

Clearing Your Inner ‘Soup Nazi’ for the New Year 1-1-12

Anyone remember Elaine from Seinfeld being told so many times “*No soup for you!*”?

There is a possibility that we might be harboring an ‘Inner Soup Nazi’, or Inner Tyrant who is lurking somewhere in the depths of our unconscious mind unbeknownst to us, who forces us to follow its strict dictates.

How do we know if we have an ‘Inner Tyrant’? If you just thought to yourself... “Hmmm, perhaps I do have one.”, then you might. The fastest way to tell for certain is to ‘muscle-test’ or use a ‘pendulum’. (See earlier *Ascension Teachings on how to do both methods of divination or dowsing.*)

Let us now douse for the answer. “I have an Inner Tyrant.”(Yes or no.)

If you received a ‘yes’ answer don’t fret, for this Teaching will help you transform your tyrant into a major helper who will support and comfort you every step of the way from now on.

There are three major reasons we create inner tyrants, and one of them is to actually have it assist us with a very difficult but important long term goal which is usually spiritual in nature. This is rare, but it is done occasionally to help a person stay within a rigid framework until their particular assignment is completed.

The second reason we may create an inner tyrant, is because we were raised by a parent or caretaker who was a tyrant. Basically, we became so very familiar with it, we internalized it. Now, instead of a parent telling us we are worthless, we continue the legacy by telling ourselves we are ‘not good enough.’ (See earlier *Ascension Teachings to learn how to clear ‘worthlessness’ and similar negative beliefs.*)

Another other reason why we create an inner tyrant is to basically punish ourselves and keep ourselves in line so we don’t do anything that we have previously determined as ‘*bad*’. It really doesn’t matter if our actions are truly bad or not, it is only important if *we* believe some of our actions are bad, and if we have created an Internal Tyrant to keep ourselves in line.

Some of the world’s great, or not so great, religions are responsible for many of the guilt trips that are rigidly imposed on humanity with implications of eternal damnation, especially when the subject matter concerns our beautiful sexual activities. Our Father and Mother God are loving parents and probably find much of what the church postulates utterly ridiculous.

Let’s do the following meditation to completely transform our Inner Tyrant into our loving Inner Advisor and Helpmate. Allow at least a half an hour for this Meditation.

Before you start the following mediation, make a list of all the positive things you want your soon to be transformed Inner Tyrant to do once this meditation has been completed.

For instance, you may want your new Inner Helper to support you, advise you, comfort you, help you with abundance or relationship issues, or anything else your heart desires.

Meditation: Transforming My Inner Tyrant into My Inner Helper

Sit in a beautiful safe quiet place. Bring some pure spring water to drink and any other special items you wish to have near you during this meditation. Also, bring the list of things you want your new Inner Helper to do for you.

Take three deep breaths in through your nose and out your mouth and relax.

When you are ready, call in Father and Mother God, the Holy Spirit and all of your Guides, Masters and Angels and anyone else that you want to be present. Ask for their assistance, their guidance and their grace.

Place a bubble of the White Light of the Holy Spirit around you.

Place sparkling violet light around you and rose pink light inside of you.

When you are ready, call forward your Inner Tyrant. (Note: you may be surprised when you call it forward, because a seemingly actual being will present itself to you. This is perfectly natural and in a moment you will be speaking with it and it will in turn, be answering your questions.)

When it arrives, say 'hello' and thank it for all that it has done for you in the past. Tell it what a good job it has done for so very long. Let it know that you appreciate how well it followed your instructions. (Some of us may break down into a torrent of tears when we realize that this Tyrant was actually created by us. When this stage passes, please proceed with the remainder of the meditation.)

Ask Your Inner Critic if it would like to change its job description into something much more pleasurable, exciting and rewarding. (You will usually get a 'yes' answer, but if you don't this time, keep repeating this meditation until you do.)

When your Inner Tyrant answers that it wishes to have its job description changed into something more fun and rewarding, tell it what you wish it to do from now on. (Refer to your list.)

Make friends with your newly transformed Inner Helper. Let it know how much you appreciate its cooperation. Show your gratitude to it for allowing itself to transform so easily and painlessly.

Say anything else you wish to share with your new friend and helpmate.

Gently close your session by telling your new Inner Helper that you will visit with it from time to time, then say goodbye for now.

Ground yourself and gently come out of your meditation and continue with your day.

As soon as you transform your Tyrant into your Helper, you will be given opportunities that once seemed remote and unattainable, doors will fly open effortlessly, and your life will become much easier and happier.

Your once Judge, Jury and Jailer has now been transformed into your Benevolent Assistant, and you will see a marked difference almost immediately...

Hallelujah! I do believe I can hear the Angels singing! Oh, happy days! There is soup for everyone!

Many blessings for a prosperous and healthy New Year to all of you!

Amara

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