

HEALING THE SPLIT

From Wounded Inner Child to Healthy Adult Self

Module 4 : Part 1

JSEMP, September call number one.

What an incredible theme we have been unfolding all year. And it's just... it just gets better and better!

We have committed this year to basically heal the split, heal the split within us between the energy in the energy bodies that is trapped and holds a trauma (the emotional, the pure emotional energy and the pure energetics of it) and the part that's floating up in the mind that is a memory, not connected to the actual event.

Our goal, as we do this, as we heal the split, is to bring that dissociation back together. We bring that back together and then, finally, that energy can re-merge into the central line and expand.

And this is the incredible thing to realize: that what we call our inner child, a lot of it is frozen pieces of our energy field that are stuck in a time loop. It's reliving something, over and over again, and it cannot get out of that state because it is a trapped energy, it's not connected with the actual memory of it.

So the beauty of this work is that as we bring all this back in the heart, as we connect the Core Star back into the heart and flow that energy out, all of that can become integrated. And these parts that seem like 'children', which are pieces of unevolved consciousness, then grow - not grow up as in 'grow up' but rather 'grow into' the entire field of who you are right now.

That is integration. That is how we integrate all our energies. Then that energy that was trapped, all of a sudden, is completely available to all of the energetic flow of your Being.

At the Core Star level, the goal is just to create, have experiences, bring it into the world and then bring it back in, all the way in, to create more Individuated God Essence.

And then, the level above, the Hara Line, is about managing to use the earth's energies in order to fulfill the deepest longings in your Soul, in order to fulfill your life mission, in order to fulfill what your Soul has come to work on. Lessons, not in the sense that it's a school, but lessons in the sense that it's like parts of our consciousness, parts of the consciousness of our Soul that doesn't fully and completely experience its unity with God, its unity with what it comes from.

I can't really imagine something I'd rather give my time to than that: reunifying my Being and bringing all the parts back together so that they all know: 'This is your home. Come back. Come back home.'

What I want to talk about tonight is... We spent the last 2 months exploring Character Structures and starting to understand the relational dynamics we have with people's defense structures. There were 5 different kinds. Some of them push energy. Some of them pull energy. Some of them hold energy. Some of them explode with energy... There's all these different variations, and there's all these different ways that you can interact with these energy flows.

So these are energy flows between people.

And tonight I want to talk about another form of energy between people which are actually cords, 'Chakra Cords'. We have some, every single one of our Chakras has Chakra Cords that connect to the Chakras of the people that we're in a relationship with.

This is super interesting to explore because for a long time I thought energy cords were maybe more in the heart only because these are the main ones that I would see, or in the plexus, a lot of the time I noticed them in the plexus. And when I've worked on energy bodies and inter-dimensional cords like implants, stuff like that, they could be anywhere random, they could be anywhere in the body. So I never really associated/understood that we literally have cords connecting each of our Chakras with each of the people that we're in a relationship with.

Just that is enough to realize: 'Do I really want my Third Eye fully open?' Can you imagine you're walking around and that's all you see: all these cords everywhere? We'd be like: 'baaahhh!'

So yeah, I want to talk about these cords tonight, and I want to talk about what happens to these cords when they are unhealthy or damaged.

Whew!

So just before I go directly into that - because we're going to spend most of the call actually working on it energetically and feeling it - I just want to precise a couple of things that I want everyone to understand on this call.

The heart. You've heard me say this before, the Heart Chakra is the bridge. The Heart Chakra is the 'relational Chakra' : it brings into

relation the upper Chakras, which are very unity based (if you would go deep into these Chakras, you'd know the oneness with all life) and the lower Chakras which are your human Chakras. The lower you go, the more defined the boundaries and the duality is. By the time we get to the body, it's clear that: 'I have a body. You have a body.' It's super clear that it's separate.

But the Heart Chakra is the bridge. It is the bridge between the Human and the Being, between Heaven and Earth. This Heart Chakra is also the one through which we enter into relation with everyone else.

This is where it gets a little bit interesting. We think : 'Okay, 7 Chakras. Okay, fine. So I'm interacting with people from the Heart Chakra only'. That's not exactly true because the Heart Chakra has a Subtle Body - the fourth Subtle Body - and it is within this Subtle Body, which is like liquid/liquidy energy/fluid energy.

Everything we've talked about, the Character Structures and these energy flows happening, that's all happening on the fourth level of the body. The Chakra Cords we're going to talk about tonight: all happening on the fourth level of the body too.

So it's about here (showing with my hands). It's a very fluid-like unstructured body. If you remember the second Chakra, it's like clouds... cloudy energy. And the Heart Chakra, it's more fluid. Barbara Ann Brennan calls it 'bioplasma'. It's the name she gave it. It is on this fourth level of the field that we have relational cords connecting each of the 7 Chakras to the people that we're in relationships with.

It's important to realize that in each of your Subtle Bodies related to a Chakra and its main functions, there are the 7 Chakras. So it's not like: 'okay, so in my Root Chakra I have an Etheric Body, and the Etheric Body is only my Root Chakra'. No. The Etheric Body is a double of your physical body, and the 7 Chakras are there. And on and on. The second

body is an unstructured, cloud-like shape and it has the 7 Chakras (but they look cloudy, they don't look structured with lines). Third body, the Mental Body, it's all yellow lines, and you have the 7 Chakras there, too.

We're going into the fourth body. So the fourth body is the Heart Chakra body. It's the Heart Chakra's Subtle Body that surrounds your entire body. It's the Fourth level of your Aura. And this is where all this work happens. This is where all the work we're going to do tonight, this is where all the work that we're doing related to Character Structures is done because it is the field through which you are in relation with things.

The Heart Chakra and the fourth subtle body is also where human love is generated. It is generated through this field, through the experience of coming together with someone, in a communion and a fusion and then re-separating to individuate yourself. How can you individuate yourself without merging with someone, to then understand: 'Oh, I'm different. I see how I'm different.' And then that allows you to individuate more and more at the Core Star level, that's the whole goal: Create more Individuated Light, more ability to understand, self-reflect, see what we are, see what we're not.

And how can we do that any other way than through a relational experience? Or else you're just in yourself. If you are all of Unity, you're not in relation with anything. It's a weird concept, but just understand this, this wax and wane between the merging and the separating, the communion and the individuation through that back and forth. That's how human love is generated. That's how it flows, and that's how it flows through people.

Fourth Chakra, fourth Subtle Body: the bridge, the relational energy. This is where we are. This is where we're working.

There are different kinds of cords. And something else I want to explain about the cords. These cords exist outside of space and time. These relational cords keep you connected to people, experiences you've had from other lives and other dimensions, with other forms of Beings. Whether or not you're alive and the person has passed/is no longer in a physical body, the relational cords continue to exist.

They do not... Any relational cord that is love-based never gets destroyed. Take that in for a second. No love-based cords ever get destroyed. They can get damaged. They can need to be repaired. But they cannot be destroyed.

Super unhealthy cords that are not based on love - that are based on fear and control - these are definitely something that we work on dissolving so that the love-based ones have more room to flow between people. (About interdimensional cords that connect us to other dimensions, entities, etc, these, absolutely, we want to dissolve them - especially because they're not love-based.)

So none of these cords ever get destroyed: the ones that relate our Souls together.

One of the most traumatic experiences that humans go through is ones such as the death of a loved one, deep childhood trauma such as abandonment or rejection that lead to deep damage in the cords... This is something we're going to work on a little bit tonight.

(There's so many things I want to say! It's hard to... I'm following the flow of how it wants to come out and I'm like: 'but I want to say....', and I'm asked to slow down...)

One of the deepest traumas humans go through is separation, separating people. It could be a 20 year old marriage that ends in a

divorce, or it could be a mother and child, or it can be someone passing away that you have a very profound relationship with.

What is hurting in there is all these relational cords that are coming out of each Chakras. And often when we're in and in a lot of pain. we want to rip these cords... We're angry at someone, and we just want to rip the cord that relates us to that person. And many people do this, and then it hurts so bad. It hurts so bad because... you're ripping parts of yourself out of you, basically.

So some of the damage that happens when we do that, is that these cords that we decide: 'I'm just going to rip my cord out of this person. I don't want anything to do with it', and rip it out of us in this 'No, just no' energy, then the cord on the other side is just kind of floating around, the cord on your side is probably also floating around...

When there's a major lack of nurturing, when we feel abandoned, or we didn't get what we needed from the people that we loved and cared for, we tend to rip them out in a way that they just kind of float around after. And then they're just trying to plug into something else. They're trying to plug into another person. They're trying to plug into something. But they're damaged, so all they're going to do is plug into other damaged cords...

Hmm!

When the issues are more about over control, like invasive energy, controlling energy, having someone imposing their will, etc. etc., we also tend to rip the cords out, but then we go and stuff them deep into ourselves. They're not floating anywhere. They're not trying to connect to anything. They don't want to connect to anything! They're like: 'No, I'm just gonna keep this in me and just f*** you all and I'm just gonna keep it all inside.'

So then what happens is all these cords get all jumbled up and tangled up in your Chakras, and then we're stuck in that entanglement. We don't know how to connect to people anymore. Because even if people want to connect to us, we don't have cords coming out to connect to them. We've stuffed them deep inside.

Some of the damage that happens when we do these motions of ripping these cords out... You don't have to do it consciously - anytime we're like: 'I'm done with this person, out of my life', that's what we're doing. At the intentional level, that's what we're doing. 'I hate that person. I'm angry at them. Oooh!' (cutting gesture)

We don't understand that we're doing it. We don't understand that these cords need to be healed, not severed or damaged. But what happens when we make that kind of decision, that intentional decision of 'I'm disconnecting', not only does the cord have damage on the outside... but we often... it's like we decenter it from the socket of the Chakra.

Each Chakra has a 'heart', like a central little spiral that goes out, and that central point is in the spine. That cord needs to be connected directly into the center of that Chakra. And from there that cord needs to be connected into the Hara Line, into the intentional field where there's our Soul mission / what we've come to learn / what we've come to work on / what we want to contribute. And even deeper, it needs to be connected into the Core Star because that is the most important relational energy in your life: your connection to your Essence.

So... this is the meditation I see for tonight. We're gonna triple level down and start bringing these cords back deep into their Core Star connection. Fed by the intentional field, fed by your Hara Line and your Soul mission, and then from there connected into the heart of each of the energy centers, and then worked on to be healed, cleared, cleaned.

Some of them can be dissolved. Some of them can be released from the cords that we share with people that we're no longer with. For example, a lot of these cords are filled with the activities we used to do with them. So a lot of these cords need to be dissolved - not the love cords but cords related to what we used to do with that person. That person's not there anymore. You're not with them anymore. Or they've passed on, etc., etc. These cords are just looking for something to plug into...

So this is a major, major cleanup.

Another thing I want to say about these cords, which is super interesting. is their direction. Think about the Chakras of your Aura / your Subtle Bodies, they have a front and a back, right? If you look at drawings, often you'll see... It looks like this (hand gestures). If the body was sideways, and that's the central line, and it's sideways like this (hand gestures), the Chakras are going like this from the front and the back.

So you think about a Chakra: it's got a heart and then it goes out like this (both sides) from the core of that Chakra. The cords that come out of the left side of the core of the Chakra are all about your relationship with feminine energy. And the cords that come out of the right side of the heart of the Chakra are all about your relation to masculine energy. These have been defined and developed based on your relationships with your parents - the first relationship you had in this incarnated form with feminine energy and with masculine energy.

So, based on what happened in these interactions, based on how that developed over the course of the whole time that you were educated by your parents or by the authority figures that represented parents, based on the dynamics that happened... These cords are either healthy or unhealthy. They're either love-based, or they have a bunch of other energies in them.

And then you've got the cords coming out of the front. They represent what you are actively working on in this life, what you are actively working on in this incarnation. These cords go out to different people. At first it's mostly with your parents, but then everything else, everyone else you're going to be in relationship with will be a form of mirror of the health of these cords you developed with your parents.

Anything you're actively working on in this life is coming out from the front. Anything that is from past relationships, that is now resolved, are all in the back. If you think about it, we're walking forward / we're walking towards what we need to work on, and what has been resolved is now in the past. And something very trippy can happen: you can sometimes work on cords in you and bring the healing to them so deeply that the cord shifts from the front to the back. That Karma is done. That lesson is learned.

So it's a very, very dynamic thing to talk about.

What else? Anything else I want to say?

We're gonna talk about this a little bit, but we're gonna go into it more during the meditation when I really bring you into the understanding of each of the Chakras in your fourth Subtle Body, which have the basic functions of the Chakras.

So your Root Chakra is all about having a cord that's deeply connected into the heart of the earth. The cords coming out of your Root Chakra represent your will to be in a physical body. When they're healthy we're strong, we have energy, we're vibrant, we are in relationships with people. And we're IN there, we're in a relationship - we're not half there! When they're unhealthy we're ungrounded, disconnected from the earth, we tend to go float up in here (above the head) all the time... We use meditation as medication.

And that's really important. We really want to make sure that Root Chakra cord, coming out of the fourth layer of your field, is super deeply grounded into the earth. Into the earth.

At the other level, that Crown Chakra cord needs to be deeply connected to God. But not just to God.... It needs to be deeply connected to all your Star Seed family, all your Guides, your Guardian Angels, Beings from other dimensions that you are connected to. These connections are there - even stronger - between lifetimes, because these connections don't die. Remember, right? None of these cords... none of these cords get destroyed.

Little parentheses I want to put in here about the cords from the 3 lower Chakras: because the 3 lower Subtle Bodies, the 3 first Subtle Bodies disintegrate when you die, these cords don't stay. But all the information about them remains in the upper cords. So whatever needs to be worked on, whatever karmic proclivities, whatever this, whatever that... it's in the field. It's managed by the fourth subtle body, and the fourth subtle body does not disintegrate when you die.

So okay...

Super important cord (Crown Chakra cord). We're gonna have a little fun with this one because if we want to be able to fully be grounded and connected to the earth, our Crown Chakra cord needs to be fully developed and grounded deep into the heart of Creation and to all the Spiritual Beings that we know from up there. We are one of those Spiritual Beings and we come down here in a physical body to have a spiritual experience, to 'spiritualize matter', so these 2 cords... we need them healthy. Healthy, healthy, healthy.

So just quickly. The Sacral cords are related to your sensual and sexual experience of reality. When they're healthy, they're vibrant. You've had, you know, parents with whom you could experience sensuality.

Breastfeeding, being touched on your skin, and all these things that allow you to enjoy your body, have a healthy relationship at that level. Unhealthy energetic cords related to that... a lot of them from the Victorian era where sexuality is bad, is an act you have to do in a dark room and you should be ashamed, and that creates super unhealthy cords...

And remember, left side cords relate to your relationship to your mother and feminine energy, right side cords relate to your relationship with your father and masculine energy.

Okay, so that's the sensual and sexual experience of reality.

Plexus Chakra cords, within the Fourth Level... Super interesting to understand what that's all about: it's about caretaking, caretaking of yourself and of others. Your ability to receive caretaking from someone else, and your ability to take care of other people and take care of yourself. Tricky one! This is one where most of us have some damage because we didn't really get models of that.

Most of us haven't had very good models of people that took really good care of themselves, and really knew what their needs were, and really took good care of us... Because they're wounded themselves and they have damaged cords with their parents and from their parents and their parents and their parents...

So our ability to caretake, take care of ourselves, and take care of others, is regulated by the Plexus Chakra cords.

Heart Chakra cords are all about your ability to enter into intimate love. This is beyond sexuality. And hopefully, I'm pretty sure we all know that anyways, right? There's a big difference between f***ing and making love, right? So that deep, deep, intimate relationship with

someone else. And, more importantly, our ability to keep our heart open and accept someone's love, however freaking distorted it is.

That's a hard one! Most of us have shut down our Heart Chakra many, many times. It's like: 'this person doesn't know how to love me. They should love me like this, and they don't love me like this, so I'm not taking their love.' And then these cords are damaged from that. They're tangled up. They're messed up. They've got dark energy in them. They're all squeezed up.

This is one of the hardest things for humans to understand: Everyone is trying to love us the best they can, based on the structure they have, based on how their Core Essence is able to be filtered through the Defense Structures, filtered through the traumas and filtered through all the cords and energies on the fourth level of the field.

So we're gonna spend a little bit of time opening up that Heart Chakra, and understanding what it means to really let someone in the way they are. Because you're not letting their energy into you, you're really allowing yourself to understand that they loved you as they could. That sounds so weird. But it's like... even people that have been abusive, a lot of them, that's how they learned love when they were children. That's how they learn to give energy to someone that they're in a relationship with. So that's a really intense one to work on.

Then we've got the Throat Chakra cords. Throat Chakra cords are super interesting, it's about our ability to be connected to the higher will of a relationship. I would unpack this for 3 hours... Just this. It's insane!

The higher will of a relationship. If you are in a relationship that generates pain, you might be like this is a bad relationship! But the reality is, pain is a very powerful thing that shows you (pointing gesture): 'There. That's where you need to look at yourself.' That's

where love needs to be brought in. That's where your consciousness needs to be brought in. So to understand the higher will of a relationship means to understand the higher truth of what is actually unfolding and what is actually being learned through that relationship.

I know it's hard to believe, but pain is still an excessively powerful learning tool. If you just look back at the Character Structures we were talking about, that's kind of what they are. They're showing you where in your body you need to go and actually bring the love back in.

So Throat Chakra cords are about our ability to trust in the higher will of a relationship and, of course, the ability to give and receive in truthful communication.

So much I could say about this. But let's leave it at that because I just want to finish presenting and then we're going to go into the meditation.

Third Eye cords are related to our ability to interact and enjoy the interplay of ideas with someone else. The interplay of ideas, of highly expansive ideas in a way that we're also recognizing the Essence of the person that we're speaking with.

It's not the ego version of ideas like : 'Oh, that's an interesting idea. How could I use that for my own things?' - not like that. It's like : 'Oooh Interesting!' and then it brings up another idea, and then you bring up another idea, and that expansive energy allows to amplify a field and bring a whole bunch of high-frequency positive thought forms.

That's what healthy cords here do. So, of course, unhealthy ones would be someone trying to impose their negative beliefs on you or trying to force you to follow a belief system that you don't agree with, or things that make us decide : 'You know what? I'm just... I'm cutting the cords with this person and I'm just gonna bring these cords deep

into my corpus callosum, where I don't have to deal with what they're saying. I'm not letting it in'.

So Third Eye Chakra : interplay of high-frequency ideas.

The way she was talking about it in the book that I was reading is 'the ecstasy of seeing the higher concepts in the exchange of ideas and experiencing unconditional love with the person that you're having that exchange with.' (Barbara Ann Brennan, *Light Emerging*)

I'll tell you right now, most of us in calls like this, our Third Eye fourth level Chakra cords are fun and healthy, because that's what we're doing. We're exploring expansive concepts and it's a fun interplay of interesting ideas and then we share a little bit about what we're experiencing, etc., etc.

So where there's difficulty in your life helps you pinpoint where there's Chakra cords that need to be healed. And then with who you're having the interactive issue helps you pinpoint : Are they Chakra cords related to males or females? Your relationship with your mother has a big impact on how you relate with other women. Your relationship with men (your father) has a very, very big impact on how you relate with other men (and potential partners depending on whatever your orientation).

Something super interesting I want to say just about that, before I switch into the meditation, is that sometimes we get confused about this. We're kind of like : 'I always have issues with men. I entered into a relationship with a guy, and he doesn't give me what I need, he doesn't take good care of me.' And what we don't even realize is that we think we're having issues with our father energy, with the male energy, but what's really going on is that the Chakra cords related to mothering and being taken care of, these cords are damaged.

And what we ended up deciding is that... we decided : 'Okay, then it will be men that give me mothering energy.' And it doesn't work, because they can't. That's not what they do. Male energy is about providing and protecting. Female energy is about nurture and feed.

So... Super interesting to start realizing that because you can think : 'my whole life I've had issues with my father', or 'my whole life I've had issues with my mother.' And when you start exploring these cords, you start realizing that it's actually a relationship with the other parent that led to you overemphasizing with the other cords, trying to get what you needed from these damaged cords on one side, from the cords on the other.

I'm pretty much aware that I've done something like that in my life.

Yummy! Just woohoo!

Let's enjoy it!

Sending out all these beautiful cords of super bright, luminous, healthy cords. They're bright. They're colorful. They're healthy. They're resilient. Not healthy cords, they're kinda gunky and dark or brittle, or some of them are so entangled...

I worked with someone once that, when we went into one of her Chakras, she said : 'There's just a bunch of black snakes in there, a bunch of black snakes moving around.' And we ended up realizing that that's not really what was going on. It was just, it was just all these unhealthy, entangled cords full of resentment of what she didn't get, all stuck moving around in her Chakra. And it ended up looking like something 'evil' or whatever, but in the end it was just... The more we healed it, the more we loved it, the more we worked on it, the more it started unfolding and feeling safe enough to release, to release that black sludge that was in it and eventually start becoming translucent

again and the emergence of a willingness. A willingness to reconnect, to reconnect the energies.

So... clearly we're not going to do all that tonight. It's a little bit too much!

My goal tonight - before we even try to reconnect with other people, to reconnect the energy to the father figure, or the mother figure, or the this or the that - is we're going to work on reconnecting these cords into our Hara Line and into our Core Star, so that's where they're emanating from, that deepest level of our Being.

In many ways, it will be really interesting to see, next month, what that does!

Imagine if your Chakra cords... Imagine if they are reconnected to your Core Star : how much of that energy is going to be trying to go plug into other people and demand that they give us things or just stay all jumbled up inside, if they're fed by the Eternal Light within you If you re-experience what it's like to know that connection, a lot of human relations are going to become a lot easier after that.

Yeah. All right. We're gonna have fun tonight!

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