

Healing the Effects of Sexual Abuse with Charged Brecciated Red Jasper

Ascended Master Djehuty & Archangel Metatron

Channeled by Tom Jacobs

Contents

Preface by Tom Jacobs	2
Opening Notes	4
Brecciated Red Jasper & the 2 nd Chakra	5
Charged Brecciated Red Jasper.....	9
Human Sexual Energy	10
The Multilife Sexual Journey.....	13
Sexual Orientation	14
Sex as a Tool of and for Power	15
Sexual Abuse	17
Sexuality and Energetic Flow	21
Working Consciously with Anger and the Pain Behind It.....	24
Sexual Boundaries Now and Going Forward.....	27
Afterword by Tom Jacobs: Physical Effects While and After Clearing the 2 nd Chakra.....	27
The 1 st Chakra.....	29
The 2 nd Chakra.....	30
Processes and Effects in Other Chakras	31
About the Channel	33

Preface by Tom Jacobs

The document you are reading reflects a collaboration between me, Ascended Master Djehuty (a.k.a. Thoth, St. Germain, and Merlin), and Archangel Metatron. I channel these beings regularly and they function as spirit guides and tutors for me. A few weeks before beginning to channel this document, Metatron suggested that I begin a new way of meditating with him that would help me tune my consciousness to his level. Previously, he'd fed me information and suggestions, as well as guidance when I asked for help about particular issues. My experience of him to that point had been of a passive being holding an empowering frequency that I could consult, check myself and my motivations against, and in general use to be reminded of the best way to make choices and motivate myself. That he made the suggestion to change my way of interacting with him was notable, and I did as he suggested.

One result was that he showed me some things about red jasper and the brecciated kind described in this document. Months prior, I had purchased a piece of rough stone that was labeled to be tiger iron. I suspected it wasn't, but felt guided to get it. This was a 17.5-pound piece of rock that sat in my office for months before I could cut into it and find out that it wasn't, in fact, tiger iron. I wondered about why I'd been guided to obtain this rock and periodically asked my guides, including Metatron, what was going on with it. After cutting into it at the local lapidary club, a gem and rock dealer told me it is brecciated red jasper from India.

After adjusting how I interacted with Metatron, he also guided me often to research what others were saying about the metaphysical and healing properties of this stone, nudging me to find in others' wording what he wanted me to know. He, unlike Djehuty, does not come through me or to me verbally. It's all about images, feelings, confirmations, and nudges instead. He holds a vibration and intention, allowing me to measure what I'm thinking and feeling against the truth of it. I researched when he suggested it and, after a week or so, came across a particular phrase regarding brecciated red jasper that resonated, which will be explored in the text below. I knew I now had the reason he wanted me to work with this rock and create charged pieces for others to use.

At that point, Djehuty asked me to begin typing notes from him about the charging of this stone about which Metatron had been teaching me. I wasn't aware before that moment that Djehuty would be involved, as it had thus far been Metatron making suggestions and nudging me. Once I began typing Djehuty's words, though, it became clear that it was always going to be a collaboration. It seems as if they just waited to let me know until the time was right.

What you will read here is in Djehuty's voice, and he often uses "I" when discussing the motivations for this project. The reader should consider that the two beings are, in fact, working together but Djehuty offers the voice for this teaching. As I typed Djehuty's words, I was with Metatron, too, getting input from each of them. That kind of channeling is new for me and, for this reason, what you will read below took more time than other channeled material I've brought through to date. They operate on different frequencies and so, for me as the channel, the process of bringing them both through at the same time is akin to listening to two radio stations at the

same time while staying focused and clear-headed, and both stations are coming in over the same radio set.

The project involving these particular charged stones represents, for me, another step in a process I've been guided to unfold after setting a wonderful intention to my guides about what I want my life to serve. It began in 2005 when I made a sincere, heart-felt statement to the universe that I want to help people do what is most important to them, what they are most passionate about. Many things that have happened in my world since then have invited and nudged me to develop tools and teachings to help remove blocks from within people's energetic/emotional fields, which is to say consciousnesses. For years I didn't see that! I thought I was an astrologer, then also a medium and channel, then an author and teacher, and most recently a radio person and podcaster. As I've worked with first Metatron and now both he and Djehuty on this project, numerous times I've been filled with emotion and humility as I realize just what it's about: Teaching people to heal sexual abuse in all its forms is a major source of blocks for humans to our creative power and willingness to be and trust ourselves. I'm reminded of the night when I stated that clear intention and was met with a wave of loving support from my guides and helpers, which was followed by intense energy work to fill me up with good things so I could allow the negative things to leave. Today I hold space for others to experience this. As you will read below, this is a way that a great deal of healing can be accomplished because we don't always know how to release an outdated, painful idea until we have something better and more empowering to replace it.

One of my personal intentions in offering these stones and this accompanying document is that you become ready and willing to open to having a positive vibration regarding sex and sexuality into your life so that any and all negative remnants and debris that may be in your field can peacefully and gracefully leave and you can be left with free, unfettered, and joyful access to your creative power as a human, much of which is tied to sexuality and sexual expression.

Feel free to distribute this document far and wide – the issues and blocks described below are prevalent on Earth now and all who need it should have access to these perspectives and tools.

Thank you for your time and energy.

T.D.J.

June 1, 2014

Tucson, AZ

Opening Notes

This is Djehuty speaking, also known as Thoth, St. Germain, and Merlin, and sometimes others. I am what you call an ascended master but what is true is that my role in the creation or manifestation experiment that you are all living through has me guiding humans when you need and request guidance. The wisdom to which I and others sharing the job title “ascended master” have access is indeed available to you all – we are simply souls who choose to fast-track certain lessons so we can help humans living in bodies learn what they came to Earth to learn. We have lived human lives and we know what it is all about, and our status as helpers is the result of humbly taking on a service-oriented role to those who are living.

The channel has been guided by me to learn about crystals. He has learned and prepared a process and now produces charged tiger iron stones for working with and healing life issues related to chakras or energy centers 1, 2, and 3 – the lower 3 of the 7 major centers in your field. Once that was in play, I and Metatron (known as an archangel) have been guiding the channel to working next with red jasper. Tom was guided to purchase a 17.5-pound rough piece of stone labeled “tiger iron” when he was gathering material months ago to be able to produce and charge pieces of that type of crystal as asked by me. He suspected it was not, in fact, tiger iron but felt guided to purchase it and so he did. It was a piece of brecciated red jasper, and after 3 months of it sitting in his office as he cut, polished, and charged tiger iron stones, he was finally able to cut into it and get some knowledgeable crystal people to identify what stone it truly is.

Over the last few weeks the channel has been learning from me and Metatron different things about this brecciated red jasper. Tom now understands what we are asking him to do with it and it is time for me to offer the information provided below so that you can learn what can be learned about this new project we have asked Tom to dive into.

It is our shared intention that you become aware of and take in this information so you can put a charged stone to positive use in your life if you perceive you may benefit from it. My (Djehuty’s) general intention is to teach humans – all who ask and are open to answers – what you need to know, do, release, shake, and adopt in order to do what you came to Earth to do. I support the unfolding and ultimate perfection of the manifestation experiment, wherein All That Is (or God, Goddess, Creator, etc., if you prefer) learns through lives on Earth how to cycle through human experience, make choices and deal with the results, and learn to run through and process all non-loving emotions and motivations in order to return to loving emotions and motivations.

Metatron’s general intentions are to hold a generous, unyielding space for you to powerfully transform your life. For those who are open, he challenges and inspires you to be better through replacing a negative thought with a positive one, which is to say replacing a negative vibration with a positive one. He lends an unsurpassed ability to focus on burning through negativity and transforming into the powerful, Divine beings that you truly are by embracing your strength and aligning with what you know is true, and remaining focused on it. Behind the veil of personality,

Metatron offers, you are the power of love incarnate and he seeks to assist, challenge, and support you in remembering this fact.

Using this stone uncharged on its own would provide benefit to those having issues and histories as described in this document through activation – things will come up in your field and be obvious. Yet using a charged stone with these notes, instructions, and affirmations means stepping into those issues with a higher level of consciousness than when they occurred, making it possible to intentionally move through the pain and anger associated with them. Regarding these charged stones, it is our intention that you become able to release what needs to be released and heal what needs to heal in your emotional and energetic field – your consciousness – that keeps you from living the rich, full, engaged, passionate life that you are here to learn how to live.

Thank you in advance for your time and attention. We are pleased to share this information with you and we know that you will put it to good use.

Brecciated Red Jasper & the 2nd Chakra

This rock is charged to activate the 2nd chakra – meaning the emotional and other issues that may reside there – and the effect of it will be in bringing these issues up. While the 2nd chakra relates to many life topics including sexuality, relationships, fairness, creativity, procreativity, and money (being valued by others and all that follows that including money), these stones have been charged intentionally to affect issues regarding sexuality and sex.

The reasons for this include that even when humans can deal with money, fairness, and other 2nd-chakra issues besides sexuality, sexuality can remain a problem. When there is pain regarding this part of life, it runs deeper than many other kinds of pain and your ideas of what sex and your sexuality should and can be like has been the subject of much confusion for millennia. More importantly, not all of you know how to talk about and work through the issues that can arise in this part of life. The groove or dent of pain that is in your emotional body is deep, and sometimes it can be more challenging to learn to work through these issues than for others related to the 2nd-chakra.

Another reason is that many humans are dealing now with the effects of multiple lives lived all along the Earth time line that contain sexual activity and expression that do not feel good and are not healthy. What is imbalanced in your field will come up for attention. This is guaranteed because it is not in your nature as energetic beings to carry imbalances – your systems always seek to come into balance. As a species you are currently in need of – and ready for – an upgrade in your vocabulary regarding sex and healing issues to do with sex. The truth is that all that has happened to you is part of your Divine journey, and none of you is a victim to anyone else. We will explain more about this below.

The construct of marriage, the reality of suppressing natural sexuality in order to control people (making people fear their natural sexuality so they can ensure they fit in), and the ongoing imbalanced relationship that human culture and humans have with the reality and meaning and place of the natural feminine are some of the facets of the human journey on Earth that involve sex and sexuality and are in your fields. Sexual violence of all kinds affects the individuals on the receiving end as well as those on the giving end, and all connected to them. There is also a collective wound regarding sexuality that is being played out through sexual violence, something that is not much understood because humans are currently cycling through a victim-perpetrator paradigm wherein one person is innocent and has been harmed and the other is evil and has done harm.

These and other issues are coming up now more in many people and calling out louder than ever to be brought into balance. If you in this or another life feel that you cannot have the sex that you want or need, cannot explore natural/healthy sexual expression, are wired sexually in a way that the majority looks down upon or punishes, want more sex than is available or less than is expected or required, have been raped/abused or have raped/abused others, or in any other way don't flow with your sexual self or carry anger, guilt, or shame regarding this side of yourself, this stone charged in this particular way will stir up what look like problems as it lends some of our (Djehuty's and Metatron's) strength and confidence that you can overcome all of this through acceptance of who you are and what you need and want (and don't need and don't want).

During the charging process, we focused on imbuing the stones with positive energies to counteract and unravel negative energies associated with sexuality. Primarily, we are referring to anger, shame, guilt, and regret. We are doing it this way to keep it general to serve the needs of the most people with a single tool, but the energies of forgiveness, acceptance, healing/releasing, and empowerment are necessary for the shifting and releasing of whatever issue related to sexuality you might have in your field or consciousness. These charged brecciated red jasper stones are not, in other words, meant to be focused on rape, molestation, or something else specific that numerous people experience in this life and others. These stones instead are charged to help you overcome and move through whatever issue might be in your field about these experiences as well as others to do with sex. They are charged to empower you to work through your past and set up a healthy, positive future. They are charged with the full confidence that all such issues from the past can be healed and that anyone with such histories and feelings are in fact the right people to heal themselves. These stones come with the intention that you temporarily co-opt the strength and wisdom of unseen beings who are here to help you become a stronger embodiment of what you really are: Divine beings whose strength is in the power of love but living human lives, through which it can be easy to forget or fail to see this because of factors associated with dualism (you think you are separate from Goddess and God, etc.).

Red jasper on its own affects and activates the 2nd chakra, also called the sacral chakra. This is to do with its color being red. It is one of the 3 stones that comprises tiger iron, which the

channel Tom has been teaching you about after using for years. Tiger iron is an intense stone, offering a synergistic effect that is stronger than those of the 3 individual stones that make it up: hematite, red jasper, and gold tiger eye. We have charged these stones for you to support the lower 3 chakras becoming more active and healthy, and we have given you tools to work intentionally with those stones so that you can strengthen and solidify what we might think of as the pyramid of your lower 3 chakras, the foundation of your energy field and consciousness.

But this form of red jasper that you can obtain as a charged stone for healing all manner of issues related to sex and sexuality from this channel is brecciated red jasper. At one time it was normal red jasper – a commonly available stone – that formed near and around fault lines. When the tectonic plates of the Earth moved, its formations were broken. Into the cracks later flowed water, carrying bits of other materials and the whole thing was later recemented. Those other materials show up now as grey, white, black, and sometimes other colors as dots, webs, lines, and other shapes. All of it hardened again and this beautiful, motley stone is the result.

As we encouraged the channel to do research on this stone, he came across one phrase that helped him understand why we have guided him to work with, charge, and offer this stone for our intended purpose. It had to do with the fact that the formation of original rock was broken and then was filled in, representing the Earth healing itself. It has been months that we have been leading him down this path and he has not until reading that phrase understood the full measure of why we are inspiring him to do this.

All that breaks can be healed. You humans are, and I say this with compassion, prone to identifying as what has happened to you in the past. This is a nice way of saying that you can find it easy to adopt what we see as a victim consciousness when it comes to knowing yourselves as people who have been hurt in ways A, B, C, and all the rest of the letters of the alphabet. It is damaging to you – more so than whatever happened to you that inspired the mindset, in fact. I and other beings often ask you to cease defining yourselves in terms of what has happened to you, and this project with charged brecciated red jasper stones is part of that work we ask you to do. Sometimes you file yourself under the heading “victim” because you are not sure how to understand why what has happened has come to you and unfolded. Sometimes you perceive that you were not strong enough to prevent that pain from happening in the first place, and conceiving of yourselves as victims can seem to give you strength that you can stop that kind of painful thing from happening again or be an indicator that you are clearly still not strong enough to handle that kind of thing (adopting a stance that is equated to “weak” and advertising it).

All in your spirit and heart that has felt broken can heal. In fact, your heart cannot break. Your emotional self cannot be broken. Your spirit cannot be broken. A gouge can be felt at times, and at other times it may feel that something has been ripped or cut out of your emotional center. But, and I cannot be more serious about this critical point, you have the option of filling in the space with a loving stance toward yourself and all others involved, and the universe and life themselves for bringing the offending, painful situation to you in the first place. Generating compassion in the face of painful histories is part of your Divine power and you are invited by soul in all of your lives including this one, your very own portion of All That Is, to learn to come

out of fear and step into love. Another way to say this is that you always have the opportunity to alter how a past event and the emotional results and impacts are filed in your field, or consciousness. You have the chance to view all that has happened to you as part of your journey and to recognize the truth that you are cocreating all that comes to you in order to learn to go through fear and emerge on the other side, in being loving and compassionate, and owning your power as a Divine being living a human life.

You are, in fact, never broken. Nothing about you breaks unless you decide that you are a victim. When you make that decision, you decide to begin and continue leaking energy because you have decided that you are powerless. You then create a sense of powerlessness by believing that you are powerless. We want you to understand that all that has come to you is a reflection and manifestation of the themes your soul, Divine Source, is intending that you explore in order to learn to live as a human. Your soul is not about making you safe or happy – Divine Source and All That Is not in existence so individual humans can feel safe and unchallenged, and unafraid. It is all about making sure you are exposed to all manner of human experience so that you can learn all aspects of living human lives and, eventually, transform fear into love.

As we put attention on sexuality and sexual expression – including this life of yours and your soul’s other lives, often called by you “past lives” – we put our attention on a major element within your energy field and, therefore, consciousness. Your ability to make choices for yourself of the right kind, at the right time, and for the right reasons requires that you allow your creative self to function and shine. Passion is also part of the 2nd chakra way of being, as is desire of all kinds. Yet when we look into the energetic landscape of most humans’ 2nd chakras, we find relationship issues. Mostly these are to do with what others have told the person, what others think of him or her, and/or what the person has and has not received from others. Love relationships as well as friendships and various kinds of partnerships relate to this energy center, so there is quite a large array of potential situations over the course of many human lives that fit here. Sex of all kinds with other people has left imprints in all of you and your soul has learned through these dynamics. You now can determine how you will understand and file that history, which will in turn determine if you derive strength from recognizing the truth of your power as a Divine being manifesting in your life all kinds of experiences so your soul learns how to be a human, or if you lose strength through believing you are a victim.

Your emotional body is the source of your deep feelings now and it is shared across time with all of your soul’s various lives. The challenging 2nd-chakra situations that a person has experienced in a given life actually reflect situations going on in many lives, though each life of yours is not exactly the same. The themes that you are encountering in your life are in common with those defining many other lives, but the details can and do change. As we put attention on the topic of sex and sexuality in your present life, it is normal that many other kinds of feelings related to other 2nd-chakra experiences can arise. As stated above, there are many threads within your consciousness that relate to the 2nd chakra, including creativity, relationships in general (even when sex is not involved), money, and others. As you work on any and all issues related to sexuality and sex that might be in your field and are ready to transform your relationship to,

these other threads in your life will begin to shift. We are focusing on sex in this document and with these charged stones in order to cut straight to the heart of this important issue that has many people living on Earth tied up in knots in various ways. We desire that you step in your creative power as a Divine being, and we know that this begins with clearing out the debris that might be carried in your field.

Charged Brecciated Red Jasper

These stones have been charged to help all such 2nd-chakra issues but, really, to get to the source of anger, shame, guilt, and regret related to sex. These and related emotions block the natural flow that expresses your Divine power through the act of creative choice. It is easy to respond to pain with anger, and you will find that in your life all of your anger is rooted or sourced in pain. Anger is a defensive reaction to pain, but many of you have yet to learn this.

Brecciated red jasper charged in this way is not a stone of serenity. It will not soothe what is out of balance. It will not lessen anger, shame, guilt, and regret. What we offer you with one of these stones is a boost of strength and grounded clarity for you to begin dealing with or dealing more effectively with what in your sexual past or present is out of balance and/or brings you pain.

We strongly encourage you to meet all that comes up in you with compassion.

The stone will not inspire compassion, so you need to be clear and intentional at the outset and on an ongoing basis that you will do all it takes to generate, maintain, and return to a place of compassion and acceptance regarding these issues from your past and present and how you feel about them.

The effect of this stone is activation. It will stir you. It will press on what is held deeply in your field that needs to go, including one or more of the emotions mentioned above. It will activate you emotionally and it is our intention that you get a stone and allow this, but that you also become in possession of tools and techniques to deal effectively with this activation – this is why we are providing you with the information in this document.

One of the early responses you have with one of these charged stones might be anger or frustration, or resentment – forms of anger or high levels of energy you perhaps don't know what to do with and don't like to experience. Know that all anger is sourced in pain, and sometimes anger must come up – and sometimes in loud ways – before we can get to the pained part of the self that needs addressing and that these charged stones will ultimately affect. For some of you, it could be that as you read this and/or welcome a charged brecciated red jasper stone into your life, you find at times you cannot sit still. You might not connect with the idea of carrying anger, shame, guilt, or regret regarding sexuality. But if you are stirred – indicated by feeling particular or vague emotions and/or an inability to sit still and focus on reading this document – then there is something in your energetic/emotional field to do with sexuality that is ready to be triggered

and, in fact, is being triggered. We invite you to allow this to happen and to feel into it, to let this part or these parts of you have a voice. Let the voice speak in your mind or get a notebook and write without thinking, even if at first it is nonsense or feels blocked or choppy.

It may be that in the person who has experienced some form of sexual molestation or abuse, a defensive posture has been adopted in order to protect the self. *You are now invited to know that you do not need protection.* Whatever it was that has happened to you did not happen because you were not protected. It happened because something intense regarding sex or sexuality was needed by your soul for you to experience in order to learn about one theme of human living or another.¹ Your lives unfold according to the vibrations emanating from you that were put there by your soul, which is Divine consciousness or All That Is – Creator consciousness. It lives human lives in order to learn to do so, and pain and difficulty are part of the process.

Be aware that as an energetic being, you are as a musical instrument. The music that comes out is emotion and the impetus to create the music – the inspiration and trigger – is energy. Using the example of difficult or abusive sexual energy, when it comes to you, your emotional body is imprinted and there are grooves, ruts, or dents that are left after the experience. If you deal with the memories and feelings with anger, guilt, shame, or regret, then you fill in the grooves and dents with these vibrations. You can, over time, become habituated to responding with these energies when faced with any sort of sexual vibration that happens to trigger you. Many people with histories of sexual abuse will have hair-trigger reactivity to all or many kinds of sexual energy. They often want to be able to respond to the loving and passionate kinds with love and passion, but what's been filled into the grooves and dents in the emotional body will keep coming up – anger, guilt, shame, and regret. It is also prevalent that even when one or more of these has been chosen to fill in the grooves and dents, fear is the music played when sexual energy is encountered. The fear is of many things, which can make it challenging to sort out in the moment. The person would fear a past hurt or violation being repeated but also fear experiencing the shame, guilt, anger, or regret that seems or is automatically triggered by the introduction of sexual energy. And so it is that many vibrational frequencies the person does not want to feel are stimulated when sexual energy in others or the self is noticed and sensed by him or her.

Human Sexual Energy

Your sexual energy is your creativity. It is your passion. It is your desire nature as a human being, which is a Divine being living human lives. Some people with this kind of history regarding sexuality can find themselves disconnected or distanced from their sexual natures. Others will be somewhat connected but wary, or afraid. Some people will avoid intimacy with

¹ See all of the channeled books from Ascended Master Djehuty offered by Tom Jacobs.

other people while some will want intimacy but not know how to navigate it effectively. The history of sexual stuff on your planet being out of balance – and therefore painful to many – is long. There is not a person alive on the planet who has not in this life or in at least some other lives elsewhere on the time line experienced something unpleasant with regard to sex and sexuality in some way – not one. There is not one of you who does not have this experience at least somewhere on the Earth time line. Perhaps for you it is not in this life but you resonate with it – where there are emotional leanings and triggering, there are resonances in your field. And if there are resonances in your field, it means that you have some sort of emotional experience with the topic somewhere on the Earth time line, which is to say in at least some lives. Because the empowerment journey for each soul involves to a degree sexual energy, none of you can escape the reality of this Earth history nor your own part in it, including how you are currently wired as a sexual being.

If this is not part of your experience in this life but you are attuned to it happening around you – you know others who have had this experience and/or are aware of social realities and trends – then you have the opportunity to process your own anger about this (explained in a later section) and carry yourself as an example of someone who can come out of anger. As we will describe below, anger is a response to pain and pain will never be healed through anger. Anger, in fact, covers it over and the feeling that truly needs attention cannot receive it if anger is the primary or outward response. You can help others understand that they can honor the emotions they feel that are a result of their past experiences but that they can choose to alter their relationship to them by introducing other perspectives such as those outlined here. Feel free to forward a link to this document to all you know who might benefit from reading it.

For those who are disconnected from their sexuality for any reason or avoid intimacy, inviting one of these charged jasper stones into your life will have a few effects. One will be to put your attention on any blocks in your day-to-day life that reflect or are part-and-parcel of the disconnection. Such a person may, for example, begin to notice for the first time minor behavior patterns and consistent choices that lead to or reinforce disconnection from others or from intimacy; prevent the possibility of true intimacy. If you invite one of these charged brecciated red jasper stones into your space you will have an ally in the stone, but one that seeks to drive to the surface what feels wrong, unhealthy, or out of place. Someone in this position would, through using one of these crystals, find existing circumstances more tense than usual. He or she will be served through gaining more awareness of just what is happening and, even, feeling the tension mount and grow. It is through growing and mounting tension that cracks in the veneer of normal living open up and the person can see more about what the true issue is or how it can be worked with in a better way now.

I recommend focusing on a heart-felt intention to see what is out of balance and making a sincere commitment to the self that you have faith that all can be healed, even these deep and painful issues. Work with heart energy by opening your heart on a regular basis (multiple times each day as a healing, soothing balm) – the channel can provide instructions about how to do

this.² In this process, you can expect what feels broken or off to feel as if it is getting worse while your creativity is, in fact, stirred for the better. Your ability to see solutions and make new, empowering decisions for yourself will be strengthened through this process. I know it sounds great, and it is, but please understand that it is natural for things to seem or feel worse in the short term. This is the only way things can get better because you need to be activated in order to make better choices and change things in your life, and this activation of hurt parts of the self always makes their pain louder. They will begin to rise to the surface, which will be in you feeling emotions from the past that you have probably identified with. Consider that when you are triggered by something in your environment and refeel a past injury or violation, this is in fact a part of you coming to the surface to wave its sign that something is wrong and hurts. So many people identify with their pain and injuries that as a collective you are still in need of learning this view on yourselves as energetic/emotional beings. Healing pain and the anger that covers it doesn't occur through thinking good thoughts or wishing it away. It happens through feeling and embracing the pain and altering your relationship with it, including the meaning or beliefs and narrative attached by your mind to why it happened.

For those who do what we could call a dance with intimacy – who do not avoid it but have difficulty navigating it – there is a slightly different approach I recommend. First, get to know what is happening in your energetic field regarding your triggers for fear, pain, regret, shame, anger, or anything else that may come up as you navigate aspects of intimacy. Because you are interfacing with other people or a particular other person, it can be difficult to know just what is going on as you work with two energetic fields – two emotional fields. Become clear about your triggers as you work with this stone, setting out with a clear intention to see and feel into all issues that come up for you in this navigation. Make a commitment to yourself to hold open a loving space for yourself to work through whatever it is that comes up for you. Alternately, you might already know precisely what your triggers are regarding intimacy. In this case, make the commitment to hold loving space open for yourself to work through things in a conscious way.

You are opening to intimacy because you love. Then, you perhaps close because of fear. This is entirely natural for humans desiring to avoid pain and intimacy is a challenge for many people, many more than those who experience abusive situations regarding sex. Healthy intimacy is predicated upon a progressive opening and reopening to openness and vulnerability, building and rebuilding trust with self first and then with another, and holding open loving space for what needs and wants to happen between people. I recommend exploring intimacy with yourself in the form of tending gently to your feelings and needs, and giving yourself permission to know all that is happening in your field – and therefore your emotions – and doing something about it. You might not at a given time know what to do to heal or release something from the past, but I want you to own the reality that you can in fact heal whatever it is that is imbalanced or that brings and causes pain, and that you can do so with love. And so I want you to become adept at holding open for yourself a loving space in which feelings, thoughts, beliefs, and

² Begin with the free channeled meditation MP3 linked from tdjacobs.com.

reactions can unfold as they need to do. I want you to know with certainty that all can be healed and that you are strong enough to be loving enough to heal it.

The Multilife Sexual Journey

As you are living many lives spread out all along the Earth time line, you are affected by the content and emotional vibrations of other lives and they by you. The most intense things that you or another of your soul's lives experiences imprint upon your emotional body, an energetic form that is within and wrapped around your physical body. Most of you have not yet been taught or learned that you are energetic beings, and so this section of the document is intended to frame this and in terms of sex and sexuality.

Your emotional body is equally in touch with all of your soul's various lives. What you feel deeply in your life as you may bleed across the time line through your emotional body and be experienced to a degree by one or more of your soul's other lives, the other humans your soul manifests as in different areas of the time line. You have become accustomed to thinking of these as "past lives" but we want you to instead consider them to be your "soul's other lives." This is because your soul exists outside time and experiences all simultaneously, not in a linear fashion in which one event happened and then another and another.

Each soul is vibrating through its consciousness the Divine will to experience certain life themes. This means that you as a human are vibrating through your consciousness the need to have and navigate certain kinds of life experiences. You cannot escape the themes that your soul intends (wills) you to vibrate into existence around you. It is Divine power and it is for the good of all souls that this happens – you cannot escape vibrating experiences that you need into existence! Yet it happens often without your conscious intention and participation because, often, you haven't learned that this is happening. You haven't seen that there is a plan, and that you have a measure of choice in how your soul's themes come to you. But when you understand the themes you are vibrating in your energetic field that are the Divine will of soul and learn to see that your soul wants you to evolve your approaches and reactions to these themes coming up in your life, then you can see how to make proactive choices and improve your overall quality of life. This is to say that you cannot avoid certain kinds of things that are magnetized to you, but you absolutely can alter and evolve how you experience them.

Some of you will have a hot-button about destiny and fatedness that may get triggered by these statements. When you can recognize that your soul is not punishing you and that nothing comes to you so you have and slog around in pain and suffering, then you can give your soul the benefit of the doubt as a portion of All That Is (God, Goddess, etc.) with things to learn through you.

When sexuality is a theme for a soul, which it is to one degree or another for all souls because of the importance of sexual energy as an outgrowth of your creative nature, all manner of sexual experiences can come to a person. Over the course of many lives lived on Earth as a human, literally all possible things can go unfold in a soul's multihuman sexual journey. One of

the keys to understand about this setup is that all of these many human lives spread out and lived along the Earth time line are lived in different contexts. Economic, educational, religions/philosophical, filial, political, racial, and other factors change for your soul from life to life. In one particular life you will find no access to education because of your religion or the color of your skin. In this other life, you will manifest physical attributes that others consider attractive and opportunity will surround you because of this, while in another life your features are not considered attractive and opportunity seems elusive. In another life, your genetic makeup will give you certain behavioral traits that open or close doors for you. Considering the endless possibilities when it comes to combinations of all of these kinds of factors, I want you to see that your soul is living many lives as humans on the Earth time line defined by unique variables so it can learn about what it means, requires, and costs to live as a human with other humans. Gender is one factor, too. Regardless of your gender now, your soul is experiencing all manner of sexual dynamics and learnings through both genders over the course of many lives.

Sexual Orientation

Sexual orientation is one of these many variables through which soul learns, as is conditioning regarding sex and sexuality. Conditioning is a major factor in this because over the course of human history, questions about what is right and good when it comes to sex and sexuality have abounded. Different cultures (including political and religious elements) have explored the subjects in various ways and to various ends. *The truth about sexuality is that, as an expression of your creative nature as Divine beings, its power is limitless. Which is why, of course, over time you through your religious and political machines have sought to regulate and control it!* If you are wired to be attracted to the same gender that you are, then this is an avenue into exploring your power as a creative, loving being – an opening to exploring what you-as-All That Is have come to Earth to learn and experience. If you are wired to be attracted to all genders or to go back and forth, then *this* is an avenue into exploring your power as a loving being through sexuality. In essence, however it is that you are wired, it is an expression of your Divine nature. It is all the same to soul – a journey to learn about the self through becoming loving to self and other. The various factors in play in a bunch of different human lives allow it to learn about different pressures and motivations for making choices and dealing with the results when it comes to sexuality and turning fear into love, which is what it as you is here to do.

In eras of Earth history during which sexuality is controlled for one reason or another, your soul is living human lives and trying to navigate this social, political, and/or religious reality. If homosexuality and bisexuality are themes a soul is living human lives through, its humans are being affected by the laws, mores, shame, and punishments – whether public or private – that are in play during that era. The human associated with such a soul would have a number of kinds of experiences either trying to fit in to avoid punishment, hiding his or her truth, or trying to avoid fitting in to avoid feeling deadened, and all of this would become imprinted upon the person's emotional body in one way or another. And, in turn, any such imprints in the emotional body

would be available as emotions, concerns, fears, and desires in other lives associated with that soul elsewhere on the Earth time line.

As one example, in a life a woman might for survival reasons need to hide that she is homosexual or bisexual. All of that individual's experiences navigating the emotions of fear, hesitation, hiding, being secretive, and/or perhaps not being able to confide in anyone without threat of extreme punishment or ostracization would leave some marks on that person's emotional body. In another life associated with that soul wherein heterosexuality is the accepted norm, it could be that it's a heterosexual woman or man who for some reason feels a need to hide something about his or her sexuality, yet there would be no obvious reason to do so since it puts that person in the majority. It wouldn't make rational sense to the person or to anyone else, but it would be a remnant of feeling from another life and, to the individual, be very real.

Please consider that you can substitute many realities in this explanation for sexual orientation. What you call kink and all forms of experimental, non-mainstream sexuality can have the same be said about it – it is part of the process of learning about being human through living in different contexts with personal wiring that does not or might not fit into the mainstream.

Sex as a Tool of and for Power

In many cultures spread out along the Earth time line, sex is a tool of and for power. This has everything to do with the perception that you are split from the Divine, that you are alone and in need of doing something to connect with it. In fact, you are only apparently separate as you explore being human in one of the two kinds of bodies that most humans find themselves in. For a full explanation of this dynamic, see the channeled book *Goddess Past, Present, and Future*.

For our purposes here, let's explore the notion of power in relation to sexuality. At some points in human history, including the one through which you are living now, conquering and controlling what is naturally wild and not controlled seems to be an expression of strength – proof that you are strong. All humans need to feel strength and, thus far, most of you have tied your ability and willingness to feel strong to your ability to conquer and control. When pure energy is divided into two frequencies or vibrations, you have masculine and feminine. The former always tries to direct, shape, control, and move things. The latter is all about, simply, being, experiencing, sensing, and feeling. You can't get anything good and healthy done without each energy, but as you incarnate as humans mostly with just two kinds of sexual plumbing, you tend to align with one side of this story – masculine or feminine – based on your pipes and the related biochemistry. For a man who identifies as feminine and for a woman who identifies as masculine, in that context there seem to be many pitfalls and dangers when it comes to being able to be empowered and seem to be given the right to feel confident and strong in life.

The dominant cultural ethos on your planet at this time holds that a man needs to direct a woman, but that the man needs to be willing to be directed by a man stronger than himself. And so it is taught that a good woman is to do what she is told and a man is to tell her what to do, but what he tells her is to fit within certain cultural and moral parameters. This is about how, when, and why all decisions are made by and between people. This has to do with how an individual's life unfolds. It is about how families and businesses are run. When it is in play, it is about all aspects of life. And so, of course, it is also about sexuality, too.

Within relationships, this ethos holds that the man is to be in control. If the woman is not willing in her relationship to have her personality and sexuality be controlled, then the man – the ethos dictates – is to teach her that she is supposed to be willing to be controlled. In essence, the woman in this context is supposed to be sexual only in terms of the ideas and desires of the man who owns and controls her. Now, as it happens, not all women can allow this to happen. As a result, you have women leaving their relationships. You also have women standing up to men and demanding equality, autonomy, and respect. A major feature of the ongoing feminist struggle in your culture for the last few decades is the issue of women receiving respect from men. It is discussed in terms of particular cultural and relational dynamics but, in fact, it is integral to the foundation of the cultural ethos in play. Your whole culture has been set up with the control of the feminine by the masculine at its heart. It is so because you as a species – as expressions of All That Is or God and Goddess energy – are exploring what it's like to segment yourselves from your true nature as creative, loving beings and try to make one of the two genders more important than the other. This is fully explained in *Goddess Past, Present, and Future* and I strongly encourage you to read it.

And so sex is a tool for power. Accessing sexual energy opens up a source of strength, as you are chemically and energetically altered when aroused. You are while in these states more in touch with your primal nature, which naturally imbues a sense of strength as it is raw, unapologetic, and powerful. The culturally-derived ideas of what a woman is and is for translates easily to sex and sexuality. It is, actually, an effortless transition to use sex as power if one of the genders is deemed to be less than the other or, as it is for many humans affected by these cultural directives, a thing to be conquered. To the masculine mindset – which can be in play in either gender – a thing exists to be used or conquered. Masculine energy inspires this kind of acting and doing, shaping and directing, controlling and commanding. That it has gone so far in the direction it has in human culture is not the fault of masculine energy itself! It is, in fact, also not the fault of men. *Goddess Past, Present, and Future* explains how the patriarchy and this imbalance between the two energies – and therefore genders – came to be as a result of an experiment by All That Is and how you as an individual can change it now by altering your day-to-day living and thoughts and beliefs about what is happening in your culture and why.

Those operating naturally according to the feminine mindset do not seek to control and conquer, so they do not understand this impulse in those who are masculine-centered. It is easy for those carrying this energy as predominant in their wiring to blame the other group, the masculine-energy people. But if you are blaming others then you are not open to learning the

truth behind why it has happened. If you are blaming, then you are angry and probably feel powerless and that you must rise up in anger, and this will get you nowhere but deeper into the anger dynamic that covers the pain that is what truly needs attention, transformation, and release.

Sexual Abuse

There are several areas to explore here with regard to sexual abuse. The first is that violence is an outgrowth of the control-and-conquer mindset for those seeking to have, gain, or maintain a sense of being powerful in a context so out of balance as has the human one has been for thousands of years. Another area is to see how the disconnection between masculine and feminine within each individual can create such deep pain that some act out of desperation in order to try to overcome the pain within themselves. And if there is any belief, attitude, or habit regarding the control-and-conquer mindset in a person, he or she might explore sexual violence as a way of at least feeling some measure of power in the face of the inner pain from the disconnection from the feeling of wholeness that each human needs. It is a fact that each of you contains both masculine and feminine energy. It is only in the perception that you are one or the other from which is created a sense of disconnection and a powerlessness to be whole that can lead people to do violence sexually to others.

Another avenue to explore is the reality of suppressed desire and instinct in your dominant cultural ethos. You are supposed to be civilized and live in structured society, but you cannot – and will not ever be able to – divorce yourself from your primal, animal, lustful nature. You desire – it is a fact. You host and feel urges that have to do with physicality, physiology, and biochemistry, and when they take over you are no longer the rational, level-headed member of society that you are supposed to be. It is a truth that all that is suppressed will at some point come out in a distorted, unnatural, forced, or violent way. You cannot hide your true self and proceed without stress, denying what you feel and are in order to fit in or, at least, not be punished for going against societal norms.

All who initiate/give and receive sexual violence are learning about power, trust, vulnerability, the need to find the right way to connect and feel with other people, and other human lessons. While we recognize it is painful and damaging, it is an avenue of human expression that souls seek in order to learn more about what it means to live lives on Earth in various contexts. All involved in both sides of sexual violence are also acting out the collective sickness that has resulted from the imbalance between the masculine and the feminine and, therefore, men and women. This is a complex topic that affects many, many people, and we know that it is painful for a large portion of humanity at any given time on the Earth time line. Below we will offer you suggestions for beginning to heal the effects of sexual violence, but for now, we want you to understand that all that you have experienced has served your soul's need to learn through the lens of certain human experiences. No one wants to hear that what has been painful has been their fault and we are definitely not saying this. We are offering you a perspective that will enrich your understanding by exploring more about the nature of soul and

its relationship to your human journey. Again, *Goddess Past, Present, and Future* is the place to go to get the full story on this from me.

When you work with a charged brecciated red jasper crystal, what is in your field from this life and other lives regarding sexual violence will come to the surface. We want you to love yourself and all you've done and experienced, and we want you to love yourself given all the things that could do and experience. When thinking about sexual violence, know that it is a choice to view such dynamics and situations through the lens of victim-perpetrator, in which one is wronged and the other wrongs. When discussing sexual violence in human circles, fear and distrust dominate. An urge to punish the wrongdoers emerges and, often, takes over the conversation. But this is not helpful. There are facts surrounding these situations that humans punish as a collective through legal means, and we are not saying that this is wrong. We are saying that if you limit the scope of the dialogue to focus on the victim and perpetrator statuses of those involved, you will neither heal the past nor move into a healthy, empowered, grounded future.

We want you to be aware also that as the victim focus tends to prevail when this is thought of and discussed, there are just as many people doing this violence as receiving it. The initiators are not thought of as victims but as evildoers who need to be punished in various way. Again, honor the legal code that you as a collective have agreed to create and enforce, but also look at as All That Is – your soul – looks at it. All involved in sexual violence are acting out the collective imbalance between masculine and feminine, playing a part in exploring what it's like to deny your true nature through suppression and disconnection and then to try to become powerful through using sex as a tool for power. In this way of looking at it – how your souls as portions of Divine consciousness see it, as well as your spirit guides and beings such as myself and Metatron – you are all actors participating in the unfolding story of how to deal with sexuality, power, love, openness, vulnerability, and trust. From this vantage point, you are teaching each other valuable things through these challenging and painful circumstances. All involved in both sides of sexual violence are serving each other as Divine beings learning to take fear and related motivations and transform them into loving ones by becoming the source of love for the self.

A few years ago, the channel Tom could not finish the channeled book mentioned above (*Goddess...*) because he could not become comfortable being the messenger for the ultimate message we asked him to transcribe: *You must all thank those who have done you harm, sexual and otherwise, because all souls are together involved in a conspiracy of love to teach and learn and, even, through extremely painful and damaging interactions.* He froze when he realized that this was tantamount to asking people to “thank their rapists” (the phrase that was in his head at the time), and the book sat half finished for months before some dynamics arose that opened him to healing and releasing the source of that fear. We often ask him to channel messages that can be difficult for his personality to adapt to, and we ask him in channeling them and you in reading and listening to them to stretch open to see a new perspective, a new level on which the logic of soul is working. Soul is the Divine, a portion of All That Is or Creator Energy, and it seeks to learn through your human selves what it means to be human. It is not about being unhappy, but

it is not about being happy, either. It is not about being safe and protected, but not about being in danger, either. Some of you want these things to be true because you are not sure how to reconcile that what has happened to you is, in fact, not the result of a cruel and mean universe or god. Of course you want to feel safe! We do not blame you for this. But we ask you to explore an alternate way of seeing everything, especially what has happened to you that may make you fear for your safety.

All that has happened to you has come to you and unfolded because you are vibrating your soul's directives that you will experience certain things in order to learn about them as a human. Remember from above that you cannot stop your very own Divine will from bringing to you all manner of scenarios that teach your soul – a portion of Divine consciousness – what it means to live human lives. When you can see all that happens and has happened to you as a product of your soul's vibrating to you all kinds of experiences to show you human realities of vulnerability, trust, power, sexuality, strength, and how to respond to painful situations, you can become more in touch with your nature as extremely powerful. Can you own what has happened to you? Are you willing to explore all that you have experienced as a creation of your Divine self and not punishment? Can you see all that has come to you regarding sexuality as various kinds of trial-and-error protocols for you to learn to make the right kinds of choices for yourself, including learning to say “no” and “yes” when the times are right?

This is not easy for most. We understand that. But we remain true to our commitment to help you evolve and learn to step into your power as Divine beings living human lives. This necessarily includes owning all that has happened to you as your creation. Spend time going through your history as a sexual being in this life and learn to rewrite the narrative attached to your painful experiences. Your soul is learning through all you experience, through all that comes to you. Are you willing to make peace with this fact? If so, then you are on your way to learning to forgive others for what they have done with and to you but the most effective way possible. You cannot truly forgive anyone for anything if you do not own your part in it.

When we ask you to own what you have experienced that has been painful, we are not saying that you should do so because you have done something wrong and deserve to be punished, and now should own it because the punishment is just. We wish to reveal to you nothing that comes to or happens to you is a punishment from God or anyone else. The Universe does not hurt you because it judges that you do or did something wrong. This is where you get all of your deformed notions of what karma is, when in fact karma is a collection of beliefs you carry about why things happen. As such, it can be changed – all beliefs can be changed and so all karma can be changed.

But what about the karma between those who initiate and receive sexual violence? A person is not violated sexually because of a punishment from life, God, the Universe, or anyone/anything else. There is a contract between souls – who love each other unconditionally no matter what, by the way – that includes this kind of experience. As humans tend to focus on the victim-perpetrator framework, many hold that punishment is on the way to the person who commits sexual violence, that he or she will get what's deserved (and that thing shall be

necessarily awful, the thinking goes). It is viewed through the cultural lens as evil, and this word is often applied to those who initiate such transactions with others. The karma between parties in such situations has to do with the love between the souls – one soul loves the other enough to hurt it, and the second soul loves the other one enough to let it happen. Each soul needs to understand what this is like in order to fully explore the myriad ways in which humans can relate to, treat, and learn from each other. Doing violence of any kind to another being causes pain for both parties, even when it does not appear to be so. A soul is a portion of Divine Intelligence. Do you think that a soul takes lightly another soul's request to agree to do its human harm? Nothing could be taken more seriously by a soul. It is, in fact, an opportunity that souls take with each other to learn together through the intensity of such painful dynamics. One loves the other enough to take its valuable human time on Earth to cause it pain that each person will be affected by – it is all sourced in love. Each soul whose humans hurt other humans are, as it happens, doing a loving service even as the personalities of the humans involved are pained, hurt, and angry.

If you are feeling triggered by reading that the souls involved in sexual violence between two humans love each other, then send cords down into the Earth. Get grounded by breathing the energy of the Earth up into your body and choose to give us the benefit of the doubt that we are giving you information that may come in handy to you in some way. Any parts of you that have been shaped by sexual violence in your life or in the world around you might be deeply and truly offended at some of this material and we would understand. The channel has been told that he has lost his mind after one reader encountered the above idea, a woman who was shaped in various ways by sexual violence. It makes no sense to your linear, logical mind. But it makes complete and total sense according to the logic of soul, which requires that you allow that souls interact and interfere with other as humans because the souls love each other so much that they will offer others all manner of experiences through to learn how to turn fear into love.

If you work within the lens of pain that you carry and choose to see only the level of victim-perpetrator dynamics, then you will never heal the past and you will not be able to move forward in healthy ways. We want to connect you to the logic of soul, the logic of the Divine, and we know that there is a part of you who has never forgotten it. This material may anger some parts of you but the rest of you will remember that it is true. We are asking you to reach deep down within yourself, to stretch yourself, and be willing to alter and upgrade your experience of this history and the energies that you may carry in your body as a result of it.

For those who have experienced either side of sexual violence – initiator or receiver – there are effects in the emotional body. These will be structures, emotions, beliefs attached to emotions, and sometimes dents and scratches that hold the pain, fear, and mistrust engendered by the original situation, even if it happened long ago or in another lifetime. As your emotional body is in common to all of your human lives – linking you across time to your soul's many lives through emotional imprints and your actual feelings – it is true that sexual violence committed or received in one life can be felt by another you elsewhere on the time line.

Below we will provide you with some perspectives on how to allow these elements in your field to come to the surface and how to deal with them effectively.

Sexuality and Energetic Flow

Now that you have read all of the above, you have a better sense of what may be going on in your 2nd chakra if you have any of the kinds of histories described here, and how a charged stone will support you in releasing the past and fully embodying the present. Now I wish to share with you additional perspectives that are meant to help you tie some important things together as you begin to work consciously with a piece of brecciated red jasper charged as this channel has produced.

As energetic beings, all that makes up and informs human lives is energy. Above I offered you the image that each human is an instrument of energy, with energy stirring you to make music, which is emotion. Now I want you to see that the more you flow within your own energy field, the more open and dynamic your consciousness is and the more alive and vital you feel. It is here that I would like you to understand that in some ways, healing sexual energy and flow in your field and consciousness may be the most difficult thread related to the 2nd chakra, but once you do it, all the other threads begin to heal, release, shift, and fall in place. To be specific, you might be conscious of having an issue flowing with money, one of the energetic threads associated with the 2nd chakra. But you might not realize that the block really has to do with your sexual nature for one of potentially many reasons. And so, in one sense, I am asking you to jump into the deep end of any issues, blocks, confusions, and regrets that you may store in or around your 2nd chakra. I am asking you to do so while you decide that you are safe and secure, and that you are strong enough to deal with whatever it is that might be in your field in the 2nd chakra regarding sex and sexuality in general, and your sexual history in particular.

Remember that most humans have been conditioned to avoid talking about sex in any sort of productive way. There are cultural models you are supposed to aspire to inhabit and talking about these things is sometimes accepted because at least you are trying to get it right. But it is a fact that the nature of human sexuality is to exist in states of rich exploration and expression that do not and cannot fit into small, rigid boxes designed by culture shapers bent on controlling the masses.

In any ways in which you have accepted cultural attitudes about sex and sexuality, you may have a block in your field. In any way that you may have decided to rebel against or surrender to such attitudes, you may have a block in your field. If you have decided to avoid admitting something about your true sexual self to yourself or others with whom you are involved, you may have a block in your 2nd chakra. If you have sought to find others who can validate your

sexual leanings and self but have not found them, you also could have a block in your field.

Thoughts and attitudes about sex shape the flow of energy in your field, affecting your 2nd chakra. Ideas and beliefs about what sex is, should be, could be but isn't, might be, or anything else will determine contours of energy flow in your field. The way to change these contours and channels within your field is for you to make clear, informed, proactive, grounded decisions to change your consciousness.

When you work with this channel and he asks you from within a grounded space to make a proactive decision about something, or to give yourself permission to do or be or release something, you are taking a step toward altering your consciousness, which will affect the energy flow in your field and therefore body. The frequencies that I ask and have trained this channel to live with and carry have the effect of strengthening your Divine will and bringing out of you an affirmative vibration so that you know you can change your life for the better. All we do together is geared toward activating you so that you can release blocked and stagnant energy and the ideas, thoughts, beliefs, and attitudes that formed and resulted from them. You are the prime mover in your world, in fact, and it is our and the channel's shared intention that you step into your power as a Divine being and make the right decisions for yourself at the right times and for the right reasons.

Regarding sexuality and sexual expression, the perceptions of power related to sexuality explored above is paramount to remember. And you need to know that you now have the power to make decisions about what kind of sex you are willing to explore, have, and share. Without apology, without self-doubt, and without regret, anger, or shame from past experiences. Making such decisions will free you from the heavy nature of your past in this life and other lives that might be carried with you and interfere with a healthy expression of sexuality. When you shed the debris associated with memories of not being powerful – because it seemed that others had power over you or that you were not powerful because external, material-world proxies were substituted for true power – then you are able to get in touch with a grounded sense of who you really are as a sexual being, which is a creative being.

The 2nd chakra relates to being assertive with others. As you clear debris from your lower chakras, you will begin to see yourself as always able to position yourself in the flow of life around you. There are still many kinds of people you will not feel right about connecting with socially and sexually, but you will be free to find those with whom you can connect and feed good about it. You are free to say “no, thanks” and “yes, please” to whatever you choose.

You are constantly in dialogue with life around you. Life and others are always trying to give you something. Every interaction you have with another person is an exchange of energy, a transaction. You can now look at the history of your various transactions with others – all of this being 2nd-chakra material – and clear the meaning of it. I guarantee that you have had experiences and relationships with others that have had the sole purpose from your soul's point of view to inspire you to say “no” to others. Each of you has relationships to teach you that you

must love yourself and not wait for others or expect them to love you in the ways that you need. This is a primary function of human relationship, and I invite you to not let it be depressing! Allow it instead to be an indication that you can become the source of love for yourself, stepping into your true nature as a loving being – all souls are Divine love and you are a soul’s incarnation trying to remember through the lens of being human this reality. All others in your life have played a soul-supportive role in showing you that need a kind of love and support that no one but you can give yourself. But in your long and complex multilife history of 2nd-chakra interactions with others, you have taken on and internalized energy from others that you met in order to learn to say “no” to them! Think about this. Sit with this. Pause and then read this paragraph again before continuing.

This is true of all of your most important relationships, but especially of romantic and sexual relationships. Humans learn about themselves through these transactions of exchanging ideas, attitudes, opinions, and energy. Remember that you are an energetic instrument and the music is emotion. Get used to the truth that any and all blocks and knots in your field about sex and sexuality are energy remnants from interactions with others in the past that resulted in an energy exchange that you did not enjoy or constructs of your mind to inspire you to hold and carry anger, regret, shame, and pain. Whether it is from this life or another is immaterial because your emotional body is shared in common with all of your soul’s lives. You will feel issues from elsewhere on the time line – belonging to what you think of as your past lives – and they will be real to you, regardless of your current-life biography.

Through sex you have taken on the energies of others ... and it’s important that you have done so. You and those other people have learned about themselves through intense energetic connection, and your souls now know more about themselves and each other as a result. But now your job as a human is to learn to operate yourself more consciously as an energetic being so that you can manifest your true nature as loving beings more and more often. All blocks in your energy field about sex will affect money, other and future relationships, how you approach and open to others in all ways. Be aware that knots and bruises in your energetic and emotional field related to sex will prevent some other people from being able to help you when you need it! Your ability to be open and flow with the moment and flow with life is a major expression of your Divine power as creative beings, and the 2nd chakra is where that creative power lies and needs to be nurtured. If you are closed because you fear receiving or do not want to receive something from others and don’t know you can say “no, thank you,” then you are not open to receive the good things life and others are always trying to share with you.

For those whose 2nd chakras have not been nurtured, it is time for you to learn to do this now. At any moment you can be free from the weight of difficult or confused or victim-based sexuality and sex ... but you are the only one who can free you. You are the only one who can let go of the depth of imprint of that past and decide that you are safe now. You are the only person in your life now and on the planet who can own what has happened to you as a cocreation of souls working together to learn about sexuality through the lens of power-over and power-under dynamics, and the lens of fearing being overpowered or overpowering others. It is up to

you. You are the Divine prime mover in your life, and you are most definitely strong enough to transform any and all fear regarding sexuality and sexual activity into love and faith.

When you are flowing energetically in your 2nd chakra, you deal with what in relationships is in front of you and move beyond it – and on a regular basis. This is to say that things will come up in your dealings with others including with regard to sex and sexuality, but you will know that you are in the present moment and are committed to not letting the memories of your past determine what is happening now. Flowing with 2nd-chakra energy means interacting in the present moment without defenses because of what has happened to you in the past or what parts of you fear might happen next or actually are happening now. You know that communication between people moves energy, and you know that moving emotion means feeling all you can feel deeply so you can move through it. Flowing in this part of your energy field and body leads a continual process of renewal.

Working Consciously with Anger and the Pain Behind It

As you begin to work with a charged brecciated red jasper charged by this channel, remember that it is a stone of activation. What is in your field regarding sexuality and related life experiences and issues that needs resolution will come to the surface. As described above, anger is a primary reaction to pain that is felt during situations in which sexuality or sexual activity is a problem, is violent, or hurts. Once you can adapt to the ideas outlined above, you will be ready to deal with anger in your field from your past experiences.

The first and most important note to emphasize is that you become grounded and return to this state on a regular basis. You must be willing to transform your relationship with the history of what has happened to you, and to do this requires calling forth and feeding the part of you that is capable of doing it. If you do not do this, then what will naturally happen is that pained and angry parts of you will take over the process. They will swoop in and, so to speak, grab the reins of your self and their emotions will be front and center. Getting deeply grounded allows you to open to feel what is in your field to feel that needs air and intentional, conscious resolution. The pained parts of you, for the record, are puffing themselves up in anger because they are hurt and do not want to be susceptible to being hurt further. They set out to defend you from being hurt again as you were in the past. Or, equally possible, there are some parts of you carrying anger and intending to protect other parts of you who are very obviously hurt. Either way, we suggest that you enter into working with your pain and anger at your history intentionally and with clarity by learning to become grounded: fully in your body and connected to the Earth energetically/consciously.³

³ Download the free 13-minute grounding meditation MP3 from tdjacobs.com.

At times it may seem that you might be supposed to not be angry about what has happened to you that has caused pain. Some of you may need to incorporate in your meditation/grounding practice affirmations to address this. Try these individually and pause a few moments after each one, and then string them together:

1. I have the right to feel what I feel.
2. I'm willing to get to the source of my anger.
3. I'm ready to move through the anger I have and create resolution.

Anger is an ugly emotion. It's one of those that humans try not to feel but, after being deeply hurt in any way, it is normal and natural for anger to rise up. The danger comes when a human allows that anger to remain and become a part of the personality and create a defensive or aggressive posture. Earlier I have described my perspective on victim consciousness among humans, which arises when you develop and promote an identity sourced in what has happened to you.

I invite you to be willing to feel any anger you might have but choose to ground it. Send cords into the Earth from the bottoms of your feet and your root or 1st chakra, breathing the energy of the Earth up into your body to stabilize your field. After doing this for a few minutes, really feeling the energy of the Earth filling you up and slowing down your mind, revealing that you are more than your mind, decide that you are safe: "I am always safe." Decide that you are supported: "I am always supported." Decide that all that has come to you fits your soul's plan and even if you do not yet know how and why, you are willing to move in that direction and accept what has happened to you as your cocreation as a soul figuring out how to live a human life.

Being willing to feel the anger removes judgment of anger. It removes the judging thoughts and attitudes many humans have and believe are normal when it comes to distasteful emotional states and their expression. It opens a door to be able to get to the pain behind it. Parts of you that carry anger because of having been hurt in the past do so to keep a defensive/aggressive stance so you can protect yourself and make it clear that it is not okay to hurt you – and this is fine. There is nothing wrong with an angry response to pain. As we have said, it is in fact quite normal. But you can move beyond anger once you are willing to feel it.

Have you had an experience of giving in to anger and then finding yourself weeping, seemingly out of nowhere? When you are feeling intense anger and are consumed by its defensive and aggressive fire, you cannot see that there is pain. But a wave breaks, and tears come. The true release comes with the tears – as they flow. So, please, allow yourself to feel the anger that might want to come to the surface. Give yourself time and space to do this and make a commitment to yourself that you are going to withhold judgment of the fact that you feel and need to outwardly express these feelings, unpleasant as they are. Please give yourself the opportunity to let these unattractive feelings come up, to the surface, and be willing to feel them in their depth. Know that you are not as a result a bad or unlovable person. Make the decision that it is temporary, and that it is necessary.

You may find yourself after giving yourself this permission and making a commitment to withhold judgment in a state of anger for several days. Please know (and repeatedly decide) that it is temporary and get and remain grounded. When you are connected to the Earth and feeling your body the intensity of feelings is deeper and greater but your ability to feel things without flying off the handle is increased, as well. Getting grounded on a regular basis when dealing with intense emotions is especially important to being able to work through them in effective ways. We want you to be grounded all the time, but it is particularly needed when going through this process.

After being angry, when parts of you know that it's okay to feel this way without the need for judgment and self-recrimination, then the pain that is behind that can come up. For those who sense or know that this process is needed by them but would like support in making it happen, contact the channel Tom for work on this. He has made it his job to hold space for people to transform their relationship with and experience of intense, difficult emotions and move into new ways of feeling and expressing, including clearing energies from people's energetic/emotional fields and planting seeds for new perspectives. We have taught him to be grounded to such a degree that nothing that you can bring him will harm or affect him in any negative way. Take advantage of this support and know that you can work through anything that comes up in your life regarding these issues.

When tears come, let them flow. Let yourself be filled with the energy/emotion trying to leak out of your field. If you have carried such emotion that needs to be cried out after being very angry, it has been a lot of energy stored over a long time. We mean to say that there may be numerous levels to release and we want you to get grounded and let them all come up, one by one. You may do what seems like crying your heart out about an issue or memory and then it suddenly leads to another and you go back to being angry about this second one, only to have to go through the process again. Please let this happen! Please decide that you are strong enough to work through anything that may come up within you, reach out for support if you need to, and use a charged brecciated red jasper stone from this channel to help ground you to the frequencies of us, Djehuty and Metatron. They will function as book marks to our level of insight and confidence that you have what it takes to transform fear into love and love all the parts of you that have been hurt in the past.

Once crying is done, you will feel lighter. All of this might sound like commonplace advice but our main objective about asking you to let yourself be angry and then release through tears is to state the obvious so you give yourself permission to cease carrying what you no longer need carry. In fact, we think giving yourself permission to feel ugly and unattractive and feared emotional states/feelings is a truly empowering act that is not that obvious in your culture. You have been taught to embrace certain emotions and avoid and disavow others, and we are asking you to embrace all of them and know that you can transform them. Remember the whole time that anger is always rooted in pain and that the cracks in your energetic field from pain can always be filled in, as has happened with the brecciated red jasper. You are never broken – there is nothing wrong with you and there is no perceived break that cannot be filled in with love.

Sexual Boundaries Now and Going Forward

Take the time to know how you're wired as a sexual being, and then decide to be honest with yourself and, when appropriate, others about it. Commit to know yourself and refuse to hide that truth.

Know with certainty that you are always safe, and that you are always supported. Know that you create your experiences through what you are vibrating and that you can change what you are creating through changing what you are vibrating – what you think and believe.

Continually decide from a grounded state, “I have the right say ‘yes, please’ to what I like and want and ‘no, thank you’ to what I don’t like and want.”

Be willing to be vulnerable to others to find out who they are and what you might have in common or to share with or teach each other. Be open to having experiences with other people while knowing that you can take or leave any of them.

Give yourself permission to live fully into your power and creativity, passion and desire, when it comes to your sexual nature. Make the decision to be just who you are and no one else, but also nothing short of who you are. Decide to bring your true self with you and be willing to engage with others in ways that enrich your journey.

Ask life to bring you the experiences you need in order to keep growing and learning about your human path. Trust that what follows is what is needed, and learn to navigate it with conscious intent, knowing that you are not a victim of anything in the past or present but a powerful, Divine being learning how to transform all fear into love.

Thank you for your time and energy.

Afterword by Tom Jacobs: Physical Effects While and After Clearing the 2nd Chakra

Tom Jacobs: Given what Djehuty and Metatron have shared in this document so far, it's important that you now understand a few more things as you begin to work with whatever might come up for you while reading this material and working in mediation and healing with a charged piece of brecciated red jasper.

Our two friends have outlined much about the emotional effects working with this stone can have regarding 2nd-chakra issues that are ready to be resolved. In this section, I'll describe some

physical effects and processes that can result from opening up and digging down into the 2nd chakra to heal what's carried there and release what isn't yours.

Mostly we'll hear and read that the 2nd chakra relates to the sexual/reproductive organs, the kidneys, the lower back, and perhaps a few more things here and there. This is all true. Yet many have a relationship with their bodies that is based in or teeters toward fear, as we do not yet widely understand how the body signals our energetic and emotional realities, and so being aware of the kinds of things can unfold when doing the kind of healing work outlined in this document can help you know that all things are temporary and some physical effects to energetic and emotional healing are, in fact, normal.

One of the keys to be aware of is that many humans' sexual selves are in various ways tied in to the 1st or root chakra in addition to the 2nd. For women, the vaginal opening is in close proximity to the root chakra, making issues involving vaginal penetration automatically involve this lowest chakra, too. For both genders, cultural attitudes and expectations about sex and sexuality can loom large as conditioning forces with varying degrees of influence, but this fact also involves the 1st or root chakra in our experience of sexuality. The root chakra also represents the emotional, political, psychological, and belief-based climate and weather into which we are born. It's as though there's a cloud in the air – things floating around on people's minds and hearts – and we as infants walk right into it and begin breathing first breaths that include it.

When energy moves in your field, it affects your consciousness and you know this right away. After a channeling or energy work session, you might easily notice shifts in your attitude, emotions, and/or energy level. Your physical body is affected, too, but it does so in a slow manner. It can take up to a couple of days for the body to adjust and catch up after receiving minor to slightly more than minor energy work. For major release and shifts, it can be more like a couple of weeks or more. The body will change and shift as you are no longer holding on to what it can't use (such as old or outmoded ideas or beliefs, or the energies and emotions of other people), and you will experience this at times as temporary discomfort, pain, restlessness, insomnia, increased or decreased appetites, and other things. After receiving energy work and feeling wonderful effects, it can be disconcerting and worrisome to then begin feeling physically ill or in pain in some way. I tell my clients that any such effects are temporary, and that they reflect that the physical body has thus far been inconvenienced by the old energies held. Now the body can return to a state and energy flow that is more normal and appropriate for the person.

Physical changes that arise after energy work and clearing old and others' energies from your field are also often indicative of a purging process. As energy and emotion move, your physical body will be affected. Crying is the most obvious purging sort of process when moving emotion – everyone cries at now and then. It's a built-in feature of the human vehicle to move emotion and energy in this way. Yet muscle tightness and aches, the throat closing up, a tight feeling in the chest, headaches, and many other situations can indicate moving energy.

Below you will read about the kinds of physical effects that can arise if you delve deeply into 2nd-chakra issues that you may carry whether you use a charged piece of brecciated red jasper or

not. I do not offer this information so that you can begin worrying about what might happen to you, but instead to give you awareness of these phenomena so you can work consciously with them if they unfold for you during a release and healing process. You will read about a lot of negative possibilities below and not everyone will have them. For the record, the positive effects of this kind of healing and release process include openness, relaxation, increased circulation, and feeling light and clearer than ever.

The 1st Chakra

This energy center is located around the anus and is the foundation of the energy field. It relates to the immune system, the organs of elimination, the skin, and physical area from feet up to pelvis (including hip joints).

Physical effects in this chakra from healing issues related to sex and/or sexual abuse can be pain or tightness in muscles or joints even to the point of minor injury, heat or burning in the reproductive or elimination organs, alterations in how food is processed toward the end of the digestive cycle, markedly increased or decreased energy level, minor skin eruptions (rashes, etc.), catching a cold or the flu (or whatever is “going around”), being more prone to feeling cold or heat in ways not typical for you (you’re always cold but now you feel okay or warm, etc.).

The root chakra is one of the places in the body that I recommend people use to send cords into the Earth in order to feel grounded. As such, I suggest that when you notice any physical effects here, send cords into the Earth and decide that you are always safe and supported. Make the decision that you are strong enough to deal with whatever comes up in you for release and healing, just as Djehuty and Metatron above asked you to do regarding emotions. Tell your body that you are grateful to it for showing you that things that you have held and are surrendering are now moving. Know that it is common for these kinds of temporary physical effects to last a handful of days, and if something lasts longer than this, then seek medical attention. The vast majority of people, if experiencing anything on this list at all, will have something or other in play for a day or two or three, and in the end it’s not a big deal. If something you have released has unlocked a bigger, more serious physical issue, then seek help.

When our bodies begin to speak to us, we may not be open to hearing the message. Our physical bodies always communicate to us how our lives are going, how our choices, beliefs, relationships, and attitudes are affecting the whole of us. Learning to hear the language of the body is key to spiritual development because your body is a most important asset to your soul’s human trip. Learning how to feel and process emotion while in physical form is one of the reasons souls want to be human in the first place!

If you have any of these effects after doing energy work, reading this document and working with the ideas contained in it, and/or using a charged brecciated red jasper stone, first decide that you are safe and express gratitude for your body as an important tool for your human journey. Choose to come out of fear and then evaluate how you feel. It is possible for us to feel a bit fearful and then have the body begin to manifest that fear, causing us to fear something is wrong

with us and then through chronic worrying, create it to be so. So, please begin with knowing that you are always safe and supported and then evaluate with open eyes if the effect does not leave in a day or two and get any help you may need.

The 1st chakra also relates to how we use and store energy, and so appetite can shift after release and healing work that activates and clears this part of the field/body, whether through increase, decrease, or seeming disappearance for a day or two.

The 2nd Chakra

While this energy center is separate from the root or 1st, there is often some overlap between the two chakras' physical effects because some of the organs of the body are located between the two centers or pass through each. The colon, for example, is primarily related to the root chakra but encircles the 2nd and passes through the 3rd chakra.

Reproductive organs, bladder, kidneys, colon, and lower back are common sites for physical changes and ripples after energetically shifting and releasing in the ways encouraged in this document. If you are sexually active and are processing energetic and emotional release from your past, your sexual organs may not feel like being engaged in the short term. Your parts might be sensitive or warm (giving off heat, even) or, when touched, inspire a deep sense of vulnerability in you. It's also possible to find yourself energetically and emotionally closed off from a partner or loved one as you process the experience of clearing and releasing the past, which would alter your experience or willingness/openness to engage in intimacy. Muscles or disks in the back may act up temporarily when clearing and release affects the 2nd chakra, too. For women who menstruate, the real movement of energy might wait until her next period. This is a normal and natural way that the body moves energy out on a regular basis. For women doing intense lower-chakra healing as we are discussing, cramps might be worse during the following few cycles and then improve/lessen.

If you experience any of these effects or something else related to this part of the body, send cords into the Earth and know that you're safe. Make the decision that you are willing to be aware of and learn from the input of other people – including their views and opinions of you – but that you are willing to say “yes, please” to what works for you and “no, thank you” to what doesn't. Decide that you are willing to let go of what does not belong to you. Remember that each interaction with another person is a transaction of energy waiting and trying to happen, and that you have absolute and utter free will when deciding how you will view and participate in those transactions, as well as that you can opt out of those that do not serve you. Be grateful for what in your life is given to you by others and for what wonderful things you have the opportunity to share with others.

Processes and Effects in Other Chakras

The 3rd chakra or solar plexus, above the navel and below the bottom of the sternum, is the seat of personal power. The intestines and stomach and some other “soft” organs are associated with this, as well as the lower back. Often after energy work that involves or ropes in the 3rd chakra, there are minor digestive issues in a person for a day or two. These include diarrhea and increased or abnormal flatulence, possibly constipation (but I haven’t seen this yet – usually diarrhea and gas), and perhaps twinges or minor pains in one or more of the various organs located in this area of the body. If you have any of these effects for a day or two, decide that you are willing to process and digest what serves your highest good. Commit to making self-interested, self-aware, and nurturing (self-care) decisions for yourself, and that you are in charge of your life. Seek help if any effects last longer than a day or two.

The 4th or heart chakra, located in the center of your chest, may also feel constricted or blocked at times during this process. Be willing to feel and commit to moving through those feeling states in whatever ways work best for you. Decide that you will not hold onto any emotions – whether yours or others’ – and that you are free to let things go. Make the decision that you will live a heart-centered, heart-open life but that you will not absorb energies and emotions from the world around you or other people. In other words, be willing to be aware of what’s happening around you but be clear that you’re not going to absorb, take on, or carry what you find. The lungs are associated with this chakra, and so there may be some minor effect regarding your lungs clearing something out along the way or a feeling of some constriction. If so, decide that you are safe and that you do not have to breathe in what around you doesn’t work for you. Decide that you can relax and find better air elsewhere.

The 5th chakra is located at the throat. It has to do with aligning our personal power with what we know is true and surrendering to something bigger/greater than the self. Yet in healing processes, it can get activated as parts of the person need to speak and be heard. No matter what shifts are unfolding or where in a person’s body I’m doing energy work or release, it’s normal for his or her 5th chakra to at least at some point during the session be activated. Often this is through the person sensing a lump in the throat, though it also happens through a tickle that leads to a cough, the feeling of needing to clear the throat repeatedly, the voice getting froggy or wanting to disappear/drop away for a moment, etc. If you have any of these situations in general in your life, then you are in need of listening to yourself! Part of you has something to say, and this is how the energy is moving in order to try to get you to speak. It could be an inner kid or a past-life part, but more commonly it is just you needing to say something you’re not sure you have the right to say or something that might result in consequences that you fear or want to avoid for some other reason.

It’s also common for the 5th chakra as it moves energy to have tension or pain in the neck muscles, and working with the affirmations and changes of mind and habit described by Djehuty and Metatron earlier in this document can be accompanied by tending to those sore, pained, or tight muscles with heat, soaking, essential oils, massage, and/or any other way you’d address tense muscles.

Finally, the 6th chakra is the seat of the mind. As you change your mind about things including rewriting your past (the narrative that you attached to why a painful thing happened to you), energy in your mind that normally defines its structures and pathways will move and leave. Headaches for a bit up to a day after intense energy work would be normal, as would some foginess. The rest of you may be extra relaxed after moving a bunch of old and unneeded energy, and then your mind may feel so relaxed that it can't make decisions (or, at least, good ones). Trust that this is temporary and take it easy on yourself. Don't expect yourself to jump into brain-centered work right after altering the energy flow in your consciousness! Here it's a good reminder that you are not your brain but a complex set of interrelated systems, and after doing work to release and rewrite the past, your mind would do well to align with serving the rest of you.

About the Channel

Tom Jacobs is an Evolutionary Astrologer and Channel. A graduate of Evolutionary Astrologer Steven Forrest's Apprenticeship Program, Tom has a global practice of readings, coaching, and tutoring to help people understand what they came to Earth to do and supporting them in making it happen. He is the author and channel of 15 books on astrology, mythology, and spirituality and original astrological natal reports on Lilith and 2012 & emotional healing. Tom also hosts the popular weekly radio show *The Soul's Journey* on Contact Talk Radio.

Contact Tom Jacobs via <http://tdjacobs.com>.

By Tom Jacobs

Channeled Material from Ascended Master Djehuty

Approaching Love

Understanding Loss and Death

Goddess Past, Present, and Future

Conscious Revolution: Tools for 2012 and Beyond

Djehuty Speaks (a collection of the above books)

Conscious Living, Conscious Dying

Healing Suicide (e-book)

Books

The Soul's Journey I: Astrology, Reincarnation, and Karma with a Medium and Channel

The Soul's Journey II: Emotional Archaeology

The Soul's Journey III: A Case Study

Chiron, 2012, and the Aquarian Age: The Key and How to Use It

Lilith: Healing the Wild

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