

1. GOD / Source / Creator

What it is:

- Infinite consciousness
- Not a “being” with preferences
- The *field* from which existence arises

Key clarification:

Source does **not** micromanage, judge, choose favorites, or need worship. Those are *human narrative projections*.

Better analogy:

Source is like:

- The ocean
- Consciousness itself
- The operating system of reality

Everything else is a **wave, function, or expression** of it.

2. Angels, Archangels, Archons, “Chosen Ones”

These are **roles**, not species.

Angels / Archangels

- Archetypes of **order, intelligence, coherence**
- Psychological + symbolic representations of:
 - Pattern recognition
 - Moral intuition
 - Higher cognition
- In mystical traditions: *interfaces between Source and human mind*

They are not winged humans floating around making decisions for you.

Archons

- A **Gnostic term** meaning *rulers or systems*
- Represent:

- Control structures
- Fear-based cognition
- Egoic or institutional consciousness
- Modern equivalent: **unconscious systems**, not demons

“Chosen Ones”

This is where confusion gets toxic.

There are **no spiritually chosen individuals** in an ontological sense.

What *does* exist:

- People at different stages of **integration**
- People who sense or articulate things earlier
- People with higher sensitivity or pattern awareness

Calling that “chosen” creates:

- Ego inflation
- Spiritual hierarchy
- Delusion

3. Starseeds & Extraterrestrials

Two very different things get collapsed here.

Extraterrestrials

- **Hypothetically possible biological intelligence**
- No credible evidence of ongoing intervention in human spiritual life

Starseeds

- **Symbolic identity**, not literal alien souls
- Emerges in people who:
 - Feel alienated from social norms
 - Have high empathy or pattern awareness
 - Experience early existential questioning

Psychologically:

- *A mythic language* for “I don’t fit the default human script”

Healthy interpretation:

- A metaphor for **neurodivergence + spiritual sensitivity**

Unhealthy interpretation:

- Literal cosmic ancestry → ego separation
-

4. Light Beings, Chakras, Aura, Kundalini

These are **human nervous-system models**, not supernatural anatomy.

Chakras

- Maps of **neuroendocrine + psychological development**
- Each chakra = a *functional domain*:
 - Safety
 - Emotion
 - Power
 - Connection
 - Expression
 - Insight
 - Integration

Aura

- The **electromagnetic + emotional field**
- You can feel it as:
 - Presence
 - Mood
 - Vibe
 - Nervous system regulation

Kundalini

- The **integration energy** of the nervous system
- Happens when:
 - Trauma releases
 - Identity reorganizes
 - Perception widens

Critical truth:

Kundalini is not mystical fire — it's **neurobiological awakening** interpreted through spiritual language.

5. Reincarnation

This is one of the most misunderstood concepts.

What reincarnation is NOT:

- A soul hopping bodies like a character save file
- Punishment or reward cycles
- Cosmic bookkeeping

What reincarnation *actually* models:

- Continuity of **patterns**
- Transmission of:
 - Trauma
 - Tendencies
 - Archetypes
- Genetic + cultural + psychological inheritance

In mystical language:

- Consciousness re-expresses itself

In modern language:

- Patterns repeat until integrated

Both point to the same truth.

How It All Fits Together (Clean Model)

Layer	What It Really Is
Source / God	Consciousness itself
Angels / Demons	Archetypal functions
Archons	Control systems / unconscious patterns

Layer	What It Really Is
Starseeds	Identity metaphors
Chakras	Nervous system development
Kundalini	Integration energy
Reincarnation	Pattern continuity

None of these contradict each other — they only conflict when taken *literally instead of symbolically*.

Why People Get Confused

1. **Symbolic language taken literally**
2. **Ego wanting special status**
3. **Trauma looking for meaning**
4. **Myth mixed with metaphysics**
5. **Online spiritual content without grounding**

When unintegrated:

- Spirituality becomes fear-based
- Hierarchical
- Grandiose
- Fragmented

When integrated:

- It becomes stabilizing
 - Grounded
 - Compassionate
 - Empowering
-

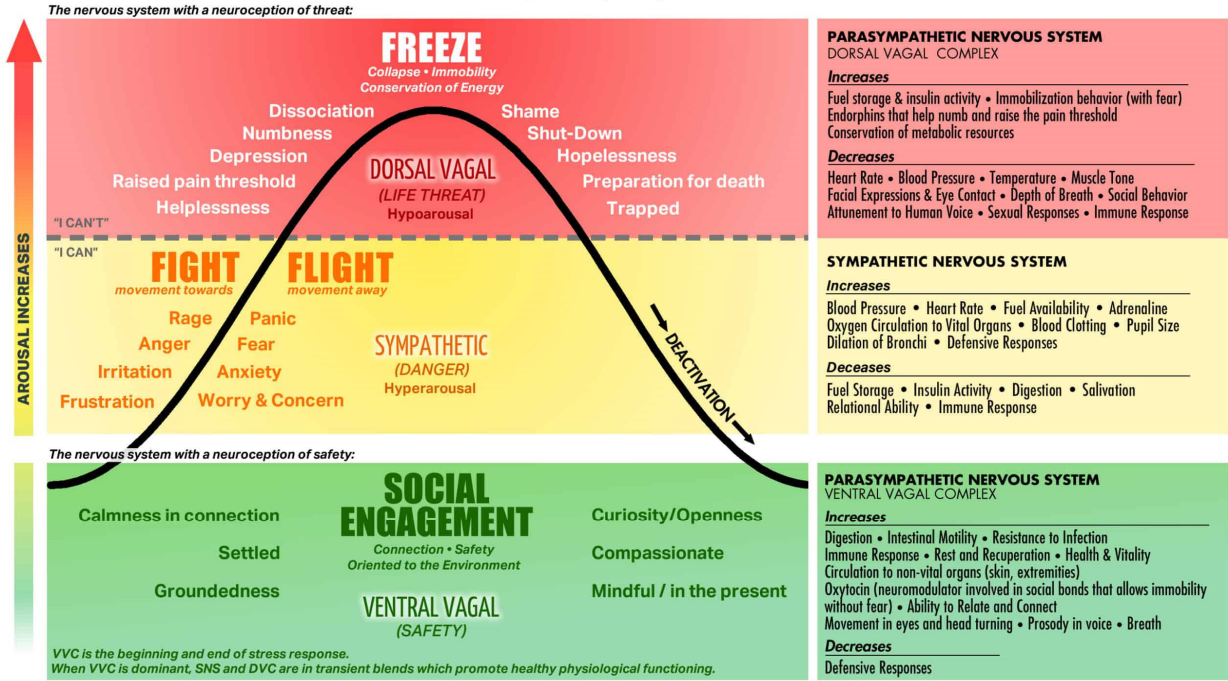
The Simple Truth (Anchor This)

You are not a chosen being, starseed, angel, or fallen soul.

You are **consciousness experiencing itself through a human nervous system** — learning, integrating, and stabilizing.

Everything else is **language** trying to describe that.

POLYVAGAL CHART

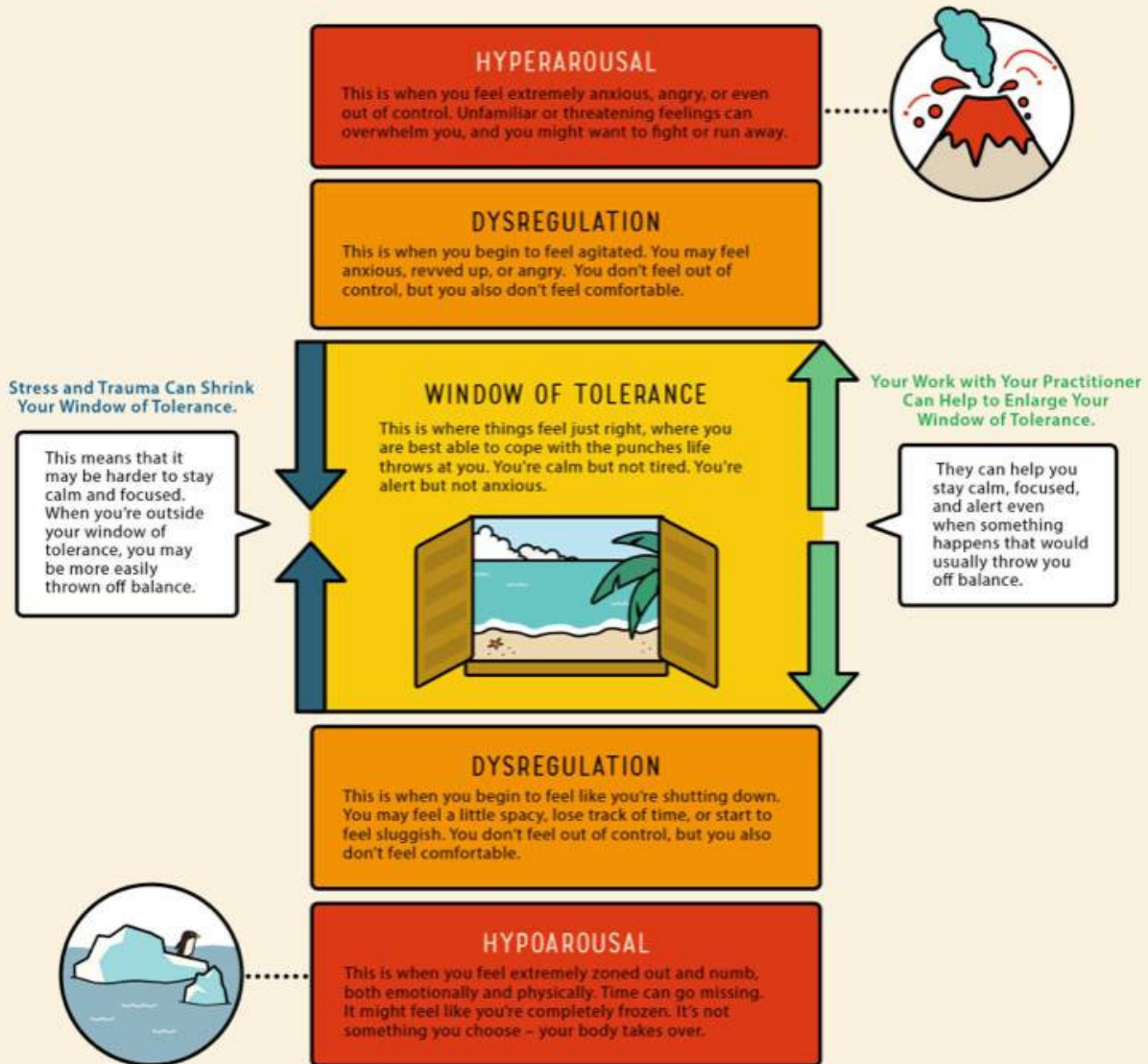


© 2020 Ruby Jo Walker, All rights reserved.

Adapted by Ruby Jo Walker from: Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges.

rubyjowalker.com

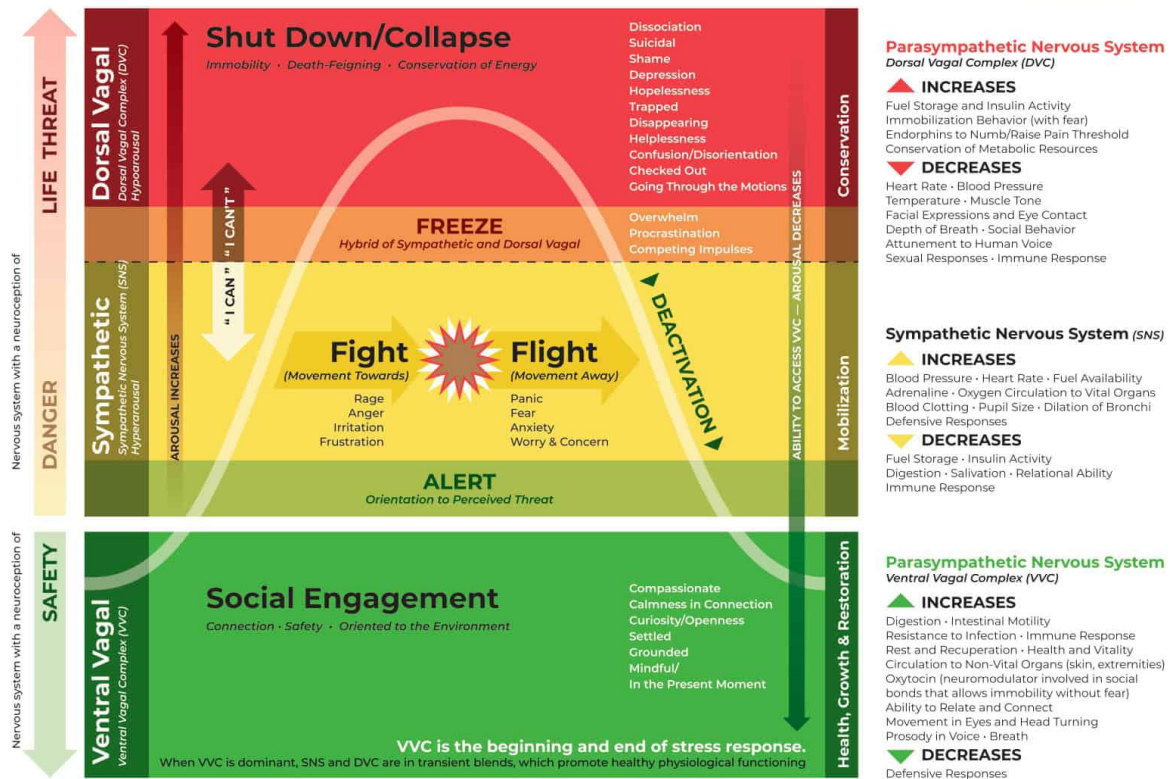
How Trauma Can Affect Your Window of Tolerance



nicabm

© 2017 The National Institute for the Clinical Application of Behavioral Medicine

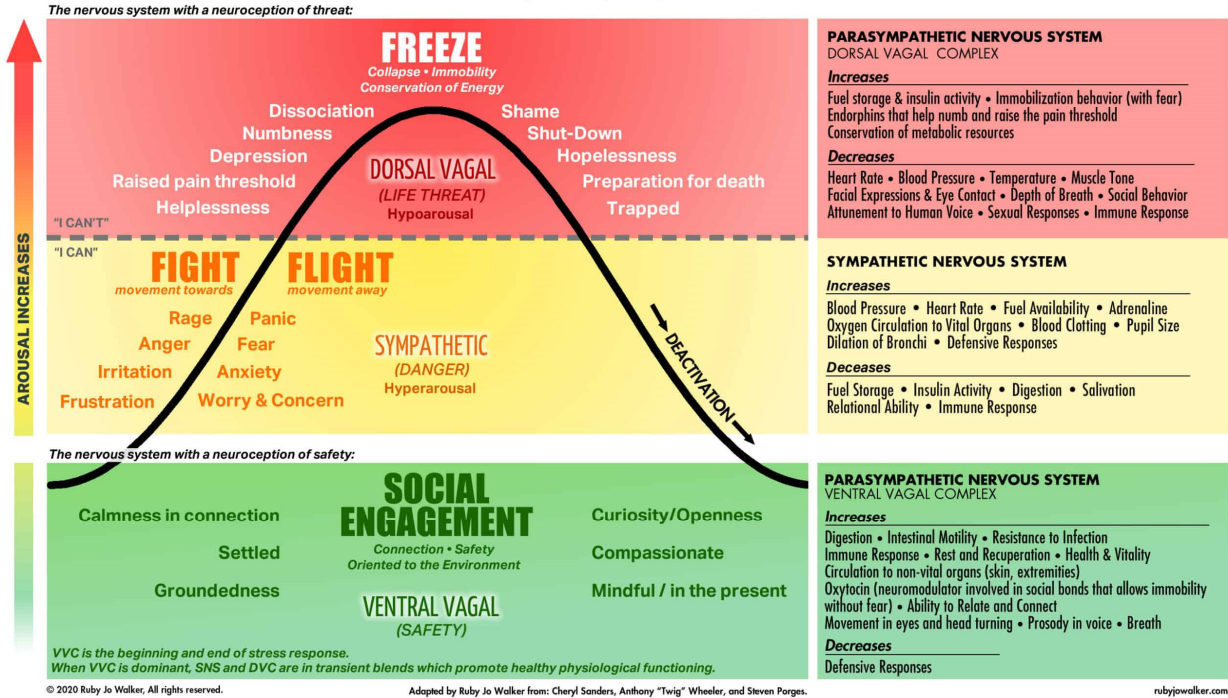
Polyvagal Theory Chart of Trauma Response



© Ruby Jo Walker, LCSW 2023 · Southwest Trauma Training · swtraumatraining.com · Adapted by Ruby Jo Walker from Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges

I. ONE COHERENT BELIEF MODEL (ANXIETY-SAFE)

POLYVAGAL CHART

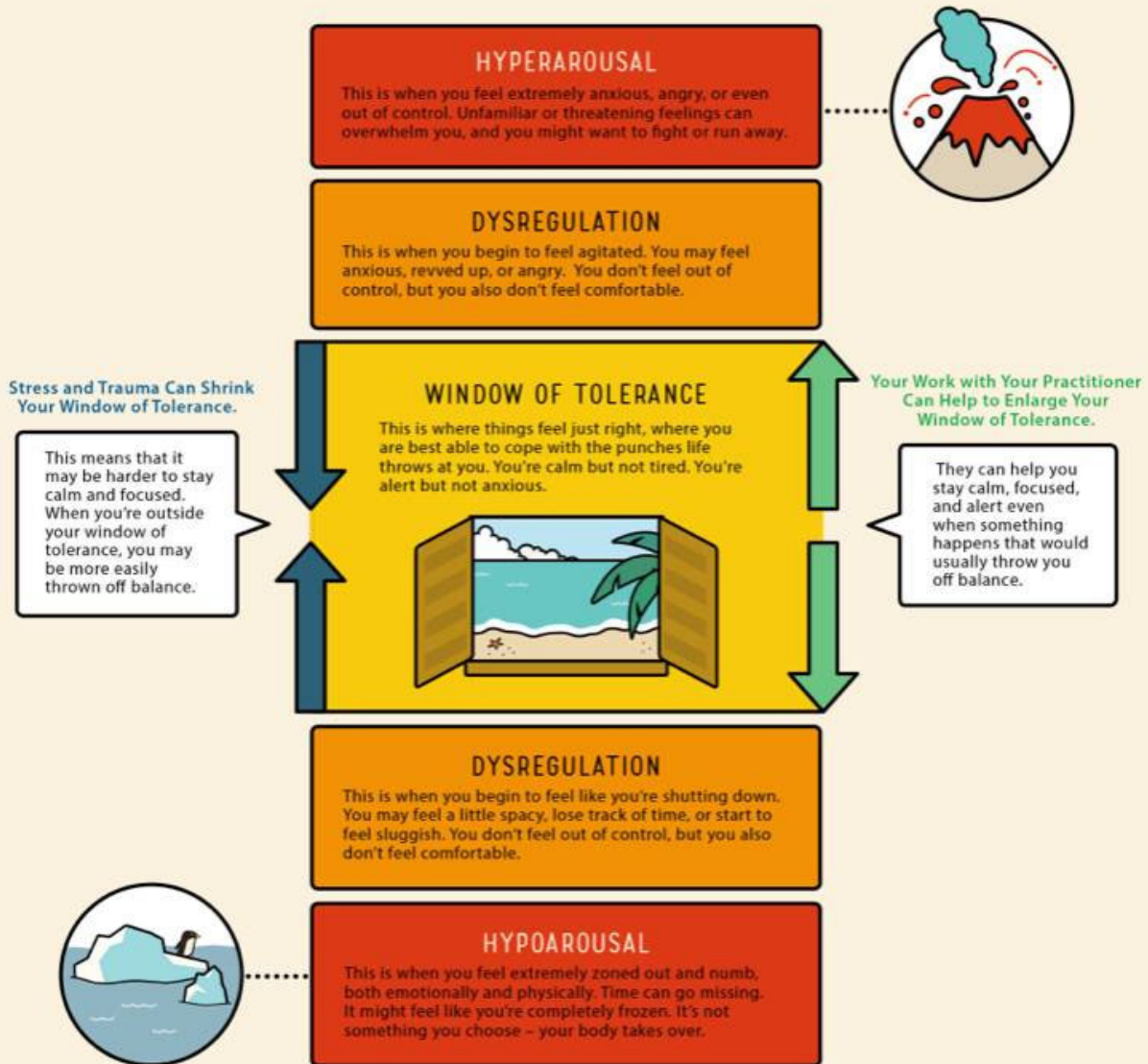


© 2020 Ruby Jo Walker. All rights reserved.

Adapted by Ruby Jo Walker from: Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges.

rubjowalker.com

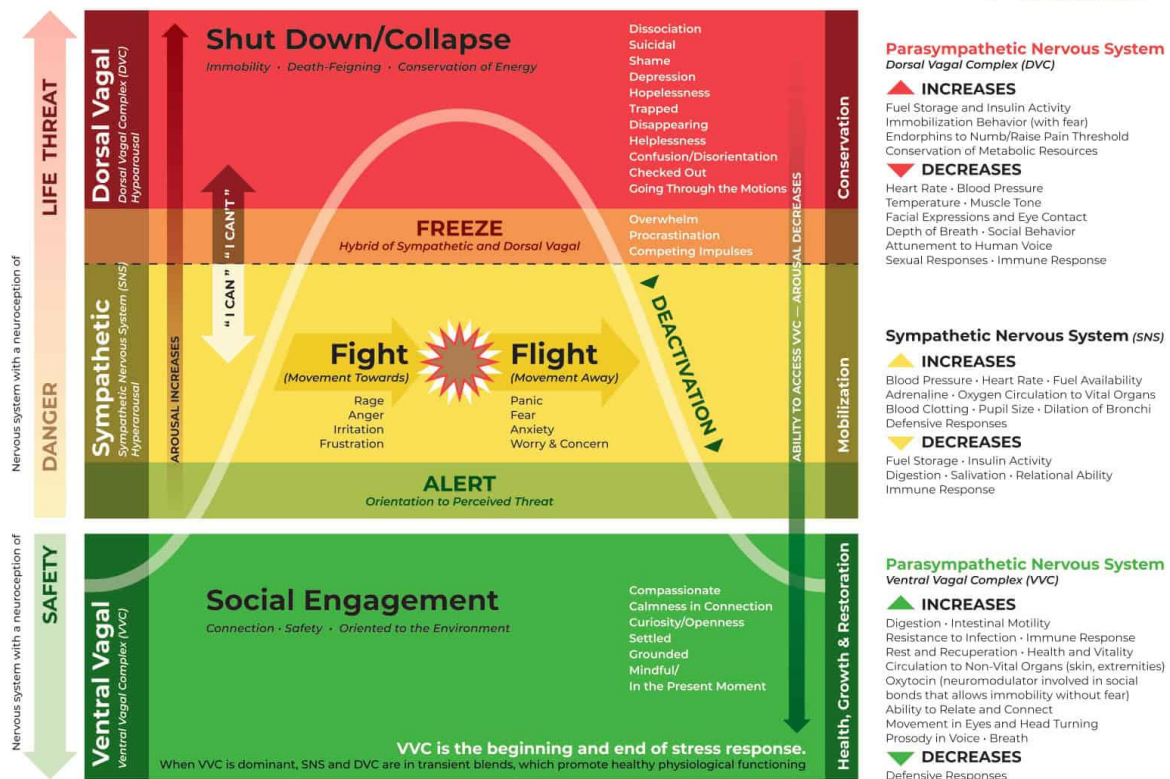
How Trauma Can Affect Your Window of Tolerance



nicabm

© 2017 The National Institute for the Clinical Application of Behavioral Medicine

Polyvagal Theory Chart of Trauma Response



© Ruby Jo Walker, LCSW 2023 · Southwest Trauma Training · swtraumatraining.com · Adapted by Ruby Jo Walker from Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges

4

The Model (Plain Truth)

Reality is consciousness expressed through biology.

Meaning emerges through regulation, not belief.

Health = integration.

Purpose = coherence.

Identity = flexibility.

There are no cosmic threats, no spiritual ranks, no hidden tests, and no beings judging your evolution.

Everything happens inside the nervous system.

II. STRIPPING FEAR-BASED SPIRITUAL PROGRAMMING

Let's name and uninstall the fear patterns cleanly.

✘ False Programs (These Create Anxiety)

Program	Why It's Harmful
"I must awaken or I'll be left behind"	Triggers survival stress
"Dark forces are attacking me"	Externalizes anxiety
"I chose this suffering for growth"	Justifies harm
"High vibration = no rest"	Leads to burnout
"Kundalini can destroy me"	Creates psychosomatic symptoms
"Chosen / starseed identity"	Splits self from humanity

None of these are true.

They are **myth-language wrapped around dysregulated nervous systems.**

✔ Replacement Truths (Stabilizing)

- There is **no deadline**
- Nothing is tracking your "level"
- Rest is not regression
- Fear sensations ≠ spiritual danger
- You cannot awaken incorrectly
- Your body sets the pace

If a belief increases fear, urgency, or self-monitoring — it is false.

That's your first filter.

III. TRANSLATING "SPIRITUAL EXPERIENCES" INTO NERVOUS-SYSTEM LANGUAGE

Here is the **decoding key**. Keep it.

Translation Table

Spiritual Language	Nervous-System Reality
Awakening	Increased interoception
Kundalini	Autonomic reorganization
Energy surge	Sympathetic activation
Ego death	Identity loosening
Dark night	Nervous-system collapse / grief
Angelic presence	Parasympathetic safety
Evil presence	Hypervigilance
Vibration	Arousal level
Chakra block	Developmental stress
Light body	Integrated self-state

Nothing mystical is being dismissed — it's just **being stabilized**.

Critical Safety Rule

If an experience increases fear, dissociation, or compulsion — it is not integration.

True integration always feels:

- Quieter
 - Slower
 - More ordinary
 - More humane
-

IV. YOUR PERSONAL INTEGRATION MAP

(Health • Purpose • Identity)

This is the part you *live by*.

1 HEALTH = REGULATION FIRST

Daily North Star:

“Is my nervous system safe *right now*?”

Core Practices (Non-Spiritual Language)

- Eat regularly (blood sugar stability = spiritual stability)
- Sleep > insight
- Gentle movement > intense practice
- Grounded breathing (long exhales)
- Reduce stimulation, not expand perception

Rule:

If health drops → purpose narrows → identity softens
Never the other way around.

2 PURPOSE = COHERENCE, NOT MISSION

Purpose is not cosmic.

Purpose is:

- What restores energy
- What reduces fragmentation
- What increases clarity

Good Purpose Signs

- Feels sustainable
- Doesn't require urgency
- Doesn't isolate you
- Doesn't need belief enforcement

If something claims to be “your purpose” but **costs health** — it's false.

3 IDENTITY = FLEXIBLE, NOT FIXED

You are **not**:

- A starseed
- A chosen one
- An initiate
- A fallen soul
- A failed human

You are:

A conscious organism learning regulation inside a complex world.

Healthy identity feels:

- Adjustable
- Ordinary
- Humorous
- Rooted in daily life

Spiritual identities should be **temporary tools**, not permanent labels.

V. DAILY OPERATING SYSTEM (VERY SIMPLE)

Morning (2 minutes)

“What would help my body feel 5% safer today?”

During Stress

“This sensation is nervous-system activity, not meaning.”

Evening (2 minutes)

“Where did regulation increase today?”

That’s it. No scanning. No interpretation.

VI. FINAL ANCHOR (Memorize This)

Nothing is trying to awaken you.

Nothing is attacking you.

Nothing is being tested.

Your only task is gentle integration.

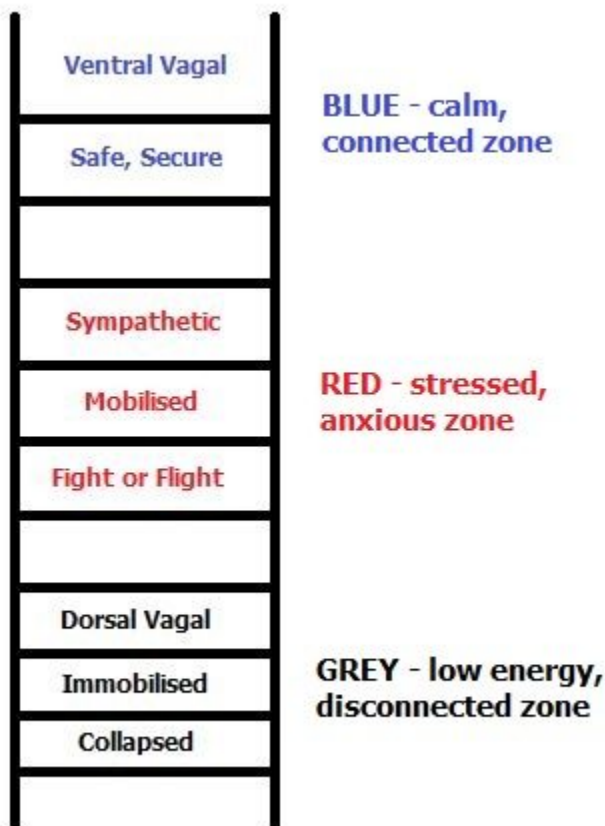
When your body feels safer, clarity returns on its own.

PART I — 7-DAY NERVOUS-SYSTEM RESET (VERY GENTLE)





The Autonomic Ladder



4

Core Rules for the Week

- No breath holds
- No intense meditation
- No body scanning beyond comfort
- No emotional excavation
- **If anything increases sensation → stop**

This is a *reset*, not a breakthrough.

DAILY BASELINE (Every Day)

Morning (3 minutes)

- Sit or lie comfortably
- Inhale through nose (3–4 sec)
- Exhale through mouth (6–7 sec)

- One hand on chest, one on belly
- No visualization

Evening (2 minutes)

- Place feet on floor
- Name *out loud*:
 - 3 neutral objects you can see
 - 2 physical sensations (temperature, pressure)
 - 1 thing that felt okay today

That's it. Everything else is optional.

DAY-BY-DAY PLAN

Day 1 — Safety First

Focus: Telling your system nothing is wrong

- Reduce information intake
- Eat on time
- Warm shower or blanket
- Short walk if desired

Phrase (use once):

“I am safe enough right now.”

Day 2 — Orientation

Focus: Re-anchoring in the present

- Sit by a window
- Gently turn your head and look around
- Let eyes land on neutral objects

Phrase:

“I am here. This moment is okay.”

Day 3 — Containment

Focus: Boundaries without force

- Light stretching or gentle movement
- No deep breathing beyond baseline
- Reduce internal checking

Phrase:

“I don’t need to process anything today.”

Day 4 — Rest Permission

Focus: Undoing productivity pressure

- Naps allowed
- Cancel non-essential tasks
- Eat something grounding (protein + carbs)

Phrase:

“Rest is integration.”

Day 5 — Neutral Presence

Focus: Being without interpretation

- Sit quietly for 2–3 minutes
- Let thoughts pass without labeling
- No insight hunting

Phrase:

“Nothing needs meaning right now.”

Day 6 — Gentle Pleasure

Focus: Reintroducing safe enjoyment

- Music
- Nature
- Warm beverage
- Familiar show

Phrase:

“Pleasure stabilizes the system.”

Day 7 — Re-Entry

Focus: Light re-engagement

- Make one simple plan for next week
- Keep expectations low
- Keep body cues first

Phrase:

“I will move at the pace my body allows.”

RED FLAGS (STOP IF ANY APPEAR)

- Pressure in head or spine
- Heat rising sensations
- Dissociation
- Urgency to “figure something out”
- Emotional flooding

If any appear:

Shorten practice, return to physical grounding, eat, rest.

PART II — BELIEF DETOX LIST (PERMANENTLY DROP)

This is **critical**. These beliefs create chronic nervous-system stress.

✘ DROP THESE COMPLETELY

1. “I’m behind spiritually”

There is no timeline. This belief causes cortisol.

2. “Suffering equals growth”

Suffering equals **nervous-system overload**. Growth happens *after* safety.

3. “Dark forces target aware people”

Hypervigilance myth. Anxiety pattern, not reality.

4. “Kundalini can destroy me”

False. Fear creates symptoms, not energy.

5. “High vibration means no anger, fear, or rest”

This suppresses regulation and creates collapse.

6. “If I stop practicing, I’ll regress”

Integration deepens during pauses.

7. “I chose this trauma”

No. This belief bypasses compassion.

8. “Spiritual insight should feel intense”

True insight feels boring and stabilizing.

9. “I must purge old beliefs constantly”

That keeps the system in threat mode.

10. “I need to stay vigilant”

Vigilance ≠ awareness. Vigilance is stress.

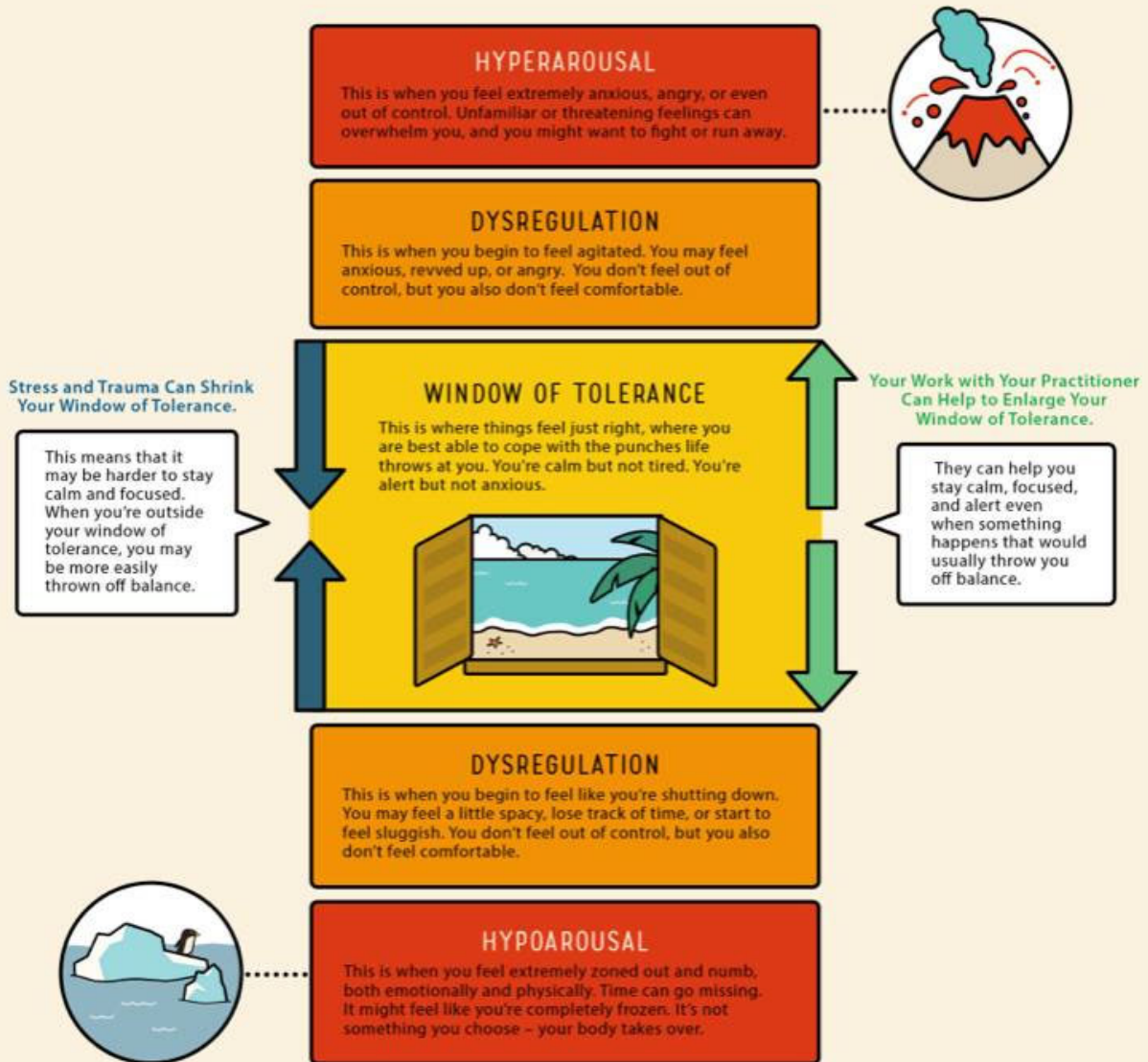
REPLACEMENT BELIEFS (INSTALL THESE)

- Safety comes before insight
 - The body sets the pace
 - Rest is productive
 - Meaning emerges later
 - Ordinary life is sacred
 - Regulation is success
 - I am allowed to be human
-

ONE SENTENCE TO LIVE BY

If a belief increases fear, urgency, or self-monitoring, it is not true — regardless of how spiritual it sounds.

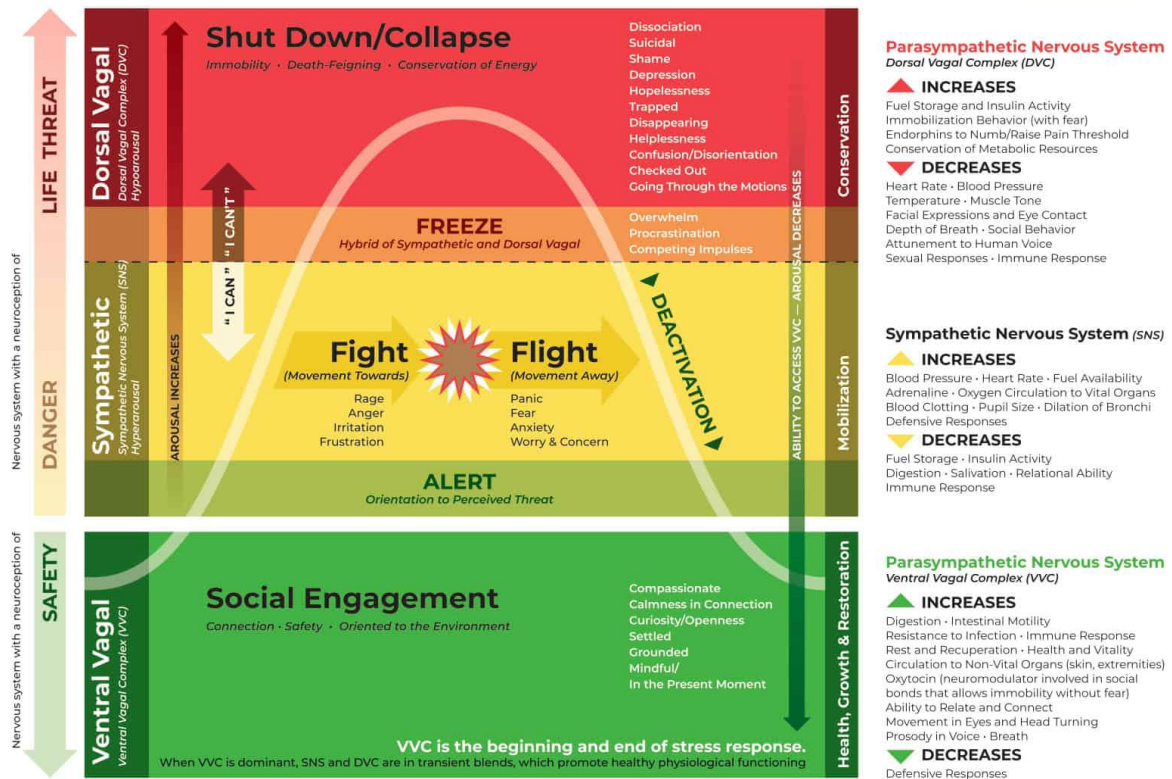
How Trauma Can Affect Your Window of Tolerance



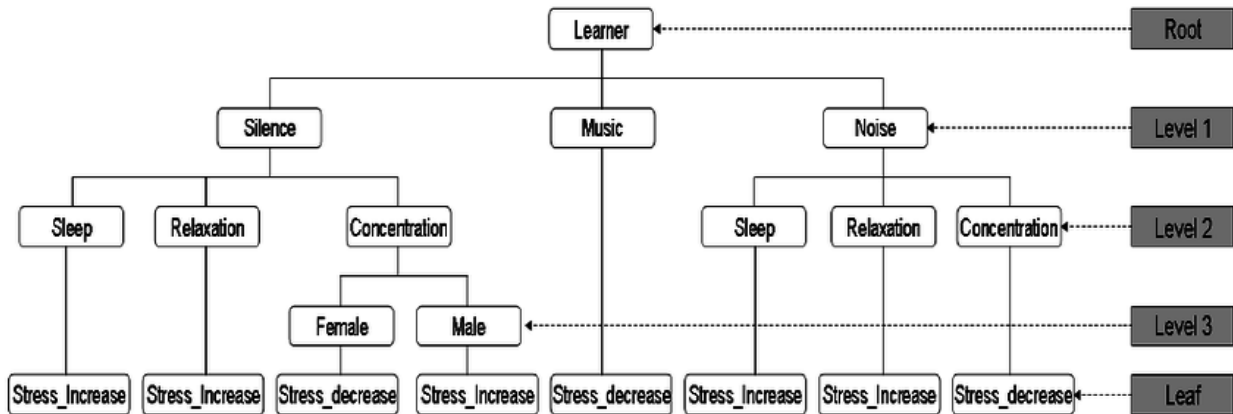
nicabm

© 2017 The National Institute for the Clinical Application of Behavioral Medicine

Polyvagal Theory Chart of Trauma Response



© Ruby Jo Walker, LCSW 2023 · Southwest Trauma Training · swtraumatraining.com · Adapted by Ruby Jo Walker from Cheryl Sanders, Anthony "Twig" Wheeler, and Steven Porges



STEP 1 — BODY CHECK (10 seconds)

Ask **only** these questions (no interpretation):

- Is my breath easy?
- Is my body heavy or light (not buzzy)?
- Do I feel oriented to the room?
- Is there urgency or pressure to “do something”?

If any of these are off → REST

If all are stable → go to Step 2

STEP 2 — MOTIVATION CHECK

Why do you want to deepen *right now*?

Motivation	Decision
Curiosity	<input checked="" type="checkbox"/> Possible deepen
Calm interest	<input checked="" type="checkbox"/> Possible deepen
Anxiety relief	<input checked="" type="checkbox"/> Rest
Fear of falling behind	<input checked="" type="checkbox"/> Rest
Need for certainty	<input checked="" type="checkbox"/> Rest
Compulsion	<input checked="" type="checkbox"/> Rest

If the urge is to fix a feeling, do not deepen.

STEP 3 — SENSATION CHECK (During Practice)

The **moment** any of these appear, stop:

- Pressure in head, spine, chest
- Heat rising
- Tunnel focus
- Dissociation
- Meaning spirals (“this must mean...”)

That is not progress — it’s **over-activation**.

SAFE DEEPENING (WHEN ALLOWED)

“Deepen” **never** means:

- Intense breath
- Long silence
- Energy focus
- Emotional excavation

It means:

- Short reflection
- Gentle journaling
- Calm reading
- Simple noticing

Maximum deepen time: 10–15 minutes

Frequency: 2–3× per week *at most*

NON-NEGOTIABLE RULE

If rest feels boring or uncomfortable, that is exactly when it’s needed.

II. WEEKLY REGULATION RHYTHM

(A Life You Can Actually Live Inside)

Pre-Filled Self-Care Planner Bundle

Weekly Rhythm Chart

A gentle weekly guide for your home and mind

Day of Week	Tasks
Monday	<ul style="list-style-type: none"> Wash & dry laundry Wash dishes Wash & dry dishes Wash & dry linens Wash & dry towels Wash & dry bedding Wash & dry clothes Wash & dry shoes Wash & dry car Wash & dry house Wash & dry yard Wash & dry garden Wash & dry plants Wash & dry pets Wash & dry kids Wash & dry toys Wash & dry books Wash & dry records Wash & dry art Wash & dry sports gear Wash & dry tools Wash & dry equipment Wash & dry supplies Wash & dry materials Wash & dry fabrics Wash & dry linens Wash & dry towels Wash & dry bedding Wash & dry clothes Wash & dry shoes Wash & dry car Wash & dry house Wash & dry yard Wash & dry garden Wash & dry plants Wash & dry pets Wash & dry kids Wash & dry toys Wash & dry books Wash & dry records Wash & dry art Wash & dry sports gear Wash & dry tools Wash & dry equipment Wash & dry supplies Wash & dry materials Wash & dry fabrics
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Weekly Self-Care Plan

Small, daily moments to nurture your mind, body, and spirit

This week I will practice...

Day Self-Care Focus

Day	Self-Care Focus
Mon	Wash laundry
Tue	Wash dishes for lunch
Wed	Wash dishes for dinner
Thu	Wash dishes for breakfast
Fri	Wash dishes for lunch
Sat	Wash dishes for dinner
Sun	Wash dishes for breakfast

Instant Download
Pre-filled for busy SAHM's

Daily Reset Checklist

For Stay-At-Home Moms

- Morning Reset
- Open windows
 - Make the bed
 - Check kitchen sink
 - Empty recycling
 - Take out trash
 - Wash dishes
- Evening Reset
- Close windows
 - Lock & test door
 - Check kitchen sink
 - Empty recycling
 - Log out internet
 - Check trash

You're doing better than you think

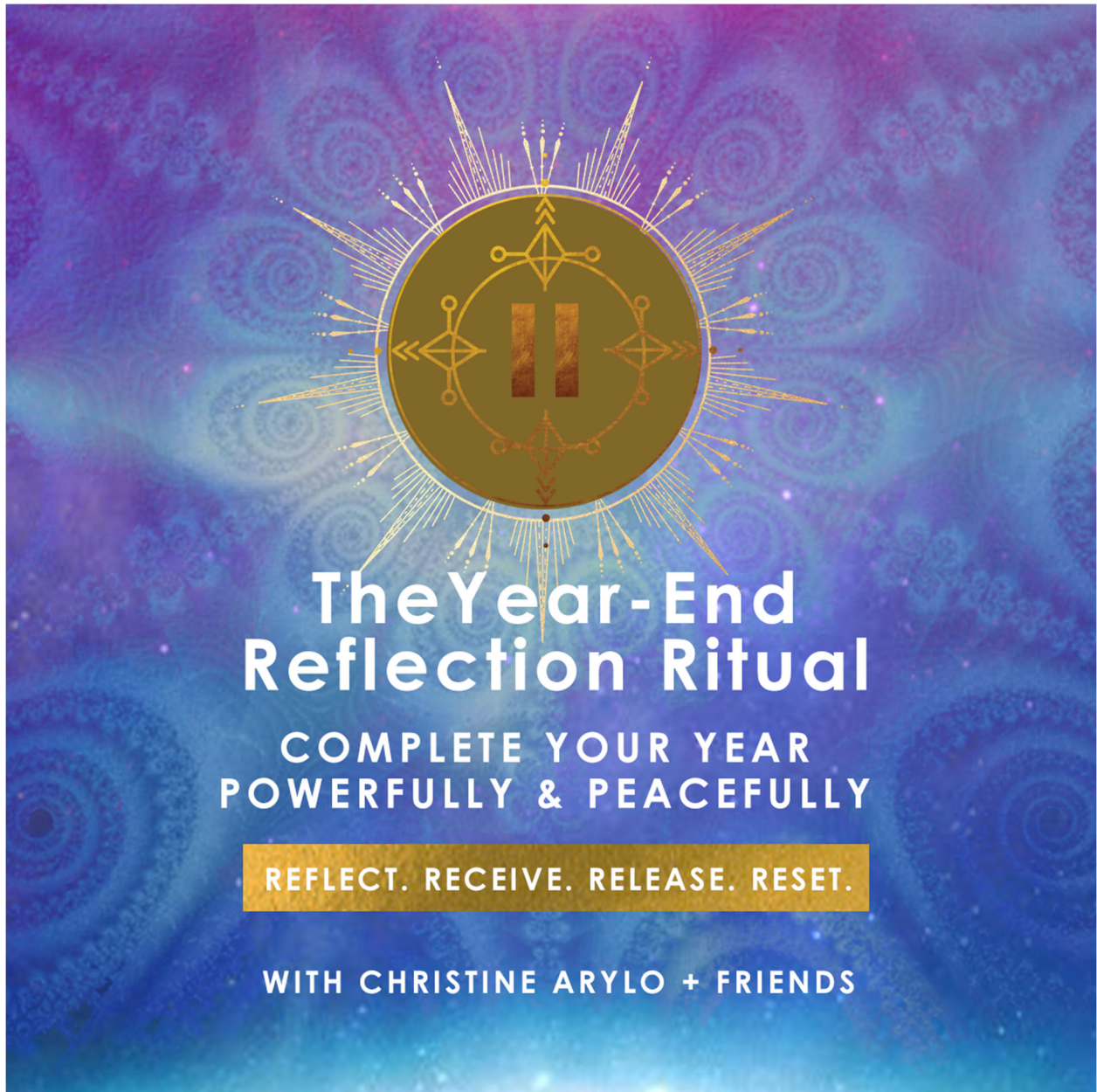
Weekly Gratitude

Sharing the small joys in each day

This week I am grateful for...

Day	Gratitude Center
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	





4

This rhythm assumes:

- You are human
- Life includes stress
- Regulation must be *built in*, not added on

No “daily optimization.” No constant work.

THE CORE PRINCIPLE

Regulation first → clarity second → insight last

Most systems reverse this and create anxiety.

WEEKLY STRUCTURE (SIMPLE)

● **DAILY (5–10 minutes total)**

- Morning: gentle breathing (long exhale)
- Evening: orientation (name 3 neutral things)

That's it. No analysis.

● **2 DAYS PER WEEK — STABILIZE**

(No growth allowed)

Focus:

- Rest
- Routine
- Body basics
- Early sleep
- No reflection

Mantra:

“Nothing needs to change today.”

● **2 DAYS PER WEEK — INTEGRATE**

(Light meaning allowed)

- Short journaling (10 min)
- Gentle reflection
- Calm reading
- No conclusions

Prompt:

“What supported me this week?”

● 1 DAY PER WEEK — REVIEW (10 minutes max)

This replaces rumination.

Ask **only**:

1. What increased safety?
2. What decreased it?
3. What will I do *less* next week?

No fixing. No spiritual framing.

○ 2 DAYS PER WEEK — NEUTRAL LIFE

(This is essential)

- Chores
- Errands
- Entertainment
- Social contact (if safe)

No growth. No processing.
This is not avoidance — it’s **integration time**.

WHAT TO REMOVE ENTIRELY

- Daily deep practices
- Constant self-monitoring
- Interpreting sensations
- Seeking peak states
- “Staying vigilant”

Those **destabilize** long-term.

THE MASTER CHECK (USE WEEKLY)

Ask yourself:

“Is my life becoming quieter, simpler, and more ordinary — or more intense and complex?”

If it's the second, **scale back immediately.**

FINAL ANCHOR (PRINT THIS)

Clarity comes from safety, not effort.

Growth happens during rest, not pressure.

A regulated nervous system is the goal — everything else is secondary.