

# Collective Healing Transmission: February 27th 2023

## The Root of Inflammation

Hello, I'm Darananda, and this is the Collective Healing Transmission for the week of February 27th 2023.

Beginning here with the quality of a cooling wind. Perhaps there has been some heat, or inflammation, or anger, or frustration that's been building. And connecting with this quality of cooling, clearing, and purifying, and we're just inviting this cooling wind quality to sweep through the whole system. And as it moves through, it begins to reveal to us where more attention is needed. And I'm sensing it for our Collective, in the gut. And there's a real tenderness in both the gut, and the heart, and the place where those two Maha Marmas meet, those two major energy centers. So this is something like right between the solar plexus and the heart chakras, there's this tenderness.

And dropping into the gut, the belly, the heat that's been building. And that is beginning to clear with some force. And as that clears, there's more space that opens, there's less collapse in the lower body. So the spine straightens out. And the head begins to clear. So, just allowing this opening across the whole system as we begin to shift out of the contraction— the heat and the inflammation that's building from unprocessed anger, frustration, injustice, blame. Clearing the sense of being taken advantage of, or being walked all over, clearing the experience of powerlessness, clearing impressions and memory patterns related to disempowerment at all levels of the Being. This creates a widening across the chest, and the mid back, and a further clearing in the third eye.

And I hear the words: *“I will not be had. I will not be had. I will not be taken advantage of. I will not be disrespected. I will not be mistreated.”*

And alongside that there's this quality that's arising that says: *“I am here to serve my higher purpose. I am here to serve my higher purpose, and nothing can stand in my way.”*

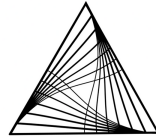
Okay, and now there's a big knot of sorts. A big karmic knot at the level of the solar plexus. But deep in the subtle body. We're just gonna work with this karmic knot at the causal level. And again, I hear those words: *“I will not be had.”* So we're clearing multiple lifetimes of the experience of being taken advantage of, of being misled, of being deceived and betrayed. Clearing that through the causal level, and from multiple lifetimes. Just very gently, allowing that to open.

And simply allowing this powerful stillness and silence to permeate the whole being. Layers and layers and layers of this unprocessed karma are falling away effortlessly. This karma is what becomes heat, and anger, and inflammation, and disease if it's not metabolized— so we're just clearing it from the finest level of the being. It's like the finest silk, or gossamer, just being gently blown away by the slightest breeze. Clearing, clearing clearing.

And at this level it doesn't have a quality of temperature, this is finer than any quality like that, it's just simply dissolving.

This is a particular region of the causal body that is like a storehouse of experience, particularly familiar experience. And it's as if we're going in and we're opening the drawer of this familiar experience of disrespect, and disregard, and trickery, and injustice, and being taken advantage of. So we're just working all the way down at the structural level of those experiences and bringing them into the light of awareness. Like snowflakes melting as they touch your skin, a light of awareness simply dissolves this storehouse of familiar experience

And I recommend you come back to this healing as many times as you feel called to continue to clear and dissolve the root of inflammation.



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