



OVERVIEW

This New World Portal session focused on **regulating the nervous system and fully inhabiting the body** after an intense sequence of energetic openings, including multiple portals, the solstice, solar activity, and Three-Eye Atlas.

Rather than seeking new information or reaching for the “next” activation, Suzy emphasized that the system is now asking for **slowing down, presence, and regulation**. What we have been seeking is already active within us, and the body is the place where this knowing can unwind, organize, and become lived experience.

The intention of the session was to support neutrality, witnessing, and coherence across the **mental body, emotional body, neurology, heart, central nervous system, and cellular memory**, allowing old separation-based wiring to release and new pathways of wholeness to form organically.

DETAILED NOTES

Opening & Grounding

Suzy opened by naming the current energetic landscape:

- Multiple portals and rapid change have altered our energetic fields in a short period of time.
- There is no need to search, reach, or figure anything out.
- The body is calling for regulation rather than stimulation

Key Framing:

- Regulation is not about “fixing” anything.
- Neutrality is more supportive right now than intensity.
- Presence allows multidimensional information already held within the field to unwind naturally.

The breath was identified as the primary tool for regulation, repeatedly bringing attention back into the body:

The Neurological Process: Soothing the Need to Know

Suzy explained that during periods of rapid change, the neurological system instinctively:

- Seeks certainty
- Tries to figure things out





- Loops back to what is known and familiar
- However, the current phase of evolution is moving beyond conditioned knowing.

Guidance offered:

- Curiosity is welcome; mental fixation is not required.
- The neurological system can be thanked and reassured.
- Even if the mind does not yet believe it is safe, naming safety and sovereignty helps quiet mental looping.

She described old neural pathways — wired and fired over eons — beginning to **dismantle**, releasing imprints of the past so they are not recreated in the future. New pathways form naturally in response to the coherent field now available from the inside out.

Left and Right Hemisphere: From Either/Or to Both/And

Suzy guided attention to the harmonization of the left and right hemispheres of the brain:

- Historically, the corpus callosum reflected deep separation between masculine and feminine ways of being.
- The invitation now is not patriarchy *or* matriarchy, but **both-and integration**.

She described:

- A figure-eight flow between hemispheres
- A softening of division
- Reduced stress from either/or thinking
- Neurological rewiring toward coherence and oneness

This allows perception, action, and intuition to arise from wholeness rather than polarity.

Seeing with New Eyes: Integrating the Third Eye

Attention moved to the occipital region and eyes:

- Two physical eyes learning to register “both-and”
- The third eye harmonizing with physical sight

Suzy described the collapse of these fields into **one integrated perceptual field**, allowing the human biology to register what spiritual awareness has long known. Human and spiritual perception are no longer at odds, but unified.





The Emotional Body: Witnessing Without Story

Suzy emphasized that:

- As light comes in, emotions naturally arise.
- Emotion is energy in motion, not something to fix.

Key distinctions:

- Emotions are allowed to rise and fall without being assigned meaning.
- The emotional body no longer needs to reference the mental body for story or history.
- Joy, grief, bliss, anger, and sorrow can coexist without defining identity.

This creates neutrality and witnessing rather than reactivity, allowing emotional energy to work on behalf of wholeness.

Central Nervous System: Releasing Hypervigilance

The session moved into regulation of the central nervous system and cerebrospinal fluid.

Suzy named:

- The nervous system has carried hypervigilance for over 12,000 years due to separation consciousness.
- This vigilance is collective and lineage-based, not just personal.

She framed the current moment as a **celebration of coming out of density**, with the nervous system recalibrating to fields of oneness and possibility.

A visualization was offered:

- Old static, noise, and separation-based energy gathered into a sphere
- Spun clear and condensed into a blue star
- Returned gently into the nervous system to reorganize it into coherence

This supports slowing down, curiosity, and comfort with what is emerging.





Right Hemisphere Expansion: Regulated Remembrance

Suzy noted activity and expansion in the right hemisphere:

- Pressure or sensation around the right side of the head and frontal lobe
- An intuitive expansion linked to remembrance

This expansion:

- Does not pull awareness out of the body
- Can be regulated and integrated physically
- Reflects intuitive knowing returning without overwhelm

Participants were reminded: nothing here needs fixing.

The Heart: Releasing Protective Mechanisms

The session moved into the physical heart.

Suzy explained:

- The heart has carried trauma-based protection across lifetimes.
- These mechanisms were necessary during separation consciousness.
- They are no longer required in fields of oneness.

As protection releases:

- The heart broadcasts a field that does not require defense.
- What we do for ourselves and others becomes the same act.
- Love, compassion, and coherence replace vigilance.

This release makes the heart safer, not more vulnerable.

Cellular Memory: Lightening the Load

Finally, attention moved into cellular memory:

- Cellular memory carries imprints across lifetimes as the soul reincarnates.
- Much of this is trauma related to forgetting who we are.

Suzy guided:

- Pulling separation-based memory from cells
- Thanking it for its service





- Clearing it through the blue star
- Seeding cellular memory with new potentials and possibilities

This allows the body to release what it has been holding and reorient toward coherence, regeneration, and ease.

Closing Integration & Grounding

Participants were guided to:

- Wiggle fingers and toes
- Move the spine and neck
- Stretch and breathe
- Return gently to the present moment

Suzy reflected on the Winter Solstice as a true threshold crossing and emphasized staying with regulation as the body adjusts to this new field.

Final invitation:

- Allow the body to regulate around what is now possible.
- Stay present and embodied.
- Watch what unfolds.