



Elizabeth Wood

Eradicating Pain From All Levels

Hi, I'm Elizabeth Wood, and I'm really excited to talk to you today about eradicating pain at all levels. Such an important topic. And I want to introduce myself before I get into my content for you. I'm a galactic and quantum anthropologist, which means that I have an academic background in anthropology, the study of humans and culture throughout time. But I'm also interested in quantum physics and I'm interested in the galactic, including cosmology and all things science. And I like to bridge both spiritual thinking and scientific thinking because excitingly, both at this point are starting to me in the middle on many things.

So today we're going to talk a little bit about how all that works for you as you are trying to shift pain and trauma out of your life. So I hope to talk with you further at the end of our presentation about getting to know each other better. But in the meantime, let's really get into how are we going to eradicate this pain? What is this pain and why is it keeping us from being able to really be our true sovereign selves? So this pain is mainly trauma. Trauma is the biggest block for all human beings when it comes to trying to move ahead in life, trying to make ends meet, trying to survive. Right. But more than that, just surviving. That's not joyful. That's not what we want to do with our lives. We want to be able to create. We want to be able to connect and feel one with source.

So how do we make sure we can do that? Why is there so much pain? Well, this pain builds up over time. So much of the pain that we experience isn't even our own, really. It's genetically programmed pain. It's pain, that's programmed by the trauma of our ancestors into the DNA. We call this epigenetics. And this is a scientific factor to everyone's pain and their suffering, their addictions, their issues. Now, furthermore, we

cannot leave out the fact that human beings have been subjugated over time by many different kinds of beings. We live on a galactic playing field, not just the global playing field that's singular and completely indifferent from the rest of the galaxy. The fact is, is that we've been subjugated, used, abused, ignored by very important beings in this galaxy.

And it's time now for all of us to be able to stand together and come as one species to the table, to the galactic table. That's where we deserve to be. But first, we got to be able to move to a negotiation of our own reality. The fact is, is that if you really want to create change in the world, you got to start with yourself. The more you bring in light that's pure from your soul and not run through the subconscious pain, the DNA pain, the ego pain and the physical pain that we suffer through every day. So let's move the pain out of the way so we can really remember who we are, which are beautiful conscious beings of light that inhabit these amazing bodies. And it's time for us to live in harmony with our planet and with the whole rest of the galaxy.

So I will teach you some things today that are gonna help you move pain at all levels spiritual, emotional, mental and physical. First, let's talk about what are some of the egoic structures that causes the most mental and emotional pain. We have attachments, we have judgment. Those are the most obvious, right? We have, of course, all of our resistance. Resistance is tricky. I always say if you have to say that you're not resisting, then you're probably resisting it. And so resistance is difficult for us to discover in our bodies and our experience. What else is there? What are the kinds of egoic structure causes pain, causes that sense of disconnect? You know, it's also about our expectations and especially our attachments to outcomes.

So if we're expecting certain outcomes all the time and then they're not getting met. What happens? What happens to us when we visualize as hard as we can and we try to give as much as we can in order to bring back the things we need, which we call abundance. But still isn't good enough. Seems like these things can't unfold the way that we hope. Well, this is partially because we've been trained to consider always the future and not where all the action is in the moment. We've been trained to do that. That's a field of limitation. And that's so important for us to acknowledge, hey, I can't do anything in the future. I can't be the future me. I am me now, what can I do now? I can't go into the past and fix the past either. And leak a whole bunch of energy that direction

either. Where can I use my energy to bring what I need to my world, to my life? How can I use the now to heal?

Well, that's very important for us to unattach ourselves from those big expectations we have and learn how to surrender to the source field that's really where we belong and that's where all the energy comes from. It's where all of the abundance comes from. It's where all of the pain comes from, too. And so getting a really good, clear idea of why the source field might have that interaction is going to help us all move forward.

So the point is actually at the very meaning of the universe in the first place. The meaning of the universe is all based on one question, answering one question, what is love? In discovering what is love we also find out what is not love. And when you go deep enough into what is not love, you find love still. So the fact is, it's all love, of course. And when source is individuated in us, that means that our pain means source's pain. When I feel sad, source feel said when you are upset. Source is upset. Why? Because the discovery process is the most important part. We're part of a giant feedback system that helps all source understand the truth of what is love. And it requires an entire universe full of consciousness to do that. And we're part of it.

So us as souls, souls who are part of that source field, that source of all intelligent living light of this whole universe and all the other universes, that part of source really, really wants to advance. You are here to advance. You didn't come for this to be easy. You came so that you could meet these exact challenges as a soul and see if you can advance through them, especially coming into bodies full. So much trauma. Fact is, is another field of limitation is that we're told that we're not supposed to remember who we are and that's not true at all. Trauma keeps us from remembering our true souls and our true skill sets. And so let's talk about finally shifting all this trauma and this ego.

What's it going to take? What's the equation? It turns out that if you take a scientific perspective, you can see a lot of patterns in ancient texts and enlightened beings throughout time, including the present. And one of the factors that helps people to retain as much light as possible and radiate it without expending extra energy is that first they are self-aware. So being aware of who you really are. Who are you? If you need to tell yourself sometimes that's a good thing to talk to your mind and your heart and your gut. You have these three brains that you can talk to and you can help embody your true

self, which is not those expectations or judgments or attachments, it's not the pain and trauma. It is, of course, your soul and all that light that comes from it.

So talk to your mind, talk to your brain and talk to your heart and gut. Tell them I'm a soul. I am a soul first and foremost. And so are all conscious beings. We want to start interacting from soul to soul instead of trauma to trauma or wound to wound. Notice that when you're in reaction, it's actually the egoic structure and the trauma that are talking, not the soul. And that's OK. So we bowed to that part of ourselves. We ask it to step aside so we can manage it. And the second step of the equation, which we'll get to and we go deep and we actually try to speak from the soul.

And as you do that, you're going to allow your thoughts to drop down into your heart and you're going to speak from your heart, try to physically speak from the heart. That creates a lot of beautiful energy behind your words. People will want to hear what you have to say. This is really amazing. We've actually been around people who weren't speaking from the heart, right. And we either have a hard time listening to them or we fall asleep. But the people who speak from the heart are compelling. We want to listen to them all day long because it's full of richness and light. Right. Good, so speaking from the heart, talking to your body, telling it that you're a soul is a really excellent start to self awareness.

Then secondly, you can be very attentive to your own reactions and triggers. Because those are excellent things. They're wonderful. That means that something has pinged some kind of structure. If you have a reaction, somebody says something mean to you, bam, you feel it in your heart first right? Well, your heart field is your first responder. So it's really important for you to be able to notice that it hit something in me. All right. That's something to address later.

And that's exciting, because when you process that dense part of yourself, then you'll be able to unveil the light inside of it. All difficult emotions, all problematic challenging emotions are simply dense, they're dense and they have lots of tight energy. It's consciousness under pressure. when you welcome that painful energy then you're unraveling it. And that is the second step of the equation. You're unwrapping a gift so you can find that light by truly welcoming that density, which shows up as triggers and

reactions. So we notice the triggers and reactions with our self awareness. We go in to be able to fully feel it and find it in the body.

The second step of the equation is processing emotional, mental and physical processing helps you to fully unveil what the challenge of that pain has to offer you. And it's always some new layer of light. It's exciting after a while. Every time you do finally have a reaction. You're gonna find. Oh, good. I wonder what kind of layer of light is at the center of that dense part of myself. And so every single reaction we have has a treasure in it.

And if we want to go in and discover more about how that polarity or how that reaction is in our lives and we take our time unraveling it, that's fine. But advancing into higher consciousness at the swift rate that we're all being asked to can be done a lot quicker when you fully welcome something. So by doing that, you're going to ask where does that emotion show up in my body? the emotional body is very precious and special. Where did that emotion show up in my body. Then you're going to welcome it there. And it's going to move around and you keep welcoming it wherever it moves. And then finally, you'll feel a sense of lightness or release. On the other side of that welcoming. So if you got that hurt feeling, I welcome this hurt feeling fully in my heart. And then perhaps it moves into the throat. I welcome this hurt feeling in my throat now. And then you breathe to allow the body to accept what you've just done. Now, then, you can do a heart command at the end to open yourself up and get you ready for the third step.

And so a heart command is you, your soul, talking to your heart center, who talks to the whole rest of your body. And when we dig through these layers of trauma, we get rid of layers just like an archeological site it builds up a whole bunch of dirt on the side. What are you gonna do with the dirt? Let's give it back to source. so we might say, dear heart, please lift all this hurt feeling and any dark or dense energy, any negative emotions or trauma out of my whole body and field now and then you take a big, deep breath.

Now, we've just moved some dirt out of the way. But in order to make sure that it doesn't come back, we need to replace it with light. So we'll say dear heart, fill my whole body in field with pure light now.

Each breath is like your enter button, and it tells the body that this new change is safe. Now, this actually can be used for physical pain, too. And this is how I manage my physical pain. I have a rare connective tissue disease which causes me and a lot of pain. So finding new ways to eradicate my pain physically has been a part of my journey and I've found that this technique modified for that pain really helps a lot. So we call this heart commands. And what we're going to do is we're going to ask for the pain to come down a notch. So notice where the most painful part of your body is right this moment. We're going to just ask for tension and pain to be released in the form of light. And since we don't need to necessarily fill that back in because we're releasing something extra, that's simply what it is. It's just lots of energy built up in that spot because it's trying to heal. So that's what we're releasing. And we'd say, dear heart, please lift this pain from this body part now and then you take a deep breath. Or we can say, dear heart, please take this pain down one notch. Now. And then you take a deep breath and bring it down another notch and another notch. And then another way we can do it is say, dear heart, please release this pain in the form of pure light now and perhaps you might want to give it to someone or give it as a blessing, as a gift to any loved one person place or thing that needs help or a cause. It's amazing what we can do with our pain and actually turn it into special gifts of energy, because that's exactly what it is. It's energy.

So these are some of the most powerful ways to get us to then step three, which is meditation. Meditation is you celebrating that fresh new space that you just made from shifting trauma. But before we meditate, let's talk about cleaning up that DNA and so that DNA is something you can shift all the junk out about DNA, the junk being the trauma that needs to go. We can shift all of that. Now, what we're going to do is modify the heart command in order to help our lineage and help our DNA. First, you're going to want to do a little thinking about this. You need to come up with a list of things that you'd like to shift out of your embodiment and out of your lineage.

So maybe there's addiction or anger problems or emotional difficulties, physical issues, genetic problems, all sorts of things that you can think of that maybe you might not have, but others will. So sit down and write down your list very clearly of what exactly you're trying to get rid of. Right. And then you're going to come up with an opposite list. So if you have 10 things that you're getting rid of, then you want 10 things that you're going to replace it with. Get your thesaurus out and get creative. Or you can find just 10 ways to be happy, whatever works for you. So that's what you're going to work with.

Now you're going to sit in a quiet space, you're going to ask your heart, dear heart, please blow up my field as big as it needs to go and invite all of my lineages to come and stand behind me in spirals. By standing behind you in spirals, you fit a whole lot more souls and energy. Of course, none of those people went away. They're still there in space time. So you're doing a wonderful gift for many, many people all at once. Include your adoptive families, any father or mother figures, your step families, all of them get to be included. And then you're going to ask dear heart, please lift. And then you're going to list your things that you're trying to shift. And then you'll say, out of my body and field and the bodies of fields of my lineage now and then you take a big deep breath and then you're going to replace it. Dear heart, fill my body and field. And the bodies and fields of my lineages with and then name your extra things that you're going to add in and to replace all that dense energy with light. And then you'll see now with a nice, big, deep breath. If you do this every day or even once a week, you'll find the sense of lightness of being. And if you missed anything interestingly enough, many of your lineage might come tapping on your consciousness, through dreams, or different random things that remind you to maybe look at something a little closer.

So your lineage will always be able to utilize your special energy and gift that you've been giving them to be able to heal. And this in turn has a quantum effect on the levels of pain in your body, on the levels of pain, in your emotions, in your mind. And of course, the whole rest of the world in collectives. Every single thing you do is not a personal experience, it's connected to all the layers of reality. And so everything you do inside yourself to heal right now and eradicate your own pain helps the whole rest of the world. And, of course, the whole universe.

Now, let's talk about that third step. First, we've done some self-assessment. We've got really clear about being in the present. We've been trying to notice our own reactions and triggers. We're reminding our body that we're a soul. Then we go into processing. Noticing the triggers, going into them, welcoming them, finding them in the body, naming them if we can. And then, of course, processing through them by merging with them and welcoming fully into the body. Then we can use a heart command to dissipate any excess energy that needs to go and fill it in with light. And now we have a chance to enjoy and celebrate the expansiveness. That's what meditation can be for you.

So I highly recommend doing whatever works best for you, for me, because my third eye is very busy. It's very hard for me to have a stellar mind. So what I like to do is I use gazing. Gazing is called to Trataka and you can use the Sri Yantra print out a Sri Yantra online and you'll be able to do some really deep gazing which will use your actual eyes to help control your mind and bring it into very high levels of theta and gamma waves. There's some great scientific studies that were done back in the day, that really proved that the mind can be deeply affected through gazing, especially on the Sri Yantra. So that's a very fast way to go into deep meditation. And you're not even meant to do it for longer than five to 10 minutes. So it can be a powerful quick way for those of you who are busy in meeting still some deep meditation in your lives so you can celebrate all the inner work you're doing.

So this is the gentle equation, this very radically kind way of eradicating all that pain that comes in and being able to notice what's going on, what's blocking you from being able to feel connected to that web of life, to feel connected to the present and see your deep empowerment. And it can be very amazing to think of it in this simple step formula to get you to where you really want to go.

I'm really glad I served you today. And I hope you are able to get a lot of deep learning, something easy to start using so you can start to speak soul to soul, to every single person and every being out there and notice all the energy that's blocking you. And finally, end all these layers of pain that have kept you in the state of feeling oppressed and feeling disconnected. I'm so glad to have talked with you today, and I hope that my love for you is shined through and I can't wait to connect to the deeper. Namaste.

- End of Transcript -