

Dara.Energy

## Healing for Your Relationship with Imagination

Hello, I'm Darananda, and this is a healing for your relationship with imagination.

*Imagination, or the imaginal, is a dimension of Being that has been very misunderstood, reduced—almost killed off—in our culture. Children get to have imagination, but as we move into adulthood, it is something that is embarrassing or shameful because it is, “not real.” And so, this healing is to help remove and correct that understanding that we have been programmed to believe, that we have been taught and conditioned to believe that the imagination, the imaginal, is not real. That is not true. The imaginal is a very important dimension of Being, of creativity, of possibility. And it is quite literally a gateway into the Sacred World and to the subtle dimensions of Being that help you understand who you truly are. So find a comfortable seat, or take a walk, and drop your prejudice against the programming that we've received, and start to allow your imagination to open and come online as you receive this healing.*

So just settling here, arriving on the inner planes, and the direct experience, and inviting awareness to soak into the body, like water soaking into a sponge. And the inquiry today is about imagination. How to heal our relationship with the imaginal and all that it implies.

So there's already something very simple, subtle, and gentle happening around the heart center. And I feel that there is a Being here who is going to be a kind of guide for us on this journey. So first, there is just some clearing and opening that's needing to happen in the body, in the form. And there are flavors of grief in the heart: grief of being so deeply cut off from this dimension of Being. Our obsession with knowing and rationality in our culture has robbed us of so much.

So we're just slowly approaching. I see there's a thread in the heart. And this thread appears to be a sort of passageway. And as you can tell, I'm already using the imaginal in this session so there's a way that we're using this capacity, this dimension, to heal our relationship with it. A way that consciousness is folding in on itself to bring us closer to our true nature. There's a sense that I'm getting that this passageway leads us also to our connection with the Divine, with Sacred World, so that's clear. So I was just feeling this passage way deep in through the heart, and then it goes up the central channel, into these energy centers, or really dimensions of the whole body that are related with the Divine. The way that we access Divine Nature. So just a subtle clearing here, through this passageway.

And I think it's worth saying that for many of us, the heart has been deeply hidden and deeply protected—and not just protected but it's been locked away. Often people have the experience of finding a cage, or a box, or a metal plate over their heart at the more subtle dimensions of experience. Which, are often something that we came into this life with. It was kind of in our DN, ancestrally or collectively. And there's just a download coming right into the heart to help to loosen any of these binds, these blockages that may still remain in your system. And I can feel

a lot happening in the brain, and the Third Eye. Just as that download is also supporting to clear the heart. Open and release, really to free or liberate, the heart from any subtle structures, karma, trauma, or energies that may be keeping it locked away in some way.

Just feeling some opening and clearing at the, what I consider to be the Makara point. (Sometimes it's also called the 45 degree chakra. But it's this energy point, this energy center, that's basically between the Third Eye and the Crown, right kind, of at the hairline.) Just feeling that open. And the next piece I'm hearing is about self trust. But first, we're just going to stay with this opening at the Makara point. And I'm feeling that opening reverberating back into the throat.

The thing about the throat, and the fifth dimension, is that it's about possibility. And then we can speak into being a whole range of possibility that we can access and imagine through the fourth dimension, through the heart, the imaginal. So sometimes I say that the throat is a gatekeeper. And ultimately, it is also the heart which integrates. Heart is at the center of our Being, the center of our system, and it's what integrates all of these capacities. It's also the gateway into the higher dimensions. Into the imaginal. And the imaginal opens out beyond the sense of Self, for example. But it's a very, very important place that we need to be able to access. And it's a place that is, it is made of love. Not love in this very kind of silly, romantic sense. This confused and reduced notion. Love is not a very good word for it in the West, but that's what we have. It is like a combination of equanimity, and compassion, and bliss, and fluidity. And it has a strong feeling-sense as well. And this is what enlivens Sacred World. It's what enlivens the imaginal. And just feeling a lot of light coming into the Third Eye. Back of the neck opening there.

So how do we trust ourselves? How do we trust our experience that runs counter to our conditioning in this rational, materialist, reductionistic, patriarchal, colonial...you know, all of these ways that we have tried to reduce and control consciousness. How do we begin to learn to trust ourselves beyond all of these systems of conditioning? So that is the inquiry that I am putting out to the Divine, to consciousness, to pure Being.

And there's a powerful download coming in. Coming into the heart, and the chest, and also the brainstem. Yeah, there's something here about the heart and the brain needing to learn to trust each other again. And there's a real tentativeness. There's been a sort of injury. So I'm just going to explore this and see what's possible here.

On the one hand, the brain has been conditioned to fear the heart. And the heart has been very damaged in a way, harmed, by the products of the brain, by the rational, by the masculine. This is true for all of us. This is just true of modern and postmodern society. We have lost our way. And also it is perfect. We are learning the lessons we need to learn as a species, as consciousness.

So looking at this relationship between the heart and the brain, and anything that we might be able to offer at this time to help repair this connection. And there's just a lot of energy. Grief, anger, fear that's rising up from the lower chakras. It's rising into the heart, and the heart is saying:

*"You didn't trust me."*

*"You didn't trust me."*

So that seems to be the central aspect of the wound. She says: *"You didn't trust me."*

(I don't know why the heart is a she, or at least my heart, is a she but that's how it's arising.)

She says: *"You didn't trust me."*

And the brain's response, it's pretty timid, actually...the brain's response is: *"I didn't know. I didn't know any better. I didn't know."*

And of course, it's ironic because we are conditioned to use our brains and our rational mind to "know." And there's so much harm that we can, that we can create, in our desire to "know." And that's okay, too. There's no judgment. But just think of all of the possibilities we shut down in our attempt to know and to control.

So the brain just says, *"I didn't know I didn't know any better."*

It's a pretty weak argument., if you ask me.

And there's, there's a ferocity there's like a wrathfulness in the heart. There's an acceptance, but also there's this wrathfulness, this rage. (Screams) Some kind of primal scream that needs to be experienced.

And I'm just seeing the full dimensionality of the heart. And it's incredible expanse. And it has a kind of glistening, or luminous quality to it that the brain tried to contain for a very long time.

So there's this nice power that's being returned, or reclaimed, here in the heart. And there's a reconfiguration, at least in this moment, to some degree, where the brain is coming into more of its rightful location in the system: which is in service to the heart. I'm seeing the brain almost bow down to the heart and take a devotional posture.

And the heart is saying, *"We cannot go on like this. This is done."*

And the brain is saying *"Okay, okay, okay. Okay. You're right."*

And there's an apology happening here, from the brain to the heart. Something very powerful here. It's like the way it feels in my system is: like a deep grip has been released in the brain. And all of the energy that was being used to perpetuate that grip in the brain is being rerouted into the heart. So there's a deep release in the brain and that energy that's being released, it's just moving back into the heart. And the heart is able to expand even more with this. And again, there's this apology from the brain.

There's just a whole lot of reconfiguration happening right now the subtle body. And the heart is able to begin to take its rightful place in this system. So I'm just going to allow that process to complete before moving on.

So just more rebalancing happening in the fifth, sixth, and seventh chakras. And it feels like also some new pathways are getting created or opened. Very good.

I think it's worth saying here, that when I speak of the heart, I'm not speaking of the emotional heart. I'm speaking of something much deeper, than the surface-level emotions. Something much deeper and richer. This heart is like a center of knowing, a center Being.

And so I just want to inquire now, into this reconfigured and rebalanced system: what do we need to know about the imaginal? About the imagination?

*"The imagination is is a gateway into Sacred World, and the sacred dimensions of yourself, of all Being. It is a place of connection, and access, and creation."*

And I'm just having a physical, very gentle, physical spasm right in the muscles right in the center of the chest right now.

*“The imagination is, it is a gift. It is a sacred gift of reality for humanity. The imagination is a sacred gift of reality for humanity. It has been deeply mistreated. And it is time for reclamation. We all deserve to live in reality. And this is a secret pathway into what's Real, what's True. So, while each of you will have your own journey with your own self-honesty, with your own self-trust, and with however you choose to cultivate a relationship with this gift– but know that it is here for you and it is needed at this time.”*

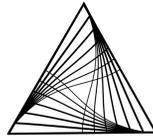
I'm just checking and inquiring to see if there's anything else for this session that wants to come through. And it is simply the invitation: to start listening. Listening to the heart, listening to the gut, listening to the imagination, to what shows up for you. Images, impressions, intuitions, start to cultivate your trust in these gifts.

I'm just feeling more clearing moving through the head, and the brain, more expansion.

And may we all reclaim the sacred gifts.

And may this be supportive to you along your journey.

Thank you for receiving this transmission.



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