

There was an intuitive call to meet Ameli to progress further in my healing journey. I am glad that she had invited me to her retreat, Beeja located in sacred Chamundi hills at Mysore. Ameli's psychic energies & wisdom along with her friend Lee's remarkable expertise on Ashtanga Yoga & Thai massage have greatly transformed me. I am very happy to share my powerful healing experience especially my conversations with Christ's consciousness.

The first thing she did was to map my physical and etheric bodies with her clairvoyant abilities and customized schedule for the week accordingly. Every day I had one hour yoga session, two hours group meditation, two hours personal healing session with Ameli and Thai massage on every other day. All these therapies have helped me to explore my core negative beliefs, fears, shame and its adverse affects on my physical and mental health.

Explorations:

1. Ameli found that there is a great imbalance in my physical body. The left part of my body was holding my childhood trauma, the energy was moving opposite to my right and little to zero energy was crossing between the two hemispheres. She noticed that I am operating primarily from my right while completely ignoring the left. It was peculiar to find that although the right is normally the masculine (yang) I am masking it as Yin while my true yin (feminine) energy is hidden. That's an incredible exploration for me because I am wondering why my face is tilting gradually towards right side over the years and why my left leg is vulnerable & prone to injuries.
2. Besides to energy imbalance, I also realized that my lungs were constricted in early childhood due to the overwhelming demands and enmeshed abusive relationships. As a child it was difficult for me to involve in any physical activity more than 10 minutes. All these years, I have misinterpreted my weak respiratory system as lack of physical strength, further denying my masculine energy.
3. The physical beatings in my childhood have imposed fear in my psyche. This is the fear, which weakened my respiratory system and my body's natural ability to exert toxins. At an emotional level this fear has refrained me from involving myself in any physical activity with even 10% risk factor. This fear coupled with mother's obsessive compulsions made me to stay away from dogs, nature, darkness and swimming. I labeled myself internally as timid and to the external world masked myself under laziness. Now I have also realized why I often have dreams of physical abuse
4. As a child with above self-sabotage beliefs, I was very vulnerable to attacks by Narcissists in the family (My grand-father and uncles). With their traits of shamelessness, rigidity, argumentative, violence and making others to feel themselves as worthless, they succeeded to make me believe myself as powerless, worthless and redirected my analytical mind to raise questions/doubts on my abilities, existence and sexuality. My integrity, authenticity and values were questioned, teased, mocked and criticized. Eventually the child within has learned to criticize them through various distorted thinking patterns such as comparisons, perfectionism, black & white thinking and jumping to conclusions. Self-hatred, self-pity, laziness, shyness, food addictions and aloofness have become integral parts of my inner child's personality. To avoid this painful reality, I masked myself as over-ambitious in studies. I also noticed that, I have drawn Narcissists into my life until I started journeying unto myself.

5. As a child, I was neither provided necessary physical touch nor guided by any male figure at home to nurture my masculine side and gently express it. I have started searching outside for a powerful male's touch to blossom my masculinity. These inner child's survival cravings were misinterpreted by me as well as by other males. This has left scars in my anahat and sacral chakras. I was also carrying an intense fear/pain that I don't have anybody to provide care and guidance.

My Conversations with Jesus Christ:

In one of the healing sessions with Ameli, I met Christ's consciousness and he has addressed each of my problems and guided me to overcome them.

Toxic Shame: Shame is rampant on earth planet and people are passing it to one another unintentionally, like a chain. Toxic shame is the conviction that you are fundamentally flawed, bad, inferior, inadequate, deficient, worthless or unlovable. Physical beatings, criticism and blame are perhaps the most common ways that shame is interpersonally transferred. This toxic shame is often masked by addictions and perfectionism. Child learns perfectionism when acceptance and love are dependent upon performance, which is always related to what is outside the self. Because of this, there is never a place to feel worthy about the being and thus to experience inner joy and satisfaction. This will further lead the child to learn the traits of being judgmental, controlling, feeling himself as a creator, comparisons, grandiosity, shamelessness and anger. He said to me that an individual can heal toxic shame wounds at any given point of time in the life despite of the trauma experienced in childhood. He has helped me to realize and accept the feelings of worthlessness, sub personalities such as pusher self & pleasing self and self-doubts are coming from the toxic shame's core and asked me to surrender this shame to his heart. He told me that in order to develop authenticity in our own emotional lives and in our relationships with others, we had to surrender shame, secrecy, isolation, passivity and the victim identity in order to fulfill our true needs, we have to surrender our inability or refusal to meet our core needs for affirmation, attention, connection and affection in constructive, healing ways.

Timid nature: The true courage of man can be evaluated with his ability to be in constant touch with absolute reality. The primary purpose of every individual is to master emotions, thoughts, speech, body and its functions. Hidden, repressed and denied areas within the personality must be healed and transformed to accomplish the ultimate goal of God-realization. He has appreciated me for being brave to face the reality despite my intense pain. Jesus has also guided me to a past-life in which I saw myself as a tribal leader, a warrior fighting a tiger with my bare hands.

Jealousy/Greed: Each soul without exception is potentially divine and a master being. The purpose of the soul is mainly to learn lessons through experiencing various problems and thus to strengthen the light, not to master all the skills in this third dimensional plane. The skills will be acquired according to one's life purpose. There is no need to be jealous if another person has special skills which you didn't master. No need to be anxious if you don't understand spiritual teachings. It will come to you if it is required to fulfill your life purpose. Despite karma, the soul chooses life traumas according to the purpose of one's life. He told me that self-realization is utmost important to me and to my life's purpose.

Fear: Christ's Consciousness said that I have been carrying an intense fear that no one is here for me to provide nurturance, care and guidance. All these years, I have obstructed this help from divine with my inner view of myself as a sinner and impure person. He told me that he sent Dr. Newton & Nikhil to help me as well to nurture my masculine side. Kavita, Ameli, Chetana, Nagavalli, Vishaal are his messengers to heal my wounds in Anahat chakra. He asked me to trust the process of life, that he is always with me

at the astral plane to guide. Dr. Newton is the physical form of himself to guide me on this three dimensional earth plane.

He also informed me not to believe since it is being said by scientific community or millions of people are practicing. Attaining wisdom and god-realization have power even to heal the defects in fundamental particles of quanta and DNA.

After receiving this spiritual wisdom from Jesus, I lost my core desires to be admired, to become top, to become someone else, to learn knowledge and even lost my desire to heal. I felt I am whole. I am everything as well as nothing. I felt hereafter my past trauma and future desires will not have any power on my present moment. I am present and my purpose is just to flow as per the messages from the Masters. Then he passed his energy between my eyes and connected me to the source where I come from.

In another session, he further explained to me that many evolved souls are concerned with the lack of spiritual wisdom on the earth planet and very eager to incarnate. Unfortunately those souls are unable to find suitable mother's wombs. Sex and parenting must be spiritualized on the earth planet. Current parenting on earth, culture, religion, education and media are stealing the child's divinity, inherited wisdom and leaving them with deep spiritual wounds. He also explained that expecting children to behave beyond their age levels and using them to sooth caregivers' emotions, is the greatest abuse! He asked me to meditate by breathing in the sufferings of all children.

Transformations in short:

Intensive meditation experiences

Tapping the inherent abilities to receive messages from Masters

Understanding Universal laws and how to apply to life

Tarot/Pendulum readings to find out the deep rooted problems in physical body and identifying right treatment

Detoxification of physical body

Releasing residual anger

Strengthening respiratory system

Releasing trauma from physical body

Rejuvenating physical body, mind and spirit through eco-centered living, organic food, serene and sacred surroundings

Connected to higher consciousness/Past-lives through Thai Massage, Breathwork and trauma release

Last but not least, special thanks to Ameli's amazing hospitality, which made my stay more effective. I also thoroughly enjoyed learning Bharatanatyam at Ameli's retreat.