

## THE THREE BIG 'S' **Clearing & Healing Marbles** – The Journey from CHALLENGE to CONSCIOUS CHOICE by Martina Grubmueller PART II

- *Self-Mastery*
- *Self-healing*
- *Sovereignty .....the three big SSSs*

You are not alone you are not a clone. Are you feeling afraid, playing a role or two or three or thousand roles and more? Away from the ground, head in the sky, watching over others, healing the sick, endlessly empathising, teaching struggling students without rest? Or are you here to hear the whispers of your own music, to listen to your own song of soothing the pain of the past, shedding the skin of limitation? If your ears could hear you calling for the authentic human in you wanting to be acknowledged and loved by you, no matter what, what would you tell them?

Are you on the lookout for a certain someone? YOU? YOU the master of the I, YOU the healer of the AM, YOU the bearer of sovereign gifts to the I AM.

A man, a woman, flesh, bones, blood, legs, arms, organs and all, walking the walk, talking the talk, singing the song from the purity of your heart. Can you be here right now, feeling, emoting, being, on this planet, on this earth, fully joining in the dance of all those 'man-infested' bodies without judgment, without overthinking, without doubt & hesitation, with a raging fire in your belly and pure commitment to discovering your individual path leading you to illumination?

What does it feel like to be human, to have a physical body? Does it hurt? Yes, it does at times. Pain, no longer just generated in ignorance through tacit consent but understood from a place of awareness, growth and gratitude, a mature appreciation that there is no separation between health & sickness after all. Both are just two different states of being pregnant with opportunities to learn, to breath, to live greater. Allow yourself to feel the humanness in the very bones and observe the aliveness in a body that you can choose to truly honour. The natural sweetness, innate kindness, the raw explosive intensity, a glorious, orgasmic trance constantly broadcasting polarity and contrast that only we humans can perceive, receive and alchemise into greatness. Can you be with the intensity we call pain, physically, emotionally, mentally, spiritually and still smile?

With an open mind, a belief engine that does not judge, does not expect, does not project, you can be here and there, you can be everywhere. But for now, just now, can you be here, just here, in this chosen body tasting the bitter sweet tears of your own medicine? Can you keep a secret or is there no secret space left in your body fiercely holding on to hiding the magnitude of all the secrecy built up over lifetimes? Let me tell you a secret about secrets. They are fucking crazy! Did you know that we keep secrets based on lies? In unawareness, we often buy these weird points of view from others, in the womb, in the years of innocence and concrete them into our hearts, feeling guilty schlepping them around, without knowing that they are not even ours. Those are the ones that create the lie of impossibilities, the lies of what and who cannot be changed? Today's secret becomes tomorrow's lie.

How much have you been invalidating your own knowingness, your hopes and dreams, your needs and wants to keep them hidden from your parents, your brothers and sisters, your peers, your friends and colleagues, your clients, from the creator itself? The secret of a secret is that it's secret – even from yourself! Grounding, inhabiting your body fully, being present and vulnerable is impossible without exposing all your secrets to yourself. Secrets are barriers and barriers divide. They separate us from us and our loved ones, from seeing the oneness in all that is. What secrets have your secrets that create the lack of opportunities? What if you'd stop being a cow, a coward? Cowardice keeps you from speaking your truth about what really goes on inside yourself? Would that raw energy of vulnerability set you free or would you rather be right? Can you be vulnerable and see the strength of it rather than the falsely indoctrinated wrongness that is actually a strongness?

This individual spiritual awakening is not about escaping this reality but all about bringing more of all your parts, shards, and avatars, of who you truly are, ever was and will be, into harmonious communication with this biology. This is why you have come to earth. To be an ever evolving student in this hard school of knocks going for your double PHD, to learn through experience and to explore the many perspectives available on this planet through the millions of years of

time line wars. Part of that remedy & resolve is you connecting to the planetary mind, the galactic universal mind using courage and determination and engage your inner genius to spark imagination, imagery and magic. The paradoxical I AM Apex you will have to master the final collapse of roman numeral fraud time and reconnect with earth, galactic and universal time. You are here to master the healing of you and your selves, the remembered and the forgotten ones. Find them, heal them, set them free and you will be rewarded a millionfold. Your evolutionary growth happens through acknowledging what IS without a biased contemplation. Enjoying the journey in all its contrasting colours, allowing yourself to fail, to make mistakes, to revel in the joy and misery of being fully human is the trick. And then get back on track, close all the backdoors and commit to yourself, nip that inner rebel in the butt and thank him for his services when you needed him most.

Now, take a moment in this no-time and focus your attention on your breath. Close your mouth. Allow the cool air to enter your nostrils, brushing against your nasal hair, travelling down your palate, your cheeks, your teeth, your oesophagus, down the throat, the lungs, the heart, the chest, the stomach, the pelvis, the legs, the ankles, all the way down into the soles of your feet. Feel and acknowledge the consciousness expressed in your DNA vehicle of experience. Connect to the earth below your feet, connect to the energies above your crown through an invisible stream of consciousness along the spine. Move your fingers, move your toes, allow the head to sway from left to right and right to left. Receive the gift of breathing the self into an embodied spiritual being in this moment of now.

Now, for just a moment consider all directions you can move towards, you can step in. You are never stuck. Use your legs, move to the left, move to the right, the front, the back – an array of different possibilities to expose all unhappiness, collect more learnings, insights, knowledge, wisdom on your path to grounded galactic beingness of all the authentic YOUs. Allow your multidimensional existence to have an experience through this flesh suit, skin and bones, feelings and all. Allow the physical movement of your body to awaken the music within you, the sacred flow to the sound of your eternal voice irresistibly manifesting in the now. Take that one step, take it now.

You seem solid but are you truly that? When you are in the dark we cannot see you. It is the magic of the light that illuminates your reflection, the energy field of you and around you giving you shape and form. You are a creator being of light, you are the healer of the self, flesh & bones, mind and spirit and beyond. Allow the pranic breath of life to ground this ecstatic energetic power of who you truly are a part of, into your physicality. Utilise the breath to bring you fully into YOU, your body, your potency, your confident expression and existence. There is no other, more powerful than you, there is only one source mirrored and reflected through all of us, diversely, uniquely expressed in squidillion ways. It is your birth right and responsibility to fully connect to your DNA skinsuit that you have chosen to walk in, to talk as, create with, to express joy and compassion through. The time is now to build your own solid foundations or you will keep looking for yourself in others forever.

Lighten up, shine a light onto the forgotten parts of you that falsely keep you on a pedal stool, looking down on to earth instead of being rooted and grounded. Stop struggling to maintain a footed stable position in your life, you are a manifesting co-creating being of natural evolution. It is time to master true courage and consciously grow through major life cycles no matter what force is put upon you. Remain firmly seeded, divinely guided and earthly nourished. Name your powers, release your limitations, reveal your secrets, raise your awareness and keenly acknowledge your body and mission you have chosen to play within this cosmic earthly game.

Good food, fresh water, exercise, mantras, sex, breathing, meditation, revocations, invocations, ceremonies, rituals, dreamtime exploration .....it all helps. Mix it up, monitor your progress, make time within your day, your week, your month and year and do not fall prey to zealotry, militancy even spirituality. Sovereign multidimensional living includes everything and judges nothing. Only when we step out of judgment of the self and others we have healed our old wounds of aggression, obsession, hurts and rejection. Be the masterful and worldly urban shaman, intending and attending to your ceremonial fire and once the sacred part is over move on to the recreational part of the practice of being human.

Can you be fully present in your body and stay infinite at the same time? Acknowledging the corporal position you chose for being in this world and yet do not overly identify or entangle with it, through having to control it or being

controlled by it? Who or what is running and controlling your reality? Can you see through the lies of domination and manipulation, stand on your own and yet maintain a balanced and divine connection?

Frantically seeking definition, validation, gratification kicks you out of infinite potency and self-empowerment. It keeps you dreading the unknown, going backwards instead of forward towards the edge of unknowingness where the magic unfolds. What if controlling bodies, defining heads, choosing grand ego missions over personal happiness, determining outcomes takes you away, million miles astray, from your I AM Apex self, you, naturally living in alignment with your body with your purpose? You owe that to yourself, the legacy of I AM HAPPY NOW.

For all those ill-advised superior bastards and bitches out there that think they have to support & protect, help & heal, mentor & counsel other people, friends, family, colleagues, partners, lovers in the name of spiritual empathy, without being asked, let this be your wakeup call. Forcing unsolicited facilitation and information onto others is not useful; it is often misidentified as a positive psychic ability but can be very disempowering for both, the giver and the receiver. You are here to honour the journey of your fellow traveller in whatever shape and form. Part of the sovereignty teaching is to not tread on other people's journeys no matter how hard and painful their odyssey seems. Can you see the potential in others and yet be in allowance of their choices? Just because they've got success written all over their face does not mean they will choose it within this lifetime. Let go, move on, step forward as the leader the other may or may not want to follow. Sov-REIGN-ty: reign in your sovereign power, reign over the kingdom of me to establish clarity and focus first and exercise your authority over personal choices and possibilities eventually actualising them into contributions to the self and the kingdom of we.

How do you position yourself in this world? How do you get people to "see" you in all your colours? How do you manage to bring all of your selves, together in harmony, in balance, in total allowance of what is, was and ever will be? Imprinting your vision into you, acknowledging the innate healthy blueprint of you, making present moment choices that can create long term rewards over lifetime, generations, eras of light? Grounding you so deeply in all your glory that the depth of your lightness, the tone of your voice, can take you places, spaces of energy and consciousness without ever having to deny and let go of your simultaneous earthbound existence. No more traumas, let go of dramas, gossip takes your breath away.

Self-healing and self-mastery are total game changers. Enduring pain in order to gain turns into applying enthusiastic effort to your joyful contribution. Obligations transform into conscious choices that may or may not work out as planned and that's ok because you can always choose more. Commitment, integrity following the path of right timing and heart's discernment instead of curiosity learning and blindly going along with the latest trends and gurus take the place of procrastination. Having to pay for motivational classes to take action is a story of the past. Once you found your inner fountain of wisdom and generator of passion you can start cocreating with likeminded tribes and create a web of interconnectivity in service of the ones that willingly seek support and inspiration.

If you not know the energy of total surrender, how will you ever know what is truly possible? What do you know how to be or do with your body and for your body that you've never had to do or be because you followed the script of the role assigned to you? You are the master of your own making. You are the choice maker, the choice taker. In this place of endless choices can you trust and invest in your heart to follow the energy of joy and compassion?

Improv laughter is healing. Being in sensual and sexual communion with another is healing. When you think of laughing, think of cuddling in your lover's arms, when seeing the beauty of you reflected in the flowering rosebush, the playful kittens - in those moments of infinite bliss, joy and grace you are living by your divinely orchestrated plan. What if that is enough? What if being a master of joy is enough to assist this world to move further into ascension? All the hidden secret places and spaces you think you are trapped, all the prisons of mind that keep you captured, all the old missions that have you incarcerated, that hold you back from being you, being true to you, choosing you and for you, no longer have authority over you. Fire them, pink slip them, eradicate them, send them packing with love and your utmost forgiveness.

Are you constantly on the look out for yourself or don't you want to be let down? Which one of those are you? You know there is a time where we need to start taking responsibility for the level of our awareness that tells us that we are

the creators of our own reality. Chasing and blaming others for what they have done to us just does not cut it anymore. The moment you start valuing yourself others will perceive you in a different light. They'll either want to be close to you or they will disappear as they can no longer force a match to your signature frequency. Emotional intelligence is all about using your emotions as an internal guidance system and not being run and triggered by them without choice. As long as you are still harbouring anger, fear, shame, blame and guilt in your very cells you'll run the risk of being consistently kicked out by your programs without you having a say. Move in unison with body and mind, sing with your authentic voice, taste with your curious tongue, release tears through your all seeing eyes, allow your heart to hear your ancient song of innate wisdom, of long lost camaraderie, of love never ending, grounded in your being, uploaded in your DNA memories. Healing the self is all about not letting the emotions trigger you into false action and reaction. We are here to master our emotions and use them for the benefit of creation and as teacher tools to other worlds.

Who wants to liaise with an entity infested body? All the for rent signs on your body, is now the time to take them down and own and claim your skinsuit for yourself? You are no longer contractually bound to mediocrity. Acknowledge your agreements made in unknowingness and remove your signature from these ancient contracts signed in other dimensions, timelines, galaxies and universes. Keep sending those parasitic energies back to whence they came from to never return to your reality again. Don't let your trickster selves run your reality? The willingness to stand up and out is equal to the value that you put onto you, as the I AM presence now. Audit out all those ancient habitual versions of yourself that do not support those extraordinary states of compassionate human consciousness. Become aware of your energetic make up and acknowledge the impact of your environment. Don't use it as an excuse to play the victim game but understand the importance of the choices that you make and the ones you don't make. Not choosing is still a choice.

All the convoluted ideas of what self-mastery, self-healing, sovereignty should be, is and ever will be, sticking you, nailing you down, boxing you in, throwing you off track, making you constantly seek higher grounds of fake groundedness dissolve them. Just breath the breath of life, of life force, of simple divine knowingness, of trusting into your body, your soul, your mind and let it all go. Settling for the familiar is not healing neither does it create more. Seeking comfort and hiding behind one's greatness is not mastery. Flying with the eagles as well as pecking with the chickens is just a choice. As long as judgment, the grand dark master of charge and polarity, is still at war with our awareness we are still caught up in inferiority, in competition with the self and others. So often we are addicted to validation, outside gratification, matching other people's signature frequencies in order to find meaning and value. All addictions are dishonouring your existence in the present moment, they are lack of respect for your body, your health, your innate wisdom. It is ok to not always feel part of a grand and glorious mission, to acknowledge being different, weird, not normal, an outsider – outside of what, the false 3D matrix box? Your willingness of being uncomfortable is a good start to get you onto the journey of self-mastery. Breaking through those barriers of extreme discomfort exposes the beauty and connectedness that lies within, it can reveal your levels of resistance that keep you from changing.

Find the heartbeat of mother earth inside yourself and deepen the experience of your yin, your female core for boundless, masterful creation. Acknowledge your yang, your male expression of relentless, fiery fierce commitment for re-birthing yourself as the grounded, sovereign I AM APEX master. Allow mother earth to reach towards you, matching heart beats, whispers of love, allow her to take you in her gentle embrace of nourishing and nurturing touch. Allow Gaia to sweep you off your feet with her radiant life force, calm your emotional tornadoes with the most transformative energy to propel you back into grounded love and unbiased compassion.

Can you feel the real pranic life force moving through your body asking you to not give up on YOU, your self-healing, your self-mastery? Can you perceive, hear, see, taste, smell the benevolent astral beings leading the way, guides and guardians nudging you to fortify your sovereign state of being, shaping and moulding pure sacred neutral awareness into sounds, words and form?

Be YOU, be grateful, be beautiful, be here now the healed and sovereign master, only then you can move into a joyful future as one of the humanoid galactic teachers of the new explorer race. Aho

*(inspired by my work with Andrew Bartzis, Access, Metaphors of Movement and life)*