



Understanding the Physical Experience of the Children By Suzy Miller

As stated in previous modules, those diagnosed with autism and other conditions related to heightened energetic sensitivities have their focus primarily on different dimensional experiences (Descending perspective). While different children present with different degrees of integration in the physical body, there are certain basic energetic “truths” related to

the physical experience of this population in general.

Most of these children find it challenging to be integrated below the level of their heart chakras. Thus, there is an amazing sense of love that comes from them even though there is frequently limited physical connection. To be integrated to the level of the heart energy allows them to be in the body and to connect where it feels good to do so, but does not give them access to the lower three chakras and the distortions of the mental, emotional, and physical experience. Being disconnected from the lower chakras is very purposeful on an energetic level as the lower two chakras are very dense and thus not at all appealing to these vibrational beings. However, there are ramifications when one is not connected to the lower chakras. Below you will find a description of the function of each of the lower three chakras along with typical issues related to being disconnected from that chakra.

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The Solar Plexus is generally related to feelings of empowerment or lack thereof. Lack of integration in this chakra causes an inability to energetically:

- Digest life experiences, which translates into an inability to digest food and other gut-related issues.
- Process life experiences, which translates into severe allergic reactions to dense energy such as vaccines, toxic chemicals, foods, etc.
- Experience a gut reaction, which translates into difficulty with inhibition and regulatory responses.

The Sacral chakra is generally related to a sense of self in the world. Lack of integration in this chakra can cause an inability to:

- Know the Self as an individualized expression of energy, and thus they become a constant mirror to those around them.
- Experience appropriate boundaries, thus they are easily overwhelmed by everything from mental and emotional energy patterns to sounds and experiences in their environments.
- Monitor or regulate their emotional body.

The root chakra is generally related to connection to family and familial roots. Lack of integration in this chakra causes an inability to:

- Fully connect with family members and the mental processing that binds them. (This can be a very good thing, at least, until family members' mental bodies and thoughts become more vibrationally coherent, balanced and "acceptable" to who the children really are.)
- Connect to the earth and be grounded in this physical condition.
- Process mentally in a "typical" left-brained linear way. (Again, for the time being, this inability is very purposeful at an energetic level as some of our

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current left-brained processing has gotten us into a lot of trouble collectively. This is where good and bad reside, and where perceived right

and wrong lead to acts of retribution based on “mob mentality,” or the collective unconscious.)

For the above reasons and many others, the children’s physical experiences and/or full integration will be extremely difficult and purposeful until the collective mental and emotional bodies are healed and integrated.

The physical condition is also difficult for this population because it is literally brand new to them. They have to figure it out as they go, and they have many cards stacked against them, not the least of which is an adult population that generally does not understand energy, how it works, and how it impacts our physical experience. The children are also experiencing heightened senses, which, when understood and used to their benefit, can help everyone, but when they are not understood and modulated can only further confuse the situation.

This is why we need to start with the basics of connection, and of honoring who they are and the skills they currently possess.

All children, but especially energetically sensitive ones, will attempt to be more fully present to their physical experience when they:

- Feel acceptance, appreciation, and curiosity because the energy of those feelings is much closer to the frequency of love than are fear, worry, concern, and anxiety. These are very dense frequencies, which reside in the root chakra and keep the children from attempting to ground.
- Are provided with supportive right-brained activities, which allow the experience of something, versus requiring them to “think” about it. This uses their strength to overcome their challenges. It also makes the physical experience fun. Art, movement, creativity, sound, and color are all right-brained expressions.

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- “See” the adults in their environment taking responsibility for their own thoughts and feelings. This allows the most important connection they have - their families - to truly be a safe place for integration.

As these children are able to transmute the energy which restricts their physical, mental and emotional experience, their dimensional frequencies can more coherently be expressed. This is not an easy task. The challenge of integration lies in the energy that these children are attempting to transmute, and it is not until humanity evolves into higher states of consciousness that we can clearly see, know, and experience the full scope of what it took for these kids to *get* here.

In the meantime, it is our responsibility to support them at a physical level to the best of our ability. For now, we are meant to be guardians of their bodies, just as they are here to be guides for our souls.

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