



OVERVIEW

This New World Portal energy session centered on **restoration as an innate human capacity**—one that becomes available as separation-based conditioning continues to dissolve. Building on the recent arc of grounding, shared regulation, and embodied coherence, this session explored how layers that once protected us from fully embodying who we are can now be safely released.

Suzy described restoration as the re-emergence of biological, neurological, psychological, and energetic capacities that could not fully function while humanity was immersed in separation consciousness. Rather than adding something new, the work focused on **removing veils**, restoring access to what has always been present beneath them.

The session emphasized ease, breath, and embodied choice as the stabilizing forces that allow restoration to unfold without overwhelm.

CONTEXTUAL BRIDGE: CARRYING THE ARC FORWARD

Across the recent New World Portal sessions, a coherent arc has been unfolding:

- **12/22**: Settling the nervous system through neutrality and regulation
- **12/25**: Creating a relational interface where connection can occur without overwhelm
- **12/29**: Choosing coherence as a conscious orientation within oneness
- **1/12 & 1/19**: Embodying wholeness through the upper and lower body, grounding coherence into physical form
- **1/21 (Children's Sanctuary)**: Turning embodiment outward, recognizing regulation as a shared, relational field

The **1/26 Restoration session** builds directly from this foundation. Once regulation, grounding, and shared coherence are established, the system naturally becomes ready for **restoration**—the lifting of veils that once limited access to innate capacities. Rather than working to stabilize or protect, the body and nervous system are now supported in reclaiming flexibility, fluidity, and wholeness as a lived state.

DETAILED NOTES

Opening Orientation: Restoration as an Innate Capacity

Suzy opened by naming *restoration* as the core theme of the session. She described restoration as the natural return of capacities that were hidden or unavailable when it was not safe to embody more of who we are.



As separation dynamics dismantle at an accelerated pace, layers that once served as protection are no longer required. This creates an opening for deep biological and neurological restoration that could not occur under conditions of sustained separation.

Heart-Centered Breathing and Field Coherence

Participants were guided to breathe into the heart space, exhaling out **360 degrees**, collapsing and expanding the energetic sphere around the body.

This breath:

- Gathers information from across dimensions of self
- Signals safety to the body and nervous system
- Brings the collective field into coherence before deeper work

Breath was repeatedly emphasized as the primary stabilizer throughout the session.

The Aura as Broadcast and Signature

Suzy invited participants to sense the aura as an expansion of light radiating from the physical body—a **broadcast or signature** of who we are.

She noted that we now have the opportunity to:

- Broadcast more of our true nature
- Shift from a signature shaped by separation to one aligned with wholeness
- Become the sanctuary we inhabit

Dissolving the First Veil: Separation Identity

The first veil was described as a **solid membrane** just outside the aura, representing a clear boundary between how we have perceived ourselves and what lies beyond that identity.

Participants were guided to dissolve this veil by imagining it being erased completely around the body. As this veil dissolved:

- Innate capacities began to interface with the body
- Abilities such as self-awareness, focus, intent, and telepathic sensitivity were acknowledged as natural, not extraordinary
- The body, mind, and emotions were informed of what is now available

Suzy emphasized that these were *not previously addressed veils*, but newly accessible layers becoming available as humanity's capacity for embodiment expands.



Restoration Beyond Breakthrough Moments

The second veil appeared as a **dashed line**, symbolizing intermittent access to expanded awareness—experienced previously as sporadic “breakthroughs.” Suzy emphasized that restoration shifts this pattern from:

- Occasional breakthroughs
- To **consistent, embodied awareness of capacity**

This veil was erased to allow expanded awareness to move freely *in, through, and as* daily human experience, without effort or force.

Safety, Choice, and Ease

Acknowledging that some fear the pace of incoming information, Suzy emphasized:

- Nothing is arriving too fast
- Nothing is meant to overwhelm
- All movement is guided by ease, grace, and enthusiasm for truth

Participants were reminded that choice remains central—veils can dissolve gradually, and nothing is forced.

The Third Veil: Rigidity into Flexibility

The third veil was described as a **densely dotted circle**, representing deeply embedded rigidity formed through lifetimes of fight, flight, and freeze responses. Rather than dissolving entirely, this veil transformed into a **fluid wave**, symbolizing:

- Flexibility
- Malleability
- Openness to change

This shift supports being in the flow of evolution without clinging to rigid definitions of self, right/wrong, or good/bad. Unlike the previous veils, this layer did not dissolve but reorganized—retaining structure while allowing movement.



Wholeness as the Lens

Suzy emphasized that wholeness:

- Includes all aspects of reality
- Sees through love, compassion, and understanding
- Replaces either/or perception with inclusive awareness

Participants breathed the wave of flexibility into the heart, allowing it to inform physical, emotional, and mental bodies.

Embodied Stabilization and Grounding

Participants were invited to:

- Place feet on the floor
- Sense themselves fully in the body
- Allow regulation to stabilize

Suzy reaffirmed that **coherent embodiment and presence** create more positive change than effort, explanation, or strategy.

Triadic Integration: Collapsing Separation into Wholeness

Three energetic triads were addressed:

1. Shoulders–Heart Triangle

- Represented burdens carried across lifetimes
- Collapsed into the high heart
- Replaced with a blue star representing wholeness

2. Heart–Hips Triangle

- Addressed depletion from repeated stabilization
- Restored empowerment and life force

3. Heart–Feet Triangle

- Anchored wholeness into the sacrum and original cellular memory
- Regulated early survival imprints
- Grounded embodiment into Earth connection





Each triad was allowed to either remain as structure or collapse fully, depending on what felt stabilizing.

Anchoring Restoration into Matter

- Blue stars were placed in:
- The high heart
- The solar plexus
- The sacrum

Toning was used to help the work “make matter,” followed by gentle regulation and grounding.

CLOSING REFLECTION

This session reframed restoration as a **remembering rather than a repair**. As separation-based structures soften, the body and nervous system naturally reclaim capacities that were never lost—only protected. Suzy framed this moment as a collective choice point—where what has long been hidden is now visible, allowing restoration to occur through conscious choice rather than force.

The central message:

Restoration does not require effort.

It unfolds through presence, breath, and embodied choice.