

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 3 : Part 1

JSEMP, July 2023.

We just went through Lion's Gate a couple of days ago, and it felt like a really high surge of energy, and then it felt like it crashed down a bit after that. So, I'm noticing a slowing down... I feel like everything's slowing down. I don't think it's just me going through that, this deep need to rest and digest - maybe our entire lives, but at least the high-frequency energies coming in that are getting synthesized through us and through our field. So I wanted to bring with July the introduction to the work around Character Structures.

I'll talk about it a little bit but we're gonna stretch this out so that it's not just a big trying to give way too much information in half an hour, which can't really be properly absorbed as we are absorbing a bunch of other stuff as it is.

So, I'm getting a feeling that we're gonna have a bit of a mellow call tonight, which I'm sure no one really minds because it's nice to have a place where we can just come and be allowed to just let go. Be allowed to just come back. I have a beautiful meditation in mind, which is directly related to the Character Structures, but I'll introduce it without us even needing to go into the mental work around the Character Structures too much.

I do want to say a little bit about the concept of Character Structures for those of you who've never heard of them.

The term was developed by William Reich, which was a student of Freud. William Reich was really into doing Body Therapy. He didn't want to just do the Freudian thing, which was all about 'sit on the couch and blah blah blah for 16 hours about everything going through your mind' and psychoanalyzing the subconscious patterns coming up and stuff like that.

William Reich - and a whole lineage of Body Therapist, Psychotherapists, and Body-Centered Psychotherapists that came after him - all realized that the psychodynamic patterns are in the body. So they started learning to work with the body, and seeing how certain movements and touching at certain places could help to move the energies where they were blocked.

We're working with our Defense Structures this year, we're working on feeling where the energy blocks are and helping these energies feel safe moving around and being processed by coming/bringing back together the memory and the emotion.

So they were kinda like the pioneers of that - other than if we're going into shamanic lineages and stuff like plant medicine where they've been working on getting it out of the body for a long time - but in terms of more the Occidental white approach, they were big pioneers in that.

So with William Reich, his observation as he did Psychotherapy with hundreds and hundreds of people, is that he was able to bring down to 5 body types what he noticed going on in people based on when... based on their childhood experiences, the child-parent relation that they went through, and the age that the main trauma that they experienced happened at.

Super interesting, if you consider that we we're working with the emotional brain 2 months ago, all about the feminine and masculine roles and how they were defined for us, and how we experienced them.

3 months ago we were working with the survival / reptilian brain, which is all about these first experiences as a child that establish how you will learn to feel safe in the world.

And... with the Character Structures, the beautiful addition is understanding at the age of the trauma:

- Talking from in the womb to a couple of days after birth or during the process of birth, there's one Character Structure that emerged from that.
- Another one is related to the whole breastfeeding / nurturing period of life, that's another Character Structure. I'll talk about the names after.
- Another one is related to young age during what we call the 'intimacy instinct', somewhere between 2 and 4.
- Also one related to the process of eating and defecating, your ability to eat when you want to and go to the bathroom when you need to - some children were hyper-controlled at that level.
- And then finally, at a later age, comes in really just a little bit before puberty, is the last of the Character Structures.

So these 5 key moments in the first 2 phases of development of a child. When a major trauma happens in one of those stages, it leads to a very specific flavor of a defense system, that includes :

- a Defense Structure around you,
- how you interact with energies in you,
- how you learn to block the energy flow in you, and

- the type of energetic structure that you ended up building around you to defend against whatever you went through : a hostile mother, an absent father, etc.

This stuff gets super interesting because what these super interesting Psychotherapists realized is that not only is there a psycho-dynamic pattern - a flavor that's very easy to get to know and it repeats enough that they were able to bring it down to 5 Character Structures - but it actually... you can SEE it in the physical body by how thin someone is, by if someone carries extra weight, by if someone has a more developed upper body than a lower body, if someone has a...

So, it's incredible when you start looking at these elements!

Oh my God, I want to go into it and at the same time I'm still receiving the 'slow down, slow down'.

What is also amazing about these 5 Character Structures is that they correspond to the 5 Core Soul Wounds. The 5 Core Wounds that, as Souls, we come and incarnate into a body to work on, to work on within that body.

The first one is Rejection, the second one is Abandonment, the third one is Betrayal, the fourth one is Humiliation, and the fifth is Injustice.

These 5 Core Wounds correspond to the 5 Character Structures and the actual physical and psychodynamic makeup that you end up materializing in your body in order to be able to work on it - at first by being stuck in it.

It's like your classroom that you built, and as you start realizing more and more that you are stuck in a structure and it creates pain in you and the same things keep repeating, the same patterns keep

repeating with other people, you keep generating the same types of experiences in your life that make you suffer, etc. The more that happens, the more that pain becomes obvious. The more the pain becomes obvious, the more you're actually willing to look at it and work on it.

There's not a lot of people that go on the healing journey unless there's pain pushing them to do it. Or else why would you? Why would you? You just, you know, you just stay in your little... There's an expression in French... It's like : 'how comfortable we are in our diapers full of shit', because it's warm and comfy. So, unless - if I use that metaphor for a second - unless it starts itching and we're like : 'Oh my God that hurts!', you would just stay in there because it's warm and it's comfortable.

So it takes that pain. And... it's super crazy to really think about this, but we need the pain and the suffering for the ego to accept to start doing the work to heal, yet at the end of the day the healing represents less and less of ego running the show. So, ego could resist the healing, but, at the same time, it just gets to a place where the pain is unbearable and you need to go forward. You just can't take it anymore.

The beauty of all that is that eventually you go from the pain pushing and forcing you to do something, and you do enough work, you do enough energy clearing, you start having enough unblocked energy starting to flow through you... and that momentum builds.

And, it doesn't take long once you start feeling the effects of the human work that you do on yourself, once you start feeling that when you actually sit with that fear, for example, and really sit with it - you feel the fear, you flow the emotions, you calm the anxiety, and then you get really, really present, and then you're able to be in response - it doesn't take long for your system to understand that

that requires a lot less energy. Once you go through that initial 'Oh my God! I don't want to feel it', and you actually accept to feel it, that surge then tapers down, and then you have access to a mind that's not trying to work on a bunch of stuff all the time.

And that, at the end of the day, is what we all want. Even your mind wants that! And when your mind gets to taste that relief, it doesn't take long for it to start demanding more. I don't know if any of you meditate enough, in that kind of silent meditation where, after a while, when you forget to do it for a couple of days, even your mind's like: 'yo, are we gonna stop thinking sometime soon? I would love to have a little break.'

So, yeah.

I'm debating why I'm not getting the 'go' to go as deep into the information as I wanted to go tonight.

I think we're going to go in a meditation process really fast tonight.

What I do want to say is that to those of you that are in this program, I have made a copy of the chapter in Barbara Ann Brennan's book 'Hands of Light', in which she covers.... It's just one chapter, but it's very succinct, very well written. She covers the main authors that have advanced the Character Structures with awesome little drawings and explains how the energetic structure works for each of them and their life task, and it's just beautifully done. And I would really like it if you could read that before the next call.

And then we can actually go a little bit faster than me trying to explain and summarize a bunch of things that, at this point, when we're talking about this kind of Character Structures, I would probably need a good 2 hours to do a good job presenting it. So I don't want to... I don't want to butcher it. What I can tell you though,

the important thing, is that these 5 Character Structures correspond to the 5 Core Wounds that a Soul comes to work on.

I'll just name them so that you know the names when you're reading the document, you'll understand a bit more.

When your Core Wound is Rejection, your character structure is called 'Schizoid'. It doesn't mean you're schizophrenic, it's just the name of the Character Structure, 'Schizoid'. The main wounding happened when you were in the womb, during childbirth, or within the first couple of days after your birth. So it's super specific, and it tends to be terror, Existential Terror. I know that one really well, that's totally mine.

By the way, you can have a mixture, you know. You have a mixture. We have a mixture of them because most of us don't come in to heal just one Core Wound, because we're total overachievers and we're like: 'no, let me work on 3 of them'...

So the Core Wound of Rejection, the Character Structure that corresponds to it is the Schizoid Defense Structure - 'Defense Structure', 'Character Structure', same idea.

When the Core Wound is Abandonment, that is the 'Oral' Character Structure, it's called 'Oral'. This is one that lacked nurturing, maybe the mother... It's like they had it, they had some nurturing, and then it disappeared. So, they had it for a while, and then it went away too fast. Or, they had it but it didn't feel totally connected, so it was like... Many things it leads to is the Oral Character Structure ends up trying to grow up way too fast.

My 2 main Core Wounds are Rejection and Abandonment, so I'm very aware when I look at all the Character Structures... When we look at the chapter and look at the body types and the energy systems that

they have and their general complaints and their negative intent, you'll be able to recognize which ones you carry more than others.

The third Character Structure is related to the Core Wound of Betrayal, and this one is called - wait for it - the 'Psychopathic' Character Structure. It doesn't mean you're a psychopath, that's just the name. It's also called 'Displaced', but basically, that one went through, the child in this question, somewhere between 2 and 4, went through a form of Betrayal from the parent of the opposite sex. A kind of covert seduction and pulling away after. And it just led to a structure that's all about trying to control others. What they went through was deep deep fear of being cut off, and failing.

The next Character Structure, the next Core Wound is Humiliation and that leads to the Character Structure called the 'Masochistic' Structure. These are people who were shamed a lot, who had their power taken away from them, who had a very dominating parent that was very, very controlling of their eating and evacuating functions and stuff like that. They're this big ball of repressed energy that's about to explode all the time, but they don't.

And then, finally, the Core Wound of Injustice, which leads to the 'Rigid' Character Structure. That's a really interesting one because they look perfectly fine and perfectly normal, but if you talk to them long enough, you start realizing they're not connected to their Core. They're not connected to the Core Essence.

So 5 wounds, 5 Character Structures, 5 body types, and even deeper than that, 5 psycho-dynamic makeups of how they interact within themselves, with others, with the world, and with Essence.

Okay.

All of these Core Wounds, they're not really Core Wounds 'of' the Soul, they are Core Wounds that the Soul comes to work on, they are Core Wounds in the fabric of consciousness. It is the human in us...

(a participant gestures and I answer: 'yeah, seriously, it's like 'I have all 5'. Yeah.)

It's... This is so powerful to understand: you come here as a Soul and incarnate in a physical body so that you can work on these wounds, and you're working on them for the entire collective.

They're not 'your wounds', they're in the fabric and these wounds correspond to the more human chakras. All your development from the Root and the Sacral and the Plexus Chakras, all that from 0 to 21 years old.

It's all that phase, the human phase of your incarnation which then, normally, if you have managed to heal and if you've had the perfect parents and you've learned to flow your Core Star energy your whole life and everything was hunky-dory, then you go into your Soul Task - which is what you've come here to bring into this world, which is what you start doing once you start expanding and growing into your more Divine Chakras, your more Spiritual Chakras (the upper 3 ones).

The reality is, most of us are still somewhat encapsulated in these Defense Structures. Some of us more than others. You're on a call like this so you've already been learning to work with flowing your energy and feeling what your blocks are, and this is important to realize that this is why you came here.

This isn't like: 'Oh, that's the stuff in the way before I can actually be connected to my Soul Mission'. No. No! It's not 'in' the way. It IS the way! You working on and healing that Core Wound is directly related

to your Soul Mission, to the World Task, to what you want to bring into this world.

So, it is always important to come back to that. We have to not think in terms of: 'Once I heal then I'll be able to blah blah blah'. It is through your healing, it is through the healing process that you will emerge and understand what you came here to bring - which you are bringing by doing the healing!

So it's not 'this, and then, only after that...', it is THROUGH it.

Super important. Super important to understand.

We are advanced enough on this call that what I want to do tonight is really focus on starting to work on the 'spark'. There is a spark of energy at the center of the brain, there's a spark of energy that is related to the Celestial Body - which is the sixth outer body - which looks like a star.

And I want to hone into that tonight, and I don't want to go too much deeper into the Character Structures. I can show you images of what their physique looks like, but what I really want to do is start to do this expansion of that seed. It's like the seed within the Third Eye - not in the Third Eye per se but rather within the center of the brain where the Pineal and Pituitary glands are - that will help to develop the Celestial Body, which is literally the body through which you start transcending the human experience and you're able to understand at a much deeper level the human experience that you're having.

I don't know why, all of a sudden, that's what I need to do tonight, as opposed to presenting this stuff before, but I'm just gonna trust that. That's what I gotta do.

Yeah, it's like, super clear. That's what I need to do.

Okay, before I go into that. Do you want to see the body types? The 5 Character Structures? Yeah. Okay.

(All images shown in the video are from Barbara Ann Brennan's chapter on Character Structures in her book *Hands of Light*, see the Bonus Material PDF.)

This is the Schizoid Character Structure (page 115, Figure 13-4 of Bonus Material PDF).

This is mine by far. It's a little bit, there's a bit of a de-balance between the right and the left. There's potentially some kind of scoliosis. The energy field is much more developed in the upper part, and the outer aura is very well developed because the upper Divine Chakras are super well developed.

People with the Schizoid Structure have a bunch of energy leaks happening with the joints. So knees, ankles, elbows, shoulders... And Barbara even goes as far as to even show you what it looks like in the Chakras - which ones are more open and less open, clogged up, etc.

Super powerful images to look at. Please read the chapter I will send you about this. It's incredible reading. - and they have more energy at the back of their head and they tend to leak a lot of energy out of the back of their skull.

So that's the Schizoid image for now (we'll go deep into it as we unfold this over the next... we're going to give at least 2 months to talk about this, maybe 3.)

This is the Oral Structure. (page 118, Figure 13-5 of Bonus Material PDF).

So, very, very thin and elongated. The way their energy field is, it's like their Emotional and Mental Bodies are really, really tight and close to their body.

They're considered hypoactive - they don't have a lot of energy, and they don't understand what they're doing but they're constantly trying to suck energy out of other people. Because their Core Wound is they didn't have enough nurturing, they were abandoned. So they're trying to suck, trying to suck energy, all the time, from other people.

The Psychopathic/Displaced Structure (page 120, Figure 13-6 of Bonus Material PDF) has the upper part of the body much more developed than the lower part - and this includes all the upper part of the Aura.

It looks like an upside down egg, you know, like they have very, very, very developed... If you notice, it shows the Etheric and the Emotional and the Mental bodies are huge, and then their spiritual bodies are tiny. They're all tightly stuck together.

These are people that they felt deeply betrayed, and they try to control and manipulate others and their environment in order to feel safe.

Super strong head center, they are people that can just like 'lock into you' mentally and you try to get away from them and they're like : 'No, I'm talking to you'. It's very, very strong energetically. I have another book from her where she actually did drawings showing all the energy dynamics of these Character Structures. Super powerful! I'll see if I can get some photos of that.

Then the Masochistic Structure (page 122, Figure 13-7 of Bonus Material PDF) - that's the person that suffered the Humiliation Wound.

So, I don't know if you can notice what's going on here. Their Emotional Bodies are kind of like 'pudgy'. The Spiritual Bodies are pretty small. And, yes, as you can tell, they tend to have some weight on them. Most people that have suffered humiliation, and have been shamed, tend to wear weight to protect themselves from that, because it was too... It's how they protect themselves.

If you look, all the back of the Chakras are all closed - which are the Will Centers, and on the Feeling centers they got their Plexus trying to reach out and lock into you and get energy and attention through specific patterns that you'll see as you read about the Character Structures in the chapter I'm sending you.

And, last, but not least, the Rigid Character Structure (page 125, Figure 13-8 of Bonus Material PDF), which went to the Wound of Injustice.

Look at their body, it looks pretty good, you know? It's like everything seems pretty balanced and, generally speaking, people that have the Rigid Character Structure will very rarely go towards anyone for help, because they don't really know that they need any help. They're disconnected from their Core, and they don't feel that as a problem.

They tend to be very competitive. They are cold because they're disconnected from their heart. All their Feeling Centers are closed up, but all their Will Centers are super open. They're 'go-getters', they're corporate people. They're like people that have no difficulty going to get what they want in the world. But in terms of : 'Is there a God? Is there such a thing as an Essence?' They're not... they like : 'What are you talking about?'

So, that's what they look like. And all this you have in the chapter I'm sending you. So you'll be able to look at those and really have fun

exploring them. She also gives incredible summaries. Some of each of the aspects of the Character Structures, and all that you're gonna have in the chapter. That's why I don't want to go through all this with you, because it's just too much. It's too mental.

So, you'll see all this in the book. It's extensive and incredible. You'll be able to find yourself there no problem.

Understanding that you are a mix of them, because none of us... It's very rare that someone, one person, has only one Wound. It's possible but I'm very aware that I have the first 2, you know. I think it would be 50/50 for me. But someone else might be able to notice : 'I'm like 50% that one, 20% that other one, 15% that other one'. Okay, fine. If you want to do some complex statistics about your Core Wounds, go ahead!

But what I want to do is work on that... I'm gonna go work on that little root or seed of the Celestial Body. I'm getting a little bit giddy just thinking about it. So, yeah, we're gonna go do that. And I want to show you a super cool thing I discovered (by doing it to myself) of how easy it is to really feel where the Pineal Gland is when you do certain movements of breath with intention.

That'll be all I'm going to say about the Character Structures for today, and it'll be essential that you go and read that chapter.

You'll see, it's beautiful when she talks about the Life Task and the Soul Mission for each of the Structures. It will help you understand other people in your lives too, which is really trippy! After studying those, I was like : 'Oh, okay. My friend has the Rigid one, and this other friend of mine has the Psychopathic one'... And none of these structures are bad, right? They're just what happens when the energy is kind of blocked. And that's literally the structure that we built in

order to heal that, in order to be able to bring what the potential is underneath that structure. They each have a super unique potential.

So I look forward to you reading about it, and we'll explore it a little bit more in 2 weeks - once you have read it and can kind of figure out which one you are and how close you are to catching yourself in where the energy gets blocked, and your ability to see how far you are already in your healing process of fully incarnating your Soul and bringing that gift to the Earth that you came to give.

For now, let's do the work here (I point to the Third Eye) to help us connect even more with our Soul. So, yeah, if you need to pee, lay down, drink some water or whatever, I'm just gonna pause the recording and we will start up very soon, because it's already starting.

If you're watching this Youtube, you can come join us by applying to come into the program.