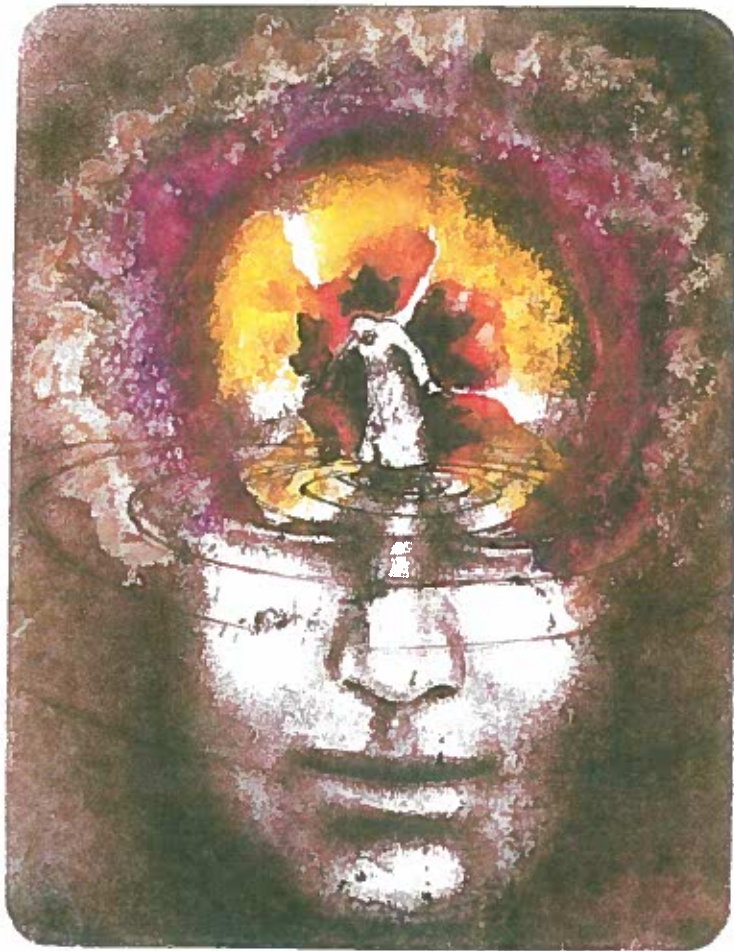


# Miasm Uncovered



By Beth Pizzotti

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# Miasm Uncovered

by Beth Pizzotti

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## Introduction

- 1989 **Elmhurst College** - Graduated with a BA in Russian History and a Music Minor
- 1990 **John Marshall Law School** - Studied and completed courses in Intellectual Property Law
- 2000-2003 **Sacred Journey Institute** - Studied and completed
  - Level 1 - Laying the Foundation
  - Level 2 - Unwinding; Heart and Sacrum
  - Level 3 - Unwinding; Heart, Sphenoid & Facial Bones
  - Level 4 - The Heart and Mandible Ritual
  - Level 5 - Psychometry/Communication
  - Level 6 - Miasm Release Therapy
  - Level 7 - Sacred Journey Therapy
- 2000-June 2004 Began an apprenticeship at Beyond Wellness, an alternative

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healthcare center and center for Cranialsacral Therapy as well as Miasm Release Therapy and Sacred Journey Therapy. Under the direction of Don Massat, Director of Beyond Wellness and founder of Miasm Release Therapy and Sacred Journey Therapy, I was able to study, research and participate in Cranialsacral, Miasm Release and Sacred Journey Therapy sessions. This gave me the unique opportunity to work with these modalities and study the phenomena of the intricacies and simplicities of energy. Presently, I am a certified Sacred Journey Therapist and am teaching with the Sacred Journey Institute.

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## Definition of Miasmic Energy and Miasm

As human beings grow and change, this is reflected in their energetic foundation. Energetic foundation can be defined as the sum of all parts of ways of being, doing, thinking, feeling, seeing and existing which compose the soul. Molecules of being are simply not, and to repeat not, miasmic in nature. However, when growth and change occur there are many shifts that occur within the energetic foundation. An energetic signature (see footnote 1) that was once a piece of the energetic foundation of the soul may begin to no longer "fit" into the foundation. As the heartmind (see footnote 2) grows it sheds layers of energetic signature. With this shedding, at times, comes miasm. Miasmic material may begin to come to the surface of the human being. Miasm is the physical, emotional, spiritual or astral body's way of hanging onto old ways of being, doing, thinking, feeling or seeing old layers of existence or simply resistance to a new ideal or state of being that emerges from the heartmind. Many times, energetic signatures which result in manifestation of miasmic material originate from situations in which the soul calls for help in response to a traumatic ordeal, a time of distress or other moment in which a profound need for protection has been called forth. These energetic signatures are created purely out of love for the human being. When energetic layers are created in response to lower vibrational emotions (ie: fear, distress), these layers will stay with the human being while feeding on lower vibrational emotions and situations for as long as the energetic foundation created by the human being supports these energetic realities.

Many times these layers of energetic signature are fed by the support and belief systems surrounding the human being. In other words, by the environment of the human being. Some human beings have great ability to shed an energetic layer by going inside (ie: through meditation). While in this altered state, the soul will begin to recalibrate the energetic layer. This recalibration helps to facilitate a smooth transition into the heartmind's acceptance and embracement of the new energetic reality. If the recalibration is met with struggle or resistance from the heartmind this energetic layer that is shed becomes miasmic in nature and miasm may form. Miasm is an energetic reality that has its own intelligence which exists within the human form. Miasm exists within the human form but unto itself albeit independently. The human form, plays "host" to the miasm. Miasmic intervention of energies confers only upon the human being when there is a struggle or resistance to a shift in an energetic signature.

Energetic struggle or resistance will manifest itself within the human form only after it has tampered with the energetic strain of genetic material. . Within the heartmind, this shift in signature can be conveyed outwardly by use of a new energetic signature in response to what was once a way of being, doing, thinking , feeling or seeing in which the heartmind, using the previous energetic signature, responded differently.

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(1) definition of energetic signature: Just as the physical make up of a human being can be identified by strands of DNA, every feeling, emotion, thought or way of being housed in the soul can be identified by a code. This code is called an energetic signature.

(2) definition of heartmind: Originally, the mind originated in the heart. Today we separate the two. The grey matter called brain was never meant to be the mind. All thinking begins in the heart. The heartmind together offers not only the truest of reality but the gentlest of nature.

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## Environment

(see Channeling Reference 1)

The psyche is a many layered convention. There exists conscious as well as subconscious thought. As said earlier, environment plays a vast part in terms of healing and becoming ones greatest desire(s). Within every environment, every situation or energetic unit, there exists a collective energy. For the sake of simplicity and illustration of concept, there are two components or layers to this collective energy of an energetic unit or environment. The conscious and subconscious. Each plays an equal part in providing the background or energetic makeup of the situation of the energetic unit or environment. In the case of the conscious mind, it is the intention, energy and thoughts of that particular moment, whether they be past, present or future that define consciousness. The subconscious mind however, is a bit more complex. For sake of illustration of this concept refer to the outline shown below.

### Layer 1

#### Conscious Mind

The conscious mind contains thoughts of the moment whether present, past or future.

### Layer 2

#### Subconscious Mind

The subconscious mind will pickup thoughts of others within the energetic unit. The more evolved conscious mind has capacity to tune into the subconscious and has capacity for a greater awareness of the collective energy.



## Collective Energetic Layer

The collective energetic layer is comprised of the thoughts of the conscious and subconscious layer.

It is important to note here also that the more evolved or higher evolved conscious mind will also tune into the collective energy of an energetic unit at a conscious level. So now that this information has been laid, it can be taken a step further. In regards to Miasm Release Therapy, many times when an energy comes to the surface ready to be lifted by the soul of the human being, it is due in part to the collective energy of the environment that the human being is in at the time. For example, a student is taking a class of the Sacred Journey Institute (SJI). The conscious layer of the psyche has chosen to participate in the class. The collective energy of the class, whose awareness is normally housed in the subconscious layer of the psyche, is one of great support for growth and evolverment into higher vibrations of existence. Soul after soul begins to release lower vibrational energy and the two layers of the psyche are dedicated into forming a collective energy of intention of growth and learning as supported by teachers, assistants and other students. With the two layers of the psyche being so intertwined with each other, a very clear collective energy of high vibration is formed. This collective energy actually becomes a very powerful force within the classroom and upon tuning into this, whether it be at a conscious or subconscious level or both, miasmic energies of a lower vibration that are not and cannot exist within the scope of the collective energy begin to lift from the students.

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## Energetic Signatures; Coding and Decoding

(see Channeling Reference 2)

Every energetic unit within the body has a signature and within every human being there are hundreds of thousands of energies each with their own, unique signature. Through growth and evolverment these signatures will modify and change over time. It is the work of the soul and its environment that plays a key factor.

For sake of this discussion, I will be using basic geometric shapes to illustrate examples and concepts. The lower vibrational energy or feeling of DOUBT can be

labeled  $\Delta \square /$  . The higher vibrational energy or feeling of CLARITY can be labeled  $\S \square \circ$  .

Energy of DOUBT will be illustrated as  $\Delta \square /$   
Energy of CLARITY will be illustrated as  $\S \square \circ$

These codes are the core codes ( see footnote 1) of CLARITY and DOUBT. These core codes will represent two basic models of energetic signature.

Below is an example story.

Emily, a nurse and reiki practitioner attends her first cranialsacral class. It is a level 1 SJI class. She sees, for the first time ever in her life, types of energy work and concepts she could not even fathom into existence until now. Emily is fascinated and intrigued with the physical, emotional, spiritual and astral releases possible by the body through the facilitation of Cranialsacral (CST), Miasm Release Therapy(MRT) and Sacred Journey Therapy (SJT). In this first class Emily even experiences and lifts a miasm of her own. On the last day, she leaves the class with a much larger scope of the possibilities of these modalities and has expanded her belief system to include the existence, comprehension and knowledge she has experienced and seen of CST, MRT and SJT, all forms of energy work. It could be said that Emily's energetic signature of

the belief of the existence of CST, MRT and SJT is  $\$ \square \overset{\text{CST}}{\underset{\text{MRT}}{\underset{\text{SJT}}{\circ}}} E$ .

Emily believes what she saw and has expanded her view of energy work to include a place for these new, more evolved, modalities. This energetic signature

of  $\$ \square \overset{\text{CST}}{\underset{\text{MRT}}{\underset{\text{SJT}}{\circ}}} E$  is also supported by the collective energy of the environment of the

four day class. Therefore, this new energetic signature of  $\$ \square \overset{\text{CST}}{\underset{\text{MRT}}{\underset{\text{SJT}}{\circ}}} E + \text{class}$  has support in her heartmind at both layers of her psyche - the conscious and subconscious through the collective energy created by the teachers and students of the class as well as through her own experience. Emily cannot wait to share this newfound knowledge with her friends and colleagues. Below is a chart of this energetic signature.

### The heartmind

Subject - Emily's belief of expanded view of energy work to include CST, MRT and SJT

$\$ \square \circ = \text{CLARITY}$

**Conscious**  
energetic signature of conscious energy of Emily

**Subconscious/Collective**  
energetic signature of subconscious and collective energy of class

Emily's experience in cranial class could be said to be the first imprinting of this energetic signature on the heartmind.

$\$ \square \overset{\text{CST}}{\underset{\text{MRT}}{\underset{\text{SJT}}{\circ}}} E + \text{class}$

Therefore, this is the first code given to the energetic signature. The

signature  $\$ \square \overset{\text{CST}}{\underset{\text{MRT}}{\underset{\text{SJT}}{\circ}}} E + \text{class}$  contains the core code of CLARITY  $\$ \square \circ$ . It can be said that the belief of CST, MRT and SJT has attached to the high vibrational energy of CLARITY.

The following week Emily attends her reiki class and is beaming. Her colleagues offer her their attention as she begins to share information about the new modalities of energy work she has learned and experienced. As Emily gets further into her discussion she begins to sense the feelings of skepticism and even some fear about what she is sharing. Emily decides to table the rest of her discussion for another time and takes her place with the reiki class as the forum of discussion is opened up for others. No one in her reiki class asks any questions about anything Emily has shared. She senses their skepticism and doubt peppered with fear. As the evening goes on Emily begins to wonder if all she saw and experienced was real and if there really is a place for it in her life other than those four days of cranial class. It is at this point that

Emily's energetic signatures of  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E$  and  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E + \text{class}$  are being challenged by the lower vibrational collective energy of her reiki class. Emily is feeling her own conscious feelings of doubt as well as subconscious collective energies of doubt from her reiki class.

Therefore,

Emily's conscious feelings of doubt =  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E$

Subconscious collective energy of doubt of reiki class =  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} RC$

At this point, it can be said that Emily's energetic signature of

$\$ \square \circ \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E + \text{class}$  is being challenged by the collective energetic signature of her reiki class  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} RC$  as well as the energy of doubt  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E$  that is being felt in the heartmind of Emily.

It is here that the energetic signature of  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E + \text{class}$  is presented with its first opportunity to either code or decode. It is now time to offer a definition of coding and decoding.

Code or Coding - a process in which an energetic signature defines itself further by drawing from its original vibrational core or through further attachment of ways of being that support its intrinsic nature.

Decode or Decoding - a process in which an energetic signature begins to separate from its original vibrational core through attaching to ways of being not originally supported by its intrinsic nature.

For example, if  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E + \text{class}$  is to code, it will push away or simply not resonate with  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E$  or  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} RC$ .

Note that the energetic signatures of the two codes above contain DOUBT  $\Delta \square /$  as their core. This core of doubt vibrates much lower than the core of clarity  $\$ \square \circ$ .

Now  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MKT} \\ \text{SJT} \end{matrix} E + \text{class}$  has experienced its first opportunity to either code or decode and has chosen to remain steadfast and code. Many times the soul will choose to present itself or draw to itself opportunities for an energetic signature to either

code or decode. Doing this helps to strengthen the deciding intention. In this case, it is probable that Emily's energetic signature of  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{E} + \text{class}$  will be challenged again to either code or decode and once again will choose the core code of CLARITY  $\$ \square \circ$ , thereby further strengthening Emily's belief and expansion of CST, MRT and SJT. It is also important, at this point to talk about again the impact that environment plays on the creation of an energetic signature. Because  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{E} + \text{class}$  contains, upon creation, a foundation collective energetic support being the craniosacral class, its ability to remain steadfast is intrinsically greater. Note that this concept holds true for lower vibrational energetic signatures as well that contain, upon creation, the support of the conscious layer of the psyche as well as the collective energy or subconscious which refer to as environment.

Intrinsically speaking, this energetic signature has a strong foundation because it originated and is supported at the conscious and subconscious levels of the

heartmind. If  $\$ \square \circ \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{E} + \text{class}$  had chose to decode, it would have drawn towards it the energetic signature of  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{E}$  and  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{RC}$ . Note here that the conscious and subconscious or collective energy is also represented.  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{E}$  being Emily's conscious energetic signature and  $\Delta \square / \begin{matrix} \text{CST} \\ \text{MRT} \\ \text{SJT} \end{matrix} \text{RC}$  being the signature of the collective energy of the class.

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definition of core code1- the nucleus of an energetic signature

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## Manifestation of Miasm in Physical

Miasm Release Therapy can be very beneficial in relieving physical discomforts or ailments which are housed primarily in the energetic body and have manifested themselves into the physical. There is a plethora of ways miasm can manifest itself within the physical. Some examples are sinusitis, asthma, migraines, fevers, lower back pain, heart palpitations or aches and pains in the joints and muscles of the body. The physical body vibrates lower than the energetic body of a human being. Therefore, when a miasm can no longer exist as a piece of the energetic foundation it will, at times, manifest itself into the physical. This physical manifestation of miasmatic material can be a reoccurring discomfort or ailment. The soul of the human being may, over time, simply release the lower vibrational energy and the physical symptom may disappear permanently or upon the soul of the human being drawing the lower vibrational energy back towards him/her, the physical symptom may reoccur. An example is listed below.



Chris is an active four-year-old boy who is a joy for all who know him. He has been experiencing high fevers on and off for the past three months. They come on suddenly with no warning or rhyme or reason. His parents have had his physical body thoroughly checked out by doctors and nothing of any consequence has been found to attribute to the nature and onset of these fevers. His Mother has heard of the work done at Beyond Wellness, a therapeutic massage and healing center located in Tinley Park, IL. She speaks with Don Massat, owner and creator of MRT and sets up a MRT session for her son. Don works with co-therapist Beth Pizzotti in the MRT session. Together they create a boundless space of unconditional love. Chris, like most young children, immediately enters an altered state or trance state and his soul begins to offer up the energy that has been causing the fevers. It is channeled to the therapists that the fevers have been caused by the fact that Chris's astral body has been in the process of lifting residual energies of protection that he has no use for here in this earth dimension. His soul is much evolved and his environment here on the earth plane much supports his way of being in this lifetime. The fevers are Chris's physical body reacting to the energetic shifts occurring in the astral body. Don and Beth continue to work with Chris's soul in lifting these residual energies throughout the session. The session is completed in about an hour's time. Chris feels relaxed, rather hungry and a bit sleepy.

Two years have now passed and to date his mother has shared with us that Chris has experienced no high fevers since the MRT session.

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## Manifestation of Miasm in Psyche

(see Channeling Reference 3)

One way a miasm can manifest itself, upon coming to the surface, is in the psyche. In this regard, it is important to take time and discuss the intelligence of miasm or miasmatic energy.

There is much yet to learn about the intellectual makeup of miasmatic energy and its ability to infiltrate through brain wave to the psyche of the human being. That being said, I will begin a discussion with the highest of vibrational intention in the hopes that I may achieve, on paper, something tangible and of sound use.

Miasmatic intervention in the psyche can only manifest itself if the channel of being and knowing within the human being is opened in a manner in which the energy can infiltrate and calibrate voice. This is not to say that miasmatic intervention in the psyche is a "bad" thing. No, rather it is truly a lower vibrational use of energy by the miasm through the human beings more evolved "opened porthole"(see footnote 3) of knowledge. Some of the greatest inventors and creators of our time all heard "voices in their heads" at one point or another simply due to the fact that their porthole was opened due to their capacity to a more expanded way of being and in as much as one can receive enlightened information or knowing one can also receive information of a

lower vibratory nature as well.

The voice of knowing exists in the heart. Thoughts are the human beings way to make this voice something more tangible. However, when the voice of miasm offers itself into this realm, many times it will wreak havoc within the psyche causing utter confusion and devastation as in the case of schizophrenia. This is the voice of miasm in its most flourishing form within the psyche.

The gifted schizophrenic is continually dipping into layer upon layer of astral energy which can be either darkness or light. The schizophrenic lives much of his/her reality in this vibratory realm so this astral reality is continually being fed. The schizophrenic or the symptoms of schizophrenia and the behaviors of schizophrenia originate within the astral body. It is as if the soul of these people has remembered the higher form of being. Say, for example, during the twilight of Lemuria all beings existed in this higher form. The soul has memory of this and starts, oftentimes, at a very young age or through soul awakening, to simply begin facilitation of astral energy through everyday life. If there is a place for this, for example, in the imaginative play of a child or as a playwright in an occupation for an adult, then astral energy can be harnessed in a healthy way and a balance can occur within the human being. If there is no scenario presented for the soul or the soul simply chooses to experience confusion and disassociation with the human way of being, the person may be perceived as crazy or unhealthy. (Please know questions are being answered based upon the position of where humankind sits collectively in terms of good, bad, health, etc.....).

When a miasmatic voice is present in the psyche it is present for a reason. This lower vibrational energy has come to the surface and the soul of the human being simply cannot and will not contain it. The energetic foundation of the human being has shifted in such a way that the " piece" of the "puzzle" represented by the miasm can no longer successfully feed and co-habitat within the host. At this time, while at the surface, the miasm may enter a more vulnerable part of the physical body namely, the psyche.

When a miasm enters the psyche it is doing this out of desperation in a feeble attempt to stay attached in some way to the host. In this way the miasm will use its capabilities of intelligence in latching onto a lower vibrational thought process (i.e.: fear).

The miasmatic energy can enter the psyche only at the point of the "weak link". There is a breakdown in the energetic DNA of the individual. The energetic breakdown is a result of the failure of the initial physical or emotional manifestation of the energy. The energy will not immediately go into the psyche if an easier path is offered. However, know that just as genetically, in the traditional sense, people can be predisposed to traits and psychotic behavior, the energetic coding and decoding of DNA follows suit as well. This is not to say that energetic decoding of DNA cannot occur. Because it certainly can and that is where the modality of MRT becomes most valuable. In MRT the therapist works with utilizing and lifting the lower vibratory or "old energies" the soul of the recipient no longer wishes to adhere to. Once the soul, and more importantly in the case of psychosis, the conscious self and conscious dream body, have literally separated from the thoughts and behavior pattern of the energy at hand, it is as though the energetic DNA begins to transform and seal itself so the weak link becomes strong once again or perhaps even for the first time. Now the energy prefix is complete, for that moment, until the next layer or conglomeration of the energetic DNA or material rises to the surface and awaits removal.

Volumes have been written about schizophrenia and volumes can and will be written on this disorder in relation to miasmic energy . However, for now , for sake of ease and basic clarity, refer to the example as illustrated below.

Polly, a massage therapist, is in the process of growing into a new found self-confidence and wishes to branch out further to others because she thinks more of herself. She has been taking classes at massage school and as she has gained a greater understanding of the physical body she has grown internally in spirit and awareness of self and has let go of a feeling of unworthiness as she continues to connect with her classmates and sees how own abilities shine through. Polly now sees herself as a person who can reach out and connect with others not only through the modality of massage but socially as well. The feeling of unworthiness simply does not fit how she feels about herself now. As her self-confidence grows, from time to time, she will hear a voice inside her head telling her that she is not good enough, that the connectedness she feels with people is really all an illusion and she really is no better off than she was before she started massage school. This is the voice of miasm. Here, miasm is accessing the feeling of unworthiness and magnifying it onto Polly's psyche.

In this example, the voice of miasm is Polly's feeling of unworthiness. This feeling or energy of unworthiness is a core trait of Polly's , supported by the subconscious layer of the psyche which is also housed in the energetic genetic makeup of her mother who carries this lower vibrational signature of unworthiness. Through Polly's own growth and awareness of herself and others she is able to begin to connect more with herself and others and begins to shed this feeling or lower vibrational energy of unworthiness. The miasm surfaces, as this energy of unworthiness is no longer able to comfortably plant itself into Polly's energetic foundation, and enters the psyche. It waits for any slip or feeling of self -doubt and manifests it tenfold into Polly's psyche. One may wonder how a miasm can possibly have the intelligence to speak to Polly in her psyche. It is simply that the miasm, being of energetic form and Polly's thoughts, being of energetic form, have the capability to read each other. How Polly deciphers these thoughts is up to her.

Polly's miasm of the feeling of unworthiness has, like all energies, an energetic signature. For sake of example, let us say that the energetic signature of

unworthiness is X□□ and the energetic signature of self-confidence is ◇◇◇ .  
When an emotion or thought comes through Polly's psyche, that contains part or all

of X□□ and has the intention attached to it of the feeling of unworthiness, Polly's miasm existing in the psyche will latch onto this emotion or thought and wait for the intention of the host (Polly's psyche). If Polly chooses not to go into the feeling of unworthiness and instead sets her intention on the feeling of self-confidence

◇◇◇ within herself and with others experienced through the knowing of her own self-growth and with others through the modality of massage, she then offers the miasm of unworthiness no food. It has nothing to feed on . The power of intention and the knowingness of Polly's connection within herself and others has pushed the miasm further away and Polly has given herself another opportunity to bring into

herself the higher vibrational feeling of self-confidence ◇◇◇ . Which, in turn, further begins to cement this energetic signature into her energetic foundation and release the lower vibrational core energy of unworthiness X□□ .

In this example it was illustrated how Polly was, in a sense, able to separate herself from the feeling of unworthiness the miasm was latching onto in her psyche. Polly was

able to make a choice not to go into this feeling and, in a sense, simply brush the miasm's attempt of keeping her locked into this lower vibrational feeling away, thereby coming another step closer into her ability to fully release the miasm and cement the higher vibrational signature of self-confidence into her energetic foundation.

It would be beneficial to mention here that many times when one is in the process of releasing a miasm, the soul may gravitate to or choose to create several situations in which the very energetic signature the soul is wishing to release is present. This offers the individual ample opportunity, upon it's miasm latching onto this lower vibrational energetic signature, to, with intention say "no" several times and to choose not the miasmic energy that is desperately clinging to any lower vibrational crumb of familiarity the psyche may drop as it goes about its day. With every "no" and intention by the soul of moving towards the higher vibrational feeling or way of being, the miasm simply has no chance of surviving in the psyche and will release either on its own or with additional support (i.e.: miasm release therapy session). The energetic foundation then assimilates a new piece of a higher vibrational signature thereby solidifying the higher vibrational signature further into the foundation each time the soul is offered to act upon it and harmony within the psyche reigns supreme once again.

Upon the extraction or lifting of miasmic energies it can be conferred that the vessel has not only been cleared, but that a shift has occurred. In order for this shift to maintain a sense of permanence within the energetic genetic makeup as housed within the human form, care must be taken to honor what has just happened. If the human beings vessel is tired, rest is the answer. If there is a feeling of being "energized" or having an overabundance of energy in a certain area then the soul may wish to offer care to a balancing of the chakra centers as they are most definitely recalibrating to their new "attunement".

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(3) definition of porthole: porthole can be defined as the opened third eye in conjunction with the capacity of the energy waves housed within the human body, more specifically the brain, to act together as one unit thus reaching a capacity to be used together in a more evolved state.

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## **Working with the energy in Miasm Release Therapy**

Miasmatic material existing in human form can go nowhere if not approached with the highest intention of light and love. As facilitator of MRT it cannot be stressed enough to continually clear your vessel through a regular meditative practice. Regular harnessing of the energy of unconditional love as well as intensive self-work are

cornerstones for the facilitator of MRT\*. Also, it is recommended to always work with two or more therapists when creating a space for a MRT session and to facilitate the actual MRT session in a place which offers unequivocal support for the process opening in the moment.

There are many ways in which a therapist can work with energy during a MRT session. I will speak of a handful here, but know that there are as many ways to work with energy as there are therapists facilitating the work. I believe there will never be an end to learning about the many ways to work with energy. That being said, listed below are a handful of techniques.

**1) Client releases energy on his/her own** - It is important to make clear that there will be opportunities in which the MR therapist will need only rise and create the high vibrational state in which the session will take place as well as offer support for the client to enter a trance state. Next the client will set his/her own intention. It is important that the client is ready and in her heart wants to release the miasmatic energy. At this point the client begins to release the energy on his/her own. A few examples here can be the client feeling intense emotions such as sadness or anger. Or, the client may have many physical sensations such as the chills or feeling very hot. The physical body may also begin twitching or muscle spasms may occur.

**2) The pull and using the body as a vessel** - The MR therapist is already working the session in an elevated state. He/she simply holds the space and with his/her openness allows the energy that the soul on the table is lifting to enter into his/her body. Many times the MR Therapist will contact a chakra center of the client, hold the space, remain open and begin, with intention, to actually lift the energy from the client and "pull" it out of the client into himself/herself as the client's soul is pushing the energy out of himself/herself into the MR therapist. Once the vessel of the MR Therapist is full, the MR Therapist will begin to release the energy.

**2A) The MR therapist releasing the pulled energy from his/her vessel** - There are many ways in which to release energy from a vessel once it has been pulled. A few examples are listed below:

- 1) through coughing, yawning, burping or blowing out the energy.
- 2) The MR therapist will go to a light source (ie: a lit candle or a sunny window) and begin to channel energy out into the light (channeling here is referred to a process in which the therapist hones in on his/her center and holds the space inside himself/herself and simply allows his/her body to release the energy). Many times this will be done through a small continuous, shaking of the hands.
- 3) The therapist will use his/her intention of thought and will split and one part of him/her will go to a memory or feeling that gives him/her much joy. This high vibrational feeling will push the lower vibrational energy, which he/she is in process of releasing, out of his/her vessel at a very accelerated pace.
- 4) A co-therapist, (therapist no. 2) who is also working the MRT session, will act as an anchor to this dimension and while remaining in a grounded state will contact heart or other area he/she is drawn to on therapist no. 1 who has just pulled the energy from the client and will push the energy out of the full vessel of therapist no 1. Therapist no. 2 harnesses and uses the high vibrational energy of unconditional love when pushing the energy out of therapist no. 1.

### **3) Utilizing Multi-Dimensional Realities -**

a) Many times a therapist will be able to "tune into" or have a knowing of another dimension in which he/she has existed with the client with whom he/she is working. While holding space in the session, the therapist may split and part or all of him/her may go to a higher vibrational dimension in which he/she has a connection with the client and he/she will work in the energy of that higher vibrational dimension in order to help release the lower vibrational energy that the client is lifting in the grounded reality of the present moment.

b) Many times a MR therapist will be working with a client and will have a knowing that the energy the client is in the process of lifting has multi-dimensional origins. The MR therapist, with permission the client's soul, will take the client into a dimension in which the core of the energy exists and will work with the client in that dimension. By releasing the core of the energy, it will release it fully in all other dimensions in which it exists for the soul of the client. Once the core energy is removed, all the filaments of residual energy will leave the vessel in due course. The miasmatic work is so valuable because it is with this modality that the core of the energy can be removed. Note that the MR therapist himself/herself may stay grounded in the present reality when facilitating the use of multi-dimensions or may opt to split and go into the dimension and work in the dimension in which the core energy exists as well as the present grounded reality.

#### 4) Verbal Channeling -

It may resonate with the MR therapist to simply become a verbal channel for the energy that is existing (albeit temporarily) in its vessel. The MR therapist will open his/her channels to fullest capacity and completely step outside of his/her physical body and simply allow the energy to have a voice. This can be a very effective and quick way to release an energy as well as offering the energy, that is being released "into the light", one final mode of expression which, in some cases, can be very satisfying to the pulled energy and offers its complete release from the vessel of the MR therapist.

5) **Becoming the energy** - Upon the energy entering the vessel of the MR therapist, it may resonate with the MR therapist that this energy requires full expression in order to be released. An example is offered below:

Example: Tony Pazooli is a 45 year old Italian- American male whose emotional body house a plethora of pent up frustration and aggression. He has been receiving MR Therapy on a semi-weekly basis. The session begins with two miasm release therapists. As the therapists clear themselves and begin to raise and create the space of unconditional love, the energy of aggression begins to surface within Tony. As therapist no. 1 begins to pull the energy from Tony therapist no. 2 continues to remain grounded in the present reality and offer unconditional love and support of the process while continually working with the session. The energy of aggression has now completely filled the vessel of therapist no. 2. It is at this time that therapist no. 2 has a knowing that in order for him/her to fully release this energy of aggression from his/her vessel it must be "experienced" to its fullest capacity. Therapist no. 2 immediately begins to channel the energy both verbally and physically and becomes a boxer. Literally with his/her fists, punching the air and shuffling her feet (ala Muhammad Ali style) therapist no. 2 has become the energy of aggression. The energy speaks

recipient of the work as well as a facilitator. Continued journeys into one's soul offers the truest healing and growth for the emergence of the lightworker. When the soul offers itself up for healing it is the experience of a lifetime to choose to listen to its calling. The breath of life that was once thought to be all things in self begins to change and shift as the heart opens itself to the wondrous experience of vulnerability and harnessing internal power. It is not a journey taken by the weary soul but rather embraced by the soul who remembers. The soul that remembers who he/she is and how he/she was created to be the God inside himself/herself. Nelson Mandela spoke of it beautifully in his 1994 Inaugural Address as written in the Cranial-sacral Level 1 Manual of the Sacred Journey Institute titled Laying the foundation (see Bibliography 5):

Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us.  
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?  
You are a Child of God.  
Your playing small doesn't serve the world.  
There's nothing enlightened about shrinking so that other people won't feel insecure around you.  
We were born to make manifest the glory of God that is within us.  
It's not just in some of us; it's in everyone.  
And, as we are liberated from our own fear,  
Our presence automatically liberates others.

These are very powerful words and have always generated great thought, reflection and strength from my soul as I began and still continue my journey. God lives inside us. The expanded self is a representation of this of this reality.

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## **Channeling References** - as channeled through automatic writing

1. Guides familiar with environment in relation to miasmatic activity-through Beth Pizzotti
2. Expanded self of Beth Pizzotti-through Beth Pizzotti
3. Guides familiar with miasmatic activity-through Beth Pizzotti
4. "Zabel"-through Beth Pizzotti

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and says things like "I'm gonna punch his lights out" or "I'm gonna knock him where the sun don't shine". This goes on for about 10 seconds or so and then quickly fizzles out and therapist no. 2 is "back" again and grounded in session. The energy of aggression thereby being released from the vessel of therapist no. 2 by "becoming the energy".

**6) Downloading (see channeling reference 4)**- Downloading is a process in which the humanoid allows its vessel to counter create with the energetic signatures which it already houses. There is a formatted disc or template, which exists in the temporal infrastructure of every human being. This disc, as we shall call it, has all the capacity needed, when used properly, to collect and release data. The channeling abilities of the human must be seasoned to a point in which the energetic exercise may occur successfully. Upon the energies being lifted and pulled from the humanoid on table, data is collected in a upwards sweeping motion into the temporal area. This wave of direction offers the energy being collected to move very quickly, due to the need for it to remain in a high vibrational sequence, for collection to be complete. Upon disc reading full, it can simply be recovered through intent of release or a rapid spiritual surgery at the frontal lobes.

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\*see section on Wisdom for the Lightworker

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## **Benefits of Miasm Release Therapy**

(see Channeling Reference 4)

Currently, miasmatic energy is at a heightened form at this stage within the earth plane and the universe as well. Thus it is appropriate to concentrate rather extensively at this time on this form of energy retrieval for both the client and the therapist as well.

When working at the astral level in a MRT session, collectively speaking, there is a shift of permanence, which occurs when healing at the astral level. Also, healing at the astral level facilitates a universal healing of sorts in the sense that the collective energy of the lower vibratory emotion or trauma is now shifted within the cesspool of being. On a more individual level, healing at the astral will collectively shift the cellular structure of the experience at the physical level as well. That is why, one reason why, astral healing can cause temporary discomfort in the physical upon its completion.

Existing in the vibratory waves of the MRT session offers great clearing and healing for therapist as well as client. The benefit of doing this work, in the same environment on a regular basis which offers the most open of spaces and unequivocal support, is that you are continually creating the collective energy of facilitating the experience of the MRT session. Therefore, therapist benefits through a cleansing during procedure



and collective creation benefits through further definition of MRT every time it is facilitated.

Multi-layered healing of lower emotion or related trauma is released into all layers of astral (i.e.: all related dimensions). Also, discarded cellular material (both energetic and physical) can now be replaced with a new energetic code and signature more conducive to the current, more evolved state of the client knowing that in order for this new material to stick, it must be put into practice and the soul of the client working with the universe will offer this unto the individual either through present reality or dimensional reality.

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## Wisdom for the Lightworker

Massage therapists that work at the physical level do massage therapy. Presence takes massage therapists to the next level, the energetic level. This is where energy work begins. Presence, intention and trust take the energy worker to the next level, being the level of the lightworker. A more expanded wisdom of energy and a more open belief system enables the lightworker to become a Miasm Release Therapist and Sacred Journey Therapist and takes the energy work to even more evolved levels.

As the belief system of the lightworker continues to open this will allow him/her to offer an even greater space for the client to do his/her work because the soul of the client can offer further connections based on the expansiveness and belief of the lightworker. It is the lightworker who creates the space and supports this space with the client's soul on the table as the soul of the client is allowed to "leave" the conscious state and begin trance state.

A regular practice of meditation is a requirement for any lightworker for it is through the meditative state that one can tap into their center and create a space for this way of being throughout their daily life. Meditation enables the lightworker to transfer through the energetic layers of humanoid reality into the astral body. The astral body is vast and infinite. The astral houses all possibilities and is heightened when one or more heartminds connect into its waves or vibrations (i.e.: as between lightworker and client in a MRT session). By accessing astral energy through meditation, there is virtually nothing that cannot be done once the astral body is harnessed into the semi-conscious or conscious state of the heartmind.

It also of great benefit and importance for the emerging lightworker to create and surround himself in a supportive environment which embraces and supports his personal growth. As spoken of previously, environment plays a very pivotal role into the support and healing of the aspiring lightworker.

Finally, one of the beautiful characteristics about MRT is that in order to facilitate it, as a therapist, one must go inside themselves and begin their own self work and be a

## **Bibliography**

5. Massat, Don. Laying the Foundation. 2000

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