



DENIAL & COMBUSTION

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I think I need to say more this and why it happens in this energetic paradigm. So here I go

So to place you so far we have identified our UEI. We have noticed our energetic self and how we have energetic polarities with people in our life that create energetic arcs. We also know that we have the ability to create energetic blue prints – new consciousness with our authentic self and energetic self. This in effect is actually putting into action what Andrew Cohen teaches when he says we have an active responsibility and role right now to effect consciousness in our human form. This is one way of doing this by living as your authentic self and identifying your energetic UEI and setting forth new blue prints in the world - creating and building new structures, pathways and ways of being for all of humanity.

To do this though you have to be willing to stand-alone and brutally face your self and what gets in the way of your authentic self-radiating. Tough but true! As Andrew says too you must develop your soul - the authentic spiritual part of your being – the love vibration. It is not just there as a perfect piece in the puzzle it needs caressing, coaxing and loving.

What can get in the way of your authentic self are many things but what I am seeing at the moment is that deep denial – otherwise seen as manipulation. Denial of self – being unable to SEE self is so crippling for yourself as well the people you engage with. It is a no win for you and those you are moving along with in life as you keep the circle of denial going round and round and round. It is most likely an unconscious state

for many. It is frustrating living with it for some, it is easy and safe for others. What I have been seeing is how it actually manifests in life as manipulation. It is quite uncanny how the best deniers (is that a word!) are the best manipulators. It make sense if you are denying seeing self as you really are then you would unconsciously develop great manipulative techniques to keep that away from self huh! That would include manipulating all around you and blaming others when the truth might get a bit too close to bear. What a great way to never see how you really are!

I also am seeing the link with biology. I see so many of my friends, my family and clients who do not commit to their biology – really taking the steps to allow the space for the energetic vibration to be the highest it can. It is fascinating to watch and I accept we all have our journey yet I also see a link here - for some that cannot see themselves they are often filled with crap – meaning food, substances that block their energetic self from its expression in the world. They do not want to see themselves so they feed themselves things to block their innate authentic and energetic self from coming to the surface. I wonder if that is an unconscious strategy to keep self at bay – away from and ultimately avoiding self-responsibility. It also is one of those things that falls into the saying 'you don't know what you don't know' so if you do not know how great you can feel and alive it can be for you then you do not think you are missing anything.

I also think what is great for some of us is how we get distracted by the denial and manipulation pattern and how we feel dominated by it and how hard it can be to get out of this cycle. I have a few people in my life that I feel dominated by who run this pattern and I buy into it. I play the game with them to keep them safe and me safe and I see how this does not serve any of us. In me stepping out of the structure we play it has created combustion between us yet I am comfortable now with this. Only because I know it serves our highest purpose to evolve as a human being. It is challenging to live this day to day but it is freeing up my authentic self to breathe easier.

So start to notice where you are in denial in your life?

What is it you cannot SEE?

How do you find you get distracted by denial?

Are you caught up in a manipulation game?

How do you manipulate your loved ones?

What would happen if you stopped living this way?

So in accessing your authentic self for as often as is humanly possible as well as your energetic UEI is what will make creation very powerful. Developing your receiving and giving energies and learning how to express your UEI in its most powerful way in the world will in effect be you developing your authentic self. They work together.

So with all of this in mind one thing for sure will start to happen to you – you will start to combust yourself and then create **combustion** in the world as I described above. Not always because you want to by choice, it can just occur because of the new vibration you will be resonating at. By stepping outside of the norm and evolving beyond the current level of consciousness you are lifting the game in your world. To all those around you, at an energetic level you are creating a new state and new vibration. On just a pure energetic level it will mean two differing vibrations will need to walk side by side and that will more than likely respond with combustion purely because of the differences. Add into that the people's personal beliefs, denial patterns, other wounds from childhood etc and you definitely will get a reaction. Sometimes people will not even know why they are reacting to you they just will.

What will also happen is you may create polarity responses with people you are in relationship with, family members and friends. In that space between you both there is an opportunity to disengage in the drama and not need to validate your position. In disengaging you are creating SPACE for energetic transformation to occur and that can instigate incredible healing. So the steps are to first notice the polarity response, then be able to BE with the combustion and NOT get engaged in the distraction or respond with defence tactics. If we can do this it will more than likely end up looking like energetic mastery on your part. That is where we all get stuck though and it sounds so simple yet is so challenging to do/be! Mastery seems a while away huh!

What we do is we do not want to feel the discomfort of the combustion so we do not speak up or create change in our world so as to not have the combustion. So we basically betray our self to make keep the peace. Then if we do get brave enough to do this step we stuff it next by when they get animated we react by defending and explaining ourself and make it worse by creating more animation. We are unable to just be

with their attack. This cripples the process as well.

Then if we get this far the next place we fail is when we are in the space of the energetic arc and we are not responding to them verbally we are sitting tight but we are unconsciously or even consciously sabotaging the energetic space by speaking badly of them to yourself or justifying your position and basically letting our ego get in the way. This will hinder the learning and opportunity for all.

So in bringing wisdom to this work it is quite a feat to be able to master this very simple process and accept that COMBUSTION will occur and is part of the process. Your job is to not betray your UEI™, to not infect it with your damaging thoughts and to hold your space with a strong vibration and also no agenda – allowing what is to occur to occur.

Then we **will** all be JESUS F*&^ ing Christ!! Hee heeeeee