

Technique 5 Tracking a Force's Pathway and the Traumatized Self

From Energy Healing for Trauma, Stress & Chronic Illness by Cyndi Dale

As shared, the pathway of a force can inflict multiple problems. From a mechanical point of view, we need to examine for, and potentially repair, the entrance point, exit site, and pathway. In this process, we can also uncover the traumatized self, who has been left in a shock bubble linked to at least one causal chakra. While a traumatized self might be found inside a causal chakra, that self can also be located in another vicinity altogether. Maybe it will be just outside of this chakra, either in the body proper or a specific organ. It could also be found within an energetic field or even another time period; the latter may be the case if the original injury occurred in a past life. I've even spotted the cocooned selves in others' bodies. For instance, I once worked with a woman who'd been in love with her teenage sweetheart for thirty years, although he'd broken up with her abruptly and hurtfully. She continually pined for him. I discovered her traumatized self trapped within the heart chakra of her ex, still attached to her with a cord. She hadn't taken back this aspect of herself upon breaking up, nor had he released it. If I hadn't searched for her bubble self in an open-minded way, I might not have found her! Do you want to know how to find a traumatized self while assessing for a force's entry and exit wounds and pathway? This exercise will help you do so. Because I don't want to leave an injured part of you dangling, I'll also help you send healing to that self and along the pathway. That activity will give you further practice with healing streams of grace.

1: **Prepare.** Find an isolated space. You can follow the steps of this exercise as a guided meditation or employ a paper and pencil to note your observations.

2: **Select Your Focus.** Concentrate on your trauma site or experience and affirm your willingness to let the Spirit operate through your intuition to give you guidance.

3: **Conduct Spirit-to-Spirit.** Affirm your spirit and then others' spirits. While acknowledging the Spirit, give permission for the Spirit to link you with helpful beings from the imaginal realms.

4: **Sense Into the Force.** Ask the Spirit to help you label the major force(s) that impacted you. You'll check for a physical, psychological, modern, spiritual, missing, or environmental force, or a combination of these.

5: **Uncover the Entry Point.** Request that the Spirit clarify the original entry point of the traumatizing force. You might visualize it, hear a message that describes it, or sense into a bodily area or emotion. Mull over the long-term challenges you've experienced at the site of this entrance wound.

6: **Flow Through the Pathway.** Intuitively track the pathway left by the invading force. Check to see if any of the following has occurred.

Pathway empty. The pathway might be devoid of energy, which means certain related subtle and physical tasks in its vicinity aren't being accomplished.

Lodged forces. Some forces get stuck, locking into a part of the body or subtle anatomy. These stuck forces often create congestion and physical or emotional pain. They can also attract attachments and stir up microchimeric cells, in addition to attracting microbial infections.

Pathway filled. The pathway can be filled with mismatched energies, which can include others' or your own subtle energies.

Charges are active. Subtle charges from the harmful force can remain in the pathway and might be attracting like-trauma.

Pathway healed or partially healed. Sometimes a pathway fills with beneficial energies that enable healing.

7: **Pinpoint Any Exit Wounds.** Discern if there is an exit point or multiple exit points, which can sometimes occur, such as when someone is shot with a scatter bullet. What is happening with, or at, the exit site(s)?

8: **Find the Wounded Self.** Ask the Spirit to help you perceive the wounded self, who is held within a shock bubble. Also sense which causal chakra and related field that wounded self is most affiliated with. You might psychically perceive lines of subtle energies, or a band of energy, connecting this self to the chakra. The self could also be contained within the chakra. Relate to this self, spending as much time as you need to sense its feelings, desires, experiences, and more. Ask the Spirit to fully attend to this self's needs, even while it's in the bubble.

9: **Request Healing.** Ask that the Spirit provide healing streams of grace to clean, fill, and smooth the force's entrance point, pathway, and any exit sites. Know that the streams required will remain linked as long as necessary and will also attend to the wounded self.

10: **Request Additional Insight.** Ask the Spirit to provide you any additional insight or knowledge about how to further assist the wounded self and improve your life. If you feel like you need additional information, employ Technique 6 (below) to obtain it.

11: **Close.** Take a few deep breaths, thank the Spirit for the help, and return to your everyday life.