

Melting the Energies of Separation

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The Journey of the Soul is a Journey to "know Self". That entails discovering our innate gifts, our purpose in life, the roles we play with others and where we fit in the Universal scheme of things (to outline the more enjoyable aspects of the Journey). The choice to truly know Self also implies a conscious commitment to face (and work through) all fears, all pain ~ that's when the going gets tough!

Typically, humanity has sought to avoid feeling the discomfort of fear/pain by denying or freezing it. However, efforts to stuff or numb our emotions simply open the doors for pain of another sort to move in. Energetically, here is what happens. When we deny a part of our Self (i.e. our emotions), that portion of our being is cut off from the flow of Life Force Energy. It atrophies, creating a split between "that which is vibrant" and "that which isn't". And the black, tarry Energies of Separation are waiting to ooze into such cracks in our energy field.

What are the "Energies of Separation"? They are energies which fuel a sense of being disconnected, abandoned, isolated and alone. Part of the human experience is feeling separated from our Source (from Home, from loving understanding). These energies feed our fears that we don't belong anywhere and are incapable of being loved and loving. Their mission, through a strategy of "divide and conquer", is to render us powerless through the pain and confusion caused by this sense of separation.

Not only do Energies of Separation create inner havoc, but they affect our outer harmony as well. When relationships are somehow "blocked" (i.e. communication is stifled, feelings are suppressed, and needs go unmet), these energies move into the resulting gap between individuals and feed a sense of isolation and resentment in each person.

Energies of Separation strive to stay undetected because once they are "brought to Light", they can be literally dissolved. Consequently, they seek to create a climate in which a "don't see, don't speak" rule reigns. That may be within an individual who discourages feelings from being known or expressed. It may be within a dysfunctional family that doesn't want its secrets to be exposed or confronted. Or it may be within a society which discourages honest expression of Self to ensure that its members are polite, socially-acceptable, and governable. Clearly, our cultural norms and socialization patterns have helped these energies run rampant, especially at certain times in our history.

Fortunately, we are moving into a time of "unity consciousness". Humanity is remembering the joy of Oneness and actively working to recreate that state. As we increase our Lightness, we become more discerning of fear-based energies ~ and more capable of melting them with Light and Love.

Understanding the Energies of Separation

These energies affect our relationships (within Self and with others) through:

Trance. When in "trance", we seem scattered, in a fog, or not centered. We feel powerless. We may experience paralysis (inability to think, speak up, or take action) or a state of hyperness in which we say or do things that simply do not reflect our true thoughts and feelings. Trance prevents us from "being in the present, in the now", where we can most effectively access our inner guidance. In effect, we become cut off from higher-dimensional energies of healing, wisdom and support. Consequently, our decisions are muddled and often fear-based. Our attention and efforts are easily diverted into obsession with the past (i.e. bemoaning what has been) and the future (i.e. worrying about what may be, and trying to force a desired outcome). All of this makes it difficult to be clear, decisive, and energized into positive action.

Feeding of personal fears. Energies of Separation hook into and magnify our personal fears. If, for example, we are insecure about our looks, we may have a heightened awareness of a particular "flaw" (i.e. weight). When we are self-critical, we are susceptible to trance. In trance, we may well create a situation in which someone actually comments on how much weight we've gained! (That person will be in trance, too, and typically will be amazed at having made such a remark, not being particularly conscious of our weight.)

Programs. While in a trance state, "programs" (or mental scripts from family, culture or society) may be activated. These are examples of common programs:

- 1) *Judgment & Fear* ~ For example, "There are certain people who can't be trusted, or from whom the worst is to be expected (i.e. a specific gender, race, nationality, profession, socioeconomic status, etc.). They are less than, wrong, or dangerous."
- 2) *Elitism* ~ For example, "I have the best or right approach." "My special group is somehow superior to others."
- 3) *Self-aggrandizing, self-serving attitudes and actions* ~ For example, "It is important to 'win' no matter what the cost to others."
- 4) *Self-depreciating attitudes and actions* ~ For example, "I am terrible, wrong, undeserving, etc."

5) *Sacrifice (of Self or other)* ~ For example, "I must give up my dreams, my essence, even my integrity for others." Or "I must control, limit or deprive others of their freedom in some way."

6) *Harmfulness to others* ~ This includes thoughts (i.e. "I wish they'd let him have it", "I hope she gets what's coming to her") as well as actions (i.e. sarcasm, criticalness, passive-aggressive actions, or openly hostile behaviors.)

7) *Fear-feeding or Fear-bringing* ~ For example, "The country is in trouble." "Crime is increasing and nobody is safe." "Watch out for certain... foods, practices, people, etc." Another variation is: "You can't make a living being an artist." or "If you try to follow your dreams, you'll just fail."

8) *Cynicism* ~ For example, "Life is hard." "You can't trust anyone." "They're just handing you a line." "People are out to get you, if you'll let them."

9) *Labeling or Myth-making* ~ For example, "He's just obsessive. She's just a child. They're just wimps." (In short, creating a climate in which "they" are not to be listened to or taken seriously.)

Addiction. To the extent that we actively avoid feeling painful emotions or confronting what is difficult, we are susceptible to addictive thoughts, emotions, and behavior patterns. Addictions may take forms which society condemns (i.e. alcohol or drugs) or condones (i.e. work or family). Any addiction serves to keep us numbed and distracted, which leaves us susceptible to trance and programs.

Stimulation of the Adrenal Gland. We have been conditioned to associate the rush of adrenaline with danger. At one time, adrenaline provided a helpful boost of energy, when our lives depended on fighting or fleeing from a real danger, such as a tiger. Now, however, our non-tangible fears (i.e. surrounding finances and self-esteem) continue to create an adrenaline reaction. Much of the time, we have toxic levels of adrenaline flowing through our bodies as though we were actually under siege. And when it feels like we are at war, our Inner Child (subconscious) assumes there is a real danger and builds a belief system that we are somehow unsafe. This state of fear easily leads to trance and the activation of programs which cause us to become victims or victimizers. We may also be prone to racing, obsessive thoughts which keep us stuck in the past and preoccupied with drama, making it difficult to focus on effective solutions to our problems.

Depletion of Life Force Energy. Energies of Separation deplete our energy field through doubt, discouragement, and hopelessness. Furthermore, as we project our negativity into the world around us, we become magnets for those very same negative energies ~ which reinforces our cynicism.

Disruption of Relationships. Though these energies target all interactions, they take special aim at our most intimate relationships. Their goal is to instill distrust, providing

an opportunity for trance and programs which lead to distance and disharmony. They accomplish this through miscommunication and misunderstanding, so they thrive in a climate in which feelings are not expressed, issues are not aired, and conflicts are never resolved.

MELTING the Energies of Separation

Our most powerful tools for dealing with these energies are: awareness, unity consciousness and conscious choice. Once they have been detected, simply acknowledging their presence is enough to begin disempowering them. Working from a Love-based (rather than fear-based) frame of reference helps to reinforce a sense of One-ness with all that is, and reminds us that everything works according to Divine Plan. Including these energies. So, though we have explored the ways in which they can make life uncomfortable, it is important not to make Energies of Separation into "the enemy". For one thing, fear and resentment simply feed them. More importantly, as we better understand and accept them, we can appreciate their role in the Human Journey: it is thanks to their efforts that we may learn how to detect and clear the forces of divisiveness. In doing so, we become increasingly powerful creators of Light, Harmony and Unity. This makes them, in truth, every bit as important in the overall scheme of things as we are. Through conscious choice of our thoughts and actions, we can help to bring Light and Love to the world and everything in it... and as Energies of Separation are touched by Light and Love, they melt back into the Light from which they came.

The following are suggestions for melting Energies of Separation:

SPIRITUAL LEVEL

Trust the Truth that we are all One, all divine aspects of the Whole.

Hold the vision of Harmony. Know that negativity and separation are being cleared. Reinforce to your Self and others that we are creating a world of peace, joy, and unity. Feed that vision by imagining what it feels like to live in a state of total harmony (within and around you). Feel the joy of freedom ~ to be your Self and to express your Self creatively. Know that is what we may look forward to.

Know (and reassure your Inner Child) that everyone, and every energy, came from the Light and will return to the Light ~ even that which feels scary or dangerous. Being able to recognize and understand Energies of Separation for what they are (i.e. sparks of Light which have taken on a dark, fear-filled role) helps the Child within to stay calm, confident and powerful.

Regularly scan your energy field to balance and clear your chakras. Focus on the lower three chakras to reassure Self and Inner Child of your physical safety, your emotional safety in relationships, and your personal power through the Light which flows through you. Cut any dark, sticky chords which extend from your solar plexus to people, places, situations, substances, etc. with whom you have an unhealthy attachment; know that a pure love connection will continue to exist with those you love. Ask for a decrease in the output of adrenaline in your body along with the opening of the thymus gland so you may experience greater peace, clarity and centeredness. Focus on the higher chakras to bring in more and more Life Force energy (white or golden Light).

Cultivate a loving relationship within Self (with the Inner Child and Higher Self). Listen to the Child to hear what you need to do to stay in health and inner harmony. Feel whatever emotions arise and accept them without judgment. Meditate to increase your ability to access personal and Universal wisdom from your Higher Self. Feel a connectedness with everyone and everything in the world and in the Universe.

Enlist Divine assistance when you detect the Energies of Separation operating in your life:

- Ask your Guides to help you understand why the situation is happening and how it relates to your personal Journey.

- Call on the Angels of Healing to use their special high-vibrational energies to melt the Energies of Separation.

- In meditation, use the higher dimensions to request a meeting with the Higher Self of anyone with whom you are experiencing conflict. Be open to understanding that person better. Allow yourself to forgive. If possible, appreciate that person for the role he or she has played in your Journey. Embrace that one as a Soul Brother or Sister (even if your earthplane relationship appears to be very different).

- Call on the Angels of Harmony to work with your energy field and that of another with whom you are experiencing separation. Ask for a high-vibrational energy (i.e. a pink bubble) to surround any circumstance in which you are together to bring as much harmony as possible.

- In the moment of disharmony, use your breath to calm yourself. Fill your energy field with White Light to deflect negative energies from your field. Invoke a crystal energy to bring clarity. Use your awareness to break any trance or negative programs.

MENTAL LEVEL

Monitor your thoughts, remembering that thoughts create. Be aware of duality thinking ("us versus them"). Remind yourself that your feelings do not necessarily reflect reality. That is, even though you feel threatened and it seems that someone is deliberately trying to hurt you in some way, that may not be accurate.

Honor and embrace diversity. We need diversity to maintain balance, for what adversely impacts one will not affect another, enabling the Whole to be preserved. Also, it is most helpful to have many perspectives in any creation process to ensure that the "product" is valuable, durable, and responsive to the needs of all. This applies not only to the creation of tangible goods, but intangibles (such as relationships and societies) as well. Be sensitive to fears around diversity or differences (i.e. generalized distrust toward any group) and counter them with positive affirmations, intentions and actions.

Know that "As within, so without". That is, what happens to you reflects what is in your energy field. If you find yourself thinking that a person or situation is causing you unhappiness, rise to a higher perspective and explore how you are part of the creation of that situation. With that clarity, you may then better decide what actions to take. If distancing (from someone or some circumstance) is appropriate, you may do this with clarity and appreciation rather than fear and judgment.

When there are divergent styles in a relationship, think in terms of different "personal preferences" rather than judging another's actions as wrong, bad or malicious.

Release all cynicism. Cynicism is believing that humans are motivated solely by self-interest. It leads to the expectation of the worst in human conduct and motives. Such an attitude invites trance, self-fulfilling prophesy, and negative spiraling. If we view every human being as someone who is doing his or her best (no matter what that may look like) and send loving energy to the core of each person we encounter, we can help to break a negative cycle. Not only is each individual who receives our Light helped ~ we also create an atmosphere of high- vibrational energies which positively impacts everyone.

Be aware of negative or limited expectations in relationships. If you assume that tension and turmoil are inevitable, then your relationships will reflect such disharmony. Trust that open and loving relationships are possible and make a commitment to create them in your life.

Be mindful of your values regarding relationships. Many of us carry cultural or familial values that undermine openness, trust, and conflict resolution. To create harmonious relationships, we must be able to talk about differences ~ especially when they create tension ~ so we may understand them, and find creative ways to meet the needs of all. The following scripts reflect values that stand in the way of open, dynamic, and fulfilling relationship: "You must give up a lot to be a good... (spouse/ partner, parent, child, etc.)." "Don't rock the boat. Don't bring up problems." "Expressing one's feelings or needs is selfish." "It is inconsiderate not to do what someone asks you to do." "It is good to suppress (not express) negative feelings." "It is virtuous to sacrifice your Self for those you love."

Keep your focus in the present moment. If your thoughts are continually drawn to the past or the future (especially to fret!), remind yourself to come back. Consider putting aside some time to consciously take healing back to a previous event to allow closure and stop its pull on you. Or create a vision of what you wish for in the future; then let go, and let the Universe work out the details.

Fill your mind with thoughts of gratitude. It has been said that if we could be grateful every moment, we would be in a state of mastery. Negativity has no hold in that vibration. Thankfulness also helps to melt resentment, fear, anger, jealousy, and other negative emotions.

EMOTIONAL LEVEL

Let your feelings flow. Acknowledge and encourage them ~ all of them. Don't deny, stuff, or freeze them. Feelings are spontaneous healing energies. Even those we would judge as negative serve to alert us that "something is out of balance". We may then work with them to understand their message and how to best re-create harmony. Please note: this is not permission to act destructively when we are experiencing negative feelings. However, acknowledging our emotions as they present themselves often diffuses their charge and permits clearer thinking. (In the past, we may have tried to suppress our feelings, fearing they would result in inappropriate actions. Trying to stuff this volatile energy causes high levels of stress throughout our energy field and it will often erupt in ungovernable behaviors anyway.)

When we invite our emotions to make themselves known, it is important to honor them, not condemn them (or ourselves for having them). It is often assumed that to feel what we judge to be negative feelings is somehow "not spiritual", "bad", and "unholy". Actually, allowing a free flow of energy throughout our energy field is "spiritual", that is "aligned and in sync with spirit". Shutting down that flow deadens a part of us and is actually the non-spiritual act!

Remember that the beliefs associated with negative feelings is not necessarily reality. Working with Higher Wisdom (from the mental and spiritual levels) can help to clarify what feels like truth versus a more encompassing, higher Truth. For example, we may feel hurt by someone's behavior and assume that person meant to somehow harm us. When we access our Higher Self, and the other's Higher Self, we get a broader perspective of what is truly happening. Perhaps both of us were in trance, acting out our insecurities. Or perhaps it was simply a misunderstanding. Or perhaps it had nothing to do with us, but reflected disruption in that person's life. In short, feel the feelings, but don't buy into a negative belief system associated with them. Know that, for the purposes of learning, we will all play every role ~ both the victim and the "bad guy" ~ so we may have compassion for both. Know, too, that many strong reactions to current circumstances are actually illuminating unresolved issues of the past. With this awareness, we may put our efforts into healing the past so we may be free in the present and future.

When experiencing tension, send Loving energy to yourself, any other people involved, and the situation. Detach from taking the situation personally, and hold the Light with the intent that Energies of Separation be cleared, old patterns of disharmony be broken, and new patterns of peace be established.

Ask for any fear-based connections between yourself and another to be severed, allowing each of you to be free to consciously create a new reality.

In short, hold the Light of Unity and Love, and aim for acceptance, understanding, forgiveness and gratitude in any emotionally disruptive circumstance.

PHYSICAL LEVEL

Use your breath as a tool for centering. Envision the White Light above you and, with your in-breath, invite a warm, golden, liquid energy from that Light to flow into the top of your head, through your energy field, and out the soles of your feet. Feel its calming effect. Ask for it to bring mental clarity. Know that it melts Energies of Separation.

Be gentle and loving with yourself. Kindness is an energy that dispels Energies of Separation.

Make the effort to include meditation in your everyday life. Schedule time for a daily energy field check.

Make a commitment to bring resolution, in some way, to conflicts when they arise (rather than letting them fester and remain unresolved). We are beings who naturally seek peace, balance, and order. Failure to maintain inner harmony, as we well know, leads to discomfort and dis-ease. Increasingly, as we raise our level of awareness and sensitivity, it is impossible to live lives which are incongruent with who we truly are. We can no longer get by "putting on a good act". Our energy fields give us away, making obvious what we are truly thinking and feeling. Energies of Separation move into the chasms created by the lies and create more chaos. We now have the tools to live authentically... and it is time.

Examine your patterns in relationship (within Self and with others). As you become aware of those which are non-productive, you have the power of conscious choice to change them. Here are some common patterns fueled whenever possible by the Energies of Separation:

- Avoidance of expressing needs and feelings. Avoidance of bringing up problems (often due to fears of being rejected or accused of being selfish)

- Trying not to feel (pain, hurt, fear, resentment, etc.)

- Judging self as bad or wrong

- Judging another as bad, wrong, selfish, or inconsiderate to justify our negative feelings and any negative actions we might take

- Enlisting the support of others to reinforce our point-of-view that the other is bad or wrong and to reassure ourselves that we are right

- Once secure in a feeling of righteousness, we may:
 - ~ Act out against someone directly or through indirect actions such as sabotage or gossip
 - ~ Assume a patronizing role with that person
 - ~ Write that one off and physically or emotionally distance from him/her

- When confronting another about a problem, we often:

~ Fortify ourselves with a "battle mentality". That is, we fuel our feelings of anger because we feel more powerful and less vulnerable in anger mode.

~ Frame the problem from the perspective of the other's character flaws rather than our own experience (i.e. "You are self-centered and inconsiderate" versus "When you didn't call yesterday, I felt hurt and angry")

~ Unload our negativity onto the other until a balance is achieved; that is, until we feel unburdened and the other feels as badly as we do or did!

~ Cut off communication at this point, without talking through the other's experience and reaching a satisfactory resolution that is agreeable to both parties.

It's easy to see why it has been preferable to avoid bringing up problems in the past. Now, with increased awareness of interpersonal skills, we may make working through differences a process which strengthens relationships, rather than undermining them.

Use your creativity to detect and dissolve Energies of Separation. Make a game out of finding them and zapping them with Light. Play this game with others. This is part of our Journey back to bliss and it can be fun, if we keep it Light.

The fact that we are addressing negative energies which are fluid in nature is a testament to the progress which humanity has made in bringing Light to this planet. Previously, efforts have focused on battling the "forces of evil", and releasing dense blockages from our energy fields. We have, as a consequence, learned the power of the Light and how to work with it to transmute dark energy. Now, there has been sufficient clearing of the collective unconscious that we may bring our attention to more subtle expressions of fear-based energies. Know that as each person illuminates these energies, we all are positively affected. As we move into higher-dimensional living, we find that everything becomes less defined, less concrete, more fluid. Changes happen more quickly because energies are less dense, and therefore less resistant to shifts and transformations. Life flows, and we flow into ever-evolving ways of thinking, feeling and acting. May each of us awaken to consciously join the upward spiral which leads to Unity, Harmony, and Peace. For in conscious living there is joy...