

# Rediscovery of Selfhood Text

## Learning a New Sense of the True Self

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### **Returning to the Core of Who You Truly Are**

There comes a time when no outer structure, role, or belief system can define us anymore. The old scaffolding of identity begins to dissolve—not because we've failed, but because something deeper is awakening. A quiet truth stirs beneath the surface of all striving: *the core self was never lost—it is only hidden beneath the noise.*

Reclaiming Selfhood is not a course about self-improvement. It is a process of uncovering the true architecture of our being—the core self that exists beneath trauma, conditioning, roles, and inherited narratives. This is not the “higher self” in some remote spiritual realm, but our living multidimensional core self: present, embodied, radiant, and real.

This work is subtle, cellular, and energetic. It does not rush. It does not push. Instead, it gently peels back the layers until you stand at the threshold of your own inner temple—with nothing left to prove, only everything to *remember.*

### **The Inner Child and the Blockage of Core Self Integration**

In the journey of awakening and core self integration, one of the most overlooked yet potent forces within us is the inner child. This is not just a psychological construct—it is an energetic imprint, a living memory within our emotional body that holds our earliest experiences of love, fear, abandonment, safety, and worth.

When the inner child is wounded, the core self integration becomes obstructed. Why? Because the inner child is the original gateway through which the core self intends to anchor itself into the human experience. In its innocence, openness, and capacity for wonder, the inner child embodies the qualities that allow for deep soul presence. But when that innocence is wounded—through neglect, trauma, or unmet emotional needs—a protective personality

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begins to form. This personality becomes a substitute for the core self, an ego-construct meant to keep us safe from further hurt.

### **The Wound as a Gatekeeper**

The unhealed inner child becomes a gatekeeper to the deeper layers of the core self. It guards the heart space, the seat of the core self, and says: *"You cannot come here until I feel safe."* This inner stance is often unconscious, manifesting in behaviors like emotional reactivity, fear of intimacy, avoidance of vulnerability, or excessive control. These patterns create a distortion field around the core self's signal—making it difficult for us to feel aligned, present, or fully embodied.

### **Emotional Echoes and Fragmentation**

Each wound in the inner child is an emotional echo—a moment in time frozen in the psyche. These echoes create inner fragmentation, where parts of us become locked in developmental stages we never truly completed. The core self cannot integrate into a fragmented system. It needs coherence, receptivity, and trust. Without reclaiming these exiled parts of ourselves, core self presence remains partial, hovering like a light trying to shine through cracked glass.

### **The Role of Reparenting**

True core self integration requires a reparenting of the inner child. This doesn't mean intellectually processing our past. It means energetically and emotionally showing up for the child within us: holding its fears, honoring its needs, and creating inner safety. As we do this, we restore the original vessel that was meant to carry our core self. Reparenting opens the gate. It says to the core self: *"There is space for you now. You are safe to enter."*

### **Beyond the Wound**

Ironically, the wound itself becomes the very portal to integration. Once met with self-care and presence, the wounded inner child transforms—not into an adult, but into a core self mirrored into the essence of our self: a state of subtle content, curiosity, and higher awareness perception. This new version of us becomes the bridge between the human and the core self, restoring what was lost not through force, but through self-care.

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There is a hidden teaching whispered through ancient texts—sometimes preserved in plain sight. One such teaching appears in the gospel, attributed to the figure of Jesus: "*Unless you become like little children, you will not enter the kingdom of heaven.*"<sup>1</sup>

To the casual reader, it may sound like a call to innocence or moral simplicity. But to those attuned to the path of inner activation and core self embodiment, this is a coded directive about the core self's return to wholeness.

### **The Inner Child as an Energetic Structure**

The inner child is more than a memory of youth—it is a living archetype encoded into our energetic field. It is the original field of light through which the core self is supposed to enter the body. In our earliest years, we still shimmered with core self-light. We lived in wonder, moved fluidly through emotion, trusted instinctively, and connected to unseen realms without effort.

But when the child was wounded—through betrayal, rejection, emotional neglect, or violation—a fracture occurred. The vessel that once carried the core self's presence cracked. Defenses formed. Masks appeared. And the core self, unable to fully inhabit the body, receded behind the veil of protection.

The unhealed inner child does not just carry pain; it *guards the threshold*. It becomes the subconscious gatekeeper, saying: "*I will not allow more presence here until I feel seen, heard and acknowledged.*" This creates a split between the human self and the core self essence.

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<sup>1</sup> When Jesus says, "*Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven*" (Matthew 18:3), it's not just a sentimental appeal to innocence. It's a deeply coded instruction about the inner architecture of the soul and its reintegration.

In mystical terms, "*becoming like a child*" refers not to regression, but to *restoration*. It is about recovering the original openness, trust, and unguarded presence that allowed for unmediated connection with the divine. The inner child, before it was wounded, was the closest embodiment of the soul's frequency—vibrant, curious, undefended, whole.

The kingdom of heaven—if we read it not as a place, but as a *state of being* or inner alignment—is only accessible through this purified channel. The wounded child cannot access it, because the wound carries fear, shame, and contraction. But the *healed* or *divine* child becomes the bridge—what some traditions would even call the *Christ child* within. In this light, the statement becomes less about moral purity and more about *energetic receptivity*. Core self integration, and thus entrance into "heaven" (inner wholeness, complete union), requires the restoration of the inner child—not just as a psychological process, but as a higher awareness reconnection.

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Thus, core self integration is not merely about expansion or activation. It is about *restoration*—of safety, innocence, and trust within. The child must be met, felt, and reparented with unwavering presence. Only then does the core self ready to return.

## The Kingdom Within

When the gospel speaks of the “kingdom of heaven,” it is not necessarily referring to an afterlife location. The phrase, in mystical traditions, often points to an *inner state of coherence*—a union of body, core self, and higher awareness.<sup>2</sup> It is a vibrational reality we *enter into* when the inner fragmentation has been healed. The inner child is the original custodian of that kingdom. Without reclaiming this core essence part of ourselves, we remain locked outside of our own inner temple, searching for light in all the wrong places.

## Becoming Again

To “*become as a child*” is not to regress into naivety, but to *reclaim the core self's native posture*—unarmored,<sup>3</sup> receptive, unashamed. The core self as the innocent level in us is not about being weak.<sup>3</sup> It is radiant, awake, and powerful in its sensitivity. When we meet the inner child fully, it alchemizes. It becomes the complete essence of presence—a bridge between the human and the higher order levels, the field through which the core self completes its descent and anchors its fullness here. The hidden path is not linear, and the gates to core self presence are not always marked with signs. Sometimes, the path is tucked

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<sup>2</sup> In ancient Greek thought, human nature was typically divided into three primary components: **sōma** (σῶμα – the body), **psychē** (ψυχή – the soul), and **pneuma** (πνεῦμα – the spirit or breath). The *sōma* referred to the physical body and its mortal, perishable nature. The *psychē* was often considered the seat of emotions, desires, and the life-force—frequently associated with the ego and individual consciousness. The *pneuma*, meaning “breath” or “spirit,” was seen as a higher, animating principle—sometimes divine in origin—capable of connecting a person to the cosmos or the gods. Philosophers such as Plato emphasized the soul (*psychē*) as immortal and pre-existing the body, destined to return to the world of forms after death, while the Stoics regarded *pneuma* as a vital force that pervades and structures all of reality, not just the individual. Thus, in Greek thought, the body was mortal, the soul was personal and enduring, and the spirit was universal and often divine.

<sup>3</sup> The oft-quoted phrase “the meek shall inherit the earth” (Matthew 5:5) has frequently been misunderstood as an endorsement of passivity or weakness. However, in its deeper esoteric context, particularly when considered through the lens of inner development, the “*meek*” refers not to the submissive or powerless, but to those who have mastered the ego and live from the core self—a state of humble strength rooted in innocence, presence, and inner clarity.

In the Greek, the word translated as “meek” is *praus* (πραῦς), which connotes gentleness that arises from disciplined strength—like a wild horse that has been tamed, not broken. This aligns with the understanding of the core self not as naive or fragile, but as the original, uncontaminated level of being that holds the full potential of the soul. When this level is reclaimed and expressed with humility rather than ego, it attunes the human being to the greater laws of cosmic order, making one a true inheritor of the “kingdom on earth”—understood not as an external domain, but as a state of sovereignty aligned with cosmic law.

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inside a whisper from a forgotten scripture, pointing us back—not forward. The kingdom does not lie ahead. It lies within the part of us we were taught to ignore, suppress, or outgrow.

The child was never meant to be left behind. The child *is the gate*.

### **The Inner Chalice — Healing the Solar Plexus and Restoring Core Self Presence**

The inner child is not an abstract symbol—it lives in the tissues, the fascia, the breath. It is somatic, cellular, and energetically encoded into the very structure of our being.

Nowhere is this more visible than in the *solar plexus region*—the stomach area that governs digestion not only of food but of *life itself*. It is here that many of the earliest and most persistent core wounds take root. Children often express this unconsciously: “*My stomach hurts.*” “*I feel sick in my tummy.*” “*I have butterflies.*” This is not imagination—it is inner truth.

### **The Solar Plexus as the Inner Chalice**

The stomach area—specifically the solar plexus—is part of the blockage that prevents the hearth field from becoming the receiving bowl of the higher order holographic-energetic system. Its first root that must be seeded into the heart field. From a subtle perspective, the solar plexus region is where the emotional field along with this part of the ego meets the world. It is where we digest emotional information, social energy, words, environments, and vibrations from those around us.

Physiologically, this area is directly wired into the enteric nervous system, often called the “second brain,” which is intimately connected to the limbic system—our emotional processor. The gut-brain axis carries emotional signals directly from the stomach to the brain stem, and vice versa. Trauma often registers in the gut first, long before it becomes a thought.<sup>4</sup>

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<sup>4</sup> The enteric nervous system (ENS) and the “second brain.” The ENS consists of a vast network of neurons embedded in the walls of the gastrointestinal tract is capable of operating independently of the central nervous system, although it maintains continuous communication with the brain via the vagus nerve, the main component of the *gut-brain axis*. This bidirectional communication system links the gut with the limbic system—the brain’s emotional center—and plays a critical role in regulating mood, emotional processing, and stress responses. The ENS not only responds to neural signals from the brain but also sends emotional and sensory information from the gut to the brain, influencing emotional well-being, anxiety levels, and even decision-making.

**Mayer, E. A., Knight, R., Mazmanian, S. K., Cryan, J. F., & Tillisch, K.** (2014). *Gut microbes and the brain: Paradigm shift in neuroscience*. *The Journal of Neuroscience*, 34(46), 15490–15496.

**Gershon, M. D.** (1998). *The Second Brain: A Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestine*. Harper Perennial.

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When the solar plexus is wounded or shut down—whether through emotional abandonment, shame, violence, or chronic invalidation—it becomes *tight, guarded, or collapsed*. This blocks the flow of life energy through one of the most critical energetic convergence points in the body.

When the stomach area is wounded or shut down, this triangle breaks. The body cannot properly absorb energy from reality, nor can the core self fully *integrate*. The human being becomes split—unable to live *in* the world with core self presence. This is how we become not only estranged from our families or surroundings—but strangers to ourselves.

The restoration of the solar plexus is not done by force. It is not achieved through willpower or even through mental understanding. It is a process of gentle reconnection—of nurture, self-care, and safe embodiment. Because this area governs how we digest and integrate, healing must happen slowly, with warmth, consistency, and permission.

The more we come back to this inner state of presence and awareness of calm reflection and observation over emotional turmoil, the more we can receive from the world—not just food, but energy, meaning, and connection. This is the foundation for core self integration and for living in the world on a higher octave.

The energy work connected to the inner chalice and the solar plexus centers around the stomach area. This is where many of our core wounds first take root. It's no coincidence that many children often say, "*I have a stomach ache,*" when something feels emotionally wrong—because the stomach is deeply connected to the limbic system, the emotional brain, and shares ancient cellular patterns with parts of the brain itself.

When this area becomes clogged, blocked, or overly protected, it disrupts the natural energy flow that would otherwise absorb, process, and integrate energy from our environment. This blockage interferes with *the energetic triangle* formed by the spleen, heart, and core of the brain—a triangle essential for the full integration of core self energy into the body, from where it can begin the adaptation of the emotional field into the heart field with higher-order vibrational energies. Without this integration, we struggle to live in the world while embodying a higher octave of awareness.

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This solar center forms part of a esoteric energetic triangle:

- The *spleen*, which governs nourishment, safety, and immunity.
- The *heart*, which governs love, coherence, and relational flow.
- The *core of the brain*, or inner mind, which governs awareness and consciousness.<sup>5</sup>

The healing process must pass through the solar plexus, which is innervated by an intricate network of nerves that govern digestion, emotional response, and our sense of self. This area is intimately tied to nurture—how we are nourished not only by food, but by relationships, safety, and self-care. How we eat, how we rest, how we treat ourselves—these are all energetic actions that either support or hinder our core self's embodiment.

When this area is blocked and distorted, we are not only estranged from the world, from our caregivers, and from our environment—we also become estranged from ourselves. Healing begins when we restore connection to this vital center, allowing our core self to express itself more fully through the body, grounded in care, presence, and inner safety.

## Exercise

A gentle somatic-energetic practice to begin clearing and reconnecting the solar plexus area:

### 1. Ground and Center

Sit or lie down comfortably. Bring your attention into your body. Let your breath become soft and natural.

### 2. Place Your Hands on Your Stomach

Place both hands just above your navel. Feel the warmth of your own palms. Let them be comforting, not analytical.

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<sup>5</sup> Dr. Gary Nolan, professor of pathology at Stanford University, has conducted research into the neurological profiles of individuals who report heightened intuitive or anomalous perceptual abilities. In particular, Nolan has investigated structural differences in the brain—such as increased density in the *caudate-putamen complex*, part of the basal ganglia—which may play a role in higher-level pattern recognition, associative memory, and intuitive processing. While this area of study is still in its infancy and often intersects with controversial topics (such as anomalous cognition or contact phenomena), Nolan's work suggests a plausible neurobiological basis for what some traditions have long described as higher-order or extrasensory perception. His research invites a reevaluation of what is considered "normal" cognitive function, and whether certain individuals may indeed exhibit neural configurations associated with expanded awareness.

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### **3. Breathe into the Chalice**

Inhale slowly and imagine your breath entering the stomach space—not to control, but to *befriend*. Exhale gently through the mouth with a sigh. Repeat 6 slow breaths like this.

### **4. Ask the Inner Child to Speak**

In your mind, ask: *“Is there a part of me here that feels unsafe?” “Is there a little one here who needs to be heard?”* Listen without pressure. If you feel emotion, simply breathe. You don’t need to fix—only to *be with*.

### **5. Reclaim Your Name**

Whisper your own name as if speaking to a beloved child. For example: *“I’m here with you, [your name]. It’s safe now. I see you.”* Let your body receive the tone of kindness in your own voice.

### **6. Activate the Triangle**

Now, place one hand on your heart, the other on your stomach. Feel the connection between them as a circuit of golden light with the vibration of kindness. Then, place a hand lightly at the back of your head or base of the skull. Feel this as an golden light-kindness energetic triangle—spleen/stomach, heart, brain. Breathe through this triangle and feel your presence reweaving through it. Be mindful of keeping the golden-kindness light throughout the work.

### **7. Complete with Appreciation**

Close by appreciating your body, your inner child, and your breath. You don’t need to feel a breakthrough. The work is subtle, cellular, and deeply real.

The path to core self integration is not abstract or out-of-body. It is in *how we treat ourselves*, how we tend to our gut, our food, our rest, our emotional digestion. This inner child is not a metaphor. It is real, and it holds the original blueprint of your core self’s full presence here on Earth.

Reclaiming your selfhood is not about becoming something new—it is about returning to what has always been whole beneath the layers of survival, conditioning, and distortion. With this process, we align with the energies of existence, where true selfhood is formed and later fractured: in the core of the body, the solar plexus region—home of the inner child. This center holds not only emotional memory but the energetic foundation for core self

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integration. When blocked, we become strangers to the world—and worse, strangers to ourselves. When cleared and healed, this center becomes the receiving bowl for life, energy, core self expression, and the truth of who we are.

### **To Sum Up**

The stomach area is more than a digestive organ. It is a somatic energetic area, connected to the enteric nervous system. It is often called the “second brain.” This region communicates directly with the limbic system, processing emotions and sensory input at speeds faster than conscious thought.

In childhood, this is the area most commonly expressed as distress: *“I have a stomachache.”* *“Something feels bad in my tummy.”* These are not random complaints—they are signals that the child’s core safety, emotional digestion, and energetic receptivity are being disrupted. This region becomes the first site of wounding when we feel emotionally invalidated, shamed, neglected, or overwhelmed. The result is contraction, shielding, or numbness in the solar plexus. This creates a fundamental block in our ability to:

- Absorb energy from life
- Digest emotional experience
- Maintain energetic coherence
- Embody core self presence

### **The Triangle of Integration**

The solar plexus area connects into an energetic triangle needed for the core self-integration:

- Spleen – the gate of energetic nourishment and solar energy (prana)
- Heart – the gate of coherence, kindness, and relational truth (empathy)
- Core Brain – the gate of awareness, intuition, and presence

When the solar plexus is shut down, this entire energetic triangle is destabilized. The core self can no longer connect to the foundation of the emotional field. The energy we’re meant to receive becomes blocked. We may begin to feel we’re not “really here,” or feel split between physical life and some other dimension of longing or memory.

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In this state, we adapt. We develop strategies, personas, and coping mechanisms. But we are no longer ourselves—we are only echoes trying to survive in an unsafe environment. This is how we become estranged from our surroundings—and from ourselves.

### **The Role of Nurture, Food, and Self-Care**

The solar plexus governs more than energy—it governs how we care for ourselves. It is linked to food, digestion, body rhythms, and boundaries. Healing this area cannot be done through thought alone. It requires a deep rewiring of relationships to nurture, both internal and external.

To reclaim this part of ourselves, we must return to the body with gentleness. We must restore the energetic trust that the body is a safe place to be—and that we are allowed to receive. This is experienced as a *state of inner coherence*, an inner field of energy we access once the inner child is healed. The solar plexus is the threshold gate to that process.

Until we heal the block here, the core self cannot stabilize in this world on a higher octave. Once healed, we begin to live in the world not as victims or survivors—but as transmitters of truth, embodying what the world has long forgotten: that core self is not elsewhere. It is here. It is within you.

Reclaiming selfhood is not an event—it is a process. It begins at the very center of the body, where the core self meets form. The more presence you build here, the more the rest of your life can unfold from *truth* rather than compensation.

### **The Rebellious Teenager and the Mask of Persona**

As the inner child is wounded and retreats, a secondary structure begins to form—what we might call the rebellious teenager. This part is not age-bound, but energy-bound. It arises in response to pain, powerlessness, and deep grief over being unseen, misunderstood, or forced to conform. It is the fire response—not collapse, but resistance.

This layer protects the wounded child by creating a kind of energetic shield, forged in anger, sarcasm, withdrawal, or volatility. Or perhaps it expresses itself as self-destructive tendencies, a slight tint of depression or as a sadness about the world, others and rooted in an ongoing

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narrative about the disappointment of self, others and reality. It may look like strength on the surface, but underneath is a body that feels unsafe to feel. This rebellion or sadness is not wrong—it is a creative strategy for survival. But it becomes destructive when left frozen in place.

The rebellious teenager holds the levels of our ego structure that holds anger and/or sadness towards the world, towards society, and towards the early blockages formed in the inner child. This unresolved tension defines the ways we allow ourselves to move in the world and shapes how we construct a type of the internalized authority that can inhibit us from expressing our core truth. But in this context, the inhibition is not simply psychological; it is a suppression of the deeper, multidimensional core self—a self that carries the blueprint of the true work we are here to do. This work is not about servitude, but about fulfilling the journey of self-completion and wholeness.

At this stage, the process of self-integration becomes increasingly difficult. The frontal lobes—responsible for planning, decision-making, and social conformity—begin to suppress the impulses of the core self in favor of aligning with societal expectations. As a result, we begin to fracture. The rebellious teenager energy—disillusioned, frustrated, and often self-destructive—emerges as a reaction to this internal conflict. It marks a turning point where we stop taking care of ourselves, disengage from our true needs, and develop an outward persona that Carl Gustav Jung identified as the *mask* or *persona*—a false interface with the world.

This persona, shaped by both the pain of the inner child and the reactive anger/sadness of the adolescent self, becomes a defensive structure. Yet in wearing it, we abandon our core truth once again. That truth is the essence of our being—a multidimensional presence capable of operating on both the higher octaves of reality and within the constraints of this material world. Reconnecting to that essence requires us to move through and beyond the layers of pain, rebellion, and conformity—to return to the deeper integrity of who and what we truly are.

### **Blocked Integration and the Role of the Frontal Lobes**

At the neurological level the frontal lobes administer decision-making, inhibition, and social regulation. This is where we form an identity in reaction to the world.

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If the inner child was abandoned or shut down, and the teenager had to fight or harden to survive, the frontal lobes then become agents of suppression, not expression. Instead of supporting authentic creativity, they begin to monitor, inhibit, and override the signals from the psyche and body.

*This creates an inner schism:*

- The gut and solar plexus want to speak truth
- The frontal cortex says, “That’s not safe—be someone else”
- The persona is born: an image we project to navigate expectations

The ego, or false persona becomes the expression of self we perform for the sake of social belonging. But when rooted in trauma and suppression, it becomes the prison of our own light.

### **The Self-Destructive Phase**

The rebellious teenager, stuck in emotional limbo, often expresses through:

- Self-sabotage
- Neglect of physical needs
- Anger toward society or systems
- Performative identity or masking
- Cynicism and distrust
- Withdrawal from intuitive knowing

At its core, this is a protest against abandonment—not just by parents or culture, but the abandonment of the core self in order to survive. It is the grief of the inner child and the teenager that yet again was not true to our core self, translated into behavior. This part of us does not need punishment—it needs listening. And it needs to be re-integrated into the architecture of the multidimensional core self, not rejected as immature or unstable.

### **More About the Internalized Authority**

When the child and teen cannot fully express themselves, they begin to internalize a sort of prohibitive voice of the world. This might mirror our parents or other important role models

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we come across as teenagers. This internal authority—often harsh, moralizing, or perfectionistic—enforces the rules of disconnection.

This *Internalized Authority* tells us:

- “You can’t show that.”
- “No one wants to hear your truth.”
- “Be good. Be acceptable.”
- “Don’t feel that. Don’t need that.”
- “Perform, and you will be safe.”

But this is a false authority that keeps us cut off from the energetic processes we came here to do—not a task given by the world, but a mission of core self completion. Your multidimensional core self has a blueprint (the holographic-energetic template), a pattern to fulfill through embodied presence and creative expression. The *Internalized Authority* delays this fulfillment.

### **Reclaiming the Truth-Bearing Fire**

To move forward, we must make space for the fire of the teenager—not as rebellion, but as reconnection to purpose. This part holds the blueprint for authentic power, creative sovereignty, and refusal to be silenced. When healed, the teenager becomes the guardian of truth, the fierce protector of the inner child, and the inner architect who rebuilds selfhood on new terms.

### **Practice: Dialoguing with the Inner Rebel**

#### **1. Sit Quietly and Breathe**

Drop into your body. Place your hands on your chest or forehead. Breathe.

#### **2. Ask to Meet the Inner Teen**

Softly invite: “*Is the teenager part of me here? The one who resists or reacts?*” Wait for a sense, image, or emotional tone.

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### 3. Dialogue Without Judgment

Ask: "What are you angry about?"

Ask: "What are you protecting?"

Ask: "What do you wish others understood about you?"

### 4. Witness Without Correcting

Let the answers come without editing. This part does not need to be right—it needs to be heard. Write them down if it helps.

### 5. Offer Presence, Not Control

Say internally: "You don't have to do this alone anymore." "I see your fire. I honor it. I am ready to lead now—not with fear, but with truth."

### From Persona to Presence

When the fire of the teenager is reclaimed and the solar plexus restored, we begin to build a new form of selfhood—not shaped by outer conformity or inner fragmentation, but by integration.

This is the architecture of the core self: the inner child as the light-bearer, the teenager as the protector, the body as the chalice, the brain as the interpreter, and the core as the guiding presence.

### The Complacent Grown-Up: Living in Oblivion

In the journey towards true selfhood, we encounter a stage where we have outgrown the rebellious teenager but have not yet stepped into the fullness of our true self. This stage is often referred to as *the Complacent Grown-Up*, or the "*Grown-Up in Oblivion*." In this state, we are neither fully self-expressed nor fully awakened. We are caught in a state of denial, moving through life as though we have it all figured out, while silently denying the deeper wounds that still run beneath the surface.

### The Illusion of Perfection

The Complacent Grown-Up believes they are living the ideal adult life. They may have a job, relationships, or external accomplishments that seem to reflect "success." However, the truth

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is that these outward markers often mask an inner emptiness. There is a pervasive sense that something is missing, something deep and fundamental has been forgotten, and that something we are doing every day is not truly in alignment with who we are on a core level.

This illusion of perfection can be seductive. We tell ourselves that we are okay because we are functioning, doing what society expects of us, conforming to roles, and meeting certain standards. Yet, this complacency often blocks us from fully becoming who we are. We may not express our truest desires, our deepest longings, or our unique purpose in the world because we are afraid to confront the pain that still lingers in our bodies, memories, and hearts. The core wound from childhood that told us we were not good enough becomes buried under layers of "grown-up" responsibilities and expectations.

### **The Disconnect from the Core Self**

At this stage, we have forgotten our core wounds. We live with memories of past traumas, but they have been tucked away in the subconscious, masked by the numbing distractions of daily life. The very act of forgetting these wounds—the rebellion of the teenager, the inner child's cries—creates a wall between us and the truth of who we are.

What we fail to realize is that denial of the wound leads to the denial of our core self. This is not simply about avoiding pain; it's about avoiding our purpose—the deeper work we came here to do. Our true job in this life is not to meet societal expectations, not to simply "make a living," but to express our authentic essence and bring it into the world in a way that only we can. When we disconnect from this mission, we disconnect from our fullest potential, and the pain of this separation takes root in the body and mind.

### **Living in Painful Oblivion**

When we are living in oblivion to our true selves, we experience a subtle but constant inner pain. It may not always be glaring or obvious, but it is there. It is a quiet hum of dissatisfaction, a subtle grief, a yearning to be more, to express more, to live more authentically. But because we do not allow ourselves to truly feel this pain or acknowledge the blockages that come with it, we instead mask it with distractions, with busyness, or with conformity. This internal dissonance causes us to feel detached from the world. We might go through the motions of everyday life, but we are not truly present. We are disconnected from our own creative spark,

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from the power to make a difference in a meaningful way. Instead of living from a place of purpose and soul alignment, we look to the external world to measure our worth. We believe that a job, a title, or material success will fill the emptiness, but it never does.

In this state of oblivion, we are functioning, yes, but we are not truly living. We cannot access the higher dimensions of our being because we are stuck in the cycle of unacknowledged pain and unprocessed emotional material. We are, as Carl Jung might describe it, deeply enmeshed in the persona—the false self that we put forward to the world as the "acceptable" version of who we are. But the persona is not the soul, and it is certainly not the true self.

### **The Path Back to Integration**

To move beyond the Complacent Grown-Up, we must begin the journey back, the process of self-acknowledgement. We must face the wounds that have been buried, reconnect with our inner truth, and confront the long-denied pain that keeps us from expressing our core essence. This is an energetic reclamation—of our bodies, our memories, our emotions, and our power.

When we are able to access the core of our core self's purpose, we no longer live in fear of what others think of us. We no longer worry about being "perfect" in the eyes of the world. We begin to create the life we are meant to live—not based on external validation, but on a deep understanding that we are here to express a unique vibration, to fulfill a core mission that only we can complete.

This shift in perspective allows us to leave behind the mask of perfection and begin the real work of integration—the work of moving through the pain, unblocking the heart, and rediscovering the purpose that has always been waiting for us.

### **To Sum Up**

At the final stage of disconnection, we encounter what can be called *the Complacent Grown-Up*—or more precisely, *the Grown-Up in Oblivion*. This is the version of the self that has settled into forgetfulness. It is deeply tied to the midbrain, to our memory systems, and to the complex neural mechanisms of denial. Here, the individual has distanced themselves from the core wounds of childhood and the fiery defiance of adolescence. The pain has been buried,

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the rebellion silenced, and in its place stands a seemingly functional adult who believes they have "arrived." But this arrival is illusory.

This grown-up lives in the illusion of completion, mistaking routine, external validation, or productivity for wholeness. They often believe their job or role in society is enough—that success in the outer world equals fulfillment in the inner. Yet beneath this surface lies a dormant ache: the unhealed core wound that whispers, *you are not good enough, you are not truly seen, you are not living your truth.*

In this state, the core self—the multidimensional presence that holds our real purpose and inner potential—remains unexpressed. Our true work, the reason we incarnated into this world, goes unfulfilled. The pain of this misalignment accumulates silently, manifesting as apathy, disconnection, or subtle suffering. We become estranged not just from others, but from ourselves.

True human fullness cannot arise in a life built upon inner denial. No job, title, or external function can substitute for the expression of the core self's blueprint. The real contribution we are meant to make in the world is energetic, relational, and deeply personal.

Until we confront the forgotten inner child, the silenced teenager, and the layers of self-abandonment we've called "maturity," we cannot become fully human. We remain partial, hollowed out by our own forgetting.

The journey back to wholeness begins not with striving, but with remembering. It is not about doing more, but about reclaiming what was lost, suppressed, or denied. Only then can we step into our lives not as complacent grown-ups—but as conscious beings living from our integrated, radiant core.

### **The Midbrain: Gateway of Recollection and Integration**

The midbrain is one of the most ancient and instinctual parts of our neurological system. Positioned between the higher cortex and the brainstem, it serves as a bridge between memory, survival imprinting, emotional regulation, and intuitive perception. It's a center tied to our subconscious narratives, stored trauma, and patterned reactions—especially those formed in early childhood when we first began adapting to a world that often did not see, understand, or honor our true essence.

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When this part of the brain is overloaded with protective reflexes and memory loops, the core self's ability to move freely through the body and mind becomes inhibited. The field of innocence—the open intuitive state of mind expressed via the sensitive energetic container in the stomach and solar plexus—becomes hardened or locked. In this state, we become disconnected from the core truth of who we are, living life based on protection rather than core-directed expression.

### **Unfolding the Inner Child and the Heart Field**

As the midbrain opens, energy begins to flow more freely to the stomach and solar plexus region, the seat of the inner child. Here, many of our earliest energetic adaptations were formed: tightness, nausea, “gut feelings” of fear, or a habitual need to contract in order to survive. With conscious midbrain recalibration, this chalice begins to soften and become permeable again—not vulnerable in a dangerous way, but receptive to life's truth and balance. This opens the way to the heart field, where the deeper properties of the core self can begin to unfold as embodied qualities—kindness, self-trust, forgiveness, clarity, and a refined sense of presence. The heart remembers what the world made us forget.

### **The Core Self: Both Science and Kindness**

In this work, we are not separating energy work and neuroscience, nor do we set emotion against insight. The core self, when fully integrated, is not some abstract higher self floating above reality. It is the living intelligence within you that longs to be expressed through your nervous system, your words, your actions, and your decisions. As this practice deepens, we begin to understand that the expression of the core self is both:

- a science—a process of neurobiological recalibration, pattern recognition, and intelligent adaptation,
- and a kindness—a softening into truth, a return to inner harmony, and a compassion for the self that naturally extends into the world.

### **The Role of Mindfulness and Inner Work**

Midbrain recalibration isn't a one-time fix. It is a mindful, meditative process—a slow unwinding of false adult identities, suppressed inner truths, and inherited beliefs. This exercise becomes a doorway, allowing selfhood to re-emerge, not as a reaction to the world,

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but as a sovereign unfolding of your true multidimensional presence. You are not here to serve the world from self-abandonment, but to complete your journey in wholeness—not through striving, but through deep and energetic remembering.

### **Why the Hands on the Midbrain?**

Placing the hands gently on the sides of the head (cradling the midbrain field) invites a non-verbal recalibration. The nervous system responds to conscious touch, especially when paired with intentional breath and golden energy transmission. This practice does not bypass the brain's protective structures—it respectfully invites them to release, through warmth, presence, and acceptance.

The golden light acts as a vibrational medicine that reaches through layers of inherited fear, shame, and suppression. As it flows into the midbrain, it softens old memories, bringing them out of repression and into a state of gentle awareness. This process awakens dormant aspects of the core self—truths we've forgotten, expressions we abandoned, callings we once silenced.

### **Energy Work Practice: Recalibrating the Midbrain and Unfolding the Core Self**

This exercise helps you reconnect with your core essence through the midbrain gateway—a vital energetic and neurological center associated with memory, deep emotion, and the inner compass. Through intentional hand placement and golden light transmission, you begin to recalibrate the brain, soften the inner child's protective chalice, and open the heart's true properties, integrating core self wisdom into embodied understanding.

#### **Preparation:**

- Find a quiet, sacred space where you won't be disturbed.
- Sit comfortably with your spine aligned but relaxed.
- Take a few deep breaths into the belly, exhaling slowly, allowing your awareness to drop inward.

#### **Step 1: Hand Placement on the Midbrain Field**

- Gently place the palms of your hands on either side of your head, just above and behind the ears—cradling the sides of your skull.

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- Imagine your hands touching the field of the midbrain, the ancient neural center responsible for instinct, memory, and deep-rooted patterning.

### **Step 2: Golden Light Transmission**

- Begin to breathe golden light into your hands.
- With each inhale, generate golden energy into the core of your head.
- With each exhale, circulate that golden light through your hands into the midbrain.
- Visualize this light permeating the cells, softening old hard wirings, warming frozen memories, and dissolving outdated protections.

#### **Repeat inwardly:**

*"I now bring golden light to this ancient gate of remembering."*

*"I invite the expression of my core self to awaken."*

### **Step 3: Calibrating the Inner Child's Chalice**

- With continued golden circulation, bring your awareness to the solar plexus and stomach area.
- Sense how the inner child's field of protection begins to respond—softening, shimmering.
- Acknowledge the safety now available in the body.

#### **Repeat inwardly:**

*"It is safe for me to begin unfolding."*

*"I am no longer bound by the protections of survival."*

### **Step 4: Activating the Heart's True Properties**

- Let the golden light gently rise from the midbrain, traveling downward in a loop to the heart center.
- Bring your awareness to the heart field.
- Feel the heart respond—opening its petals of kindness, receptivity, discernment, and deep seeing.

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**As you do this, repeat:**

*"My heart remembers the truth of who I am."*

*"Kindness is intelligence. Understanding is wisdom."*

**Step 5: Embodying Core Self Expression in the World**

- Now, in your mind's eye, let golden energy rise from the heart to the frontal lobes (forehead area).
- Place your fingertips gently on the frontal lobe region, bridging the inner insight with external expression.

**Repeat inwardly:**

*"I express the core self truth with ease."*

*"My multidimensional essence flows through me with awareness and purpose."*

*"I am free to embody both science and core self, logic and kindness, reason and radiance."*

**Closing:**

- Rest your hands in your lap.
- Breathe into your belly three times, anchoring the new calibration.
- Feel appreciation towards your body, brain, and for participating.

This exercise can be repeated as needed, especially before meditative states, creative work, or during emotional recalibrations. It's designed to slowly peel back the layers of programmed adulthood and allow the authentic self to speak from the inside out.

**When the False Structure Can No Longer Hold**

There comes a moment in many lives where the scaffolding of adaptation begins to crack. The inner child—once buried under years of protective layers—can no longer be silenced. The rebellious teenager—cast into shadow and forgotten—still burns beneath the surface with unspent fire. The grown-up, cloaked in duty and the illusion of stability, drifts in a fog of complacency, numbed by routine and resignation. At some point, often in the quiet hours of grief, in the unexpected moment of despair, or through a slow and aching inner ache, the core self begins to speak. Not with sweet affirmations, but with a thunderous whisper: *"This is not who you are. Wake up. The time has come to remember."*

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This is often called *the dark night of the soul*, but that title deceives.<sup>6</sup> It is the crumbling of the artificial self—the masks, the compromises, the roles adopted for survival. It is the moment when all the forgotten parts of you rise, demanding to be seen, integrated, and embodied. It is the journey of *the Fool*—not in naivety, but in energetic return. The Fool who begins with nothing but a vague sense of "something is missing" is in truth the awakening soul, beginning the real journey. A journey not of serving others from fragmentation, but of reintegrating the soul's knowledge, essence, and purpose.

### **Not to Save, But to Remember**

This is not a descent into chaos. It is the core self's uprising. The inner voice that now rises within is not a guide outside of you, but the true teacher within—the part that is always remembered. The part that always knew your mission was never to conform or perform, but to complete your own journey, to embody your multidimensional truth and to live from your whole being, rooted and radiant.

*This is the beginning of the inner reclamation:*

- The remembering of the inner child, not as a wound but as a chalice of balance.
- The integration of the rebellious teenager, not as chaos but as truth-fire.
- The dissolving of the grown-up in oblivion, not as loss but as liberation.

We must address the inevitable collapse—the point at which the artificial structures built upon the forgotten inner child, the repressed rebellious teenager, and the complacent, oblivious adult can no longer be sustained. For those with awakened core self potentials, this collapse often marks a breaking point: the inner scaffolding of false identity gives way. This is an inner reckoning—the moment when the core self begins to call out with urgency: *Wake up. Begin the work. Remember who you are. Integrate your true potential. I am here to assist you.*

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<sup>6</sup> The term *dark night of the soul* originates from the 16th-century writings of the Spanish mystic St. John of the Cross, where it referred to a profound spiritual crisis and the soul's passage through inner darkness on its way to divine union. In an esoteric context, this phrase refers to a critical initiatory stage in the soul's evolution where all previous structures of identity, belief, and ego stability are stripped away. This process is not merely psychological or emotional—it is energetic and transdimensional. The dark night occurs when the light of the higher self, or core self, begins to emerge more fully, which causes all that is misaligned to surface for transmutation. During this phase, the soul often feels abandoned, directionless, or spiritually blind, yet paradoxically, it is moving closer to truth. In many mystery traditions, this corresponds to the *death* phase of the alchemical process (*nigredo*), where the personality must dissolve before transfiguration can occur. The soul is not being punished—it is being purified. What emerges on the other side is not a return to the old self, but the birth of a new selfhood aligned with the multidimensional essence.

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At this threshold, a deeper voice within emerges—the true inner teacher, the knower of our authentic being. It carries not only memory, but wisdom and instruction. It is often misnamed as "darkness" because it disrupts the illusion of light we have grown accustomed to. In truth, it marks the beginning of the real journey.

This is not merely a dark night—it is the sacred beginning of the *Path of the Fool*, the archetypal one who steps into the world veiled in forgetfulness, only to undertake the journey of remembrance. This journey ultimately leads to liberation, and for those who persevere, to cessation—the return to source, to pure being, and the completion of the cycle of incarnation.

### **From Collapse to Integration to Liberation**

This crash is sacred. It is not your failure. It is your threshold.

It is the moment where the false cannot survive in the presence of truth.

From this moment on, the journey unfolds:

1. *Recollection* – the child, the fire, the truth all return to your field.
2. *Reintegration* – the core self and nervous system begin their dance of realignment.
3. *Embodiment* – the multidimensional self moves through you in action, care, clarity.
4. *Liberation* – not as escape, but as the realization that you are the path, and the path leads home.
5. *Cessation* – the end of distortion, the end of false becoming, the flowering of pure is-ness.

This is the true alchemy of core self awakening—not a spiritual concept, but an embodied evolutionary process. And it begins here, with the crash, and with the willingness to walk forward as the innocent child—empty-handed, wide-eyed, and guided not by the world, but by the voice of the core self remembering itself.

### **What Is True Selfhood?**

True selfhood is not merely a psychological state or a static identity—it is the dynamic expression of the *multidimensional self* within this physical form. It is the conscious embodiment of our deeper essence, where every aspect of who we are—physical, emotional, mental, energetic, and consciously—becomes a living reflection of the inner work we are here

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to do. In this state, life itself becomes the field of integration. Every moment—whether in waking life, in sleep, in work, in relationship, or in solitude—unfolds as a direct extension of the core self's purpose. The limitations of this world are no longer seen as obstacles, but as sculptors, shaping our awareness, refining our being, and aligning us with a higher octave of existence.

True selfhood is both inner and outer. It is not about escaping the world or identifying solely with some abstract "higher self." It is the *core self*—the nucleus of our multidimensional being—that becomes integrated and grounded in this reality. From this centered place, we begin to radiate outward, expressing who and what we truly are into the world, while remaining attuned to the deeper, inner planes of existence. We become bridges between dimensions, acting with kindness, wisdom, and presence in this world, while always remembering that this realm is the final stage of a much longer journey.

To embody true selfhood is to understand that this life is not random. It is a special field where we refine our consciousness, complete karmic cycles, and prepare for the next level of reality. It is a journey of becoming the *most complete human being we can be*—not according to societal ideals, but in resonance with our original blueprint.

When this work is done in earnest, a subtle yet profound transformation occurs. We begin to align with the energy of *cessation*—not as an end, but as a transition. The selfhood that emerges at this stage is not a fixed "self," but a conscious synthesis of all we have been, all we have become, and all we can still evolve into. We no longer cling to identity; rather, we radiate essence. The karmic residues and distortions begin to fall away. What is no longer useful is released—cast into the void, purified, and allowed to dissolve. This is the final leg of the path. It is the *Path of Cessation*. And paradoxically, it is here that we experience the deepest balance. A balance not tied to circumstance, but to the remembrance that, even in the most hostile and dense layers of existence, the light of true consciousness can still shine through. And it did. And we remember.

This remembrance becomes central to our meditation practice. We recall, again and again, who we truly are—not to cling to a self, but to remain centered in the vastness of our being. This "*selfhood*" is not a person—it is an orchestration of memory, essence, and potential. It is a multidimensional *capacity* to navigate, interact, and co-create in any realm of existence.

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It trusts. It knows. It is ready. This knowledge carries with it a quiet grief—what we can describe as “*a little pinch in the heart*”—as we prepare to leave behind the world we once called home. Yet that very pinch opens us to a greater compassion: for all the others who are still entangled in illusion, who have forgotten their essence, and who still believe the outer domain is the only truth.

To remember one’s true selfhood is to awaken to the *blueprint of being*—the true holographic-energetic template imprinted with the architecture of both energy and consciousness. It is the mastery of this blueprint that determines our capacity to move beyond, to shift our vibration in alignment with the next stage of becoming. In doing so, our very radiance becomes our guide, drawing us toward realities where thought, feeling, and being are naturally aligned with the deepest truth of who we are.

### **True Selfhood in a Nutshell**

True selfhood is the expression of the multidimensional self into this physical form, where everything we are will be an energetic representation of the work that we need to do. Every moment of our lives become an expression of the work that we need to do, when we sleep, when we are awake, whatever we are doing, everything comes in alignment with the multidimensional self and the understandings of the limitations of this world and that the true selfhood, of course, is an outer expression just as much as an inner expression.

The inner expression is the integrated self, the true self—not the higher self—but the core self of our multidimensional being and how it can be expressed into the world both as the understanding of the work that we are to do—which is on the inner planes of existence—while we still adhere to the laws and the properties of the outer existence in this reality with kindness and understanding.

We practice the inner work while living every day with the understanding that being in this reality is the last step of our journey and that we strive to become the best version of a human we can be. We realign with our core potentials and get ready to move beyond to the other realms of existence, so that when we leave this body, we have in our preparation become eager and willing—with equanimity and tranquility—and ready to step into the next levels of the journey. And to understand that everything that we have had here will cease and annihilate. That there will no longer be an entanglement with this reality, because we have

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reconnected from the core of consciousness to the outer domain of existence, dismantled to the root who or what we are. Everything that we are is being transformed, throwing what is of no use into the abyss from where it can be purified, forgotten, and cease to exist.

And that's the last journey, the path of cessation. In that moment we are—to use an old expression—rejoicing, because that gives such a pleasure and such a deep core balance when we realize that we are at the end of the journey, and we have completed it. We have completed it because we remember, we have become again in the most hostile environment, in the most dense part of the cosmos, and yet the true consciousness of what we really are can still express itself, in spite and despite of everything. And we will remember that.

We make this part of the daily meditation practice, to recall that, to remember that, to always keep that in mind, so that we don't forget our true selfhood, which actually is not really a self, but it is a composition of everything we have been, everything that we have become, and everything that we potentially can become.

Thus, it's not really a self—it's a selfhood—it's a sense of this being that is multidimensional, that is able to operate no matter what reality we are part of. We trust, we know, and we have this sense that we can do this because we know how to interface with reality. We know how to work with energy, we know the realms, we know the worlds, we know who and what we were, we know who and what we can become, and we are eager and willing to express that as our continued journey, as we let go of everything that was—perhaps with a little pinch in the heart—but that pinch just opens up to another level of understanding, that goes with accepting and acknowledging all the other ones that are not ready yet for that journey, that are still in the outer domain, having forgotten who and what they are, and they are still on that journey, still struggling with entanglement, still struggling with their karmic residues and their distortions, not understanding the true blueprint of who and what they are.

This is the part of the rediscovery of selfhood, the full understanding of our blueprint—that is the higher-order energetic, holographic-energetic template—holding our true consciousness potentials, and how to express this into worlds composed of energy. We remember how we can conduct this process to the degree where this work leads to the complexity needed to move beyond these realms of outdated energy. We remember the true work of how to vibrate

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in attunement with where we want to go, so that our radiation of code sequences will become the sciences of the core knowledge that emits and draws us to worlds. To the next world where the way we think and feel are more in alignment with our multidimensional core self.

### **True Selfhood: The Return of the Multidimensional Human**

True selfhood is not an identity, nor a fixed form. It is not a name, a personality, or a role. It is not even a higher self, as that term has too often been distorted into a spiritual persona or distant ideal. True selfhood is the living, breathing expression of your multidimensional being, fully integrated into this physical domain. It is not something you become. It is something you remember—and then reclaim.

*The true human being, when whole, is a bridge between realms:*

- Between outer action and inner knowing.
- Between limitation and infinitude.
- Between embodiment and essence.

Your core self is the integrated awareness of all that you are across dimensions, timelines, frequencies, and forms. When that core self infuses the physical form, every movement, every breath, every moment of your existence becomes the expression of the inner work you are here to complete. This is not abstract. It is energetic. Every thought, every dream, every gesture becomes a representation of your core self's expression, unfolding in time.

To live in true selfhood is to allow your multidimensional being to shape your presence, your choices, your creativity, your rest, your silence. Whether sleeping or waking, working or meditating, everything becomes aligned with the mission of core self completion.

### **The Inner Work as Outer Radiance**

Selfhood is not only an inner experience. It is a radiance—an energetic resonance of your deepest integrated truth. It cannot be faked. It emerges only when the fragmented layers of the psyche have been healed, unified, and reintegrated into the vessel of the body.

*This process is not easy. It asks everything of you.*

- It asks that you reclaim the inner child not as a victim, but as a chalice of purity.

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- It asks that you integrate the fire of the rebellious teenager not as rage, but as a force of truth.
  - It asks that you dissolve the complacent adult, the one who abandoned the soul for comfort, forgetting that this world is not our destination—it is the final test before we return.

Selfhood is not self-centeredness. It is a radical presence. It is living as a fully embodied being of light in the densest of dimensions, without losing the clarity of who and what you are.

### **This Reality as the Final Gateway**

To many, Earth appears as a trap. But to the awakened, it is the final threshold. It is here, in the most dense and distorted environment, that the purest expression of core self must arise. It is here that the core self is forced to remember itself—again, in spite and despite of everything. To remember in this realm is not simply to awaken—it is to master pain, grief and yet land all processes in balance. To reactivate the true selfhood into embodiment is to complete an energetic agreement made beyond time: *that we would return to our own blueprint, live from the inner essence, and prepare ourselves for the next phase of the journey.*

### **The Path of Cessation and Departure**

True selfhood leads not to spiritual escapism, but to energetic mastery. And mastery leads to cessation: the end of distortion, the end of karmic recycling, the end of misidentification. This is not death—it is completion.

When this journey nears its end, the being who remembers smiles—not with pride, but with subtle joy. Not sadness, but soft nostalgia. There is a pinch in the heart, yes, for what was once loved—but even that pinch becomes a portal into higher understanding. And yet, we will carry with us nothing but our essence, the blueprint that has been polished and purified. All else—every distortion, every unneeded memory, every false identity—will be cast into the abyss, where it may be dissolved and forgotten.

### **Selfhood Is Not a Self. It Is a Composition.**

And so we must say clearly: true selfhood is not a fixed identity. It is a composite resonance:

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- Of everything you have ever been,
  - Of everything you have become,
  - And of everything you are still capable of becoming.

Selfhood is the presence of the complete being, unfragmented, radiant across all dimensions, aware of the holographic-energetic template that holds the codes of your personal evolution and liberation.

- It is the energetic intelligence that knows how to interface with any reality.
- It is the holographic-energetic awareness that holds the sciences of consciousness and the kindness of the awakened heart.
- It is the readiness to continue the journey, with equanimity, clarity, and balance.

This is the rediscovery of selfhood:

- The full understanding of your energetic blueprint,
- The navigation of inner planes as real and intricate as outer life,
- The mastery of realms of energy and vibrational alignment,
- And the capacity to choose your next reality by radiating into it.

When this happens, you no longer cling to this world. You respect it, you feel compassionate towards it, but are not bound to it. You carry the stillness of being and the clarity of memory, and you begin to walk among others as one who remembers.

### **Anchoring True Selfhood in the Body Exercise**

#### **Purpose:**

- To continuously align your physical, emotional, mental, and energetic layers with your multidimensional core self.
- To create a living bridge between your heart, midbrain, and core blueprint.
- To allow energy to build organically over time, creating permanent pathways of remembrance and expression.

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### **Phase 1: Ground and Open (Duration: 1–2 minutes, adaptable)**

- Sit, stand, or walk slowly—eyes open or closed.
- Bring awareness into the base of your spine and the soles of your feet.
- Say inwardly: *"I call in my presence. I align with my core self."*
- Breathe into the lower belly. As you exhale, let your weight settle downward.
- Imagine golden filaments anchoring you into the Earth—not as a tether, but as a resonance of balance and maturity.
- Feel your spine subtly lengthen, upright but not stiff. Your nervous system softens.

### **Phase 2: Activate the Midbrain and Heart (2–4 minutes)**

- Bring your hands gently to the sides of your head, cupping the area around the ears and temporal lobes.
- Inhale golden light through your palms, directly into your midbrain (the seat of memory, identity, and instinct).
- Imagine this light recalibrating your inner compass, dissolving distortion, clearing old loops of false adulthood or wounded identity.
- Now move one hand over your heart center, and one remains lightly at the midbrain.
- Begin to breathe between your heart and brain. Imagine each inhale carries golden presence from the midbrain into the heart, where each exhale returns it purified, loving, stable.
- Inwardly affirm: *"I remember who I am. I become who I am. I live who I am."*

### **Phase 3: The Chalice and the Core (3+ minutes, or done in layers throughout your day)**

- Bring both hands now to rest gently, one on your belly (womb/hara), and the other over your heart.
- Visualize a golden field inside your torso, spanning from the lower belly to the heart

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and up to the midbrain. This is the inner child chalice—the container that holds your core self root, the root needed to anchor the core self into the heart as the lower-order ego desires change into your highest aspirations.

- With each breath, feel the chalice filling with soft white-gold light. This is not a light you generate. It pours in from your blueprint—through the spine, from your field, from the core self memories of who you truly are.
- As you become more stable in this state, begin to softly radiate from the chalice outward into your skin, your field, and your environment—not to affect others, but to remain in attunement.

#### **Phase 4: Living the Radiance (Ongoing throughout the day)**

- You now walk, speak, think, and feel from a subtle yet grounded alignment with your inner core structure.
- When speaking to others, feel your midbrain and heart remain synchronized—this brings clarity and compassion.
- When walking, sense golden filaments from your chalice streaming into your footsteps, claiming the world without attachment.
- When confronted by density, bring a subtle breath back into the heart or midbrain—reignite the alignment gently.
- When you lie down to rest or sleep, let your awareness rest in the golden chalice and say inwardly: *“May all of me integrate. May the path be clear. May I remember as I become.”*

#### **Notes for Practice**

This is not a ritual with fixed times. It is important to remember that all energy work must remain in a fluid state of awareness you return to and refine. The exercise can be performed standing, walking slowly, lying down, or even in conversation through subtle awareness. As your energy system acclimates, this state of coherence and balance becomes natural.

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If you get rattled, or pushed back into the ego structure emotional state of mind, do the exercise and you will find that alignment returns faster each time you shift attention toward it.

## **For Further Investigation**

### **Level 1: Unraveling the Layers**

- Explore how societal, familial, and energetic imprints shape your sense of self.
- Identify subconscious patterns and external influences that have defined your identity.
- Develop techniques to clear outdated beliefs and reconnect with your personal energy.

### **Level 2: Reclaiming Inner Authority**

- Develop techniques to strengthen your inner voice and develop self-trust.
- Develop techniques to work with higher-order introspection to realign with your authentic self.
- Work in contemplation on how to understand the difference between conditioned identity and true selfhood.

### **Level 3: Embodying Your True Self**

- Develop practices to integrate your self-discoveries into daily life.
- Learn to maintain energetic boundaries and stand in your authenticity.
- Develop practical strategies to navigate life with greater self-awareness and clarity.

Write this down, find ways to explain this to others. It is important to put voice to the thoughts in either talk or writing.

## **Now, Listen to Podcasts**

### **Level 1: Unraveling the Layers - Podcast 1-4**

*Theme: Deconstruction of the False Self*

Before we can embody who we truly are, we must understand who we are *not*. Most of what we call 'self' is a patchwork of inherited stories, familial expectations, cultural scripts,

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and subtle energetic programming. This level is about identifying and unhooking from what was never truly ours.

*Key Points:*

- **The Imitation Self:** Explore how identities form from repetition—what others mirrored to us, what society rewarded, or what we needed to be to stay safe.
- **Energetic Inheritance:** How ancestral trauma, epigenetics, and collective thought-forms subtly shape behavior and self-image.
- **Social Conditioning:** Cultural expectations and roles assigned by gender, class, race, spirituality, etc., that quietly define “acceptable” selfhood.

*How-To Segment:*

- **Somatic Journaling Practice:** “Where in my body do I feel this belief?” Track old patterns to where they reside energetically.
- **Mirror Inquiry:** Look in the mirror and ask: “Who am I when no one is looking? Whose voice do I hear when I judge myself?”
- **Energetic Decluttering:** Develop a simple visualization exercise to scan the fields and “evaporate” energies, beliefs, or constructs that feel foreign or imposed.

## **Level 2: Reclaiming Inner Authority - Podcast 5-6**

*Theme: From External Validation to Inner Alignment*

Once we see the layers of false identity, the next step is reclaiming inner authority. This level is about restoring self-trust, becoming intimate with our inner guidance, and learning how to discern between the voice of conditioning and the voice of the core self.

*Key Points:*

- **Inner Authority vs. Outer Noise:** How society has taught us to outsource truth to systems, teachers, or algorithms.

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- **The Voice Within:** The difference between the voice of the wounded self, the protector ego, and the deeper core self.
  - **Self-Trust as a Practice:** Trust is not found—it is built. Repetition, presence, and willingness are key.

*How-To Segment:*

- **Higher-Order Introspection Techniques:** Introduce layered self-inquiry (e.g., “*What do I feel? Why? What is under that feeling?*”).
- **Shadow-Dialogue Practice:** Sit down and visualize a conversation between the conditioned self and the authentic self.
- **Contemplation Exercise:** “*What part of me feels like a mask? What part of me feels like a memory of something truer?*”

### **Level 3: Embodying Your True Self - Podcast 7-9**

*Theme: Integration and Presence in the World*

This is where the journey becomes embodied. It’s not enough to remember or realize the truth—we must live it. And living it means integrating our insights into the way we speak, relate, create, and navigate challenges.

*Key Talking Points:*

- **Embodiment vs. Escape:** True activation isn’t about rising above reality—it’s about fully inhabiting it with awareness.
- **Energetic Boundaries:** How to maintain inner coherence while staying open and connected to the world.
- **Authenticity in Action:** Living from your core self in everyday interactions—how this *feels* different, and how others respond.

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*How-To Segment:*

- **Integration Practice:** At the end of the day, ask: *“Where did I show up as my real self? Where did I shrink or perform?”*
- **Energetic Hygiene:** Develop an energetic boundary practice such as field cleansing, deleting cords, or breathing golden energy to amplify the heart field.
- **Authenticity Compass:** Do a daily 3-part check: *Is this true? Is this necessary? Is this aligned with who I am now?*

### **Last Remark to Contemplate Upon**

*Imagine a day lived entirely from your true self.*

- What would change about your conversations?
- What would change about your posture?
- What would change about your decisions?
- How would your energy feel?

### **Podcast 10 - Sum Up and Additional Information**