

HEALING EARTH MEMORIES

An Opportunity for Lightwork, Love and Healing

A client and friend once told me that on the anniversary of the death of a loved one, even if she is consciously unaware that the date is approaching, she will begin to feel great sadness and loss. Grief emerges from her body and if she is busy with her day to day life, she will temporarily wonder what is causing it. Is there something that has been bothering her? Is there an issue she is not dealing with? And then she remembers the date – or rather, her body reminds her.

Human consciousness moves in cycles. The passage of time is not linear. We revisit the past regularly on anniversaries of deaths, marriages, divorces, births, accidents and meetings. Our body remembers on a cellular level significant events that have taken place – almost like an inner body clock is programmed to remind us of what we have experienced. Until we are resolved on the issue at hand, it will subconsciously arise time and time again, like proverbial clockwork, demanding attention, acknowledgement and healing.

Spirals are featured in much goddess art. In spiritual philosophy the goddess is associated with the body, with mother earth. There is a tenet in spiritual teaching that as above, so below, as within, so without. This suggests that we, as physical bodies, are a microcosm of the greater body of the earth. We are born through physical bodies and return, eventually, to dust, the substance of the earth herself. Spiral awareness is what characterises spirituality that is integrated within the body.

We can perceive that which is taking place in our lives as following certain patterns and cycles. This is in evidence in the seasons around us, and in the events that take place in our global village, as well as our own personal markers – like anniversaries, birthdays, repeating psychological patterns in relationships or a weight problem that moves up and down without resolution, or an addiction that flares up and sends us into repeated patterns of behaviour that may satisfy us in the moment but leave us ultimately feeling scared, out of control and uncertain of ourselves.

Each time a body memory of a traumatic event, a loss or any kind of major shift in our consciousness arises, we can use the wisdom that we have acquired on our life's journey since then to reframe it, learn from it, process it, derive wisdom and strength from it – like revisiting the original cause but from a higher loop of the spiral – with greater awareness.

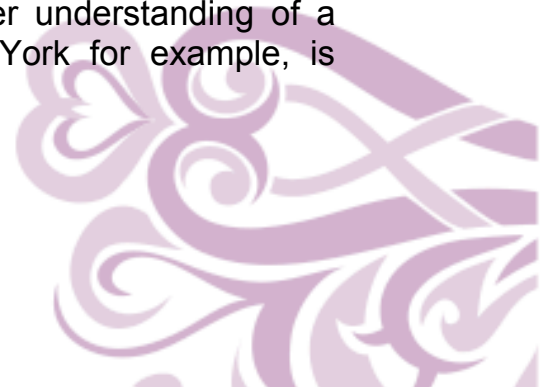
If we approach the pain that is resurfacing from a healing perspective of a 'higher loop of the spiral', we will find something within us as individuals, as a race, and as a part of the body of mother earth, that needs our love. Very often this is a child part of the psyche that needs reassurance, acceptance and just to know that all is well – that even through pain, we can find the Divine. We may need forgiveness, to restore broken trust, or even to just feel and release our anger and sadness, so that we can allow our bodies do what they wish to naturally do, which is to return to balance.

Or, of course, we can choose to ignore the opportunity for healing, which asks that we become more conscious and do some hard work, and instead fall right back into the old trauma or loss. When we take this path, it will feel as if no time has passed at all. We will be back there with all the old horror, pain and despair.

On a global level, this manifests as history repeating itself – whether literally through wars that are waged and never seem to end, peace that would come with growth remaining more elusive than finding the perfect lipstick – or symbolically (but just as emotionally powerful and re-traumatising) through media hype and replay. We will enter into great distress and despair.

What characterises the falling into pattern, rather than healing of a pattern, is the absence of hope, the refusal to find learning and growth, the feeling of overwhelm which prevents us from assuming healthy responsibility for ourselves and our important individual contribution to the world psyche.

Initiation is the spiritual healing of trauma. Trauma without healing that leads to growth, empowerment and greater capacity for divine love is basically abuse. To sit in front of media messages designed to whip your emotions into a frenzy without any sense of higher learning, spiritual healing or responsibility to find a deeper understanding of a trauma like September 11th bombings of New York for example, is abusive.



There are plenty of abusers in the world – from individuals with a very wounded personal history to media moguls with more interest in sensationalism leading to advertising revenue than responsibility for a contribution to human evolution.

Whilst humanity is still learning to integrate the victim archetype in a healthy way the abuser archetype will also exist. I don't foresee either of these going away any time in the near future – so the fact that there are those who wish to abuse in the world at this point is a moot point.

What is perhaps more useful and empowering to consider is how you choose to act in your own life, what you choose to take into your energy and how you choose to work with it – do you cast yourself in position of abuser or abused, or can you work to take responsibility for yourself and your contribution to life on earth?

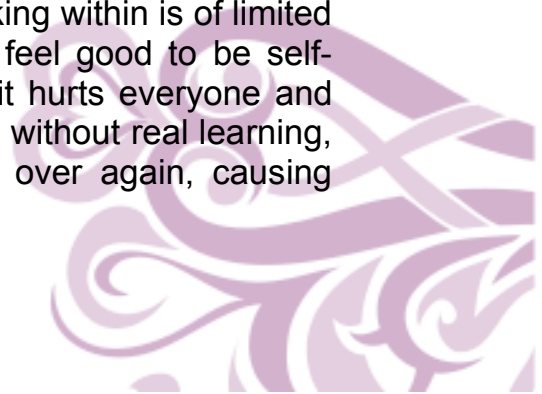
Let us say that as lightworkers, we decide that we want to take spiritual responsibility for the energy we put out on this planet. We need to look beyond the surface appearance of perpetrator and victim, past the trauma and into the wounding to find the spiritual gift that can be derived from crisis – we need to look and see what requires healing.

So let us consider what healing could possibly be derived from the events which are coming up to anniversary at the time of writing this article - the bombing of the twin towers in New York on September 11 – the lessons of which we are just struggling to even begin to grasp as a species.

On a global level, one could look at it and say this has cracked the falseness of a contemporary 'splendid isolation' that America once held around itself as a power beyond contention.

One could say that it brought a culture down to earth, forcing it to connect with its shadow side of terrorism and fundamentalism. It is not actually an issue about East meets West, or Islam meets Christianity to my mind. I think this allows for propaganda and fear-mongering to get in the way of really seeing from another perspective.

Any conflict challenges us to find the enemy within, the part of us that is being mirrored by the other. My grandmother always used to say 'it takes two to tango'. Judging the other without seeking within is of limited value in terms of actually resolving pain. It may feel good to be self-righteous in the short term, but in the long term it hurts everyone and prevents any real learning from taking place – and without real learning, we keep repeating the same patterns over and over again, causing deeper pain and suffering each time.



If we can turn within and seek out that which is broken and in need of mending through love, we can get out of 'us versus them' approaches and find the commonality of human experience – underneath apparent differences we are all flesh and blood, born of the same substance and ultimately returning to the same place.

To do this, we must look for the projections we send out onto others – other cultures, religions, countries, races, gender, spiritual beliefs and so on. In seeking out the enemy within, rather than indulging in the illusion of the enemy without, a transformation occurs. Archetypal forces suddenly dissolve into the human psyche and are integrated. Instead of seeing the evil terrorist, we see the energies of anger and fear at work, our own as well as that of others, and we can ask ourselves how we would like to resolve them. Healing can occur.

Imagine if every being involved in September 11 had a healthy relationship with their inner selves – individually and as a group (nationally and in terms of race and religious persuasion). Imagine if they could love and accept themselves and their feelings, they felt respect for their right to be here and live their life according to their own truths.

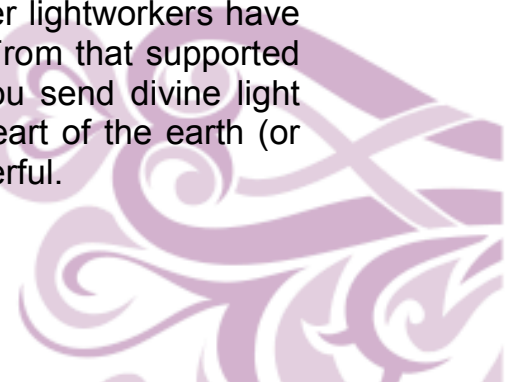
How we are within, we are without.

Imagine that level of self-acceptance and love delivered from person to person across the world. What would we see if that were to take place? No religious wars. No terrorism. No ecological rape of our planet. People living in difference and yet in harmony, in similarity and commonality, and yet as individuals.

Sounds quite worth the work required to attain it, doesn't it?

There is a tremendous opportunity for lightworkers to be of service during such times of planetary stress and collective human wounding – such as with September 11, or the anniversary of a Tsunami, economic crash or depression for example.

One way that lightworkers can help is to hold the intention to link up with the grid of light that the Ascended Masters and other lightworkers have established on and around our planet for support. From that supported space, doing a meditative visualisation whereby you send divine light and love to the third eye of planet earth and the heart of the earth (or just the image of the earth in your mind) is very powerful.



Currently the third eye of the planet is etched with images of people dying from bombing of the twin towers – amongst other undesirable images. Clearing out the third eye of the earth with divine light and love allows for new images of growth, rebuilding and release of fear to occur. This process can help humanity move beyond the wounding, to stop imagining it again and again, and to instead look for higher understanding is a healing task.

Seeing divine love flooding the earth can help with teaching us lessons of being able to see viewpoints other than our own, to have compassion for suffering of others, no matter what their particular religious or political affiliations, to see that we can break cycles of violence leading to more violence, and to see that we can look deep into the eyes of our supposed enemy and see our own human eyes staring back at us, and finally take some of our shadow projections of fear back into our bodies, and deal with them, rather than pushing them out to create an 'unsafe' world are all worthwhile elements of healing that can come from this trauma, leading us from distress into greater wisdom and compassion, allowing spiritual initiation to take place.

There are many lightworkers that are seeking to help us heal the earth – both incarnate and discarnate. The recent passing of Steve Irwin is one example. His life passion of connecting humanity with the wonders of nature, through play, joy and energy, was brought into strong focus at this time – a time when we are most being asked to connect with our hearts. His passing at this time, in the global context of emotional crisis, can be interpreted as an act of great service on a soul level.

The goddess Kali is always available to those lightworkers willing to enter into her terrain to help shift the presence fear on our planet so that it may be utilised as creative energy, rather than in destructive tendencies. Calling on this goddess is an act of bravery itself as her energy is transformative at the deepest level and we are asked to confront our fears.

This holds true to a principle that I hold to no matter what in my life – I only ever ask of others what I am prepared to do myself. So in praying for healing of planetary fears, we are in essence praying for the healing of our own fears – that we may become empowered through them, feed off them as Kali does, and use that energy to create.

If we keep this in mind, we could look at the fear that is arising on our planet at this time as a tremendously powerful creative force – if only we choose to utilise it in such a way.



So the trauma of September 11 could be either be treated as abuse, to be recycled as a story of victimisation of the innocent at the hands of the evil or it could be turned into a ritual of higher initiation – something that through great suffering gives birth to great wisdom. The choice is up to us. Remember that when others forget. That may be one of the most important contributions to our planet that we ever make.

Blessed be!

Share this article if you like, but please refer to my copyright and website www.alanafairchild.com



