



Dara.Energy

Healing for the Mind and Mental Body

Hello, my name is Dara Ananda. And this is a healing and clearing for the mental body the mental sheath.

This is a layer, or dimension, of reality and of our individual bodies. And depending on what system or framework you use or look at, this mental body sits at one of the denser aspects –as opposed to one of the more subtle aspects of manifest being. And, sure it involves the mind and thoughts. But even deeper than that, it is the conceptual dimension that underpins reality. And it's just a place where a lot of gunk and karma can get caught. Especially if you're very mental, and not so much in the body. Or just a Westerner who's raised in a highly rational and logical culture, as most of us are. So clearing and healing the mental body is an important place to arrive at along the path.

And since it also sits close to the pain body, again depending on what system or framework you look at, there's a relationship between releasing from the mental body and pain that might be held at denser levels. That could feel physical, but is really more energetic. So let's get into that now.

So just taking a few moments to get settled and comfortable. And taking a few deep breaths together here. And indeed, allowing the activity of the mind to settle if possible. As this will be our focus of the session. The more that the mind can calm, it's likely that more will be received at deeper levels.

And just stating our intention here: to clear and heal any and all aspects of the mental body, the mental and conceptual dimension of our physiology to whatever extent possible.

So just taking a few moments here to just settle and allow the mind to be however it is. Allow the thoughts to do whatever they need to do. And just because the mind is thinking that doesn't mean you have to pay attention to it. And for some this will be a total mystery, because you may still be very identified with your thoughts, and not have a lot of difference or distance from them. And yet there is another aspect of being, which can fully observe or fully choose not to pay attention to the thoughts.

In a way, this is simply what the mind does: it thinks. It's not a problem. It's only a problem when it's our whole lens, it fills our whole understanding of selfhood and we can't get any distance from this particular organ. I like to think of the mind as a sense organ, similar to the physical senses. But typically, in order

for us to arrive at the place of understanding the mind as a sense organ, we have to go through a process of allowing it to become fully receptive and not controlled by the small self, the ego, or the personality.

So, perhaps we will simply start there. Looking at the relationship between the mind, the mental body, this conceptual dimension, and the ego, the small self. And immediately I feel that in the belly, in the solar plexus it's almost a little bit uneasy or queasy. Like the experience of it being seen or called forward creates a little bit of this uneasiness at the solar plexus and a little bit of pressure in the head as well.

And just allowing anything there to come forward, to be seen, and known, and to begin to clear. So again, just investigating, simply through attention and intention, the relationship between the mind, the mental body, and the small self. Where do you feel this in your system? Where do you feel that relationship? For some in the chest as well. Deep between the shoulder blades. And some discordant feelings arising in the belly, the stomach. Kind of like grief. Also maybe a little bit like disgust. Some discordant feelings of different flavors here. And allowing those to clear.

And if your mind is very chatty, full of thinking, that's okay. It might put up a little bit of a fight as we move through this session. And just simply allow it. No need to fight. And to whatever extent possible, just observe watch it, if you can't completely steer away from it. And if you can steer away from any thinking, Let's continue looking into the somatic experience, the physiology, and the subtle bodies. And here we are now into the cells. So just taking a look at the relationship between the mental body and the cells.

And I can feel we'll go deeper here, but let's not rush it, and just allow the cells to come forward. Allowing the cells to be washed, to be cleaned, and cleansed. Allowing the lens of each cell to be a little bit clearer, and less laden with concepts. So again, just allowing the cells to be free of the conceptual layer of thought forms. Just allowing the cells to clear. And wherever you may feel, this is totally perfect. Just allowing the cells to clear.

And moving deeper into the DNA. And just getting curious here about the DNA? And what arises immediately as we touch in with the DNA is about the nature of different types of thoughts, thought forms, and also concepts that were allowed or not allowed. And maybe even to present day, not only historically, or ancestrally, or past lives. But even today, maybe some thoughts, or concepts, potentials or possibilities that are not even allowed to come into this level of being. So quite literally blockages. Blockages in the mental body that keep the mental body kind of frozen and fixed, and not allowing new insights to arise.

So just sitting with this for a moment and let's begin to clear those blockages. And I feel this very deeply at the back of the heart, deep under the shoulder blades, throughout the ribcage. It's like all of the connections of the ribs is where I feel this the most, those areas. (May be totally different in your system.) Between the vertebrae, the upper spine, between the plates of the skull. Very interesting places where this stuckness is held, and hidden even.

So just allowing this clearing to move through. Very deeply, unfreezing and unblocking the mental body in many, many hidden places here. And they're very interesting places: they are places of connection or

joints. Like a, almost a theme of endings and beginnings here. We're just going to hang out here with this clearing process clearing the blockages, the frozen points, that keep the mind rigid and brittle. And allowing the mind to begin to be restored to clarity, flexibility, and fluidity. Introducing these qualities of lucidity, receptiveness as the mental body clears.

And right at the base of the throat, there's just a very subtle grouping of discordant feelings. Which may feel subtle or very prominent and obvious in your system, depending on what level they're residing at. But let's see if we can work with them at the deepest and most subtle dimension. Just starting to unwind that bundle of discordant feelings.

Certainly related to the throat and the throat chakra, but also deeper. As I clear, as I feel it both in the temples, and the crown, as well as in the spine. And just coming deep into the belly now, calling our attention. And there's an amber like quality here— that is worth mentioning because I am not very visual. So there's clearly a visual component here, it's this kind of honey-golden-amber quality. (Again maybe different in your system.)

Just sensing in here, it's a kind of invitation. And it's an invitation to the mental body to become feeling and sensing So, can the mental body integrate a quality also of sensing and feeling. Which again is this receptive quality. May the mind feel. May the flexibility and fluidity of the mind becomes so refined that it can feel, and sense, and receive.

Just staying with this. Allowing this feeling this very refined quality of feeling to be woven into the fabric of the mental body. Which offers it a capacity to expand out beyond the confines of the small self, beyond the ego, and all of the egos agendas, allowing the mind to be free and open.

And we're just dropping in with an incredibly deep quality of stillness and silence. Enabling this healing and clearing to integrate at the deepest levels of being. I'm just feeling this at the bindu at the back of the skull, and deep in the inner ears, the inner hearing.

Learning to hear with the expanded, open mind. The mental body free and open and expanded. Tuning up the listening from the inside out.

And returning to this session whenever you need a little bit of a tune up for the mind and mental body.



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