

The Month of Purgation

By Anna Von Reitz



The word "purgation" shares the same root word as "purgatory" and "purging". It implies both a correction and a cleansing, a time when we review mistakes and past traumas --- and pause to reflect and to heal.

Often, this process involves a profound struggle to simply let go of the past.

As many people who have participated in our month-long effort to shed the old injuries and emotional trash we've been dragging around with us have discovered, the mind and spirit are connected to the body. When we direct our conscious mind to review and let go of past trauma, the subconscious mind also responds. And then, the body responds.

I have received many calls, letters, emails, and texts this month from people suffering from a wide range of physical purgation effects.

It's important to know that every cell in your body has "cell memory". It not only contains enough written information in your DNA to go back and forth to the moon 500 times, but it continues to write new physically expressed cell memories.

You may have forgotten the pain of breaking your arm falling out of that apple tree 65 years ago, but your cells haven't. That's why you retain old football injuries, scars, and arthritic aches in broken toes.

When you purge old, limiting, hurtful, nasty, scary memories, your body responds, too. Your cells disgorge toxins. The cell memory is altered as you transform and release --- and sometimes rewrite --- trauma from the past. Consciously, subconsciously, and even at the level of the single cell, you set a healing process in motion -- and it has direct physical as well as emotional and psychological effects.

Don't be surprised if you suddenly feel sick physically, when you address something that made you emotionally sick thirty years ago. These things are all connected and they all have to be let go, if you are going to be healthy and happy and vibrantly alive in this moment called "now".

Help your physical body to release the cell toxins being released by practicing deep "belly" breathing, drinking plenty of pure water, eating organic food (reduces the burden of oils and pesticides and other chemical pollutants your liver has to deal with), taking regular baths or showers, and getting plenty of rest.

I know, it would have been helpful for me to remind everyone of this mind-body connection at the beginning of the month-long exercise, but many of you will find it necessary to prolong this exercise for more than one month. If the messages I have been receiving are any clue, many of you have never done anything like this before, and have the collected gunk of a lifetime to jettison.

Some people may take a year to eighteen months of "letting go" of grief or anger associated with grief, which two things tend to be the hardest to overcome. Most of us are not yet certain that life does not end with physical death, so the physical death of loved ones and friends is especially traumatic, especially when we are living in a time when madmen have unleashed "excess death".

These losses are like deep wounds for most of us, and it takes time to heal and detoxify mind, body, and soul. Take your time. Be patient with yourself. Love them still, but let them go. You will know when you are done with the past and done with all the evil things that have happened, when you wake up one morning feeling physically light and mentally calm and alert, rested, whole, and ready.

Ready for what?

The journey of a lifetime lived in one continuous moment.

That sounds a bit intimidating, but don't be afraid. It's the way you are meant to live.

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