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Dr. Bruce Purnell, Executive Director, The Love More Movement; [dr.bruce@lovemoremovement.org](mailto:dr.bruce@lovemoremovement.org); 2024863580

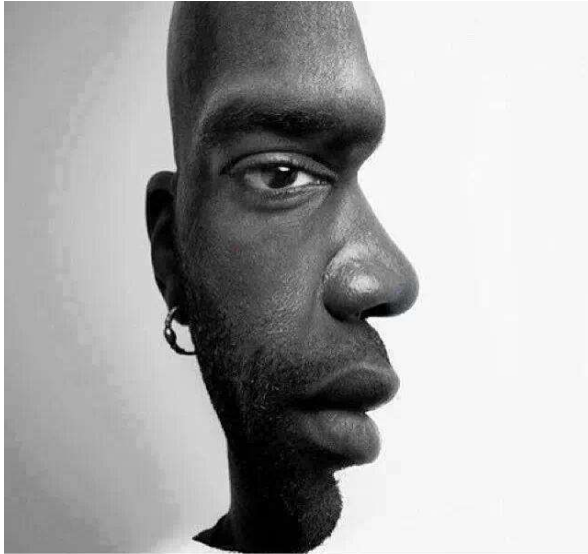
## Healing Manifest "Little Man" Freemen

### Can the Wizzo help Little Man Find His butterflies?

In this simulation, we will be Transformative Life Coaches and Healing Leaders assigned to our newest client, Manifest "Little Man" Freemen. This assignment will require us to travel to "The Yellow Brick Road" and help him free/Heal himself from past Trauma by Healing Medusa, The Grinch, Rudolph, and Hermey while navigating the tricks of the Pied Piper. Little Man must forgive himself and others, prepare to trust Love again, and become vulnerable enough to identify and enter his Cocoon. In facilitating Little Man's journey, we will discover the many implications involving Healing, Transformation, Liberation, Harmony, Balance, Community, Authenticity, and consciously and holistically moving from a consciousness of "Surviving to Thriving." Our cocoons, or the places we release past Trauma, may be connected to cold, dark, and painful memories in our conscious and subconscious. When we close our eyes and "Click our Heels" because of unresolved Trauma, we may see past nightmares, toxic emotions, Trauma, anxiety, and depression. Because of this, our journeys on the "Yellow Brick Road" may present different challenges. Our Transformation and Healing journey will reveal many reflections, revelations, and perspectives. Let this simulation help us understand our life energy, purpose, and the importance of journeying. Let us find Harmony, Balance, Interconnectedness, and Authenticity as we release the illusions.

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## Meet Manifest (Little Man) Freeman

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I am pleased to introduce you to Manifest "Little Man" Freeman. He was chosen by the Ancestors and given a Cosmic calling from the ages. To accept his calling, he would have to navigate an inner city vibration, a commercial culture, and a bunch of illusions being mainstreamed by the Pied Piper. We are going to become Transformative Life Coaches and Healing Leaders in his life and help him embark on a Divine

journey to search for intangible tools and inner engineering leading to a Divine calling, Divine Gifts, and a Divine purpose.

Little Man was challenged to realize Spirit within a manufactured universe promoted through a commercial program. Little Man was being called to build a Spiritual Arch and restore the Universal Balance Cypher. He must prove to Lumacares (the Arch Angel of the Multiverse), a group of Angels and Ancestors from different worlds, that the human species could live in a vibration of unconditional Love. If not, the human species would be exterminated. Before starting this quest, he would have to accept his name and navigate his own environment and insecurities. Many Ancestors and Angels were sending him Healing and transformative energy to push him toward enlightenment; however, another force sent the energy of chaos and confusion to confuse and manipulate his journey.

Little Man must realize the caterpillar's journey before celebrating the butterfly's flight. He will either become the Star of his life movie or be relegated to be an extra in his own life. Little Man has had visions and dreams of ancient worlds, seen colors and Spirits in and around people, and heard the Ancestors' calls, especially Lumacares. As Bob Marley would say, there was a "Natural Mystic" in the air, and if he listened carefully, he would hear. For this to happen, he must deconstruct the lifestyles and roles of the "streets" in real-time.

For Little Man to realize, understand, and live out his "Calling," it will require many levels of attention, and as his Life Coach, it is our job to facilitate the journey. However, to help Little Man on his journey, we must unplug from the program ourselves and discover how to cultivate a journey to embrace Harmony, Balance, Interconnectedness, Authenticity, Divine gifts, Good

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Vibrations, and our Righteous Minds. In that same Spirit, we must identify and release the other energies that have influenced humanity. We may be addicted to some of these energies and their resultant behaviors. One good litmus test of discovering the energy around us is to determine whether or not the **F**requency, **E**nergy, **V**ibration, **E**levation, **R**eflection, and **S**cope represent vibrations of Love, Light, Joy, Hope, Peace, Purpose, and Liberation. Assessing energy may seem like a colossal task, but it is essential to enlightenment.

As the Griot delivers the message of Spirit, the Pied Piper provides the message of the world. The Pied Piper is masterful at gaining followers to its frequencies, and believe me, most of us have followed these vibes without knowledge or question. We haven't been taught to recognize the Piper, and you will have to navigate this energy to be successful at freeing and Healing Little Man. Surely if we were to ask Donte about the inferno, it would be a similar revelation. Sometimes, when Little Man came out of trances, he would still feel the midst of the worlds he traveled. He spent many moments looking down from the sky, knowing he was in flight but could never see the shape and form.

He never shared his time travel and visiting other worlds with anybody because he felt that people would think he was crazy; honestly, he even thought something was wrong with his mind. Little Man's grandmother used to tell him that "God has something special for you," but he never understood what that meant.

The idea that "God had something special for him" always rang in his head, and he prayed many times for understanding. On one of his journeys, a Nigerian Priestess appeared and told him about his dreams, which he had never told anyone. She led him to the place of his visions among the Mountains of the Village of Idanre in Ondo State, Nigeria. The Priestess informed Little Man that his visions were a call to take his rightful role as a Warrior Prince of Lemuria and start a Rites of Passage led by the High Chief, known to be one of the seven mystics and direct descendants of the Kings of the Ancients. This initiation is where Little Man would be given his divine calling, purpose, identity, and potential. Still, he had to navigate the world first, which would start in the community of Kenilworth in NE, Washington, D.C. Little Man has to find the power to "Turn the Station" in a significant way. As these Dread Sea Scrolls are revealed, let this simulation be a pathway to portals, wormholes, and cocoons for our liberation.

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## "Little Man's Butterflies"

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Narrator: When Little Man was 11 years old because he grew up in a place where Trauma was a cultural norm, he was "capped" and "joaned" on anytime he mentioned believing in Love, Light, Joy, Hope, Peace, Purpose, Liberation, Transformation and anything to do with butterflies. Little Man's first real memory of a butterfly was when he was six years old. While at Kenilworth Park with his Mom and Dad, a butterfly landed on his arm. He was so excited that he ran to tell his father (Big G). Big G laughed, smacked him on the head, and gave him this sarcastic gaze that made him feel like the stupidest Boy that ever lived. Because of Big G's reaction, Little Man believed that believing in butterflies was lame. He remembered Pastor Willie Wilson saying that we would all take flight one day, but he felt that maybe flying wasn't for people like him. Little Man started to understand that there was something wrong with "Feeling" and "Believing" in things like Love, Joy, and Hope.

This caused Little Man to second guess himself regarding the idea that emotions will get you hurt in the "Hood." He also lost faith and trust that his home was a Brave Space. A space where he could be vulnerable, honest, and not be judged. So Little Man started to keep his inner thoughts and feelings to himself. When Big G saw that Lil Man was in his feelings, he told Little Man's mother (Crystal) that she had been making him much too soft. Big G told her that all that feeling/emotional stuff would get him hurt or even killed. He felt she was turning him into something other than the man he was supposed to become. So Big G had his first Manhood conversation with Little Man, and it went like this:

Father: Big G

Mother: Crystal

Son: Lil Man (Manifest)

Fathers Friend: Sonny

Girlfriend: Hope

Blind Man: Pops

Big G: Lil Man, it's better that you learn how cruel this world will be now and cut off all those feelings about everything. Look, son, you're a young Black man in America, so you don't get to feel, and I mean, you got to stop all those emotions, man.

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Crystal: See, there you go; why does being hard mean manhood, though? I already know what you are getting ready to say. Yeah, G, All this mess is predictable, but you have to think, what does your son have the opportunity to become? Think about all your friends. How is not feeling and cutting off their emotions working for them? In fact, most of them aren't even here today... So what was the point? I'm just saying!

Lil Man: I don't understand why it is wrong to feel? Why does that make me soft and lame?

Crystal: It's not wrong to feel, Baby; you don't have to fit in with anything you don't feel! You don't have to be a gangster, goon, hard, or a "hitter" to be a man... There is much more to life, and it's a much bigger world than that foolishness will ever be.

Sonny: She does have a point, though, G

Big G: Sonny, for real, man, you doing that?

Sonny: Nah, but think about it, though; we've adopted a scenario where we can't even enjoy ourselves; our children are not safe, and we aren't happy. We're moving like we did when the sniper was out here. We steadily watch cars coming into the neighborhood like we are the security guards or something, and when are we able to relax? That's no way to live, and we should never get used to it like its normal or something

Crystal: Don't be mad cause your Boy disagrees with you

Big G: Look, in a perfect world, maybe I would agree with you, and I'm not saying that everybody is wrong and I am right, but as a young Black Man in America, I'm sorry, but you don't get to feel. Like it or not, we're all targets out here, man, and we must prepare for the worst. If you relax, you can get caught loafing, which can be the end of it all. I didn't make the rules; truthfully, I wish it was different, but it is what it is out here, man. You sink or swim; there ain't no middle.

Sonny: Nah, I feel you on that. It's all true, but it's getting out of hand. People are dying and don't even know why. Our youngins think beefing is the norm, and we're raising them to accept a war they didn't even start.

Crystal: That's what I'm talking about, Sonny. I don't want Little Man to think his only option is to be connected to killing in any kind of way. Where is the success in that? The most brutal dudes I know are not even here anymore... you agree with that, right?

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Big G: You're right, but we have to survive, and the odds are against us all the way around the board! You don't know who the Ops are out here. Friends are setting friends up, and it goes on and on, so you have to protect yourself. Unfortunately, the worse thing you can do out here is "Feel." Emotions are a setup... sorry, it's just how it is.

Hope: For real, though, all they are talking about out here is Beefing or some kind of problem, resentment, or fantasy of retaliation. I'm tired of living through that vibration. Everybody seems to have issues with something else, but it's always outside of themselves, so it's never something the person can solve.

Little Man: Harmony and Balance are off; that's the problem. It's like everyone is confused for the reason that no one can put their finger on, and it's so bad that it's not even safe to walk to the store in our neighborhood.

Big G: I understand what you are saying, but I still say that you have to cut off that feeling part of yourself and shut down your emotions. So whatever inside causes you feel the need to believe in butterflies or flying, you have to shut it down. Just pray that your caterpillar can live out its life and stay out of the way, and know in your heart that flying is not an option because the Cocoon has been compromised.

Lil Man: Is that why everybody says, "I'm Staying Out of the Way."

Sonny: I stay out of the way, but my son wasn't so lucky.

Lil Man: Yea, neither was Uncle Tony

Big G: Man, once you have seen what I've seen, Hope becomes pretty lame and not even a genuine concept. I'm trying to keep you alive right now; we can worry about thriving later.

Lil Man: Isn't that messed up, though? I got to worry about dying instead of being excited about living

Hope: I know, Boo; it doesn't even feel like we have a chance sometimes

Crystal: I'm tired of living with all this dread, aren't you?

Lil Man: If we are supposed to be free, why doesn't life feel free?

Big G: It's not even about freedom, Son; it's about the survival of the fittest

Lil Man: Does it ever end

Sonny: Heck Nah, We're just numb to it because it's all we know

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Big G: The Traps seem to never end, but that's nothing new. Trick or Treat; Tests and Traps... It's all the same!

Lil Man: I get it, but I still don't understand why it's better not to believe in butterflies?

Big G: You have to understand some real Black Man Codes. In this society, people don't see butterflies as future caterpillars, just like they don't see you as a future King, even if you see yourself that way. They see you as a prison number, and other young people see you as Ops.

Lil man: Why do we live here then? If it's like you say, it would probably be better to be anywhere else but here.

Hope: We have to believe that we can change this, right?

Crystal: That's right, Hope! Our Ancestors didn't fight for us to be in this situation, and the fight was all about our young people being able to believe in butterflies.

Big G: People out here see caterpillars as furry worms eating their plants, so they don't feel bad about killing them on sight or spraying insecticide to poison them. They celebrate the ones that make it to become a butterfly, but they never tell you the story of what the caterpillar had to endure in his or her life.

Sonny: Yeah, Caterpillars are vulnerable, and we don't have much Love for them

Hope: That's crazy that we don't see caterpillars as future butterflies! I never thought about it that way, but it's true... we actually spray poison on caterpillars without a second thought

Big G: That's what I'm saying! As a young Black man, they will not celebrate you unless you are one of those super Negroes, and you won't hear everybody else's stories, just like the caterpillars. In fact, if you are eating well as a caterpillar, you probably won't even think you were supposed to be flying.

Lil Man: I always hear people talk about "they." It might sound like a stupid question, but who are "they" anyway?

Big G: That's not a dumb question, and there are so many layers to that, so I am unsure how to answer it. Sometimes "they" is just our perception of the world, and other times it's that status quo pressure to conform, both

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good and bad. They can be different things but are always connected to our perception of the "other."

Hope: Dad, that was Dope; you have me thinking

Sonny: That's the best definition I have ever heard for who "they" are, and I have been out here a long time.

Big G: Just know that what I'm telling you is for your survival Son and even though I'm telling you to drop your feelings, emotions, and the whole butterfly thing, it's not because I don't want you to be your best, believe in your best opportunities and your highest good.

Lil man: But Dad, if I can't believe in butterflies, can I believe in God, Faith, and Love; how about Harmony, Balance, and Community? I mean, where does it begin and end?

Big G: I don't know what to tell you on that one; I would like to believe that I still have faith, but as I hear myself talking to you, it doesn't even sound like it.

Sonny: Being Black in America, we never can relax and breathe. Our grandparents are scared out here, and our children are becoming their own perpetrators. I know we didn't come up with this; I'm just saying

Big G: If you're looking through butterfly glasses and in an environment that's seeing nothing but caterpillars, you may find yourself in a crazy situation that you don't even understand. If you're on butterfly moves out here, you better have wings, or you could be destroyed with no question and/or ability to escape the trap.

Narrator: When Lil Man was 13 years old, the police ran into his home, held him, Hope, his little brother and sister, and his Moms at gunpoint, and took his father out in handcuffs. He then understood why his father didn't want him to believe in butterflies or other miracles. Lil Man started to lose his light, faith, Hope, and ability to Love. He also started getting into trouble in school and gravitated more toward street life. He didn't wholly detach because he didn't want to disappoint his mother, father, and grandparents.

After the Trauma of the police raid, a few things happened to Lil Man that completely changed his life. One was a school field trip to the Arboretum when he was 14. Everything was going well on the trip until it was his group's turn to visit the Butterfly garden. The Butterfly garden triggered those conversations with his father, and he experienced his first anxiety attack. His heart started beating fast, the water ran down his face, and his

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breathing was getting heavy. While his classmates were walking around, he sat next to an elderly blind man named Pops to get his breath back.

Pops: Who do I have the pleasure of meeting?

Lil Man: (Breathing Heavily) Hi, I'm Lil Man

Pops: Are you okay, son? I can pick up some stress in your voice

Narrator: Lil Man was tripping that the Blind man knew his feelings.

Lil man: I really didn't want to see the butterflies because they aren't real anyway; they kind of caught me off guard

Pops: The butterflies caught you off guard; what do you mean?

Lil Man: My father told me as a young Black Man that it was better not to believe in butterflies. He said that if I looked through butterfly glasses, a society that sees me as a caterpillar could cause me harm, and I wouldn't even be able to escape the trap.

Pops: I see... Where is your father now?

Lil man: Jail, They can make your home a cage out here if you cross the wrong lines

Pops: Wow, you say "they" like you know them well

Lil man: (snickers a bit) That's pretty funny, one of the last conversations with my Dad was about who "they" was.

Pops: That is funny. Who did you determine that they represented

Lil man: Anybody that you wanted them to be

Pops: Oh, I see. Your Dad seems like a wise man. I'm so sorry that he's in jail, and I'm sure he would be proud to know what an intelligent young man he has representing his name.

Narrator: Lil Man feels his eyes tearing up but holds back the emotion. He feels the sincerity from Pops and recognizes that he just heard some of the nicest things said to him by a complete stranger.

Pops: So let me ask you this. What do you call those flying insects over there?

Lil Man: I don't know what to call them. I know they are supposed to be butterflies, but I don't know. Just thinking about them makes me feel crazy.

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Pops: I would like to tell you a story, do you mind?

Narrator: Lil Man can't believe he's open to hearing Pops, the Blind man, tell him a story.

Lil Man: No, I don't mind

Pops: There was a young prince who believed in all things but three. He did not believe in princesses, islands, and butterflies. His father, the king, told him that such things did not exist, and because he never saw them, he just believed. But then, one day, the Prince left the palace and ventured to the next land. To his astonishment, he saw islands on every coast, and on these islands, there were all kinds of magical creatures that he couldn't even name. As he searched for a boat, a man in a robe with a hood approached him along the shore. "Are those real islands?" asked the young Prince. "Of course, they are real islands," said the man. "And those magical creatures?" "They are all genuine and authentic princesses." "Then butterflies must exist too!" cried the Prince. "Of Course," replied the man, with a bow.

The young Prince returned home as quickly as he could. "So, you are back," said his father, the king. "I have seen islands, princesses, and butterflies," said the Prince with frustration. The king was unmoved. "Neither real islands, real princesses, nor real butterflies exist," "But I saw them, and this man told me!" The king shared that the man the Prince met was a magician, and he had been deceived by magic. The Prince returned to the next land and went to the same shore, where he again came upon the same man.

"My father, the king, has told me who you are," said the Prince. "You deceived me last time, but not again. Because you are a magician, I know those are not real islands, princesses, or butterflies." The man on the shore smiled. "It is you who are deceived, son. There are many islands, princesses, and butterflies in your father's kingdom, but you are under your father's spell, so you cannot see them." The Prince returned home. When he saw his father, he looked him in the eye. "Father, is it true that you are not a real king but only a magician?" The king smiled precisely the same way the man smiled on the shore. "Yes, my son, I'm only a magician." "The man on the other shore was telling the truth, and he was another magician." "I must know the truth, the truth beyond magic." "There is no truth beyond magic," said the king. The Prince was full of so much sadness. He said, "I don't want to be here anymore." Then death appeared, gestured to the Prince, and the Prince trembled. The Prince had a vision of the beautiful but unreal islands, princesses, and butterflies and then a feeling of the coldness of death. "Very well," he said, "I can bear to live with the perception, even if it is not real,

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and I don't want to die anymore" "Now, my son," said the king, "you too, begin your journey to become a magician and in turn, the next King."

Lil Man: Wow, so are you saying it's okay to believe in butterflies, whether real or not, and there is no truth outside of magic and illusions? I am not sure that I understand.

Pops: Son, the kingdom or queendom you are in will always attempt to define its reality through its programming, and there will always be a spell that its people are under. You must decipher the intent of the programmer or magician and the point of the programming or the magic. In this case, your father presented a reality where it wasn't okay to believe in butterflies. His reasons for this included your safety and ability to navigate your environment. In that, he was the magician framing your reality.

At the point of enlightenment and understanding, you can build your own frame, paint your dreams, step into the picture, and become the magician or the narrator of your story. It is wise to always know the point and purpose of the structure you are stepping into.

Lil Man: Where do I start? How will I be able to tell realities from illusions and which frame to step into?

Pops: That was an excellent question; it sounds like you are starting to understand how perception works and how the program shapes it.

Lil Man: Yes, but still... the feeling I get when I even think about taking a chance is enough to stop me from trying.

Pops: That's called anxiety; it often comes from past Trauma and levels of emotional pain. Things happen in our lives that we have no control over, and it causes us to be insecure about how deeply we can Live and Love.

Lil Man: After they locked my Dad up, I stopped thinking about Love so much! I love my family and my girl Hope, but the other parts of Love are too confusing. The basic idea of Hope for the future has been too disappointing. I have been praying for my Dad's release, but it hasn't happened. I feel powerless sometimes.

Pops: That's pretty much how that cycle works. In survival mode, we never heal or debrief from emotional pain but try to avoid recreating an episode that caused those feelings that hurt us in the first place. However, if we commit to Healing, we can break the cycles of Trauma and fly out of those Cocoons like those butterflies you have always loved.

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Lil Man: How does somebody heal? I don't have any control over most of the things around me. How will I even know what to do?

Pops: It's a Universal Truth that the teacher will appear when the student is ready. I'm going to give you a challenge to start your healing journey. I will introduce you to some characters you may or may not know. Even if you have been introduced to them before, you will get to know them differently. You will be ready to begin your journey when you understand their stories and can identify, empathize, and release their pain through your prayers.

Lil Man: Who are the characters?

Pops: Great Question. The characters are Medusa, The Grinch, Rudolph and Hermey, and the Pied Piper. I'm going to send you to the land of WizOz to see if you can get some crucial answers from the WizzO.

Lil Man: Wow! Don't you mean the Land of Oz and the Wizzard

Pops: Okay, I figured you would say that! You will find this Universe to be a little different because, unlike Dorothy, you will not have the opportunity to click your heels and go home because of unresolved Trauma. I don't want to go too far into it now, but you will understand the difference.

Lil Man: I have heard of all the characters before

Pops: Isn't it amazing how the Universe works? Now you will get to know them personally because you will be on the Yellow Brick Road with them

Lil Man: The Yellow Brick Road?

Pops: That's where you will find your answers. Truth be told, you are on the yellow brick road right now. You will get your answers as you journey

Pops: By the Way, is Lil Man a nickname?

Lil Man: Yes, my whole name is Manifest Freeman

Blind man: Smiles and Shakes His Head! Wow!

Lil Man: I have never felt like I had a purpose before. Once, my Dad gave me a duffle bag of old books, sayings, and many things that I didn't understand, but I intended to learn about everything I didn't know. I have always been excited about symbols' meanings and never knew why. I don't know how I found you, Pops, or you found me, but I am so thankful. I am ready to start.

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## Journeying in the Land of WizOz?

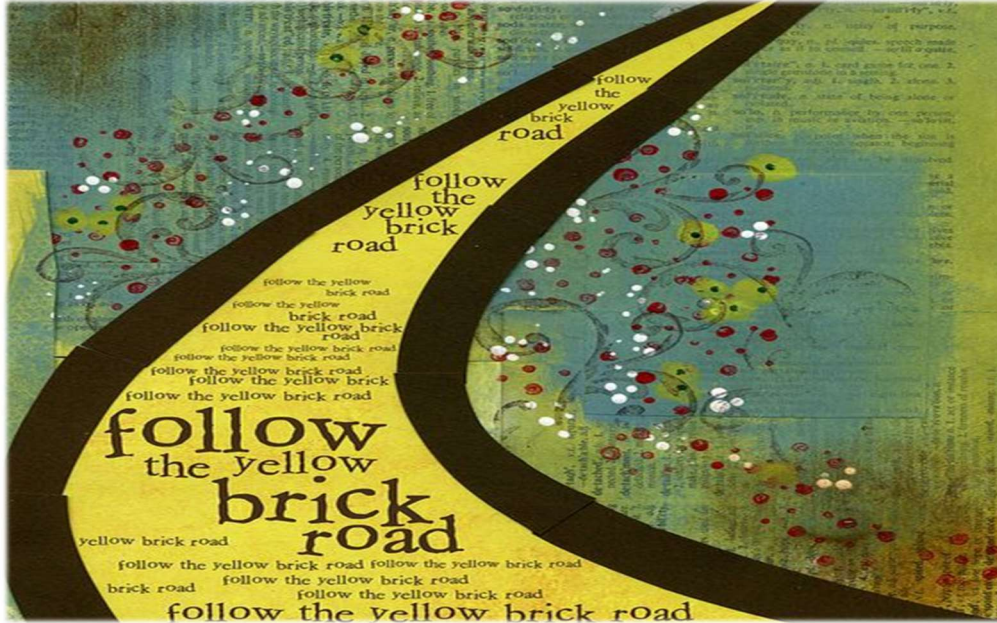
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Mental Health Practitioners often tell those who have experienced emotional Trauma to find a way to love themselves and infuse a self-care practice into their lives. This fits the Wizard of Oz model, where the therapeutic goal is to understand that we already have everything we need to heal and fill past voids. The problem is that our past Trauma often does not allow us to realize our strengths. Remember that Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion were willing to become vulnerable, fight all the obstacles, and overcome the challenges while on the yellow-brick road. They were willing to sacrifice their emotional and physical safety because they believed if they could only make it to see the Wizard, their problems would be solved, and they would be healed.

Many would say they were Brave for embarking on a dangerous journey, but unfortunately, Hope resided within an external force, the Wizard. The yellow-brick road was meant to be a healing journey for them, and they were supposed to discover that they had everything they were looking for inside. In the story, they discovered the Wizard was an illusion, and the real Wizard was inside them. So the cowardly Lion found his courage, the Tinman got a brain, the Scarecrow found a heart, and Dorothy clicked her heels and reconnected with her home as a Brave space. For Dorothy to heal, she would have to trust Love enough to enter a cocoon leading her back home and to a place of safety and Love. This was a fabulous happy ending, and all was well.

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However, unresolved Trauma can make introspection a nightmare, leaving us stranded, stuck, and frustrated on the yellow-brick road without an option of clicking our heels. What happens when clicking our heels three times opens the floodgates to remembrances of past Trauma? That can be dangerous for the emotional, mental, and spiritual self. It may also help us understand why embracing a healing framework is essential and finding a way to trust Love enough to enter a cocoon is the first step. We must realize tools to find strength when we feel like numbing and self-medicating ourselves in what could feel like a social hospice.

In fact, tapping into the Resilience needed to begin the journey of Healing from past Trauma, emotional pain, and toxic stress can be overwhelming. Maintaining our recipe of "Healing, Energy, Affirmations, and Love (HEAL)" is crucial to ground ourselves in the Frequency, Energy, Vibration, Elevation, Reflection, and Scope of Love, Light, Joy, Hope, Peace, Purpose, Liberation, and Transformation. With that in mind, we will discover steps to become vulnerable and enter the Cocoon as we become coaches in Little Man's Journey.

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## Let us start the journey

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It is time to help Little Man navigate the Yellow Brick road and discover how to release past Trauma, emotional pain, and toxic stress. Little Man must find "What It Means To Believe In Butterflies" as he taps into Faith, Hope, and Love to discover self and a belief in internal flight. Unresolved Trauma leads us away from our cocoons, which are essential for Transformation.

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Therefore, we cannot skip over the healing process because it's the first step in finding our cocoons. Healing will be different for everyone, and there is no judgment about where one enters; however, we must commit to recovery, and be open to Atonement, Forgiveness, Healing, Growing, Thriving, and Transforming. It may be tough to forgive the perpetrators who hurt us, especially when they were supposed to be champions of our Love and protection. However, once we truly understand that most perpetrators were once victims, and we probably never knew their stories, it can change everything. The fact that it happened to me because it happened to them can be our "why," even with no acknowledgment or apology. This understanding is not meant to excuse abusive behavior; the intention is to help us find a "why" and maybe even a "how." As we move forward in this energy, we begin to forgive, heal, pray for the perpetrators, and release the emotional weight of the resentment. There is no judgment regarding how long it takes to enter an authentic forgiveness and healing space. Forgiveness is a mighty pillar of Healing, and our inner engineering will extend the tools to start our Healing journeys. Let us begin weaving our cocoons and begin with an authentic expression of our humanity:

- I am a Healer, but I am also someone on a Healing Journey.
- I am committed and capable of holding space for Healing, and I also need to be held.
- I am honored to join this journey of Healing, but sometimes I also need a break
- I am needed, and I have needs
- I am Brave and Strong but also Soft and Vulnerable
- I help others heal from Trauma, and I am a Human being that has experienced Trauma
- I am here to Atone, Forgive, Heal, Grow, Thrive, Transform and Share my truth and sometimes it is hard to share what I am feeling and thinking.

**T** – Trust Love enough to enter the Cocoon

**R** – Tap into our Resilience to endure the process

**A** – Affirm the Healing Journey

**U** – Unconditional Love is our Brave Space

**M** – My Frequency, Energy, Vibration, Elevation, Reflection, and Scope are Love, Light, Joy, Hope, Peace, Purpose, Liberation, and Transformation

**A** – Authentic expression and Truth Heals

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# The Stars of the Healing Simulation

## Healing The Grinch



The Grinch offers an excellent case study of what happens to unaddressed Trauma over a lifespan and shows the limitless possibilities of Love and Healing. It also indicates the evolution of unaddressed Trauma. The Grinch tells the story of a man traumatized as a child and never introduced to a healing framework. Because of emotional abuse and abandonment, he became consumed with misery and obsessed with stealing Christmas. Christmas, which he knew represented unconditional Love, would be a way to make others feel his pain. This unresolved Trauma led the Grinch to cut off humanity, hold lifelong resentment, and live as a hermit in a cave on Mt. Crumpet. His only companion was a little dog named Max, who absorbed the abuse of his tormented past. The Who's were the community he came from and those who cast him out for being different. He was hairy, green, and big, and the Who's let him know he didn't fit in.

Over time, he almost became self-sufficient, only needing to interact with the Who's when he needed to re-up on food. However, he was missing Love, kindness, and friendship, but he would never admit that. So he had come to hate and act of compassion and joy and projected this by despising Christmas. His heart shrank smaller and smaller in his life story as he deviated from the vibration of Love. He believed that if he stole all tangible props, like Christmas Trees, ornaments, and toys, surely the Who's would not be able to celebrate.

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Along the way, a little girl named Cindy Lou saw past his pain and responses to unresolved Trauma. Instead of dismissing him like the others Who's had, she showed him kindness, friendship, and Love. If Cindy Lou could break through to a softer side of the Grinch, she would demonstrate the power of Love to heal all wounds and that Love can transform all other energies. The Grinch is coming to the Yellow Brick Road to see if the WizzO can help him find the same type of Love that Cindy Lou showed him was possible from humanity. He doesn't want to feel the resentment and pain from the past abuse.



## Healing Medusa

Medusa was one of the three Gorgons (Witches) – Medusa, Stheno, and Euryale and was the daughter of sea gods Phoreys and Ceto. She was a gorgeous young woman with beautiful locks of hair. She was so stunningly gorgeous that she had people worldwide who wanted to possess her energy as a trophy. However, she sacrificed cashing in on her beauty, served as a priestess in the temple of Athena, and committed to a vow of chastity. However, Poseidon, who was courting Athena, desired Medusa, and even though she denied his advances, he raped and impregnated her. Athena, jealous, enraged, and resentful, took her anger out on Medusa and never even addressed it with Poseiden. To exact her revenge, Athena took away Medusa's most prized feature: her beautiful hair. Athena cursed Medusa making her unappealing to men by turning her hair into writhing snakes and making it so direct eye contact with a man would turn them to stone.

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Medusa is joining the Yellow Brick Road journey because she wants to be released from the curse and for it to be understood that she was punished for being a victim. She also wants the WizzO to help her gain perspective on understanding, interpreting and navigating unresolved Trauma, toxic stress, and emotional pain.

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## Healing Rudolph and Hermey

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The toxic commercial program sells self-medications through the fantasy of filling voids and masking Love. Learning by forced compliance and shame for thinking outside of the box becomes a narrow lens to interpret a diverse world. This socialization can be catastrophic for oppressed people because the socialization system will carry definitions that cause the entire group to subscribe to a false narrative as truth.

Hermey and Rudolph are joining the Yellow Brick Road Healing Journey because they have both been traumatized by being forced to comply with a way of being through oppression. Think of what it means that Santa's elves were expected to make toys just because they were elves. To be the best toymaker should be the aspiration of every elf, and we are happy to know this because it's connected to the high purpose of Christmas magic and the joy of children. Because of this, we don't think twice about it. Most of us experienced this great example through many Christmas stories, especially Rudolph, the Red-Nosed Reindeer.



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This pressure to comply was captured in character Hermey, the elf who wanted to be a dentist. Indeed in the context of cultural hegemony, the other elves couldn't fathom any other occupation because toy-making was the culture. In this story, he connected with Rudolph, who was cast out because he could not suppress a biological trait that embarrassed his father, his red nose. This red nose could have been a disability, sexual orientation, race, religion, or other things. The common theme ends up being connected to the Trauma associated with being different and how this shapes the trajectory of one's life and the societal pressure to conform and suppress whatever makes one different.

Rudolph and Hermey want the WizzO to provide a Brave space to share and start a process of their Healing. They do not want to carry the toxic stress and Trauma throughout their lives and pass it on to the next generations.

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## Navigating the Tricks of the Pied Piper

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The Pied Piper showed up in the lovely river town of Hamelin in Brunswick to use a mystic frequency to rid the city of its rat problem. The town was thriving, but the Rats had overrun the city, and the public demanded the Mayor do something about it or be removed from power. Even though the Piper was a bit Bizarre and dressed in strange-colored clothing, he had no other choice. The Piper explained that he had heard of their problem and had a "secret charm" that led creatures to follow him to any destiny or state of mind. The Piper explained that these talents were used "on creatures that do people harm" and asked for one thousand gilders if he can rid the town of rats. The Mayor wanted to gain public support and raised the offer to 50,000 gilders. The Piper headed outside and began to play his flute. Almost immediately, the rats came out from everywhere and followed him as he played and danced through the streets, until he finally got to the river and

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led them all to their deaths by drowning. Only one rat escaped and told the story of the Piper for the rest of his days.

Hamelin was overjoyed and immediately set to repair itself, but the Piper interrupted their celebration to request his payment. The Mayor and council, suddenly wondering whether they should pay the Piper such money, apologized patronizingly and then offered him only 50 guilders. Angry, the Piper threatened to retaliate, but the Mayor blew him off. The Piper headed into the street and again began playing his flute. However, this time it was not rats but the town's children who started to follow him. The adults found themselves unable to move as they watched the children dancing behind the Piper as he headed out of town. Finally, the adults were able to move and decided to follow at a distance, assuming he would sooner or later have to stop playing. But when the Piper reached a nearby mountain, a magic portal opened, and all the children disappeared with him into it. There were only three children who were left. One child was crippled, so he couldn't keep up; one child was deaf and did not hear the frequency, and the last child was Blind and could not see how to follow. The children remained sad and distraught the rest of their days for not taking whatever promise played in Piper's song's frequency. Having suffered a great tragedy in losing all its children, Hamelin tried to send word to the Piper that they would pay his fee, but to no avail.

The Piper now holds the frequency for the land of WizzOz. He was contracted and paid to keep this frequency, which consistently leads to misery and destruction. The agreement is that the Piper will continue until the people embrace a frequency of Love in which the Piper will disappear. The Piper is the main adversary of the Healing Journey.

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## Simulation Questions

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1. How will we protect Little Man from the frequency of the Piper? Does this have any implications for Children today?
2. What will the WizzO be able to do
3. How do we start Medusa's journey?
  - a. Is Medusa's story identifiable
  - b. How do we address the snakes when they are on the inside?
4. How do we connect with The Grinch?
  - a. Is his resentment justified?
  - b. Is Healing possible for The Grinch?
  - c. How does the culture of "Joaning" or Capping connect to the Grinch's Trauma
5. How do we start Rudolph and Hermey on their Healing Journey?

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- a. Are their stories identifiable?
- b. What are the implications for our families and schools
- 6. How do these Healing journeys connect with the pillars of NTU
- 7. I Little Man going to be able to start his journey?
- 8. Do you understand why Pops started Little Man out this way?

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