

Dara.Energy

## Healing for Aggression

Hello, I'm Darananda. This is a healing transmission for working with the energy of aggression. Which is an energy that almost everyone has experienced in some way: whether in their own direct, embodied experience of their own aggression, or the aggression of others that can leave a large impact. And this is an energy that is both very prevalent in our culture, and also held in shadow a lot, and it's very important that we process this energy as a Collective.

So I recommend that you receive this healing, and that you return to it as often as you feel called.

This is a healing for working with and clearing aggression.

Beginning deep in the heart center. Sensing into a wound in the center of the chest: very old, easily forgotten, and yet somehow fundamental. This wound— like a knife or sword— a blade to the center of the chest, extending down from the bottom of the heart, cutting the torso in half, disconnecting the heart from the power center, from the solar plexus, and the lower chakras.

This is one way that aggression is both created and perpetuated. The powerful energy of the solar center, it's unable to reach the heart, unable to fuel the heart, and unable to be directed by the heart. So, the aggression cannot be purified, and this creates more aggression.

When energy from the lower chakras cannot reach the heart, there is a deep separation alive and present in the system. And whether this aggression is clear and apparent, or in shadow, it is possible because of this separation.

And moving deep into the psoas, where we encounter fear, tenderness— feelings of being too small, too helpless, too innocent. Understanding how aggression is alive in two very important polarities that permeate our culture, and are a part of progressing along the healing and spiritual path. And those two polarities are: the victim/tyrant polarity, and the arrogance/ worthlessness polarity.

So, in some way the energy of aggression is intimately tied to those two polarities which have to be reconciled, healed, and resolved in order to progress.

And we're moving into the sacral chakra, deep in the pelvis, the lower back, and the lower belly. Clearing more fear— fear related to relating. Clearing aggression at the level of codependency. Clearing aggression as manipulation. Clearing aggression as people pleasing. Clearing aggression related to having needs.

Opening in the heart center, opening in the throat center. More Wholeness entering the system. And the separation of the heart and the solar plexus is beginning to be repaired. The first layers of weaving this split back together are occurring. This allows the central channel, right at this juncture point, to begin to widen.

Moving deeper into the root, and clearing aggression related to shame. Clearing aggression related to the shame of being alive. The shame of being embodied. And the shame of not wanting to be incarnate at all. Clearing aggression related to the shame of feeling ill-equipped for this lifetime. For getting oneself into something that is harder than they expected. Clearing ancestral aggression related to the shame of being. Deep clearing in the root. Clearing the shame of many generations. So much aggression is related to shame. Ancestral shame, familial shame, and collective shame. Deep clearing in the root.

And coming into contact now, with a fundamental shame and worthlessness related to the particular cycle of time that we are in: related to the patriarchy and the suppression of the feminine in all beings.

The suppression of the feminine, which causes the repression of the masculine, the suppression of the masculine, which causes the repression of the feminine: two sides of the same coin. Clearing shame, and avoidance, and worthlessness at the foundation of this time cycle of the patriarchy, which we are all in. Clearing fundamental shame from the root.

As a result, the brainstem is clearing, the inner ears are clearing and opening, the upper throat is clearing and opening, more Wholeness is entering.

More repair is coming to this space between the solar plexus in the heart center. The heart is opening more. A lot of density and karma is clearing from the solar plexus. The diaphragm and the ribs are opening and clearing. More expansion is possible throughout the torso and the organs. The inner ear channels are becoming more enlivened, and more connected to the heart. The two hemispheres of the brain are rebalancing and recalibrating. More peace. More peace is arising.

And the channels of inner perception, of sacred sensing of the subtle realms, more capacity is coming online. Deep healing is arriving. Divine healing from above, downloading into the system. Repairing the channels. More tenderness and vulnerability is being made possible. The heart is coming online, more. More capacity in the heart. The solar plexus is bowing to the heart. The solar plexus is pledging devotion to the heart.

More alignment is getting expressed through all of the upper chakras: from the solar plexus all the way up. This enables more divine connection, and more divinity is being woven in and down from above. More divinity activating the brain. More divinity anchoring the heart. More divinity coming into the lower chakras, permeating the belly, permeating the solar plexus, the sacral. More divinity penetrating the root, coming into the legs, into the feet and the ankles. Divinity coming into the Earth connection, the Earth Star, beneath the feet. Blessing the planet with divinity.

And there's a process of forgiveness happening with the Earth. A process of nourishment and greater liberation. And the divinity through each node, through each of us, is entering deep into the core of the Earth, deep into the body, the Mother, the materiality of Being.

And as this divinity enters into the core, healing the wider network, and increasing our capacity to receive vital energies from Earth's evolution. And very slowly those are making their way up to each of us: New Earth

energies entering the Earth Star, entering the feet, washing through the system, clearing worthlessness at an even deeper level.

As these Earth energies are coming up and in, they are enabling the possibility for the new human era to begin. What it means to be human is being rewritten. New codes, new templates, new structures.

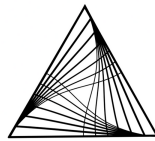
Coming up the legs, the thighs, New Earth energies coming into the root. This is a feedback loop, a fractal: as the Earth evolves, so do we. Coming up into the root, into the pelvis, into the sex organs, coming into the sacral. Clearing aggression is fundamental to the New Earth, to the new human era, to the healing of separation.

These energies are continuing to travel up, into the solar plexus, powerfully entering the heart. Slowly and deeply integrating more Wholeness entering the heart chakra. More Wholeness entering the whole field. More Wholeness integrating the higher heart chakra, the immune system. More Wholeness entering the brain, and being circulated throughout the whole system. Rebalancing your humanity, your incarnation. More space being made for the soul. Humans who are ensouled: this is the revolution, the evolution, the turning of the wheel.

Clearing aggression to enable ensoulment for divine embodiment: full integration of the divine, the sacred, and the Earth.

Allowing this to balance, to calibrate, and to integrate.

May this benefit all beings.



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