

Healing for Those Who Have Suffered Abuse 8-29-11

This Teaching is for those who have chosen in Spiritland to experience emotional and/or physical abuse in this lifetime.

This is not an easy Path, but fortunately there is an abundance of healing information on the Internet and in your community to help you heal your wounds. Once you heal yourself you may choose to help others, if that is your calling, for most of us have suffered some kind of physical, mental, emotional or spiritual abuse.

Honor yourself. Know that healing is possible for you. Know that you are loved and that you can heal even the most grievous abuse.

If we suffered abuse of any kind from a man or a woman at any time in our lives, we may have formed some conscious or unconscious beliefs about men or women which may still be affecting our lives in a negative manner long after the abuse was incurred.

In this Teaching you will learn a simple way to heal your emotional trauma by sending energy directly to your emotional body, and you will also have the opportunity to clear your major negative beliefs concerning abusive men or women.

If we were abused by a woman, perhaps our grandmother for instance, we may have decided on an unconscious or conscious level that 'women are abusive.' If we have this belief it will *negatively impact each and every relationship we have with women*, which are many. Female co-workers, caretakers, deans, spiritual teachers, siblings, mothers, sisters, grandmothers, female clients, and friendships will all be affected until the belief is cleared.

If we have the conscious or unconscious belief, 'Women are abusive', that belief will actually bring more and more women into our life who will abuse us in various ways.

Disclaimer: Any and all of the exercises in the Teachings on this site should be accompanied by standard professional licensed medical assistance. If at any time you feel uncomfortable doing this work, please discontinue it and contact a licensed medical professional immediately.

If you are already seeing a medical professional, please do these exercises in the presence of your doctor. These Teachings are not intended to replace licensed medical assistance.

If you have suffered abuse in the form of rape or molestation, many Rape Crisis Centers across the US now provide EFT-The Emotional Freedom Technique and other Emotional Healing Modalities to help you recover from the abuse you have suffered

whether it is recent or many years in the past. Call them... they are very dedicated and sincere people who will help you...

Exercise: Clearing and Healing

First, you will make a list of all of all the people, men and women, that you have suffered any kind of abuse from in this lifetime. List the men in one column, and the women in another.

You will also need to know how to either ‘muscle-test’ or use a pendulum to get ‘yes or no’ answers. An early Teaching on this site can help you learn how to use the Pendulum and a recent Teaching can show you how to ‘muscle-test’ for yes or no answers.

Your list may look something like this:

Don't worry if you can't remember someone's name from the distant past. Just put down the incident so you can clear that person's abusive imprint.

(All names are fictitious.)

Gavin (My roommate's boyfriend.)	Sadi, (My mother)
Uncle John	Angela (My Grandmother)
David (My Psych Professor)	Crystal (My last employer)
Carl (My brother)	Catherine (My sister)
Frank (My father)	Ginny (My child)
Steve (My last boyfriend)	Cindy (Present co-worker)
Eric (My co-worker)	The nasty guy on the subway
Father Smalley	Martha (My competitor)
Shri Ananda (Fictitious spiritual teacher)	Mary Jones (fictitious spiritual teacher)
Dr. Smith	Dr. Lacey
Dan (My best friend)	Cynthia (My best friend)
Samuel (That mean client)	Carla (Neighbor)
Jamison (My business partner)	Julie (My hairdresser)
Uncle Dale	Woman at party seducing my husband

A little later in this teaching you will be given a ‘Hands-on Healing Meditation’ to clear the shock and trauma to your emotional body from the abusive people on your list.

You will also be given a list of negative beliefs in this Teaching to pendulum to see which negative beliefs you have that need to be cleared. You can use ‘EFT-The Emotional Freedom Technique’, the ClearSelf Emotional Healing Technique, or any other emotional clearing modality that you find helpful.

Exercise: Pendulum or muscle-test the following statements and checkmark the ones you get a 'yes' on, then move on to clearing them with any of the modalities listed above.

List:

Women are bad.

Women are mean.

Women are abusive.

Women are disrespectful to me.

Women are crazy.

Women are evil.

Women are hateful.

Women are dishonest.

Women will cheat on me/cheat me.

Women will betray me.

Women will harass me.

Women will hurt me.

Women dishonor me.

Women mistreat me.

Women are a disappointment to me.

Women are cruel.

Women are paranoid.

Women are deadly.

Women will stalk me.

Women will attack me.

Women will violate me.

Women are depraved.

All women are like my mother, grandmother, sister, cousin, etc.

I don't like women.

Women will betray you for your man. (If he can be seduced away, be grateful he is gone and find yourself a great man.)

I hate women.

Women are scary.

Women are disgusting.

I am afraid of women.

Men are bad.

Men are mean.

Men are abusive.

Men are disrespectful to me.

Men are crazy.

Men are evil.

Women are hateful.

Men are dishonest.

Men will betray me.

Men will cheat on me/cheat me.
Men will harass me.
Men will hurt me.
Men dishonor me.
Men mistreat me.
Men are a disappointment to me.
Men are cruel.
Men are paranoid.
Men are deadly.
Men will stalk me.
Men will attack me.
Men will violate me.
Men are depraved.
All men are like my grandfather, father, brother, cousin, friend, etc.
I don't like men.
Men will betray you for your woman. (If she can be seduced away, be grateful she is gone and find yourself a great woman.)
I hate men.
Men are scary.
Men are disgusting.
I am afraid of men.

I am a bad person.
I need to be punished.
I hate myself.
I need to punish myself.
Something is wrong with me.
Whatever I do it is never good enough.

Please add your own gender modifications to the above list and any personal statements that are not already mentioned, and pendulum them also.

You will be using **The ClearSelf Emotional Healing Technique**™ to clear the statements in the above list that you received a 'yes' on.

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.

Explanation of Chakra-Hold Clearing Method:

You simply place one hand (either) on your root chakra (perineum for men, clitoris for women), and one hand on your heart chakra. Now allow yourself to get into a meditative state.

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, "Women are abusive." until it clears.

Repeat your statement over and over for 10 repetitions, while holding both of your chakras. Then use your pendulum or muscle-test to see if the negative statement has cleared, repeat in repetitions of 10 until it clears, then continue on to the next statement.

Note: It is not unusual to have a belief so embedded in our subconscious mind 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, for your life will begin 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, do stop 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 the 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.

After you have cleared your negative beliefs, 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 Am That I Am.
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 am a wanted child in a beneficent Universe.
I am wanted.
I am loved.
I am accepted.
I love myself.
I accept myself.
I love and accept others.
I love men.
I love women.
I honor men.
I honor women.
I honor myself.
I am free to be who I came here to be.
I am kind to myself.
I am healing my trauma now.
Total healing is possible for me now.
I intend to heal all of my trauma.
How does it get any better than this!
I am comfortable with myself.
I am free to do what I want to do.
I can relax now.
I cherish myself.

I am the only being like me in the Universe.
I am safe.
I AM That I AM!

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 for them to become part of your Consciousness.

Next step: **Forgiveness and Cutting of Cords Exercise**

Sit in a quiet beautiful place and put a bubble of the “White Light of the Holy Spirit” around you.

Ask your Higher Self, Guides, Shamanic Animal Crew, Angels, and Supreme Being to help you with this process.

Now, call up a picture of the one who has abused you. If it is too uncomfortable, just put this exercise on the back-burner for now.

See them in your mind’s eye and when you are ready say, “I am sorry that I have harmed you. Will you forgive me?” You will hear a definite ‘yes, or no.’ If they answer ‘yes’, thank them and say that you forgive them also. (It does not matter whether you have actually hurt this person or not, this exercise just needs to have forgiveness balanced on both ends.)

If they say “no I will not forgive you”, then tell them in *very strong words*, “I have asked you for forgiveness and you will not give it to me, so I command you to take it up with Supreme Being, (God) and leave me alone forever more.

Say: I forgive *you* for harming me.

So Be It!”

Now with the last part of the Forgiveness exercise, you will picture the cords of energy between you and this being, and ask Archangel Michael to gently cut the cords between you and him or her.

After the cords have been severed, see the person gently fade, fade, fade from your view till they are completely gone. Do this very same process if you find the person trying to contact you again in any way. Keep doing it and they will eventually tire and leave you alone. Even though it may seem otherwise, *this process is very powerful.*

Ask your Protectors to guard you every moment in every day... (See the early Ascension Teachings on ‘Basic Psychic Protection 1 & 2 for more information.)

Final Exercise: Hands-on Healing Meditation

Use your list of abusive people and then do a separate meditation for every one of them.

For this exercise please refer to the Ascension Teaching of 6-26-11, “How to Turn on ‘at will’ the Healing Energy of Your Own Hands’, and learn how to do this simple technique.

Once you have learned how to send healing energy to yourself through your hands, you can do the following meditation.

Meditation:

Sit in a beautiful quiet place, relax and take several breaths through your nose and out your mouth making a big sigh.

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

Call in your Higher Self, your Guides, your Shamanic animal crew, your Angels, and whomever you wish.

Now, ‘turn on’ the healing energy of your own hands and place your warm hands over your great Heart.

Say out loud that you wish the energy to be sent to your ‘emotional body’ to heal a particular abuse. Don’t focus on the abuse, just make your statement of intention and send the energy to your emotional body. If this is too difficult for you to do, please discontinue this exercise.

Send the healing energy of your own hands to your emotional body for however long you feel is necessary, then ground yourself and come out of meditation and continue on with your day.

You can always muscle-test beforehand, to see how many hours/minutes of this healing energy will be needed to heal a particular trauma. For instance, you might dowse or intuit that you need 10, one hour sessions back to back to heal what you are working on. One can use this very same meditation to heal abuse from past lives also.

(In the Reiki healing tradition, you are given a special symbol to use for healing the emotional body. You are also given several other symbols including one for ‘distance healings.’ These symbols and initiations are great to have, but are not necessary if you choose to use the very simple method of healing mentioned above.)

It is through our ‘Intention’ that we are healing ourselves. Regardless of how much we were abused, total healing is available to us.

(Note: If you are familiar with Dr. Bradley Nelson's 'Emotion Code', you could ask your pendulum "how many negative emotions keep me attached to this person?" Once you get a number, say 35 emotions, you can use the Emotion Code to find out which emotions comprise the 35, and then you can clear all of them with your magnet.)

Something for us to think about is the fact that many people who have been seriously abused become abusers themselves. If this pertains to you, please realize what is going on with you and get the help you need to heal the cycle of abuse.

Also, negative local and global issues are stimulating great amounts of fear in the collective consciousness of Humanity, and those who have been abused are particularly susceptible to the added stimulation and pressure. Let us remember to be kind with others at all times, for we do not know the secret unhealed burdens they may carry that could trigger violent behavior if they were to be pushed beyond their limits.

During your healing process, take time to appreciate and be with your wonderful self.

May your Heart's deepest desires manifest for you now!

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