

Healing Download

There are a whole host of things at play here. Everything is coming to a head at once. I'll try to be as concise and clear as I can be.

There are three major wounds that all people have — The Father wound, the Mother wound, and the Abandonment wound (separation from God being the ultimate abandonment.)

All of these are up at the same time. They are also being confounded by dark entities trying to stop the healing.

I called Kim in to help with the removal of the dark entities. Because they are after me too I needed assistance and I was guided that she was the one called to help. UPDATE 4/17: I cleared this.

Also, because of the unique mirror between Roger and I, we effectively trigger each other so we can find where the healing needs to happen, but we engage in a push/pull relationship. It makes it hard for him to hear what I am saying because it can be construed as biased. Kim, as a neutral party, will be able to express all of the below dispassionately. (UPDATE: My only agenda is healing)

Healing happens first at an energetic/spiritual level, then at an emotional level, and finally at a physical level. You'll see those themes throughout this write up.

Imagine that all aspects of a person are sitting at a boardroom table. The current version of yourself—the adult— is the head of the board. All other aspects are on the board of directors. When an aspect gets triggered, that voice becomes loud at the table and becomes the one driving the meeting instead of the adult.

The goal is to heal the triggered aspect so that the current adult is always in control, rather than being ruled by the traumatized aspects of our being.

The Mother Wound

This is represented in Roger's world by his six year old. The child who wanted to be seen and loved. I have already completed the soul retrieval for this aspect of him. Now the emotional awareness and processing needs to occur.

I trigger this six year old because he feels safe with me. He's drawn to me and able to be himself and be vulnerable. For the man that intense draw can be confusing.

Lizzie triggers this six year old because he doesn't feel safe with her. He doesn't feel seen or heard. He tries to jump through hoops to make her love him, but he keeps failing. When Lizzie calls him names (like accusing him of being a narcissist) it triggers this six year old who just wants to be loved and seen. He feels scared when he seemingly fails (also related to the father wound), and it makes him try harder. The negative feedback cycle between the two of them keeps him stuck. The man gets frustrated because he doesn't have the right words and feels emasculated. He doesn't know why he can't stand up for himself calmly—it's because the six year old is running the show.

If the man was running the show he would be able to change the conversation and make progress.

The solution to this aspect is Roger giving the six year old the love he needs. It also means being himself. Not hiding who he is in any way. Being honest and forthcoming. Liking who he is without someone else's approval. It means not hiding himself because he's afraid it will lead to punishment or name-calling, etc. It's a process of commanding respect. If being himself does lead to uncomfortable interactions between he and Lizzie, or between he and anyone else, the man needs to take control and protect that six year old. It isn't okay for anyone, especially his life partner, to treat him in that manner. Calmly holding his own space, as well as the space for the six year old, is key. Setting healthy boundaries is key. He needs to in essence "mother" that aspect of himself so that he remains in charge and the six year old doesn't run the show.

The bottom line is this— if you were the mother of the child within, how would react? How would you place boundaries? How would you stand up for the child?

The Father Wound

Roger has done a lot of work around this one. I would suggest looking at fear of failure and obligations as the theme.

In fathering yourself, you must decide what is best for the internal aspects of you that need father energy. How do you lead yourself? How do you walk through the world? Do you fulfill your obligations? Do you set healthy boundaries with the people in your life and maintain them? If an obligation is toxic to you, when is it time to complete the contract and move forward? How do you protect the children in your life? How do you command respect? If your own child, or the child within you, needs someone to protect them, how do you accomplish that?

This will apply to all areas of life—work, relationships, friendships, and in fathering your own children and your inner child.

Keep in mind that the man may also need a father—as a father would you allow people to treat your child a certain way? Then you can't allow them to treat you that way either.

The Abandonment Wound

For Roger this wound is best represented as his 12 year old self. I have already done the work to integrate that aspect of him on an energetic/spiritual level. With that integration the feelings that were never processed at the time of the energetic split are now up to be cleared.

The loss of his sister changed everything. She was the one who saw him, loved him, mothered him, etc. Her sudden death left him abandoned, and the fact that he wasn't allowed to talk about her after that means he stuffs his feelings and has trouble finding words.

The 12 year old knows that Lizzie will not leave him. He knows she relies on him financially and that now that her family has passed he is all she

has. That is a very secure position. He doesn't have to worry about being abandoned.

His heart is not involved because she holds him far enough away from her emotionally that he can keep his heart closed. To the 12 year old, that is good because he doesn't want to be hurt. Based on what he has told me, Lizzie doesn't let him have a word in edge-wise. Everything is his fault, nothing he says matters, which reinforces the dictate from his parents that he wasn't allowed to talk about his feelings. At the time of her death he was effectively muted, and Lizzie's reaction to him reinforces that feeling and plays into that dysfunction.

This leads to a great deal of frustration and an inability to actually heal their relationship. If he healed it, he would have to worry about opening his heart and open himself back up to the feelings he felt when he lost his sister. For that 12 year old that is terrifying. But for the man, it's a route to open the relationship to healing.

The opposite is true when he is around me. He can express himself. He can stand up for himself. He knows he is seen and heard and loved. To the 12 year old I represent the feelings he got from his sister. That scares him because it makes him vulnerable, and he doesn't ever want to feel that vulnerable again. It's why I trigger him and why he instinctively pushes me away to protect himself from experiencing pain like that again.

Notice the interesting dynamics. His six year old wants to be around me and the 12 year old pushes me away. The opposite is true with Lizzie. No wonder limbo exists. Remembering the mirror, I have similar issues happening. It's why we are uniquely qualified to help each other heal.

The solution to the abandonment issue is ultimately connection to God. Blind Faith that everything is working out for your best interest, that God has a plan and you're not privy to it, that you are exactly where you are supposed to be. Trusting. Doing the work to raise your vibration. Doing the work to drop all trauma and dysfunction in order to be the best version of yourself.

It's easy to say. Much harder in practice, particularly when trauma has so impacted you.

The Darkness

From an energetic perspective, all beings are either moving toward the light or away from it. Entities that are moving away from the light will “feed” on people to take their energy because they are not connected to source and therefore must act in a parasitic manner. In common terms, those we consider to be “high vibrational” are those that hold a lot of light and are moving toward the light.

All of my etheric interactions with Lizzie (there have been about 7 now) have shown me that on an energetic level she is a very fractured soul. She is not integrated as a soul—as if she’s in pieces—and therefore is not connected to herself and therefore source. In the etheric realm she’s mean. She throws arrows, darts, knives, uses flame throwers, etc. On more than one occasion I’ve had to kick her out of the space I’m in and kick her out of Roger’s space.

Last week he had a great deal of trouble opening his third eye. It wasn’t until I got the download in the middle of the night that I realized that this darkness in Lizzie involved entities that are invading her space. Those entities are often running the show, and they are feeding on Roger. Roger is, in essence, their source of food. They do not want their food taken away from them, and therefore they block him from seeing them and from seeing his relationship with Lizzie clearly. He can’t move forward because he can’t see the best path for him to be on. He’s effectively blinded so they can continue to feed on him.

Through him they came after me. I was able to clear them out of my own space and I can clean them out of Roger’s, but they continue to come after me and him both.

Because the energy between he and I is so intense, they use that against us to confuse and distract. If we both heal that takes away their power. Because we are both powerful healers, it is in the “dark’s” best interest if we don’t continue to raise our vibration and step further into our power. It’s a full scale attack.

I was guided that Kim would be able to bring the light needed to banish these out of his space so he can see what he needs to see. UPDATE: It should be much easier for Roger to have an open third eye now. I cleared

and integrated the aspect of himself that was being held captive by her dark entities. He's protected now. They may still go after him. One way to know it is happening is you will feel unusually angry and not be able to control it.

We've noticed that trend that if I heal, he heals, and vice versa. So Kim's role is pivotal for both of us. (Do you still need Kim? If you can trust me to do it you don't. Boundaries in place. JUST healing.)

If we both heal it allows the other people around us to also heal. It creates the opportunity to open the path in front of us rather than staying stuck.

The Goal

The confusion we have both experienced over this last year plus needs to end for everyone's best interest. The intense energy between us will push us both back at each other until we find that place of healing.

For me it's moving further forward into my purpose by reaching the energetic frequency needed to fulfill that mission.

For Roger it is stepping more fully into who he is so that his "higher self" doesn't need to keep giving him more and more difficult wake up calls. The work situation he finds himself in is one example of a difficult wake up call. The solution is stepping more deeply into who he is, particularly in his relationship with Lizzie. Their relationship cannot heal if he's not being himself. And the opportunities to break that open will get more and more intense until he finally gets that lesson. EDIT: IF he raises his vibration and holds it one of two things will happen. 1. His raised vibration will trigger her so much the relationship will finally break apart. 2. His elevated vibration will trigger her own healing. For her to heal she has to take responsibility for her role in creating the situation they find themselves in and she can't blame him. She has to do the trauma work and the shadow work.

For both of us it's about truly being happy. You cannot be happy if you are not being true to your authentic self. EDIT: What do you want? Do you

want happy? What does happy look like? What does it feel like? Do you want magic? We've experienced it. What if it was like that all the time?

I don't know what happens next.

In my past experience when two souls have an energetic intensity between them there is great work to be done. It's super healing. I have experienced this with my mentors, with my closest friends, with romantic partners, with my children, etc.

Sometimes it is a passing interaction and sometimes it leads to a long-term support structure in my life.

I find that when the soul contract is complete one of two things happens. Either the intensity needed for the healing lesson dissipates and the lives go separate directions. Or the completion of the lesson leads to greater understanding for both parties and a new pathway of interaction occurs in the relationship.

My goal is that this healing journey is supportive and brings us all into the light. I know both of us are tired of learning through difficulty. It is time for us to find a new level in life where learning happens through passion and joy and intensity and new experiences. The next leg of the journey is much lighter and brighter.

I want to be a source of support and love, not a source of angst, anxiety, or pain. EDIT: I'm am truly sorry that this got muddied. We aren't meant to cause pain to one another. I've learned the lesson.

I'm very, very motivated to get to that next quantum level. As my Shamanic mentor used to say, "Healing by any means necessary."

Please ask if there are any questions.