Dealing With Physical Challenges Transcript

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Introduction to Trauma and Transcendence

Hello there. I'm Dr. Sue Morter, a master of bioenergetics medicine, the bestselling author of The Energy Codes and founder of Morter Institute for bioenergetics.

And I'd like to speak to you for just a few moments about transforming trauma by awakening to the truth of who you are. And as we do this, things begin to shift.

We begin to recognize that trauma can actually play a different role in our lives if we let it. And if it's time for us to begin to open up to this idea, I'd certainly love to share it with you.

I understand that many of us don't even realize that we've been traumatized. We've been living inside of a traumatic dynamic in our lives, perhaps for our whole lives.

Either trauma solicited by something or someone outside of us, or even traumatizing ourselves by constantly holding a higher standard and pressing ourselves to be better, to be different, or to be more in some way, all the while, it produces an environment for our nervous system that is very challenging for us to ever move into a healing mode, and instead we get stuck in this fight or flight, ever performing, ever protecting disposition.

And what happens is we get down the road and we're no better. In fact, we're more exhausted then than we were a year ago or two years prior to that.

How Trauma Shapes the Nervous System

And I just want to provide a perspective inside of this whole inquiry around Trauma and Transcendence that perhaps can allow you to become empowered because of the circumstances that have occurred inside or on the outside in your life, at any time, rather than being taken back by them, buckled over or disempowered in some way, or victimized and feeling like I'll never be the same because of the things that have happened in my life.

So I speak to you from a perspective of one who has experienced abandonment and has experienced abuse inside of of my very inner circle in life, and it has been very confusing at times, and I have transcended that by definitely utilizing some of the ideas that I just want to share with you today, because I know that once we begin to even look from this perspective, things begin to change.

And if it seems too big and too lofty of a perspective, it is also helpful if we just allow it to be planted in our consciousness in some way, that someday it might feel like, oh, that could actually apply to me too.

I'd like to introduce the idea that that there is more to you than your life experiences. There is a part of you, this true you that actually resides beyond trauma that was here before.

Any traumatic dispositions or experiences happened in your life and is here today, but perhaps suppressed under a few layers of experience that have clouded your perspective on who you are and definitely changed how you feel about yourself.

It's quite possible, and that same version of you will be true forever. It has always been and will always be. It is truly the foundation of your being.

You know, I speak to people about energy, medicine and really what it means that we are energy beings and that energy cannot be created or destroyed. It can only be rearranged and how we perceive the happenings in our lives and perceive a sense of self, or perceive what has occurred and unfolded in our experiences, will determine how that energy moves through us, how we gather it and then project it out into the world.

The True Self Beyond Trauma

And so if we can recognize that when we are altered in some way, when we are devastated, when we are buckled over, when we are disillusioned, when when we are hurt, abandoned or abused, or whatever kinds of physical trauma we may have been through.

We draw conclusions in our mind field and the mental body of our lives, of our whole selves. And that mental self starts to try to process something. And if it's bigger than what we think we can handle, we suppress that into the subconscious.

And when we suppress it into the subconscious, it gets absorbed in the body, in the tissues, and it starts vibrating at a at a vibrational frequency of unresolved ness.

And so we're walking around carrying this idea of unresolved ness. And a byproduct of that is we are at a state of unrest not only because of what happened, but mostly actually because of a state of unresolved ness that we're carrying around with us.

It creates a vibration, and we then interpret that vibration as something negative, as anxiousness or anxiety or stress or strain and some sort of way.

And so I'd like to share with you that, that part of you that is the true you, that essential self version of you that has always been, that existed before this trauma and will exist throughout forever as a stable foundation is still there.

And from that place, when we layer over on top of that version of ourself, that is well-being, it is okay. It is completely whole and complete and has come into this life for certain experiences.

Experiences including perceiving that I am a choice. Even though I've been traumatized. I am at choice here to decide what this energy inside of me that's vibrating like this is going to do for me.

Here's what I know. When our personal power is trying to birth, there is a version of us right around the solar plexus area, this energy center just where your ribs splay apart.

And if I punched you there, it would knock the wind out of you. That spot. It is our personal power that is anchored here in is also our personal identity.

And so when we're identifying as the one who has been traumatized, we will interpret this feeling as anxiousness. But if we can learn to and we can to identify as this one who has always been the true self, the essential self, the foundation of my very existence.

Energy, Suppression, and Unresolved Patterns

If I can identify as that, I'll interpret this energy as something completely different, because when that one is birthing itself out into the outer layers of our personality and trying to engage its true foundation, essential soulful presence, if you will, it would interpret this energy as empowerment, as an activation of my true self.

My true identity is trying to come through right in the face of these traumatic experiences and my memories of them. So there's a version of me that's trying to grow and be polished and be refined by the traumatic experiences that I've been through.

But if I never sit down as that one, I'll never know what power it could bring me that I have been traumatized. So if we if we can operate under this perspective, that everything that is happening in your life is happening for the greater unfoldment of your true self, it's happening to polish and refine you, to squeeze you into and to rub and to create friction so that you can birth a greater version of yourself.

It's sort of like with a baby chick, when the egg is ready to hatch, when the chick is ready to hatch, the egg starts

vibrating. And then pretty soon a little beak pokes through so that vibration is preceding a new world for this baby chick to birth itself into a new realm, a new level of discovery in life experience.

And so the same thing is happening at this solar plexus level. If you can simply, you know, perceive it this way, that this shaking and this quaking and this stuff that we call anxiety, that shuts us down even further if we were seated as the true essential self versus this protective personality, we would sense and feel that this shaking in this quaking is me trying to birth a new version of myself.

And if I could allow it to be that, I would allow it to birth. And so we learn how to build the circuitry to allow this birthing to occur. We learn how to ground and to stabilize ourselves in a manner that allows this.

This new me, the stronger evolving me to have its day in the sun, we allow for it to open to the possibilities that I could be more because of this scenario, instead of less.

I could actually plant my feet and allow for this shaking and quaking to be a sign that I'm ready to step into a greater version of myself, because anything that has ever occurred in my life is never bigger than me.

It isn't. It can't be. It is literally an energetic impossibility that our circumstances would be bigger than who we are. And in a longer conversation with you, I'll have inside of this summit.

Personal Power and Reframing Anxiety

I love sharing that. How we can embrace that, how we can come to understand that and harness it and work with that, that the universe is literally compressing itself into a funnel, into a channel that is hitting the Earth and rising up into this torque field flow.

And it's projecting itself out into my life experience. And I am here to learn how to harness that. I'm here to learn how to embody that and to allow that to be true for me, so that I don't have to be afraid of the next time.

I don't have to try to avoid my triggers, I'm going to dissolve them. I don't have to try to to escape someone pushing my buttons or just recover from the fact that they are, because those buttons and those triggers exist because of the unresolved ness.

And if we maintain a state of keeping it unresolved, as we know, we feel traumatized on a daily basis, and we are meant for more than that. We are meant to take that and turn it into something that is serving us once and for all, and we can't let anything get in our way.

We just need to learn the mechanics of the bioenergetics and how all of this is happening, so that we can, as this true, essential energy being that has always been and will always be.

We can learn to identify as that and take life on as if it's here to evolve. Me, because I truly believe that it is. When I've worked with patients and clients inside of my clinic, and inside of the hundreds of thousands of people that I have worked with inside of workshops and and watching them evolve when they start to embrace these ideas.

I see that as soon as we begin to harness this, life begins to change. And so how do we do that? What do we do? Where do we begin? I understand that those questions run through our lives in our minds, of course, at a moment like this.

So that's created a meditation for you to, you know, just start to get your feet wet with this idea of moving from living as the protective personality that has been hurt, that has been, as we refer to as wounded and to to embrace that and then to recognize and and there's another version of me that could help me embrace it even more.

There's another version of me that could actually dissolve the confines and the patterns of energy that I have a accumulated in the habits and the beliefs and the disposition that has come from that.

From Protective Personality to Transcendence

There's a version of me that can dissolve that and turn it into its more perfected state, because that's why we come. We come here to evolve ourselves.

We come here to awaken through our life experiences and the exchanges that occur along the way. But we're we've never been taught how to sit in the driver's seat, to be able to allow these things to be interpreted this way so that we can turn them into something that serves, something that leaves us better than that we were before it occurred, in terms of our experience of self, the true self is waiting just beneath this layer of the traumatized self, and if given half a chance, it will help heal this traumatized self, this layer of ourselves that is so convinced that we are not safe and it is not okay.

And we have knee jerk reactions that keep proving and recreating that same scenario, and we get stuck on the same level of consciousness that we were in when we unconsciously tried to survive these circumstances.

The first time around. And so I hope that you'll listen to this meditation and be served by it, because it will guide you from sitting as the personality that has been traumatized, to dropping into the true, essential self that recognizes that there is more to the story than I ever knew.

And there is a birthing that's trying to take place here. So every experience that I ever, ever have, and as I begin to put those pieces together, I stand taller.

Not because I'm trying to, but because the energy is allowing for that. And I start looking into life as if it is here to polish and refine and awaken me.

Because that's why we came. We came to awaken to the truth of who we are. We start by living as this protective personality or this performing personality.

There's just trying to survive our circumstances, but there's more in store. So listen to the meditation, please, and be served by it. Definitely. And begin to turn this Trauma into a Transcendence by living as the truth of who you are through awakening and always possible.

Much love to you all and my loving support. Blessings. Namaste.