

Clearing Two Major Negative Beliefs 9-23-10

This Ascension Teaching will show us how to clear two major negative beliefs that we may have picked up along the way; the subconscious belief that we 'are bad and that we are inherently evil.' As we begin to clear our negative beliefs, we start to get glimpses of our glorious true nature. Our true origins have been hidden from us for millenniums, and they are now starting to be uncovered in the collective consciousness of humankind. The more we clear of the negative beliefs we carry, the sooner we will remember and know for certain that our origins are Divine in nature.

The belief that "I am bad." is similar to the belief that "I am evil.", but not quite the same. If we believe we are bad or evil on a subconscious level, we might become perfectionists and possibly develop an obsessive/compulsive disorder, just to keep ourselves from doing *anything* that would trigger our over-exaggerated sense of guilt and shame, and our sense 'of never being good enough.' We might become super self-critical and self-punishing if we believe we are bad or evil. A feeling of inferiority might cause us to be extremely critical and demanding of others, and we may also project this belief outward and believe that people in general are bad, or evil.

We might isolate for fear of others finding out that we are bad or inferior. We might not take risks or have adventures. We may never let anyone get really close and intimate with us for we fear that they might disapprove and abandon us. We might move a lot or change jobs frequently, to keep people from discovering our secret belief of being inferior, damaged or simply just plain bad.

Because of this underlying negative belief, we may allow ourselves to be mistreated by others. We may take far more abuse than other people would who do not believe they are bad. We could even unintentionally call in this mistreatment. We may manifest self-punishing experiences at every turn, and if we do, we are reinforcing this negative belief even more.

We might try harder to be 'special' or to be a 'good spiritual person.' Puritanical thinking arose from this belief of being our inherently 'bad.' All religions that are not based on the concept of love, preach the tenant that 'we are all bad and in need of redemption.'

A diabolical travesty has been perpetrated on humankind for millenniums, which is the concept of "Original Badness, Original Sin, or our being doomed from our very first breath." From womb to tomb, we are doomed, so they say... We are predestined to a life of insecurity and terrible feelings of inadequacy and primal corruptness. We can't fathom being anything but this because we have been inundated with this misinformation from the powers that be, and we *know* who *they* are...

What better way to control the masses than having church elders pontificating this Original Guilt Trip *throughout the ages?*

Religion has been THE most divisive man-made tool in the entire history of humankind.

Have you ever wondered why the crucifixion is *always* emphasized to the extreme, but one hardly ever hears a mention of the glorious resurrection?

We are so much more than what we have been taught. We are Divine Beings, and this information has been intentionally suppressed through the ages. But now, with the advent of increased energy and information on the planet, we are about to remove the blinders put on us eons ago, and discover our true Divinity.

What is hidden WILL be revealed at last... We will finally know our true nature again.

Let us now clear these two nasty negative beliefs. The first thing we want to do is to pendulum to see if we have these beliefs. Ask 'I am bad', Yes or No. 'I am evil,' Yes or No.

If your pendulum revealed to you that you indeed have picked up either one or both of these negative beliefs somewhere in your travels through the universe, you can easily clear them with the following ClearSelf™ Method.

The ClearSelf Exercise:

This is a very simple method of clearing negative emotions and beliefs. You simply place one hand (either) on your root chakra (perineum for men, clitoris for women), and one hand on your heart chakra.

You will hold both chakras and take the first statement you wish to clear, and hold the 'intention' of clearing it in your mind, while you repeat your statement out loud, 'I am bad', or 'I am evil.'

Repeat this statement over and over, while holding both of your chakras. Then pendulum every so often to see if the negative statement has cleared. (It is not unusual to have a belief so embedded in you subconscious, that it might take several days of doing this exercise in small amounts for you to clear it.)

Once you have done this method of emotional clearing for a while, you will begin to notice subtle changes in your body as you repeat your statements. You will eventually realize the exact moment that the statement has cleared in you. You might give a big sigh or you might feel tingling, or muscles rippling in your body, which will indicate for you that the negative belief has cleared. You will then continue on to the next statement that you wish to clear.

Negative Beliefs:

'I am bad.'
'I am evil.'

After we have cleared these two negative statements, we will then 'drop in' positive statements using the same chakra hold, but we will only say the positive statements 10 times each out loud, which will be enough.

Don't worry, your Consciousness knows your intentions and what needs to be cleared, will be cleared and what needs to be installed, will be installed.

Positive Statements:

My True Self is part of _____ God, Goddess, Buddha, Source, etc.

I believe only what my Higher Self acknowledges as Truth.

My Higher Self constantly informs me of my Divinity.

My Higher Self constantly informs me of my goodness.

My Higher Self constantly informs me of the Truth.

I am eternal conscious Beingness.

My True Self contains all the wisdom in the universe.

I am good.

The nature of my Beingness is Divine.

I allow myself to realize my true nature at my own pace.

I live from my heart at all times.

I come from my heart in all situations.

I *allow* my Higher Self to guide me at all times.

My Higher Self guides me at all times.

I AM that I AM.

This perhaps, is THE fastest way to clear personal emotional negativity, trauma, memories, or negative beliefs in the world at this time. It seems faster than EFT or The Emotion Code, but you can be the judge.

My you realize your True Nature. May there be Peace on Earth.

From my heart to yours.

Amara

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your own Consciousness will know what your intentions are, and will clear the negative beliefs, and then it will secure the positive beliefs in your subconscious mind with the same chakra hold method.)

Pendulum each of the following statements to see which ones you need to clear, then go back and clear each one of them.