

Power to the People! Remembering Our Divinity 11-17-10

We have been intentionally duped for countless millenniums into believing that we are powerless humans who need Divine intercession for all of our needs.

We were forced to forget our Divinity...

If you don't believe this, use your pendulum and ask for yourself. "We were forced to forget our Divinity." Yes, No? (*See the early Ascension Teaching on 'The Pendulum' to find out how to use it.*)

The ruling classes and major religions of this planet have deceived and manipulated us throughout time, and it is now becoming crystal clear to us exactly how and why they did it.

Truth *always* reveals itself. Truth *always* reigns triumphant.

We are Divine Beings capable of an infinite number of miracles.

We are now in the process of waking up and remembering this long forgotten Truth.

We have had generation after countless generation of our ancestors imprinted with negative beliefs that were specifically designed to imprison us in a diminished mindset so that we and our resources, could be used for the benefit of the few.

However, there are ways to clear our negative imprinting so that our True Origins can finally be organically revealed to us from the inside out. Our Self-Realization and Freedom await us if we just do this simple and quick clearing work. This may be the most important clearing exercise of your life...

"What we believe consciously or unconsciously, is what we will manifest", and once this realization really sinks in, we will stop blaming the 'outside' for our problems. "The inside is the outside." When we clean up the inside, *our outer world will reflect the positive changes immediately*. If we have the negative imprinting of 'poverty consciousness', that is exactly what we will manifest until we clear the negative pattern. *It cannot be otherwise.*

In this teaching, we will first clear our negative beliefs, and then we will install positive beliefs into our Consciousness to help stabilize and amplify our Self-Realization.

Now, let's clear our belief that we are separate from God/Goddess, 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 believe I am separate from God. 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: Emotional Clearing of Negative Beliefs

Call in your Guides, Guardians, Masters, Your Higher Self, The Goddess, The Holy Spirit, Yourself, etc., and ask for their assistance, then place a bubble of protective white 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:

I am separate from God, Source, Christ, Buddha, Goddess, The Divine, etc.

My Real Self is not a part of God, Goddess, Source, Christ, Great Spirit, etc.

I have to believe all that I have been taught.

I am not a Divine Being.

I am not Eternal Conscious Beingness.

I am not capable of miracles.

I am not Self-Realized.

I am full of fear.

Of course you can add your own statements to the above list and pendulum them to see if you have them also. You may want to meditate with a pad and pen and ask to be shown the negative beliefs you have around your being a Divine Being. Write down all of your answers and then pendulum them to see which of those negative beliefs you can clear.

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, "Clear my belief that I am separate from God." or simply repeat, the words "Separate from God." 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.

Note: It is not unusual to have a belief so embedded in your 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 really effective, and you will soon discover this for yourself.

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 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. Use your pendulum to see if it has cleared, and then continue on to the next statement that you wish to clear.

The next step in this exercise is to drop in positive statements about love and self-acceptance 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 one with God, Source, Christ, Buddha, Goddess, The Divine, etc.
My Real Self is (part of) God, Goddess, Source, Christ, Great Spirit, etc.
I allow all Truth to be revealed to me now.
I allow my true origins to be revealed to me now.
I am a Divine Being.
I am Eternal Conscious Beingness.
I am capable of many miracles.
I am Self-Realized.
I am fearless.

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.

Could Self-Realization be this simple?

Find out for yourself, and let me know about your experiences so I can anonymously share them with others in a newsletter.

The Promised Land is not a mirage... The Promised Land is a State of Being...

Thanks to each one of us, we're free at last...

In Oneness,

Amara

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Advanced Healing/Clearing Sessions:

You might consider an advanced 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. 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.

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.'