

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[®]

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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 the future generations, who 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

Unending 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 around us 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 of 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 who have done the work to uncover their our own internal light are being asked now to shine this light unto the world to help others uncover their own light inside. 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 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 truly are... everything changes.

What are the Four Golden 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 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 from 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 deeply in.

For those who are already on the path of healing and awakening there will probably be a lot of good 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 deeper in 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 truly really are.



CHAPTER ONE

THE FIRST KEY: ACKNOWLEDGING

The first and in many ways the most difficult 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 somatic body as the conglomeration of your physical, emotional and energetic aspects of self).

As you are 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 arises 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. These 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 being 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 relationship to your family, to your significant other, friends and to 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 meaning seeing oneself as better than others, as in the phrase, "He is 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 and is 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 life 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 do not have the ability to deal with the trauma that just occurred.

Your ego will try to protect you from these difficult 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 an underlying difficult 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 difficult 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 belief 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 she did or how loving she was to him. 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 he couldn't trust her.

Ultimately, he found that no matter who he was with the same thing 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 deeper 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 painful 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 acknowledge 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 deeper 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 really be with these feelings because they were just too big for his young psyche to experience fully. 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 feelings 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 knew cognitively what was happening. He asked himself, “What do I need to do to actually feel better in my body in regard to 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 deeper 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 deeper 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 acknowledgement. Looking at the pain of the past and how the psyche has responded 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! Rather, 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

In order to take this step deeper 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, you spirit and your heart to speak. Then bring these answers with you as you take the next step into being with what is.

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 causing difficulty in my life and/or relationships?

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



CHAPTER TWO

THE SECOND KEY: 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 she desired.

When she was about seven years old I remember having a challenging experience regarding a break up. My ex-partner was going out with someone soon thereafter and I had some difficult feelings in regard to that. 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 that 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” 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. When this happens 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 healing experiences I had reached a certain amount of inner healing and shift 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 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. I threw myself into this inquiry, living 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 then 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 this part of me 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 conduit for your higher self and transmits energy from this part of you 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 get 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. These painful parts 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 the higher self is showing up for them in this powerful presence. This experience brings difficult feelings, negative thoughts, and past traumas 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 special 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 powerful alchemical healing shift people's lives again and again. Contractions and pain that people thought would never go away have shifted into peace, ease, healing and grace right before our eyes.

I found that this process offers powerful and incredible 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 self. 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 whose basic function 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 of self 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 it's 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, falls short over the long haul in it's ability to stabilize and heal this trauma.

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 a part of the ego 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 say, "I am in an awakened field 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 do spiritual bypassing 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 healing 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!

What an incredible journey it has been since this modality has come into my life. What beauty to experience people's lives change daily by the touch 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 how they open more to their authentic selves. I feel truly blessed to get to share this path of healing with the world.



I invite you to try Somatic Awakening® for yourself. Take some time to drop into the meditation for yourself, into the places inside of you that most need attention, healing and love and see what happens. Link is listed below.

For more information on Somatic Awakening®, click here:

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

To experience the Somatic Awakening® recorded meditation click here:

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

It is suggested to listen to the Introduction and Pointer sections first.

CHAPTER THREE

THE THIRD KEY: 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 is 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 has the ability to soften the contractions and allows 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 has 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 commitment to one's practice and emotional process, as well as patience. If this type of healing calls to you I encourage you to commit to this practice through doing the recorded and/or live Somatic Awakening® meditations as often as is possible. There are also many teachings, transmissions and meditations that help you more fully understand and move forward in this type of healing on my website.

Once you more fully know this practice you can do it on your own. The more you practice it the more you experience this powerfully healing energy inside of yourself and over time you can begin to trust it even more. The more you trust it, 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 completely be 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 deeper 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 the core wounds.

A core wound is a primary negative 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 negative perspectives regarding self and the world).

Some say these core wounds arose when we separated from source. Some say that they arose from ancestral/societal inheritance of pain. Others say that they are caused from traumas from past and/or present lives. My sense is that it is a conglomeration of all of these factors.

There is a lot that can be said about the core wound. What I do know for sure is that these wounds hold our deepest darkest perceptions of ourselves and cause a huge amount of pain from inner negative self-talk.

Unfortunately, many of us living in western civilization have the difficult core wound of 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 it 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 to opening to the divinity of your being.

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

We can't believe that we are the brilliant beings that we truly really are when there is a program inside of us that says we are tainted.

Since I am only covering this topic briefly here if you want to find out more about this topic I recommend the audiobook by one of my teachers Adyashanti, called *Healing the Core Wound of Unworthiness: The Gift of Redemptive Love*.

Give Love To The Wounded Self And It Will Heal

These core wounds are the most difficult aspects of self to be with. They are also the parts that most need this vast love and compassion! For until these denser parts of self really know how much they're loved and can release the burden of the hurtful beliefs, they'll continue to create self sabotaging behaviors in our lives.

As I've said before (but definitely it's 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-y kind of compassion and love. This is the kind of compassion and love that is felt deeply in the root of your being. It is definitely more than conjecture or positive affirmation. It is the kind of compassion and 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 kindness to self, of soothing and of nurturing. This love and compassion truly are not separate. Nor are you separate from this compassion and love...rather you are one with them. And what this love and compassion most wants you to know is 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 those who you fear will hurt you. Because you begin to more fully understand through the lens of this love and compassion that these others were actually acting from their own pain inside of themselves. 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 been preventing you from forgiving and you step into a larger field of freedom.

This level of divine grace and forgiveness is a stage of healing and awakening that deeply 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. True forgiveness helps you release this negative energy you are running because it is hurting you more than anyone else.

This means running the energy of forgiveness into what you think about others who have hurt you and the stories you tell yourself about them. Forgiveness releases the negative energy that you are carrying inside of you 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 around.

When you commit to this larger 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 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 feelings 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 compassion.

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 from the divine unto all of us 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 powerfully 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

As I was writing this e-book I stumbled upon this transmission from Mary Magdalene that was given through me a few months ago. This transmission so powerfully states the deeper meaning of the healing aspects of love that I decided to include it here. I invite you to let it soak in beyond your intellectual mind and to feel its truth deep in your being.

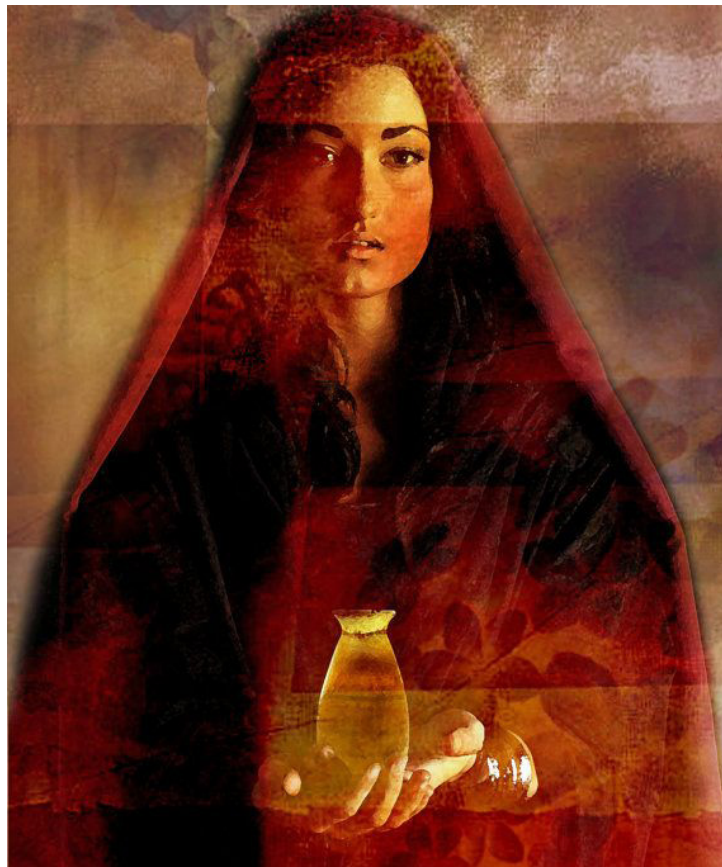
Your spirit wants to love you more than you can ever imagine. Your spirit wants you to know it and feel itself inside of you. Truly, when the heart of the little child inside of you feels, even an inkling, of how much you are loved and how much you are wanted, your life will be transformed and healed. 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 begin to notice that things that used to get under your skin don'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, the contractions, difficult feelings and negative voices decrease. As I've said before the more you do this process 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 deep 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 decreasing the pain and subconscious contractions in your being. This process is actually integrating more of your higher self/spirit 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 you 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.

So you understand this more fully let's back up here a bit and review.

Review of How The Process of Healing Works

In the healing process that we have discussed so far you first go through the acknowledgement of your subconscious protective parts. As you connect to the perspective of witness consciousness to these subconscious protective parts there is a great increase in healing and stabilization. Because the witness is also a conduit for your higher self this process also allows for more love, compassion and forgiveness to be brought into these painful places. As this happens even more alchemical healing and transformation occurs. Eventually these places come to a profound place of peace and spaciousness. This brings even more ease, opening and sensations of awakening on a tangible level in your being, which grows over time. You then can begin to experience higher vibrational emotions and energy in your being.

The feelings of joy, ease, peace, love, compassion, ecstasy and more are brought into your being through this higher vibrational healing. This time of beauty and awakening is to be celebrated, not grasped at. I have found that the more you grasp at it the more it seems like an effervescent cloud that will evaporate in front of you. But, if you allow it to be what it is without grasping at it, the longer it will last whether that be hours, days, weeks or even months.

Then the other hurt aspects of your subconscious still living inside of you in pain will call out for healing. This bright light of higher vibrational energies will then light up the darkness of your shadow to bring healing to it and the process will start all over again. It will repeat itself until you are clear of the negative stories and contractions in your being. It will continue to reach into these dark places to gain higher levels of stabilization of healing, awakening and ultimately full embodiment.

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 difficult 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 love and beyond, then takes you 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 this issue. Eventually the loop will complete itself and you will be shown the next part of the spiral beginning again where deeper parts of your 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 very difficult dark night of the soul experience that lasted for years. 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.

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. At the end of a meditation retreat I had the experience of literally knowing no separation between myself and the divine. I was walking in such oneness it was difficult to distinguish me from divinity. It was so profound I kept on asking the question, “Do I call myself ‘me’ or ‘us?’”

This experience utterly changed how I perceived myself, others, divinity... everything. I fully understood that we are more than our limited sense of perceptions, our egos, our stories and our smallness. I lived for a time in this deep knowing that I and we are all one with the divine.

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 huge influx of light that wanted me to know this oneness and healing in every atom of my being. Thus a huge clearing of the shadow and the parts of my subconscious that this awakening was lighting up ensued.

What I found was that instead of “stepping out” into teaching, I had to step back and complete more of this healing to be able to run the amount of light that I was being called to stabilize inside of my being. This embodiment is still continuing to this day and I sense will continue on for some time.

This experience was a huge wake up call. 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”.

This natural flow of light moving into that which most needs healing is a very beautiful gift from your higher self and the divine. It also requires a constant state of openness and surrender to healing the next part of your wounded psyche that is longing to be healed, that is longing 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 more quiet 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, unity and peace.

You find that as you embody peace, you're more free to live your life from who you truly are. You live 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; a person full of strength, compassion, love and peace. Embodying this higher version of yourself, you are more 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.



© Bild: Elena Ray

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. 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 your next steps into 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 ready are you to step into this practice of witness consciousness being in 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 commit to this practice? Is there anything that is holding you back from it at this time? If so, what is it and how can you overcome it?
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 deepest passion(s) most long for in regard to this healing, awakening and embodiment?

IN CLOSING

I offer to you here these four keys of healing 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 gratitude for the divine 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 amazing journey of deep healing, love and the discovery of your divine nature.

I offer this work of healing and transmissions from the divine both online with online classes, a membership portal (coming soon) and more, as well as through in-person classes, retreats and day-long experiences.

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 light worker or someone who knows that life holds more for you than the limited version you've been running I invite you to join me and step deeper into your path of healing.

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

In Love and Deep Blessings,
Melissa Sophia Joy

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ABOUT THE AUTHOR

Dr. Melissa Sophia Joy is a naturopathic doctor, mind-body-spirit specialist, spiritual teacher, mystic and modern day medicine woman. She is the founder of Somatic Awakening[®], a healing modality and spiritual practice that deeply 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 current teaching in the world are very powerful healing and awakening experiences. Ten years ago she walked through a Dark Night of the Soul experience that lasted for many years. This experience taught her the true meaning of opening and surrender to the Divine. As this experience ended it opened her to a multiple year 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 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 has been called to be a healer and teacher to share with all who are called to sit with her both what needs to occur to clear ourself 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.