

## **5 Ways to Stop Blocking and Start Accepting Your Good.**

***#1 Rampage of Love!*** Receiving an overwhelming flow of love, so powerful that it **overrides** your protective armor..The energy pierces through your protective barriers with the pure power of Love! The greatest force in the universe.

**Practice a Self Love Rampage:** Where we bombard ourselves with love...We are not only the giver of Love but the Receiver as well. Repetitive I Love You's... Especially effective in front of the mirror, spoken out loud!

You only have to depend on yourself, and you can do it anywhere silently, or, you can do it wildly and passionately out loud. The only rule is to say I love you, over and over again. You Speak truth to yourself and your past pain, and not only do you claim it, but you also listen and hear and receive the love... as your truth.

***#2 Start to Heal Your Stories and past Energy Imprints*** This can include working with your 1<sup>st</sup> chakra, your root chakra...the chakra of safety and survival...the color red. A simple exercise you can do yourself : relax into your inner world, sit up straight in your chair and stay aware/alert...become aware of silence...breathe...relax your body...connect to your expanded self in God and smile...now...focus your attention in the area of your body where the 1<sup>st</sup> charka is located, at the very base of your spine and begin to see the color red in the area. Get as clear a picture as possible of the brilliant color red and begin to see it spinning and spinning...like a whirling universe of red, freely spinning in your body...in your root charka, at the base of your spine...freely flowing...now say to yourself..."I am willing to heal any imprint or belief that may be blocking my good." Your intention alone will begin the healing process. Listen for a moment or repeat, "I am willing to heal any imprint or belief that may be blocking me from my good." When you feel complete...be grateful...and let it be.

***#3 Inner Talk*** Start a compassionate conversation with those limiting voices/ stories/ stagnating energy imprints that started so long ago and have been hiding in your subconscious all these years, blocking your flow of good.

Begin to recognize them when they flare up and then learn to use calming language to befriend them and talk them down.

Assure your inner protector that you are safe and loved in God. Tell yourself the true story of your Divine Goodness...About your Divine connection that can never be severed. Calming these stuck energies...these old mistaken beliefs... will allow more flow of the Divine Energy... it will lessen it's grip on you...Be supportive and loving of that part of you that shut down trying to protect you from pain.

You can journal, or say out loud, or silently even, "I am a Divine child of God, all that is God is also me. I am Healthy Wealthy and Wise and this Divine Energy flows easily into my life...no more need to hide, I see you and I love and accept you."

Don't be afraid to make friends with these parts of yourself, it is when they are acknowledged that they settle down and start to diminish. It's easy to start a friendship with yourself and its free therapy...so remember to start the compassionate conversation...**the inner talk**, when the old stories pop up.

***#4 Focus on Opening Your heart space.***... Our heart is a very powerful energy center within us. Many say, the most powerful energy center. It is very beneficial in accepting our good, to raise our energetic vibration in our heart space. The more we focus on our heart as healing energy, the more our heart shows up for us as healing energy, so by opening our heart...we expand that energy center and it raises our whole being into higher frequencies of the Divine...breaking down barriers to our Good.

**The first practice is simply, posture.** We can practice physically opening up our chest in different postures, poses or exercises. Such as pumping our shoulders closed, and then open...over and over again. Or maybe practicing some yoga poses with arms outstretched. Our physical body houses our pain and trauma, and I think it helps to physically open our chest and breathe in the goodness we desire.

Accept your good into your open heart. In your own way, physically open up your heart space, and be grateful for the healing being received.

**A second exercise to open your heart space is called tapping.** I'm going to show you this really easy way to access your heart energy and accept your good into your consciousness to manifest. Use your left hand to tap your upper sternum sometimes called your high heart and repeat this mantra out loud.

“Even though I may be blocking my gifts from the universe, I deeply honor and accept myself and God loves me unconditionally.”

Tapping works on our meridian system, if this process resonates with you, you can study it more in depth.

***#5 Create a new groove in your brain:*** This is our dear friend, affirmation or Spiritual Mind Treatment. We are working with the mind here, our mental capacities. To change old ways of thinking and rewire our brain takes patience, practice and lots and lots of repetition. That is why we do so much of it here at the Center...repetition of affirmations. We repeat the positive thoughts we want to reinforce, and that creates a new groove or pathway in our brains, leaving no path for the old limiting thoughts and beliefs to make their way to fruition in our lives. When you catch yourself having an old limiting thought, *redirect your attention* to a new more beneficial thought of Truth...over and over and over again. . This is creating new habits of thinking. Positive, life affirming habits. Observe yourself and “catch” yourself in the old limiting thought, then simply redirect your mind to a “better feeling” thought.