

# The Container and the Contained

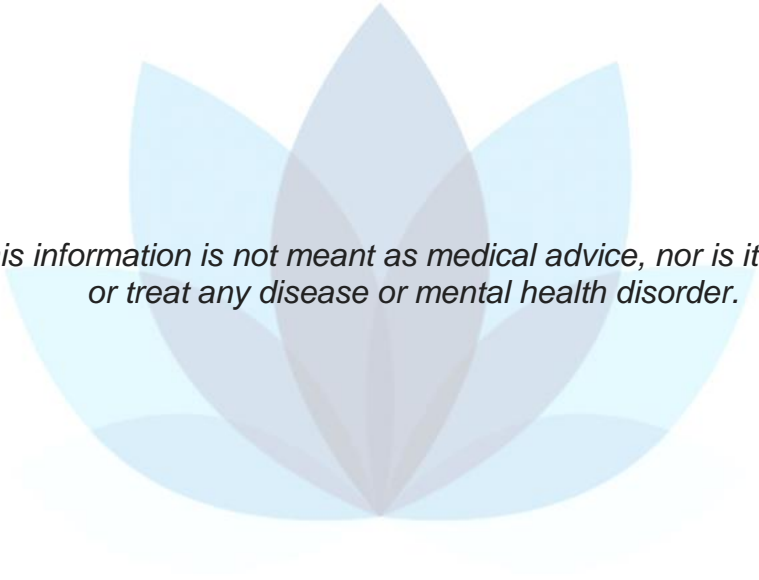
as channeled from the Beings of Light through Liesel

“Much trauma work is about the amelioration of that which is contained, which is indeed, a wonderful undertaking. It is beautiful to move from containing that which vibrates in a highly tumultuous fashion to containing that which vibrates in a less tumultuous way. In fact, this amelioration of that which is contained can free up more energy in your awareness to bring your attention to the container aspect of self. Yet, it is important to remember that the primary focus of all of this is still on that which is contained. For even more potent ‘healing,’ awareness must also be given to the container. This part of yourself that is the deepest of awarenesses always remains inviolable regardless of what occurs on the physical plane. In this way, it is actually never in need of ‘healing,’ as it can never be harmed. To be in touch with this deepest part of yourself which is the container that holds all that you experience, is to be in touch with the part of yourself that is immortal and in a perpetual state of wholeness. This way of viewing trauma is not a denial of trauma, but rather, the recognition of the fact that all trauma is ultimately a part of that which is contained and is not the container itself.”

**“Always know Our love is truly with you, because Our love truly is you.”**

Your Soul's Plan

Rob Schwartz



*Disclaimer: This information is not meant as medical advice, nor is it meant to diagnose or treat any disease or mental health disorder.*

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