



# Ascended Master Djehuty on Trauma, PTSD, and Using Charged Onyx for Healing

Channeled and with an Afterword by Tom Jacobs

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## 15Dec14: PTSD Overview and About Charged Onyx

Tom: Djehuty, what can you share with me today about PTSD?

Djehuty: Separation.

The fragmentation of portions of the energy field.

Parts of self that in fact represent aspects of self. That carry essential connectors of selfhood, the bits that bridge gaps between disparate parts of self.

They are needed in order to be and remain whole, and to care for the self. To nurture the self in ways that lead to feeling whole and being at peace.

Peace is not available when there is a noticeable absence of essential elements of self.

Tom: And so parts of self need to be called back in order to heal PTSD?

Djehuty: Yes, but it is not the same process as I have taught you and that you teach to others, the simplified and no-middle-man process of fragment retrieval. [Tom: Called soul retrieval in shamanic traditions.]

Because the parts of self left during something terrifying and painful, or something that happened so suddenly that a rift in consciousness was ripped into being, the process is different. I will share this with you as we continue with this project.

Tom: As I've asked about tools I might develop to assist people in healing trauma, you've pointed me toward black or a dark form of onyx. I'm just now beginning to tap into the levels of consciousness and running energy that will enable me to charge such a crystal to heal PTSD.

Djehuty: Thank you for your willingness to explore these topics. The way that you are wired offers a depth of potential for helping others heal trauma. Now that you have learned more about managing your own energy after working with me and Metatron for quite a while, you are ready to get into this next level of work. In one way, charging tiger iron and red jasper was an intro course for you to experience what we envision will for you develop in accessing and bringing through frequencies to help people with serious problems. We – me and your guides including Metatron – recognize that sometimes you feel that you are a vessel but only a vessel, and you wonder about where your free will fits into your life. At times, we acknowledge, we ask you to do things that you might not ever choose

to undertake and we ask you to trust that these things are important for your soul's journey. We want you to understand that you are learning faster than some others how to bring the wisdom of soul through to your day-to-day life, and that you are doing so only because your soul has volunteered your human life to do it so that you can share with others what you learn about progressing along the human journey with a heightened level of conscious awareness. Thank you for your increasing willingness to trust what we invite you to do and suggest that you take on, though you often do not feel that you have a choice in the matter.

Regarding these crystals, you are developing an internal library of reference points for frequencies, a catalogue of sorts. You are learning to manipulate energy through intention and conscious intervention, through the use of affirmations and energy-work techniques that I and Metatron have been teaching you the last few years. You are, in fact, just at the beginning. You are learning to create bookmarks to particular frequencies by charging the crystals you are working with.

In the beginning of the process – with tiger iron – it was important for you to work with each crystal by hand during the cutting and polishing phases. I wanted you to experience many hundreds of hours working with the stones by hand so you could get to know the particular pathways that each opens up. And then in charging the crystals with the frequencies we taught you to access and manipulate, we intended that part of the process to deepen your experience of the particular frequencies and the pathways in your energy field that each kind of crystal opens. Said another way, when you charged dozens of tiger iron and brecciated red jasper pieces, it was a furtherance of your education. You have now spent a great deal of time with those frequencies and your lower three chakras are now tuned up enough that you can move to the next phases.

Onyx is part of the next phase. You have already seen that we intend that you charge onyx with frequencies related to Plutonian processes, and that this applies to your request regarding developing tools to assist others with healing PTSD specifically and trauma in general. Used intentionally, onyx will help a person ground and focus. It will open a pathway within the person's energy field that has to do with a depth not often encountered in daily living. Yet remember that we began this conversation with you with the keyword for PTSD "separation."

Any of the essential parts and/or elements of self that have left due to trauma are not foundational. This is to say that no matter how many or what kind of parts might have left due to trauma, there is a deeper part that never leaves and that must be accessed, grounded, and strengthened when trauma has occurred if these parts are to come back. The image we want you to work with is a foundational part of you that relates to the primal survival instinct, which is, of course, related also to Plutonian energy. It lives in your root or 1<sup>st</sup> chakra. This part of you is able to get through anything, even if

you are disassociated emotionally. The strategy is to access, ground, and strengthen this part of you so that the parts that have left due to trauma have a foundation to come back to.

Consider the archetype that comes up in your mass entertainment media of a warrior who has been through so much that he or she cannot relate successfully to others as individuals or as a community. This has been portrayed in various kinds of stories, notably in certain films about the experience of soldiers during the Vietnam War. The energy is that of someone who has seen so many terrible things that a part of him or her has been partitioned off so that that the person can function and be successful in his or her job or role. The implication is that so much killing and violence has been seen and committed by this person that he or she is no longer normal.

From what you have seen depicted of this archetype in these entertainment media, you would never want to become like this character. But as you begin your channeling, meditation, and research on charging onyx to work with trauma, we invite you to teach methods of finding this deep part of the self that can strengthen the survivalist foundation within them. We are asking you to find this frequency while you sit in the presence of others, and also to charge these crystals with particular frequencies that will activate this part or level of the person, this root-chakra survivalist who can prepare the ground within the energy field to welcome back traumatized essential elements of self.

Tom: It almost seems counterintuitive to me to do something before inviting parts of self to return, since their absence defines so much of life with trauma. I was getting clear images earlier this week of inviting the parts of self that have left to come back as the first step. But this week I also remembered the client a couple of months ago who came to me with diagnosed PTSD after 3 tours overseas as a soldier who, in his words, was just about blown up 3 times. As I did energy work on him and invited parts of him to return, I had the nagging sense that I wasn't really reaching him, that the energy work wasn't really taking root.

Djehuty: And this is when you began asking about developing tools to support healing PTSD, I know. It is not that you were not getting through to him but that his foundation is in need of work before any such energy work can be effective, can hit the mark. You were and still are a bit concerned that you didn't do something correctly, but this was the first time someone with this experience came to you. It happened because you are ready to learn to do it, and he was ready to begin the process of starting to open to receiving energy work to help him. It was fine and it served everyone involved.

The process for people with trauma using charged onyx will be slow, subtle, and deep. The frequencies will work under the surface in ways that the user may not notice for weeks or months. We will outline through you guidelines for people to work with these stones intentionally, as we have done with charged tiger iron and brecciated red jasper, yet many of the users of charged onyx

will not notice changes right away. And, in fact, many might notice changes after a time (again, weeks or perhaps months) to parts of self or areas of life that seem to have nothing to do with PTSD or trauma. The charged stones will work in a Plutonian way, so consider the effects of that planet and its transits. A charged onyx piece will function not unlike a Pluto transit, opening up energetic pathways into and within the unconscious.

The process you will undergo to charge them will be new and unlike those for tiger iron and brecciated red jasper. We will ask you to sit in a space to access these deep parts of your unconscious self consciously, something you have been training with us to do for quite some time, which is reflected in your insights into Plutonian processes to deal with pain, grief, anger, jealousy, fear, and other emotions labeled difficult and/or negative. We already ask you to bring unconscious parts of self to the surface in order to parlay, so that you hear what they have to say (what they feel – what hurts) and integrate them. When you do this, you are altering your relationship with fear, etc., and learning to access deep passion and the deepest of passionate energy reserves that are available to you – as you say about Pluto once a transition from fearing to loving the energy within and parts of self vibrating in Plutonian energy: You begin to access your very own personal atomic power plant.

We are not going to share with you all the details of this process you will undergo before you undergo it. We have shared with you just enough so that you can understand that a unique process is close to coming to you. We want you to be able to prepare for this process but not to think about it too much!

Back to trauma and PTSD, some people are disassociated and seem vacant. They are most in need of recalling parts of self that have left, and they will experience a charged onyx stone in the subtle ways that we have described. Depressiveness, despair, emotional absence, a disconnection from the body, and other facets of this sort of after-trauma reality will be quietly altered as pathways in the unconscious are activated by the use of the stone.

Others are on edge as though a part or many parts of self haven't actually left but have – so to speak – one foot out the door. These people are experiencing fragmentation in a real-time way, living out the effects of feeling split. Being on edge, living with and through anxiety, and experiencing fear and perhaps terror coming up on a regular basis, they almost cannot stay grounded. Intentionally using a piece of onyx charged with the frequencies we are preparing you to run and work with, these people will find that their expectations are incorrect – there is, in fact, nothing to fear. This will likely feel to many of them simultaneously as relief and an odd sensation, that they can relax, knowing that letting their guard down is not going to lead to disaster or further trauma. They will need to learn to work consciously with the parts of self that carry the trauma as a present-tense reality, and this is

why we will provide some meditative and affirmation-based protocols for users to work with when they have one of the charged pieces.<sup>1</sup>

Those who experience trauma and its affects will have a unique relationship to the feelings of strength, confidence, and power. Something or someone powerful or overpowering caused the trauma in the first place, and there is either a feeling of being disconnected and checked out or on edge with one foot out the door – not a feeling of power. Not a feeling of free will and the wherewithal to make the right decisions for the self at the right times for the right reasons, feelings that result from being whole and trusting the self and one's power. What I want to address now is the revamped relationship with power waiting for those who have experienced trauma who use a charged onyx as you will prepare soon.

Those living through and living out trauma even years or lifetimes after it happened are living with energy fields that are not aligned. The departure of parts of self that check out or step halfway out create imbalances in the person's energy field. All elements of personality are not present. The person may be able to function in many ways including earning a living, having a relationship and/or a family, and other ways, but something is not right. All the people in the person's life who are not traumatized or living with PTSD will be able to clearly recognize that something is missing or that something important has changed or withered, or simply can't be found, but the person may not realize it right away. A human needs to hear a variety of voices within the self to know the self. When they have left or begin leaving, the foundation upon which healthy, well-developed consciousness rests becomes imbalanced.

Right decision-making is not possible when living with trauma if steps are not taken to recall parts of self and integrate them for those who are checked out or disassociated, and soothed and grounded for those who have parts of self with one foot out the door. Self-confidence comes from true and absolute self-knowledge and true and absolute self-acceptance and integration, and this generates a sense of personal power. For some people living with PTSD or trauma in general, there is a sense of this power coming and going or not being there at all, depending on which category into which the person's experience of trauma fits.

It is our intention that the onyx you will energetically charge will bring those with trauma to the point of encountering and integrating the power that lies within them. True power from self-knowledge and self-acceptance is available to all humans, yet trauma can prevent one from experiencing this. After all, something or someone else powerful has acted upon the person, changing his or her experience in undeniable ways.

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<sup>1</sup> See the 4-week energy work/meditation event Processing Trauma and Grief beginning 26Mar15 or get the mp3s.

Once a sense of power is encountered, the person might fear this energy. For some who have felt far from powerful (including strong, confident, able to be in charge of their lives, etc.), after the slow and steady work on the unconscious dynamics and opening deep energy pathways in the energy field that have not been accessed often, if at all during this life, it might feel like a rush and a bit frightening. It is for this reason that the entire time one uses a charged onyx stone, he or she absolutely must practice grounding the energy field, consciousness, and body to the Earth. It is critical that all who use these stones do this. Remember that I wrote that many will not find obvious effects right away as the charged onyx works on pathways under the surface of the person's conscious awareness, and so the grounding exercises must be undertaken on faith. Someone using one of these stones might think, "Hmm, I'm not seeing a difference in my experience using this stone for weeks or months so far, and this grounding stuff must not be working." And so we emphasize strongly that grounding needs to be pursued and practiced even if major effects are not noticed by the person right away. It's important for human health, sanity, and spiritual development in general, yet especially important when working with charged onyx to support healing trauma.

Tom: Thank you.

Djehuty: You're welcome.

## **17Dec14: Woundedness, Pain, Vibration, and Soul**

Tom: Hello, Djehuty. I've just reread what you shared with me the other day. I'd like to begin today's session by asking you to share your thoughts on woundedness in general, and being traumatized in particular. I ask this because as humans begin trafficking in the unearthing of their past wounding, it can be in a way tempting or sort of seductive to begin to identify as wounded. As you and I continue to dialogue about trauma and PTSD, I'd like to ensure that your thoughts on this are early on in the conversation. I've found those ideas helpful and would like you to spell them out here.

Djehuty. Of course, I am happy to do so. Your question reflects a concern that some people moving in metaphysical circles these days have, and you as a healer are always aware of the dynamics that can arise from categorizing self and/or other as wounded or hurt. I ask all I work with through you – including you – to be willing to cease identifying the self as wounded, recognizing that pain and its effects are part of the normal, natural human experience. It is not abnormal to get something painful

seemingly cemented in place in the human energy field, perhaps even remaining emotionally and psychologically the age at which pain and trauma have occurred. But that the experience is normal and natural does not mean that it should be allowed to persist. It is part of a journey that revolves around you evolving over time, and evolving as conscious beings learning to intentionally operate yourselves.

When you as a human experience significant pain, including the kind associated with trauma, imprints are made upon on your energetic bodies. Those made upon the emotional body are what drive later repetition of the trauma and the ongoing identification as wounded or traumatized. A part of you has been in one way locked in place but in time. That part of you stands out in terms of the rest of you, who is always surely changing and evolving. It can also take over when the situation is truly painful and/or traumatic, leaving the person biologically aging while the emotional and psychological selves are stuck in place.

The first thing I want you to realize is that pain is a natural part of life. Human life does not have the overarching purpose of being pain-free, as pain is a critical teacher for each human along the multilife journey of soul. Life is not about avoiding pain such that if you feel pain, you are doing something wrong or are being punished. Each of you must root out the perception, belief, or expectation that life should be free of pain. Life should not be anything and it also should not be not anything – there are no rules outside each human’s soul’s mandate that a variety of experiences are explored in order to teach that soul about what it means to live a human life. So, the first thing is that I want each of you to abandon the notion that something is wrong when you have pain, especially that you either are doing something wrong or that you are being punished for some transgression by being hurt.

There is, in fact, no rewards-and-punishment system for humans except the ones they can choose to force upon themselves and each other. There is no system of cosmic or karmic justice that is modeled after human systems of justice. There is no karmic police force coming to get you if you do something that you or others perceive is wrong. Nothing of the kind happens. None of that business is real.

It is based in a long-held and deeply-entrenched fear that you must do something to receive love and achieve a state of safety, or that you need to be a certain way or a particular kind of person in order to deserve safety and love. When you find that you have been hurt, the part of you that has been conditioned over many lifetimes by the fear of an external parental god figure who will love you only if you do certain things is asserting itself. This is, in other words, a part of you coming to the surface and telling you that carry a fear deep down that you are not lovable or, perhaps, not good enough to deserve love. I appear a broken record at times because I ask humans repeatedly to love themselves – to fully know and fully accept themselves – in order to create the love that they desperately need.

All of the drama on your planet can be seen in terms of humans trying to figure out who will love them or what it takes to be safe enough and to deserve it.

Each human is, in fact, capable of generating the kind of love that he or she needs to experience in order to have peace and safety. Often I talk about becoming the source of love for yourself. It involves letting others off the hook for not loving you in the ways that you needed and in learning to be grateful for how they have, in truth, loved you. But each person needs something deeply and no one else will ever be able to give it to the person – *not ever*. So, if you wait around for some god or other to love you, then you are living a life of waiting. And you will be looking to others to make you feel safe, putting them in a god's place and blaming them when they don't make you feel safe or do something that makes you afraid. This is a sad way to live, and most of you are sad as a result of cycling through it. At this time, most of humanity is living this way. It is not because of a lack of intelligence but reflective of the fact that all humans are part of a collective – the species – that is learning over the long-term (and sometimes in awful, painful ways) what it means to put on others and the outside world the burden of making them feel safe and loved.

*All that comes to and happens to you reflects what your energy field is vibrating must come to you.* Your vibratory power is extreme – you are, after all, a portion of All That Is, Divine Intelligence. What you intend and believe cannot help but manifest in your life! It is unavoidable. You are a portion of God, in other words, and what you think, feel, emote, and believe is what happens. If you feel safe, you will emit that frequency and it will become reality. If you believe that are wonderful, then you will emit that frequency and the universe cannot help but organize itself around this Divine command of yours.

If, on the other hand, you vibrate that someone in your past didn't or someone in your present doesn't love you enough or in the right way, then you are attracting others to you who will reflect this. You will make it a reality by the very fact that you believe, fear, or think it. *Your job is to observe what is coming to you and to discern the underlying fear that must be creating it.* Intuitive reflection – and each and every single one of you is intuitive – will yield insights. Taking quiet time each day to analyze how situations in your life that you do not like are manifestations of fears within you – even those of which you have not yet been aware – is key.

The fact is that no one in your life can love you the way you need and want, and no one in your life can make you feel safe. Only you can do this. You are the portion of Divine Intelligence and prime mover in your universe. You are creating all of what is happening, and you can change it. Others simply show you to yourself.

There is also the fact of contracts between souls to consider. All that a person experiences fits within the major set of themes that his or her soul has chosen to experience over the course of many human lives lived on Earth. Each of you has been born to learn through experience. This is why I often refer to your life as the laboratory part of your soul's incarnation course. "Given certain conditions, what will I choose?" Each soul asks this because the Divine, of which each soul is part, has great curiosity about gaining experience as a human. Being here is a precious experience to each and every soul, and all of each human's experiences are monitored and learned from by the souls involved.

When another hurts you in a noticeable way, your souls have a contract. Each contract between souls is based in love – without exception. Souls are committed to loving each other. It is all they can do to and for each other. In the context of being incarnated as humans, they offer and agree to trigger fears and joys as well as share experiences together as they are each born and living on Earth in order to learn about all the possibilities of doing so. Therefore, all possible human feelings are needed to be explored over the course of many lives. All possible human motivations, too. And the same goes for all possible human reactions and responses to self and other. No soul can incarnate and successfully explore its chosen themes without the support, intervention, and interference from other incarnated souls. All that you deem good and bad in your life is, at least in part, facilitated by other souls who love your soul and want your soul to have a robust and full learning experience while human, which is a loving form of support.

When you perceive that life is supposed to be free of pain or that if you are having a tough time that you are being punished for doing something bad or not doing something good, you are living through a lens that represents the infancy of human spiritual development. I do not say this with criticism but so that you can understand that you are headed for drastically different interpretations of how your life has been and is set up. You are ready to learn to take responsibility for your soul's manifestation power as it has worked and still works through you and to do so without shaming, judging, or guiltting yourself for what has happened to you that has been and is painful. You have played out all the possibilities available to you through living through the lens of this spiritual infancy, and you are left feeling powerless about your lives as a result. Humanity is at a crossroads at this point on the Earth timeline because it must choose how it will interpret what has happened. This occurs, of course, through individual choices and interpretations. If a person remains aligned with old beliefs – such as angry or disappointed god or universe punishing you and this is why you experience difficulty and pain – then you will perpetuate the creation of whatever it is that causes you as an individual pain and difficulty.

If, on the other hand, you are willing to alter your perspective, then you can mature spiritually and become someone who holds space for and a frequency of empowerment so that others can be supported in transitioning out of those old ways. It is never easy to make this transition, and it

happens through old fears becoming manifest and the person learning (choosing!) to respond in new, more grounded and more empowered ways to the old dynamics. At each point in time, you have the right to decide how you interpret what is happening within, around, and to you. It is, actually, your Divine responsibility. You are here to do so, and you do it all the time. When you're unhappy, it's often because of the lens through which you are choosing to view what is unfolding in your life.

Back to the conversation about trauma, it happens. Pain happens. Difficult situations happen, and you can get hurt. As stated above, this is normal and natural. And it is even normal and natural that a person is hurt traumatically in ways that alter the course of that person's life. *Each human must learn what to do with pain, and to do it consciously and intentionally.* I invite all to cease identifying themselves as mere products of their histories, defining themselves in terms of their pain and/or joy, their perceived accomplishments and/or perceived failures. If you need to do that, it is fine, it is your Divine right, but you will suffer more than if you are willing to reinterpret who you really are and what is really happening. I am offering this information to you so that you can see a way through these situations and feelings so that you see clearly that you have a choice about how you navigate them.

*I strongly advise all who identify as their pain to do whatever it takes to get to the bottom of the situation and change it. If you think you are what has happened to you, then you are disempowered. If you believe you are the product of how someone traumatized you, then you are disempowered. If the image of yourself that you carry is that of someone who has been hurt, then you nearly guarantee that you are staying there and creating more of it. It is a choice, and all humans are ready to learn that each and every one of you has a choice in how you interpret what's happening at any given time and what it means about self and other. If, on the other hand, you define yourself as a Divine being who is vibrating that certain life themes unfold themselves in front of you, then that leads to a very different life experience. You can in this mode accept that pain happens and is part of the human learning process. You can also refrain from identifying as someone who is treated as not safe by life and is, therefore, not safe.*

And so, yes, trauma happens. Those who are traumatized are, as described above, fragmented. Parts of them may be stuck outside of themselves because of a rift created at the moment of trauma, and parts of them may be stuck with one foot out the door of their consciousness. When stuck in the mode of trauma, they might not be able to get and stay grounded, making healthy definitions of self difficult, if not impossible. It can be easy for someone in the mode of trauma to experience little else, so that it takes over the person's life. Alignment of the person's energy field and calling back fragments are necessary, but until there is a disruption of the traumatized status quo, they might not happen easily. This is why we are asking you to work with onyx for trauma and PTSD.

Tom: Thank you.

Djehuty: You're welcome.

## **18Dec14: How and Why Trauma is Coming Up for Many to be Healed**

Tom: I wondered the other day if you would talk about the reality of trauma for many people on this part of the timeline, specifically in terms of what remains unresolved in this life and others coming to the surface for attention. Will you comment on the multidimensional experience many are having now?

Djehuty: I knew you wanted me earlier to go into this, and it wasn't yet time. Now it is.

You must understand that humans now are experiencing more than ever. More issues are coming to the surface more often, and there are more layers of multidimensional self speaking within people. This means that issues from other lives that still hurt, and are still stored in a person's energy field and consciousness, are coming up, as you mention. As of the end of the Mayan Long Count Calendar in late 2011, the veils between dimensions have gone. For many people, this means that other-life emotions come up and need attention, which looks like pain, crisis, and powerlessness, and as a result are manifesting health issues now.

You are not your personality and your desires and aversions. You are an energetic being with consciousness that extends across time. This life of yours is one of many, and through consciousness you have access at any given time to many of your soul's other lives. Most of you have been conditioned through human conceptions of reincarnation and karma to believe that linear time is the basis on which soul operates, because you have not yet fully understood what soul is and how it works both within and outside of your life. You have, in other words, not grasped the truth about soul and how it differs from your personality or a best version of your human self that your human self can imagine (which has a lot of "shoulds" and moral expectations and requirements attached to it, by the way).

*You are consciousness. You are awareness.* And so yes, you are tied to a body for as long as you live a particular life, but this is not who you are.

In late October 2011, the partitions between your multilife journey began to fade and crumble. As of that time, you began to have unwitting access to more parts of you living elsewhere on the timeline – your soul’s other lives – than ever before. A few mystics and psychic travelers over millennia have been in this position, but now it is time for all of you to begin to experience this. New information at that time began to come through to you, and this happened in the form of new fears, old fears stirred up, and feelings and perhaps crises you did not know right away what to do with. It also comes in heightened issues with the other, including racism, gender issues, and in general being challenged to face your feelings about dealing with people so different from you that you have not yet understood them or feel challenged by their very presence or existence. You found that the speed of life seemed to be increasing, and in one way it has. Because you are dealing with many selves across time bleeding through into your conscious awareness (bringing up fears, etc., that you have never had before), more of your time has been spent orienting toward being in the here-and-now. To keep your life going in the way that it had been, you will have had to begin to spend more energy on managing these new and old feelings that have been coming up. To the personality, there is less time in the day to enjoy its diversions and distractions, and to pursue its desires.

This is all pointing toward being able to bring through the wisdom of soul – of Divine Presence – to your day-to-day life. *But to fully run the energy of love, you must fully process the energy of fear and the withholding or absence of love.* And it is true that whatever it is in your many lives (including this one) that is unresolved and still hurts or confuses you needs to come up to be resolved so that you can move beyond the frequencies of fear, doubt, shame, and regret that old experiences have engendered and brought up in you. *It is not in the natural order of things that you carry unresolved pain and fearful imprints from your experiences.* You cannot help but be faced now with what within you has not yet been processed if you are going to evolve, and this is what is happening to you these days. You are becoming more of your multidimensional self, and this process of pain and other old/other-life emotions coming to the surface is how you know that you are ready to resolve and release them.

Perhaps you have heard people say that they or all humans are ascending.

Tom: Yes, yet I’m hesitant to get on board with that because when I hear it, it tends to come from people talking about physical symptoms or health issues caused by energies they don’t understand, and it always seems kind of whiny to me. It seems a convenient catch-all excuse that, in fact, states that one doesn’t understand what’s going on, but it puts a good face on it, because we’re all supposed to want to ascend and the unique pains make us feel special, which we also need. My understanding of ascension from you is that one must go down into the depths in order to truly ascend, digging through the unresolved issues of the present and past to come to resolution – ultimately going from fear-based choices and motivations to those based in love.

Djehuty: You are correct. This ascension stuff *is* happening – humanity is changing. The first phase is related entirely to the evolution of individuals' consciousness. What is unresolved must come up – it cannot help but do so with the triggers for evolution unfolding and activating you since the end of October 2011 – and must be dealt with effectively, in a grounded way. During this process, a person will find that he or she is running multiple levels of consciousness all the time. You have found this to be true as you have intentionally worked through other-life issues that have come up in you over the last few years.

Tom: I felt and feel I didn't have a choice. I did it to remain sane, since it was threads of fear, paranoia, and psychosis that were coming to the surface.

Djehuty: You have had some extreme things come up for healing, resolution, and release, surely. Yet others are, too – but some are trying to manage it or disconnect from what they are feeling. I and your other guides are asking you to continually develop your work because you have this key set of experiences and have proven that you are able to manage being your present-day self while you feel things from across time – and all the time know you're not crazy and you do not believe that you should be medicated just because you are feeling things strongly, which is important now for all of you.

All kinds of emotions and issues from across the timeline are coming up for people. For some, they will wonder if they are crazy or need to be medicated. Some are dealing with anxiety, others with depression and suicidal feelings and thoughts. Others are facing the deepest sort of disempowered feelings and struggling to make sense of a faltering self-esteem. Some are dealing with money issues, others with relationship issues of all kinds. Still others are up against the wall to try to figure out to be kind, loving, supportive people even if they have experienced abuse and all other kinds of awful things in their lives.

*The loudest of these issues in anyone's life represents a multilife issue.* We can know that for certain because the soul incarnates in a large number of human lives in order to test different scenarios and conditions, but always exploring the same handful or set of themes. What affects a person most deeply will echo the theme of many other important events from a number of that soul's different lives.

As you are more and more becoming aware of that fact that you are energetic beings – and multidimensional – you are in a position that no human collective has been in before. Always there have been individuals more in touch with their multidimensional natures, including awareness of what is happening within, to, and around them across time. Yet now a process has begun that has

this effect rippling through the human collective. *None of you can escape facing what in your emotional field remains unresolved.* You know that thing that happens when you wish to avoid something because it reminds you of something that's hurt you in the past and it just won't stop coming to you? This is what I'm talking about, but in the context of this conversation it is necessary to note that it is the worst of those feelings and fears. While you have wonderful experiences as well as unhappy ones in all of your lives, the most painful will invariably be stuck at the forefront of consciousness and during these times (since late October 2011) all of this will get louder and louder until you deal with these things in effective, grounded, loving ways. Again, what is unresolved (hurts) in your field and consciousness cannot help but rise to the surface to be dealt with – it is not in the natural order of things that you remain in pain.

Trauma is simply another unresolved experience that is coming up for many. The existence of trauma in a person's life indicates that pain and separation or dissociation have occurred in response to something shocking and painful. In many cases, it means that pain has not been faced and dealt with effectively because there has been separation and fragmentation of the self at the time of the trauma. The essential elements of a person are not all there, not all present. Of course the pain has not been dealt with. The person can be in a sort of survival mode and be there for a long, long time if appropriate intervention does not occur.

It is also important to note that trauma can be associated with a wide variety of experiences. Death, injury, rape/violation, accident, abandonment, sudden loss, chronic stress over a long period of time, and other situations can lead to trauma. The model of dissociation that takes over may look the same in many individuals, but the reality of the emotions and pain behind it will differ.

Tom: How can I help people cease dissociating?

Djehuty: First, you must prepare them to understand the impact of what will unfold once they are reconnected to themselves. This cannot be overemphasized. As I described in our first session on this theme several days ago, there is a deeply-rooted, fundamental part of the self that does not leave when fragmentation occurs. This part of self must be strengthened first through a process of grounding, energy work, and affirmations.

I could have said to you the short answer, which is that the person needs to be willing to feel the pain behind the dissociation or fragmentation. But groundwork must be laid for the person to be able to do that.

Tom: Thank you.

Djehuty: You're welcome.

## **26Jan15: The Onyx Crystals are Charged with Ten "Notes"**

Tom: Djehuty, now we have spent almost two hours charging the first set of onyx pieces. It feels great, and the process was in a way more subtle than those when I charge tiger iron and red jasper. Now it's time to spell out the process including the "notes" with which the stones are charged.

Djehuty: Thank you, Tom. Yes, you are right – it is time. When you channeled the above material weeks ago it was not yet time to let you in on the process, mostly because you needed to experience some intense things in order to open to see levels of yourself and personality that relate to the Plutonian archetype. Now you have had transiting Pluto cross your Nadir (IC), and this past week has been a Plutonian doozy for you. That I approached you to begin charging the stones and channel on this document again today means that you are ready to do it.

We have given you ten as you call them "notes" to charge these crystals. Each one is a subfrequency related to Plutonian energy that matches and fits well with the natural energetic qualities of onyx. I will list them and then spell them out, adding comments and notes as we go. The effect of using the onyx charged in this way will amplify the natural tendencies of the crystal and focus energy in the direction of healing and empowerment.

1. Being an anchor: Drawing fragments back.
2. Alignment.
3. It is safe to be whole again.
4. Accepting what has been/is.
5. Ground and focus.
6. Courage to face the terrible/traumatic.
7. Courage to face pain and transform through the encounter.
  - a. Knowing you will survive it.
8. Strength to allow and accept all parts of self/own all possible human motivations.
9. Owning the power of choice.
10. Unapologetic self-determination.

1. Being an anchor: Drawing fragments back.

As described in an earlier section, you must call fragments of self back. They need to know that you are strong enough and willing to heal before they will come back. The other “notes” in this list support creating an environment within you that will make any separated fragments comfortable enough to come back when the time is right. The onyx pieces will serve to stimulate and strengthen the part of the self that is capable of being an anchor for fragmented parts of self to return when the time is right.

## 2. Alignment.

All parts of you need to be aligned with what is best, healthy, right, and true for you. Parts of you that carry fear and those that have been absent or shut off from the rest of you are not aligned. If you choose to live an open-hearted, loving sort of life as a human but carry regret, shame, anger, resentment, fear, paranoia, mistrust, hatred, etc., then you are not aligned. You must consciously and intentionally work with parts of you that carry these fears and angers in order to bring them into the loving fold. Your life should in some stages be a process of recognizing what intense, negative charges you have about certain topics and memories and intentionally bringing those parts of you on board so that they are not distracting you from your goals because they are always hurting. This energy in each onyx piece will slowly nudge the user’s parts of self into alignment. This is one of the processes that can be invisible for weeks or months and then the person may notice a subtle but important difference after that time.

## 3. It is safe to be whole again.

Fragmented parts of self need to know that you know that you are safe. Every time we work with humans through you, Tom, we ask the humans to decide that they are safe in that moment, and to do that enough that it carries over into other moments, eventually becoming a truth that the person has chosen to vibrate. Fragmented parts of self left during trauma and, as far as they know, nothing has changed. If they interact with you at all while fragmented, they sharing with you their sense of disconnection and confidence that it is not safe for them to be with or within you, given the traumatic moment that, for them, lives on. Those using a charged onyx crystal will need to decide that they are safe to keep the return and reintegration process going.

## 4. Accepting what has been/is.

The difficult and painful thing has happened. Choosing to move beyond second-guessing, regret, shame, guilt, and embarrassment is necessary for the healing and reintegration processes. You must accept that what has happened has happened, and we ask you to have faith that there is a purpose to what you have experienced, as your soul creates divinely and signs up for no accidents. All that has happened to you suits the learning journey of your soul, and when you choose to embody faith in this, all that remains unhealed will naturally begin to see healing unfolding.

#### 5. Ground and focus.

The power of your mind has, to many of you, seemed to be in calculations and logical deductions. We offer you that focus is a better power of your mind, as it supports what you as a whole being are unfolding to be your life. The more grounded you are – the more in your body and connected to the Earth – the more in charge of your day-to-day life you are. When you are deeply grounded, what you need to do begins to seem simple, and not worthy of doubt, worry, and fear. Your ability to focus is one of your human powers. Where you put your attention, you create. What you believe, you create. What you are willing to see in the world around you is what manifests. These stones will help you get grounded and that will enable focus, as long as you choose to focus. Pluto relates to the 1<sup>st</sup> or root and 3<sup>rd</sup> or solar plexus chakras. The 1<sup>st</sup> is where you ground to the Earth, while the 3<sup>rd</sup> is where you find your personal power. A link is created when using these charged onyx pieces, empowering the user as he or she becomes more grounded.

#### 6. Courage to face the terrible/traumatic.

Fragmented parts of self need to know that you know you are strong enough to face the fear and terror that they have – that you have – experienced and are still experiencing. You must choose to have courage in order for those parts of self to know that you are the right kind of person to welcome them back and become whole again. If you fear what they fear, they will not come back and they will not reintegrate. Realize that as parts of you, they have a level of human agency and can make decisions. They decided to leave, and they certainly can decide to come back and join you, making you whole once more. The onyx charged in this way will stimulate courage.

#### 7. Courage to face pain and transform through the encounter. Knowing you will survive it.

The terrible and traumatic is about the moment in which whatever happened that made the part leave in the first place. The parts that have left you or partitioned themselves off from your conscious awareness cannot possibly ground the courage to face the pain they feel. You must know that you can handle anything that might come up within you emotionally. Before parts come back, you must be comfortable with and rested in the knowledge (faith) that you are strong enough to face whatever it is that may come up within you energetically and emotionally. The normal process for humans when dealing with trauma and pain is to feel swept away by the feelings. We want you to become serious about developing a consistent grounding process so that you can comfortably decide over time that you are strong enough to face the pain. When you lay this groundwork, when parts come back to you, they will be able to integrate as they will be able to heal through your deep level of confidence that everything is now okay.

#### 8. Strength to allow and accept all parts of self/own all possible human motivations.

As we are dealing generally with Plutonian issues here, we charge you to be willing to explore all the human elements within you. A human is capable of all manner of wonderful and terrible choices and

responses to others' choices. The pieces of your consciousness that may be fragmented due to pain and trauma have encountered painful, dark, frightening, damaging forces in self, other, or the surrounding world. One of the reasons that they leave or partition themselves off is to protect them from the awful experience you are undergoing in that moment. To heal and integrate these pieces of self now, you must come to accept that within the human spirit is the capacity to make any choice, even destructive ones. You must own that you contain all possible motivations. We charge you to adapt to the truth that once you know of what you are capable – anything – then you put yourself in the position of empowerment to make conscious choices. When you know you can create or destroy, love or hate, celebrate or denigrate, you can then align yourself with the choices that feel best for you to make. Most humans fear what they might do if they had power, and yet the truth is that power stems from knowing that you can do anything and then choosing to intentionally operate yourself, knowing that your choices have effects upon self, others, and the world around you. Our charged onyx is intended to stimulate the holding of Plutonian space within you, allowing the wide variety of motivations and choices available to you.

#### 9. Owning the power of choice.

You can, in fact, do awful things including the kinds of things that have been done or happened to you that left you traumatized. *You absolutely must own the fact that you can do anything and that you have choice about how to use the power of choice that you already possess.* Your nature as a Divine being rests in exploring the power of choice. The entirety of human history is an exploration of how to gain, create, maintain, and increase power because you are here to learn how to go from modes defined by fear into those defined by love as you feel separate from the Divine, from God/Goddess, from All That Is. But you are currently in need of a redefinition of what power is. *It is in absolute, unflinching, unashamed self-knowledge and absolute, unflinching, unashamed self-acceptance.* It is not about anything external. Owning your power of choice means embracing all levels of your human self and potentials and then intentionally moving forward in the ways and for the reasons that matter most to you. If you no longer fear what might happen or what you might do, you are free to inhabit the Divine on Earth, what your soul – your very own portion of All That Is – is rooting for you to figure out as you live your human life. If you no longer fear what others, society, or the Earth might do to you, you free yourself to live fully and robustly, opening to give the gift of you your soul is trying to get you to figure out how to allow to be real and manifest.

#### 10. Unapologetic self-determination.

When you know and accept who you are on all levels without apology, you become in charge of your life. No one can control you. Regarding trauma, it will seem to the parts of you shaped by it (including those that left and those that remain and feel fear that it could/might/will happen again) that others have control or, perhaps, that no one does, and the universe is just a chaotic place in which any old awful thing can happen no matter what you do. Knowing and accepting the parts of

you that you know you want to celebrate as well as those that carry fears, pain, hatred, resentment, anger, etc., you become the kind of person who recognizes that your choices matter. You see that they create reality. And you choose on a regular basis to view yourself as a Divine being learning what it means and costs to make choices and deal with the consequences. In this state, you are cocreating with life, the universe, All That Is. You see that threads in your consciousness carry unattractive and distasteful emotions, and you own that as part of who you are. You no longer fear what you might do, and this leads to you inhabit a sense of power that is self-contained: You see on a regular basis that your choices stem from attitudes and that they both create the world around you. You get the truth that you are not being acted upon by others and the world, but that all that comes to you serves you by matching a vibration within your consciousness, or your energy field. In this state, you unapologetically call the shots in your life. You determine what you're available for without the fear that you don't have the right, or that someone else will get in your way, or that chaos could ensue at any moment and you probably need protection. If you come from a history of trauma that is carried with you now, realize that major elements of your self may live on the defensive, scanning the world to look for potential threats. When a human lives on the defensive, growth through transforming into choosing love is not an option. Living in that way is a clear illustration and indication of the presence of fear and, more importantly, a person's choice to identify as someone who needs to be afraid, as a victim.

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For those working with a charged onyx piece, you can sit down with the stone and focus on one of the ten "notes," whichever one you might drawn to on a given day. You might work with for a few minutes two or three times each day this until you feel your energy foundation or flow noticeably improved and then move on to work with another. Or you might work with one of these themes routinely for what seems like a very long time. Always keep in balance and check in with yourself to see what is needed, what is too much, and what can be shifted. We charge you with the responsibility of regularly scanning your body, emotions, and thoughts in order to monitor your experience and progress. Always take care of yourself and put your self-care above all else. Always be realistic about where you are, what you need, and what needs addressing.

As you work with these pieces of onyx charged with these energies and "notes," intentionally bring in two other factors. The first is realizing that you need to grieve the thing that traumatized you in the first place. Grief may come up as you face the memories of what has hurt you, as you deal with the feelings and face the fears. It will come through as waves of other emotions – fear, anger, etc. – rise up and then break. In their wake may be a sadness that is more than a simple kind of sadness, signaling a need to allow for deep processing in the vein of grief. Grief takes time to unfold, and

know that if you are willing to go there, it does not mean that happiness and celebration are gone and done with in your life; know that it is temporary.

The second factor is that forgiveness of self and other for all that has happened is critical. This is almost implied in the “note” about accepting what has been/is, yet you need to intentionally approach this. It may not happen overnight, and you cannot force it. A good strategy is to choose regularly to rewrite the history of what has happened that has hurt or traumatized you to fold in the logic of soul, which is that what you vibrate is what comes to you. The fact is that if we do not feel safe, we will attract to us situations and relationships that make it true. As an energetic being, you are constantly manifesting in your surroundings what you feel, believe, suspect, fear, love, and hate. Even when you consciously generate love, if you have not gone through a forgiveness process there may be parts of self that continually vibrate something other than love, jamming the signal and gumming the whole process up. If you want to create real change in your life in the direction of spiritual and consciousness elevation and improvement, then you must go through your history and rewrite the narrative attached to the facts of what has happened to you and choose to see what has gone down as reflective of what you have vibrated, not as punishment for wrong doing, being a bad person, or something like this.

The Plutonian archetype is one within you that has you face what seems bigger and stronger than you are. When you live this energy in notable ways, you find that you are not sure you can overpower something, someone, or some circumstance or you are not sure they will not overpower you. Thus far in human history, you have all been cycling through notions of power derived from and defined by external markers of manifest reality – money, influence, status, etc. Now you are ready to get know the truth of power from the inside out, from owning who you are and intentionally choosing how your life unfolds.

As you work with charged onyx on Plutonian issues of all kinds including pain, trauma, and PTSD, you will encounter parts of your self that need to be taught what true power is and does. You will, in other words, encounter fear coming to the surface. Work with this channel if you need support along this path, as I vouch for him as an expert guide through the difficult realms of Plutonian reality in all its forms and permutations. But you are going to need to face what makes you feel powerless and less than strong and, I need to say, weak. The words strong and weak have such deeply-ingrained connotations for many humans. Take the opportunity now to identify while using charged onyx those pieces of yourself that you perceive or observe to be weak and alter how these vocabulary words float around in and are anchored in your mental space. Remember that what you think and believe is what you create into being in your life! As you meet these parts of self, choose to alter the descriptions attached to them. Decide to accept that any part of you that feels or looks weak is, in

fact, shaped by painful experiences and is ready to learn a new way to view your experiences and itself.

Accept the challenges I have laid out for you in this document and you will be on your way to reintegrating fragmented pieces of self and owning your true power as a human. If you observe that you are or have been traumatized, decide that you are not a victim but someone in process of learning a critical thing all humans must learn about how to effectively deal with pain and fear. Always view yourself as a work in progress learning bigger and bigger things as you go, especially as you live in the era surrounding and following late October 2011, when the Mayan Long Count Calendar ended. Remember that the veils between dimensions have dissolved, and that you are learning now about the fact of your multidimensional nature through a crash course of dealing with deep, intense, unresolved issues from many parts of the Earth timeline – from your many lives lived on Earth. Always remember that you are not crazy or unhealthy, just as you are not wounded – you are learning awesome things as you confront parts of you that are not yet fully in touch with your power as a Divine being, learning to make choices from a loving place while dealing with the reality of choices made from fear-based places.

All of you are in process, and all of you will make it happily to the other side if you are willing to change, adapt, release, heal, and empower yourselves.

Thank you.

Tom: Thank you, Djehuty, for your teachings and commitment to support all of us in our evolution.

### **Afterword: Charged Onyx and Its Energetic Effects**

Tom: Working with a charged onyx piece may bring up deep, profound emotions. Be intentional about how much time you spend with it. It may feel great to have with you for a bit and then not feel that great – be gentle with yourself and ease into the process.

Because these stones are, essentially, tuned to frequencies that relate to the archetype of Pluto, issues stirred by these stones will come often from your subconscious. Things may sort of sneak up on you after carrying or meditating with the stone, and we ask that you choose to remain aware of its potential effects on you.

You can stay in touch with me via email with questions and comments, yet I will trust that you are willing and able to monitor your progress using the crystal in conscious ways and not overdo it. Some of the issues that arise with use I may recommend having a session to work with, but there are some simple questions that will come up and I invite you to be in touch.

I'll share a bit of my personal experience with a charged piece of onyx this past week. With tiger iron and red jasper, I've been able to have them periodically next to my pillow while I sleep, when I feel I want to spend more time with one of them. When I put my onyx pieces there the other night, I felt a bit overwhelmed. I have the 3 for me together in a small plastic bag, and if I do it again I'll use just one for this purpose. The overwhelm felt like a mysterious thing that might be hard to look at, trying to creep to the surface, and I felt a sense of forboding. It turned out to be fear of death. I removed the pieces to the floor a few feet from the bed and went to sleep. The fears of death continued for a second night, so that as I lay in the dark and quiet on each of those two nights, I had a sense of recalling a handful of other-life moments just before death, when the unknown was frightening. Intellectually, I perceive (and have been told by numerous dead people and spirit guides) that it's not a problem when it happens, but my human attachment to mind and ego apparently doesn't want to voluntarily give up being a person. It's something I need to process and make peace with.

The afternoon after the first night, I took a nap for 10 or 15 minutes. It was intended to be longer, but I had a dream that I had weird and unpredictable diarrhea. In the dream, I was on a toilet and kept thinking I was finished, but the unexpected kept happening in an uncomfortably dramatic way. When I woke, I realized I did have to use the facility and it was, in fact, a bit not normal as in the dream, but not as dramatic. Onyx and Pluto are related to root or 1<sup>st</sup> chakra, and energy moving here can indeed stir the colon into abnormal reactions. It's nothing to worry about if you know it can happen and that it will pass.

A third experience that I expect many will have is the return of parts of self that have left. At the gym, I found myself watching the local news without sound on the big television mounted to the wall, which I never watch. The weather came on. I noticed that the center of the map with the temperatures was Tucson, where I live, and I became anxious. I realized that I hadn't been informed that I live in Tucson, and I felt like I missed something important, or that I was waking up in the middle of someone else's life. This is normal to feel when a part of self comes back. In the past, I've experienced this as surprise and confusion, and a need to quickly brief myself on where I live and what I do for a living, and the names of some of my friends (see *Seeing Through Spiritual Eyes: A Memoir of Intuitive Awakening* and *The Soul's Journey III: A Case Study*). This time, though, it didn't occur to me to do this; I was just confused. I ran through my mind how this could have happened – this living in Arizona thing – and eventually went to find my girlfriend on a treadmill to tell her, in case that would help. She sort of looked familiar, and I could tell that we're connected,

but I felt different. That was 1 day ago as of this writing, and the effect is lessening. My voice is a bit different, however, and I feel softer and more sensitive to my own emotions in one way. I'm less stressed about the prospect or promise of doing, and more in the moment. If you experience this kind of confusion, tell yourself your name, spell out your street address, name your profession and a few hobbies, and go over the names of loved ones and friends to give the returning part of yourself a chance to get used to the details of your life. The return of a fragment of self may also be indicated by you being confused about your physical features or name, or your profession or beliefs/ideas. In the past, I've been confused about why I have square or such big hands, or why my skin is the color it is, or my height or gender. Even once feeling that I must be dreaming because there's no way I'm this tall, feeling my center of gravity to be off. All of this is normal when working with returned fragments of consciousness.

I write these experiences here for you not to turn you off from using a charged onyx piece, but to let you know that as energies are moved, emotions are felt and parts may return. And since these are Plutonian frequencies, some of the results might seem a bit unnerving at first. I'm taking a few days off from using my onyx to give things a rest – as I recommend everyone do regularly – and will post updates to my blog as I gather more experiential data.

### **Possible Physical Effects of Using Charged Onyx**

In general, seek medical advice/attention if something serious develops. I do not expect it to, but be aware of what's going on with you. In general, with anything physical resulting from the use of a crystal, I advise you to decide that you are stronger than any fears or other feelings that may rise to the surface while using it.

Pluto, in my experience, relates to the 1<sup>st</sup> and 3<sup>rd</sup> chakras. As the 2<sup>nd</sup> is between them, it may also be affected but it wouldn't be activated without the 1<sup>st</sup> or 3<sup>rd</sup>.

The 1<sup>st</sup> chakra is located around the anus, so lower digestive tract can be affected. This center relates to a sense of safety and belonging in family, community, and the world. Basic survival needs and beliefs fit here, too. Temporary gas, bloating, diarrhea, and weird noises and machinations even if you don't vary your diet are possible. You may suspect a particular food or supplement is causing it, and it's find to ease up or stop eating or taking it for a while to let your system adjust. Temporary blips with muscles, tendons, and bones in feet, legs, and hips may occur. After any such blips pass, you should feel the affected part of the body more open.

The 3<sup>rd</sup> chakra is located in the belly, the solar plexus, above the belly button. It's about personal power and self-esteem, as well as how we judge ourselves. Regret, judgment, shame, guilt, and doubt

live here. Much digestion and processing of nutrients takes place here. Numerous soft organs are in this area, and temporary discomfort with any of them may occur. Heartburn, indigestion, abnormal kinds or volume of belching, feeling full without eating or feeling hungry after eating, being a bit distended, and feeling tender in this part of the body could occur as a result of using charged onyx.

The 4<sup>th</sup> chakra is the heart center, located in the middle of the chest. Feelings, emotions and emotional needs, and compassion (or the withholding of it) affect this energy center. It's possible that the deep emotional things that can come up using these Plutonian frequencies may temporarily affect lungs and heart. If you feel something serious going down, seek immediate medical attention. Just be aware that waves of emotion may attempt to come up to break. These could be latent or buried anger, frustration, jealousy, bitterness, resentment, rage, or others, and all of them want to resolve into tears. Stay grounded and in your body, and if you are uncomfortable, ease off on using the onyx. Decide that you are willing to feel your emotions and decide that no matter what they are, you will make it. Decide that you are stronger than any fears that may come up.

The 5<sup>th</sup> chakra relates to what truth we have surrendered our personal power to, and is located around the throat. Jaw tension and/or cracking, neck tension or tightness, and upper shoulder tightness could occur. Decide to intentionally surrender to what is true and, if the effects are serious, seek medical help.

If you uncover a deep truth that opens your mind widely in a surprising way, you might have effects on your 6<sup>th</sup> chakra, the mind center. Headaches could temporarily occur including migraines, even if you've never had them before. Plutonian awareness can involve situations that challenge us or parts of us at first find hard to understand or wrap our minds around. Decide to see things clearly and that you are willing to discern the causes behind what's present and unfolding in your life. Decide that you are willing to own your own vision and that you are willing to do something about it.

## Resources

1. Processing Trauma and Grief Meditation/Energy Work Sessions – four 60-minute mp3s.
2. Free 13-minute meditation mp3 to ground and open/clear the heart.
3. Charged tiger iron for grounding (lower 3 chakras).
4. Charged brecciated red jasper for better boundaries and money and relationship issues (2<sup>nd</sup> chakra specifically).
5. Channeled books:
  - a. *Approaching Love*
  - b. *Understanding Loss and Death*

- c. *Goddess Past, Present, and Future*
- d. *Conscious Revolution: Tools for 2012 and Beyond*
- e. *Conscious Living, Conscious Dying*
- f. *Slavery and Soul*

All are available via [tdjacobs.com](http://tdjacobs.com).

## About Djehuty



Djehuty (a.k.a. Thoth, St. Germain, Merlin and Hermes) is an ascended master. He has been made a mythological and/or deified figure in all Earth cultures. He represents the Hermes archetype – translator, teacher, scribe, and mediator. His commitment is to serve humanity by teaching humans how to evolve and move toward the evolutionary goal of the manifestation experiment: Learning in human form to remember their divine nature as the source of love and, thereby, embody the power of divine love.

## About the Channel



Tom Jacobs is an Evolutionary Astrologer, Energy Worker, and Channel. A graduate of Evolutionary Astrologer Steven Forrest's Apprenticeship Program, Tom has a global practice of readings, coaching, and tutoring to help people understand what they came to Earth to do and supporting them in making it happen. He is the author and channel of 16 books on astrology, mythology, and spirituality and original astrological natal reports on Lilith and 2012 & emotional healing. Tom produces energetically programmed crystals for opening, healing, releasing, and balancing. Contact Tom Jacobs via <http://tdjacobs.com>.