Sacred Ceremony for Releasing Shame August 26 Recap

We started with participant check-ins:

Lisa had a situation where she was enraged with a colleague. Going to "*love*" didn't happen for her but instead, she remembered that it wasn't "on her" to deal with this other person. She chose not to deal with the person and that made all the difference.

Sean decided that owning his path and recognizing that he chooses his relationships takes him out of the victim role. When that happens, the blame and shame dynamic is less present.

Georgia recognized that when people reach out and they are angry, she responds with some of *their* anger. She made some choices (like resigning from a Board) which have been better for her.

Kate realized that anger triggers were actually a gift. She is able to shift into grounding. She was happy with how much anger she was clearing and was she was not shaming herself for being angry. Instead, she tells herself, 'if this is where you are, it's okay. Shift into grounding.' Once there, she was able to see that the Mother helped resolve her anger.

Jamie expressed her shame and blame dynamics around money. The feelings of getting cheated, fears of overpaying, issues with others charging so much for their services. There's shame associated with getting taken advantage of and / or making what you are worth. Also, shame has led to low self-esteem and lack of confidence. And then there was the 'feeling judgey' about those who charged large amounts for their services.

This inspired a discussion about our materialistic marketing world and how we are shamed into buying products, mistrust around marketing, shame when you purchase something that doesn't match up to its marketing claims.

Sean talked about his feelings of having a lack of support and that along his educational journey, he felt like if he just accomplished one more rung on the ladder, he would finally get recognized or at least a 'pat on the back.' What he found is that you can never get there regardless of how many degrees you have. There are feelings that you are alone, doing it all on your own, suspicion of others, and wondering if you are making what you are worth.

Money and finances are at the core of our materialistic society. Objectification and identification with money is so pervasive in our culture. We associate people with dollar signs: Sarah = $35, Jim = $250, Sean = $1000. There's so much shame twisted around money and it's difficult to untwist it.

How do you value WHO you are, WHAT you offer? It's difficult to ask for what you are worth because the shame-based game is so prevelant. We are also shamed into conforming! Mary Anne remarked about how powerful this was – giving up one's true self to conform.

Meditation Prelude 29:20

We need the higher frequencies to help us shift. We can think about it over and over again, but sustaining those thoughts is a true challenge today. We need the higher frequencies to unwind from this tricky entanglement. We need the light of freedom, the light that helps us find freedom from shame and self-loathing. Sarah had a thought the night before abut people who are so entangled in the darkness and it's so normalized that they don't have a reference for how it can be different.

Blame, shame, conforming, dark energies – these are all part of the old paradigm but don't exist in the new paradigm. We need the 5D frequencies to help us break up and release the 3D frequencies. Help needed:

- 5D Frequencies
- Mother Earth
- Your Higher Being
- Ascended Masters
- Our Sacred Circle

The place of freedom is sitting within your own being. Let go of your thinking mind – of thinking your way out of this.

Meditation: 34:30

Come back to your center of light, to the light of your soul. The animating energy of you. The infinite animating energy of you.

- Allow breath to deepen into your belly, including your torso
- Allow your lower back to soften
- Allow your hands to flow with energy
- Allow your tailbone to uncurl and find its natural state with a balance between the left and right sides of the pelvis
- Travel to the knees and notice the interior of your knees. What does a knee feel like? What does a joint feel like? It's a transition or activating point. Do the ligaments on the left side of your knees feel balanced with the ligaments on the right sides of your knees? Behind, on top, underneath the knee cap? Allow the entire joint to balance out.

- Allow yourself to go within now, transition into a deeper state.

- Go to your calf muscles and soften them, allow them to get puffy

- Let go of listening and being alert. Instead, enjoy being with yourself. Take refuge within YOU. Your energy. The beauty of YOU.

- Let yourself be surrounded by your energy, your sphere of energy, your field of energy. Become the center of your universe.

Greetings

- Greet Mother Earth with your sensing. Listen to how your sensing wants to greet her! It may surprise you.
- Greet the spirit of the land
- Nature Spirits
- Spirit of water, fire, air, ether
- Animal Spirits of earth and sky
- All of this is in your sphere of being
- Directions East, South, West, North, Above, Below, within
- Crystalizing your sphere into a structure that can hold your consciousness and in which you can reside. Reside in wholeness.

42:10 Allow the Root Chakra to descend its root into the earth as well, creating a tripod with our feet. It's the most stabilizing geometric structure. Stake your place and space here on Earth. Create a sacred triangle. Create a contained structure where the energy can travel downward and upward, following the circuits of the central column, the left column, the right column – the circuit that spirals and circulates and braids with the energy of the chakras in the center column. You need a structure to feel stable, to help direct your energy.

Try more sensing here, clearing, cleansing, purifying and reestablishing yourself as a sacred center.

Try not to think!! Allow yourself NOT to think.

- Preconceived entanglements with old experiences create a thinking that won't allow for new experiences.
- When you sense rather than think, you get a new perspective, a new vantage point.
- Old thinking is contaminated with SHAME. Fresh energy is needed to detox and disentangle the shame.
- Higher frequencies help detangle and open your sensing being.
- Allow your hands, legs, tailbone to flow and try to creep out the old thinking.
- We want to KNOW this, but the part of us that wants to know roots back to shame.
- There's the tie between the mind and emotions – I want to know because then I'll have less shame. In our minds we think we can protect ourselves from shame by knowing more! This isn't true. Find protection by grounding and being in the fresh flow.
- You can't possibly understand what is happening with the vast energies of who you are. Needing to know when you are meditating prevents the flow.
- All those puny little thoughts are trying to contain something so much bigger – like the thumb in the dyke scenario. Trying to hold back something huge with these puny little thoughts!! This is an effort to control. Shame leads to this needing-to-know mentality.

- When you are working, you need to know facts. That's different.
- When you are meditating and reconnecting with your soul and your being, that 'need to know' gets in the way. Allow yourself NOT TO KNOW! Allow the NOT KNOWING flow through you. Let the fresh spirit of water cleanse you.
- The fresh energy is now flowing in the circle!
- What if rather than needing to know, you had only an image of light, or water or air flowing in and around you? Can you just let that be? Let that be your experience.

Allow the historical anger, responses and reactions begin to cleanse. All those feelings and thoughts want to be transformed – go back to the light and let them flow.

Feel your breath turn into silver light.

- Feel your sphere starting to churn and all the crusted material breaking up and flowing out into the cosmos to be transformed
- Allow yourself to sit in the center of your abdomen, behind your navel, 1st 2nd and 3rd Chakras.
- We have to make space because we were hoarding a lot of negative energy and elements
- Now we are clearing on a much deeper level
- When you come back into yourself, you have to make space and do some preliminary clearing.

1:00 The circle has generated enough light to awaken and activate everyone's higher consciousness. Vibrating at a higher resonance, a higher frequency.

Explode into your light like a star. Feel the next layer of crust breaking up and dissolving, freeing your body, emotions and mind so that the beautiful spirit of YOU can become crystalline. Diamond consciousness!

Go through another round of letting go. Give yourself permission to let go. The deepest most sacred moment of the meditation is now happening. Allow your higher being to enter your body, your personality and all your chakras so you can live from your higher being, 5D consciousness. 1:05.

Old consciousness has been replaced.

- Everyone will go through the process and grow into it.
- Releasing what you are holding onto is a part of this process
- Instead of living by memory, live by presence. The former will feel like you are disassociated, which the latter will feel grounded.

1:07 come back to your feet and seat, toes and body, breath.

Say HELLO to the new you!!

You took yourself through the sacred space tonight. You can't think yourself through this. You will have insights and awakenings, but don't try to figure it out with your mind. We were all graced and blessed in the ceremony tonight!

Sean mentioned that he felt 5D was GODDESS and feminine while hoarding and shaming is masculine 3D.

Kris said her candle flame grew when we were in the heart of the meditation. And she had a hot flash!

It takes a while for your being to process everything that has happened. Enjoy and blessings.