

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 2 : Part 5

All right! What a beautiful theme, what a beautiful theme we've been unfolding in this year. In the last 3 months, including this month, I wanted to do a deeper excursion into parts of the brain / layers of the brain in order for us to then be able to tackle understanding 'Character Structures', which are related to the 5 Core Soul Wounds. That's what's coming up in June and July, but before we get there, I want to finish talking about the layers of the brain.

So just to quickly recap: 2 months ago I spoke about the brain stem, and your brain stem corresponds to your Root Chakra. In many ways. It's your basic survival instinct. It's your basic instinct of how to take care of your body and make sure that your body is safe.

And then last month we went into the limbic brain which in many ways you can equate with the Sacral Chakra because it's about your emotions... it's about your emotional reality, your emotional reality with yourself and your emotional reality / the emotional dynamics that you're involved in. It's called your tribal brain and it's the mammalian brain. We have it in common with all the mammals. If you hang out with a dog or a cat long enough, you have no difficulty understanding that they have emotions and there's emotional complexity going on there.

So tonight, what I want to hone in on is the cortex and the neocortex. The cortex is up here (I point to the top of the head), and the neocortex is this whole chunk where the forehead is.

And, the way I'm going to go about this is I'm going to structure the teaching I want to give you around the fact that the cortex is kind of like your Plexus Chakra. Your cortex is your ability to logically understand and assess what needs to happen, how you need to interact with someone etc. It's not emotional, it's very much mental. In order to get things done, in order to get what you need, in order to get what you want.

We also call the Solar Plexus the 'social' Chakra because it's about how to interact with others. And now we're not at the tribal level anymore. We're not in a small family. We're not in a: 'mommy acts like this therefore all women are like this. Daddy acts like this therefore all men like this'... We're not there anymore. We're not in that tight-knit little tribe anymore, we're in society. We're in... I don't want to say colder but... Durkheim was really good at talking about that, actually. I'm remembering my sociology background! Think the difference between a very small village and an actual city, and that'll start to give you an idea of the difference between tribal programming and actual social programming.

Social programming is more.... I want to see pervasive but it's hard to talk about that like that. I just want to say pervasive but let me reformulate that... That societal instinct... It's not the instinct of protecting your body anymore. It's not the emotional instinct of how to be in a small knit group in order to get your needs met. All of a sudden, it's how to be in a big group of people with who you don't have personal relationships.

Also it's a whole other level that starts kicking into gear, and it's much more abstract because you play roles in society. He's an engineer, he's

a this, she's a that, this guy picks up the garbage... You don't have (personal) relationships with any of these people, yet you depend on them for your survival in the sense that they put the pavement, they pick up the garbage so that your house doesn't stink, things like that.

So we're becoming more and more abstract as we're going up into the layers of the brain. The cortex is also what we share with monkeys. Monkeys are able to use logical reasoning up to a certain point. My example was that a monkey can eventually figure out how to crack a nut with a rock by banging the rock on the nut, and then all of a sudden it cracks open the shell, and then he's able to eat what's inside the nut shell. Right? You're not gonna see... You're not gonna see a wolf doing that... First of all, they don't have hands that would allow them to do something like that, but also they don't quite have the level of abstraction needed to understand a puzzle like that.

So that's this part of the cortex. It's a puzzle solver. It's a problem solver. And then we've got this beautiful thing we have that separates us from monkeys and mammals and reptiles: a neocortex which allows us to go into intuitive thinking, which allows us to go into broad picture thinking, which allows us to think in a way that we can stretch far, far, far into the future, and consider the consequences of our actions, for example.

The other animals don't have that, and they don't need it. They're kind of plugged in directly with the Universal Intelligence, and they just know what to do without needing to know what to do. We get to have that brain that starts questioning: 'Hmmm... Should I do that? What should I do?' That could seem like it puts us in a lot of trouble, but it's because we're in between, well we're getting unstuck out of it, but that's where we've been for a long time. Most humans are still stuck there. We have put a mental field over almost everything, and most of

us don't know how to interact with these things without that mental field anymore.

The way you interact with things without a mental field is through the brain stem, that pure instinct, gut level understanding of how to do something or how to get out of the way before you get hit by a stone or a car. And the emotional brain is just natural empathy, things that just by looking at someone's face and how they're reacting gives a lot of information and a lot of intelligence. None of that is mental! The mental side will kick in and be like: 'I wonder why they're feeling like that?' Okay, fine, whatever. But that's where we're kind of stuck right now - well we're getting unstuck out of it, but that's where we've been for a long time.

So what I want to have fun with tonight is I want to do a meditation where we're going to tap into these 4 layers of the brain through an understanding of the 3 base Chakras, the 3 base Subtle Bodies and their colors, and then bring it up into the Heart to connect it to the upper 3 Chakras, which are more... Divine. That's what we want the neocortex to be connected to more and more: the ability to see, to see and understand and feel the much broader picture. Quantum Physics is called 'Fundamental Creativity', different from 'Situational Creativity'.

And yeah, so that's... I've been having a lot of fun feeling that... Okay, I'm not gonna talk too much tonight, and we're gonna go into that pretty quickly, but, of course, there's still a couple of things I want to say because this is all super yummy information and understanding how your brain processes information and trauma is one of the greatest tools you can have to understand what's going on when you need to shift where you're looking at what's going on from.

So the problem with us being so honed into the cortex is that your cortex sees everything as a problem needing a solution. And that's

perfectly fine if we're talking about 'how do I get the nut out of that shell?'... That's perfectly fine if we're talking from that level: that's a problem, it's a puzzle, and it needs to be solved. When we're talking about traumas or childhood wounds or deep emotions that need to be felt... this part (cortex) can't really help you with that. And of all things, this part of the brain, the cortex, is aware that there is some kind of problem and it's trying to solve it logically - and it's not logical!

First of all, it's not a problem. It's an emotion that needs to be felt or it's an instinct that needs to be calmed down. So it's not really a problem, and even more importantly, it's not logical. I think we've all heard that quote from Einstein: 'you can't solve a problem from the same level of consciousness where it was created'.

Think about that as being able to go up or down. So it's not just: 'you have to go higher up to find the solution to a problem' (because if you go higher up you'll see that it's not even a problem anymore). But maybe sometimes we need to go lower. Maybe sometimes what your cortex is freaking out about and trying to find a solution to: 'I'm not feeling well, okay, what's wrong? What do I need to do? Do I need to... Do I need to put more clothes on? Do I need to drink some water? Do I need to do this, do I need to do that. It's because of him. It's because of that. I need to move. I need to leave. I need to do this.'

It's none of that! Most of the time it's like: 'I need to feel. I need to feel it. I don't need to think about it more.' We're all pretty good at that. We're all pretty good at overthinking things that, at the end of the day, just require... It just required that you'd be willing to feel them. They are not a mental problem, they are an emotion, they are an energy in you that needs to be met where it is. The body needs to be aligned with the body, not with the mind. The mind has its own alignment.

The body needs to be aligned with the body. The emotional reality needs to be aligned with the emotions. The mental reality needs to be aligned with the mind.

And it goes on in and on: the heart, the interpersonal field, and etc, etc... But this is what we tend to do: our mind - I'm talking about the cortex when I say the mind - is trying to solve a problem which, in reality, it will never be able to solve because it's not a problem, and it's not logical. It's deeper in the body, or it's higher up than the mind. And... believe it or not, there's a lot of relief to be had there because if your mind is spinning and it can't figure out how to find the solution to the problem, the only solution is to stop thinking about it!

The mind's like: 'What?' It's not mental.

If we're carrying an energy in our field or we have damage in one of our energy bodies because of a trauma when we were 3, that is there. It is present in the body. The emotional reality is aware of it because your limbic brain and your reptilian brain are... they're almost... they're very 'together'. They can't tell the difference between each other; they're together. There's something going on there, the instinct is revving up because it's like: 'danger danger'. And then, the emotional brain is like: 'okay, danger danger'. And then the cortex is feeling all of that!

The cortex can feel there's something going on but it doesn't understand where it's coming from.

It's kind of weird to think about this, but they don't really communicate, these layers together. From the neocortex, from us becoming more and more intuitively aligned with our Higher Self and our Higher Heart and our Higher Mind, we can - we are the ones, our consciousness can communicate with all these layers of the brain. But you cannot ask your instinctual brain to communicate with your

neocortex. And you can't expect your logical brain to be able to communicate with parts of the brain that are archaic and non-logical. It's like... what's that expression? 'Apples and oranges' or something. They're not talking the same language.

You, as the conscious being, your job is to understand these different layers and how they function so that you can communicate with them.

This is super awesome to realize! Your intuitive brain - dolphins have this thing (neocortex) this big, it's like super super developed! - your intuitive brain is what can talk with these other parts.

While there are still traumas going on in there, the information is coming like this (from back to front). It's going through the instincts (through the survival instincts) and the fear brain into the tribal brain, into the logical brain, and then it gets to the neocortex. By the time it gets to the neocortex, it's already all convoluted.

It's already all jumbled up with a bunch of programs of survival that came in. And what we want to do is, the more we get our base frequency at a high enough level that we can be living from this brain (neocortex), then we can start reversing. We can reverse. Information can come and we can actually receive it here (neocortex), and let it filter through the layers.

So this is... I don't even know how to express this... I'm getting shivers. This is next-level. This is the quantum brain. This is quantum mind thinking.

I gave you the example of Situational Creativity and Fundamental Creativity. Situational Creativity is, you can come up with a solution to something based on what was there before. Right? It's situational, it's 3D thinking.

Fundamental Creativity is 5D thinking. It is completely radical, completely able to connect to the entire field, the entire quantum field of infinite possibilities, and just pull in new ideas, new ways of doing things that, in many ways, even eradicate the idea itself of there being a problem!

So that's where we're at. It's nice to meditate because this is what we're doing. We're feeding that part of the brain. That's what we're doing every time we meditate together, really. We're calming down the processors so that we have more and more access to the Intuitive Mind which is connected to everything, which is connected to... whatever / however you want to see the universe that we're in, all the different energies and intelligences and beings and our past lives and all of that is accessible through the neocortex.

So imagine that: while we are still running, while there are still traumas in our bodies, while there are still energies that are split in our bodies... that's the whole theme this year, 'Healing the Split'.

We've got a trauma happen, there is a separation that happens between the hard core pure emotion that the 3-year-old you didn't know what to do with, and the thought process and the memory of it that gets separated. And then, we have the memory of things that have happened but we're not feeling what happened. And then our job is to go and actually feel these things. Our job is to create a container where our body feels safe enough to allow us to go into these parts and feel these energies and bring them up, bring them up to consciousness, bring them up through the central line, so that the mental memory and the emotional feeling can come back together and be freed out through the Crown back into the Ether.

This is very exciting! I get a little bit too excited sometimes, and I can kinda like: 'I want to go play with the Quantum Mind!'

Situational Creativity is what the cortex does. Situational Creativity is what our neocortex does when it is stuck trying to see things only through the programs, through the survival programs, through the tribal family emotional dynamic programs of how we need to be to be accepted, or how we need to be to be loved, or how we need to be to be blah, blah, blah... We want to clear all that. We want to clear it out. It's time.

Whatever is for our highest good, whatever ensures our survival, it doesn't need to be an automated thing anymore.

I am not saying we want to take out our reptilian brain and not know to jump out of the way if there's a car coming. That will still work! That's fine. That's full-on, pure, physical intuition. That's good. It's okay that we have that. We need it probably literally 5% of the time, and for most of us, it's on 70% of the time!

So that's what I mean by we can slow that down.

There's a couple of mantras I've been using recently in the last calls that I want to come back to. The way we work with the instinctual brain is: we feel the fear, just feel the fear so that instinct can calm down.

And how do we work with the tribal brain? We flow the emotions, right? So... Feel the fear: 'Oh, my body is having a reaction. I want to run away. I want to go hide. I want to attack'... Okay, feel the fear.

Next level: flow the emotions that that's involving. It's like 'Oh my God! It doesn't matter what I do. It's never gonna work'... feeling it, feeling the actual emotion (not the mental bla bla blah about it). And that's what allows me to calm the anxiety. The anxiety is going on here (cortex). Right? Calm down the fear, let the emotions know they're safe to be felt...

That's how we calm down the anxiety. That's how we calm down the mind that's trying to find the solution, find the solution, find the solution to something that's not happening at its level. It's not a puzzle.

Your emotional reality and your emotional needs are not a puzzle that needs to be solved. They are energies that need to be felt and met.

We're not puzzles.

Of all things, if you can start looking at yourself as the image instead of the pieces, it's getting a little bit closer to what you really are. And that's getting close to starting to see through the intuitive brain, that doesn't look at you like a puzzle to be solved.

It looks at you as an entire Being.

So there's something else I'd like to say but I'm going to see how it wants to come in.

When I talked about the 3 layers of the brain, 2 months ago... When I presented the reptilian brain. I also explained to you that between 0 and 6 years old, we have the mini version of each of these instincts: the survival instinct, the intimacy instinct, and the social instinct. And, based on which one of these instincts was wounded the most, i.e. when your core wound happened - between 0 and 2, 2 and 4 or 4 and 6 - that affects which limbic zone you tend to go into. So when it's before 2, we tend to freeze more. When it's between 2 and 4, we tend to do more intimacy instinct (fight), and when it's between 4 and 6, we tend to do more flight social instinct. That was like a mini version, right?

And I also explained that there's like the 0 to 7, 7 to 14 and 14 to 21 cycles within us. The 0 to 7 years old is when we build our physical

integrity: how to feel safe in the world. It's like the Root Chakra building and hopefully building up in a very healthy way, like feeling safe running and using your body and being fed and having a roof and things like that.

Then 7 to 14, we go through the emotional - the biggest phase of our emotional development. We go through puberty. We go through a whole bunch of funky stuff between 7 and 14.

And then between 14 and 21 we go through our mental development, the most active part of our mental development. It's when we start layering, we start layering the world with judgments and opinions and ways of seeing. It's when we're solidifying our map of reality.

Before 7, it's very in the body gut feeling. Between 7 and 14, it's more emotional and mythical. And then 14 to 21 is the most important period of time in terms of the development of your ego in its linguistic aspect. So it's the ability to put words on things and put meanings on things.

So the reality is, if we're coming from a wounded place, by the time we get to 14, from 14 to 21 we are building a reality. We are building ourselves a reality that has layers and layers of judgments and opinions. And if you remember what I was just explaining to you, a lot of these judgments and opinions are based on things going on below that level but that part of the brain isn't actively connected to what actually happened.

So, for example, your survival instinct gets affected. When you're 2 years old you have this deep wound. When you're 2, your dad leaves or whatever, something happens. Your cycle, your emotional cycle from 7 to 14, you have all these longings, and this and that, and you don't know what you're longing for, but you know you're longing for something. And then all of a sudden, 14 hits, and then you start deciding: 'Well, this is the way the world is... Men ditch you. Just don't

trust. Don't ever trust men. No, no man will ever stick around and be with you.' And you just start... I'm speaking from experience by the way, that's part of the stuff that I came up with as a teenager.

Remember what I was telling you about how we're living in a world where we're interfacing with reality based on our mind and what our mind has decided. Well, that's the most important constructive part of it.

And imagine it's being done on the base of deeper levels that are wounded, deeper levels that weren't processed because most of us didn't have adults around us that could help us through these events and help us understand what we're feeling and what we're going through. More importantly, most of us didn't have parents that were able to hold their ground when we went through adolescence, when we started becoming judgmental and reactive, and this and that. We would have needed them to be able to stay super solid, non-reactive to our reactivity so that we can actually just go through it without receiving how much it's affecting the outer environment.

And for most of us, if we would have had parents with deep, deep integrity within them that weren't affected by our behaviors and our words and our judgments, it would have been a lot easier for most of us to go through our adolescence.

It's a weird thing to... I don't know what parenting is gonna look like in 200 years, but it's gonna be different from what's been going on. It's going to be different from this.

We can't ask anyone to be that for us anymore. We have to be that. We have to be these parents. We have to be that parent for ourselves. And that's what I'm talking about: when we start living from here. That's what we're doing. We're being that Divine Parent. It's like: 'Oh.

okay. My body is having a reaction. It wants to run away. Okay, let me just be there for that. Let me feel the fear.'

'Oh, this emotion wants to come up and attack this other person and scream, and this and that, and cry. All right, let me be there for that. Let me flow the emotions through my body.'

'Now I can tell the judgments that want to kick in about the situation and how the judgments want to solve the problem. Okay, I can hear these thoughts without reacting to them.'

'Now that I've done all that. What do I choose to do in this situation?'

That's responsiveness.

Feel the fear, flow the emotions, calm the anxiety, and then: 'what can I do in this situation now?'

Ironically enough, most of the time, there isn't anything to do because if you've taken care of these 3 things, your neo cortex will be like: 'It's all good'. You take care of these 3 things, the people around you will also be affected and most likely get out of their own reactivity because you're not in a reaction anymore.

And then it could just be like: 'All right. Now what? All right. Well, let's go for a drink, or let's go for a walk', or whatever.

So sometimes the best thing to do is... nothing. There's nothing to do. Just BE. Just feel what comes up and BE with it. Let that then inform you of what needs to happen.

I'm telling you, I'll repeat it again, most of the time that's all that was needed was for you to get really present. Really present.

And that's what we're gonna do. That's what we're gonna do. Just waiting to see if anything else wants to come through.

Yeah. So that's that. That's it for mental stuff. And I already feel like the cortex...

You know, these parts of our body, these layers of our brain, by us coming to them from a place of consciousness, from a place of tenderness and presence, they feel it. This is all alive, they feel it.

And it gets more and more yummy for them, because they're like: 'Oh, yes!' They get to have an hour of TLC right now from us. So get comfy, whatever you need to do. And we're gonna have some fun.

All right, it's all kicking into gear already, so if you need a glass of water, blanket... Get ready, lay down, etc., and I will start the meditation in a couple of minutes.

If you're seeing this video on Youtube, you can read into the description to see how you can join us for the meditations.