



## Merging Your Mental and Emotional Bodies By Suzy Miller


The information that I am about to share with you came from a conversation with the Collective Consciousness of the Children. It also needs to be stated here that many of the energetically sensitive children that I have worked with indicated that they have not been present on earth since the time of Lemuria. This is important to realize because of the state of the mental and emotional bodies at that time.

At the time of Lemuria, the mental and emotional bodies were one, and our physical forms were much lighter. From what I understand through the children, we took on greater density until the time that Lemuria and Atlantis sunk. When that occurred, our mental and emotional bodies split. Before that, when our mental and emotional bodies were merged, the energy of the masculine and feminine were also in harmony, so there was no push and pull between intuition and action.

I'd like you to imagine three planes of consciousness. The top plane represents our higher consciousness, the plane below that represents both the mental and emotional bodies, and the plane below that represents the physical body. When the mental and emotional bodies functioned as one, our higher states of consciousness *flowed into* our merged mental/emotional body. This created insights, awarenesses, and knowing, along with movement, action, and flow, meaning there was no resistance to what we received and the action we intended to take. This energy fell right into the physical body, which carried out the awareness. Thus, all bodies

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worked together and were in harmony. To see this in action would be like watching a light being receiving a directive and acting on it so quickly that it would appear it was simply flowing from one experience to the next in joy.

When the mental and emotional bodies began to split, the information from our higher states of consciousness attempted to continue informing our physical experience. However, the information got caught in a “war” between the mental and the emotional, or the intuition and the action, steps. That confusion translated into the physical body as disease, disharmony, a lack of trust between the intuitive (feminine) and action (masculine) aspects of ourselves and, thus, a lack of joy.

Although these levels of consciousness are in no way linear in nature, it is helpful to use this model to grasp the impact of a separated mental and emotional body!

The CCC suggested long ago that it is imperative we merge the mental and emotional bodies again. Most spiritual traditions teach meditation, mantras or other techniques that calm the battle in the mind! This is for the very reason that I described above.

In module four, we set the energy for this Course with a process that the CCC recommended; in the Integration session for this module, we are going to expand the balance of the physical, mental and emotional bodies by merging the mental (masculine) and emotional (feminine) aspects of ourselves. If all goes well, this has the potential to express as a greater lightness of being, collaboration between intuition and action, and an expanded state of ease.

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