

How to Clear the Unconscious Need to be a Victim 1-1-11

We may think that being a victim is something that just happens to us, but in fact, many of us have actively chosen to learn about victimization on a subconscious or conscious level at some point in our development.

It may be a spillover belief from another lifetime, a genetic imprint passed down through the generations in our family lineage, or something we actively chose to experience for ourselves. It does not matter where it came from, it only matters that we clear this debilitating negative imprint so it doesn't keep tripping us up again and again by wrecking havoc with our lives and relationships.

There are countless reasons we may choose to learn what it feels like to be a victim. As an example, we might choose to be a victim because we feel guilty about something and we choose to punish ourselves, or we choose to experience it to get attention and help, but there are many more reasons as we will see in this teaching. Clearing our subconscious negative beliefs, coupled with sitting in daily meditation, is an extremely effective way to advance on our path.

We, as Divine Beings, are completely responsible for each and every aspect of our lives down to the smallest facet of our being. We are the creators, writers, directors, actors, actresses and audience, in this wonderfully complex play we call 'our life.'

The most unfortunate byproduct of being a victim is that as long as we maintain the victim stance, we will be powerless and we will not be able to progress with our Ascension Process. Besides, it feels awful to be victimized, and it places us in separation from our Essence. Once we have felt this extreme separation, we learn from the experience and we become more conscious and able to recognize and appreciate feelings of Oneness when we *are* presented with them.

In this teaching, we will research and clear any need in ourselves to further explore the construct of victimhood, then we will drop positive statements into our Consciousness regarding actualizing our true power, self-love and self-acceptance.

Now, let's clear our negative beliefs concerning the desire or need to be a victim, with the following **ClearSelf™ Emotional Healing Technique**.

If you have read some of the recent Ascension Teachings, you will have become familiar with this 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 Emotion Code, or any other modality you choose in addition to what is in this Teaching.)

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.

Use your pendulum:

We will now pendulum each of the following statements to see which ones we need to clear in ourselves. For instance, you will ask your pendulum, "I am a victim." Yes, No?

Checkmark each of the statements you wish to clear, and then move on to clearing them. (For information on how to use a pendulum, please refer to the earlier Ascension Teaching, 'The Pendulum.')

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

Call in your own Higher Self, then place a bubble of rose colored light around you.

Pendulum the following statements and check mark the ones you want to clear.

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.

And, 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: Pendulum and checkmark the ones you have.

I believe subconsciously or consciously, that I am a victim. Yes, No?

I have victim consciousness.

I get something out of being a victim.

My major life theme for this lifetime is to study about how it feels to be a victim.

I have chosen in many lifetimes to explore being a victim.

I have chosen, for whatever reason, the need to be a victim.

I have chosen the need to suffer.

I have chosen to be a victim and to be powerless in this lifetime.

My reason for being a victim is not listed in this list.

It is sufficient that I clear my need to be a victim without understanding the exact reasons for my choice.

I need to investigate my Consciousness to find the exact reason for my choosing to be a victim. (Meditate on this to find the answers.)

I have chosen to be a victim because _____. (Ask in meditation to see the answer.)

I need to get attention.

I am powerful when I am a victim. (Not really...)

I get attention when I am a victim.

I can control people when I am in my victim mode. (The victim is the tyrant.)

I can make people feel sorry for me when I am in my victim mode.

I can get people to listen to me.

I can get people to do things for me.

I get _____ out of being a victim.

I need people to feel sorry for me.

I need to feel sorry for myself.

I need 'something to do, and being a victim fits the need.

I won't get any attention unless I am a victim.

I need to be punished.

I need to be punished because I feel guilty about something I said or did.

I need people to help me.

I need to be a victim to bolster my self-worth. (This is what is called a double-bind.)

I choose to be a victim to avoid doing my spiritual work.

I have built my life around being a victim.

I don't believe that I am responsible for my being a victim.
I am paying back a karmic debt by being a victim.
I am powerless because I believe that I am a victim.
I just wanted to experience what it felt like to be a victim in this lifetime.
I don't feel safe claiming my power in this lifetime.
I don't have to do my spiritual work if I am a victim.
I am ashamed of my being a victim.
I am afraid of my own power.
I feel guilty about being a victim.
My need to be a victim has brought many unfortunate incidents and illness into my life.
I don't know how to act, if I am not in the victim mode.
I am afraid to change.
I am afraid to live.
I am afraid of life.
I am afraid to die.
I am afraid of getting sick.
I am afraid of being helpless. I am afraid to enjoy life fully.
I have researched being a victim thoroughly and have learned what I needed to learn.
I am finished with my need to be a victim in this lifetime.
It's not ok for me to claim my power.
It's not ok for me to claim my Divinity.

To find more information about our need to be a victim, 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' why we have chosen the experience of being a victim. We will write our answers down quickly before we have a chance to forget.

Now, you will take your list and clear each one of the statements that was a 'yes.'

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 your self 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, "I am a victim because _____" until it clears, or simply repeat, "I am a victim." until it clears.

Repeat your statement over and over, while holding both of your chakras. Then 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, 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 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 you wish to clear.

The next step in this exercise is to drop in positive statements about 'claiming our Divinity' into our subconscious. We will use the same chakra hold as above to do this.

Don't worry, our Consciousness knows our intentions and will clear what we intend to clear, and install what we wish to install. Say each of the following positive statements out loud 10 times each while holding your 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 free to be the person I came here to be.

I choose to learn my lessons in a safe and gentle manner.

I release my need to be a victim.

I release my need to suffer.

I release my need to be a victim.

I am whole and complete.
It is safe for me to change.
It's ok for me to change.
I enjoy and appreciate life.
I appreciate all of the life lessons I have given myself.
I am now ready to advance on my path.
I love myself.
I appreciate myself.
I now have true power.
I accept myself as I am.
I am perfect in every way.
I am full of joy.
I am full of peace.
I am full of understanding.
I am full of appreciation.
I am full of love for myself and others.
I radiate love to all beings.
I have researched being a victim thoroughly and have learned what I needed to learn.
I am finished with my need to be a victim in this lifetime.
It's ok for me to claim my power.
It's ok for me to claim my Divinity.
I am happy and content.
I choose to receive all my lessons and teachings in a safe gentle manner.
I appreciate my freedom.
I am my True Self.

Add your own positive statements to this list if you wish. Say each 10 times each while holding your Root chakra and your Heart chakra.

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.

Blessings and Happy New Year!

Amara

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Advanced Healing/Clearing Sessions:

You might consider an advanced distance healing and clearing session with Amara to help you maintain a high-level of energy and help you clear anything that is potentially

blocking your Ascension Process or your healing. See “Healing Sessions” on her web site to find out more information about what you will receive during a session. All sessions include a Soul Retrieval.

Ego-Clearing Guidance

If you are interested in having personal guidance with your ego-clearing process, there is a small charge of \$40 an hour to have this special assistance. Please use the ‘Contact Page’ for your inquiries.

Special Note: If you are so guided, read the book ‘Oneness’ by Rasha, and ‘The Fast Track to Enlightenment’, by Amara.

A special thanks to all of you that donate to help with this work.

If there is a topic you wish to have explored in a teaching, please let Amara know by using the ‘Contact Page.’