

A Journey with Ra

by Anonymous Client

Finding Ra

I have worked so hard on my own healing, and I have come a long, long way. I know this. Yet, somehow, I am still not where I want to be, where I know I *can* be. Why does it seem so hard to get there? Why do I taste it, and then it disappears?

The answers are a mystery! I keep seeking, but at times it feels as though I am losing all faith. At times, I have felt so exhausted with this journey of self-healing, and so disheartened that I have wanted to just give up.

There is a heaviness. It is like an invisible, heavy fog that permeates my aura, my inner being and my interactions with the world. I feel like the bright light that I truly am is locked inside this heavy shroud, and it simply cannot shine, cannot be seen.

I feel devastated by loneliness and hopelessness regularly. These feelings never really leave me, they are just “managed”.

I feel as though the world does not respond to the true me, with abundance, ease and blessings. I feel that it responds to the heavy shrouded version of me, and I am fighting, fighting, *fighting* constantly to try to punch through and shine my light.

Opportunities do come my way, and miracles and magic do happen! When they do arrive, I celebrate and run with them as fast and as hard as I can!

Then the heavy shroud is felt once again, and I feel like a failure. I ask myself “What am I not doing that I should be doing? Why isn’t this working? Why do I still feel like this?”

The exhaustion and weariness are chronic.

People say that healing is like a spiral. We return to the same things, and yet it is not really the same. We have grown and developed. We have moved upwards in the spiral. Some things are revisited, sure, and there is always progress.

So, why do I feel like my spiral is being crushed? What are the missing pieces of the healing puzzle that are holding me back?

I seek more healing modalities. I try new things and I work hard.

I feel weighed down by the issues in my family line.

I know some of the stories of my parents and their parents. I know some of the mindsets, traumatic experiences and genetic tendencies.

I have even done some work on visualising my family lines, and bringing light and healing.

I can see that some of the same stories from my family past are still being played out in me, and in my life. It's like there's an ancestral blueprint for life which I have to fight to get away from. My effort goes into walking a different path.

Choosing to be conscious and aware leads me on a healing journey, and it also raises my awareness about all the issues that I have to deal with!

It all feels so huge! Where can I go that will hold all of this massive ancestry safely? What has the power to shift these family patterns, which feel so ingrained and automatic?

Does life really have to be this hard?

I feel like the effects of my family history are so imposing. I have grappled with how to be at peace with all that I have inherited. I have wondered which parts I may have to accept, and which parts I can walk that new path.

Is it possible to change my physical health, mental health or psychology? If my mother and her mother, and her mother all had depression, do I have to accept this in my life too? Is it really mine anyway?

It seems like my family patterns are a tangle of huge and complicated knots, tightened and warped by fear and survival, and shame and suffering. It's like a curse that destines me to keep repeating this embodiment of feeling trapped.

I want to break the curse and change those dynamics!

I want to throw off that shame!

I want to evolve through the suffering!

I want to feel light and free. I want to feel the ease, abundance and blessings that I sense right there, just out of reach.

I want to move forward with my life instead of feeling stuck.

It's like I am wading through mud. I want to find a force of healing which will wash that mud away, so that I am no longer held back!

There are projects which I can't get to. There is progress that somehow cannot be made. It's like there's an invisible resistance. Is it the ghosts of my family past?

Every inch of change takes three thousand per cent of my efforts.

It can feel like my family past is a burden that I have to deny or get away from. Is there a different way to approach it? Is there some huge force of compassion which can evolve all of us onto a different plane?

What changes are possible?

Starting the Journey

I feel a lightness in my heart. There is space there. I had no idea that I had been carrying such a heavy burden there. The difference is noticeable.

When we were in the session, I was giving back a sense of responsibility for my family. This sense is so familiar to me, as I have been carrying it all my life. Whilst working with the constellation I totally understood that it was not my burden to carry. I had been a child.

When I went through a process of giving that back to the parents, to the adults, my heart changed. I had been so used to the dense weight that had been there, I did not even know that it was not part of the natural me.

I did not know that my heart could feel any different.

I had very clear sensations in my body when I was giving back. There were parts of my body that had been disconnected, empty and numb. These parts became instantly revived and alive! I felt tingling.

Ra was so accurate in identifying pains I have been carrying in my body that were not really mine. She guided me through the constellation and the process of giving back. It blew my mind!

This was a cathartic experience where I got very physically involved. I moved around and shook and cried and stroked my body. I waved and gestured and dropped heavy weights back to where they belonged.

There is a real magic in embodying the physical shape of the family and each person's place in it. Ra guided me through with such expertise. I felt totally safe.

I have a new way of being to practice. I have been given the tools I need to keep these changes going. I feel empowered to continue this transformation in between the sessions.

I feel more freedom, and more light, like I have more breath available in my body.

So much now makes sense! Ra is so intuitive. She receives the information of the family and conveys to me exactly what we need to know, and no more than that. There's no need to delve into other people's "stuff". She remains solid with the boundaries, which keeps the focus, and keeps me safe.

The beginning of change

In the hours after the first session, I felt physical pains in my legs. Ra had explained what to do if the pains returned. I inwardly repeated the process of "giving back" these pains to the family member I was carrying them for.

It worked!

I have been focussing on being present in my body and holding boundaries with the family members in the field. Ra talks about the creation of the field, the energy field, the energetic container that is created which holds the space for this work to carry out.

I sense this field. I sense the presence of angels and guides and ancestors. I can hear Ra's voice in my mind and I remember the things she told me during the constellation session.

I am listening to that and really receiving it. I am re-training my way of being and continuing the work we have done together in the session.

I awoke this morning with some difficult feelings. I felt irritable and fearful, and I felt revulsion in my body.

Usually, when I feel these things, my mental script tells me I am a failure. I feel despair that with all the healing work I do, I am STILL feeling like this!

Today though, I had a different mindset.

Yes, the feelings were awful. Yes, I felt disappointed that here I was again but this time I questioned whether these feelings were even mine.

This time I recognised that these emotions had just appeared in me "out of the blue" and I questioned it. Usually, I would feel thoroughly rotten about it!

I would judge myself as being a horrible person for feeling these things. I would think I must be an evil, nasty person to feel such intense anger.

I would feel hopeless about the level of terror that was flooding through me for no apparent reason. I would feel isolated inside my body, and trapped by the revulsion it feels upon the slightest touch from my beloved.

I would feel sick.

Today, I was certainly feeling tearful and upset about this and also, I could see a higher perspective because of the concept of the family constellation work.

A whole new possibility has opened up in my mind and in my energy. Fresh hope for change and shift is blossoming.

Once I set my mind to re-establishing the boundaries with my family, to pushing out of me anything that is not mine to hold, or have in my body and nervous system, the emotions dissipated.

I practised rooting through my base chakra and connecting myself fully into the earth, and into my body. My lower back pain has eased.

I feel hopeful.

Disentangling

Ra responded to my voice memo about my difficult feelings. She reaffirmed for me that whatever it is, and where ever it originated from, I can choose right now not to keep it in my body. This is the power of the work.

I had been analysing where these awful feelings inside me had come from. Was it my stuff, or someone else's? Was it my own response to trauma, or was I carrying this passed down from family? How do I know the difference?

If this is my own trauma, what work do I need to do here? What needs to be held and heard, embraced and healed? What do I need to own? What do I need to let go?

I felt unclear. The thoughts were going round and round, as my mind tried to find the answers and the solutions.

There is a perspective which wants to allocate blame, to apportion responsibility for certain acts, for certain damage caused. It wants to acknowledge the suffering that has been caused, and see some sort of reparation made.

I have been working with radical forgiveness for some time, and reaching beyond this place. Somehow, Ra affirms to me that there is an elasticity which is beyond the mental capacity.

Yes, I have found that there does need to be some mental clarity with all of that knowing and understanding. There is definitely a process for that, and also, then we move on from it.

In this moving on from it, comes a place where what is important next, once everything has been revealed and seen and acknowledged, is the change.

The change is the healing and the transformation that is possible.

With Ra's clear guidance, I am now understanding that the energy of my own system wants to be fully alive and joyous. It is not just a psychological process it is an embodiment of a different way of being.

Now the family system is brought into my awareness, there is a disentangling in process.

During this disentangling I have been laying things down at the feet of my family. I am not doing this to specifically give them back their suffering! This is more of a unifying process of energetic compassion for us all.

As I lay down the suffering, I am indicating that my energy field is choosing to evolve. I feel like I am engaging in the power of creation and possibility!

None of us have to hold the suffering! We are all liberated through this work, if we so choose.

I have the power to wake up, stand tall and expand!

I feel like suffering just perpetuates more suffering. With each generation, these patterns seem to get passed on, and evoke more suffering.

I feel like as I have got older, the weight of my own suffering, which is anchored by the family patterns, has become heavier. As life has gone on, it is as though I have less energy to resist them.

This family constellation work with Ra lifts me out of this cycle, and creates the opportunity for my family to join the process as well.

I feel deeply honoured to be alive in my family tree and shining this light.

Birthing

Ra gave me great advice about how to deeply embrace and embody the changes I am making in myself. She suggested some things I could do to enact this birthing I am doing.

I felt inspired by her ideas. I felt heard and seen as I moved through this transition. I felt it was okay to feel whatever I did feel, without shame.

I felt reassured that Ra was still there, still with me, and not leaving, as I exposed my most awful aspects of self. The trust is felt, and I can lean in to that.

As I contemplated how to create a full-body experiential process of my birthing, I continued to call in my wise and well ancestors. I reached within my own self for past life experience of feeling safe.

The safety that I have never felt in this life I can sense through these spiritual and energetic sources. This was a preparation time, a time when I reached forwards within myself to feel where I am going to.

I was feeling cocooned in this period of time and being. It was like a holding space.

I designed a ritual of a "birthing bath" which I carried out with my beloved acting as my birthing partner.

Before the ritual I felt resistance to getting undressed, to exposing my physical body. I felt raw and vulnerable, like I had no boundaries.

This is a sensitivity I recognise, and which I have had all my life.

My nervous system is generally so frazzled! It is an aspect of trauma I have had to live with and manage. There is a constant hyper vigilance there, while my system is alert and watchful, looking out for the danger.

This raw sensitivity represents how unsafe I feel within my own body, and now it is time for that to change.

As I stand in the bathroom in my robe, with my beloved, looking into the face of the man who loves me, I feel nervous.

This feels like one of those moments in life when you know you have to do something. You want to do it, and you know you will feel better afterwards, yet at the same time, you feel afraid of it.

Tears roll down my face as my beloved locks eyes with me and tells me that he loves me and that he is here for me.

I draw the strength I need.

We pray for angels and guides to surround the healing space. I sense my spirit circle gather and embrace. I also sense the presence of Ra and the field which holds the family constellation work.

I remove my robe and step into the warm bath.

I curl up like a foetus and close my eyes. I travel deeply into my internal sensing and reach inwards, to embody this foetus energy.

I call it to me. I invite it in to be fully noticed and seen.

I observe that this foetus way of being which is in my family pattern, feels comfortable and familiar. It feels a little spaced out, like an escape. There is no need for responsibility, or for making carefully thought-out decisions. I recognise it.

As I am present with it, allowing it to be ready for birthing, I notice that I can't move when I am this foetus. So, whilst it is strangely freeing, it is also trapped!

I feel immobilised. I feel I am too big for this small space and I feel suffocated and oppressed.

Then, I feel a surge of energy rise up through my body. I want more than this experience of life! I want to be more than this foetus way of being! I want to embody more than this family heritage!

My beloved asks me "are you ready to be born into life?"

I am surprised by the vigour of my response "YES, I AM! I AM SO READY!". We both laugh a little, and then continue.

Through the ritual I emerge from the warm water of the bath and my beloved welcomes me into life and embraces me. He affirms that I am safe.

As I stand in the bathroom held in his arms with my eyes closed, I feel nauseous with the weight of it all. I imagine the foetus aspect landing on the floor and sinking into the earth.

We continue with our ritual and I begin to feel lighter, more alive and more present in my body.

A burst of joy expands my heart and I find myself singing and chanting.

This is a new life! This is a new way of being!

The beginning of safety

It is the day after the birthing ritual. I feel a sense of calm and I notice I am adjusting.

When I awoke this morning, I had been having a vivid dream about a baby. I had given birth to a baby boy and was carrying him around under my shirt. He was sleeping and feeding and resting quietly, the way new babies do. Everywhere I went I was telling people about my new baby, and how I had not even known that I was pregnant! I felt delighted!

This sets the mood for the whole day, which has a whimsical feeling to it. I feel peaceful.

Another day goes by. I feel a little raw and sensitive, although still with a sense of calm and expanded capacity for joy. I have some moments when I feel bothered by other people and noise around me, as though my boundaries are not tight. I feel a little vulnerable.

I am adjusting to the new me, and it is as though I am looking at familiar places through fresh eyes. I feel I have been birthing my soul.

At this time of year where I live there are baby lambs in the fields and the landscape is freshly green and lush. The environment matches how I feel exactly, and it feels like such an embrace from Mother Earth, and from the universe.

I am still calling on my wise and well ancestors, and especially inviting them to share a sense of safety. In this life I had not felt safe as a foetus in my mother's womb and ever since! In this life my energy system has never known safety.

With Ra's encouragement and guidance, I understand that right now this is the work for me. So, I focus on feeling safe and grounded in my body for the following week. I imagine rooting down into the beautiful earth.

I also call on my own past life selves which knew safety. There is energetic knowledge in my soul self which is available to me. This work is like re-training my nervous system and way of being.

I have a few experiences where I feel dizzy and unbalanced on my feet. I had a moment like this during the first session and Ra explained that this happens when a new being is present and sensed.

So, I have noted these moments. Today I do feel that there is a pressure building around me. I sense family members who have not yet been involved in the family constellation.

I follow Ra's advice about re-asserting my boundaries. In my mind I let them know that they are welcome in the field held with Ra, to do the constellation work, and not right now, and not in my body.

Some occasional difficult emotions have also surfaced. I had some shame, feeling a failure, feeling powerless and sexual shame. I am conscious of the family pattern in both my mothers' and fathers' lines around misogyny.

My own personal views are embracing around female pleasure and empowerment, so these family patterned feelings are dissonant for me.

I feel I do need to keep focussing on establishing safety, and noticing the differences in how I feel now, after being birthed out of the foetus state.

The strength of Ra's container

Ra has set the next session for family constellation work. As soon as I knew this, I felt relief! The pressure around me was released. The weight I had been feeling in the field cleared. I felt spaciousness and calm.

Going deeper

As I continue towards the next constellation session, I feel the beginning of a shift in perspective. I am able to notice that some of my reactions, responses and feelings were coming from the family pattern, especially to do with my mother and my mother's line.

For example, I had a normal day to day experience where someone I knew did not acknowledge me when they walked past. I felt rejection

and shame. My mind began its' usual self-criticism in the situation, "I should not be so bothered by this", "Why am I getting so upset about this?"

My perspective shifted, as I now know that there is a way for these responses to be changed.

I have always known that the root of them was to do with my mother's rejection of me, and I have brought so much compassion and healing to this.

Never before has there been this family constellation work available to me, which has such power to engage in the true depth of those emotions.

I now am beginning to recognise that certain ways of being and responding to life are contained in our energy field, passed down through the family. With the work that Ra does, I think I will finally be able to change this.

When the person walked past and ignored me, my mind was flooded with a remembering about my mother's negativity. I remembered her challenges in life which led her into rage, fear, hatred, shame and revulsion.

I felt pleasantly detached and observant of all of this, instead of like I was drowning in it, drowning in tears and helplessness. This was a huge change!

I can see that the next family constellation will address things further between me and my mother.

At the same time, I am conscious that I have birthed myself out of the foetus state, supported by my birthing bath ritual. Now, I am like a fully incarnated infant.

It is interesting that I have spent my whole life feeling not fully incarnate.

I have known about this sensation, and have been working with this theme intensively for many years. I found it astonishing that straight away Ra picked up on the root cause of this within my family line! It was an absolute epiphany!

As this new infant, I notice that I do feel somehow more physically grounded and present. Yet, I also have a sense of feeling paralysed and unable to grow. I feel unfed, unnourished and cruelly rejected by the mother who created me.

This is a memory of childhood in this life. With Ra guiding me, I am practising self-parenting. I am empowering myself as my own divine mother and divine father.

I am taking my autonomy back and visualising the symbolism of parenting myself. The actual parenting, (or lack of parenting), that I had in this life is reducing in its impact. This is such profound work.

I am beginning to recognise that my own reactions and responses in the world no longer have to come from those hurt places. With this constellation work, I can detach from the legacy of pain that has been passed down.

I have been very conscious of being in this mode of self-parenting and nurturing myself. Ra pointed out also that I am the divine mother who has given birth, as well as the child!

Ra's advice again has been most helpful. She encouraged me to find things to do which speak to my child, things which are sweet and playful. She encouraged me to eat nourishing foods which supports both me as the mother, and me as the child!

Her perception of my field is that there is an ocean of tears here, and today I really sensed that strongly, in connection with my mother.

This pain of my mother is really big and impactful. Ra is really helping me shift my perspective on all of it. I've been feeling like I've been drowning up until now.

As a result, I am getting some separation from all of the stuff that my mother has had.

I can see that the way I have identified in myself has been so messed up and affected by the way my mother felt. I had such empathy and compassion for her and it all got mixed up.

I find myself developing a new attitude of "I don't have to take that on, I don't have to try and fix that, I can just deal with my own feelings".

Overall, I don't think I've ever met anyone who sees me so accurately and so clearly. I've been blown away by Ra!

With her continuing loving guidance, I am recognising that some of the feelings I do have around self-loathing, are very much to do with how my esteem developed out of my relationship with my mother.

This needs to be healed!

Preparing for the constellation

I am feeling subdued and a little overwhelmed.

At this next session we will be focussing on my mother.

This relationship with my mother has been a painful experience my whole life, since even before I was born.

I have done so much healing work around this already, which has been so needed. Even though my mother is still alive I do not have a relationship with her. Having an abusive parent has meant strict boundaries for my own safety and wellbeing.

I never expected to be able to dive into an energy work which would actually connect with her.

This family constellation work is extremely powerful, and Ra is a powerhouse!

In the last twenty-four hours and in the run up to this session, I have been noticing my reactions and sensitivities in all the ways that relationship has affected me.

I have been remembering my childhood and my relationship with her.

Scenes have been re-playing in my mind over and over. I keep seeing my mother in my mind's eye and hearing her voice in my head.

I remember the time when I expressed an interest in the pretty flowers she was planting in the garden. I was four years old. Her reaction to me was irritable, as it always was.

I absolutely loved the flowers and I kept asking to help. In the end she gave me a couple of plants in a very begrudging way. She told me where to plant them.

When I asked how to do it, she wouldn't help me, so I watched her and worked it out. I planted those little plants with my bare hands.

Not long afterwards they died, and it broke my little heart. My mum seemed delighted at this outcome and, as usual, appeared to take sadistic pleasure at seeing my pain.

I gained the impression that I was a failure and that my mother was very clever.

Once I became an adult and began gardening for myself, I looked back on this with a fresh perspective.

The area my mother had given me for my little plants was around the roots of a shrub. The plants would be very unlikely to survive in such a spot.

With my small hands I find it unlikely that I would have dug a deep enough hole for the plants, nor planted them securely, nor watered them in.

Also, this was the very hot summer of 1976 and the plants would have needed a lot of water. I quite expect that my mother did not water those particular plants.

This scene keeps replaying in my mind and it is a perfect depiction of the cruelty in the relationship.

I am aware that certain feelings I sometimes have such as self-loathing, revulsion, failure and terror are a direct outcome of this relationship.

I was indeed terrified of my mother! I feel as though my nervous system was patterned with fear right from the earliest physical moments of my life.

I am so ready for this session!

I am so ready to end these patterns. I am so ready for change.

I feel a little overwhelmed and nervous, and I also feel hopeful and excited.

My heart and soul are reaching towards what is possible.

Oh wow!

I feel so uplifted after this constellation session!

This was a session dedicated to working with my relationship with my mother, so just one family member.

At the beginning of the session was a few minutes of relaxed reconnecting into the space and some sitting quietly and listening.

The session unfolded in surprising ways!

We invited all the ancestors from my mothers' heritage to take part in the work we were doing, and they responded. I went physically dizzy with the power of the shifts that took place.

The messages Ra communicated to me as she was sitting as my mother were incredibly accurate. She could not have known the details she shared.

There is an enormous power in these truths being spoken into my energy field. My cognitive mind knew it already, but sensing the transmission of the truth into my energy itself, takes things to a whole new level!

At the end of the session Ra expertly brought us out of the constellation and back into our safe bubble.

We spent some time reflecting and integrating. I noted that I felt tearful and it felt like grief.

All of my life I have been adjusting to the lack of parenting and now was another moment of the very deepest of acceptance, which naturally brought about tears of grief, for how much I had not had.

Ra's naturally gentle, kind and compassionate approach is so soothing. She listens and responds with precision, and you feel safely held and seen.

Finally, Ra gave me some guidance on what to expect next, and how to be with myself after this very potent session.

I feel so happy after the session! So free and spacious and light! It is quite exhilarating!

I feel as though there had been a holding, or carrying, or sensing of the weight of the mothers' family line. It was sapping my energy to find workarounds to this sensing, and to be mindful not to be drawn into the patterning.

Now that it is gone, I can recognise that the way I had been managing this was similar to there being a large, difficult presence in the corner of the room behind me, that I was constantly trying to ignore. Exhausting!

The freedom and peace are very real.

I felt energised and happy as I went about my day afterwards.

As the day progressed some very strong and challenging emotions arose. Ra had explained to me that this would be happening and why it was.

During this process, I was to meet the parts of myself which had been frozen in pain. They would be fully heard and seen, validated and comforted.

Things got a little overwhelming, and I find I feel tired with this work.

So, I got some good sleep and rest.

Support and progress

The next morning, I received a response from Ra in WhatsApp. Her voice note brought such sensitivity to the situation, and compassion.

Her explanation of what was going on was so clear and made perfect sense, and she again encouraged me with how to approach these shifts.

I continued with meeting and receiving the different parts of myself, witnessing, validating and honouring them.

As I continued, I experienced a massive breakthrough in my work. One of my creative projects, which had stalled, became unlocked. The family constellation work created a relief, a spaciousness, for this to move forward, to be where it needed to be.

The effect not just within myself, but also within the family line, opened something up, like a new channel. I feel so incredibly pleased with this development!

I had not seen it coming!

The creative project feels more grounded and able to power itself forwards. This brings me a sense of fulfilment in myself, and an uplift in enthusiasm and passion for my work. I feel even more purposeful and focussed.

Liberation

Today I feel amazing! I slept so deeply and intensely. When I awoke it was like my life was flashing before my eyes. I felt as though my dreams had been a lot of flashbacks of significant moments in my life, and a receiving of those parts of me.

I felt deeply tired and inwardly experiencing, and also somehow thoroughly refreshed and vibrant! I stood in the shower and allowed the hot water to run over me and rested my head against the wall. This felt like a revival of life.

Next, I changed my whole outfit for the day! This was a new me and I wanted to express myself with a new freedom.

I feel amazing!

Also today, I have been remembering my brother who passed away ten years ago. It is his birthday today.

I feel such a strong presence of him and he is playing through my mind a lot.

The feeling that I have from him is so loving and light and supportive. He seems so real. It is almost like he is with me.

Continuing the deep work

Today I awoke in the early hours of the morning and felt a little unsettled. Late last night I had been triggered by noise from the neighbours.

All the old and familiar feelings came flooding back. I felt afraid, trapped and invaded. My nervous system felt like it was snapping and I was nauseous.

When I awoke the world was quiet and sleeping all around me. In the darkness I felt I had the time and space to do some deep listening with myself.

I followed Ra's guidance about welcoming back the parts of myself. I felt drawn to my womb area and lower back. I worked here for a while, soothing with my hands and visualising safety, and rooting into Mother Earth.

I am so conscious of being my own divine mother, welcoming myself into the world, separating myself from the abusive and neglectful parenting in this life.

My experience in these moments is intense and visceral. I know I am safe, with my beloved sleeping next to me.

Some of the terrifying feelings and darkness from childhood trauma and family history flow through me.

I continue with the self-soothing and visualising.

I am welcoming my new self, and recognising that the sensations I had all my life were so influenced by the family heritage.

I know now, that this family heritage is leaving me. The sensation of shame has manifested all my life as a sinking, draining, emptiness in my abdomen. That part of my body has felt numb and disconnected.

This journey with Ra is so completely immersive and transformational!

As my day progresses, I experience great leaps of advancement in my work projects. The growing sense of freedom and expansion is being expressed through all aspects of life.

Relationship dynamics

As I continue to evolve out of this constellation session, I notice more shifts.

All of my relationships are changing! My relationship with my own self and ways of being, my relationship with my beloved, my relationship with authority, social situations, my work, friends, everything!

It makes sense really. As I change so much, of course this will reverberate outwards into everything that I relate to.

I am naturally aware and conscious of my attachment style and dependencies as this unfolds. This is big, important work I have been engaged in for a long time, and I appreciate in this moment the understanding that I do have around this.

My identity is becoming more whole. I can see that I was impacted by my mother's judgments of me as a female, and the moments when she crushed my version of me.

Consequently, I'm having more joy and more freedom in my personal expression now, with the way I dress and doing some little extra things more with my expression. I am feeling more at peace with myself, which of course will impact everything in my world.

Now that I've understood my mothers' family line, I am reinterpreting some of the interactions that I've had in my relationship with my beloved.

In the family line (and therefore also in me) was a suffocating, crushed, feeling like you're going to die if you don't have what you need, leading to stealing and taking from others. It was a kind of "vampiric" energy.

It is very humbling indeed to acknowledge that this shadow force was something I've been battling with internally all my life. It's also a great validation and celebration! I had this influence from my family line, and I can see that I did my absolute best to sidestep its' impact.

These awakenings are leading me into so much self-kindness, self-compassion and self-forgiveness. Weights and burdens are lifting.

My relationship with my beloved has been so strained sometimes, which I have felt ashamed about in the past. I actually tried to run away and leave the relationship because of this inner turmoil. Now there's been a noticeable shift.

I noticed that I had an automatic response towards my beloved of trying to fix, to rescue, and felt upset about it. Now though, without

that influence from my mother's line, it is so much easier for me to dissolve those responses. This is so very interesting and most welcome.

I am looking forward to continuing these changes, and gaining my independence and sense of safety within myself. I very much want that and I've been working hard for a long time. This is another really amazing shift.

Welcoming the parts

Ra sent me an encouraging voice note about these automatic responses. Her message is so powerful and so relevant that I copy it in full here. She says:-

"You're realising 'Oh! This isn't my way of relating, it came from someone else!'.

Of course, you were shown to relate a certain way, but that's not actually the truth, that's not actually in service to you, to what you're in devotion to, to a safe and healthy relationship.

Those behaviours are just what your child part was shown over and over and over again, through her body and through her family that that was okay.

That's actually not how you're choosing in your sovereignty to move forward.

Celebrate it's all coming back and you're choosing what's what, with your sovereignty. That's how you're moving forward, that's how you're bringing this work into your union."

This is exactly the tone for the rest of the work, and ongoing.

I find that I can become swamped by emotions when I am triggered. It takes a lot of effort and personal training to learn to notice this is happening. After all, these responses are so normalised for me, as I have had them all of my life.

Now though, there is actually a way to *change* this. I had not realised or even dreamed it was possible! It felt like I had to just accept it.

It had felt as though this was just the way that I was, that it was me. I had been reaching for healing and transformation, for sure, and now

the actual potential for change is opening up into places I could not have imagined. It feels like my whole worldview has changed.

Now, the traumatised child parts which take over my behaviours are being given space to be felt and heard, and allowed to shift. They are fully unlocked by the energy work in the family lines, and the guidance and support of Ra. This has been the missing piece of my healing puzzle.

As the weeks go on, I keep making effort to internally step back, hold space and allow feelings to be expressed, and offer some love and gentle parenting to my child parts.

I'm changing. I'm beginning to see a real difference in myself. I'm quite blown away!

It has felt very intense with these parts and it's been like learning to drive, to train myself to work in this way. Now, when I get triggered and have a traumatic response, get dissociated and I'm lost in an intense emotion, I am much more able to notice it.

It's taken a lot. I've said to my mind "every time there's a really intense emotion, let's check in with the parts". I practice internally stepping aside, reminding my child parts that I am a safe, kind adult who has access to healing.

Next, I usually get a flashback of the age and the situation the trauma is rooted in, and then I fully feel the feelings release and express.

I offer validation and compassion to my internal self, saying "of course you're going to feel that". I allow the child parts to take the lead, and listen to what they want to have me feel WITH them. Tears come.

Then I get a sense of their gifts and what they're evolving in to. There is strength, wisdom, a new skill or expanded capacity for compassion, which is of value to me now, as my adult self.

These changes are utterly, utterly profound.

I do not think I could have travelled this journey towards empowered adult wholeness without the support of Ra and her work.

As I continue, I am in awe of the power of this work with my child parts. It is as though there are unconscious parts of myself that

experienced and witnessed atrocities, and have never been fully heard.

They weren't even allowed into consciousness in the moment. So, they have needed to become back into my conscious mind and body, and embodied.

A new me

In situations where I usually would feel frightened, angry, aggressive, and trapped, I am having a different response. I feel more calmness and clarity and presence. My beloved has noticed the change in me.

I feel so different!

I feel more confident in my work and opportunities are opening up.

When I feel challenged in day to day situations, my awareness is heightened and I know how to work within myself, to regain balance. I am more comfortable with being visible, and in social situations.

There is more of the good stuff. More breathing into stillness, patience, grace and right integrity. I feel more safety in the certainty that everything is exactly as it needs to be. I am welcoming full acceptance, and welcoming abundance.

My relationship with my beloved is even closer, even more intimate.

There is a sense of spaciousness and internal freedom, of dynamic movement and capacity to flow with change, and of responding to life from a clean, sovereign, genuine place.

I am seeing changes in some of my physical ailments too!

Shame, frustration and revulsion are melting away with each step of this work that I engage in. My responses to literally everything are different and transforming.

Magic and synchronicities abound in my life. Projects which were stuck are now happening. It feels like I am living through a paradigm shift.

Ra's support has been stellar, absolutely outstanding. Her gifts are unmatched in anything I have experienced during decades of psychic and healing work.

I am truly in awe.

When I think about it now, how can anyone fully get to their whole self until they address what's come down to them in their DNA? In

their genetics, the epigenetics, the epi-energetics, the family energies? It's such a big piece of the healing puzzle.

I feel tearful with gratitude and relief. This work is so special and I thank the Divine every day that I found it, and chose to walk this path. I am truly finding my whole self, and feel excited about all the possibilities ahead.

The End (not)

Thank you for reading

Wishing many blessings to you for your journey!