Role of the Low Self in Healing the Physical Body

Please proceed with the next question.

Thank you. Today is August 26, 2013.

We are still with VEA. The next question: “I have had a more detailed conversation with my physical body. It has requested I stop exercising as much as I have, that it needs rest right now. If anything, it is aggravating the pain I already have. I have realized that the rewiring ‘Ascension process’ is exhausting on many levels, and that it’s imperative to respect that the body is doing its best, that it needs rest and comfort. Along this line of thinking, would Awareness say it’s better to wait until the physical body has made the fundamental changes at this Ascension time, before attempting to align the physical body with the “healthy” holographic template? Your comment please?

This Awareness will start off by stating that her communication with the physical body is that which is in actuality communication with the low self which is that which marshals the physical body, that is in control of the physical body. That the consciousness of the physical body is the consciousness of the low self and thus in her conversation with her physical body, she was indeed having conversation with the low self-consciousness that houses or is housed in the physical body itself. Thus her low self was that of her consciousness, that aspect of her triple consciousness that has the physical as its charge, expressing to her the need for rest and that in actuality that she was aggravating the physical condition of the spine by not taking it easier, by not resting. That the low
self has the wisdom of the body's needs at hand, and that when one realizes that the low self can communicate this to the middle self-consciousness, that it creates the opportunity of working with the low self much more directly.

In the preceding reading, this Awareness did mention how important it was to communicate to the low self while infusing it with the levels of the body template, the light body template. Thus it allows the low self to open up to healing, for if the low self is closed to such healing even though it is the energy of the Divine template body, this healing will not proceed and will not necessarily be effective.

That in her communication she was given vital information that the mind itself does have difficulty with. This is so because the mind is manipulated into belief systems that do not emphasize communicating with the body other than through pain and suffering. That the overriding philosophy: no pain, no gain, is very rooted in the human condition and if there is no recognition or understanding that the body itself can heal itself when it intersects with the higher levels of its being and that the body itself, governed by the low self can also prevent healing and recovery, then one is left in a position of doing to the body what is thought to be right and correct, even if this entails pain and suffering. But the body itself, the low self itself, has expressed the need for rest and relaxation at this time, to let the stressed body parts to relax.

That this would be a perfect time then to do the light body meditation described by this Awareness to integrate the energies of the template into the physical, mental, emotional, spiritual and etheric. And that the low self will begin to respond to this if it sees also that the middle self consciousness respects it and is willing to work with it as well. It is not required that the physical body be healed first before one opens to the light body, indeed the opposite is the case, that the light body is brought into play and that the low body is consulted and listened to in such matters.

That the Kahunas of the ancient Huna worked very strongly with the low self which was recognized to be that force of creative energy in physicality that could manifest many things, including instant healing, wealth, health and well-being. That these physical
attributes are the dominion of the low self and that when the low self is assured that communication is present and that it, the low self, is recognized and acknowledged, that it will work more efficiently with the middle self and the High Self as well.

Therefore this Awareness would say in answer to this question, there is no need to wait for the physical to reach a state of health, but rather to recognize that state of health will be realized if one works with the low self, the middle self and the High Self.

But as this Awareness has been speaking, particularly directing the intent of healing to the low self, responding to what it is telling you, showing you, impressing on you quite literally by the body's aches and pains and holding that perfect health, perfect healing, perfect balance is possible when one does communicate to the low self, when one respects the low self and when one listens to the low self. It will then in turn start to listen to the middle self, for often when the middle self requests something of the low self, it chooses to ignore the middle self, an imbalance having been created along the way where the low self has been left to its own devices and often the physical body is the only device it has to indicate imbalance and problem.

This is part of a deeper discussion than the question warrants at this time but that this Awareness does conclude by saying: work with the low self as the light body template is introduced and visualize, and it will begin a strong road to recovery, healing, health and well-being.

This completes the answering of this question at this time.

Thank you Awareness.