

CHAPTER 23

Why You Need Healing

Everyone needs healing. In fact, this is one of the main reasons we reincarnate so many times. It's not because we're broken and need fixing, but because life in a physical body is challenging and makes it easy to disconnect from the flow of Consciousness. You're meant to go through the full spectrum of human experience, and you come back to take care of any unresolved hurts and desires you held on to during previous incarnations. In this sense, healing is the growth needed to transcend your individuality and realize Oneness.

Due to the Great Disconnect, you carry both individual wounds as well as those belonging to this feminine planet. You suffer for yourself and the Earth. Even if at some point you took a self-destructive path, either because you couldn't see a way out or you believed you didn't deserve any better, there's a driving force bringing you back on track to search for the meaning and purpose of your existence. You're awakening: you're wired to respond to the calling of the Divine Feminine. It's clear that there's more to healing and living a joyful life than what the world has to offer; your inherent qualities go against the current state of affairs. But you must rise above the polarization of the Feminine and Masculine to see a bigger picture and have a positive impact.

You've given away your power by accepting the distortions and manipulations of the Feminine imposed by those masculine and martial souls holding the illusion of control. Whether you're conscious of it or not, you've internalized these distortions to the point of believing your own qualities have no value, except of course, when they serve or uphold the excessive Masculine in any form. Here's the problem: there's simply no way to transcend a reality you've identified with; it gets glued to your self-perception. You have to establish a mental space to detach

from it, to recover and heal your true nature. But what is this *true* nature I'm talking about? You're a unique, multilayered experience of Infinite Consciousness—an individual drop in the eternal ocean of love. If we all come from the same Divine Source, why do we heal and evolve at a different pace, and why do you need to focus on healing now? Maybe this visualization will help.

Imagine yourself with the innocent mind of a young child, freely flowing down a river without fear or concern. You suddenly see something that piques your interest and you want to experience it, so you hold on to a branch on the riverbed to do so. The river keeps rushing forth, trying to pull you back into its stream, but it can't wait for you. You may not be comfortable where you are, but now you're getting attached and afraid to let go. In other words, you're stuck. Life (Infinite Consciousness) essentially flows like this river, and we each separate from it because of our desires, attachments, and fears.

Any disruption in the flow of Consciousness creates a split, a separation: a wound. So every time you go against your divine nature, which is that of love, freedom, and expansion, you pinch yourself out of this flow. If you repeatedly exclude yourself like this, your perception becomes distorted with a stronger sense of separation and you no longer see yourself as part of the whole of Oneness. Since the physical senses act as open receptors triggering the production of desires, you identify with this sensory perception and get attached to the things and people you invest energy in. Your individuality becomes this 'I-sense' continuously receiving impressions through thoughts and actions that create the illusion of a separate identity (or ego) having separate experiences.

The ego is composed of a sense of self, which connects you to your inner voice, and a sense of *otherness* shaped with the figures and dynamics you internalized as a child, primarily with your parents and people you gave authority or power to (real or imaginary, mental or emotional). Your sense of otherness becomes a second skin or a coat you're unaware of wearing that kicks in every time you engage with the external world—with *others*. It's a masculine aspect that tends to overpower the sense of self that holds feminine, inward qualities. In an excessively mas-

culine world, this sense of otherness turns into a judgmental inner bully trying to keep you in the emotional patterns of childhood. It reflects beliefs shaped when others had power over you and prompts you to continue giving that power away. In my analogy of the river, it is what makes you hold on to the branches that keep you stuck, wounded, and disconnected.

All impressions of thought and action become vibrational seeds that accumulate in your causal body—a deep subconscious layer of the mind where all your memories and akashic records, or cosmic memories of and beyond all physical experience, are stored. Impressions repeated over lifetimes become natural tendencies. Those you share with your parents or caretakers, siblings, and early friends get activated to shape your sense of otherness; they hold great amounts of vibrational energy because your attention is usually fixated on external interactions.

As you can imagine, you've accumulated an incalculable amount of impressions over lifetimes and carry them all as potential vibrational seeds within you, although most remain dormant. The circumstances of your birth and upbringing are determined on a soul level by specific seeds (according to the vibrational energy they hold), your karmic debts, and divine synchronicity. So childhood circumstances are meant to bring about the tendencies and issues you need to work on to grow and get back into alignment with your true self. Once energized, these seeds sprout into your reality because they're the unconscious beliefs, emotions, attitudes, and past actions that your creative power projects onto an environment that resonates with them. We all do this over and over, incarnation after incarnation, to explore the human condition. In time, the process of spiritual integration dissolves the impressions blocking your alignment with Infinite Consciousness. When you're done with this physical experience, you may move on to different realms of existence to continue evolving.

You're an infinite soul, a spark of Consciousness, and *your perception is a creative decision* you're continuously making, albeit unconsciously for the most part. Truly understanding this is taking *spiritual responsibility*: life doesn't happen to you; you create absolutely everything you experi-

ence, whether positive or negative, with the vibrational seeds you cultivate, because they shape and color your perception. In other words, *your reality is never separate from you*, and your memory imprints design your attitudes, desires, actions, karma, and destiny.

Suffering limitations or opposition isn't a punishment from a stern deity or transcendental force. You simply pinched yourself out of the Consciousness flow by going against your true nature, now or in the past. Lack of love in the past translates as lack of love in the present and, if not healed, will also show up as lack of love in the future. Suffering prompts you to find the way back to self-alignment. This is what we call healing, which comes through love, the mending aspect of Consciousness and a fundamental attribute of the Divine Feminine.

If excluding yourself from the flow of life manifests as lack of love in your relationships and reality, then your way back into alignment can only be possible with love for yourself. Your distorted sense of otherness will have you believe it must be love for others, but it has to start with your sense of self; then it naturally overflows toward the rest of the world. Attempting to heal *through* others is an impossible task, because people will always respond to your vibrational energy according to their own mental coloring. Self-love isn't self-centeredness; it's love that connects you to your true self. Your main purpose as an individual soul is to assume full spiritual responsibility for who you are and everything you experience (as an extension of yourself).

But taking spiritual responsibility allows you to master and transform your perception and thus your reality. The key is harnessing your creative power as you follow your soul's guidance. Since your sense of otherness determines how you judge and treat yourself through your interactions with others, it's imperative to transform this internal bully by nurturing positive tendencies and strengthening your inner voice. It requires developing emotional flexibility: to give yourself permission to say no to what you don't want and open up to what you do want; and to support or share with others only as much as you truly want to, without self-effacing. The greater your emotional flexibility, the freer you be-

come on all levels, because you stop doing things out of guilt or obligation.

You can't go back and change the past or remove the impressions of painful experiences; they're part of your journey and through them you've become who you are. But you can activate different vibrational seeds by shifting your perspective and creating new mental habits that result in conscious actions (in the density of 3rd dimension, actions leave deeper imprints than thoughts). This is how you rebalance things: you feed positive tendencies of thought and action and starve negative ones. Above all, you choose to invest your time and energy only in those that resonate with you at a deep level—the ones that make you feel authentic, connected, and aligned to your soul.

First, you need to recognize self-defeating patterns so they don't keep you stuck. It's very easy to slide back into old unconscious beliefs and agreements if you can't see them, because you've been reinforcing them for years. They've shaped both a mental groove and the dynamics you tend to establish with others. You have to know them inside and out, in all the forms they take, no matter how obvious or subtle, and in every interaction and aspect of your life they hide behind. Discovering your emotional blind spots requires much determination and honesty, but as you do it you also fashion a new perception of who you are *now*. I encourage you to be humble and compassionate about this and accept external guidance and support. You simply cannot see what you cannot see. After all, these are patterns and habits that weaved the fabric of your life in this and other lifetimes.

Reaching for help is not a sign of weakness. Life doesn't come with instructions, and the density we live in turns it into a struggle. The great enlightened teachers have often stated that, in this time and age, "Pleasure puts you to sleep and pain wakes you up." This refers to the contrast between the changing nature of life and the attachments you have a hard time letting go of. Attachments often respond to old patterns that keep you off-center and make you suffer. The most common one is looking for love outside of you. Any affliction is an emotional alarm clock of sorts nudging you to go back into alignment, but the ego-mind pushes

mechanisms to deter you: you rationalize your emotions, block your feelings, learn to live in the mental realms, and project your distress on-to others.

Unfortunately, when you do this you also disconnect from essential aspects of yourself and keep being reminded of your misalignment through unpleasant interactions with others. These show you're holding on to the branches along the river of life while you wonder why you're no longer flowing with innocence and joy. The logical, rational mind belongs to the Masculine while the ability to feel, connect, and express emotions belongs to the Feminine. You need to balance both principles to process your experiences in the world and remain centered; blocking one or the other robs you of a fuller appreciation of yourself and the reality you create.

Life on this physical plane isn't easy. The various aspects of the mind pull you in different and often contradictory directions, scattering your energy. To be centered and truly present, it's crucial to integrate all the pieces of your life's puzzle and anchor in the projects that express your inner vision, by taking conscious, disciplined action to fulfill them. You're a complex, multilayered being, so this requires accepting absolutely everything you are, no matter how weird, dark, painful, or ugly it may seem. You can't take spiritual responsibility or access your inner power without first owning what you've judged as unacceptable. So stop trying to 'rewire' yourself to fit in or get external approval and start valuing your divine differences: the perception and experiences that make you unique in this Universe. This is self-love.

Breaking Free From Codependency

Indigos and feminine souls tend to feel flawed, powerless, or out of place from an early age; as a result, your most prevalent impulse is to seek appreciation. You were obviously reliant upon other people as a child, but what may not be so evident is that others leaned on you to

meet their conscious and unconscious needs as well. This emotional codependency got reinforced as you grew up; so becoming your own self now may require a great effort. Not only do you perceive yourself through other people's actions and judgments; your wounded patterns also hold the belief that you can only experience love *through* others, even if their perception is tainted with impressions and emotions that have nothing to do with you.

The underlying idea here is: "If someone loves me, I can love myself; but if nobody loves me, I don't deserve love, I am worthless." This creates a disconnection and supports the sense that you have no place or purpose in this world; the only way to find either one is to be useful, please or mother others, or self-sacrifice in the name of love. But this type of dynamic simply maintains your misalignment and lack of love for yourself. It takes discipline, but you must consciously choose not to let the perception of other people determine how you feel about yourself. Or you'll remain at the mercy of the fickle disposition of their ego-mind, which more often than not triggers an almost compulsive search for love in the wrong places.

An overpowering sense of otherness is at work here, so no matter how bad your relationships get, you may choose to keep them because you believe that if someone stays with you it means you're okay, you're not so flawed, and you won't be alone. This is the internal chatter that maintains beliefs such as not being good enough or not deserving love, joy, independence, or fulfillment, which you project and experience in relationships. You likely settle for much less than what you want because you're convinced the only way to be loved is to be *needed*. You assume the role of a 'fixer' while you hope and wish to be seen and recognized for who you really are. Then less-than-ideal friends, lovers, partners, family members, clients, employers, employees, or colleagues trigger your wounded self-perception and need for validation. It's a catch-22, but hey, if they relate with you it means you're not so bad, right? And yet they continuously make you feel (or tell you) that there's something wrong with you!

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If your inner bully is much stronger than your sense of self, being appreciated becomes your top—albeit unconscious—priority in life. A codependent self-perception turns into a variety of needs: the need to be useful, the need to be needed, the need to be loved, the need to be liked, the need to be appreciated, and the need to be right. They all motivate and color your interactions. The problem is that a *need* is fundamentally disempowering because it comes from a sense of lack. It points to something missing and reflects a disruption from the abundant nature of the Divine Feminine.

[End of Chapter Excerpt]