



Dara.Energy

## Liberating The Warring Mentality

Hello, I'm Dara Ananda. And this is a free healing that I am creating for what I'm calling the Warring Mentality.

So just beginning by settling in.

And just to state the intention: what we want to go towards in this session is a healing for the warring mentality. So it is more than a thoughtform, an archetype, an action— it is like a program. It is a program that feels very, very deep in the brainstem. In the human expression as it is currently being expressed, and has been for the last several 1,000 years. So, this is a pretty massive structure that has many, has many aspects, but it's also just very deep. So, this is the calling card, this is what we are orienting towards.

And just starting to move down the spine, the central channel, the backline. Like riding in an elevator that is falling several stories at a time. And we're just taking this elevator all the way down, as far as it wants to go— down the nervous system, down the brainstem, all the way down the body. And just starting here by encountering a deep contraction of fear in the belly, in the gut. And as we are encountering this contraction, at the same time I heard “*liberate the warring mentality.*” So that is what we're going towards to actually liberate this program from deep in the human psyche, perhaps the blueprint of the human condition as we know it. And as all of our history has known it, what the modern human incarnation has included.

So coming to this contraction in the gut, the belly, fear. And it has a tether— this fear has a tether up into the heart. It's into both the heart, and the higher heart, the Divine Cosmic universal heart. So both the heart energy center and this more refined, inner spiritual quality of the heart, and this tether of fear from the gut up into the heart. It's kind of like an iron fist around the heart.

So it is kind of masquerading as a protection, but it's more like the heart is gripped by fear. Literally. Fear is gripping these aspects of the heart, the heart center, of the higher heart. So let's just investigate a scenario here. Do we go towards the gut? The tether? The fist of fear? It is a pretty complex configuration. So let us just sit with this and see where to intervene.

And just right away we're going back into the gut. This gut fear. Clearing the fear of loss. Clearing all types of fear. Just allowing that clearing process to settle and integrate before moving on.

So if you're in a process, you can pause the recording until that process is complete.

And now moving up the tether, the chain, moving up the tether, and just allowing awareness to show us what's needed. There's this incredibly subtle quality of wrapping. Like how you might dress a wound. Just gentle wrapping, an incredibly fine substance, and it's just wrapping this whole complex. Wrapping the fist in the heart, and the tether, and as this very fine subtle energy medicine makes contact with this structure— the tether and the fist— this subtle force of tenderness just begins to dissolve, and erode the Iron Fist, the iron tether.

It's interesting, at the collective dimension, it also has the quality of oil-like, petroleum, gasoline. So some interesting connection here between fossil fuels, petroleum products, fear, and the warring mentality that we are seeking to liberate.

There's also an aspect here of the tether that extends to the upper spine and constricts both the skull and the throat.

And again if you're in a process, you're welcome to pause this at any time if your healing is moving too quickly for your system.

So there's more uprightiness. Space and dignity coming into the spine. Particularly opening in the back of the heart, in the upper back. There's a lot happening also in the inner ear channels, in the skull, creating the possibility for the head, and neck, brain, and the upper centers to be more directly connected to the heart. So depending on where you are in your process, this will show up differently. So let's just take stock here.

And there's something very fine and subtle snaking its way down from the brainstem. Winding it's way down towards the heart. There's a very fine clearing happening through the top of the lungs, the clavicles, the higher heart, the center of the back of the heart, and the Makara point, and the crown. (The Makara point is right at the hairline, above the third eye and the front of the crown chakra.)

So these upper energy centers in the in the head: crown, Makara point, and third eye, they're coming into a sort of alignment and balance with the lower chakras particularly in the back body. This is bringing forward more alignment deep, deep internal alignment in the system. Alignment with the core of the heart. Alignment all the way up the spine into the skull. So let's just pause with that.

Allow any clearing or processing that needs to happen just allow that to happen.

Allow the body to move, or any emotions to move and clear. Just allowing any processes to move through the system, simply observing and allowing.

And there's a deconditioning process happening in the physical eyes and reverberating throughout the brain. Clearing hate from the eyes, the entire eye system and complex, at the physical and subtle levels. Clearing hate from the eyes. And there's a subtle upgrade happening now for the speech. The throat and inner ears upgrading, clearing hate. There's a very subtle quality of compassion being birthed in the heart. A new quality of compassion, likely unfamiliar to the system, coming online as hate is cleared. This is also continuing to clear brainstem, the base of the skull, down the back of the neck, and into the upper back.

So just allowing this process to continue as more clearing is happening, clearing hate, and underneath that there's also grief arising in the throat. Allowing that grief to be felt, and known, and cleared. We are the first receivers of our karma and ultimately there is no separation. And yet the warring mentality is a program, based in a deep belief and separateness, in duality and to keeps us from not only interdependence, peace, connection, but also fundamental Wholeness— our birthright. So, there may be some anger here as well, ancestral, collective, and otherwise.

Again very much working in the throat. Allowing any anger and grief to be felt, and known, and cleared. As this program of war, duality, separateness, disconnection, hate has kept us from our birthright: connection, and wholeness, interdependence, peace. So just stay right here with this.

Notice how the warring mentality creates divisions within yourself. Notice how it might also keep you disembodied, disconnected, and in a cycle of fear and feeling rationality. Literally a mind program, a mentality.

So just try to allow the fullness of this program to come forward in awareness, in direct experience.

So we're just humbly, openly in a non-judgmental, non-shaming, open acceptance. Inviting the complex, the program, to reveal itself to your awareness in this moment. Allow it to be seen and known. Inviting it forward.

*“Allow me to see the warring mentality in and of my own body, mind.”*

Invite it forward however you feel guided. And for some, this will bring purging quite immediately. So, if there is purging, allow that to simply unfold: coughing, movement, emotion etc.

And again what I said, I'll simply repeat: *“Allow me to see the warring mentality in and of my own body and mind.”* Where is it? How does it operate? And can you trace it back? Either back in the system, back historically, and with that we're just clearing memories. Clearing any memories related to this program that continue to hold the charge of war and hate and thus keep the program operating.

Following all of those to clear. Just staying with this. Allowing the memories that hold the charge of war to clear from the system. So we're going through the personal history, the past life history as well. And I feel the ancestral element, but we are not quite there yet. But if you're there, go with it.

And with this waves and waves of forgiveness. Forgiveness and also remorse, which is also liberating. So allowing yourself, your psyche, your soul to be washed. This forgiveness is a type of soma amrita, a very subtle, deeply nourishing quality. So the soma is arising, which can actually be experienced as a sweetness, can even have a musical quality and that's just coming to help digest all of this experience and charge and to balance the system as we clear through this material.

So again, if you're still in the process, just pause until it's complete.

And as we begin to enter into the ancestral layer, the first aspect that I'm aware of is a lot of confusion. And some of the confusion is about, what I'm going to call "modern war" which lacks a sacredness. This archetype of the spiritual warrior, sacred warriorship is coming up. So this confusion related, to the lack of sacredness, and a lack of balance, that created a feedback loop operating in the direction of more suffering. Creating more separateness, more duality, more disconnection, more suffering.

And just feeling how the ancestors really lost their way, lost their footing, by this mentality. Long, long ago, slipping out of sacredness, and balance and slipping into being compelled or captured by the warring mentality of duality and separateness. So right here there is the dynamic: the polarities of light and dark, victim and tyrant, scarcity and abundance, and worthlessness and arrogance. And just to top it off: running through good and evil. These are the major polarities impacting individuals and the collective and that must be resolved, and healed, and neutralized in each body, mind and the whole collective for us to move forward with the evolution of consciousness if we are to evolve as a species.

So here we are, with the warring mentality as the higher order program that is very deep in the stack, as it were so to speak, very deep in the stack and containing all of these polarities. There is a lot of pain, a lot of pain, and suffering so, let us just pause with all of that.

Everything simply wants to be known, and felt, and seen, and heard. The dignity of being alive, of being incarnate, of being an expression of Wholeness, of pure Being. And there is so much darkness that is needing to be brought into the light.

And I think it's worthwhile here to just restate those polarities, which are smaller programs or components of this mentality of war, the warring mentality so, I'm just gonna go through them again, a little bit more slowly. Just allowing them to drop into awareness, and inviting awareness to hold the polarity, such that the small self, the ego, the young parts that have not yet been fully integrated, the ancestors, the past lives wherever they are being stored. Just allow awareness to hold them such, that they may start to become liberated, resolved, and neutralized in your system. Which impacts and reverberates out in all directions of time and continuity and the collective. So, those are the polarities of: light and dark, victim and tyrant, worthlessness and abundance, (oh no, sorry, scarcity and abundance) scarcity and abundance, (do you see how they connect though?) worthlessness and arrogance, good and evil.

And then the pain the suffering and all of the discordant feelings related to these polarities being unresolved in the individual, the family, communities, collectives, the ancestors, past lives, all dimensions. And allowing this pain to be known and felt such that it may clear and complete.

Do not get lost in the suffering. Bring up only what you can metabolize, and if you're unsure simply ask for guidance. Freedom becomes possible. Liberation becomes possible as we clear these deep conditions and deep programs.

Let us just take a few moments here to integrate.

There is a quality like an ache in the back of the throat, an achiness. Just allowing this ache, the ache for Wholeness, liberation, and connection to be known. And as this becomes known, there is a deep, but very subtle-level clearing of the right-side heart, the spiritual heart, the heart of innocence, the heart of not knowing. The heart of innocence opening, clearing. As this occurs, I feel it very deeply, also spiraling open the brainstem, and the back of the brain, and the skull, the fight flight freeze system, the autonomic nervous system, and the habits of mind and body that seek to protect through fear. Which gets us nowhere. This is opening and clearing through the whole chest, physical heart, the heart center, the heart of innocence the higher heart, and a rebalancing of the brain, and the nervous system, and the heart center, which I heard as the "heart of knowing."

And for some people, there's a process of dislodging a subtle energetic structure. It is like I've heard it described as the the spike, or thorn of darkness in the heart of humanity. So for some people that's just getting dislodged, and removed, and cleared all at once, simply because it's ready. And in other people, the process of that is beginning or moving along.

It's also like a needle, like a needle or a pin. It's a very, very deep and as an energetic structure, it's typically around the right side heart. So deep in there, somewhere, to the right of center.

Moving into a process in the solar plexus. And there's a figure-eight pattern moving across the solar plexus. This is an upgrade process which might also bring some clearing and purging with it. Still allowing this figure-eight pattern, just moving through the solar plexus bringing an upgrade. And there's an upgrade for this quality of fierce tenderness. Tender fierceness.

And it's just rebalancing solar plexus, and its role in the whole system, and as this is happening, I'm just noticing how the program of the warring mentality— it seems very small right now, like a little tiny packet. It's kind of falling away. This won't be immediate in everyone. You might have to revisit this, and do more work to clear and heal these aspects. But for some, and at a certain time, it seems that it's available for this little packe now, of this program, to simply drop away into the ocean of being. And with it, any connection, or exposure, or vulnerability to demonic energy. Any energies that are identified with separateness that are lurking in the ancestors, or in the shadows of your own psyche, of the collective psyche. Just allowing any of those demonic energies to be pulled down, to be purified, and released into the ocean of Wholeness, unmanifest, unbound fundamental space.

Clearing in the jaw. The clearing in the jaw, was the inner ears, the skull the back of the heart. Chipping away at these outdated and outmoded, these programs which have run their course. There's nowhere else for them to expand into here. Coming to the end of their expression. And we are simply inviting and allowing them to return to Wholeness because they are no longer needed here as we seek to evolve and awaken and raise consciousness.

Stay with this as long as it is supportive.

And being very tender with yourself as you reemerge, and feeling a deep tenderness the body, the solar plexus, and the heart, and the brain.

Drink lots of water. Hydrate. Take care of yourself. And return to this as many times over, which ever duration works for you that is supportive.

May our work here together ripple out and benefit all beings.

May all beings be free of suffering and the causes of suffering.

May everyone have the opportunity for liberation.

May you be free.



Dara.Energy

© 2024 Soma Developmental LLC

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher.