

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 2 : Part 4

The May call... 41 minutes is how long the presentation part is, and there is so much, so much yummy juice in there. Oh, my God! I was relistening to it as I was doing the closed captioning, and I was like : 'Whoa!'

Too much to touch on in only one month, and absolutely too much to touch on in only 45 minutes!

Just a little recap of some of the key pieces of what I was saying :

Right now I am guiding us through the layers of the brain. Basically, the brain stem is where all the animal instincts are, the super basic reptilian instincts like eat, reproduce, seek heat, shelter... basic things like that. And we've got that variety of 3 types of survival instincts - and one predominates for each of us based on what was safest when we were young, based on other things that we might not fully understand, but also based on where the core wounding happened the most : if it was between 0 and 2, 2 and 4 or 4 and 6 - and these are the fight flight freeze mechanisms. So that was what we did in April.

And then in May I wanted to start introducing the limbic brain, which is a more complex brain structure. It is through the limbic brain that your emotional repertoire is managed.

So if I just relate that for a second to that whole concept of the layers around the Defense Structure, that corresponds to emotional, irrational, emotional reaction when someone's getting a little bit too close to piercing through your Defense Structure.

But this part of the brain, the limbic brain, is where all the belonging scripts are. It's for all the ways of belonging in a group, in a family, how to be in a couple, how to be with friends. All of that is governed in this area of the brain, which is called the mammalian brain, which is the brain we share with all warm-blooded animals, from wolves to elephants to birds to a certain extent.

And that's what I honed in on the call 3 weeks ago, and one little nugget that I started talking about a little bit that I just want to re-emphasize is that this is where our understanding of male and female roles are defined.

In a nutshell, in the tribal situation you have a campfire, you have the feminine energy that creates the space of belonging around the campfire. It is the feminine energy that gives belonging for the masculine energy and to the children. And then, the masculine energy is there to protect that space of belonging, to protect it and receive the belonging from the female energy. This isn't some kind of 'it's the women rule'... It's not that, just never mind all that shit... this is just basic understanding of stuff like this.

The way that these roles get understood in our little limbic brains - because these are not very big brains, they're very archaic parts of our mind - is that the female energy teaches you how others will treat you, what is normal and how you are/how others treat you.

So. Let's say you grew up in an environment where your mom treated you like a piece of shit, then you just kind of assess that this is how you're meant to be treated, and you will reproduce that in your life. So

the female principles teach you how people will treat you in the world, in the family, in the couple, and this and that. The male energy teaches you how to be safe, how to be safe in the world.

This is a crazy story. I don't really think... I might want to share that...

Yeah... okay, I will. I will.

My grandfather that I never knew (basically the father of my mother and her brothers and sisters), when the males turned 18 in that family, the dad would bring them for a ride in the car, and it was like : 'Oh my God, we're going for a ride!' This was a big, important moment of 'son, you're a man now', you know? You're gonna go for a ride and bring him to the bar for a beer - or whatever he would do, because they were a little bit grungy - but at a certain point he would say : 'Okay, I have something really important to tell you now, something really, really important to tell you. Now just get closer. Get closer. Get closer so I can whisper it in your ear.' And the 18 year old son is like : 'Oh my God, I'm going to receive...' and would get closer, closer, closer, and then my grandfather, their father, would punch them in the face and then say : 'Don't ever trust anyone'.

Okay. So that is an example of someone teaching/a male energy teaching you how to be safe in the world. It's not a very good one, and they were very mentally challenged from having gone through things like that. It's a horrible example but I want to give it to you to understand that, for these males, that established how to be safe in the world. You are safe in the world by not trusting anyone.

So most of us haven't had it that intense. We've had fathers - I didn't have a father, but - we've had fathers that have given us a model of how to be safe in the world. Whatever that means, maybe : you go work, you're a good man, you take care of your things... Healthy versions of that would be something like that... You take care of the

ones you love, you protect them, you own up to your shit, you work whenever you need to work internally to be a good man for your family.

And hopefully a positive female role would teach you to treat others with respect and dignity and with care and love.

So this can be an incredible exercise to go through : What were the dynamics in your house as a child? The way your mother and father interacted together and interacted with the children can tell you a lot about some of the programs running around in your brain about how to be with others, how you're going to be treated by others, how you're supposed to treat others, and how to stay safe in the world.

So that's... I just barely touched on that but that's such an important piece of that information, because these are emotional dynamics. These are your emotional dynamics with people, and we interact with others at an emotional level much more than we want to admit. We're not a bunch of intellectual brains walking around, interacting with everyone only in the Noosphere of ideas. We're still in a very emotional world, very governed by emotions.

Which is good and bad, you know, because until that Solar Plexus Mutation completely happens, the reality is that most people, their emotions are governed by their instincts. Their emotions are governed by their brain stem, and the brain stem is all about keeping you safe, keeping your body safe. And these 2 parts of the brain do not understand the difference between: 'I feel emotionally uncomfortable', and 'someone is ripping my arm off'. They do not understand that, and they don't understand either : 'I was 5 then, and now I'm 40 or 50'. They don't understand that either.

So all that's brewing in real time, all the time. Something happens, it rubs up on the Defense Structure. You've got that complex Defense

Structure that's a bit more established and has reasoning skills and stuff like that. If it manages to go through that defense, through that part, then it hits the more emotional, irrational part of the Defense Structure. And that's what we're talking about. We're talking about brainstem and limbic brain kicking into overdrive. And then, all of a sudden, that's what's talking, that's what's acting, and this whole area of your brain (cortex/neocortex) is basically hijacked at that point by the reaction.

I don't say this to be like: 'Oh, we're victims of this'. I say this so that we understand that's the work. That's the work we're here to do: You calm down these processors. You calm down the fear - that's the reptilian brain. You flow the emotions - that's the limbic brain. And then you have access to reasoning.

Then you get to reason: 'Okay, what's going on here? Okay, I'm not 5. This person is screaming at me. There's a situation going on. How do I want to respond to this?' Right? You regain access to your cortex, and even more importantly, you regain access to your intuitive brain, which is going to be able to understand a lot more about what's going on at that moment.

And that's what we want. We don't want to be... We don't want the evolved parts of our mind to be governed by the archaic, primitive parts of our mind. It's not a good mix. It's not a good setup. We see what it looks like in the world, people acting out of fear do a whole bunch of stupid stuff.

So the more we know how to work with these when they're flared up, and just come back to center, hold the space, feel the fear, flow the emotions, be aware of the anxiety, and just : 'Okay, I'm just... I'm here. I'm here. I got you. I'm here. I'm here'... That starts calming down. Then you start re-accessing parts of your mind that can actually help you decide : 'what do I want to do in this situation?' That's responding.

And believe it or not, the more you calm all that stuff down, and the more you clear out the programs and the fears and whatever is going on in the physical body and the nervous system and the outer bodies... Once all that's flowing, it is no longer going to be true that the archaic parts of the brain can hijack the more evolved ones. It's super interesting, the brain physiology literally starts changing when you're not in a fear band frequency all the time.

If you ever want to study, you can read some David Hawkins about it, it's incredible. He's talking about how, as soon as you hit over 200 in the consciousness level - which is where you're out of fear and now you're in courage, acceptance, willingness, you're going towards reasoning and love - as soon as you pass that 200 mark, the brain physiology literally changes.

It doesn't go straight to fear and the amygdala gland, whatever you call that gland that goes Boom! Boom! Boom! Reaction! All of a sudden the cortex starts being able to intervene and actually get solicited for information processing. So all of a sudden, your brain is no longer governed by animal instincts. I'm not judging animal instincts, I'm just saying we don't want to be governed by them.

So... All right. That's just a little mini recap I wanted to do. Today is the day where we do 'Source Downloads and Discernments', and I want to do it a little bit... not differently... I want to say 'differently' but it's not exactly different.

I want to add connecting with the Sacral Plexus at the same time as we're doing it because that is where emotions are governed, that is where your sense of personal self, your sense of self-love, your sense of self-acceptance, your ability to know that you are deserving of love and pleasure and well-being...

This is where it's all governed. So yeah, that's just coming in this morning. I want to bring that one in.

And so...

Wow! That is the shortest talk I've done yet! Yes!

Okay. I'm just gonna stop the recording for 1 second, and then I'm going to start it up so that we can go straight into the Source downloads. Anybody watching this on Youtube, reach out if you want to join us.