

# DISENTANGLING CORDS OF DISCOMFORT

THE SPIRIT OF TRANSFORMATION THROUGH **ROBERT SHAPIRO**

I am the Spirit of Transformation. It is my intention to help you understand the meaning of disentanglement as compared to its impact upon you. It is not my job to analyze it, but rather to help you to appreciate how it works.

Disentanglement is intended to extricate you from the uncomfortable ties that bind you to portions of your demonstrated personality, which for the most part have very little to do with who you actually are and who you will show yourself to be once disentanglement is well under way. You might say that it performs a clarifying function, but clarity in your time is often associated with the mind. However, disentanglement is more associated with the physical body, the feeling self, the spirit self, the inspirational self and the instinctual self.

I am coming through to speak tonight in order to provide to the reader (and at some point the listener) the necessary understanding of the value of disentanglement, because the value allows you to gently, without trauma, release the portions of yourself you have taken on that are your masks, which you have had to take on to survive in your culture, family or society. Disentanglement allows you to gradually, gently remove these masks while gradually, gently counterbalancing that removal as the weights and measures tilt toward balance. You understand that disentanglement allows this process to take place slowly, so that as the mask is gradually removed, the feeling that is generated is one of the emerging natural personality you were born with.

This is directly connected to the essence of your true self, meaning that which bears the marks of your immortal personality. These are the marks by which you might be recognized by someone you never met in a given life because there is a familiarity, a sense of feeling exchanged between you and someone else. You come up to someone in a crowd, you begin to chat, and pretty soon you're like old friends. Without doubt, that kind of connection allows you to disentangle from the old time line of the third dimension and directly connect to the new time line in the most easy, gentle and accessible way. The attempt to grab on to the new time line does not become a hit-or-miss thing, something there is no apparent way to accomplish other than what may sound insufficiently substantial. When you do that, it then becomes easy to make the shift, even though your body might still be in that old time line with others in that society.

Here is the old time line [draws line on the left] and here is the new [draws line on the right]; you have these dotted lines here. The disentanglement essentially allows you to do this [draws



an X with broken lines]. It does not disenfranchise you from your world.

But it does allow you to move flexibly between the old and the new, similar to the way alternating current pulses. Alternating current is essentially like a switch: It's on, it's off; it's on, it's off. The process of disentanglement is not a matter of being on or off, but the switch

can happen so quickly that those in the old time with whom you may very well be interacting on a daily basis, are not aware that you are, in some senses, between worlds. And those in the new time line with whom you interact in your day-to-day life are not aware that you are also available to access the old world (using "old world" interchangeably with "old time line").

So it allows you a greater degree of flexibility and, perhaps most importantly, safety—that is

a key factor. When one feels safe, one is much more inclined to reveal the qualities of one's personality that one treasures or feels shy about in a group of individuals whom you do not know. Therefore, the safer you feel, the more likely you are to demonstrate that "new" disentangled personality, which is your actual personality. ("New" is in quotes here because it's not really new.) It's the personality you came in with when you were born out of your mother. Disentanglement essentially sheds that which does not serve you. But—and this is important—it does not shed the valuable experience that provides for you the necessary discernment to live your life. In short, it does not shed your wisdom.

Wisdom is the key here. You are here as the Explorer Race to largely assimilate wisdom that can be applied on many different levels, and that works in concert with responsibility for consequences. You have, then, an ideal situation in which something you would do to improve the quality of your life anyway is actually easing your way to a newer, better world, a world in which complications, discomforts and other things that seem random (but really are not) are much less a portion of your day-to-day life.

Disentanglement does another important thing: It helps you to feel less attached to the behavior of others as a reflection of your own. So many people feel the need to apologize for the acts of family members or someone else's behavior, even if that person is not even related to you in given circumstances. I grant that there are times when such apologies are appropriate, but when this is done all the time, it simply allows that rebellious family member to be constantly offensive because he or she has an explainer, a person saying, "Oh, please forgive him" or "Don't pay any attention to him."

This disentanglement allows you to feel more complete as an individual and gives you much greater flexibility and motion. Perhaps it also allows you to feel what is an opportunity and what will simply lead you down a path to unhappiness. In short, it clarifies your body's physical messages to you through feelings you can understand, not something vague. A warmth is love or good for you in that moment, whereas a tightness or discomfort might mean it's not good for you in that moment.

Such clear and simple feeling messages take the place of an analytical process, which can always and only be based on the manners, mores and values of the culture you are in—not just the ideal manners, mores and values, but the actual ones you live in. That's the key. Even though a given society might say wonderful things, might have ideals that are definitely worth looking up to and striving for, what occurs on the day-to-day level are the real values.

I am telling you this to help you appreciate and apply the means of disentanglement and to allow you to rationalize these means so that your minds can feel they are being given an understanding of either the value of disentanglement, which your mind is not clear about, or its purpose and function, which the mind will accept over value anytime. This is why the physical body and the feeling body provide a much better way of knowing heat, warmth and other good feelings within you. This is a much better way of knowing whether something serves you, and hence others, than what your mind tells you, which is always based on something abstract, based on words or motivations compelled in you by having to adapt to a given society's rules or more often the case, behaviors and reactions to what you've been exposed to as a youngster. What we have here, then, is a mental explanation of disentanglement, which is my intention to give you to-night.

### EXERCISE TO CONNECT TO YOUR PERSONAL AND PROFESSIONAL GOALS

Say, "I am asking ("I am asking" is in the present) that cords of support, nurturance, love and strength be brought to me and connected to me in the most loving and gentle way to bring energy from resources who have a great abundance themselves, who wish to lovingly support me and provide strength and insight, and who support my wisdom process in the most gentle way for me, in order that I may achieve my personal and professional goals."

Now, here's a little homework to do before this request. Briefly write down your personal and professional goals. Make sure they are things you can live with and are practical. Your goals can't be pie-in-the-sky. They have to be something down-to-Earth that you would like to expe-

rience on a regular basis, not something you think you should experience.

*Say more about “pie-in-the-sky.” Do you mean unrealistic?*

Yes, not grounded, as people sometimes say. Make sure that your goals are grounded in reality. Say what you want, but make sure that it is a real thing, not something that is associated with . . . for example, “I want to fly around in spaceships with all my space friends.”

The gold lightbeings can do a great deal. They do their best work if you are lying on your back, with no folded arms or legs. If you fall asleep, you might tend to roll over on your side, in which case they can do some things, but every time you fall asleep during the process, you might have to add a few more nights.

*Are they basically untangling the solar plexus? Is that where most of the stored trauma is?*

Oh, no. It's all over your body and your auric field, everywhere. It is a worthy process and it's not difficult. One gives oneself permission, then basically other beings do it for you, but you must be receptive. Not everyone can be receptive right away, so it takes time. Over time, one develops a degree of trust and faith in the process. It is not something you do for a year and then go on to do something else. It is essentially a lifetime thing, because it performs its initial task and then functions as maintenance for you—the gold lightbeings can remove discomforts that have become attached to you during the day on a daily basis, not just cords and connections rooted in the past.

*Let me go back to the drawing. Now, the bottom triangle extends up and the upper one connects to the new time line.*

Not a solid triangle, you understand; it's a broken line.

*But are we at any moment physically, mentally or in any way conscious of being on that other time line, or does the movement happen so fast that it doesn't have a chance to filter down to the mental body?*

It's not intended that it feel like anything other than a benevolent change in your personality that you feel better with and that very often others react to in a better way. The world around you does not apparently change, though your attitude about the world around you will change. So it is a subtle difference, but also profound in that it greatly improves the quality of your life and often the lives of those immediately around you—family, friends and so on.

*I'm hoping facilitators will pick it up, use it, teach it, share it.*

That process has already begun. I do not intend to speak only to the mind, but since the mind is that portion of the total being that can withhold permission because of the way you've been conditioned, it is my intention to soothe its fears. In this way, the mind can potentially, at least, offer permission without feeling it is being coerced. The mind often feels coerced and then becomes truculent in terms of allowing benevolent change for any individual who might desire that change.

When you are going through this process, sometimes you will feel angry and resentful, because those feelings were happening when you were donning a mask and suppressing your actual personality. So as you disentangle, some of those feelings are released. It will, for the most part, have nothing to do with what is going on in your life, though it might seem like that sometimes, and this might be a minor influence. But largely it has to do with the release of those feelings you are actually feeling. Because you are actually feeling them, they can be processed. But when you suppress them and stubbornly wear the mask, the feelings cannot be processed, resolved, nurtured or healed, and they build up into a coagulated and often destructive mask.

*Is it okay for the reader to ask the Spirit of Transformation to help with this? Or is that not something you want to get involved with?*

No. It is my job to inform, to educate and to enumerate, but it is not my job to activate.