



OVERVIEW

This New World Portal Q&A session took place during a period of heightened energetic activity and emphasized **practical embodiment over additional activation**. Rather than introducing new processes, Suzy repeatedly guided participants back to the body as the primary site of integration, safety, and revelation.

Across many questions—ranging from overwhelm, physical symptoms, relationships, trauma, boundaries, and discernment—the same core message emerged: **the body knows how to stabilize and reveal what is true when it is supported**. The work right now is not about seeking more information, guidance, or energy, but about allowing the nervous system and physical form to regulate so that coherent presence can be lived rather than conceptualized.

1. Opening Orientation: The Body as the Anchor

Suzy opened by acknowledging that the current energetic climate is “big” and still integrating. Because of this, she chose not to introduce anything new for participants to process.

Key orientation points:

- Everything we are seeking is already within the body.
- Large influxes of energy—bliss, restlessness, insomnia, emotional intensity—can easily pull awareness out of the body.
- The invitation right now is **surrendering into the body**, not rising above it.
- Nothing is lost by returning to the physical form; capacity is held there.

2. Regulation vs. “Going Into the Body”

A participant shared that attempting to go into the body felt overwhelming rather than grounding. Suzy reframed the guidance as “**nervous-system regulation**”, not forced embodiment.

Practical regulation tools offered:

- Warmth (warm drinks, blankets, physical comfort)
- Weight and pressure (holding objects, weighted blankets)
- Physical grounding (feet on the floor, sitting bones on the chair)
- Longer exhales than inhales (e.g., 4-count inhale, 8-count exhale)
- Gripping and releasing muscles to discharge excess activation



Key teaching: We are learning how to hold more light in the body than ever before. Regulation makes that possible.

3. Collective Trauma & Safety in the Body

Suzy spoke to the reality that many bodies are clearing **ancient collective trauma**, not just personal history. Even those who have done significant inner work may feel unexpected symptoms.

Important reminders:

- The body may be releasing patterns from thousands of years of separation consciousness.
- The transition out of separation is profound and can feel destabilizing.
- The body must be reassured that it is safe to hold this much presence again.
- Mundane care of the physical body often unlocks deeper remembrance than spiritual effort.

4. Stillness Becoming Embodied

One participant described a sense of fullness and stillness settling into the head and body, wondering if this reflected unity consciousness. Suzy reflected that:

- What were once peak or transcendent experiences are now **anchoring into physical density**.
- Stillness is no longer something accessed “above” but something **resided in**.
- This represents a movement toward living as a “future human” in present time—not as ego or projection, but as lived experience.

5. Environment, City Living, and Self-Regulation

Several participants named the difficulty of feeling regulated amid chaotic environments, particularly urban settings. Suzy emphasized:

- Regulation begins internally, even when external conditions are challenging.
- Each regulated nervous system contributes to regulating the larger field.
- Simple, consistent choices (tea instead of caffeine, walking instead of more input) are powerful right now.
- Micro-choices are shaping the reset currently underway.



6. “It’s Allowed to Be for Me”

A participant shared a moment of choosing not to carry collective energy and realizing it was safe to care for herself without guilt. This became a central theme:

- It is allowed to take care of the body *for oneself*.
- Caring for oneself does not separate us from the collective; it supports it.
- Many highly sensitive and service-oriented people are releasing the belief that safety comes from carrying others.

Key insight: This lifetime wants to be lived in joy, not sacrifice.

7. Discernment, Energy Work, and the Body’s Feedback

Participants asked about headaches, discomfort, or feeling worse after energy sessions or interactions. Suzy offered a grounded framework:

- High-frequency recalibration can move density out, which may create temporary symptoms.
- Interacting with others in different frequency bands can create noticeable bodily responses.
- This is not about blame, protection, or hierarchy.
- The body’s response is the clearest guide.

Practice:

- Notice how interactions feel in the body.
- Choose what supports stability and ease.
- Avoid seeking outside what already exists within.

8. Boundaries Without Explanation

Several questions centered on relationships that felt draining or intrusive. Suzy’s guidance was clear:

- You do not need to explain your boundaries.
- Knowing how something feels in your body is enough.
- Repeatedly allowing boundary crossings reinforces old patterns.
- Establishing boundaries supports both personal growth and the collective field.



9. Core Practices from the Session

Across the Q&A, the following practices were consistently reinforced:

1. Regulate the Nervous System

- Warmth, weight, breath, and physical presence first.

2. Return to the Body

- Ask the body what supports it before seeking external guidance.

3. Choose Simplicity

- Less intake, more integration.

4. Trust Bodily Discernment

- The body registers truth faster than the mind.

5. Honor Boundaries

- No explanation required.

6. Let It Be for You

- Self-care is collective care.

Closing Integration

As the session closed, Suzy invited participants to:

- Thank the mind for trying to protect them.
- Gently set mental processing aside.
- Breathe into the heart and body.
- Trust that regulation leads to revelation.

Her final reminder:

Once the system sets, it reveals. And what’s revealing now is divinity embodied.