

THE FOUR GOLDEN KEYS TO HEALING:



DR. MELISSA SOPHIA JOY

UTILIZING THE POWER OF YOUR HIGHER SELF
TO HEAL YOUR DEEPEST WOUNDS
WITH SOMATIC AWAKENING®

**THE LOVE THAT
NEVER DIES:**

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BY

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DEDICATION

I dedicate this book to all who are sincere seekers of love and light, who are committed to their own deep healing and to the healing of the world.

I dedicate this book to future generations, which I pray will take this work and evolve it even further to heal our world. I have heard and am heeding your calls from the future.

I dedicate this book to my daughter who is a great light in this world. Thank you for helping me see and live this light; as love, joy and excitement, on a daily level.



IN DEEP GRATITUDE

Eternal gratitude to the divine spirit that showers us with the love and light which heals all.

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INTRODUCTION

If you're reading this you already know that we're at a crucial point in the history of humanity. More than ever before the dichotomy of light and darkness is showing itself. So many people are expanding their consciousness and stepping into awakening. Yet, there are also so many tragedies and political decisions being made that reflect the inner darkness of the individual and humanity's collective unconscious wounding.

Because of the urgency of these times, we need a guiding light to show us the way to heal. This is why I am compelled to write this e-book—to share my piece of the puzzle in healing and to help lead you to the powerful force of healing that lives inside of you.

We all have an internal light of healing and guidance inside of us. Many of those who have done the work to uncover their our own inner light are being asked now to shine this light unto the world to help others discover it inside of themselves. I have heard this call inside of me for years and it is now time to step out into the world and share the healing light and wisdom that I have gained, so that others may open more fully to their own light, healing and inner freedom.

I know in my soul that as more of us heal and awaken from the shadowy pain of our psyche and stabilize our true consciousness inside, the more we stabilize the collective psyche of humanity. For as we heal and show up in our essence and light, we become beacons of light to others which in turn spurs them on to connect to their own inner light.

This process opens a domino effect of healing and awakening which blossoms out to all we touch; to our partners, families, friends, communities and eventually deep into the collective of humanity.

How do I know these things? Who am I to be saying this?

Good question.

My name is Dr. Melissa Sophia Joy and I've been in the field of healing for over three decades (and many lifetimes). I am a naturopathic doctor. But, I am much more than that. I've been a deep diver in human consciousness all of my adult life. I'm a specialist in mind-body-spirit counseling, an intuitive guide, spiritual teacher, oracle, and mystic. I've also been blessed to be the creator of a very potent healing modality called Somatic Awakening®.

Most significantly, I've had my own powerful experience of walking through many levels of healing the depths of my (and the collective's) shadow. Along with this healing and my thirty years of spiritual practice, I have stepped through many layers of awakening, as well as the embodiment of this awakening.



All the while I've worked with others one-on-one and in groups, helping them to do the same. I've sat with thousands of people to help them navigate their own difficult inner terrain, as well as helped them stabilize and heal their consciousness and body. I have also helped them to step into ever widening fields of awakening into who they truly are.

I want to do the same for you. Why?

Because we need as much healing as we can hold in this time on the planet. There is so much suffering in our world, but, suffering is optional. As we answer the call of our higher selves and step into the light that we are... everything changes.

The Keys of Healing

This book contains four golden keys of healing that if taken to heart and utilized can change your life forever.

These healing keys are:

1. Acknowledge the pain of your past and see how it is still controlling your present, as well as your future until you heal it.
2. Connect to, presence and heal the parts of you that are the most traumatized and wounded, with the stabilizing power of your higher self witness.
3. Allow the powerful divine energies of love, compassion and forgiveness, which flow from your higher self, into your wounded parts, to stabilize, heal and powerfully transform them.
4. Bring the energy of this healing deeply into your being through the process of embodiment; so that you may live in peace, love, compassion and balance in your daily life.

For those of you who are new to this path of healing and embodiment there is much here for you. I encourage you to take your time in reading this, as well as in doing the exercises and practice so you can take this information profoundly into your life.

For those who are already on the path of healing and awakening there will probably be a lot of useful information for you to review in Chapter One. Then as you go into Chapter Two and beyond there will be even more transformative information that will help you step more significantly into your healing. I also encourage you to do the exercises at the end of the chapter so that you may have an experiential process with the information.

For those of you who are advanced in your healing and awakening, if Chapter One feels too basic for you I recommend skipping forward to Chapter Two and then move onward from there. A note to you, the advanced practitioner, this technique may seem deceptively simple. However, like the mantra, “Be Here Now” it has many layers of profound understanding to it, which are way beyond what the intellectual mind might think that it already “knows.” Therefore, I encourage you to be in

beginner's mind as you read this material, do the exercises and step into this practice. You might be pleasantly surprised at what treasure's you find inside of yourself utilizing this technique.

I invite you now to step deeper into your healing and freedom.
Are you ready?

If so, come with me now as we navigate some of the most important stepping stones you can take on your journey to heal and remember who you actually are.



CHAPTER ONE

ACKNOWLEDGING

The first and in many ways the most challenging step in healing is to acknowledge the pain that you carry. This means looking at the painful memories and traumatic events that have caused you pain in your life. Why, do this? Because chances are, if you have not acknowledged and healed these painful experiences, they are still causing you pain.

This step asks you to clearly look at the present day pain you are carrying in your psyche and somatic body. (I define the somatic body as the conglomeration of your physical, emotional and energetic aspects of self).

As you are more fully with this present day pain (which can be in the form of difficult feelings, getting triggered, etc.), the painful memories and trauma underneath this current pain arise to be healed.

In this process you are invited to see clearly how your psyche has dealt with past traumas (for better or for worse). You are asked to see how the psyche, in its desire to protect you from these traumas, created protective ways of being. The subconscious stories we tell ourselves, which have the intention of protecting us, are typically misguided negative beliefs which cause you to close down, hide, protect and get triggered in ways that are painful.

Unfortunately, these protective ways of the psyche continue until you bring awareness and healing to them.

This step is also asking you to see how this pain is connected to your family of origin, your ancestry, and in many cases, your past lives. It is also asking you to really acknowledge how you show up in relation to your family, your significant other, friends and colleagues. In essence, it's asking you to start being aware of how your pain body and psyche responds to the world in a way that is causing you (and those closest to you) even more pain.

What's the Ego?

Before we go further, so you can more fully take in what I am saying, I want to describe and define the ego. The word ego typically has two different meanings. There is the meaning of the ego related to egotism which is when one sees themselves as better than others, as in the phrase, "They are so egotistical".

This isn't what I'm referring to here. When I say ego, I'm referring to the much larger ego structure of the psyche. This is considered to be part of our personality, but it's much bigger than that. From a psychological perspective the ego is the part of the self that mediates between the conscious mind and the subconscious mind. It is also responsible for a person's sense of identity. One of its primary jobs is to make sure that you're safe (and it has some pretty interesting ways that it does this).

In healing the pain held within we are literally softening and re-configuring these old (well-intentioned, but ultimately painful) ego constructs so that we can step into more spaciousness and peace in our life. Ultimately, healing on this level will bring us to the place where our ego is not in

charge and running the show any longer. When this happens, we can allow our higher selves to take the reins and lead our lives as we step into the bigger view of who we really are. I see this as the ultimate goal of true healing.

How the Ego Tries To Protect You From Trauma

When trauma occurs it creates negative feelings in your being. These feelings can be overwhelming, especially if you are young and cannot deal with the trauma that just occurred.

Your ego will try to protect you from these problematic and overwhelming feelings by creating protective belief mechanisms, such as “it’s my fault, and I must not be good enough” in reaction to what just happened.

However, the belief mechanisms that are created are at the same level of maturity in which you experienced the trauma. Which means that if you are four years old when the trauma occurred, your four year old brain comes up with the solution. So although the solution might work to help you feel protected from the pain as a four year old, as you grow older it usually ends up causing more pain and dysfunction in your life. Unfortunately, these solutions, such as “I’m not good enough” are running for the rest of your life until you turn toward them and heal the deeper trauma.

I’d like to give you an example so that you’ll have a better understanding of how this works. (Note: The example used is entirely fictitious, although it’s an amalgam of many stories I’ve heard from patients over the years).

In this example a four-year old boy experienced abandonment from his mother who ran off and left the children with the father.

However, the four-year old boy didn’t understand what was really happening. He perceived that his mother’s abandonment had more to do with him

than a difficult underlying relationship with his father or her inability to stand in her strength. He believed he did something wrong. Ultimately, he blamed himself for what she did.



The little boy's emotional body couldn't tolerate the overwhelming feelings of his mother leaving and his underlying belief that it was his fault. It was just too much for him.

So, his ego created a protective mechanism (which came from the level of maturity of his four-year-old mind) in an attempt to shield him from this overwhelming pain. The protective belief that his ego-mind came up with told him that women could not be trusted.

This protective belief worked well as a four-year-old boy and growing child to protect him from the pain of his mother leaving and the conclusion that it was his fault. However, when he became an adolescent and then an adult this mechanism began to backfire on him. As he grew up he eventually realized that all of his relationships with women ultimately failed because he could not (no matter how much his conscious mind tried) trust women.

Every time he was in a new relationship with a female romantic partner, he would ultimately feel like she was not trustworthy, no matter what how wonderful and trustworthy she was. He found himself acting out in ways that he wasn't consciously in control of, his behavior ended up backfiring on him.

He would find himself subconsciously pulling away from her (no matter how much he loved her). He also found that even if she acted in very loving ways toward him he would respond by withholding love from her because no matter how hard he tried he just couldn't trust her.

Ultimately, he found that the same pattern kept on repeating itself. He would put so much distance (emotionally and physically) between himself and his partner that the relationship would end up falling apart. This would happen again and again.

At first he pretended that he didn't care. He believed that women were not to be trusted. But over time, he couldn't keep up this facade. His deepest truth was that he really wanted a relationship, but he was too scared of opening his heart to women and he didn't know why.

His psyche's protective mechanism of believing that women could not be trusted (although helpful as a child) kept causing relationships that failed as an adult.

Until one day, the pain of the latest breakup (in a long line of breakups) caused him to reach rock bottom and he was finally ready to look at the pain underneath this protective pattern to understand what was truly causing it.

The first step in doing this was to acknowledge where the real pain came from—to recognize the pain of his mother's leaving, and his blaming himself for it. As a four-year-old he wasn't prepared to do so. But, as an adult,

the pain of the continued failed relationships motivated him enough to really look at what was underneath the surface.

When he initially looked at his mother's abandonment many feelings arose. First, there was a need to move past the frozen numbness that had pervaded him since he was a child. As he moved past this he experienced the profound pain, grief, anger, confusion, blame and loss that had been trapped in his somatic body since he was a four-year-old child. As a child he didn't have the maturity to be with these difficult feelings because they were just too big for his young psyche to understand. But, because they weren't processed as a child they were still stored in his being.

Over time, he found that as he acknowledged these feelings and allowed them to flow through him, he started to feel a sense of freedom. But, he also noticed that his emotions at times were out of control. He had to work hard to not act these feelings out, which he knew could create more pain for himself and others. That's when he made the decision to go to traditional talk therapy to see the bigger picture and gain some ability to understand what was happening.

During this process he was able to gain some perspective and to understand why his mother did what she did. He realized that as a four year old he incorrectly blamed himself for her leaving. He started really understanding that she didn't leave because of him. He came to understand that his younger self's response to the trauma was to subconsciously create a protective mechanism that ensured he would not trust women. He also began to see how this was playing a role in his current painful situation with women.

Understanding is Great, But How Do I Feel Better?

However, he still felt the difficult feelings gnawing at him. He also still had a tendency to push women away and not to trust them, even though he now mentally knew what was happening. He asked himself, “What do I need to do to actually feel better in my body about all of this and act differently with women”?

This kind of question is very often what leads people to my door. They are looking for the deep-seated healing that actually helps them feel better in their body and act differently.

I had my own similar question which launched me on my own search for profound healing and ultimately led me to a whole new vista of healing that I am going to talk about in the next chapter.

But, before I discuss this, I want to say a few more things about the importance of acknowledgment. Looking at the pain of the past and how the psyche has responded to it is so incredibly important. It touches on many layers of awareness; the personal, the familial/ancestral, the past-life and even the global level. There is SO MUCH here.

Therefore, I encourage you not to expect yourself to face it all at once! Instead, see each experience of acknowledging the pain of the past as a stepping stone on the path of your healing that’s going to unfold over time.

EXERCISE

JOURNALING WHAT'S ALIVE INSIDE

To take this more in-depth step in your own life. I invite you to sit with, reflect and answer the following questions.

Allow your answers to arise from a level that is beyond (but also includes) your mental awareness. In other words allow your feelings, your intuition, the senses of your body, your spirit and your heart to speak. Then bring these answers with you as you take the next step into being with what is in the next chapter.

Questions to Journal

What's alive inside of me right now that's causing me pain or hardship?
How is this part of me ruling my life? In other words, how is it triggering me and creating difficulty in my life and/or relationships?

What is underneath this pain or hardship? Is there a past trauma or difficult experience underneath it? Feel and intuit what is true for you.
How is this previous experience connected to the current pain? Again, feel into your truth and intuition.



CHAPTER TWO

BEING WITH WHAT IS

After acknowledging the issue at hand the most important thing to do next is to learn how to “Be With What Is,” so that it feels seen, witnessed and held.

Being with “what is” is not a new concept. In fact it’s an ancient Buddhist teaching that has much to offer us today.

But what does this really mean? How can this ancient teaching help you heal yourself from suffering and how does it really work?

I have a funny story to describe what this means. As a mother I’ve taught my daughter many of the concepts that I use in my healing practice (in an age appropriate way). This concept of “being with what is” was something that we discussed quite a lot when she was younger in helping her deal with things that she didn’t like, such as eating healthy food she didn’t enjoy or needing to go to bed earlier than desired.

When she was about seven years old I remember having a challenging experience regarding a breakup. My ex-partner was going out with someone soon after the breakup and I had some difficult feelings in regard to it.

My daughter and I were out shopping and we saw the woman he was then going out with and I started to grumble underneath my breath, complaining about the situation. Immediately my daughter said to me in her own 7-year-old way, “Mom, you just have to deal with about it.” I was so taken off guard by my daughter’s precise spiritual wisdom (as well as the humorous way it came out of her mouth) that I immediately started laughing, stopped complaining and acknowledged the wisdom in her statement. She was right. I needed to “deal with about it.” In essence, I needed to learn how to “be with what is” in that situation.

Because, the truth of it is that if we are not with “what is”, then we are fighting with reality. And fighting with how reality is showing up in your life is a recipe for suffering.

This is such an important point that I am going to say it differently so that you can really get it. When we say that something should not be happening because we don’t like it, because we want something different, because it is not in alignment with our view of how reality “should” be, we are arguing with “what is.” What is, is the reality that’s looking you in the face. It might not be what you want, or you might not like how you are feeling in regard to it. But, the truth is that reality doesn’t always play nice. It doesn’t care if it fits into your view of how life should be. It Just Is. Because reality shows up impeccably, exactly as it is right here in front of you.

Learning how to “be with” something you don’t like doesn’t mean that you don’t act to try to change it if you feel strongly about it. But, it does mean that if you are arguing that it shouldn’t be happening, you’re creating suffering for yourself because the truth is it is happening.

Being with “what is” goes way deeper than the difficult situation that’s happening on the outside (whether that be your ex-boyfriend going out with someone else or your boss yelling at you). On a deeper level it also is

“being with” how your subconscious voices are reacting internally to what is happening outside of you.

To drive this home I am going to use the example in chapter one with the four year old. When the man truly learns how to turn toward and really be with the four year old voice inside of him that says, “don’t trust women”, in a kind and caring way, everything changes. The four year old part of him feels seen and relaxes its intense stance. As this occurs and his higher consciousness steps in the younger part of him that says “don’t trust women” is no longer in charge. The man is now free to have relationships with women that are not run by this sabotaging voice. When we are with our inner voices on this level our inner reality changes for the better.

Feeling Better on All Levels of Being

Several years ago I reached a point of frustration after doing years of inner healing work. I felt that from these numerous healing experiences I had reached a certain amount of inner healing and shift in my being. However, I didn’t actually feel better in my somatic body...in my physical, emotional and energetic aspects of self. I felt that although I had come to a place of understanding my wounding and there had been shifts in my consciousness, I didn’t actually feel the healing that I longed for on the deeper levels of my being.

In many healing sessions I would often have huge breakthrough experiences and would leave understanding more of the patterns of my subconscious. With this would come a huge release of emotions, which felt good to be released. But, I found that when I got home these hard feelings would take over my reality until things calmed down. I did not have what I needed to actually be with the pain and help it feel stabilized. For years the pain would often take over my awareness and I would feel lost in a sea of pain for days. This was a very difficult time for me.

I also saw this quandary with many of the patients that I worked with and I wanted to find a solution to this problem both for them and myself. I wanted to be able to help us not lose ourselves in the pain and also make a dramatic shift so that we felt better in our somatic being, too.

Over time the drive to find the answer to this puzzle became increasingly louder and I threw myself into this inquiry. I lived with it in my meditations, my practice, my conversations with colleagues, my mentors and in my day-to-day life. I became utterly committed (bordering obsessed) to discover the answer to help myself and my patients feel better from the inside out.

In my own inquiry of trying to find a solution I ran smack dab into this teaching: “Be With What Is”.

When I first learned about this concept and started to utilize it I felt the powerful healing potential it held. I decided to run with it in my own healing work and what I found utterly amazed me!

I found that as I connected to the part of me that has the ability to Be With What Is, that I actually had the ability to not lose myself in the pain anymore. I discovered that in order to Be With What Is, a part of my spirit came into my awareness that up until that point I only vaguely knew through my meditation practice. I found that the part of me that had the ability to Be With What Is was my witness consciousness.

I was also surprised to find that my witness consciousness knew precisely how to show up to inner trauma, to give it exactly what it needed to heal and bring it back home to who I truly am.

The Power of the Witness

I discovered that witness consciousness has the ability to powerfully hold space for your emotions no matter how intense they may be. Deep in meditation it was shown to me that witness consciousness arises from, or you could say is born from, your higher self. This was a significant realization. I found that because of this relationship, the witness acts as a conduit for your higher self; which is the primary reason that it is such a powerful healer. In essence it acts as a channel or tube for your higher self to transmit healing energy directly into the traumatic inner wounds. It does so in a way that it conducts the precise thing (energy, feeling, presence, etc.) that is needed to give these wounds exactly what they need to heal.

The witness and its powerful connection to your higher self fully sees, holds, eases and transforms your most difficult feelings; whether it is pain, grief, anger, shame, anxiety, sadness or even self-hatred, as well as negative subconscious beliefs. The higher self (vis a vis the witness) has the soothing balm that is needed to bring any difficult emotion, negative belief or contraction to a place of comfort, soothing and peace.

In this nurturing container these painful parts have the opportunity to ask for and receive the tending that they truly long for and desire. In receiving the energy that they long for they completely shift. They open to being held in love in a way they have never experienced before. They learn how to trust life again.

They open to the complete relaxation that is possible when they know that their higher self is showing up for them in this powerful presence. This experience brings difficult feelings, negative thoughts, past traumas and the physical issues connected to these difficulties, into and through the threshold of healing with powerful, spacious presence and ultimate compassion.

When you're able to engage your witness in relationship to your painful emotions in this way, the emotions naturally and organically shift on a multitude of levels.

Ultimately, the magic of this powerful relationship alchemically dissolves the pain and opens the door to deep integration and true healing.

After doing this process thousands of times with others, as well as myself, I have seen and felt this alchemical healing shift people's lives again and again. Contractions and pain that people thought would never go away have incredibly shifted into peace, ease, healing and grace right before our eyes.

I found that this process offers amazing healing. So, much so that I am being called now to teach this modality to others. I can no longer keep it hidden in my little corner of the world. It has grown into a life of its own and must be shared for the healing of all who have eyes to see and ears to hear.

Healing the Somatic Body with Somatic Awakening®

As I started to use this on my patients and realized that the healing that I had experienced individually was reproducible in others, things started getting really interesting. My patients started getting better faster, transforming emotionally, physically and energetically. I witnessed the experience of this profound alchemical healing occur again and again. When I realized the power and magnitude of this work I received a name for this blossoming healing modality. I was clearly told in meditation that this modality was to be called Somatic Awakening®. This name seemed apropos. Somatic being the interchange between the physical, emotional and energetic aspects of self. Awakening from the energy of the higher self

enlivening and healing all of the contracted and painful parts held within the somatic body.

Hitting the Spiritual Jackpot

When these massive shifts in healing first started happening with my patients and in my own life I felt like I'd hit the spiritual jackpot. I saw such relief on people's faces. It brought tears to our eyes. Again and again, I perceived and heard experiences likened to finding water where one felt alone, thirsty and lost in the desert for years, sometimes decades.

The subconscious parts that felt the most exiled, the most wounded, the most painful finally started coming home to the love that they always wanted.

This is when everything changed for me too...inside and out. This modality powerfully and irrevocably deeply healed my life and so many others.



The Difference Between Witness and Adult Consciousness

One of the most important characteristics of Somatic Awakening® that distinguishes it from other healing modalities is that it utilizes your higher self to heal. From the level of traditional trauma therapy this is a complete shift of perspective.

Instead of utilizing your mind or aspects of the ego, Somatic Awakening® utilizes your witness consciousness and higher self to shift and heal wounded aspects of your being. I have found that utilizing the mind and aspects of the ego to heal can be very effective in the healing process, but only to a point.

A perfect example of this is the utilization of one's adult consciousness in helping to stabilize and heal your internal wounds. It is similar to witness consciousness, but it also has big differences.

Your adult consciousness is a part of your ego structure. It's basic objective is to help you function and navigate your daily life. It also holds a significant role when it comes to healing trauma and the negative belief mechanisms that arise up from these experiences.

When adult consciousness is fully engaged it can, like the witness, bring stability and balance to your wounded consciousness. It does so by stepping in as the "inner adult" and allows the wounded aspects of self to feel the inner adult's strength and presence. Therefore, the wounded parts often will feel a sense of relief, trust and relaxation with the presence of the inner adult. This is an important healing relationship and is not to be thrown out.

However, although the adult consciousness is important there is a limit to its ability to truly stabilize one's wounded self and bring it healing. I have found that those who have past experiences of serious and/or chronic trauma, when only utilizing adult consciousness, doesn't have the same foundational and alchemical ability to stabilize and heal this trauma the same way that witness consciousness does.

The adult consciousness is not as powerful as the witness consciousness because the adult consciousness is ultimately still a part of your ego (albeit a higher part of it, but part of it nonetheless). Whereas witness consciousness arises from your higher self.

As my dear friend and colleague, master therapist Deborah Morris has put it, "Witness consciousness is like the conductor (of the orchestra) and adult consciousness is like an instrument."

Therefore, witness consciousness holds a much bigger energy in its capacity to "be with" and heal trauma in our body. One of the primary reasons it can do so is because it opens the conduit to your higher self. This conduit has the ability to truly heal even the most difficult issues because it offers an unending immensely stabilizing presence, power and love.

Not a Spiritual Bypass

To fully understand Somatic Awakening[®] I want to delineate that it is not a spiritual bypass. Spiritual bypass is when a person utilizes higher spiritual understanding and wisdom to step over their feelings, not actually engage them.

An example of this is when a person who has had awakening experiences says, "I am in an awakened field now and no longer need to engage the lower energy of my feelings." However, the negative feelings, and the traumatic

experiences underneath these feelings, aren't going anywhere just because a person is awakened. They're still stuck in the body and are still causing the painful subconscious problems they always have caused and will continue to do so until the "awakened being" allows the light of the awakened field to go down into the difficult emotions. (More about this later). This tendency to spiritual bypass is why sometimes spiritual teachers and gurus can get themselves into trouble by doing things that come out sideways and are not in their or others highest good.

However, the practice and modality of Somatic Awakening® directly engages your emotional difficulties with the power of your higher self. It doesn't bypass them.

Beautifully, the more you feel connected to your higher self the more powerful your witness shows up in your healing process. As your higher self comes more online the more the witness becomes a conduit of your higher self. When this happens major shifts occur where pain that seemed completely intolerable in one's system literally fades away into a distant memory.

When you are in alignment with your spirit in this way, you have more capacity to be with the difficult emotions and experiences that arise in your life. This gives you more ability to show up in your life with ease, grace, clarity and wisdom.

This process literally can shift how you perceive your reality from the inside out. Then you start to feel better on a very profound level and a whole new kind of healing and living becomes possible.

This is a game changer in the field of healing!

Step-by-Step Explanation of How Somatic Awakening® Works

1. Begin with an inner curiosity of what is causing the most difficulty in your life currently. Perhaps you are getting triggered by your partner and you don't know why. Or you are upset at a co-worker who reminds you of your mother. Whatever it is set an intention to connect to this aspect of yourself.
2. From here, if you have never done Somatic Awakening® before or if you are still new it, I invite you to do the meditations on my website. See the end of this chapter for that website page.
3. The mediation will lead you through a grounding process to connect you more solidly to the earth and to become fully present in your body.
4. You will then be led to align to your witness consciousness by connecting with your higher self and opening to this aspect of your spirit. (There are meditations on my website to help you do so).
5. During the Somatic Awakening® process you are invited to focus on the sensing, feeling and intuiting aspects of your senses. Let go of analytical mental thoughts, stories of what you think "should be" happening, or any sense of trying, rushing, or striving. If these thoughts arise acknowledge them and then move back to the sensing, feeling, and intuiting ways of knowing.
6. You are then guided to bring the vast, powerful and neutral presence of your witness consciousness to the problematic and painful contractions (subconsciousness parts) in your somatic body. Remember that this part of you is a conduit to your higher self, which you will open to more as you do this process.
7. Allow your witness consciousness to be magnitized to the area (contraction, problematic area, etc.) that most needs your attention; through your feeling, sensing, and intuiting ways of knowing. If there is more than one area that gets your attention, focus on the area that needs your

attention most.

8. In this process allow the problematic area to be fully seen and heard by by the powerful presence of your witness consciousness without judgement or trying to change it. Perhaps, allowing it to be seen for the first time at this depth.
9. The relationship between the witness and the subconscious aspects become stabilized overtime by this non-judgemental and compassionate presence of your witness consciousness.
10. The witness consciousness is the primary place you allow your awareness to rest. However, your awareness will often move back and forth as you start to become aware of the contraction that is here (especially if it has a big charge to it). If pain arises allow yourself to be with it. But, it's important to not loose yourself in the pain. So, when you can, shift your awareness back fully to reside in witness consciousness.
11. The witness consciousness holds space as the contraction unfolds and shows you the many different forms of itself. Sometimes contractions will have a wall and doesn't want to let you in. If so, be loving, accepting, and not pushy and see what happens. Very often if you don't push, it will shift on its own into a more trusting stance and will open deeper.
12. Allow the process to be in organic time, in other words allow it be a slow process of opening. As the contraction starts to feel that the witness can be trusted it will show you deeper aspects of itself. Agin, in order for this process to work effectively you need to hold this process with no expectation, no sense of rushing, or no overlaying of stories of what you think it might be...THIS IS VITALLY IMPORTANT IN ORDER FOR THIS TO WORK, I CAN'T REPEAT THIS ENOUGH.
13. As you connect to the deeper aspects of this contraction you can ask the problematic area what does it need in order to feel better. Maybe it need to be held or fully seen. Maybe it wants love or more powerful presence. Or, perhaps it needs your higher self to integrate into it. Maybe it needs something else. Listen carefully with non-rushed true curiosity.
14. Then allow the conduit of your higher self vis a vis your witness con-

sciousness to open and allow what this contraction needs/is requesting to flow in. Open and trust this process is happening. Allow this energy/emotion to flow for in for as long as it needs to receive what it most longs for.

15. If you truly allow for the process to unfold organically, from your feeling, sensing and intuiting ways of knowing the door will open to allow alchemical shifts to occur within the contraction. For many, this alchemical shift feels like the contraction becomes more spaciousness or dissolves. Then the person usually feels a profound sense of relaxation and/or peace.
16. As this happens a domino effect of alchemical healing and transformation occurs in your being. What used to cause problems are no longer as problematic. In fact the more you practice this, the more it shifts the problematic area so much that you don't (or rarely) ever feel it.
17. The more you do this process, the more a deepening of healing occurs in multiple places within your somatic body. Thus bringing in even more ease, opening, and sensations of awakening in a real lived feeling way in your body.
18. These sensations expand over time usually coming to crescendos through peak healing experiences. From here it is common to begin experiencing higher vibrational states of love, joy, peace, ecstasy, oneness and knowing your true self, as your spirit becomes more embodied. This is what I call a Somatic Awakening experience.



What an incredible journey it has been since this modality has come into my life. What beauty to experience people's lives change by the presence of their higher self in the places that most need healing. I've been amazed to see how much people change, how they open to peace, and to their authentic selves. I am blessed to get to share this path of healing with the world.

EXERCISE

SOMATIC AWAKENING® MEDITATION

I invite you to try Somatic Awakening® for yourself. Take some time to drop into this process for yourself. Allow your healing witness to connect with the places inside of you that most need attention, healing and love and see what happens. Links are listed below.

For more information on Somatic Awakening®, click here:

<https://somatic-awakening.com/somatic-awakening/>

To experience a free Somatic Awakening® recorded meditation click here:

<https://somatic-awakening.com/recordings/>

I highly suggest to listen to the Introduction and Pointer sections first.

CHAPTER THREE

THE HEALING WATERS OF LOVE, COMPASSION AND FORGIVENESS

As you begin to create a relationship with the parts of you that have been hurt, a natural compassion and love flows from your higher self into the painful energetic and emotional contractions of your somatic body.

This love and compassion are like a divine enzyme that alchemically digests the dense and negative energy of your subconscious, no matter what it is.

Whatever you are holding this love can soften the contractions, allow them to relax and let go. As you open to this love, denser parts of you become transformed and transmuted. The end result is that you feel more relaxed in your being on a day to day level. Doing this process over time, you find that you're running less pain, less anxiety, less emotional hurt and reactivity, as well as fewer negative belief patterns.

Once you open to the witness and establish the conduit to your higher self, there's nothing else that you need to do to receive this compassion and love except to open, believe and trust that it's really there. This love is ready and available because it is a gift to you from your higher self and the divine. This compassion and love have no bounds. It is a natural part of the abundant healing energy of your higher self and the Universe. It never ends. It is an eternal source of healing.

Your higher self wants to help you and it wants you to know that you're worthy of this help. It is patiently waiting for you to invite it more fully into your being so that you may receive healing in the deepest places inside of you.

However, to open to this fully requires a commitment to one's emotional process, as well as patience. It also requires a commitment to some type of spiritual practice. If the type of practice I'm describing calls to you, I encourage you to commit to it through doing the recorded and/or live Somatic Awakening® meditations as often as is possible. On my website there are many teachings, transmissions, broadcasts, and meditations that help you more fully understand and move forward in this type of healing.



Once you fully know this practice, you can do it on your own. The more you practice it, the more you experience the powerful healing energy inside of yourself and over time you can begin to trust it even more. The more you believe that it is there, the more it flows into your life and the more profoundly it heals, even what you thought could never be healed.

Healing Core Wounds With Love and Compassion

For most of us there are many levels and layers of healing that will need to be navigated to be completely free.

Pema Chodron says it well in the following quote,

Spiritual awakening is frequently described as a journey to the top of a mountain. In the process of discovering bodhichitta [the awakened heart], the journey goes down, not up. It's as if the mountain pointed toward the center of the earth instead of reaching into the sky.

Chodron, Pema, *When Things Fall Apart, The Journey Downward*, Random House, 2000.

As one goes more in-depth in this process of healing and awakening, the heart will naturally awaken with the love from our Divine Self pouring in. But, to get there, you first need to go down into the subconscious wounds that live in your somatic body. Here this love and compassion touches and heals all of your pain, including all the way down to your core wounds.

A core wound is a primary harmful subconscious program found within the deepest part of your psyche. Think of it as the main frame of your negative ego (the part of your ego that is “trying” to help you, but does so through painful negative perspectives regarding self and the world).

These wounds are a conglomeration of many layers of pain. They are caused

by traumas from our present and past-lives. They emerge from ancestral and societal inheritance of pain. At the very core, it is the wound that arose when we separated from Source.

These wounds hold our most profound darkest perceptions of ourselves and the world. They also cause a tremendous amount of pain from inner negative self-talk. Unfortunately, many of us living in western civilization have the difficult core wound of believing that we are not being good enough. Perhaps for you the words are a little bit different. Maybe it's more like a feeling of being unworthy, or unlovable. Maybe you feel a sense of being tainted or ugly. Perhaps it's something else altogether. Whatever the words are for you, I have seen again and again that if a person goes deep enough in their psyche, they eventually hit on an inner core wound that causes great pain inside of them.

Fully addressing this core wound is paramount and necessary if you want to open and awaken the divinity at the core of your being.

How can we know ourselves as healed, compassionate beings of divine light when these core wounds are running internalized stories which tell us we aren't good enough?

It's difficult to believe that we are the brilliant beings that we are when there is a program inside of us that says we are not good enough and somehow tainted.

This is a vast and challenging topic. Yet one worthy of in-depth exploration, inquiry, and healing. Although, this inquiry can be fraught with possible pain as you "turn toward what is," it is also your ticket to freedom. It's the key to opening the doorway of freedom, worthiness, and a powerful connection to your inner divinity. It was for me.

Give Love To The Wounded Self And It Will Heal

I have found that this is the part of the psyche that most needs the vast love and compassion or our powerful witness consciousness. For when the denser parts of self really know how safe, loved, and cared for they are from our higher self they can then release the burden of the hurtful beliefs and painful lies that they tell us.

As I've said before (but definitely is worth repeating) the more you open to and are available to receive this love the more it flows in. The more the love flows in, the more it heals and the more you know yourself as worthy of this love. Knowing oneself as worthy of this love is paramount! It greatly increases your capacity for it, which in turn opens you even more to love... and on it goes.

Feeling this vast love and compassion brings a steadying energy and healing into the deep pain of the core wound. This, over time, heals the core wound which opens you to acknowledge your true self-worth and self-love.

The Power of This Love and Compassion

This is not a light and fluffy new age kind of love. This love is felt down in the root of your being. It is definitely more than conjecture or positive affirmation. It is the kind of love that is not deterred by negative thoughts or negative behaviors against oneself.

*This LOVE stands with the most wounded and unlovable parts of yourself.
It stands with you in the darkest nights and in the biggest storms of your life.*

This love does not leave you, nor will it ever abandon you! It is the LOVE THAT NEVER DIES for it arises from your Higher Self and the Divine.

It connects you to the conduit of higher and higher aspects of Divine Love. It teaches you overtime that there truly is no separation between you, your higher self and the divine.

I see compassion as the grace of this love, it is the act of loving kindness soothing, and nurturing to self. As you allow this love in you naturally connect to this river of compassion and open to its gentle sweetness in your life. This allows your life to flow with more ease and grace.

This love and compassion are not separate. Nor are you separate from this compassion and love...instead you are one with them. And what this love and compassion want most is for you to know how much you are loved and how much you ARE LOVE! For this love is never born and never dies. It is the underlying energy of creation and the energy that pulsates through the web of life that connects us all.

A Widening Circle of Compassion

As you receive love and compassion within yourself, these healing energies build inside and transform more of your inner and outer life into grace, peace, and ease. It ultimately also spills over and is shared with those around you.

Eventually this love and compassion spills out even to those who have hurt you or who you fear will hurt you. Because you begin to more fully see and understand reality through the lens of this love and compassion.

Through this lens, it becomes easier to see that those who have hurt you (or have hurt others) were actually acting from their own pain inside of them-

selves. When this happens, it's possible to begin to step deeper into the process of forgiveness.

Stepping Into Forgiveness

Forgiveness is not forgetting or making what another person did right. It's simply letting go of the negative charge that's left in your body so that you are free.

This level of forgiveness does not merely come from the mind. This deeper forgiveness flows from the divine love and compassion you've started to feel and embody. It's a gift of healing because as you trust this love and compassion enough you heal the feelings that have prevented you from forgiving and you step into the larger field of freedom that forgiveness offers.

This level of divine grace and forgiveness is a stage of healing and awakening that genuinely shifts you.

Yet for most of us (especially if we've lived here on planet Earth long enough) there is a great deal of forgiveness for us to do and this process needs to occur in stages.

Moving Beyond Right and Wrong

Forgiveness flowers when you're ready to see beyond right and wrong and move beyond an eye for an eye mentality. In other words, as Jesus said, "Do unto others as you would have them do unto you".

The more you treat others as you would like to be treated, including forgiving their trespasses, the more you are free of the dense energy that keeps you trapped in pain. This level of forgiveness helps you shift your treatment

of others who have hurt you. Because true forgiveness helps you realize that the negative energy you have ran against others who have hurt you has actually been hurting you more than anyone else.

This allows the energy of forgiveness to flow more freely into those who have hurt you and the negative stories you have told yourself about them. It helps us release the negative energy that you carry inside in regard to what they did.

This vast energy of forgiveness also helps you release the negative perceptions you are carrying inside of yourself in regard to the things you have done in which you feel shame or regret about.

When you commit to this more substantial energy of forgiveness, it becomes less about what the other person did or what you did or did not do and more about wanting to utilize forgiveness to free yourself, because simply put...you are worth it.

It becomes more important to you to be free and walk in higher alignment of who you really are than to allow the lower, denser energy of the ego to be right, hurt, shameful or indignant. Again, this does not mean that you step over your feelings. It means that you process your emotions with the healing power of your witness, then when you are ready you step into the freedom of forgiveness. This process takes as long as it takes...if it takes longer than you like, it is yet another opportunity to offer yourself more compassion and being with what is..

Ultimately, forgiveness becomes not something that you offer to others as an ego gift of pardoning them. But, forgiveness becomes an energy of grace that is bestowed upon us from the divine because we choose to live in freedom!

When the grace of love, compassion and forgiveness becomes a day to day part of your life these powerful healing energies allow you to soften in a way that irrevocably changes you. So even when you have bad days, you find that those days aren't as bad as they used to be. For you now feel safe enough to let down your guard, to have your spirit lead your life, and allow the higher energies of love, compassion and forgiveness to penetrate your being.

A TRANSMISSION FROM MARY MAGDALENE ON THE HEALING POWER OF LOVE

This transmission from Mary Magdalene powerfully conveys the deeper meaning of the healing aspects of love that I have written about. I invite you to let it soak in beyond your intellectual mind, to feel its truth deep in your heart and being.

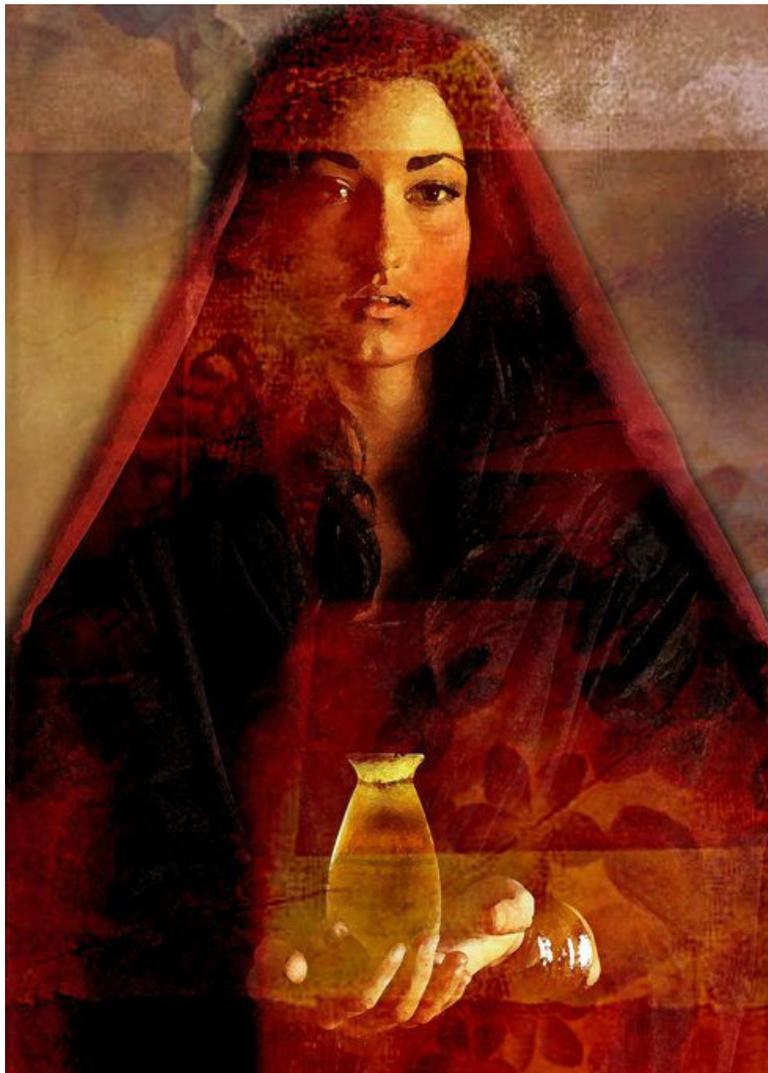
Your spirit wants to love you more than you can ever imagine. Your spirit wants you to know it and feel itself inside of you. Truly, when the heart of the little child inside of you feels, even an inkling, of how much you are loved and how much you are wanted, your life will be transformed and healed. So allow yourself to feel both the longing for your spirit and your spirit's longing for you. Allow it to come home into your being and be embodied. Your spirit knows exactly how to give you what you want and need. Allow it.

The truth is that your spirit is knocking down your door to love you, in a way that you've never been loved before. Because no one can love you in this way. There is nothing that you can receive outside of you that is this beautiful, this brilliant and this all-encompassing! This is the truth of love. Let it pour in.

If humanity knew, really knew, this level of love inside each person there would be no hatred. There would be no judgment, no better than or less than.

Because each individual would have a direct line into all of the love they would ever need. Not that humans don't need each other, they do, and this love can be shared. But, so much of humanity has the incorrect idea that love can only come from other people outside of themselves. They then rearrange themselves, give themselves away or shut down out of fear of not having this love. But, your spirit always loves you. Even if there are huge thick protective barriers. It's just waiting for you to receive its love.

This is what Jeshua was really talking about. This is the essence of the deeper teachings of love. Love creates all. Love sustains all. Love destroys all. And it happens again and again and again. Love is all. So, how could it be that you are anything less than this love?



Your job, if you so choose to take it, is to open ever-widening circles to this love. To convey it, to transmit it, to be it, because the world needs it. All you have to do is to allow this love to be in your words, in your heart, in your energy field, in your being. This doesn't mean that you have to do it perfectly or that you are not going to feel other emotions that feel the opposite of this love. That's not it at all. It's important to feel your feelings and get to the other side of them. This process ultimately opens you to the teachings which bring you back to this love. This is the learning ground of this planet. But in truth, the foundation is always love. Part of the journey in this time is to see that love is always present, even when it doesn't look like it is. Even when people are hurting others or projecting hate; whatever that looks like, on either side of "us" and "them".

Love just is.

So, will you be a beacon for this love?

The world needs it. The world needs you.

You shine this light of love into the world by connecting to it intentionally. No need to do it perfectly; ideas of perfection will close it down. Just soft, open, vulnerable intentions of kindness, intentions of unconditionality, intentions of connection with your higher self, intentions of embodiment through your daily life, through your work.

Little by little the more people have these intentions of love on a daily basis, the more the world remembers itself as the love that it is and the more the world evolves into the higher dimensions of love which heals everything.

And so it is.

EXERCISE

MEDITATION ON LOVE

I invite you now to take some time in silent meditation and reflection to open to, acknowledge and feel this love flowing through you. Allow, believe, trust and receive it. As you lean into this divine love, that is you and beyond you, know that you are not alone. You are supported to trust in it, in yourself and in your core goodness. In doing so feel, open and surrender to the knowing that you are supported always by this divine love.

Artwork by Daniel B. Holeman
<http://www.AwakenVisions.com>

CHAPTER FOUR

THE FOURTH KEY: THE POWER OF EMBODIMENT

As you open to this love, compassion and forgiveness you begin to feel a visceral sense of peace in your body. You feel less stress and more joy in your daily life. You start to notice that things that used to get under your skin doesn't bother you as much as they used to. You have more spaciousness and capacity for being with the difficulties in your life, and you don't react as much.

This shift occurs because as you open to love and compassion, it helps stabilize your being. This allows the negative feelings and protective voices in your subconscious to no longer be the primary drivers of your life. This frees your life in a significant way.

What remains is a spacious experience of peace and freedom. As this happens there is a natural arising of positive self talk, self-love as well as love for others.

This is an incremental process. Every time you go through this healing process with one part of your subconscious' protective stories, those specific contractions, difficult feelings and negative voices decrease. The more aspects of your subconscious you work with, the more these difficult aspects of self soften until eventually they disappear.

This happens in a tangible way in your being because it's not just a mental process. It's a profound shift in how you feel in your entire somatic body. These difficult parts of you shift to a place of more balance, less activation and more love as you go through the process of embodiment.

The Process of Embodiment

I call this process embodiment because this healing process isn't just about decreasing the pain and subconscious contractions in your being. This process is actually integrating more of your higher self into your being with each and every healing. Every time you go through this healing process your higher self moves more into your being and into the places that were holding contractions of pain. This literally allows your higher self to be more present in your life and in your body.

It also allows the higher self to be at the "head of the table" when it comes to leading your life. This shift allows more grace and ease in your life in a multitude of ways.

I've found that the more healing and awakening you go through, the more you experience increased love, compassion, beauty, ecstasy and joy. Then when it is time this light will shine into that which is still lurking in the darkness of your subconscious to bring healing to those parts of you that are still in pain.

Total embodiment is when you have healed all of the negative inner voices inside of you, and your higher self is fully integrated within every aspect of your being, on all levels; the emotional body, energetic body and into every tissue, cell, and atom.

Whether or not you fully go down this path; every time you go through this process of healing, your life becomes more stabilized by your higher self, and you receive the ecstatic gift of living in Divine Presence more.

However, far you go down this road it offers powerful healing. This path is for spiritual warriors who are courageous enough to turn toward your pain; to stabilize what has not, up until now, known how to be stabilized. This noble path helps you heal past stuck emotions, embody your higher self and more fully step into higher dimensionality so that you elevate yourself and the world around you.

The Spiral Journey of Healing

Healing is often thought of as a spiral journey. Each healing is like walking one loop of a spiral. In this metaphor, at the beginning of each loop, you realize and acknowledge what needs to be healed, which is usually accompanied by a feeling of discomfort and pain. This discomfort and pain motivates you to walk through the first quarter of the spiral by learning what the issues are. Then as you learn how to be with the issues at hand, whether they be painful memories, subconscious negative voices or hurtful feelings you step into the halfway point of the loop. It is here that you are shown how to give these parts of you more love, compassion and forgiveness to bring about healing. Receiving this healing of the wound, from the loving presence of your higher self and the divine, you are then taken to the three-quarter part of the spiral. The last quarter is the harvest of the healing in which you embody the healing and feel peace in regard to the issue at hand. Eventually the loop will complete itself. and you will be shown the next part of the spiral beginning again where deeper parts of you are still waiting to be healed.

In essence when you open to healing and awakening, light moves into your being. This light will then eventually go deeper into your psyche to reveal the next part of you that wants to be healed; because ultimately ALL of you wants to be free.

My Story of Embodiment

During the last decade, I walked through a difficult dark night of the soul experience. A lot came up for me to heal from this life, as well as others. In this process I was asked to give up just about everything to find the deeper meaning of opening to spirit, humility and surrender in a very profound way. As I moved out of that experience, I was then asked by higher dimensional teachers to step into a powerful initiatory experience of awakening that lasted several years. To read more about this experience click here: <https://somatic-awakening.com/my-calling-as-a-healer/>

In essence, what occurred was that I had numerous experiences of profound healing that led to me stepping through many thresholds of awakening. I thought that I had finally arrived and I was ready to start teaching what I had learned to the world.

With every experience of awakening, I came to dwell in a heightened place of tremendous beauty, peace, and ecstatic joy. But every time I came down from these experiences they would profoundly light up any darkness inside of me, and I would go into the process of healing again.

In 2016 I had a profound experience of awakening that changed the way I viewed the very basis of reality. Toward the end of a meditation retreat. I had the experience of literally knowing no separation between myself and Divine Mother, the Feminine Face of God. I was walking in such oneness it was difficult to distinguish myself from divinity. It was so profound I kept asking the question, “Do I call myself ‘me’ or ‘us?’” It was confusing to the small “me” that was left. But, to the part of me joined in oneness with the Divine it did not matter at all for I was bathing in the wisdom, love and eternal understanding of the Divine.

This experience utterly changed my perception of reality. It changed how I perceived myself, others, divinity...everything. I now know in the core of my being that we are all connected. We are One! And, underlying everything is the unending compassion and love from the Divine holding us all.

Through this experience, I fully understood that we are more than our limited sense of perceptions, ego stories, and smallness. We are vast beyond measure and unified in our oneness. I was moved into a state of being which knew all and was all, but yet was more simple than I could ever have imagined. It broke down all of my walls of separation, so much that it was overwhelming at times.

After this experience I thought to myself, "I have arrived, I am ready to move forward in my calling to be a spiritual teacher". But, little did I know that stepping into such a big field of awakening came with a massive influx of light that wanted me to know this oneness and healing in every atom of



However, what I found was that instead of “stepping out” into teaching, I had to step back and complete more healing to be able to run the amount of light that I was being called to stabilize inside of me. This embodiment is still continuing to this day, and I sense it will continue on for some time as I go in and out of these awakening and embodying experiences. Until all of my subconscious stories and contractions are completely healed and brought back home to the oneness inside of me.

This experience was a massive wake up call for me. From these events, a knowing arose from inside of me that I can only call a spiritual law, which states, “where light goes, healing follows”. Put in another way the natural flow of light moves into that which most needs healing. It is a very beautiful gift from your higher self and the divine. It also requires a constant state of openness and surrender to heal the next part of your wounded psyche that is longing to be healed and wanting to be free.

Our Witness and Higher Self at the Steering Wheel of our Life

The great thing is that the more we go through this process, the less our egos are in charge of our lives. As healing occurs over time and the negative subconscious voices lessen we begin to live even more from the freedom of our higher self.

I do not believe that the ego ever truly dies. In my experience it is more like the multitude of negative voices that make up the ego go into a place of peaceful ease and sleep as they are healed. As this happens the ego becomes quieter and our witness consciousness/higher self steps more into its rightful place at the steering wheel of our life. When this occurs, we pay less attention to the ego’s desire to lead us down old worn out and painful paths, and we choose the paths of light, love, understanding, and peace.

The more you embody the peace that comes from this, the more you are

free to live your life as who you truly are. You live a life less encumbered by both your inner as well as outer authoritarian voices. You become more empowered to live from the core of your being; and live from the strength, compassion, love and peace that you really are. Embodying this higher version of yourself, you become able to manifest your passions and your gifts in the world. Ultimately, you step into the ability to more fully give and receive the bounty that the world has to offer.

EXERCISE

JOURNAL EXERCISE: WHAT'S NEXT?

As you complete this book I invite you to take some time to sit with, reflect and journal on these teachings and the following questions. As before allow your answers to arise from a level that is beyond (but also includes) your mental awareness. Allow your feelings, intuition, the senses of your body, spirit and heart to speak to you. Then bring these answers with you as you take your next steps in your life.

Questions for Journaling

1. How has this book affected you? How are you feeling in regard to the information you have read? What does it bring up inside of you?
2. How do you feel about the practice of allowing your witness consciousness to be in a healing and stabilizing relationship to your wounds, as well as opening the conduit of love from your higher self to heal and free yourself? Are you ready to step forward and commit to this practice? Is there anything that is holding you back from it at this time? If so, what is it and what needs to be done to work with this?

3. If you could fully heal yourself and embody your higher self, in the way that I speak of here, what do you think/feel/sense your life would be like? What would you most want to manifest in the world? What does the core of your being, your most profound passion(s) long for in regard to this healing, awakening and embodiment?

IN CLOSING

I offer to you here these healing keys as portal keys which unlock the spiral of healing inside of you. As you follow this spiral each time you go through a loop in your healing, you become more free and spacious within yourself. As that healing completes itself, you get to enjoy the harvest from that healing. Then, when it's time you start again.

This process repeats itself until all parts of you are healed and you are in alignment with your true self. When you reach this stage you are no longer ruled by the pain inside that comes from your negative protective subconscious voices, but you begin to live from the core of your true nature.

This changes everything, for when you fully open to this process, your higher self leads you more and more into the light and love of your true essence. It is from here that you step into the divine sovereign being that you are.

AFTERWORD

I feel such an overwhelming amount of gratitude for this healing tool and spiritual practice; how it has completely transformed my life and so many others. I feel immense appreciation for the spiritual support and love that opened the doorway for this healing information to come through. And most especially gratitude for the discovery and opening to the powerful love that never dies.

If you feel aligned to this work, I'd love to have you join me in this fantastic journey of deep healing, love and the discovery of your divine nature. I offer this work of healing, wisdom teachings, and transmissions from the divine through global broadcasts, online classes, and recordings, as well as through in-person day-long intensives and retreats.

I would love to have you join me in this path of healing and light if you feel the call. If you are a spiritual warrior, a lightworker or someone who knows that life holds more for you than the limited version you've been living I invite you to join me and step deeper into your path of healing, awakening, and embodiment.

The more we heal, the more we remember who we really are; divine beings blossoming into ever-deepening experiences of peace, wisdom, love, power, and oneness.

In Love and Deep Blessings,
Melissa Sophia Joy

ABOUT THE AUTHOR

Dr. Melissa Sophia Joy is a Divine Feminine Teacher, Naturopathic Doctor, Mind-Body-Spirit Specialist, Modern Day Medicine Woman and Oracle/Mystic/Intuitive. She is also the founder of Somatic Awakening[®], a healing modality and spiritual practice that profoundly heals energetic, emotional and physical symptoms. Over the last thirty years she has been both a student and teacher of intuitive medicine, consciousness studies, spirituality and holistic medicine.

What most powerfully motivates her teaching is the need for the world to evolve past and break free of the suffering that we have collectively been experiencing for eons. Fueling her fire are potent personal healing and awakening experiences. She has walked through a Dark Night of the Soul experience that lasted for nearly a decade, which taught her the true meaning of opening and surrendering to the Divine. As this experience was ending it opened her to multiple levels of spiritual initiation that brought her into the heights of awakening and the depths of embodiment. Through these experiences, she offers deep insight into the nature of reality, healing, awakening and embodiment.

She has been in private practice for almost twenty years and utilizes Somatic Awakening[®], naturopathic medicine, mind-body-spirit counseling, medical intuition/energy medicine, as well as healing transmissions from ascended masters and higher dimensional helpers. As a healer's healer, she specializes in working with those who are ready to heal the deeper core causes of their illness, which includes working with any and all aspects of self. She is a healer and teacher to all who are called to clear themselves of dis-ease (on all levels), as well as to help us remember the divine beings of love, power, light and joy that we truly are.



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