

The Nature of Healing in a Suitcase



When you arrived here on Earth, you emerged from your mother's womb with 3 suitcases, a handful of contract documents and freewill. The first suitcase was full of your truth, gifts, talents and treasures of wisdom - everything that you needed to live a happy, healthy life, which included the innate ability to unfold and fulfill your greatest potential. You took up residence in a physical and energetic body that has intelligent systems designed to maintain homeostasis of wholeness and heal all the challenges you may encounter along the way.

You were given your 6 plus senses to feel and sense your way through the world. Emotions were part of the package so you could fully experience all aspects of your human existence. You were given the ability to laugh and cry. Your Earth was filled with abundant food, shelter, money and visual beauty of all descriptions to feast upon. You also arrived with the internal flame of eternity and a source of love that shined so brightly that you had to dim it so you could see your new world. Your powerful and infinite mind tool was activated for you to create heaven on earth and manifest everything that your heart could potentially desire. All you had to do was to go forth and use these tools and gifts to make your life a joyful experience in your new Earth School. You were born with enough of everything! It was up to you to choose your existence.

The second suitcase contained your assignments, ego, shadow self and forgetfulness. The assignments included the downloaded archives of unresolved emotions from your family heritage that had been posted to you via your DNA with a note saying, "I can't fix it, you try". Also arriving were all the past life data of unresolved "stuff" from previous incarnations. In your pocket was a large shopping list of the things that you contracted to learn that would give you the opportunity to evolve your soul to higher levels before your return to the spiritual realms.

The third suitcase was empty. It was to be filled up along the way with all your experiences, both positive and negative belief systems and attitudes given to you by your environment or domestication that you chose to live in (yes, you did choose!). This one potentially creates an illusion of your life far removed from your first suitcase.

Your freewill and choice, as well as the second and third suitcases, influence the way you remembered the first suitcase.

As your life unfolded before you, you were challenged with many things. Your responses, based on your attitudes and beliefs to the events, would always determine the next leg of the journey. Finally there comes a time, created by a significant event, illness or a yearning of your soul or some other thing that makes us search for a hidden Truth. The truth of course lies in the first suitcase. But where did you put the suitcase? The contents of the second and third suitcases keep taking your attention and perhaps they are both responsible for you believing that the first suitcase never existed. Perhaps your environment encourages you to forget about the first suitcase because finding it may cause chaos within the environment. "Be happy with the

suitcases you have, you can't change them" they taunt. But a knowing deep inside, a silent whisper gathers momentum.

There is a saying..."it is wise to listen to the whispers because if we don't, the loud bangs come. If you don't listen to the loud bangs, the big trucks come and if you don't listen to them they backup and run over you again, and again". So, it is much healthier to LISTEN to the whispers. When you have that near miss at the intersection...beware...listen...it is a message.



The nature of healing is the search for the first suitcase and restoration to your truth as a human, living with an eternal soul who has all the wisdom and mechanisms to unfold and fulfill your potential of your soul's evolution. Healing is not creating something you have never been but merely revealing the person who has always been. By peeling back the layers or veils, by dissolving the block and illusions you slowly but surely reveals the real you. Those blocks and illusions consist of attitudes and beliefs (mental models which you live by), heritage debris, past life memory and karma, unexpressed emotions and pain, rejected aspects of self and inner

child, physical toxins and fat etc. Once the clearing and sorting process is underway you will feel the suitcases becoming LIGHTER and LIGHTER. As they become lighter you will be able to find the first suitcase again.

Now you know - you have a suitcase full of everything inside of you to live the life you want with the level of happiness and joy of your choice. You just have to **remember** which locker at the train station you put it in.