

## Practitioner Corner:

# Deborah Mills

Just as there is an anatomical design to the physical body, there is also an anatomical design to the energy body that regulates spiritual energy or life-force through the Chakra System that holds the key to health and our awakening. This anatomical design has an energetic link from the personality body, through the Soul body, back to Source. This system has been my field of study and practice for the past 17 years and the discoveries and transformation I have witnessed in myself and others have been truly amazing. As humans we have become trapped in such a small part of our being and brain, when in truth, we each have an amazing untapped source of energy and consciousness within us.

I have discovered through my own healing journey and the many people I have worked with over many years that the human condition can be cleaned up. We can keep accessing higher faculties of our brain and deeper levels of our heart by continually aligning with our true nature, which is pure consciousness and love. To really "know thy self" is to understand where our behaviors and thoughts come from so that we can become the master of our behaviors and language. Even though every anatomical design is the same, every person presents a different energy, and all have imbalances and cellular memory wanting to be released.

In Energy Mastery School I was taught that I was responsible for every feeling that I had and that with every judgment I was seeing a part of myself. We were taught



to watch any negative thoughts, places of resistance, or the need to defend any part of our self. We were also taught to watch the voices inside that came from an unhealed place. We learned to put our awareness on to release and transform. That proved to be a lot of internal work! Every time I had any judgment with someone or something outside of myself, I really had to look at myself and dismantle how I was wired within. I eventually found it was easier to simply notice how interesting something was without the added judgment, and that anything that I resisted would persist. And that I did not need to defend who I was or what I felt, and if I did that I was off. With those basic lessons my life became so much simpler and it freed up so much of my potential energy that had spent so much time in my lower self.



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I discovered that my birth experience which was fairly traumatic, and my formative years that were very smooth compared to most people I have worked with, had left me with pre-conscious and unconscious experiences that I held as cellular memory. It was these “issues in my tissues” that held me captive through my emotional and mental patterning a part of my self. I found that as I transformed my self, I began to open new places within myself, and to see a reality that had once not been visible.

Through the healing journey and self-mastery I discovered that living from a Soul-based reality was so much lighter and freer and that I began to express my existence in a new way. I began to awaken to the exquisite nature of my Soul, and with it came a passion for the unfolding journey of evolution, and with it a new kind of intelligence from within that allowed me to see life without my previous filters. To know things I was never taught and to look at life or read energy through a still mind instead of the mind I had once seen life through. With each new opening came a new expanded sense of clarity and freedom within that seems to keep opening and unfolding.

The practice of Meditation was and is the main key. It allows the mind to stop and teaches it how to perceive and to experience the subtle worlds that are within each one of us. It also teaches one how to see through the eye of silence instead of the narrative of the mind and eyes of

duality. Seeing through the eye of the soul instead of the eyes of the personality is the difference between going out on the ground floor and looking at the view outside that door or going up to the roof-top and seeing a more panoramic view. By learning to really trust and hear that quiet voice within the heart and soul, it becomes easier to navigate the human experience in alignment with the light that is guiding us all.

For most of us the journey has been long. Not always easy, yet there has been an energy of grace that has always supported us. My sense is that as we all continue to stay present, with an open mind and a willing heart, and make conscious choices from a still place within, instead of through the filters from our past, that we will continue to keep evolving and moving into a new dimension of being. The evolutionary journey the Earth is going through right now is affecting us all. By releasing our anchors of fear, my sense is we are headed for a very interesting and amazing journey. By transforming ourselves we transform our world. All praise to the ONE!

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