

Clearing the Fear and Pain in Our Hearts 10-18-11

Sometimes life just sucks. We get hurt, then we shut down for fear of being hurt again.

It is a rare exception for anyone to make it through their entire life unscathed. Most of our heartaches come from intentional betrayal or unintentional blunders made by those we love and trust.

It is a normal function of our consciousness to go into a protective mode when we are hurt, but we must realize that the residual pain and understandable fear we carry will keep us from fully opening our hearts fearlessly to one another on a continuous basis. Plus, it simply doesn't feel good to keep our Hearts closed.

In this Teaching you will learn how to clear the pain and fear your Heart holds, so you can open your Heart more fully, and keep it open for longer periods of time.

You will use your 'pendulum' or 'muscle-test' the following statements to see which ones test positive for you. Checkmark each one you wish to clear. (Learn 'muscle-testing' from a recent Ascension teaching, and learn to use 'The Pendulum' from a very early teaching.) We will then use **The ClearSelf Emotional Healing Technique**™ to clear them.

If you have read some of the recent Ascension Teachings, you will have already become familiar with **The ClearSelf Emotional Healing Technique**™. This method is by far, one of the fastest and simplest methods of emotional clearing known at this time.

(You can also use 'EFT-The Emotional Healing Technique', 'The Emotion Code', or any other modality you choose in addition to what is in this Teaching.)

ClearSelf Emotional Clearing Exercise:

First, you will want to be in a meditative state of consciousness when you are doing the **ClearSelf** Technique. If one is in the Theta (brain wave) state, which is associated with expanded states of consciousness and psychic awareness, one will be able to more easily amplify the results of any kind of healing or clearing work they may be doing.

There are many Theta Metronome CD's available on the Internet that could potentially help you reach the Theta state faster.

If you are already familiar with meditation, you may not choose to use any assistance, so just breathe deep, relax and find that 'sweet spot' in your Consciousness.

Note: Before doing this, or any emotional clearing exercise, ask your pendulum to see if it is all right for you to do them at this time. Remember to drink some pure spring water during this exercise.

If you have had serious emotional or physical trauma in this lifetime, it is highly recommended that you do the following exercises in the presence of a licensed medical therapist. If you do not remember having serious trauma in this lifetime, but you become highly agitated doing these exercises, please discontinue them and seek immediate licensed medical assistance.

Exercise: Clearing of Negative Beliefs

Now take your list of the negative beliefs you want to clear, and call in your own Higher Self, then place a bubble of rose colored light around you.

Remember that a lot of negative emotional imprints have been genetically passed down from our ancestors, so we shouldn't be hard on ourselves for having any of them. We will simply name them, claim them, and clear them.

With the imprints that originated in an ancestor, we will actually clear the negative pattern in ourselves, and in everyone in our lineage all the way back to the ancestor of origin, and all the way forward through our descendants.

This is another way to 'pay it forward'. We will actually clear something negative in ourselves that our descendants may never have to deal with, even if they are already in a body. How wonderful is that?

Statements/Negative Beliefs: Clearing Exercise

Be in a meditative state.

Place a bubble of rose/pink light around you.

Call down the Golden Veil of Peace to surround you.

Call in your Higher Self, and the white light of the Holy Spirit.

Pendulum and checkmark each statement that you need to clear in the following list of statements.

Place one hand on your heart chakra and one hand over your root chakra. Use either hand for either position. (Root Chakra in men is the area of the perineum and in women it is the clitoral area.) Now repeat your negative statement 10 times and then check to see if it is clear. If not, continue in this fashion until it is clear.

List:

I have to believe what I was taught.

I am not a part of God, Creator, The Light, etc.

Something is wrong with me.

I have been hurt.

I have been hurt by _____, _____, _____, _____, _____. (Ask to be shown only the people/instances that remain unhealed.)

I am not fully present with people because I have been hurt.

I am not fully present in this body because I have been hurt.

I am too afraid to open my Heart.

I am afraid to open my Heart fully.

I might die if I open my Heart fully.

I am afraid of being hurt again.

I'm angry because I have been mistreated.

I am angry about being mistreated by _____, _____, _____. (Ask to be shown only the people/instances that remain unhealed.)

I need to hang on to my pain.

My pain is my protection.

I am sad.

I am sad about _____, _____, _____.

I have regrets.

I have regrets about _____, _____, _____.

I keep my Heart guarded.

I am too afraid to let people love me.

I believe in mortality.

I believe in aging.

Feel free to add your own negative statements to this list so you can clear them also.

To discover more information about the pain and fear we carry in our hearts, we can investigate our own Consciousness during meditation. We will take a pen and paper with us when we meditate, and ask 'to be shown' the negative beliefs that keep our hearts closed. We will write our answers down quickly before we have a chance to forget.

Explanation of Chakra-Hold Clearing Method:

You simply place one hand (either) on your root chakra (perineum for men, clitoral area for women), and one hand on your Heart chakra.

You will hold both chakras, 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. For instance, you will say, "I am afraid of opening my Heart fully." until it clears.

Repeat your statement over and over, while holding both of your chakras. Then use your pendulum every so often to see if the negative statement has cleared, then when it is clear, continue on to the next statement.

Note: It is not unusual to have a belief so embedded in our subconscious, that it might take several days of doing this exercise in small or large amounts of repetitions for it to clear. Be assured this clearing work is amazingly effective, and you will soon discover this for yourself because your life will begin to improve immediately.

There will be times that you will run across a very poignant negative belief as you are holding your chakras and repeating your statement. You may experience very deep feelings of sadness, and you might begin to cry.

This is normal for some of the deeper negative emotional beliefs such as, "I am not loved, and I am not wanted." If it is not too uncomfortable, just cry and breathe deeply while you continue to repeat your statement. Most of the time you will feel relief after only a few repetitions, as the negative belief frequently melts away quite easily.

If it is too uncomfortable to continue, stop doing this work and continue only when you feel confident to do so, or do it in the presence of a licensed medical professional.

****Keep in mind, if there is a pronounced emotional charge on something, it is especially important to clear it in whatever manner that you choose.***

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 clearing statements. You will eventually realize the exact moment that the negative statement or belief has cleared in you.

You might give a big sigh or yawn, or you might feel tingling, or muscles rippling in your body, which will indicate for you that the negative belief has cleared. Use your pendulum to see if it has cleared, then continue on to the next statement that you wish to clear.

The next step in this exercise is to drop in positive statements into your Consciousness.

Don't worry, our Consciousness knows our intentions and will clear what we intend to clear, and install what we wish to install.

The following list contains positive statements to help you with your healing process.

Say each of them out loud 10 times each while holding your root and heart chakras, for them to become a permanent part of your Consciousness.

Positive Statements:

I don't have to believe what I have been taught.

I Am one with Source.

I am a powerful creative Divine being.

I am perfect in every way.

I allow my Heart to gently open.
It is ok for me to love.
It is ok for me to be loved.
All my pain is healing now.
All my fear is dissolving now.
Nothing is wrong with me.
I am fully now fully present with others.
I am fully present in this body.
I fearlessly open my Heart now.
I fearlessly open my Heart fully.
I know how to love.
I gently release all of my pain.
Love is my protection.
I am a wanted child in a beneficent universe.
I desire good things.
I deserve good things.
I am perfect in every way.
I joyously feel the love of my own Great Heart.
I allow the tremendous love of my Great Heart to flow out into the world.

Be creative and add your own positive statements to the above list and repeat them out loud 10 times while holding your root and heart chakras.

Please refer to the earlier Teaching, 'Healing for those who Have Suffered Abuse 8-29-11' to learn how to 'forgive' those who have harmed you.

After doing the clearing exercises in these Teachings, you may choose to take a relaxing shower to clear any negative energetic remnants that may remain in your aura. You may also feel like taking a nap after your shower, to help your mental, emotional, physical and spiritual bodies recalibrate faster.

Good mental, physical and emotional health and abundance in all forms are our Divine right; all we have to do is a little ground work to clear any negative thought pattern that might inhibit these good things from manifesting for us.

You can use this Teaching as a template for clearing anything that you might be having a hard time with. Whether it is guilt, shame, anger, rage, disappointment, lack of abundance etc., you now have a way to effectively clear everything you want removed from your Consciousness. How wonderful is that?

You will find that after you have accomplished a certain amount of this clearing work that you are now in a state of Consciousness far different than what you had been familiar with.

You will find yourself *automatically* not engaging in any kind of behavior that could bring you down from the exalted state you now exist in because this state of beingness feels so good you won't want to lose it!

Open your Heart and change the world with the mighty energy you now emanate.

Open your Great Heart and know Fearlessness.

Open your Great Heart and know True Freedom...

Love, Love, Love - (John Lennon)

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