split. It's natural, it's a natural process that happens. The mind protects itself because it doesn't understand how to deal with emotions because your mind is not emotional. It is not emotional. Your mind is thinking and emotions are hyper physical and for most of us pretty scary to feel because it's very, very overwhelming.

And in the animal kingdom, things are simpler in terms of processing emotions because something happens, an intense emotion happens, and then some kind of reaction follows - maybe attack, maybe run away - and once the dangerous situation is over, the animal shakes it off.

And we don't!

If you see a gazelle in nature, a lion is running after her, and she's running, running, running... And then, at a certain point, if the lion's getting too close to catching her, she will go from flight into freeze. So she will just stop moving, and then the lion can't find her in the grass. So once in that freeze, after a little while, the freeze 'thaws out' and then they get up.

You can watch nature shows about this; it's incredible to see because they know how to handle their limbic brain. They 'shake it off,' and

then it's fine, and they go back to eating some grass, and it's all good. They're not sitting there going like 'OMG the lion could come back. OMG!' They're not carrying the trauma anymore. It felt the emotion, and then it shook off what was left in the body.

With us humans, there's like a separation that happens: The memory of a scary event is stored in the mind, but the actual emotion, the actual traumatic intense emotion that was felt, is stored in the body. And you cannot process it with your mind in the sense of your cortex and your rational thinking.

How many of us have tried doing that? You can sit with a psychotherapist for 10 years, and go through all the drawers of your life, and sort everything out, and at the end of the day... if you don't feel these trapped emotions in your body, all you've done is cleaned up the drawers. But the emotions are still there.

So... As I go through talking about these layers of the brain, the idea for us is : the more we understand the way these layers of the brain are made and how it feels in our body, the more we're able to actually become Healthy Adult Selves. Because a Healthy Adult Self is a person that is completely responsible for their emotions. A healthy adult self has a balance between their EQ - their emotional intelligence - and their IQ - their rational, what we normally call 'intelligence' (IQ, generally speaking, is talking about the rational thinking skills and stuff like that).

These need to be balanced. Not a lot of people have that! And without emotional intelligence, without that proper balance between these 2...

I have a beautiful quote that I was reading from Richard Rudd from the Gene Keys. He was talking about how a Healthy Adult Self is 'emotionally literate,' and what that means is being able to take full

responsibility for their emotions, able to not project their emotional states onto other people - in other words, 'I feel like because of you' or 'I feel like this because of what you said' or 'you make me feel like this'... All of that is us not owning up to our emotional states at that time. Is it possible that they triggered us? Yes. But, I don't know about you, but if you want to have a fight with the light switch, it's not going to change much to the fact that the light goes on if the switch gets hit.

So... learning to not project onto others our emotional states is pretty much the key to emotional intelligence. We have to be able to assess what's going on in us. At the end of the day, what that really means is, you have to be able to not be afraid of how you feel. You have to be able to not be afraid of your fears. That's a very interesting concept, because... you're in a human body, you're on a planet that is still calibrating at a certain frequency where the field of fear is very much alive. You know? It's like you'll meet people in life that act like: 'No! I'm not afraid, I'm not afraid!'. In the end, that's bullshit. That's total bullshit.

At the deepest core in our body, there is a vibration of fear that is there. Are we actually willing to admit that? Because that's the only way we can really work with it and actually transform it and evolve it. If we're walking around going like 'No fear! No fear!' First of all, we're in denial. And it's the same thing, we're in that dissociation. There's a denial between what is felt in the body and what we're thinking in our mind, the stories we're telling ourselves in our mind.

And this is the quote from Richard Rudd which I love: *'If we don't know how to handle emotional states with equanimity, integrity, and clarity, we never fully enter adulthood but remain somehow, children'*.

That is the lot of most of humanity without that proper emotional intelligence counterbalancing the intellect... We have wounds we carry in our bodies, a fear of actually tapping into the emotions and

admitting what's going on, with a mind on top that's doing everything it can to find security in the world. 'I'm going to find security in the world by my knowledge, by systematizing things, by organizing things, by creating systems, by having insurance, by this, by that', all these things are the mind going crazy, trying to create security in the outer world so that you feel safe inside. But the only place you can actually feel... nothing you do out there is going to make you feel safe!

I don't know if you've noticed yet... we're all like in our 30s, 40s, 50s... Has anything we've done in the outer world really helped us feel much safer deep inside? It's like the thing is going on INSIDE. That's where we need to go. The discomfort is inside. That's where we go. And that's a skill that humanity is still developing - to go within instead of that default mode of reaction, and something needs to change out there: 'You need to stop talking to me like this. It's your fault I'm feeling like this. I need more insurance'... Whatever it is, it's all out there: 'I need more money. I need more time. I need more...' Doesn't matter what it is, it's like, my God! To fully understand that is the only way we can actually feel safe.

There's nothing in the world that's ever going to make you feel safe. What will make you feel safe is learning to actually hold space within yourself and feel the feelings, no matter how ugly or scary they are. Feel the feelings. That's emotional intelligence. It's like: 'Ooh, I'm feeling really hateful and vindictive right now'. That's not an easy thing to admit. Or: 'I feel super ashamed, and that I don't even deserve to live.' If we are not willing to admit these deep feelings in us, how can we ever learn? How can we ever teach our survival system and our emotional brain that it's safe to feel these things?

This is the really interesting thing: fear in itself is physical. It is physical. Your emotional reaction to fear is to feel inadequate. It's to feel that you're not able to handle it. It's the fear of... 'Oh my God! How do I

know if I can handle it? I don't know. How do I know that... What's gonna happen tomorrow? What's gonna happen in 10 years? What's gonna happen in 50?' We don't know! And that can actually be absolute freedom! Ok ok, let's get there together, okay? It can be absolute freedom to realize 'I don't know what's gonna happen'. As I'm just saying that right now - 'I don't know what's gonna happen - I can feel my fear system kicking in! It's like: 'Well, I need to do something about it'.

So fear is physical, emotions are how you can feel the flow of that physical fear through your body, and anxiety... that's what's mental. Anxiety is the reaction of the mind to what's going on in the emotional and physical bodies. Anxiety is the mind saying: 'Okay, so we don't know what's gonna happen tomorrow. We don't know what's going on. There's a bottomless pit. I don't know what's down there. Oh, my God! I need to structure things. I need to know things. I need to organize myself'. And then all this loops together, and we're basically stuck in that shit all the time.

Your mind can't stop having anxiety about shit until you, the consciousness, come back inside. You stay inside of yourself and you feel what's going on there. You calm down the body enough to actually be able to feel that, it's like an undercurrent, a vibration of fear. It's there all the time. It is collective. It is collective. We can see it in the world. We haven't yet passed a threshold of consciousness where enough of the population is calibrating above the level of fear, and our bodies feel everything in the world all the time.

So we learn to go and hang out with that. We learn to go and like: 'Okay man, this fear's in my body.' You feel its vibration deep in, deep in your cells, and you allow the emotions that that generates, you allow them to flow. And by being - that's what he's talking about when



he says 'Equanimity', right? How to handle emotional states with equanimity, integrity, and clarity.

Equanimity is, you are able to be there and not be a reaction ball which just scares your system even more. Just be there, be aware : 'Oh well, I'm having heart palpitations right now... Oh well, my mind is freaking out about something... Oh wow! I feel this emotion in me right now... Wow! Interesting!' That's equanimity. Integrity is: 'I am feeling this', NOT 'he's making me feel this' or 'the world is creating this in me', or blah blah blah... None of that. I was in a session with someone on the call a couple of days ago, and we had this beautiful thing that came in: 'It's not yours, yet it can only be healed through you'. This is how we leave the victim mentality behind. It's not necessarily yours, but it can only be healed through you.

So that equanimity is the ability to hold that energy, because deep deep in the cells, the fear that's there, it's not yours, but you carry it. It's in the field. You received it in the womb. You continued to receive it as you were raised by parents that were doing the best that they could. And whatever emotional, whatever dysfunctional emotional patterns were in your household when you were a child, you absorbed them through your subtle bodies.

It's not... They don't even have to... We tend to think that it's about, you know, 'trained behaviors' : we saw them acting a certain way, and therefore we... blah blah blah It's even more subtle than that. We absorb it. We absorb it through our emotional body. Even if they would hide everything they're doing behind closed doors and try to protect you from seeing their emotional dysfunctions, you would still absorb them because it's in the field.

I got so excited about that that I forgot where I was... I love that! Hmm.

So... There's a couple of things I want to say about the emotional brain that are important for me to say. I'm going to touch upon them - of course we can't go really deep into them because that could literally be a 3 month course just talking about all this!

Tribal programming : What tribal programming is, it's a very powerful thing to study and start understanding. We all have tribal brains. We can't act like we don't. You know, we have our little reptilian brains that manage fear and fight flight or freeze, and then we've got our emotional brains that handle that whole: 'How do I belong in a tribe? How do I make sure that I'm not kicked out? How do I make sure that I'm approved of? Because that's how I get fed, and that's how I get protected at the end of the day. And that's how I ensure that people interact with me in a way that's positive and emotionally secure.'

So within a tribe there's very clear roles, very clear roles such as, you know, the hunters and the basket weavers and stuff like that. But beyond that, there's a really clear separation of the roles between female energy and male energy. Basic understanding of Yin / Yang stuff, right? Male energy out. Female energy in. What that represents, for example, is the female is responsible for ensuring that people feel emotionally secure. It's about their insides, it's about the internal process and reality of the tribe members.

The way that looks in terms of tribal stuff is that female energy teaches you how others will treat you. The female energy teaches you how others will treat you, how you will be treated by others.

The male energy, on the other hand, teaches you how to be safe in the world. How to be safe in the world. What do you need to do to be safe in the world?



If we do a very quick parentheses with this, and you consider your own tribal brain, your own emotional brain, how did your father and mother give you the example of that teaching?

That's a workshop in itself. But Wow!

Okay, so female energy teaches you how you will be treated by others. This woman I used to study with, that was incredible, she said that the women are responsible for the campfire. The women are responsible for the 'Belonging'. The women in the tribe are the energy that gives to the male energy a space of belonging around the fire. The male energy is responsible for protecting the fire, for protecting that nothing comes and effects that space of belonging. So the female gives the belonging, and the male protects the space. It's beautiful when you think about it.

We have feminine and masculine energy within us, right?

How is your feminine energy? How are you giving yourself your space of belonging through your feminine energy?

We're going to go into a campfire tonight to play with this, so it's going to be awesome.

And how is your masculine energy keeping you safe and protecting you?

These are beautiful questions to ask ourselves.

At first we can be like: 'Oh my God, my feminine energy is a total bitch!', or 'Oh my God, my masculine energy is a total bully!'.

They're doing the best they can with the programs they've been given.

They're doing the best they can with what they absorbed from the world and from the family context, and from the entire ancestral lineage of how that's been going on.

At the end of the day, within you, within your emotional tribal brain, are these 2 roles, are these 2 energies. How are they in relation together?

I had a mentor once, it was amazing... He was like...

My biggest pattern has been, most of my life, that I had really strong male energy that's like: 'Go! Structure! PhD, let's go!' And instead of having a fully developed mother, mature woman energy, I had kind of like a little wounded Princess. So the dynamic within me was: a male warrior that can get anything done, and this little wounded princess that's whining. And then he's like: 'Oh my God! Shut up! I'm trying to get shit done!' (laughs) This dynamic, you know?

It's been 10 years I've been working on that, and it becomes more and more clear as you go deeper and deeper into it, but it's like that wounded dictator entitled Little Princess... that's the wounds from childhood. That's the parts that are still stuck in my body, and that I didn't go and actually hold space for enough for it to be able to...

I want to say 'grow up' but it's not even true, because these things dissolve as we go and meet the child-like parts of us that have been holding these emotions ever since whatever happened when that dissociation was created. Once we go to them, once we go into these energy blocks and we release the emotion that's been stuck in there for 10, 20, 30, 40 years, these parts dissolve.

And this is not bad!

Can you imagine you've had a job for 35 years of holding a really intense emotion, and finally the adult comes up, and it's like: 'Wow! Thank you so much. I'll take that back now. Thank you. You can rest.' That energy can come back into the central line. Whatever is ready to go can just out through the crown. It goes back to Source.

That's why it's interesting to start working on this and start pondering what is the inner child, really? I've been reminding you of this every month now. Most of our concept of the inner child in us is actually these parts of us that are still stuck holding energies in us - and they won't stop. They will not let these energies go until we come, and you tell them that it's okay to let them go, because they are your servants. They're your allies. They're limbic brain level, they don't stop their roles. They will not stop doing what they're doing until you show up and tell them that they can. Because you're the story.

So what we often call the inner child is really just wounded parts of us, wounded energies that are the emotional, the pure emotional frequency of a memory that was traumatic that we dissociated the emotion from. As we flow these emotions, allow them to be felt and held and released up the central line through the crown, the energies that were split come back together, and as soon as they come back together they can integrate. They integrate into the central line. They integrate into the adult that you are.

And that's what we want, we want a Healthy Adult Self : emotional intelligence + rational intelligence working together.

Hmm.

I told you this last month. I want to remind you again: for your reptilian brain and your mammalian brain, they don't understand time. They don't understand time. They don't understand 'that was 30 years ago'. They don't understand that. The part of you that... the part of your

consciousness that is frozen in a time capsule where there's an energy block and an emotion is experiencing that the same way it did when it happened. It is the same thing. It hasn't changed because it's been dissociated. So it's down there, and it's just looping and looping.

That's super important to understand about these parts of the brain: No time exists there.

Other thing that I mentioned that's important to realize is that these parts of your brain are... that they cannot do abstraction. They do not understand the difference between 'Oh, that's physical pain' and 'Oh, that's emotional pain'. That is way too abstract. So even just an uncomfortable feeling of like 'Ohhh I don't like what I'm feeling right now', for your survival brain feels like 'something's about to rip my arm off'.

It can't tell the difference. It can't understand : 'Oh, it's just an emotion. I'm just gonna sit back and flow with it and let it go through my body, and then it'll be over'. It doesn't understand that. We have to train it to understand that. It will/it understands through repetition.

So each time you're able to hold space for yourself and stay present, feel the fear and flow the feelings... each time you do that, the mental anxiety lowers because your mind starts seeing: 'Oh. Okay. Okay.' And the more you do it, the more the mind's like : 'Okay, got it. We're just... yeah, okay, just need to sit here for a couple of minutes, and that process happens, and then I'll be able to get on with my day.' So the mind stops interfering with the process.

Because, if you remember the hard pain, that's when the mind starts interfering with the whole process, and then, instead of releasing the emotion, it just gets recycled: 'I always get stuck here. And oh, my God, I'm still going through this'... and then you recycle the emotional pain and it goes back where it was. And now the energy block is bigger. So

every time we can sit there and be responsive and present, and feel the fear and flow the feelings, the mind calms down. The mind stops going into anxiety. The spin stops and you start learning more and more that you can trust.

You can trust.

This is the thing : you surrender, and you trust. Because you don't know what's going to happen! We don't know what's going to happen! That can either be a source of massive anxiety and emotional distress, or you can trust that life is always going to give you what you need. You can micro-manage every area of your life and do a whole bunch of stuff with your mind, and at the end of the day, that might not even have helped at all. All you've done is wasted a bunch of mental energy.

It's when you learn to trust that Life Is always going to give you what you need - but you have to make the step. So we take a step, and then something appears that you couldn't even have thought of, and it's: 'Oh my God, that's perfect!' And every time that happens and you trust it, and you notice it, and you don't let your mind go into the: 'Oh yeah. Well, that's because of bla bla bla', then the system is able, more and more, to calm down.

The fear calms down. The emotions are able to flow. And the mind is able to stay open and even playful. It's: 'Hmm. I wonder how this is going to get resolved?', instead of being: 'Oh my God, I gotta figure it out. I gotta resolve it. It's all up to me. It's all on my shoulders.' It's not. Because you don't know what's going to happen. And... It's okay that there is mystery. It's okay that there is mystery. Your Divine Self is never going to be figured out by your mind.

Your Divine Self is way bigger than your mind and the magic of life. That's for the Being that you are to know, not for your mind. Your mind

can marvel: 'Whoa!' Your mind can understand, after something that's happened: 'Wow, look at that!' But we have to get out of that place where we're trying to micromanage everything with our minds, because at the end of the day all that does... All that does is create more fear, more emotional insecurity, and more mental anxiety. The more insurance that we have, the more we're freaked out about stuff. It's this weird paradox.

So... I'm very aware we all have a flavor to our core deep fear. I've been aware of mine for a long time... To the idea of 'just feel your feelings', it says... 'Oh my God, no!' We all have a flavor of what that fear looks like, of what's going to happen, what's going to happen if you fully and completely feel your feelings. And that is a very powerful question to ask yourself. For me, I asked myself that question many, many years ago, and it was always the same thing: annihilation.

Annihilation: 'I will be annihilated. It will pulverize me, it will rip me to shreds. There will be nothing left. It will destroy my soul'. It would be so ridiculously intense! But it was. Annihilation is very much a masculine fear... 'I will be pulverized into a 1,000 pieces'.

For other people, that might be: 'If I fully feel my feelings, I will go insane, and I will end up in a looney bin'. I'm thinking about someone here, that's what we're talking about in our session. 'If I fully feel my feelings, maybe I'll go crazy and I'll go kill people and then I'll have to deal with the guilt of that'. But whatever the fear is. It's the fear of feeling.

And something really crazy and fun and scary at the same time that I want to tell you is that the part of you that is afraid of feeling is your egoic self. If you... if you fully feel whatever fear is in you, allow the emotions to fully flow in you, that part that holds that and feeds on that and has made an identity out of that, will be dissolved.



That is very scary for the part that's identified with that. But for you, the conscious being that you are - not the stories that you're holding - that is freedom. That is you coming back to your mastery. That is, you are becoming more and more able to be equanimous.

So yeah... we are going to do a campfire tonight and I'm looking forward to it. My mantra for you tonight is: 'Feel the Fear and Flow the Feelings'.

Ok, let's have some fun at a campfire. I think my talk was a little bit longer than usual. I'm sorry I'm very passionate about this, I can't help myself!

Give us a 5 minutes break, do whatever you need, and then we'll keep going. We'll do the campfire meditation.

Anyone listening to this from Youtube, feel free to join us by booking a call with me and I'll see if you're a good fit for the program!