

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 3 : Part 2

JSEMP, Second call of July.

We have started talking about Character Structures and normally, on the second call of the month, we do Source Downloads. But I want to go in another direction tonight, and we'll extend it to Source Downloads in the second call of August. This will allow us to just work on all the Character Structure information.

I'm not putting these videos up on Youtube because if I want to show images from the Character Structure information, it's copyright infringement related to her material because I'm showing images from her book. And like, I just, I'm just... I'm not doing it. No, I'm not taking a chance. So we're just us, and I'll just do the whole one hour and a half recording without stopping it to create the presentation and the meditation part.

One thing I do that you can take a little note about - it's all in the chapter I sent you about the Character Structures - is they basically all have a different way that they try to 'keep it together', to not 'fall apart'. They all dealt with some kind of trauma, some kind of energy block that got formed, and then a structure that got built around it in order to not feel that. So, there's 5 Character Structures, and they all hold energy differently.

This is... it's super interesting. And it's like super short words. So just remember there's the 'Schizoid', the 'Oral', the 'Psychopathic' or 'Displaced', the 'Masochistic' and the 'Rigid'. These are the 5 basic structures.

The Schizoid is trying to 'hold themselves together'. That's what they're always doing. They're trying to hold themselves together. So it's like, it doesn't matter what's going on in them. It doesn't matter how much they're terrified or feel like they're gonna fall apart. They just hold it all together. So, in the world, it often looks like people that 'have their shit together'.

You know, it's like: 'Man, it doesn't matter what happens around her, she's still able to keep functioning and doing her stuff' - and that's me. So they 'hold it all together'.

Super interesting: If you were to look at their energetic structure, it's all separated pieces, and they're trying to hold it all together. But if they actually do bring it all together, they're afraid that they're going to explode. They're afraid that they're going to explode and whatever pent up rage is inside from the rejection that they felt from their mother will come out. So, they 'hold it together'. That's the Schizoid.

The Oral is the one that the nurturing stopped at a point where they still needed it. So the Oral Character is all about trying to 'hold on'. It tries to hold onto people. 'Energy vampires' is what we tend to call them. But basically, they're just in a state where they are lacking. They need nurturing. They didn't receive enough of it. So whatever they're given, they're trying to hold on to it and get more of it and get more of it. So they don't want to just like: 'Okay, thank you for the help. I'm okay now.' It's like: 'No, I need more, more, more.' So they hold on.

The Psychopathic / Displaced Character Structure - what a horrible name for that Character Structure! The 'Psychopathic / Displaced' Character Structure went through some form of seduction as a child that was then taken away, and they feel betrayed. So they carry this deep betrayal wound, and what they're trying to do all the time is 'hold up', trying to 'hold themselves up'.

So, when she shows you in the book what that looks like in their energy field, their upper body and the upper part of their Auric field is super strong, and the lower part is super weak. So, they're doing this 'Hold up'. (I gesture holding up my upper body) 'Hold up', you know? And please keep reading these chapters to understand their different Core Issues... it's amazing! Right now I'm talking about their patterns.

So Schizoid: trying to 'hold everything together'. Oral: trying to 'hold on to everything'. Displaced or Psychopathic Structure: trying to 'hold up, hold themselves up' (not let anyone bring them down, not let anyone make them feel like a failure or weak).

And, of course, that's what we normally consider a bully, they fall in that category but please understand that they're carrying a deep wound of betrayal, and they're trying to make sure that they don't get hurt again. So that's the whole idea of them 'holding up'.

Then the Masochistic Character Structure, that's the one that suffered a deep humiliation. So the masochistic, his pattern/her pattern is they're 'holding in'. They hold everything in. They're holding in all their anger and all their frustration and all their... and the way that looks in the Aura is that they tend to be a bit on the chubby side, and they're always super dense and developed in the Lower Bodies and barely anything going on in the Upper Bodies.

So their pattern is trying to 'hold in', hold in because they're afraid they're going to explode. And, of course, their pattern leads to that happening! They end up being people that play the 'whiny game' a lot, you know? It's like this weird resentment talk, and they say things that eventually trigger someone. And then once the person is triggered and they react, then they're allowed to explode. And then they're like: 'bla bla bla!!!' So, they're trying to 'hold in'.

And finally, the Rigid Structure, which is the one that's disconnected from their Core Essence and basically lives in a world where '3D reality' is all that matters - with competition and 'I'm better than everyone'... They're in this place where they 'hold back'. They don't talk about how they truly feel. They don't express their true emotions.

So it's super interesting to look at this! Right?

So we've got :

Schizoid: 'holding everything together'.

Oral: 'holding onto everything', trying to hold onto people and experiences and substances and whatever they have.

Psychopathic: 'hold up', trying to make sure that they're strong and no one can bring them down.

Masochistic: 'holding it all in' and there's a constant threat that he's going to blow up and explode.

And finally, the Rigid: 'holding back', holding back as much about saying how he feels - negatively or positively, just hold back... just don't... just look like everything's fine. It's different from the Schizoid - the Schizoid is holding a bunch of the separate parts together, and

the Rigid is holding back in order to not feel his deep, deep need for connection because he's disconnected from his Core.

So just that in the world of Character Structures is so, so interesting to understand! And remember, with the Character Structures, we might have little pieces of each of them, you know? For me, I'm very aware of 2 of them that are predominant for me. I'm like maybe 70% Schizoid, and 30% I got some of the Oral stuff going on. Other people might notice they have a little bit of all of them but, generally speaking, I find we might be able to notice we have one more than another.

So these patterns affect how the Aura looks, of course. So as I was just saying about the Schizoid trying to 'hold everything together', his Aura almost feels like it's all separate pieces, and there's little energy leaks happening in a bunch of places, and the outer bodies are super developed, and the inner ones are kind of like 'meh' (underdeveloped).

The Oral Structure, similar to the Schizoid, has the outer bodies more developed, and the inner bodies are super thin and undeveloped. And that's why they're trying to bring in energy all the time because they're not metabolizing Earth energy properly. Their Root Chakras, Sacral and Plexus aren't pumping in the Earth's energy enough so they're trying to hold onto all the energy.

The Displaced (Psychopathic), as I was saying, because they're trying to hold up everything, the upper part of the Aura is super developed. The mental area is super developed because they need to always figure out how they can manipulate and control people so that they don't have to feel weak, so that they don't have to submit.

Masochistic because they're holding everything in, all that energy in, they have more developed lower bodies and their upper bodies are not very developed, and their energy is kind of dense.

And finally, the Rigid, which is in many ways very interesting. The Rigid energy body looks like everything's fine, everything looks well adjusted, well balanced, etc., etc. But they don't feel their Essence. They don't feel their Core.

Yeah. We're a small enough group tonight, whatever I'm able to feel in my body that's going on in the group I'll just bring in even more energy into that.

Okay, okay.

So, feel free to lay down or if you sit, try to sit in a way that you're not crouched (which makes it a little bit harder to feel the energy centers properly).