



## OVERVIEW

In this Inner Aspects call, Suzy named how incredibly strong the current energies are ahead of 12/12 and Three Eye Atlas’ closest approach, and focused less on “doing” and more on stabilizing and receiving. She invited everyone to let themselves be nurtured and supported, and to notice and gently set down the conditioned voices that say we shouldn’t need help. Again and again, she returned to a simple practice: acknowledge what feels hard or overwhelming, put it down even briefly, and consciously choose the higher timeline of what truly loves, supports, and values us. Throughout the sharings—from exhaustion, pain, and identity questions to waves of playfulness and return of child parts—she emphasized moving the body, asking for help (seen and unseen), and using questions like “What would liberate me?” instead of heavy, fixed statements. The overall message: we are in a collective reset, we don’t have to carry it alone, and even small moments of putting something down and opening the heart help shift not only our own lives, but the wider field.

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### 1. Context & Energies

- This Inner Aspects session was lighter by design. Suzy named that there is a lot of energy moving ahead of the 12/12 gathering and the upcoming closest pass of 3i/Atlas on December 19.
- Because things are still clarifying in her field, she did not want to run strong energetic processes today and then have to “reorganize” them tomorrow. Instead, the focus was:
  - Checking in on the collective field
  - Offering guidance for stabilizing
  - Holding space for questions and sharing current experiences.

### 2. Opening Theme: Being Nurtured & Putting Down Old Patterns

Suzy invited everyone to **pause and really receive**:

- Let yourself feel **nurtured, supported, loved**, or whatever is honestly needed right now.
- Notice any inner voice that says:
  - “I shouldn’t need that.”
  - “That’s for others, not for me.”
  - “I should be able to handle this alone.”
- Those “should” voices were named as **conditioned dialogue**. The invitation:
  - Gently set them aside.



- Or “blue star and clear them out.”
- Keep returning attention to what truly supports and nurtures.

She emphasized:

- The current energy is *massive* and deeply intelligent.
- The consciousness moving **Three Eye Atlas** through the solar system feels like a **huge, interstellar-level consciousness** that is actively *seeding humanity* as it passes Mars, Venus, behind the Sun, and now near Earth.
- The kids have said: “this feels more like who we are and how we are,” and Suzy shared that she’s beginning to understand that more fully now.

**Key point:**

Humanity is being seeded with a new level of consciousness, and we are being asked to **choose the highest timeline** and **put down what no longer serves**.

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### 3. “This Is Not a Drill”: Choosing the Higher Timeline

Suzy repeatedly returned to a simple practice:

1. **Acknowledge what’s here**
  - “Yes, that fear, stress, overwhelm, challenge is here. It’s in my body.”
2. **Set it down, even for a moment**
  - “I’m going to put this down for a moment.”
3. **Consciously choose what you *do* want**
  - “I choose the highest timeline.”
  - “I choose what loves, nurtures, supports, holds, and values me.”

Those small, repeated moments of:

set it down → choose again → step forward

create a kind of “**slipstream**” that moves us into the consciousness now available through:

- Solar activity
- Three Eye Atlas
- The collective consciousness of the kids

She made it very clear:

- This is not theoretical.





- “This is the real deal.”
- The kids have been asking us for a long time to **put down what doesn’t serve**, not put *them* down.

She also pulled a **Mother Mary Oracle** card that morning: **Our Lady of Starting Over**, reinforcing the energy of fresh beginnings and the courage to drop old patterns.

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#### 4. The Body, Movement, and Billowing Waves

##### Participant noted:

- Recently attended a **body class** and has been feeling **huge amounts of energy** running through.
- Doesn’t feel tired; instead feels a strong need to **move**: dancing, singing, stretching.
- Movement feels like the only way to manage and integrate the current intensity.

##### Suzy’s response:

- Fully agrees: **the body is the focus right now**.
  - Any attempt to “go out there” spiritually is met with a pull back **into the body**.
  - Even inward meditation can become too compressed; the body wants **movement**, not just stillness with intense inner focus.
  - Guidance: when energy builds, **move it**.
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##### Participant noted:

- Experiences the energy as **giant waves**:
  - When the wave is high: expansive, exciting.
  - When it subsides: dips into anxiety and old patterns.
- Noticed a **child part returning**, along with images of carnival food and play—she feels called to **playful movement**.
- Question: *How can I ground this energy in a way that doesn’t suppress play?*

##### Suzy’s response:

- Offered a different visual: instead of up-and-down waves, imagine **billowing movement**:
  - Energies **coming together and moving apart**, like a breath or a billowing fabric.



- In the inner masculine/feminine, that coming together and moving apart eventually births something new.
  - Suggested reframing the highs and lows as:
    - **Inhale / exhale**
    - **Collapse in / expand out**
    - **Billowing energy that is building a new field**
  - Rather than mentally deciding “this movement is okay, that movement is restrictive,” keep returning to:
    - **Notice the conditions.**
    - “Thank you, mind. Put them down.”
    - **Just move.**
  - This supports a new version of self being born, rather than trying to control the process with mental rules about how it should look.
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## 5. “It’s Too Hard” and Asking for Help

### Participant noted:

- Noticed intense **mental story loops** that feel extremely real—several big “this is my life” stories.
- Feels exhausted and wants to **crawl into a hole**.
- Often feels like a **messenger back to the Universe**, saying, “This is too hard. It’s too hard to be human.”

### Suzy’s response:

- The statement “this is too hard” is **real** and valid.
- When things feel too hard, we tend to:
  - Contract
  - Try to get smaller so life can’t “blow us over”
- Instead, the invitation is to **call in support**:
  - Divine Mother, Divine Father
  - All beings of light, all emissaries of love
  - Whatever energies truly support and nurture



- Doing so **expands the base of our field**, instead of shrinking it.
  - Many of us (Suzy included) carry the pattern of “I can do it all myself.”  
This is a moment to **practice asking for help**—energetically and practically.
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**Participant noted:**

- Woke up feeling good, then during yoga, a **sharp pain in the chest** wrapping through to the back made it hard to breathe fully.
- Trying to allow the sensation, but it feels heavy and intense.

**Suzy’s response:**

- We don’t really know what we are clearing—**lineage, other lifetimes, collective patterns** can all be stored in the body.
  - Shared a personal example:
    - After working with an intuitive/energy practitioner, she was guided through three “pictures” or realities.
    - After the session, a longstanding shoulder pain simply wasn’t there.
  - Point: we don’t have to process everything **alone or only through our own body**.
  - There is huge value in:
    - **Reaching out for support**
    - Letting “two or more gathered” create something that can’t emerge solo
  - This theme will be important moving into **2026**:
    - The era of trying to do everything alone is ending.
    - Once we’ve done our inner work, we’re invited into **sovereign, co-creative support** with others.
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## **6. Identity, Age, and “Starting Over”**

**Participant noted:**

- On a recent call, was asked to invite:
    - Christ Consciousness
    - A strong, supportive male mentor figure
  - Realized she **couldn’t think of a single male** like that in her life.
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- After her mother’s passing and big life changes, she’s seeing how much she never truly lived as herself:
  - Childhood creative spark was often dismissed as frivolous.
  - Was steered toward “respectable” roles (like marrying a doctor or being a nurse).
- Now asking: **“Who am I, really?”**
- Also noticing apathy: sleeping late, no energy for things that used to interest her, feeling “too old to change again.”

#### Suzy’s response:

- Validated that:
  - The discomfort is **very real**.
  - It’s not only personal; **all of reality is shifting**, so her body is also resonating with a large collective flux.
- Emphasized:
  - “We are where we are.”
  - The mind is trying to keep us safe with stories like “I’m too old,” “I’m apathetic,” “I can’t start over now.”
- Practice:
  - Acknowledge the mind: “Thank you for trying to keep me safe.”
  - Then **“put it down”** so you can see what’s right in front of you.
  - Every time you put it down, you’re also helping **millions of others** do the same.
- The card “Our Lady of Starting Over” again came in:
  - We are being supported in **starting anew**, even later in life.
  - It’s uncomfortable, but it is shared and supported at a planetary level.

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## 7. Liberation, Parenting, and Questions Instead of Statements

### Participant noted:

- Deeply resonated with the theme of asking for support.
- As a **single parent of two autistic children** (one non-speaking, one minimally speaking), she feels:
  - Intense body pain



- Mental overload
- A strong yearning to **leave London and live in nature** with her boys, sensing what’s “coming.”
- Feels stuck: can’t get them to where she knows they need to be, and is distressed by feeling trapped in the current structures.
- Asked: can she use these methods to bring about the move into nature?

**Suzy’s response:**

- First, acknowledged:
    - “That is a lot.”
    - Single parenting + two neurodivergent kids + systemic pressures is a heavy load, and it’s okay to name that.
  - Offered a key inner question:
    - **“What would liberate me?”**
    - Not “how do I fix this?” but “what would liberate me, my kids, our lives?”
  - Important distinction:
    - If we *already knew* mentally what would liberate us, we would have done it.
  - Practice:
    - Instead of looping on “I’m trapped / I don’t know how / it’s impossible,” keep asking:
      - “What would liberate me?”
      - “What would liberate my children?”
      - “What would liberate us into nature?”
    - Ask **as inquiry**, not as a puzzle to solve with the mind.
    - Let the **field / oneness** respond over time through synchronicities, offers, ideas, and people.
  - The energy right now is less about “doing to get there” and more about **being** the frequency of what we want to experience, then letting reality reconfigure.
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## 8. Remembering Support & Light Language

### New NWP Member:

- Shared a long history of **trauma**, surgeries, and intense experiences with spiritual phenomena.
- Three years ago, hit a breaking point:
  - Decided there were no angels, no helpers—“nobody is helping.”
  - Had a week of deep anger and stayed in bed, on the edge of going very dark.
- Then, a very specific experience:
  - Saw a small golden light breathing in front of her, expanding and fading three times.
  - This shifted her belief: she knew she had been wrong about there being “nothing.”
- Recently:
  - Feels overwhelmed and on the edge of shutdown.
  - Has wondered if this group is “too much” or if she has finally found people she feels deeply safe with.
  - Noted that **Suzy’s light language** feels especially good and safe to her.

### Suzy’s response:

- Highlighted why light language feels so safe:
  - It’s **not of the mind**.
  - It gives us permission to **step out of mental processing** and rest in a deeper knowing.
- Invited participant to pause, place a hand on their heart, close their eyes, and breathe. Suzy explained why light language often feels so safe: it bypasses the mind entirely, allowing a person to step out of looping thoughts and into a deeper, more ancient knowing. As she spoke light language directly to this participant’s heart, something in the room softened. My own heart melted as I listened; tears welled up in a warm release. Suzy affirmed that there is a great deal of remembrance available to this person and that it is indeed returning. She noted that many people in the group were sharing intensely and looping through old stories that day, and she gently guided everyone back into heart-breath, presence, and the support surrounding us.



## 9. Core Practices from the Call

Here are the main practices that emerged across the session:

### 1. Let Yourself Be Nurtured

- Consciously invite in energies, beings, and supports that love and stabilize you.
- Notice and set aside any “I shouldn’t need that” conditioning.

### 2. Put It Down (Again and Again)

- See if you can:
  - Acknowledge fear, overwhelm, or story.
  - Put it down, even for a few breaths.
  - Choose the higher timeline: what loves, nurtures, and truly supports.

### 3. Move Your Body

- Dance, stretch, sing, walk—let energy move through your physical system.
- When you start to grind inward mentally or energetically, shift into **movement**.

### 4. Reframe Highs and Lows as Billowing

- See emotional and energetic waves as a **billowing in and out**, like breath.
- Trust that something new is being born from the interaction of all these movements.

### 5. Ask for Help (Seen and Unseen)

- Don’t try to hold “two realities” or the whole world alone.
- Reach out: to guides, to Source, to other humans, to practitioners.

### 6. Use Questions Instead of Solid Statements

- Statements like “I can’t,” “I’m trapped,” “it’s too late,” lock old realities in place.
- Questions like:
  - “What would liberate me?”
  - “What support can meet this need?”
  - “What would it take to live closer to nature?”
- ...open the field so new options can appear.

### 7. Remember: You’re Not Alone in This

- What you’re feeling is deeply personal *and* part of a **collective shift**.



- Every time you set something down, ask for support, or choose a higher timeline, you’re helping countless others do the same.

### **Closing**

As the call closed, Suzy guided the group to thank the mind for trying to protect them and then set it gently to the side so the heart could soften. She encouraged everyone to breathe into the heart and let it open, even slightly, as a way of allowing a different experience to emerge amid these intense times. Everything is being stirred, she said, but we don’t have to repeat the old cycles just because they arise. Even the smallest micro-movement—a breath, a question, a moment of release—can shift the entire trajectory. She ended by sending love to all and noting that deeper clarity and energy transmission would unfold in the 12/12 gathering and in the days ahead.