

Healing Trauma
Super Full Moon Event
November 14, 2016
Transcription by Sandy Jordan, Brooklyn, NY

A much-needed call, I bet, for perhaps all of us. Healing Trauma... I think we should also, kind of, subtitle it *Healing Current PTSD!* [Laughs] World events... Aren't they a lot of fun? Huh! Man, all the all the governments, pretty much, and all the countries are going through big stuff! Big stuff... As we say, stay detached from all of that. It does not mean that you do not care. It is just that if you do not want to not be affected by all the emotional and mental chaos you have to maintain a quantum perspective on things. Here is one thing that we need to remember – much of what we see on the news, on YouTube, various sites regarding planetary conditions, etc., are not necessarily true so it is wise not to buy into, really, any of it. You have to use your own intuition as to what is really true and going on.

Super Full Moon. The closest the Moon has been in about sixty-eight years. Next time it will be... Hmm... A good while before the next one comes... We are taking advantage of the power of the Moon being very to close to the Earth. As you now the Moon represents our emotional body. So guess what? Super full Moon... Current world events... Bringing up stuff... Especially, not with all, but with the younger generation, yes, they are experiencing their stuff as well. It is really good to remind them, that is what that is and not to get all caught up and go into fear.

I think, tonight we are going to work very deeply with the fear that is up for everybody.

Traumatic experiences... Well, you, kind of, know what that is all about! The question is, "Why is it that we, on the planet here, have a very hard time healing trauma and recovering from trauma, even? Understandably, it is a bit of a challenge to recover from early childhood trauma. Pretty much most of the planet has been abused in someway or another early on. Fast forward, we go through trauma if we can not make it through our first marriage, or first love affair, or first person falling in love kind of experience, and often times when we loose our first pet we go through trauma. Any kind of a loss, also, can be a traumatic experience. We have not been taught, early on, how to deal with that. Schools have not taught us that. The churches have not taught us that. If we were lucky, our parents gave of us some

kind of education as to how to work through emotional experiences that are not very pleasant but, then again, we cannot judge what we do not like. Right? Let's take a deep breath.

We are going to bring in the angels, right now. These are the healing angels. These are the angels that bring us comfort in times of distress. You can say the planet as a whole... Not the planet, but humanity is going through a death – you could say the beginning stages of the dying process and is clinging to life. The old life... It is going through major changes and there is much resistance, anger, and fear. Let's take another deep breath.

We are going to call in your Guardian Angel, as well, to be a part of this party tonight and we are going to call in your inner child. We are going to ask your pets to hang out with us tonight, and we do invite your family members, spiritually speaking, into this call, and those of your ancestors that are really ready to heal their trauma that they may still be carrying on those levels. Let's invite your close friends – those that are dealing with some heavy-duty stuff right now. They can send in the money later, but for now, we are going to offer them a seat in this activation. Sit back, relax, enjoy...

Also, what is happening, on a more cosmic level, esoteric level... There are these things called miasms. They are like collective, ingrained patterns that manifest as certain kinds of medical conditions and mental, psychiatric conditions like bipolar schizophrenia, as an example, or disease patterns. A big one, of course, is cancer. Big collective agreement there, you might say. There are social diseases. That is another one. [Pause] Let's take a deep breath.

There seems to be... [Pause] Regarding big wake up calls, there seems to be a pattern that many people have experienced in their lifetime. We will call them auto accidents. Big wake up call... Trauma and stress to the base of your skull... Sports injuries... As we mentioned, early childhood experiences... Financial ruin... Some level or sense of abandonment... Then we have this whole thing of abductions... You can take that on any level that you want. Rejection – that is pretty big time, culturally speaking... Abuse of any kind – I will let you use your imagination... Birthing pain... Prejudice... Homelessness... Bullying... Disgracing the family... Peer group pressure... A cult of one order, or another – We will let you use your imagination on that... Job loss... Business loss... Academic failure... Battlefield wounds... Divorce... Separation, and of course, death and loss... These are big time things that humanity is, I hope, consciously

working with so we do not need to carry this into the New Age. [Short Pause]

Let's open up our field and allow our bodies to begin to experience any unconscious and hidden trauma – it, not only, can be this lifetime trauma, but also carryover from past lives or other parallel lifetimes.

Remember, as an oversoul, in a manner of speaking, you have many lifetimes going on at the same time. Some very fun, and, maybe, some very challenging and they are all interrelated to this lifetime, because this is your primary incarnation, here on Earth. This is your primary and then you have secondary lifetimes in other systems in other parallel Earth realities, etc. [Short pause]

As you know, we are emerging out of the cocoon, which represents the old world. The old, ancient world of thousands, hundred of thousands, even millions, of years of programming, imprinting, and conditioning... Those of us that are choosing freedom and choosing a new way of life are removing ourselves from this old matrix of pain and suffering. Mind you, perhaps some of your friends and family members are not buying that trip so there is resistance, and misunderstanding, and all of that going on. You have to be free of their influence. To be truly free, you have to be strong enough to not be influenced by other people's thoughts, feelings, and emotions and you have to be free from their belief systems. Let's take a deep breath...

Whatever trauma you are still carrying, let it surface. Let the angel energies help you to bring it to the surface so that you can be very conscious of it and through breathing begin to transform it into joy. [Pause] We are moving out of learning through suffering, and pain, and friction, and war, and disease and moving into learning through joy and love. We are moving out of this place of reward and punishment. Right? You are rewarded for being good and punished for not being so good. That is really the old paradigm. Very old and ancient... [With emotion] "You must suffer, like a good lightworker in order to prove yourself!" Take a deep breath...

I want you to call in your comedy team because this could soon get very heavy for some of you – emotionally speaking. You want to be able to lighten up... Angels are here to help you with that, and your comedy team, if you so choose to align with them, will help you with this, because, really, we are ending suffering on this planet. One by one... We are ending war – war within our self... We are ending dysfunctional thinking. All that is, is thinking that really does not work

but it appears to work on the surface – but really, internally, it does not work.

We are going to call in the Power of Grace, that unseen power, that is like a bestowal energy from Prime Source. [Pause] Let's breathe deeply...

Let's start moving deeper into this activation. We are going to breathe through the body as if the body is not solid, but is a coagulation of energy consciousness, vibration frequencies. Let's breathe in the knowing that the body is not really solid in the way that we believe it is. Breathe in the light, breathing in the Power of Grace through the body to lighten it up. We are going to lighten up the liver, your digestive system, your brain, your pineal, all of that. We are going to begin to breathe into the barrier that is either in or around the body that keeps itself stuck, or that keeps you stuck, in a rigid way of thinking – the old way of thinking. We are going to move the light deep into the basement of your home, so to speak. We are going to clear out the cobwebs. Use the power of breathing to focus. We are going to gather our focus as we breathe together. We are going to gather it into one pointed focus through the pineal gland. Just let go of the day. Let go of all the chaos. Let go of all tribal thinking. [Pause] Letting go... Just letting go... Letting go of the pain... Letting go of the anxiety... Letting go of the worry... Letting go of the "what if's"... Letting go of self doubt... Just breathe to become very present. [Pause]

We are going to begin to slowly move away from the third dimensional thinking aspect. [Pause] It is like you are walking across a bridge. A bridge that connects this world with the other world and you are taking it step by step, moving out of this old heavy world of pain and distrust. [Pause] You are moving away from the world of conditions, [Pause] and "have to's", and "ought to's", and "should's." You are going to connect into a world that has no limitations on your being. Moving into a world that is freeform and carries all the potential of manifestation that you have desired, spiritually speaking, in your whole life...

Moving out of the shadow of your parents... Let's all do that collectively, right now. Take seven steps forward, symbolically, energetically, and move out of the shadow of your parents, and your grandparents, and your siblings, and your kids. [Pause] Let's do this another seven times, symbolically. Seven steps forward into the unknown leaving behind the shadow of your parents and anybody who

has influenced you in your life to the detriment of your wellbeing and spiritual awakening. That could be stepping out of the shadow of the church and even metaphysical groups, and any number of cults. You get the picture... Moving out of the shadows of that which has been controlling you in some way, inhibiting your free spirit to truly soar...

You are walking, you are bridging into a world that gives you full permission to be who and what you are at all times. That gives you access to unlimited knowing... A reality that gives you access to the most powerful energy in all of creation – [Pause] living one vibrational energy: "L" "O" "V" "E." Breathe... [Pause]

We are going to call in The Masters that are Timeless that reside in the Realms of Timelessness. Many have no names. [Pause] Feel their presence. [Pause]

Wherever your inner child is wounded, you want to console that part of you, to really support it in knowing that it is going to be absolutely ok. [Pause] No matter how heavy you have been abused in your life, shut down, punished, [Pause] verbally punished, physically punished, sexually punished, no matter how you have been degraded, downgraded, made fun of, you are going to move and walk into a world where you will stand tall 24/7 – no matter what is happening in the physical realm. [Pause] More importantly, we are going to walk into a world where you can know the truth, period. Where you can know the truth, not only about yourself, but about what is going on in your reality. Remember you choose your reality experiences [Pause] for your learning, and for your growth, and the evolution of your spirit. [Pause]

You are bridging a world where there is cooperation, where there is unity, where [Pause] love is the prevailing, essential vibration – [Pause] beyond mind. [Short Pause]

It is as if you are leaving behind all this old baggage. Baggage representing the heavy density, emotional energy that you have been carrying with you, whether it is yours or somebody else's... How about today we leave behind all the baggage that we are carrying for others. [Pause] Breathe deeply. [Pause]

The Moon, the super full Moon also has many blessings that are going to be huge for the planet. [Pause] You are walking into a world where you will be able to receive the blessings on a daily basis. To receive the insights... [Pause] You will be able to embody, or shall we say, to

download into your physical body these frequencies and vibrations of the New World. [Pause]

Here is the query. Here is the question – to all parts of you. Is it possible, and are you, a spiritual being in a physical body, ready to embrace, to align, to manifest, and to express, Divine consciousness (whatever that means to you), today, without excuses and without limitations? [Short pause] Are you ready to give up the world of pain, conflict and fighting? [Short pause] Are you willing to give up the reality that you have to be right or that you have to do everything for everybody? Breathing deeply...

We are going to call in your Soul Group for more support. Your Healing Team... Your Council, whatever you want to call it... Your Guides... [Long pause]

Moving out of the Old World of constriction and feeling small... [Pause] We are bridging the world where we are able to express our emotions freely without judgment and without attachment. [Pause] Maybe for some of you, you are in a Saturn return, or you might be going through one of your dark nights of the soul episodes, or a healing crisis, or, just plain too much stress and worry. Ok... It is all good! It is all part of the learning now. We are moving into a world where there is no victim, ever. [Long pause]

Envision... As you completely let go of this Old World, you envision the core of light calling you into itself... This is a formless light. [Pause] It has a frequency. It has a sound, so to speak, [Short pause] but your body cannot hear it. Only the soul can hear it. You are taking your many aspects, right now, coalescing into one pointed focus and you are allowing your awareness to be drawn deep into the core of the formless light to get recharged, rebooted, reset, recalibrated, renewed, rejuvenated, re-birthed [Pause] and calibrated to what is termed New Earth consciousness. [Pause]

Beginning to disengage from planetary influences and astrological influences... [Pause] Moving and tapping into that place we call sovereign being-ness or essence [Pause] where one is not dependant on another, but is self-fulfilling, self-sustaining, self-integrating. [Pause]

Let's take a deep breath and we are going to move deeper into the silence and the stillness. [Pause] Letting go of the mind... [Pause]

We are going to bring in the love and support of the red rocks and certain vortex areas that will be beneficial for your remembrance. [Long pause]

Now imagine, envision, what true Heaven is like – [Pause] not the Heaven that you have been taught, but the true Heaven that has always existed beyond space and time and conditioning. [Pause] Remember when you were first birthed from Prime Source you were given the freedom to think, and to act, and to create – that you were given free choice, the power to choose... [Long pause] Remember why you came here. Remembering before you were born, before your body was born, that is. Remembering, recalling, what you wanted to do when you came into this incarnation – your vision of what you wanted to learn, [Short pause] spiritually. [Pause] Remembering the guides that were assigned to you [Pause] and the angels that accompanied you when your body was born... You came with angels [Short pause] and you were welcomed and greeted by the Spirit of the Earth. This was on other levels than the physical. Remembering that you were acknowledged spiritually as you came into this incarnation and that you were reminded that you have the power to change your reality and your world. [Long pause]

Deep breath and allow the body to go into a very deep sleep. Allowing the brain to go into a very deep sleep [Pause] so that it can recharge itself and reboot itself. [Long pause] The time has come for all of you to awaken your spiritual eye, or your inner eyesight, your visionary channel. [Pause] To remember that you have the power to recreate your life... [Long pause]

Moving deeper into the essence of that formless light, merging, as it were, into the formless, into the unknowable, into that joyful core of creation... [Long pause]

We are going to create a bridge backwards in time. Back to your physical embodiment [Pause] to where you now can begin to channel and/or project this state of grace, this feeling of joy into your brain in your physical embodiment. Into the limbic system, to begin to heal limbic stress... Into the amygdala... Into the neocortex... Into your memory center... Channeling the vibration that will reset the brain back to its original, unlimited design of eternal life and well-being... Allow the body to experience anything that is and it will experience in this activation. One hundred percent acceptance and allowance... Channeling this beautiful vibration into your eyes and into the optic nerve that feeds the eyes from the brain... Cleansing the optic nerve

of distress... [Pause] Channeling this vibration into the inner ear canal so that your ears and the channels within the hearing can be clear... Clear to hear the word of God. To hear the voice of your oversoul... Your spirit... Your I Am... To hear the voices of your Guides and Angels... [Long pause] Channel this vibration into the heart center so that it can receive, in a more deeper, and loving, and compassionate way, the power of Grace. Feel as if the Sun is living inside your chest. [Pause] Feel the warmth. Feel the joy. [Long pause]

As the soul, take a deep breath – as the soul... It is as if, from the oversoul level, that contains all of your many lifetimes going on simultaneously, that you are bringing a sense of coordination and connection between all of your lifetimes that are going on right now. All of your different aspects... As if you are envisioning and intending for all aspects of you to be coordinated... To finally be coordinated and harmonized, as one living presence, of which your physical incarnation here on Earth is your primary. [Long pause] You are beginning to feel, somehow, that you are being more connected now... Put together... [Pause]

Now channel the frequency of Oneness into the base of the spine, into your original eight cells of creation until you can actually envision that your original eight cells are in complete harmony with one another and with the whole. [Short pause] Letting go of tribal stress... Tribal stress... Tribal stress... Letting go of tribal survival... [Long pause]

Now envision that your spinal column has three channels – a central channel, and a right channel, and a left channel. From where you are in the Oneness, you are going to begin to channel the blessing energies, the cleansing energies into, first, the right channel. [Pause] Very gentle process... [Long pause] Now the left channel... [Pause] Very gentle process... [Pause]

Now have the body gently do some rhythmic breathing from the belly. In and out through the belly...

We are going to ground with the core of the Earth. [Pause] Feeling the presence of the light within the Earth, within Gaia... [Pause] As you allow the body to continue to breathe rhythmically you are going to take back your power that you have given away to people, places, things, and experiences – in not only this lifetime, but any lifetime. You are going to take back your power, and you are going to take back your knowing, and your confidence, and your creativity. [Long pause]

Let the pure white light just flush through everything. Everything... [One-minute pause.] Breathe in the Power of Fourteen... [Long pause]

Let us send our gratitude and blessings to the Earth, to all of humanity, to all the animals upon the planet and within the oceans, and to our star brothers and sisters, to our soul family, to our soul group, to our ancestors, to our family members, to our friends, our pets. [Long pause]

You are a clear and perfect channel for the power of you. [Pause]

We are completing the bridging between your Old World and your New World [Pause] and you are going to decorate your bridge, your roadway, your pathway, to the New World with flowers of many beautiful colors and designs, and with crystals of all kinds, and myriad forms of clear quartz crystals. [Long pause]

From a soul level, from the I Am let us begin to conclude this activation by sending love to all of your aspects, and all of your incarnations wherever they may be – past, present, future, parallel, on planet, off planet. [Long pause] Choose today that your body will not cast a shadow upon the ground as it walks upon the Earth. You walk upon the Earth for a time, and this life is but one of an infinite number of amazing lifetimes and incarnations that you had, that you are having, and that you will have. [Pause] You are so much grander than your experiences and your emotions... [Pause]

Choose now to use the power of inspiration to move you forward. [Pause] You are not your body, you are not your emotions, you are not your thoughts, or your life circumstances. The real you, is beyond all words. [Pause]

As we come back to the physical embodiment... Beginning to you're your spine... All parts of your spine... All parts of your neck... All parts of your hips... The bottom of your feet... The palms of your hands... Your belly... Your eyeballs... Your jaw... Your shoulders... The top of your head... Begin to be aware of the space around your body. Own that space around you body – all around it, above, below it. All spaces around your body... Own it... [Pause]

Beginning to feel the presence of I AM deep in the chest within your still point. [Long pause] Take a deep breath... [Pause] Allow an easy integration over time of this activation, which will be ongoing and running in the background as you allow. Take another deep breath...

Coming into full present time here and now... Fully focused within the embodiment... [Pause] Remembering to drink water... Remembering to get fresh air... [Pause] Before we go to sleep tonight let us, go outside and give thanks to our beautiful new full moon, our super full moon, and thank her for the blessings and the light that she is shining upon the earth from our great Sun. Knowing that all is well, [Short pause] you are not alone, [Short pause] and that you are a sovereign being. [Pause]

Take a full deep breath, blessing the body. Blessing all parts of your beautiful body... Blessing all parts of your life... [Pause] Choosing now to receive love 24/7... [Pause] Choosing to continue to move forward sending joy before you... Sending the love before you... Sending the compassion before you... Knowing all is well, all is very well, and that you are Divinely blessed by Prime Source and your I Am.

We send our blessings knowing that you are as God created you.

Blessings!