

# HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

## Module 2 : Part 6

All right. JSEMP, June 2023, 2nd call of the month.

We are going down a rabbit hole excursion this year through a process to help heal the split within us so that what we have perceived as our inner child, which are emotional energies that have been dissociated from the mental memories of them, so that these emotions - these raw emotions - and these memories, can be brought back together as one and reintegrated into the system so that whatever needs to be healed, resolve, dissolved, evolved, can simply be released back to Source.

Our goal in doing this is to get a clearer and clearer and clearer energy field so that the Core Star energy within us can flow out, can flow out so we can create things in the world, things are not just objects, but also projects, energies we want to embody that our Soul wants to embody into this world, so that we can do that, expand it, bring it into the world all the way into the physical, and then bring it back in through the field into the Core Star, where, by doing that, we create more Light, we create more Individuated God Essence.

So it's our big goal this year, and we're always going to be gravitating around that. It's always going to be about understanding how we can heal the split, how we can bring back together... bring back together into the central line so we can expand it outwards.

And, what we've done in the last 3 months is, we've explored these different layers of the brain. I started presenting to you the brain stem which corresponds to the Root Chakra, to your physical body, to your ability to feel safe in a body, safe on the earth and the physical realm. Then the limbic brain, which is the mammalian brain which corresponds to the Sacral Chakra and to all the tribal programming, all the emotional dynamics, understanding how to be in an emotional relationship with the people nearest you. And then this month we started going into the cortex (and I'm tacking on the neocortex with that) which is all about your sociality, your ability to understand how to function in the bigger world beyond only the family or the small unit tribe.

Now... the programs that we carry, all the programming that we carry, it's all within the brainstem and the limbic brain. Your programs about how to be safe in the world - which correspond to your flight, fight, freeze reactions - and all your programs about emotional dynamics and how to be safe with other people, and how to interact with other people - feminine energy teaching you how others will treat you, masculine energy teaching you how to be safe in the world with others. All of these run on programs... Not all yours : a lot of these programs, we inherit them. They're already in the field. They're already in the collective field.

And then we get to the cortex - which is your ability to solve puzzles and figure out how to crack a nut with the rock and things like that. We share that with monkeys. And then we've got this neocortex, incredible part of the brain and of the ability to self-reflect and be self-aware of ourselves. And this is where all the super long term thinking comes from, the ability to think... I'm thinking about the natives that used to say : 'May every action you do consider 7 generations in the future from you'. That kind of long term thinking and, as we wake up to our galactic heritage, even way, longer, bigger thinking than that.

But the thing with this part of the brain, the neocortex, which is where the intuition is, which is where the imagination resides, which is where all the funky, yummy, quantum, limitless possibility stuff resides... Ideally, we would understand how to function from here all the time, but what happens is as long as there are deep-seated fear-based programs affecting our ability to feel safe in the world and around others, the information doesn't go through here (neocortex). First, it goes through the survival brain.

Things happen around you and your survival brain assesses that information. Then your emotional brain, then your cortex, and then it gets to your neocortex. By the time... by the time it gets here (neocortex) it's already shaped, it's already tainted, it's already been filtered through programs of what's safe and what's not, and what's this and what's that...

And what we need to do as a race, as we start evolving and quantum leaping into 5D consciousness is, we have to come back to having information come in here (neocortex) first. It needs to be able to come in here and not get filtered through the fear-based brain full of programs first.

And that's... David Hawkins talks about this, its the evolution of the brain. It's the evolution of the physiology of the brain. As soon as your core level base level consciousness is calibrating above 200, which is above the fear level, then the physiology of your brain starts literally changing. He calls it tapping into the 'Etheric Brain' instead of only having access to the physical, animal brain. And that's what we need the most...

Oh, my God! Do we ever need that now! Do we ever need that now as all these transformations are happening, as an entire system is dying, an entire belief structure that has held us in slavery is crumbling apart, and the people that have control over others through that system are

doing everything they can to keep it in place, and the best way they can is by trying to keep everyone in fear. So we're in a field right now where there's a lot of fear coming at us all the time.

Please don't watch the news, that'll already help, but it's coming all the time. Even if you're not watching, actively watching things, it's in the field. There's fear in the field, and we need to be able to stand and ground our Essence. We need to be able to be Pillars of Light - calm, present, powerful, peaceful - during these great times of... It's a huge transition!

It's been called 'The Great Work of Our Times' and it has been referred to for thousands and thousands of years, this time that we're at now. And the core responsibility of those of us who are waking up - you wouldn't be on a call like this if you weren't - is to stand in our Light more and more, to stand in our Light no matter what darkness comes at you, no matter what fears show up. And I'm not just talking about 'out there', I'm talking about inside. We need to be able to stand, stand super straight within ourselves.

What was that word we used in a call recently... equanimity. To be able to be in equanimity is literally the most powerful thing you can offer to this entire planet right now. More powerful than going in the 3D world and trying to help someone or do things - which is fine, it's good to do these things but, if you really want to contribute to the huge transition that we're in and you want to contribute to it being softer and smoother... Because it's going to happen either way. This is not about 'will it happen'. It will. The question is, HOW... how smoothly, or, you know, with tsunamis kind of thing.

So what we... As I was talking about the cortex and the neocortex 2 weeks ago, I started introducing the concept of 'Situational Creativity' and 'Fundamental Creativity', and that is what I want to hone in on really deeply tonight with the downloads and discernments.

So I just want to recap a little bit. Situational Creativity is what your cortex is able to do. Okay? Situational means : what's in the situation, it's able to understand. It's lower minded as opposed to higher minded. I'll explain what I mean by them so that it doesn't sound like a judgment.

Your cortex is made to think within a box. There's a box, and these are the elements in the box. 'How can I work with these elements to do something?' That's what it does. So it's boxed-in thinking, which is fine. Logic is boxed-in thinking - maybe not quantum logic, but the usable logic we think of, is. Anything to do with the content that's already there is situational thinking. Anything to do with the past as your data source, is situational thinking. It is always related to what has happened before and how it's happened, and then from there assessing how something could be.

But hopefully you realize, right off the bat as I'm talking about that, that that box-style thinking cannot think radically new things. That's not what it's made to do. It's made to think within rules. It's made to think within boundaries. It's made to think within established contents. And that's good! We need that. We need that kind of thinking for a whole bunch of stuff in life. But...

That's human brain thinking. What we want to develop more and more, and connect to more and more, is Fundamental Creativity, and Fundamental Creativity is not boxed in anything.

If we think of situational thinking as 'content-related', fundamental thinking is 'context-related'. So let's say there's a box, and there's content in the box, and there's space around the box... You're starting to get an idea of context-thinking. Contextual thinking is able to see all of it. It's able to see bigger than space-time, bigger than localized consciousness. It's able to intuitively grasp things, knowledge, data that it has never seen, ever seen in the world before.

That's what we want. That's where the good stuff comes in!

If you need to figure out how to fix your car, you need situational logic and thinking. If you want to figure out how to create a new world that doesn't look anything like what we're in right now, you need Fundamental Creativity. And that's, for lack of a better word, that's the quantum brain.

That's the quantum brain, as in, limitless possibilities where everything can be anything. It can be a wave, it can become a particle, then transform back into a wave, become another kind of particle... It's limitless.

It's... There's a woman that calls it... her name is Rikka Zimmerman... She calls it 'God's infinite menu'. God's INFINITE menu. :) And meanwhile, here we are, we have a menu and there's 8 options on the menu, and that's it. These are the only 8 options... I get to choose from these ones. And the Quantum Mind is like : 'No, no, no... everything is possible!'

The 'Spiritual Brain' would be another word. What's tricky about this Fundamental Creativity is that for the parts of you that are still governed by programs, that are still hijacked by fears, that brain (Spiritual Brain) is absolutely terrifying. It is absolutely terrifying! 'What do you mean anything goes? What do you mean limitless possibilities?'

If you've raised a child and you don't give them boundaries, they are in distress. I learned that the hard way! I had too many boundaries as a kid, and I didn't want to give my son any, and at a certain point, he was like : 'I need to know what's okay and what's not... it's too much!' So... for the parts of our brain that need clear rules and directives, that part of the brain scares the shit out of us!



And we might be like : 'Oh no, of course not! I love this idea of infinite possibilities!' Yeah.. Okay, well, let's see how your brain reacts when aliens that don't look anything like humans show up... not too sure that the brain wouldn't have a little freak out! It's a great example, and I think that might happen in the next decade or so.

So when we talked about the brain stem, it was all about fear. That's where fear is processed, right? And then we were talking about calming down the fear, by accepting to feel the fear, by accepting that it's safe to feel. It's safe to feel. That's the mantra we kept saying in April : 'It's safe to feel'. We feel fear.

And then the limbic brain was all about 'we flow the emotions'. The more you're able to be present - something shows up, it scares that part of your brain that is in charge of your physical survival - to feel what's going on, flow the emotions that bring up, allow them to flow, be present, be aware that's going on, and be a loving energy, a loving parent to it... That's what we're doing in May.

As we flow the emotions, we're like this divine parent that's like : 'I got you. I got you. I'm holding you'. So, we feel the fear, we flow the emotion and, then - lo and behold! - you get access to the neocortex. You get access to the intuition and the empathy that's beyond just the emotional empathy, the ability to really feel what someone's going through and to be able to intuitively understand where they're at and what they're faced with. Also the radical imagination that you can access through the Fundamental Creativity center.

This is so yummy for us to touch into and start understanding this. If there's one thing I can teach you that you keep, is that when your body goes into a reaction, you just remember to get present and actually become responsive. Actually become response-able, because you understand what's happening : 'Oh, there's fear coursing through my body. Okay, let me feel it... Let me tell that fear that it's safe to be

there.' Then emotional reactions, that emotional layer of the defense structure kicks in : 'I got you. I got you.' And then the anxiety chatter...calm it down and, then, all of a sudden... - that's the 3 first processors - all of a sudden, Boom!, you have access to the 4th processor, which would sound something like :

'Okay.

So now, what do I do about this?

What can I do about this right now?'

You're fully there, fully present.

'What can I do about this right now?'

And this is the beauty of Fundamental Creativity, understanding that your brain asks the question. It does not answer. Intuition is not in the brain. intuition is in the Auric field. Intuition is your Soul in your Spirit broadcasting, sending information. Your brain receives it and broadcasts it to the system.

And this is the wonderful thing to understand : there is such a thing as human-based thinking, that are coming from the first 3 layers of the brain; and then there's spirit-based thinking, which comes in from the Aura and the Spirit, from the higher frequency energy fields and comes into the brain and gets broadcasted through the brain, through the glands and the pineal and this and that.

Imagine if you could learn to just do that : to calm down the fear, flow the emotions, stabilize the mental anxiety, and then ask the question from the intuitive brain. Ask the question, and allow, allow your higher wisdom and your higher mind to drop in the information, and then you broadcast that to the body.



'It's safe.'

'Everything's okay.'

'I got me.'

That's what we want to learn to broadcast to our body, because if we're not broadcasting that, we're just pumping and sending out all the programs and all the reactive stuff and all the fears.

And that's the difference between having these 12 pairs of nerves taking care of your 'fight-flight-freeze' OR that 1 nerve that takes care of your 'rest and digest'.

So...

I'm going to have fun honing in on all the downloads, to really have that discernment between 'box thinking' and 'expanded thinking.' I'm going to play a little bit with the Chakras too. Let me see if there's anything else I want to say before we go into it.

Oh yes, there is something I want to say: All the thinking we do from the human brain, as opposed to the spiritual brain, It's all based on the past. It's always based on the past. All these programs that we've created are based on actions and things that repeated in the past. All Situational Creativity and situational thinking are based on the past. The parts of our brain that run programs are reactive; they live in, and they don't understand past, present, and future. Everything that they think and emit is always based on the past. On the past experiences of yourself, your parents, your ancestors, humanity, the whole evolution of species, etc., etc.

Once you start tapping into the Quantum Mind and the neocortex, you can start accessing a completely different way of thinking that is not based on data from the past. What that does, which is absolutely

incredible is that the ability to think in the Now, in the present, means you can pull in information from anywhere. Just that is crazy amazing! We talked about that in the Ascension Particles calls, right? Understanding that your Cellular Intelligence and Universal Intelligence can speak directly to each other; they don't need that Intellectual Intelligence.

I just want you to hone in on this: Intellectual intelligence, Situational Creativity, is always based on the past. That's where the data comes from. And then the past is brought into the Now. The more we learn to tap into our Quantum Minds, the more we learn to choose from 'God's Infinite Menu' (as Rikka would say, which is very cute), the more we free the future from the past.

As long as we are thinking and bringing the past into the present, we are bringing it into the future. If you can start thinking in the Now in a way that's radically, spontaneously pulling in information from the field, from the context and not only from the sandbox, you are entering the space where the Now is a radical step towards a future that is not the past. Free the future from the past.

What the world's going to look like in a couple of years, I don't think we have the ability to understand that! And that's really cool! Because between me and you, it'd be nice to stop reproducing the same thing over and over again. The power dynamics, the victim-bully polarities, the dualistic thinking... All of that stuff, as we expand into our Quantum Minds, a lot of that is going to collapse - in a good way.

Instead of us collapsing the Quantum Mind and the quantum possibilities to expectations and situational logic, we're actually going to collapse that so that the Quantum Mind is completely free to expand, so that we are completely free to think without constrictive, narrow guidelines. Imagine that : being able to think with guidelines

that are expansive, with guidelines that are inclusive and unity-based thinking.

Yeah... I'm getting excited!

Hmm... All right.

We're going to go into some downloads and have a little chit chat at the end. We have time even though we started a bit late. Yeah. It's going to be a good 45 minutes worth so get comfy. If you need to do anything, glass of water, change positions, do whatever you need to do, and I look forward to starting this in a couple of minutes.

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