



Journeys from the Heart Centre

Meditation as a tool for
healing and self-empowerment

John J Rieger / Shenreed

Copyright

Copyright © John J. Rieger / Shenreed (2016)
Self-Published by: Shenreed Publishing

PDF edition ISBN # 978-0-9810900-3-0

Source: Canadian ISBN Service System (CISS) Library and Archives Canada

All rights reserved.

The following (*) fair use exception and conditions are hereby granted

*** Share:** You are free to copy and distribute portions of this work without prior permission from the author/publisher, provided that full credit is attributed to the author and a working link is provided to the author's website - <http://shenreed.com/index.html>

*** Attribution:** You must attribute the work in the manner that neither suggests, or implies, that the author endorses you, or your use of the work. The author maintains all moral rights.

Note: This fair use exception is granted with the specific understanding that any and all shared material is:

*** Non-commercial:** You may NOT copy and use this work or any remixed, adapted, altered or transformed versions of this work for any commercial purposes whatsoever, including any and all third party or silent partner agreements. Any distribution of this work, (other than as previously specified) be it in a digital, print, audio, video, radio, TV, screenplay or film format, including any publicity, translations and foreign distribution, must have specific approval, in writing, from the author, John J. Rieger and publisher, Shenreed Publishing. Contact can be made via email at one of the following addresses: info@shenreed.com, shenreed@gmail.com, or through other contact information found at shenreed.com

Public Domain: Whereas this work and any of its elements are in the public domain, that status, nor anything in this license, impairs or restricts the author's rights.

Journeys from the Heart Centre

*Meditation as a tool for
healing and self-empowerment*

John J Rieger aka Shenreed

Dedicated to all who are searching for truth,
love, and the meaning of life.

Epigraph

Ignorance

You fear what you do not know.
You protect what needs no protection.
You love what you fear
Yet you fear what you love
And do not know the difference.
Some say ignorance is bliss.
Some say ignorance is hell.

Soo Long

© Channeled by: John J Rieger aka Shenreed
2002 Jan. 08

Preface

Phoenix Rising - New Beginnings - New World – New Age

Humankind has entered a New Age or era, a shift in awareness, ideas and beliefs. Perhaps you've already sensed this and are experiencing it personally, or you're aware of changes in others around you. So just what is this new awareness all about? It's a shift in consciousness and our perception of what we call love, truth and life. It starts with the quickening or awareness that you have more questions than answers, and that the answers you're being given "feel" incomplete or false. If you think/feel that your life and this world full of denial, fear and unlovingness is totally the opposite of what you desire, it's no coincidence that you are drawn to this book.

This New Age can be likened to the renaissance of five hundred years ago, when most of the so-called "civilized" masses believed that the Earth was flat and that the sun revolved around the Earth. In many ways, our beliefs haven't changed much since then and the only things that have been allowed to change are the things that were impossible to deny. Technology has changed in leaps and bounds, especially in the last one hundred years; but our beliefs as to what and who we really are haven't changed in thousands upon thousands of years. The changes that are occurring are not only affecting human Beings and all life forms on Earth and the Earth itself, but are also affecting all of creation. Humanity is about to awaken to the fact that we are part of a galactic community, and that will have a profound effect on society, especially where religious beliefs and social structure are concerned. But the biggest change I see happening is a shift in our conscious awareness and perception of what love really is, when denial and guilt are exposed for what they really are.

There's much talk of creating a New World Order that will rise out of the present chaos and ashes, and bring world peace, harmony, and abundance to all. This "idea" is not new; civilizations and empires have risen and fallen, as generation after generation has sought, tried, and failed to establish a new world and lasting peace. Why did they fail? The old world thinking and rational behind this "New World" concept is that if we can somehow change or better organize and control the external system, we can bring about the desired social results. This is the fundamental flaw in our thinking and is why it has never worked and never will. We cannot externally change or transform the Old World to create the New World; we need to become it. That is to say, the changes that have to be made, have to come from inside us and then move to be reflected and experienced in our outer physical reality as the New World. The Old World will collapse on its own once people stop feeding it with their denial energy as that's all that is keeping the illusions alive.

The 1960's was a recent attempt to change the Old World Order and the idea was to create the opposite of what was then being experienced. Great

Preface

idea, but why didn't it work? It didn't work because there was no real "inner" change, as denial and the old imprints, programs and beliefs were still present and nothing really changed except the outer form, and is where we are today. Those caught up in the 60's movement either became part of the system, became ambivalent, or have kept fighting the system from the outside in any way they felt they could, as peace activists, environmentalists, humanitarians or whatever. While on the surface these groups appear to be "loving" and trying to save the planet and all upon it, they are, in actuality, part of the Old World system simply because they are trying to shift the base of power to the other end of the denial teeter-totter where they would be in a position of power and control.

Being in control is not the "source" of power or the way of love, but that is what and how we presently think. Trying to force another to change to your way of thinking is no different than having another try to change you, to their way of thinking. It's a stalemate in the Old World of denial, control and conditional love. No one is willingly going to change until they can accept their "fear" of giving up their control and power, or of having no control or power, of being the victim. When we're able to step outside the box or get off the not so merry-go-round, we begin to see that it's not about changing others, but about changing ourselves.

Looking at it another way, what if instantaneously, every person on Earth was granted their desire and wish. Would there be love and peace in the world? How long would it last before we'd start fighting all over again? Maybe a day, a month, a year, before it's all back to the same old problems. The outside may have changed but the imprints, programs and beliefs that people have, and their Hearts, have not changed. Religions, governments, businesses and individuals would still try to re-establish control and/or protect themselves from being controlled. When are we going to learn that we can't change the "outside" world no matter how hard we try, until we change ourselves on the "inside"? Its mass consciousness that needs to be changed, and is being changed by the quickening and awakening of the individual consciousness. So how do we go about awakening our consciousness and changing the inside in order to change the outside? I'm not a religious person, but this quote just popped into my head, "and the truth shall set you free."

So just what is truth? To know what the truth is, you also need to know what is not the truth. The truth can be likened to the fable of, "[The Blind Men and the Elephant](#)," by John Godfrey Saxe (1816-1887.)

Journeys from the Heart Centre

The Blind Men and the Elephant

It was six men of Indostan
To learning much inclined,
Who went to see the Elephant
(Though all of them were blind),
That each by observation
Might satisfy his mind.

The First approached the Elephant,
And happening to fall
Against his broad and sturdy side,
At once began to bawl:
"God bless me! but the Elephant
Is very like a WALL!"

The Second, feeling of the tusk,
Cried, "Ho, what have we here,
So very round and smooth and sharp?
To me 'tis mighty clear
This wonder of an Elephant
Is very like a SPEAR!"

The Third approached the animal,
And happening to take
The squirming trunk within his hands,
Thus boldly up and spake:
"I see," quoth he, "the Elephant
Is very like a SNAKE!"

The Fourth reached out an eager hand,
And felt about the knee
"What most this wondrous beast is like
Is mighty plain," quoth he:
"Tis clear enough the Elephant
Is very like a TREE!"

The Fifth, who chanced to touch the ear,
Said: "E'en the blindest man
Can tell what this resembles most;
Deny the fact who can,
This marvel of an Elephant
Is very like a FAN!"



Preface

The Sixth no sooner had begun
About the beast to grope,
Than seizing on the swinging tail
That fell within his scope,
"I see," quoth he, "the Elephant
Is very like a ROPE!"

And so these men of Indostan
Disputed loud and long,
Each in his own opinion
Exceeding stiff and strong,
Though each was partly in the right,
And all were in the wrong!

Each man, after touching a part of the elephant, had their own polarized version of the truth of what they considered the elephant to be, based in part, on their past experiences (imprints, programs and beliefs) that they used to compare the elephant to. Their truth was a part-truth, and not being open to the others experiences and points-of-view, it created their distorted view of reality. It even became more confusing when it was combined with the other part-truths, which then created conflicting points-of-view (duality). Of course, there was no agreement or conclusion, as no one had examined the whole elephant or had any real experiences observing and interacting with it. The whole is the sum of all the parts, and until we experience and know all the parts, we can't possibly begin to know the truth.

To change and raise our consciousness and empower ourselves, we need to be open and willing to challenge everything we believe to be true, especially about love, life, emotions and feelings. We need to identify the part-truths that are interwoven with denial and unlovingness, (conditional love), or to rephrase it: we need to identify denial and unlovingness that is interwoven with part truths. For instance, there's a New Age cliché that states, "We create our reality." We ignorantly repeat the words, but we have no idea what they really mean. Part of the reason is because it's a part truth, a vague and generalized statement that really says nothing specific, much like saying, "We are experiencing weather."

Like blind men, we search for truth and unconditional love, and what we've been taught is the truth and how to be loving, (notice they are not one and the same) and in all the thousands of years of teachings, it has never been successful. Why? Is it because we're ignorant, or because the teachings are flawed, or both? People search for truth yet are afraid to speak or hear the truth, so how can we ever find the truth if it's always denied? And if truth is denied, is love not also denied? By ending our denials, we express the "truth" and the truth sets us free to heal and change the inside as we now give ourselves denial-

Journeys from the Heart Centre

free unconditional love. We can't give what we don't possess, and until we can love ourselves unconditionally, we can't love others unconditionally. When we love all parts of ourselves unconditionally, we then empower ourselves to co-create the outside "New World" that we desire, not in denial and conditional love as we have been doing, but with acceptance and unconditional love that we then experience in our relationships with others.



Acknowledgements

I would first like to express my gratitude to my Divine Mother and Father for the opportunity to be a part of the transformation that is taking place, not only within us, or on Earth, but one that is affecting the entire Universe.

I'd also like to express a heartfelt thank you to my family, my father, mother, brothers and sisters, my ex-wife, son and daughter, and to my extended family, for giving me the opportunity to experience what I needed to, that would enable me to heal the lost parts of my Being.

A big thank you also goes out to all the others that have been a part of my life experiences; partners, friends, acquaintances, neighbors, co-workers and society in general. Everyone that I've met in person, on the phone, through correspondence, or over the internet, has been a part of my journey and without them there would be no experience and no journey. While I've mentioned those I've met, those that I haven't met are also part of my experience, in fact, all life on Earth is a part of my journey, if not directly, then indirectly as we are all connected.

I'd also like to say a special thank you to Ceanne DeRohan, author of "The Right Use of Will" (RUOW) series of books, for her courage to not only channel, but to also make this material public that enabled me to begin to heal and transform my life.

And lastly, I'd like to specifically acknowledge and thank three exceptional women that came into my life to help me on my journey of healing and self-discovery; they are, in order of appearance:

- Rita Miotto, who helped me explore and develop many of the tools I use on my healing journey and which I share in my book, "Journeys from the Heart Centre."
- Jen Goodwin, who helped me not only expand the tools, but also with developing the application of the tools and with whom I did most of my emotional work that enabled me to find what I was missing in my life, self love, my Heart centre.
- Irene Robitaille, who not only gave me a physical home when I was homeless, but also helped me on my healing journey and encouraged me to write.

Thank you all.



"Healing begins in the Heart"

Journeys from the Heart Centre

Note to reader: While this book will explore, discuss and make reference to material from the [Right Use Of Will](#) (RUOW) series (books 1-8), I'd like to note that Ceanne DeRohan, the author of the RUOW series is not involved with, nor does she endorse this book, or any comments made. On the other hand, I strongly recommend that you use the RUOW books as a companion to this and my other books.

Table of Contents

Table of Contents.....	xiii
Introduction	1
A Few Words about Meditation	5
Getting Started.....	6
Duality and Meditation.....	7
Chapter 1 - Wellness and Self-empowerment Tools	10
How To Use This Book	14
Journeys - Self, Partner or Group:.....	17
Words of Caution and Tips	18
Chapter 2 - Breath, Grounding, Relaxing, Centering.....	22
Notes:	27
Chapter 3 - Denial Based Meditation.....	29
General Comments	38
Understanding Denial Based Meditation.....	39
The Importance of Denial Based Meditation	41
Chapter 4 - Non-Denial Based Meditation	43
Notes:	47
Denials and Judgments.....	49
A Note on Protection:.....	50
Smudging, Incense and Protection	52
Chapter 5 – Visualization Journeys	54
Notes:	59
Chapter 6 - Animal Guides and Totems.....	62
Notes:	65
Chapter 7 - Clearing your Astral Attachments	67
Power and Control.....	67
Examples of Attachments.....	68
Notes:	75
Forms of Attachments.....	75
Two-way Attachments.....	75
Cling-ons.....	76
Thoughts as Attachments	76
Earth Bound and Other Spirits.....	77
Ghosts and Possession	78
Releasing Attachments	79
After a Release	79
Examples of Attachment Releases	80

Journeys from the Heart Centre

Implants.....	82
Becoming a Beacon	82
Not a Playground.....	83
A Word of Caution.....	83
Chapter 8 - Exploring Past Lives	84
Notes:.....	88
Chapter 9 - Life Guides and Higher Self	91
Notes:.....	95
Chapter 10 - Conscious Channeling	97
Multitasking.....	97
Written or Verbal Channeling.....	98
The Channeling Experience.....	99
Loving and Unloving Entities.....	100
Notes:.....	103
My Early Experiences	103
Trust your Intuition.....	103
Misinformation.....	104
Trance Channeling.....	105
Conscious Channeling.....	105
Feeling Drained.....	106
Chapter 11 - Feeling, Healing, and Understanding Emotions.....	108
Religion and Science.....	108
Spirit and Soul	110
Differentiation and Consciousness	111
Mind and Will.....	113
Conscious and Subconscious	115
Using all the Tools	117
Notes:.....	124
Heart and Heartlessness.....	124
Judgment Release	125
Inner Voices and Dialogues	127
The Unseen Role of Denial.....	129
Ending Denials.....	131
Three Denials before Gapping.....	133
The Gap and Gapping	133
Going in Circles.....	136
Real, False and Explaining Emotions.....	137
False Will, False Emotions	140
Imprints, Programs and Beliefs	141
False Pride and Self-righteousness	142
Bent Intent	143
Shock and Memory.....	144
Fragmentation	145

Table of Contents

The Inner Child	147
The Outer Child	151
Fear and Courage.....	155
Emotions and the Body.....	157
Getting Permission.....	158
Two Emotional Release Techniques	159
Rocking – Toning Technique.....	160
Two-way Healing.....	162
Denied Anger and Rage	162
Real Anger and Rage.....	166
Restriction and Pressure.....	169
A Word of Caution	170
Sound.....	170
Primal Expression	171
Drumming	171
Body Drumming.....	172
Body Movement	172
Nurturing	172
Keeping a Journal.....	173
There are no Rules	173
Chapter 12 - Multi-dimensional Journeys.....	175
Notes:	179
Chapter 13 - Other Journeys	180
Archetypal Journeys	180
Shamanic Journeys	185
Conclusion.....	190
About the Author.....	193
Appendix.....	199
Music	199
Books.....	201
Website Links.....	202

Introduction

To give you a basic idea of the work I'm sharing, this trilogy consists of the following books.

- **Journeys from the Heart Centre – Meditation as a tool for healing and Self-empowerment** – is a how-to manual and guide that uses non-denial based meditation/visualizations as a tool to not only expand your conscious awareness, but to also allow you to seek the underlying causes to the stress, fears, and issues in your life and begin to heal them. It also includes notes, insights, and understandings to assist you on your personal journey.
- **My Journey - Three Levels of Healing – Feeling, healing and understanding Emotions** – covers numerous topics and issues, and contains key insights and understandings into the nature of the human psyche that are vital in not only healing your Emotional Being, but also in unlocking the mystery of your Mind, how it works, and why it does what it does. Finally, I share three personal healing experiences that are directly related to the previous material.
- **Journey to the Heart Centre – Healing begins in the Heart** – While considered an autobiography, it also contains numerous channeled messages from my Spirit guides. I begin with a brief background of my significant life events, and while my journey began in 1990, the main focus is on four years, (1997 - 2000) and the trials and tribulations I went through that enabled me to experience my first two levels of healing.

This book, or the basic essence of it in the form of an appendix, was part of my original manuscript that is now the third book of the trilogy. Since I never published the original manuscript, I decided to remove the appendix, (no pun intended) and create another book, this one. I then expanded the meditation/visualization “tools,” as I came to call them, and added some basic, but important insights and understandings that weren’t included in the original manuscript to help in the use of the tools. Since these tools were at the core of my healing experiences, I decided to publish it first, as people could use them without having to know the details of my third book.

Journeys from the Heart Centre

I began my quest in 1990, and what I've found and experienced is in part, what I share in this book. This book has been created to assist those who seek change and desire to empower themselves, to live life as an expression of who they really are in unconditional love. This book is not simply another meditation book, but is instead, a "How-to" wellness and empowerment manual that uses non-denial based meditation/visualizations as a "tool" to access whatever the Mind and imagination seeks to explore. These tools are ones that I feel have benefited me the most on my continuing journey of self-discovery, and I consider them empowerment "tools" because once they are experienced and felt, they stimulate personal growth and healing. While I can't give you "How-to" details for every possible topic or journey, I do give you the basics that can be adapted and expanded to explore virtually any topic, and facilitate any journey. The intent and purpose of this book is to provide you with the "tools" that will assist you to "know thyself," and that includes knowing how to heal and integrate all aspects, or parts of your Being.

The purpose of this book and others that I'll be creating, is to share what I've personally experienced on my healing journey. I not only share the knowledge, tools, messages and insights that I've gained through years of intensive personal experience, but also what I've experienced in working with others on their journey. While what I'll be sharing may at times seem scattered and remote, all the pieces are relevant and are a part of the puzzle. Not only do you need to become aware of these individual, yet connected pieces, you also need to make the "connection" to your experiences in your life. Once you've made that connection, the "lights" will begin to flicker as your consciousness stirs. As you move further into healing your emotions and releasing the mental blocks and judgments, (imprints, programs and beliefs) the more you'll begin to see through the illusion of what you've been calling love, life and truth.

The work I share in this book is unique and will be controversial because it goes against almost everything that society has been lead to believe about emotions, feelings, life and love. This book is about ending personal denials and exposing secrets, and that is the opposite of what everyone is doing. Although many will talk about being open minded, facing their fears, healing their emotions and taking their power back, most do not "walk their talk" and when given the mental, emotional and physical opportunity to do so, they will either fight to justify their old beliefs, run, or just give up. This book will not only expand your consciousness, it will also activate your emotions and touch your Heart.

The chapters are organized in a natural progression that will enable you to gradually expand your conscious awareness so that you can progress to the next step or level, based on your past experiences. That's not to say that you can't skip ahead if you so desire and feel you're ready to do so. Also know that you can, and will be using each tool many times and that when you do, it will either be to return to a previous experience because of something that was

missed, or it will be at a different level of awareness, with new issues and experiences.

As you use and experience these tools on your inner journey's, you'll not only be gaining the insights and understandings that I share, but you'll also be adding your own unique gifts and expression to them as you begin to assist others on their journey. Where you go, and what you do with that self-empowerment and "inner knowing" is entirely up to you. It's only your intent and dedication to heal and find self-love that will determine your journey. What you personally feel, experience and express in the process of reading this book will also bring you closer to your awakening, to that magical moment when you put unconditional self-love into action and experience and feel the power, peace, movement, balance, freedom and joy it brings when you're living true to yourself.

The more you get into exploring these other realms of consciousness, the more you will be combining the various tools that I'm sharing. As an example, you may begin a journey by clearing your astral plane, then move into a past life, and end up working with your inner child. Very rarely do you use one discipline or tool on a journey. When you are working with a partner, it's also not just about the person doing the journey, as all healings work both ways, and both will always come out of the experience richer for it.

I can't possibly begin to share with you all that I've experienced and know as my truth in one book. This book is the first in a series and the next ones will help you understand even more of what you are experiencing and what you have to heal and how. While it has taken me years of trial and error to develop the tools, learn how to use them, and then learn how to apply them to my personal experiences to begin my healing process, it won't take you that long. As I mentioned earlier, it's only your intent and dedication to heal and find self-love that will determine your journey, and while the information that I'll be sharing in these books will cut years off your journey, you're still going to have to do the work. How and what you heal and how fast, will depend on your intent, courage and your willingness to walk your talk, to put what you have learned into practice in your everyday experiences.

Ending denials opens the door to unlimited possibilities, where anything and everything is possible. The meditation and visualizations, or journeys that I share are really tools that can help you find what you are looking for, or ones that can be used by the Spirit realm to get in touch with you and assist you on your journey. It's a doorway that can be used to not only expand your consciousness, but to heal and empower yourself. It's a doorway between the physical and non-physical. It's the doorway to the future and a blueprint for a new creation and a reality yet to be experienced. I feel that this book is another step on the ladder, not only for me, but also for you and others who intend to heal, evolve and empower yourselves and bring Heaven to Earth.

Journeys from the Heart Centre

Thank you for sharing this part of my journey, and it is my desire that sharing my truth and journey, helps you on yours.

All the “tools” or healing modalities that I’ll be sharing, lead up to and are an integral part of Chapter 11- Feeling, healing and understanding emotions, that I consider to be the most important tool if healing and self-empowerment is your intent. Because these journeys are based on ending denials, your feelings and emotions will come to play a major role in each and every journey and experience. Part and parcel of working with these tools will not only be the increased awareness of your issues, denials, and judgments, but also how they’re creating your present reality and how they’re affecting others, and how others are affecting you.

This book isn’t about giving you some mental affirmations or details that you need to memorize in order to empower yourself, it’s about using the tools in this book and applying what you experience and learn from them to your personal life that will empower you. In this book, I keep emphasizing the need to express your feelings and emotions as you feel them, but know that if you go past any feelings and emotions that do come up, they will be harder to reach the next time, as they will not trust that you really want to heal because you denied them the first time. Words give you an outline, but feelings give you understanding and knowing. Once you have experienced what this book is offering, you won’t need this book, as you will know and understand, and that’s self-empowerment.

A Few Words about Meditation

Meditation is not only a technique used to achieve an altered state of consciousness, but it is also a philosophy. While meditation is not a religion, there are mystical and spiritual elements to it. When one is drawn to look deeper into the Divine aspects of their Being, and organized religion fails to satisfy these needs, one may explore meditation as a means to search for the truth that is hidden and denied by religion. In their heartfelt search for truth and understanding, they may be moved to have a spiritual experience that religion could not provide, or even acknowledges is possible.

When the word meditation is mentioned, it's generally associated with Eastern Religions such as Buddhism, as it was the Eastern religions that brought meditation to main stream Western awareness back in the 1960's, with such teachings as the Transcendental Meditation. However, meditation is not unique to Eastern religions as it is used by all religions in some form or another to focus ones thoughts on their particular rituals and ceremonies. In the purest Eastern sense, meditation is the practice of sitting in silence and stilling or quieting the Mind to become at one with all that is. Besides the traditional form of meditation, practices such as chanting, mantras, prayer, singing, drumming and dancing are also forms of meditation, as they either put the person performing, or the ones listening or watching, into an altered state of consciousness. Meditation has been wildly accepted and adopted by the Western world through a variety of health and wellness practices such as Yoga, Pilates, T'ai Chi, Qigong, to name a few, who offer a form of meditation along with a physical activity. Meditation has also entered the Medical community as it is now being sanctioned, in Canada, by such organizations as the Heart and Stroke foundation and the Canadian Mental Health Association, who approve and use (denial based) Meditation to help reduce stress in their patients. There are also a host of private meditation facilities and classes available, offering a myriad of meditation techniques and spiritual philosophies.

Although meditation and hypnotism have some similarities, when closely examined they're not the same. While you are in an altered state in both, in hypnotism, it's another person that controls you, while in a meditation, you are in control. Everyone has meditated in some form or another, as even dreams are a form of meditation although we don't recognize them as such. Daydreaming is also a form of meditation as it allows you to take yourself out of a less desirable situation, to experience one that you desire. You can daydream when you're doing anything, it doesn't have to be intentional, and in fact, you can't make yourself daydream as daydreaming is something that you simply slip into without conscious awareness, especially if you are bored with what you are doing. You could be sitting, watching TV and silently drift off into

Journeys from the Heart Centre

a daydream, only to be brought back to your present reality and realize that you missed part of, or the entire program.

I'm sure everyone that drives a car has experienced scary gaps in memory that usually happens when you're driving alone or your passengers are quiet or asleep. You're driving along and don't realize that you've drifted off into an altered state of consciousness until you suddenly snap back to your present consciousness and it's then that you realize that a lot of miles and time has passed since you were last aware of driving the car. How you were able to maintain your course and speed on a busy highway without having an accident is a mystery. Sometimes you'll remember your altered state experiences, but most times they're lost the moment you return because of the shock of realizing that you had drifted off. As you can see, meditation is something that we experience unconsciously in our daily life, now it's a matter of choice to see how it can be used as a tool to increase our conscious awareness, and to heal and empower ourselves.

Getting Started

If you've never experienced a traditional meditation/visualization, I recommend trying it in a group setting if you can. Although it will be denial based, the experience will be helpful in not only getting a feel for what meditation is, but there will also be people there that can assist you. While no two group meditations are ever the same, or conducted in the same manner, you should try to explore other groups just for the added experience. Once you're comfortable meditating in a group, you'll gain the confidence to do it on your own, with a partner, and to eventually help guide others.

If you're not comfortable with groups, another way to get started is to simply borrow or buy one of hundreds of tapes or CD's that will guide you on your journey in the privacy of your home. Every denial based guided meditation/visualization has a different technique and intent, so again, I would encourage you to try a few just to gain experience. While pre-recorded meditations/visualizations can give you the awareness of different journeys, their intent is to make you feel good. They can't deal with your specific personal issues, for that, you need to either be able to guide yourself, or preferably, have another person guide and work with you.

A third option is to read the procedures I'm about to outline and then follow them as best you can from memory, or better yet, if you have a friend that is also interested, you can have them guide you, and then the next time, you can guide them. Working with a partner not only prepares you to do the journeys beyond the basic meditation/visualization, but it also prepares you to assist others in the future. My procedure will be different from what you experience in a group or listening to a CD, and while I share how to do a denial based meditation, the rest of the journeys are from a non-denial point-of-view.

If you're just starting to learn to meditate, it may be helpful to do the basic breath, grounding and relaxing technique a few times in order to get a feel for that part of the journey, before actually doing one.

To meditate, you have to let yourself go, to relax completely, as if you were preparing to go to sleep. Meditation requires an absence of effort; you cannot work hard at meditating, the practice of relaxing and doing nothing, as that defeats the purpose of meditating in the first place. If you do fall asleep during your meditation that's okay, as that's what you needed to do as your conscious Mind wasn't ready to see, hear or feel what was being presented to you. Also, don't worry that you'll get lost or won't come back during a meditation, if you follow the simple guidelines that I'm going to be giving you, and you listen to and follow your intuition, you'll be totally safe. However, I do not recommend that you meditate if you use alcohol or drugs, including some prescription drugs, the reasons I'll get into later.

Finally, I need to give another word of caution, as many who are just starting to meditate can easily fall into a trap. When they are in a group session, or even listening to prerecorded tapes and CD's, they can get caught up in the synergy and dynamics of either the group and/or the facilitator, and the feel good journey. Finding a common ground combined with a feeling of being accepted and feeling good, is enough to create an attachment to a group or a facilitator, and instead of becoming self-empowered, one becomes co-dependent. It's easy to put your trust and faith in a like minded group or person who you think is more experienced and wiser, and also because they appear to be loving and accepting of you and others. You can lose yourself in a meditation group in the same way you can lose yourself to a religious, political, musical, or any other group or person that excites you, makes you feel good, and gives you what you think you want and need, and because you like what you feel, you believe you're empowered. But take away the group or person and you'll immediately feel the truth and how disempowered you really are.

Duality and Meditation

Polarity and duality are two words that are often misused and even combined, but contrary to the ever-changing dictionary definitions, they are not one and the same. Polarity is the opposing yet expanding attributes of the same power or principle. i.e. left-right, give-receive, hot-cold, up-down, fast-slow, clockwise-counter clockwise, light-dark, lead-follow, electric (\pm) polarity, magnetic (\pm) polarity, Spirit-Soul, Mind-Will, etc. While they are of the opposite polarity, they are of the same principle and are intrinsically connected to each other. They are the two sides of the coin and no matter how thin you slice the coin, it will still have two sides, heads or tails, creating two different and opposing points-of-view that are from the same source. Duality is the decidedly dissimilar and contrary aspects or qualities, powers or systems and is an integral part of our

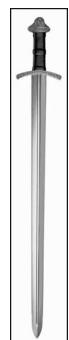
Journeys from the Heart Centre

imprints, programs, beliefs and judgments. Examples are good-bad, right-wrong, win-lose, etc. Duality can be found in every aspect of our reality, in religion, politics, education, language, customs, traditions, etc. Some examples are; men are superior to women, democracy is better than communism, Catholics are better than Muslims, Coke is better than Pepsi etc. While duality appears to be about preference, there are unloving judgments involved that really make it about one-upmanship, and of power and control.

On a social level, this is manifested as those that are superior, that have power and control, and who are able to enjoy all the finer things in life. On the opposite end, we have those that feel inferior and powerless to change their unpleasant experiences. Along with this are the social imprints, programs and beliefs that having money is what gives people power and control, and is what makes them happy. While this appears to be an example of polarity in that we have opposites, people with power and people with no power, rich and poor, what differentiates this example from polarity are the judgments and denials involved in creating this manifestation. The two sides of a coin have no judgments of having power or not having power, but being rich or poor do.

On a personal level, this power struggle is experienced as our inner battle between our Mind (thoughts and reason) and our Will (intuition, feelings and emotions). The Mind, being in control, tries to maintain its status by denying and controlling what it doesn't like, just like it does in our outer reality. The Will feels that it is powerless as it has no say in what it experiences. The internal conflict arises when the Mind is confused and in doubt and has a feeling/thought from the Will that something is not right. Instead of asking direct questions and stating what the Will feels, it chooses to deny and negate it. This denial and rejection of the original feeling not only creates a split in our consciousness, where one part of our consciousness rejects and attacks another part, but it also creates a judgment that justifies it. This division creates a constant battle within us and is the nature of good and evil that creates the duality we experience in our outer reality. Think of the things you dislike and you can quickly see duality at work in the form of judgments. As you will discover when you work with the tools in this book, these judgments need to be released if healing is your intent. Resolving this inner conflict is where Meditation comes into play.

Meditation, like everything else, has its duality and is a double-edged sword. It can either be used to empower and enlighten you, or it can be used to disempower you, the choice is yours. There are as many reasons to meditate as there are people meditating. The common and well-beaten denial path is to use meditation to relieve the stress in your life by denying your feelings, emotions, and even your Body, in order to bring about a temporary feeling of peace and contentment in your Mind. On this path, meditation is used in much the same way people use alcohol, drugs, smoking, exercise, work, sex or whatever they can to



deny, avoid, distract and distance themselves from the unwanted feelings, emotions and issues in their lives.

Since the denial path is opposed to truth and unconditional love, and doesn't work, the obvious choice is to do the opposite, no denial. This path is only now being explored and is the path I'm on. From personal experience, this path not only heals our issues, it also empowers and enlightens us. In the course of my journey, I've found that non-denial based meditation/visualization can be used as a tool to not only enable you to find the cause of your issues that you have been trying to deny and avoid, but to also heal the denied and fragmented parts of you. In healing and recovering your lost essence, you also resolve the conflict and the issues in your life, as what was an issue is no longer an issue.

When you begin to meditate and especially when you begin to experience the other journeys, you'll notice the inner battle going on that I previously mentioned. You can either choose to deny and shut down these voices to give you temporary relief, or you can choose to not only end this inner conflict, but to also resolve the outer conflicts that are a reflection of this inner conflict. Self-empowerment is about healing your issues of powerlessness and taking your power back that was either taken from you as a child when you had no choice, or that you gave others in exchange for what you wanted and felt you needed to make you happy. Once you heal and recover your lost essence that was created by the splits in consciousness, you no longer have the fears and issues you had and you are happy and at peace. When you have no denials, doubts or fears, you're singular and unified in thought, feeling and deed. When there's love, acceptance and compassion for self, there is no conflict.

Chapter 1 - Wellness and Self-empowerment Tools

Meditation as a Tool

As already stated, meditation is basically an altered state of consciousness or awareness that can be achieved in many different ways. The traditional Eastern form of meditation, to relax the Body and still the Mind, involves several steps in order to achieve an altered state of consciousness. Both the denial based and non-denial based meditation follow similar basic techniques to obtain this altered state of awareness, but where they part company is in the intent and objective. What's experienced while in this altered state is dependent, in part, on ones intent before entering into it. I said, in part, as what you might desire is not what you might experience. The reason I've included a denial based meditation is because it's also an important tool, and I encourage you to begin with it just for the experience and insights that it will provide, that you will put to use when using the rest of the tools.



Denial based meditation

The intent in a denial-based meditation is to relax the Body and free the Mind of any and all feelings, thoughts or images that it does not desire, so that the Mind can reach a state of thoughtless bliss, peace, serenity and reverie. After the meditation, one can, with practice, remain in a semi-altered state of consciousness and continue to experience a state of inner peace and well-being that may last a few hours, or until they are awoken by reality check.

Non-denial based meditation

The intent of a non-denial based meditation is to relax the Body and free the Mind of all superfluous thoughts, (like what am I going to have for supper) in order to reach an altered state of consciousness. Once achieved, it becomes aware and accepts other thoughts, ideas, feelings and imagery that appear spontaneously without conscious effort. These may offer insights into the issues that one is presently experiencing, along with a feeling of inner peace and well-being derived after any denied feelings and emotions that surfaced during the meditation were allowed expression.

Chapter 1 – Wellness and self-empowerment

Visualization

The basic format of a non-denial based meditation and visualization are very similar in their preparation stages and differ only in their intent and what a person experiences on their journey. Experiences during a meditation can be described as being more objective, while those in a visualization are subjective and interactive. When working with a partner or a group during a non-denial based meditation, one is usually only guided to the point of relaxing the Body and calming the Mind to prepare for the experience, after that, any thoughts, feelings or imagery that the person experiences are entirely spontaneous. On the other hand, during a visualization with a partner or group, one is usually guided throughout the entire journey by the facilitator, that uses basic suggestions like, “Now, turning to the right, you see two doors. You need to choose a door and open it, and explore the room it leads to.” While the journey is being guided, it also allows the person doing the journey to experience spontaneous thoughts, feelings and images, before being prompted by the next suggestion, which by the way, is also spontaneously offered by the facilitator who is following their intuition, and is by default, also part of the experience. Having a friend guide you is far more useful and spontaneous than just listening to a pre-recorded audio visualization.

Visualizations are a valuable tool, and along with non-denial based meditations, they form the basis for all the other tools or journeys that I'll be sharing. It's not only used to expand your awareness and gain insights into your life, but can also be used as a tool to help heal your Mind, Will, Heart and Body, and thus empower yourself and enhance your life experiences. With the use of the various tools I've provided, and by modifying them to suit your specific needs, you can virtually explore anything you desire.

Meeting your Animal Guides and Totems

Are you curious as to what your power or totem animals are, and what messages they have for you? Through the use of a visualization exercise you'll consciously and safely meet and communicate with your power animals and totems that are here to assist you on your journey. You'll become aware of the powers and gifts that they will be sharing with you as they help you uncover and resolve your issues. Meeting your animal guides and totems prepares you to experience the rest of the tools that involve the “astral plane,” as people generally have less fear in dealing with animals as they consider them safer than dealing with people, entities or energy.

Clearing your Attachments

Do you have feelings that you're being drained, weighed down, or held back? Do you suffer from sudden or chronic unexplained pain in your Body? Do you sometimes feel that you're not alone or that you're being watched? Do you have constant thoughts of someone living or dead? Do you have feelings and urges

Journeys from the Heart Centre

that don't feel like yours? Are you afraid to express yourself or do what you want to do? Everyone has energy attachments of some form or another, but not many are aware of them as such or know how to effectively release them, or are even aware that they need to be released.

If any of these symptoms or conditions apply to you, then you might want to consider learning how to become aware of the psychic attachments you have, why they are there, how they have been affecting you, and most importantly, learn "how to" release them. Once you become aware of what energy is yours, and what is not yours, you'll be able to effectively handle any future attachments to your energy field on your own, and also learn how to avoid forming them in the first place. With a visualization exercise, you will consciously and safely explore the attachments you have and remove those that can be removed. This will also be an opportunity to begin to heal emotional issues and to reclaim lost power and essence. Attachments are to people, places or things and are usually two-way, you to them and they to you. Only your openness and your willingness to release these attachments will determine your healing experience.

Past Life Regression

Are you interested in reincarnation, karma, ghosts and associated topics? Are you curious as to who you were in a past life, or your relationship with others in this lifetime, in a past life. Do you feel that some of your present life issues might have ties to past lives? Are you curious as to what lessons you learned in the past and what you still need to heal in this lifetime? Answers to these questions and many more are available through personal past life regression experiences.

Again, through the use of a visualization exercise you will consciously learn how to access and safely explore various aspects of your past lives. You'll also have the opportunity to begin to understand and heal some of your unresolved issues in your present life, as all present life issues have a link to the past, and by healing the present, you heal the past. Again, only your openness and willingness to explore and retrieve these forgotten memories will determine your experience. This is also another opportunity to reclaim lost essence and power.

Meeting your Life Guides and Higher Self

Are you curious as to who your Spirit guides are? Are you interested in communicating with them? Through the use of a visualization exercise you will consciously meet your Guides and/or Higher Self that are here to assist you in uncovering and resolving your issues that you encounter on your journey to self-empowerment. An important thing to know is that while your guides are here to offer you basic guidance and insights, they are not here to control you,

Chapter 1 – Wellness and self-empowerment

or to do it for you, as you have free Will and you always have choice. What you experience and what you do and don't do in this lifetime is entirely up to you.

Channeling and Auto-writing

Once you've begun to release your fears of the Spirit realm, you may find that you want to expand your communications with your guides and other Beings, in that you may be urged to speak or write the messages they're conveying to you. This may be in the form of imagery, words, feelings, or simply a knowing of what they are saying. Through the use of a meditation exercise you will safely learn how to consciously channel your higher self, guides and others. This can take the form of verbally channeling for yourself and others, or it can take the form of automatic writing, painting or music, etc. This is another one of those experiences that will open many doors for you.

Feeling, healing and understanding Emotions (Co-equal Therapy)

Through the use of a meditation/visualization exercise and using the tools you have already explored, you will consciously learn how to access and safely explore various aspects of your inner and outer child. The key to healing lies in being able to identify and to consciously choose to end your denials of your intuition, knowing, feelings and emotions, and to release your mental blocks (imprints, programs and beliefs) that are suppressing them, so that healing can take place and balance restored to the Body. The focus of these journeys is on healing and understanding your issues and emotions, especially those of the inner child and the outer child fragments. This work will not be easy and will require sincere intent and forthright dedication and effort, as most issues have deep-rooted fears and distrust that say you can't go there. While it's the most difficult journey, it's also the most rewarding.

This work is based on my personal healing experiences, as well as my experiences in helping others help themselves, using the "tools" that I'm sharing here. It's an evolving process and there are no standard procedures or rules as each healing session is as unique and different as the individuals involved. I've come to coin this wholistic, non-denial approach to personal wellness and self-empowerment as "Coequal Therapy."

Multi-Dimensional Journeys

These journeys will allow you and your partner to explore whatever you desire, be it traveling to distant worlds or other dimensions to experience extra-terrestrial life, or to meet elves, fairies and nature Spirits here on Earth, as anything you want is possible. Through the use of a visualization exercise you will consciously and safely explore and experience yourself in other dimensions, realms and planes of existence as other life forms. This is an experience that will open many doors for you and only your openness and willingness to explore these dimensions will determine your experiences.

Other Journeys

Archetype Journeys: These journeys will interest you if you've studied Jungian archetypal psychology and are interested in the various cultural "isms," myths, legends and folklore of Egyptian, Greek, Roman, Norse and Celtic mythology and their archetypal figures, and how they relate to your healing journey. Through the use of a visualization exercise, you will consciously and safely explore and experience other aspects of yourself in an archetypical form. This will be an opportunity to not only expand your consciousness, but it will also be an opportunity to identify and begin to heal and recover your lost power and essence.

Shamanic Journeys: If you're interested in, and have studied any of the native forms of shamanism, then this journey will further expand your conscious awareness. Again, through the use of a visualization exercise you will consciously and safely explore other lost aspects of yourself, as well as giving you an opportunity to identify and begin to recover lost parts or essence of yourself through a Soul Retrieval journey. While this experience can give you insights into your personal issues, it doesn't offer the mini-healing potential that other journeys do.

How To Use This Book

In the course of this book I'll be discussing the various "tools" or healing modalities that I use that are based on non-denial meditation/visualization techniques that I also call journeys. I've arranged the "tools" in the general order that I experienced them on my journey. Looking back on it now, I realize that these tools were given to me in a specific order and in a way that I could work with, accept and understand at the time.

What I'll be sharing here is key information and if you've already experienced any of the journeys that I'll be presenting here, it would be beneficial if you allowed yourself to be open to the processes that I'm sharing here and not remain fixed on what you've previously been taught and experienced. It's easier to teach an open Mind, or someone who has never experienced what you are showing them, than to try to change the Mind of someone who thinks they know what they're doing. What I'm saying here is, put aside what you've been taught if it differs from what I'm offering you as that will only hamper your experience, but, that is also your choice and for your experience. Once you've become familiar with the basic techniques and have experienced the various journeys, you can then do what feels right for you and you can apply your own unique style and techniques that you are comfortable with.

During all of these journeys, you will have conscious awareness of what you're experiencing and you will always have a choice and be in control. Simply

Chapter 1 – Wellness and self-empowerment

allow yourself to begin, to trust your intuition and express your feelings and emotions, and to experience whatever it is that you need to. I'm on a journey like you are, and new experiences are always unfolding, bringing new insights, understandings and tools. What I share with you now is what I've experienced and what I know and believe to be true in this moment. I feel that anything new I discover will not change what I've said here, but rather add to it, as will what you experience on your journeys add to your knowing and understanding.

Each of the tools that I'll be presenting in this book has nine basic parts or elements. As you will discover, there is a certain amount of repetition associated with the beginning and the ending of each journey. As an analogy, the beginning is like getting into a car, starting it up, and driving it out of the garage. The returning is where you park the car in the garage, turn off the engine and get out of the car. Where you go between these two reference points is your specific journey. Referring to the list of elements, the beginning of each journey starts with going through the various steps associated in numbers (1-4) while numbers (5-6) are associated with the specific journey, and numbers (7-8) represent the steps necessary to complete each journey. Lastly, I've included number (9), which provides notes for each specific journey. These notes are helpful in that they not only provide tips and techniques related to that particular journey, but they can also be used and applied to any of the other journeys as well.

- 1. Breath**
- 2. Grounding**
- 3. Relaxing the body**
- 4. Centering**
- 5. Intent**
- 6. The Journey**
- 7. Returning**
- 8. Integrating**
- 9. Notes**

(1) Breath (2) Grounding (3) Relaxing and (4) Centering

Now that you know the basic format and structure of each journey, I'm going to add a little twist. This next part may be a bit confusing to you at first, but I'm sure you'll appreciate it once you get the hang of it. Since I use the same basic technique of (1) Breath, (2) Grounding, (3) Relaxing, and (4) Centering, for the beginning of each and every non-denial based journey, I've decided that instead of writing the same thing over and over for each journey, I'd create a separate section called, Chapter 2 - Breath, Grounding, Relaxing and Centering, that contains these four steps. Then, at the beginning of each new journey, I'd simply refer you back to this chapter before you begin the journey. In this way, what I'll be presenting for each specific journey, or tool, will just focus on what

Journeys from the Heart Centre

is different, instead of having to repeat the same techniques at the beginning of each journey. That means that before you begin any journey, you'll need to prepare yourself for that journey by referring back to, and going through the basic techniques of Chapter 2 - Breath, Grounding, Relaxing and Centering. Once you've done a few meditation/visualization journeys, this first part will become routine and automatic.

(5) Intent

After you've gone through the breathing, grounding and relaxing techniques and have reached your place of centre, you're almost ready to begin your journey. It's at this time that you verbally state your intent for your specific journey. If you're in a guided group setting, then the general intent may be spoken by the facilitator who will usually provide you with an opportunity to specify your personal unspoken intent, if they don't, then do it anyway. If you're doing a journey by yourself or with another person that is guiding you, or you them, then you merely state your mutual intents aloud. After a brief moment of reflecting on your intent, you then move to the next part of your experience, the journey.

I've written the "intent" sections for Chapters 3, 4 and 5 using the singular/partner/group (I/We) format to show that the wording can be changed to suit your needs. If you are doing a meditation or visualization by yourself or are working with a partner or facilitating a group, then revise the wording accordingly. For all the other journeys, (except channeling) I assume you will be working with a partner and so the intent is written in a "we" partner/group format.

(6) The Journey

I've given examples for each journey and as you move through them you'll see the similarities and differences in each. When the journey has concluded, you'll then go through the steps of returning and integrating. If you want to explore other journeys before returning, then you simply combine or modify what I've given here to create your own inner journey. What I mean is that your original intent may be to simply meet your animal guides, but after that journey, the person being guided may move to clear an attachment, and after that, relive a past life. If they are not self-guided, then as their partner, you may feel guided to move them to explore a past life, and then maybe end up connecting that past life with an inner child experience. There are no rules or parameters, just follow your intuition is the best advice I can offer.

(7) Returning and (8) Integrating

The same basic returning and integrating technique is also repeated for each journey, but as they're relatively short, I've decided to include them with each journey as it helps maintain the flow. Again, once you have done a few journeys

Chapter 1 – Wellness and self-empowerment

you'll understand what I mean and they will become routine and automatic. A typical return usually takes two to three minutes, while the integrating is open ended.

(9) Notes

Immediately following the returning and integrating section, I've included notes that contain pertinent details and insights for that particular journey. I highly recommend that you read these notes before you begin any journey as it will give you some points to assist both the person conducting the journey and also the person doing the journey. Having said that, you should always expect the unexpected.

While all the journeys have a similar format, they also have major differences with specific details and insights found under "Notes" at the end of each journey. I've eliminated as much duplication as I could, but in doing so I've also mentioned many important things that apply to all journeys only once. In using this book, you're going to have to remember what was said in each previous journey and then apply that knowledge along with your experiences of that journey to the rest of the journeys. Each journey builds on the previous one, and by the time you get to the last one, you'll begin to see how they are all connected.

Journeys - Self, Partner or Group:

While I've written this book from the perspective of doing these journeys with another person, there is nothing stopping you from experiencing any of these tools by yourself or in a group setting. However, in the course of your journey, you'll discover that most of your work with these tools will be by yourself or with a close friend. After you've been doing journeys for a while by yourself and with a friend, you may be interested in starting a group with people that are also interested in working with these tools. My suggestion is that after you have experience in doing all of these journeys, that you begin by conducting basic guided group meditations and visualizations, as even these simple journeys can lead a person in the group to any of the journeys I'm sharing. These personal experiences will give you some insights so that you'll know how to assist a member of the group should they get into difficulty. If you're interested in doing any of the other journeys with a group, then I highly recommend that you have several personal and shared experiences in doing those specific journeys, so that you'll have a good idea of what to expect, but having said that, there are no certainties and no coincidences.

When you're beginning these journeys and you're guiding others by using the outline I've given in this book, don't simply speak the words as you would if you were reading a book, but say them as if they were your own thoughts. Don't act, be real! Also, guiding another on their inner journey is not merely about saying the right words, but also about giving the other person, or

Journeys from the Heart Centre

persons, time to not only hear and respond to your words but to also experience and feel the situations that those words create in their journey. If you're guiding another person or a group, you also need to "feel" when they're ready to move to the next step. If you're moving too fast or too slow, it will either take them out of their meditative state or they'll simply go off on their own journey and will not be aware of your voice or what you're saying. This can create a problem when you want to end the journey and they have difficulty in coming back. I've indicated places where you need to make deliberate pauses, but how long a pause is something that you will need to feel as you're conducting the journey. Once you're familiar with the tools and have personally experienced the journeys, you can then adapt your own unique style, but until you are comfortable on your own, it would be best to follow these guidelines.

A typical meditation/visualization lasts from forty-five to sixty minutes, about the same time that most meditation music plays for. If you are facilitating another person or a group, it's helpful if you time your progress according to the music, if you can. Typically, the breath, grounding and centering will take about ten minutes, leaving the balance of the time for the journey. Don't rush the grounding and centering as that will have a direct bearing in the outcome of their journey and experience. You also don't really have to worry about the music stopping before you have returned, but use it as a cue to end the journey if you feel it is also over. The returning portion of the journey only takes two to three minutes. If you know when the music will finish, or if the journey appears to be coming to an end, it's nice to still have music playing when you integrate your experience, but, it is also nice to be in silence when that happens. As an aside note, if you've been working with a partner and have done several journeys together, you won't need to go through the breath, grounding, relaxing and centering procedure, or even the returning procedure when doing a journey. Instead, you can move directly to stating your intent and have them close their eyes, take a few deep breaths, and instantly they are where they need to be. This is especially useful when you are just talking with your partner and either you or they are suddenly activated and are interested in healing and understanding whatever the issue is. These types of journeys may only last a few minutes, and usually they return automatically after they have found what they are looking for.

Words of Caution and Tips

The following cautions, tips and techniques apply to all journeys and are particularly relevant to the "returning" section of each journey. In an effort to minimize repetitive content, I'm sharing these words of caution, tips and techniques in this chapter, and only in this chapter. These cautions, tips and techniques are not to be taken lightly, and you are either going to have to remember them or refer back to this chapter for reference, or, learn from your experiences.

Chapter 1 – Wellness and self-empowerment

First and foremost, I need to caution you that you should not, repeat, NOT meditate or do any journeys if you, or anyone you're guiding, is under the influence of alcohol or drugs, including prescription drugs such as anti-depressants and pain-killers, etc., the exception being prescription drugs that are taken for other illnesses or injuries. I mention this because it's important to realize that these drugs alter ones state of conscious awareness. The problem with doing a meditation while taking alcohol or any other drug is that you're already in an altered state of consciousness and will be going into another altered state. This combination sets the stage where you can easily become confused and frightened if you begin having an experience that you never counted on, thus making the meditation or visualization not only an unpleasant experience, but also potentially an unhealthy one. Of course, it could also have the opposite effect, but that's not likely.

So-called recreational (illegal) drugs such as cannabis, cocaine, heroin, crack, ecstasy, methamphetamines, mushrooms, LSD, etc., as well as alcohol and a variety of prescription drugs, either inhibit or stimulate certain neurotransmitters and receptors in the brain and Body that are linked to ones thoughts, feelings and emotions. These drugs can make you feel relaxed, numb, happy, excited and even euphoric and give you a false sense of well-being. Whatever the result, it is an altered state of consciousness from what you were experiencing before taking them. When doing a journey, it's important to realize that one needs to be mentally alert and responsive, and so these connections need to be as unimpaired as possible. If a person is already in an altered state of consciousness and then goes into another altered state, there is a strong possibility of them having serious mental and emotional consequences.

When a person that is in an already altered state of consciousness goes into a meditation, they often appear as if they have simply fallen asleep. While falling asleep may not sound like much of a problem, the real issue is in getting them back to the present reality, and that can not only be challenging, but also frightening to say the least. They may have gone so deep into an altered state that they are even unaware that you are trying to get them back, or, they may be aware, but refuse to comeback, or they don't know where back is. What can also happen is that the feelings and emotions they experience may become overwhelming, and they may become disassociated from that experience and mentally go off into yet another reality where they become lost and are unable to reconnect with their present, already drug induced altered state of consciousness and physical reality. Another issue that can come up is that when it is time to return, their Mind can become confused, as it doesn't know where it is to go. It was already off in a drug-altered reality before it started experiencing another altered state and it isn't alert or cognitive enough to know to come back to what I call the present reality. After they have returned and are asked what they experienced, some may say they were in a euphoric state of bliss that they didn't want to end. Others may report that they were adrift in a sea of darkness,

Journeys from the Heart Centre

and while they could hear your voice, they didn't know where it was coming from or how to get back to it. Still others may have had frightening experiences, including an out-of-body experience, where they were aware that they were floating above their physical Body and were terrified that they couldn't get back into their Body. While all these scenarios are possibilities, that's not to say that you will experience them, but you need to be prepared in case someone you are guiding runs into a problem.

If you want to do a journey and you are on drugs that alter your state of consciousness, it is best if you do your journey when you are raw. That is to say, that you need to stop taking the drugs or medication. After you have been off them for a few days, all your issues and emotions that you have been denying and not feeling while on the drugs, will begin to come to the surface. While that may sound negative, it really means that you are now beginning to get in touch with the reality that you have been trying to escape, meaning you are also more cognizant and aware. If you are on drugs but think you are going to be okay doing a journey, and decide to ignore my advice, then I strongly recommend that at least you do it with a partner that has also read all the notes that I provide for all the journeys, as you will never know what to expect. Having some background information, although very basic, coupled with their intuition, will help them get you back should you get yourself into trouble. If you decide to do a journey, determining and stating your intent is a key element and is not to be taken lightly, as that will also have an effect on what you experience on your journey. There is a big difference between being in a drug induced altered state of consciousness and having the intent to find and heal your issues, and one where you are free of drugs and have loving intent to do so. It's the bent intent that opens the door to potential negative, unpleasant experiences. Needless to say, habitual use of these substances puts the person in a constant mental/emotional fog, where healing and self-empowerment are next to impossible.

If you are conducting group meditations or various journeys that are open to the public, you never know who is on what, and often when asked in public, they'll deny that they're on prescription drugs or doing illegal drugs. They might also state that the medication or drugs are not a problem and that they've meditated before. While that may be a truth, if you feel that they're not lucid and aware, trust your intuition and don't allow them to take a journey. That may sound judgmental, but it is in everyone's best interest and highest purpose if you, as the facilitator, follow your intuition and walk your talk. But, if you are faced with this issue, know that there are no coincidences and that it's happening for your experience and knowing, as well as those that are also witnessing the experience.

Even if the person is not on drugs, going off into a deep space/time warp is not unusual as there will be times when you'll be doing a journey and you won't remember where you went or what you experienced. It's as if you

Chapter 1 – Wellness and self-empowerment

were asleep for twenty minutes or more. I feel that these are our inner journeys with our higher self and guides, to do work on other levels that our conscious Mind isn't ready to be a part of yet. When a person has returned from a journey and you notice that they appear to be scattered and confused, have them close their eyes and re-ground themselves and take a few deep breaths. If that doesn't work, have them return to the mist and then, before you bring them back again, have them bring back all their power and essence pertaining to the Earth plane and this physical Body in the here and now. If you're guiding someone and it's time to return and they don't appear to respond, state their name and tell them that the journey is over and that they are to return to the mist. If there is no response, tell them again and be firm. If there is still no response, then ask them where they are. Depending on their response, repeat the first step and tell them that their journey is over and that they are now to return to their physical Body. If they still seem to be "off" somewhere, and you can't make a verbal connection with them, then place your hand or hands on either the tops of their feet, knees or shoulders as this will help ground them and bring them back. It might take a few minutes if they've really gone somewhere deep.

Besides having difficulty in coming out of your altered state, you might experience the opposite in that you come out of it prematurely because of what you were experiencing. When this happens, allow yourself to express whatever emotions you're feeling in the moment. If you are in a group setting and you don't feel comfortable expressing your feelings and emotions, then express them as soon as you feel you are in a safe place. And finally, if for whatever reason, you are abruptly interrupted or disturbed during your journey and you're not able to continue, then before you terminate your journey, take a few seconds and make it your conscious intent to bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now. If you don't bring these parts of you back, you'll feel scattered, lost and disoriented until they slowly return by themselves. You can further assist the process by re-grounding yourself, clapping your hands three or four times, jumping up and down, or washing your hands and face with cold water. If you are disturbed but you feel you can continue, then re-ground yourself, take a few deep breaths and focus to find the place on your journey where you feel comfortable to begin again.

Chapter 2 - Breath, Grounding, Relaxing, Centering

NOTE: The following four basic techniques apply to all journeys, with the exception of, “Chapter 3 - Denial based Meditation” that has its own technique.

To begin to meditate, you need to find a quiet room or place where you will not be disturbed. Turn off your cell phone and telephone, and turn down your answering machine if you have one. You can either meditate in silence or you can play any type of soft, non-descript instrumental music, preferably music that doesn't have any lyrics as that will only put words in your head. You can also listen to nature sounds, like that of a waterfall or ocean waves that are soothing and repetitive. Listening to some form of background music is beneficial, especially if there's any other form of background noise over which you have no control that might otherwise disturb you, i.e. outside traffic. I've included a list and links to some of my favorite journey music that can be found in the Appendix. It's best if you, as the facilitator, have the music player situated close by, unless you have a remote control, so that you can lower the volume should a person begin speaking in a soft voice during their journey. You need to hear what they are saying and if you don't respond quickly, or you are always asking them to repeat themselves, that may bring them out of their journey. However, if you are doing a meditation or journey by yourself, you can use earphones or ear buds to listen to music from your iPod or MP3 player. While you're meditating or doing a journey, you may want to burn some incense or light a candle, but if you do, make sure that it's done safely as it will be basically left unattended for about an hour, unless of course, you have someone guiding you that can watch the incense or candle for you.

Find a comfortable chair, one with a back if you prefer, but one where both feet can be placed flat on the floor. If your feet don't touch the floor, then get a book or a number of books or anything else that you can use to support the bottom of your feet. If you desire, you can also sit on a cushion on the floor, or directly on the floor if you are comfortable with that. It really doesn't matter, as long as you can remain in this position for an hour or so without cramping up, or having to make any major movements as that will tend to bring you out of your altered state, especially when you're first learning how to achieve an altered state of consciousness. If you do drift out of your meditation or journey because of physical discomfort, simply make the adjustments and then re-focus yourself to get back to where you were before you were distracted, or to a place you remember and start from there.

Chapter 2 – Breath, Grounding, Relaxing, Centering

Other causes for being pulled out of your journey could be the music or other unusual background noises. Another is that because you'll not be moving your body for about a hour, you may become cold, so make sure that you have a sweater or a blanket handy just in case you find yourself being drawn out of your journey because you're feeling cold. It goes without saying, but must be said, and that is to be sure that you go to the bathroom before you begin your journey if you feel that you won't last the hour, as that will definitely disturb you. And finally, make sure that you have some water handy to drink when you come out of your meditation.

I'm now going to give you the basic technique of breath, grounding, relaxing and centering for a non-denial based meditation/visualization, that will enable you to get into your altered state of consciousness. While the basic technique is similar to that of a denial based meditation, there is also a major difference. In this non-denial technique, you do not suppress or deny your thoughts or feelings that are related to your journey. This technique is different from the one found in Chapter 3 - Denial based Meditation, where the intent is to deny and suppress any unwanted thoughts or feelings. I've written this procedure as if I were guiding another on their journey, and the comments in parentheses are basic timing guidelines for the facilitator that also needs to use their intuition as to how to conduct the journey. If you are going to be playing some background meditation music, then now is the time to set it up and adjust the volume to a comfortable level. So now, if you are ready let's begin by getting comfortable, loosen any tight or constricting clothing, make sure that you are warm, and close your eyes.

1 - Breath:

- Once you're seated and comfortable, bring your conscious awareness to your breath. Feel yourself breathing in and out, inhaling and exhaling, becoming aware of how your Body feels when it is breathing. Breathe in deeply using your diaphragm, feeling it rise with your in-breath. (Pause to allow the person doing the meditation to have three or four complete breath cycles.)
- Now slowly breathe in through your nose to the count of three or four, and then slowly exhale through your mouth to the count of three or four. As you do, feel yourself relax. (Pause again to allow for three or four breaths.)
- Now slowing down even more. This time inhale through your nose to the count of three or four, and then hold your breath to the count of three or four. Then exhale through your mouth to the count of three or four, and then hold your breath to the count of three or four. Holding your breath between each inhale and exhale cycle. (Pause to establish a rhythm.)

Journeys from the Heart Centre

- If any superfluous thoughts like, I'm hungry, thirsty, too hot, I need to go to the bathroom, what if the phone rings, I have to make supper, thoughts of work, or what's on TV, are distracting you, tell them you are going on a journey and that they are not to disturb you.
- Now you can keep repeating this cycle, or if you so desire, you might want to lengthen your counts, or shorten them if you feel strained. If you feel like it, you may also reverse this cycle, that is, breathe in through your mouth and out through your nose, or you can just breathe through your nose or your mouth; it really doesn't matter, do what feels comfortable as you focus on your breath. If you don't like this cycle, go to the one you prefer. Let yourself become aware of your breath and feel yourself relax. (Pause for two to three minutes.)
- Now allow your breathing to return to its natural rhythm, to whatever is comfortable for you in this moment. (Short pause to allow for adjustments.)

2 - Grounding:

- Now bring your consciousness to your feet, wiggle your toes and feel them move. At this point visualize yourself ankle deep in water, it can be at the ocean, lake, river, stream or wherever you imagine. (Short pause)
- Now imagine yourself wiggling and moving your feet, feeling them sink into the sand beneath the water and connecting you with the Earth.
- If water doesn't feel comfortable for you, then visualize yourself as a tree, and feel yourself putting down roots from the bottom of your feet, into the Earth as deep as you feel you need to go in order to feel connected and grounded to the Earth. (Short Pause)
- If other thoughts, feelings and emotions come up, acknowledge them and tell them you're going on a journey and that if they have something important to tell you, to wait until you are in your place of centre and to contact you then. (Pause)
- Feel a deep sense of calm and peace coming over you as you're now connect with the Earth. (Pause)

3 - Relaxing the Body:

- Now that you're grounded, bring this Earth energy and the feeling of peace and relaxation up into your feet, relaxing your feet, ankles and calves, feel them relax (Short pause)
- Feel the energy flowing up from the Earth into your feet and allow any mental thoughts and expectations that you have of your journey to flow down through your Body into your feet and into the Earth. (Short Pause)

Chapter 2 – Breath, Grounding, Relaxing, Centering

- Now allow this energy to move up to your knees, feel them relaxing. (Pause)
- Now slowly feel this energy moving up to your thighs, feel them grow limp and heavy as they relax. (Short pause)
- Now feel this Earth energy moving up to your hips and feel your hips relax, feel your whole lower Body relaxing and connected to the Earth. (Pause)
- Now, allow this Earth energy to move slowly up your back, your spine and feel your back relax. (Pause)
- Moving slowly now all the way up your spine to your shoulders, move your shoulders slightly and feel them relax. Feel the physical tension that you're holding there dissolve and drain down through your Body and into the Earth. (Pause)
- If other thoughts, images and feelings are coming to your awareness, tell them that you are going on a journey and that if they are important, that they present themselves when you have begun your journey, and then to let you know what it is that you need to see or hear. If they don't want to join you later, then tell them to leave and to not disturb you. (Short Pause)
- Feel your back and shoulders relaxing, growing lighter and heavier at the same time and feel your Body becoming more relaxed. (Pause)
- Now bring your awareness to your neck, move your neck and head slightly, feel the physical tension in your neck and jaw. Move your jaw, yawn if you feel like it and feel your neck and jaw relax as they release the energy that they're holding. (Pause)
- Take a few deep breaths and just let any thoughts or expectations of your journey flow down through your Body and into the Earth. At the same time feel the Earth energy moving up into your Body relaxing it, and feel your Body connected to the Earth. Focus your awareness on how the energy is moving up and down your Body and how relaxed your Body feels. (Pause)
- Now relaxing your mouth, your lips, and even feel your teeth and gums relaxing. (Short pause)
- Allow your cheeks, your face, your eyes and eyelids to relax. (Short pause)
- If any superfluous thoughts are still present, allow these thoughts and distractions to flow down through your Body into your feet and then into the Earth. (Short Pause)
- You're feeling relaxed and at peace, drifting deeper and deeper into total relaxation, yet at the same time, fully conscious and aware. (Short pause)

Journeys from the Heart Centre

- Now slowly moving your awareness up to your forehead, scalp and hair and allow them to relax. (Pause)
- Now moving down the back and sides of your head, relaxing your ears and then moving down into your neck, to your shoulders, feeling them relax even more. (Short pause)
- Now moving your awareness down into your arms, feeling your upper arms and elbows relax. (Short pause)
- Now moving down to your forearms, wrists and hands, to your fingers and even your fingernails and feel them relaxing. Feel your hands and arms growing heavier and heavier, yet lighter at the same time as they totally relax. (Pause)
- Feel your whole Body relaxing as you go deeper and deeper, feeling more at peace and in tune with your Body. (Short pause)
- Now bring your awareness to your internal organs, your brain, your lungs, liver, kidneys, spleen, intestines, and as you do, feel them relax. (Pause)
- Now slowly scan your Body and if there are any parts of your physical Body that still don't feel relaxed, simply bring your consciousness to that part and allow it to relax. (Short pause)
- Now bring your awareness to your Heart. Feel your Heart beating, feel its rhythm as it pulses with life. Feel how your Heart takes the life force of the elements of Earth, air, fire, water and combines them in the form of blood, and then circulates this life force with love to every part of your physical form, animating your Body with life, keeping it in balance and functioning as one. (Pause)
- Your Body is the temple for your Spirit and Soul. Now take a moment to be with your Body, feel the energy and life force flowing through it. Now feel the love connection between the Earth, your Body and your Heart Centre. (Short pause)

4 - Centering:

- With your physical Body relaxed, you are now going to begin the next stage of your journey. Now slowly move your awareness up to your third eye centre, or sixth chakra, located behind and slightly above your eyes and between your ears in the middle of your head. Feeling safe, secure, and at peace, resting comfortably and relaxed. (Pause)
- This place is your sanctuary; your third eye centre of consciousness and will be the starting point as well as the finishing point for the rest of your journey into other realms of consciousness. (Pause)

Chapter 2 – Breath, Grounding, Relaxing, Centering

This now concludes the Breath, Grounding, Relaxing and Centering portion of your journey. It's at this point where you move to the next stage of your journey by stating your intent for the specific journey that you desire to experience.

Notes:

As your consciousness enters your third eye, or sixth chakra, you become aware of a different energy and that you are surrounded by what can be described as an inner cone of silence. If after entering your third eye chakra, you are still hearing the voices of your inner mental chatter, like, what are you going to have for dinner, mentally speak to them and tell them that they've been noticed and that you're going on journey and that they are not to disturb you. Failing that, you can try to integrate them into your journey by asking them to join you as a silent observer. If these random or superfluous thoughts are still coming to your awareness and you've tried to remove and integrate them into your journey but to no avail, then it might be that you are not grounded or you haven't relaxed your Body totally. If you feel that this is the problem, then allow yourself to feel if you are grounded and also if any part of your Body is not relaxed. Allow yourself to re-ground and relax your Body before returning to your place of centre and beginning your journey again. A thing to consider is that while these voices are disturbing you from your intent, they may be a clue to a problem that you're overlooking. If you feel they may have something to tell you other than what they are saying, ask them what they want to say. Know that you can't force yourself to meditate, and if it's not happening effortlessly and spontaneously, then it's not the right time or place.

Before you actually try to journey it might be helpful to go through the breath, grounding, relaxing and centering exercise a couple of times just to get a feel for it and to be comfortable with relaxing your Body and clearing your Mind. A general aside comment that I'd like to make here, is that as you go about your daily life, whenever you feel scattered and not all present, you can use the first two techniques of the breath and grounding in a simplified form to ground yourself. By simplified, I mean that maybe all you need to do is to stop whatever you are doing and take a couple of deep breaths while visualizing your feet in water and connecting with the Earth, or whatever method works for you.

I feel I need to clear up a point of confusion between the title of this book, "Journeys from the Heart Centre," and the "Centering" portion where I mention that the third eye or sixth chakra will be the starting and ending point of your journey. One would assume that because of the title, that the journeys would begin at the Heart Centre. The reason I say journeys from the "Heart" centre, which is actually our fourth or Heart chakra, is that denials need to end and Heart (unconditional love) needs to be born and present on our journeys. If any denials are present, love is conditional and what we experience is a denial-based journey. In a denial-based journey there is the deliberate conscious intent

Journeys from the Heart Centre

to deny the other aspects of our Being that desire to have a voice and be heard and felt. Denial does not seek expansion and life, it seeks compression and death. Denial of any part of our Being pushes that part toward death. The love we presently experience in our life is conditional and filled with denial, guilt and shame, hence, we also experience death. What I'm sharing in this book are non-denial based journeys, that means that our Spirit (Mind) has acceptance for the other parts of our Being to express themselves unconditionally. When that happens, Heart (love) is no longer conditional, but unconditional, and that is what heals and empowers us.

The third eye or sixth chakra forms the connection between the left and right brain and is the bridge between Spirit, Soul, Heart and Body, with Heart (love) playing a key role in what we experience, or don't experience on our inner journeys that is also reflected in what we experience or don't experience in our outer physical reality. If we can begin to love ourselves unconditionally on these inner journeys, "mini healings" as I call them, we can then apply that knowing to healing our outer reality and empowering ourselves. Without Heart presence and unconditional love, there can be no true healing, and is why these journeys are from the Heart Centre.

“ *Love is:
Acceptance, not denial
Connection, not attachment
Compassion, not judgment - Shenreed*

Chapter 3 - Denial Based Meditation

There are actually three main goals in a denial based meditation and they all revolve around the Mind's dominance and control of the other parts of the self, our Being. The three goals are:

1. To control and suppress all undesired feelings and emotions that are not aligned with what the Mind deems appropriate or desirable.
2. To control and numb the physical Body to any unpleasant sensations and feelings, including pain.
3. To control and suppress all unwanted thoughts so that the Mind can reach a place of inner peace and experience feelings of euphoria, bliss and reverie.

If the above goals are your intent and is all that you desire, then the only portion of this book that you really need to read is this chapter. The rest of the book is about exploring other realms of consciousness and in healing our emotions and issues by ending our Minds denials and control over the other parts of our Being, thereby restoring health to our Body and bringing all parts of our Being into balance.

Since this is a denial-based meditation, I'm going to make it self-contained, meaning that all the basics you need are in this chapter. If you have previously experienced traditional meditations, you will notice that I've added a few techniques not found in traditional meditations. Even though this is a denial based meditation, I felt no need to omit the techniques I use in a non-denial based meditation, as it doesn't diminish the experience but aids in the returning and integrating process that I feel, from experience, is lacking in traditional meditations. If you want to experience a more traditional meditation, then just skip the centering, intent and returning process.

To begin to meditate, you need to find a quiet room or place where you will not be disturbed. Turn off your cell phone and telephone, and turn down your answering machine if you have one. You can either meditate in silence or you can play any type of soft, non-descript instrumental music, preferably music that doesn't have any lyrics as that will only put words in your head. You can also listen to nature sounds, like that of a waterfall or ocean waves that are soothing and repetitive. Listening to some form of background music is beneficial, especially if there's any other form of background noise over which you have no control that might otherwise disturb you, i.e. outside traffic. I've included a list and links to some of my favorite meditation music that can be

Journeys from the Heart Centre

found in the Appendix. It is best if you, as the facilitator, have the music player situated close by, unless you have a remote control, so that you can lower the volume should a person begin speaking during their meditation. You need to hear what they are saying and if you don't respond quickly, or you are always asking them to repeat themselves, that may bring them out of their journey. However, if you are doing a meditation by yourself, you can use earphones or ear buds to listen to music from your iPod or MP3 player. While you're meditating, you may also want to burn some incense or light a candle, but if you do, make sure that it's done safely as it will be basically left unattended for about an hour, unless of course, you have someone guiding you that can watch the incense or candle for you.

Find a comfortable chair, one with a back if you prefer, but one where both feet can be placed flat on the floor. If your feet don't touch the floor, then get a book or a number of books or anything else that you can use to support the bottom of your feet. If you desire, you can also sit on a cushion on the floor, or directly on the floor if you are comfortable with that. It really doesn't matter as long as you can remain in this position for an hour or so without cramping up or having to make any major movements as that will tend to bring you out of your altered state, especially when you're first learning how to achieve an altered state of consciousness. If you do drift out of your meditation because of physical discomfort, simply make the adjustments and then re-focus yourself to get back to where you were before you were distracted, or to a place you remember and start from there.

Other causes for distractions and being pulled out of your meditation could be the music or other unusual background noises. Another is that because you'll not be moving your Body for about a hour, you may become cold, so make sure that you have a sweater or a blanket handy just in case you find yourself being drawn out of your meditation because your Body is feeling cold. It goes without saying, but must be said, and that is to be sure that you go to the bathroom before you begin your journey if you feel that you won't last the hour, as that will definitely disturb you. And finally, make sure that you have some water handy to drink when you come out of your meditation.

I'm now going to give you the basic technique of breath, grounding, relaxing and centering for a denial based meditation that will enable you to get into your altered state of consciousness. While the basic technique is similar to that found in Chapter 2 - Breath, Grounding, Relaxing and Centering, they are also different. Because this is a denial based meditation, denial of our thoughts and feelings has to be incorporated and applied during this preparation stage, or it wouldn't be a denial based meditation. I've written this procedure as if I were guiding another or a group on their journey, and the comments in parentheses are basic timing guidelines for the facilitator. If you are going to be playing some background meditation music, then now is the time to set it up and adjust the volume to a comfortable, not too loud level. So now, if you are ready let's

Chapter 3 – Denial Based Meditation

begin by getting comfortable, loosen any tight or constricting clothing, make sure that you are warm, and close your eyes.

Breath, Grounding, Relaxing and Centering

1 - Breath:

- Once you're seated and comfortable, bring your conscious awareness to your breath. Feel yourself breathing in and out, inhaling and exhaling, becoming aware of how your Body feels when it is breathing. Breathe in deeply using your diaphragm, feeling it rise with your in-breath. (Pause to allow the person doing the meditation to have three or four complete breath cycles)
- Now slowly breathe in through your nose to the count of three or four, and then slowly exhale through your mouth to the count of three or four. As you do, feel yourself relax. (Pause again to allow for three or four breaths.)
- Now slowing down even more. This time inhale through your nose to the count of three or four, and then hold your breath to the count of three or four. Then exhale through your mouth to the count of three or four, and then hold your breath to the count of three or four. Hold your breath between each inhale and exhale cycle. (Pause to establish a rhythm.)
- If any superfluous thoughts like; I'm hungry, thirsty, too hot, I need to go to the bathroom, what if the phone rings, I have to make supper, thoughts of work, or what's on TV, are distracting you, tell them you are going into a meditation and that they are not to disturb you.
- Now you can keep repeating this cycle, or if you so desire, you might want to lengthen your counts, or shorten them if you feel strained. If you feel like it, you may also reverse this cycle, that is, breathe in through your mouth and out through your nose, or you can just breathe through your nose or your mouth; it really doesn't matter, do what feels comfortable for you as you focus on your breath. If you don't like this cycle, go to the one you prefer. Let yourself become aware of your breath and feel yourself relax. (Pause for two to three minutes.)
- Now allow your breathing to return to its natural rhythm, to whatever is comfortable for you in this moment. (Short pause to allow for adjustments.)

2 - Grounding:

- Now bring your consciousness to your feet, wiggle your toes and feel them move. At this point visualize yourself ankle deep in water, it can

Journeys from the Heart Centre

be at the ocean, lake, river, stream or wherever you imagine. (Short pause)

- Now imagine yourself wiggling and moving your feet, feeling them sink into the sand beneath the water and connecting you with the Earth.
- If water doesn't feel comfortable for you, then visualize yourself as a tree, and feel yourself putting down roots from the bottom of your feet, into the Earth as deep as you feel you need to go in order to feel connected and grounded to the Earth. (Short Pause)
- If other thoughts, feelings and emotions come up, acknowledge them and tell them that you're going to meditate and enter into your place of inner silence to calm your Mind and relax your Body, and that you don't want to be disturbed. Simply make it your intent to "let go" of these annoying and disturbing thoughts and feelings, and return to your meditation. (Pause)
- Feel a deep sense of calm and peace coming over you as you're now connect with the Earth. (Pause)

3 - Relaxing the Body:

- Now that you're grounded, bring this Earth Energy and the feeling of peace and relaxation up into your feet, relaxing your feet, ankles and calves, feel them relax. (Short pause)
- Feel the energy flowing up from the Earth into your feet and allow any mental thoughts and expectations that you have of your meditation to flow down through your Body, into your feet and then into the Earth.
- Now allow this energy to move up to your knees, feel them relaxing. (Pause)
- Now slowly feel this energy moving up to your thighs, feel them grow limp and heavy as they relax. (Short pause)
- Now feel this Earth energy moving up to your hips and feel your hips relax, feel your whole lower Body relaxing and connected to the Earth. If any superfluous thoughts are still distracting you, allow them to flow down through your Body into your feet and then into the Earth. (Pause)
- Now, allow this Earth energy to move slowly up your back, your spine and feel your back relax. (Pause)
- Moving slowly now all the way up your spine to your shoulders, move your shoulders slightly and feel them relax. Feel the physical tension that you're holding there dissolve and drain down through your Body and into the Earth. (Pause)
- If any other thoughts, images and feelings and emotions come to your awareness, tell them that they are going to meditate and that you are

Chapter 3 – Denial Based Meditation

not to interrupt or disturb you, as you're now preparing yourself to enter into your quiet space. (Short pause)

- Feel your back and shoulders relaxing, growing lighter and heavier at the same time and feel your Body becoming more relaxed. (Pause)
- Now bring your awareness to your neck, move your neck and head slightly, feel the physical tension in your neck and jaw. Move your jaw, yawn if you feel like it and feel your neck and jaw relax as they release the energy that they're holding. (Pause)
- Take a few deep breaths and just let any thoughts or expectations of your meditation flow down through your Body and into the Earth. At the same time feel the Earth energy moving up into your Body relaxing it, and feel your Body connected to the Earth. Focus your awareness on the how the energy is moving up and down your Body and how relaxed your Body feels. (Pause)
- Now relaxing your mouth, your lips, and even feel your teeth and gums relaxing. (Short pause)
- Allow your cheeks, your face, your eyes and eyelids to relax. (Short pause)
- If any superfluous thoughts are still present, allow these thoughts and distractions to flow down through your Body into your feet and then into the Earth. Tell them they are not to return. (Short Pause)
- You're feeling relaxed and at peace, drifting deeper and deeper into total relaxation, yet at the same time, fully conscious and aware. (Short pause)
- Now slowly moving your awareness up to your forehead, scalp and hair and allow them to relax. (Pause)
- Now moving down the back and sides of your head, relaxing your ears and then moving down into your neck, to your shoulders, feeling them relax even more (Short pause)
- Now moving your awareness down into your arms, feeling your upper arms and elbows relax. (Short pause)
- Now moving down to your forearms, wrists and hands, to your fingers and even your fingernails, and feel them relaxing. Feel your hands and arms growing heavier and heavier, yet lighter at the same time as they totally relax. (Pause)
- Feel your whole Body relaxing as you go deeper and deeper, feeling more at peace and in tune with your Body. (Short pause)
- Now bring your awareness to your internal organs, your brain, heart, lungs, liver, kidneys, spleen, intestines, and as you do, feel them also relax. (Pause)

Journeys from the Heart Centre

- Now slowly scan your Body and if there are any parts of your physical Body that still don't feel relaxed, simply bring your consciousness to that part and allow it to relax. (Short pause)
- Now take a moment to be with your Body, feel the energy and life force flowing through it. Now feel the connection between the Earth and your Body, and feel how relaxed your Body is. (Short pause)

4 - Centering:

- With your physical Body relaxed, you are now going to begin the next stage of your journey. Now slowly move your awareness up to your third eye centre, or sixth chakra, located behind and slightly above your eyes and between your ears in the middle of your head. Feeling safe, secure, and at peace, resting comfortably and relaxed. (Pause)
- This place is your sanctuary; your third eye centre of consciousness and will be the starting point as well as the finishing point for your meditation. (Pause)
- In the course of your meditation, continue to deny any thoughts, feelings or emotions that are not in alignment with you entering into a state of inner peace and relaxation. (Pause)

This now concludes the breath, grounding, relaxing and centering portion of your journey. It's at this point where you move to the next stage of your journey by stating your intent for the specific meditation that you desire to experience.

Intent:

- I/We now call upon my/our guides of love and light to assist and protect me/us in my/our inner journey. I/We give our guides permission to go beyond my/our personal concepts and beliefs and to assist my/our higher self in raising my/our vibration, strengthening the connection and allowing the flow. My/Our intent is to totally relax my/our Body and Mind, and to reach a place of inner peace, serenity and reverie, to be at one with all that is. (Pause)
- Note: If you feel that you need to protect yourself, there are more techniques offered under "Notes" in this chapter. Use whatever form of protection feels comfortable to you, or use your own specific technique.
- Your intent may be to simply experience a deep sense of inner peace or relaxation, or you may desire to go deeper to find your state of bliss and reverie, or to even experience a feeling of oneness. Whatever intent you have, simply change the wording to what is appropriate for you.

Chapter 3 – Denial Based Meditation

- In a meditation, there really is no “planned” journey as you will be remaining in your place of centre for the duration of your meditation, but, that is not to say that you can’t spontaneously slip out of your meditation and into a visualization journey where you experience another reality.

Meditation:

- Now from your place of centre, your sanctuary, allow your Mind to become still, to relax, and to open to the experience. Simply continue to block out any unwanted and interfering thoughts, ideas, images, feelings and emotions from your consciousness so that your Mind can enter into a tranquil state of bliss and reverie. (Pause)
- As you continue to deny and push away everything that you do not desire, your Mind will begin to experience a tranquil state of reverie. Once in this state, you begin to feel a deep sense of peacefulness as time and space seem to drop away and you’re no longer distracted by any unwanted thoughts, images or feelings. As you drift in this space, you may begin to experience enjoyable displays of color and mental imagery, or you may have the feeling that you are floating, or drifting in space or time.
- Allow yourself to stay in this space as long as you feel you need to, or until you are either guided back, or come back on your own when the music stops, at which time you will return to your place of centre, your third eye centre.

Returning:

- If there is nothing else that you need to be aware of at this time, we are going to end this meditation. (Pause)
- If you have gone on a visualization journey, it is now time to return, but before you do, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.” (Pause)
- Now, slowly bring your awareness back to your place of centre in the middle of your head, between your ears and eyes, the place where you began your meditation, resting comfortably, safe and secure, feeling at peace. (Pause)
- Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and then slowly move your neck and head. (Pause)
- Take a few slow, deep breaths and when you’re ready, slowly move the rest of your body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to. (Pause)

Journeys from the Heart Centre

- When you're ready, you can slowly open your eyes and bring your focus back into the room. (Pause)
- You're now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time. (Pause)

Note: When you're meditating by yourself, you'll know when the meditation is over and it's time to come back, or if you were playing music, you usually come back when the music stops. When that happens, allow yourself to slowly come back and feel your consciousness returning to your place of centre. From your place of centre, make it your intent and state out loud that you now bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.

Integrating:

Stay in your seated position for a few minutes and reflect on your experience and the feeling in your Body. If you keep a diary or journal, you can now write about your experiences. If you had a friend guiding you or you were in a group meditation, then after a few moments you can share your experience with them if you so choose.

Notes

A familiar phrase associated with denial-based meditations, especially in the New Age community, is the need for protection. This is usually done when you are stating your intent and about to enter your altered state of consciousness. The typical ways of doing this are to envision yourself surrounded in white, gold or silver light. You could also visualize yourself inside a bubble or cocoon of various colored lights, or that you're radiating light and surrounded in love. You can also invoke certain spirit guides to help protect you. Other denial-based techniques include mentally closing or opening your chakras, or wearing or holding a specific stone or crystal, or something that you feel will protect you. All this protection is really a denied fear and an attempt to keep evil and unloving energies away from you.

As your consciousness enters your third eye chakra, you become aware of a different energy and that you are surrounded by what can be described as an inner cone of silence. However, if you still hear your mental chatter and superfluous thoughts like, I'm hungry, then it might be that you are not grounded or you haven't relaxed your Body totally. If you think that this is the problem, then allow yourself to feel if you are grounded and also if any part of your Body is not relaxed. Allow yourself to re-ground and relax your Body before beginning your journey again. As you begin to tune in to your inner space, you may also be disturbed by other voices, images or sounds. Mentally speak to them and tell them that you're meditating and are not to be disturbed

Chapter 3 – Denial Based Meditation

from experiencing peace and tranquility, and that they must go back to where they came from. Keep repeating the process until you have reached your inner sanctuary and are at peace, basking in the reverie you desire.

One of the sensations that the Mind experiences in this blissful state can at best be expressed as euphoria, much like being “high” on some drug. Another common sensation you might experience is a feeling of being connected to everything, all at the same time. You may experience strange physical sensations, especially one of feeling huge, as in galactic terms, or at the other end of the scale, as in becoming an infinitesimally small speck of light. You may also feel physically hot or cold, see or feel yourself floating and surrounded by clouds of colored light, or see specks or orbs of colored light moving around you. Another sensation is hearing music that you’ve never heard before. You may also become aware of being embraced by loving energy, or have other sensations that are indescribable. If these sights and sounds please you, then enjoy them, if not, then tell them that you do not want to be disturbed and that they must return to where they came from.

I've only given a few examples of the feelings and sensations that one might experience while in their state of reverie. However, if you do slip out of your state of reverie, you may see and hear angelic Beings, or Beings from other planes of existence, or you may be visited by animals, plants, elementals, ET's, fairies, etc. You may find yourself briefly reunited with a lost love one, or you may remember past experiences that you have forgotten, have flashbacks to past lives, or get a glimpse of a future life. You may also have experiences that are not so pleasant as you may be visited by monsters and demons and have a frightening experience. Should you experience anything that you do not desire, simply state that you do not want to be disturbed, that you do not accept them, and that they are to go back to where they came from.

While I've given you the basic denial based meditation, it goes further than that, but I'm not going to go into that as there are thousands of Audio tapes, CD's and DVD's available, if that is your path. Denial based Meditation has risen in popularity and is used to program the Mind to “let go” of any and all unwanted emotions and feelings, and that's why it's being adopted by the medical community as a form of mental health treatment as a substitute for drugs.

Before you actually try to meditate, it might be helpful to go through the breath, grounding, relaxing and centering exercise a couple of times just to get a feel for it and to be comfortable with relaxing your Body and clearing your Mind. A general aside comment that I'd like to make here, is that as you go about your daily life, whenever you feel scattered and not all present, you can use the first two techniques of the breath and grounding in a simplified form to ground yourself. By simplified, I mean that maybe all you need to do is to stop whatever you are doing, and take a couple of deep breaths while visualizing your feet in water and connecting with the Earth, or whatever method works for you.

General Comments

When I was beginning my journey, all that I was exposed to was denial based meditations. One observation I made about my experiences that didn't make sense, was that the various teachings claimed that meditation was the path to self-awareness and enlightenment, that could be obtained by ridding the Mind of all unwanted thoughts and feelings and reaching a place of serenity and bliss. The problem I had with that belief was, how can this state be considered self-awareness if you denied other aspects of yourself to get to this place? The self includes all of you, not just the part of you that is presently in control and only has acceptance for what it likes, while denying anything it doesn't. What I didn't buy about this philosophy, and I still don't, is that if the desired goal of meditation is to achieve a thoughtless state of bliss and reverie brought on by the denial of all unwanted thoughts and feelings, then how are you going to become aware and enlightened, if you're in this no-thought, feel good space? From my experience, all that you're aware of are the thoughts of feeling good, but in a numb, trance-like sort of way. When you're in this state, you wouldn't even be aware if enlightenment hit you on the head, except of course, being that you're already in denial, you'd probably consider this euphoric feel-good experience and reverie as being divine self-awareness and enlightenment. The other thing that didn't sit right with me was that you couldn't apply what you felt and experienced during your meditation to your daily life, nor would it help you solve your real issues. The only time you felt this peacefulness in your life was when you were off in what I call, "La La land" during your meditation, which is really no different than a person using alcohol or drugs for a temporary feel good effect.

The sensations that the Mind experiences in this state can best be described as a blissful euphoria, with the added sensations I previously mentioned thrown in for variety, but from personal experience, while it's a nice place to visit, I wouldn't want to live there as there is really nothing else there. No one to talk to and nothing to do or explore, a reality lacking and real feelings and emotions, except of course, this mind numbing reverie. I feel that this altered state is what has created the belief that this is the desired goal of meditation and the means to enlightenment and a way to connect with ones-self and all that is. This so-called enlightenment is only achieved by denying any and all real life personal issues and feelings, so that one feels nothing but peace. While on the surface this appears to be a truth, in reality, it's a twisted part-truth because where there is nothing but peace, there is no-thing else to experience and therefore, this nothing, this no-thing, becomes everything experienced. By omission and denial, nothing becomes everything. An analogy would be to state that the number 0 (Zero) is nothing and every number at the same time. That statement is a truth, but only true if every other number is denied, then 0 (Zero) would become the absolute, the Alpha and the Omega, the one and only "no-

Chapter 3 – Denial Based Meditation

thing” and the “every-thing” at the same time. Denial in whatever form is an unloving Mind game meant to confuse, bewilder and suppress the truth.

After repeated Mind controlling denial and “letting-go” of their unwanted feelings and emotions, people will begin to feel euphoric, as if the weight of the world had been lifted from their shoulders. The euphoria and feeling of “letting go” and even of being healed is similar to that of the Christian experience of being “saved” or “born again,” who have also “let go” of their feelings and emotions (sins and troubles) and have credited Jesus with lifting their burdens and setting them free. While there is the outward appearance of emotional healing, it’s an illusion, because now they have denied and pushed their lost essence so far away, that they are no longer in their awareness. What used to trigger or activate them no longer does, and therefore there are no problems. If they do remember some vague feeling and emotion, they act as if it was just a faded memory. Even though it’s an act of unloving denial, there’s also a part-truth in that because it appears to work. To them, there’s no longer any negative emotional memories as they’ve cast them off, let them go, and created more denial blocks in their Mind, similar to self-hypnosis that will not allow any of their painful and unwanted emotions to re-surface. The sad thing is that they don’t even realize that they’ve now lost a part of themselves in the process. They honestly and fervently believe that they’re healed and whole, but as previously stated, that’s an illusion because how can you be whole and healed if you’ve “let go” of a part of you that you didn’t like. Denial of the truth doesn’t change the truth; it just alters your perception of the truth.

Understanding Denial Based Meditation

While you may feel connected to everything and all that is, that statement is only a part-truth as you can’t be connected to everything and all that is, if any denial is present. What you fail to realize is that in a denial-based meditation, you are not feeling everything that you have denied, that you have no acceptance for. It’s the denial process of getting into your altered state of consciousness that sets you up for what you experience. While in this state of reverie, you are not aware of any issues of conflict, hatred, power, control, abandonment, judgments, jealousy, heartbreak, fears, anxiety, stress, terror, anger, rage, hunger, pain, etc., either on a personal or universal level. On a personal level, all these thoughts, feelings and emotions are what you denied and rejected that enabled you to get into your state of peace and tranquility. When you come out of your altered state, you find that the denied feelings and emotions are still there and since you are still in denial, you judge them as being negative and unloving. This judgment only serves to reinforce your belief that the denial of unwanted feelings and emotions is loving and positive, because that’s what gave you the inner peace and reverie that you experienced in your altered state of consciousness. This fuzzy logic is then applied to your outer

Journeys from the Heart Centre

reality, where you continue to deny any feelings and emotions that are unpleasant, and of course, nothing really changes except the form of the experiences. When the stress and anxiety of one's outer reality becomes too much for the Mind to bear, it again seeks to escape to its inner reality to find peace and tranquility. As you can see, denial based meditation is only a temporary quick fix solution to ones issues, and just keeps you going in circles.

It's important to realize that this state of peace, tranquility and reverie is only something that can be experienced by the Spirit or Mind. It can't be experienced by any other part of self because the other parts need to be denied and suppressed in order for the Mind to get into this altered state of consciousness. Another thing is that while the Spirit (Mind) has feelings, they are different than that of the Will, Heart or Body. The different feelings by the four parts of our Being also happen to include what is considered and defined as love. This state of confusion, created by denial, is also the underlying core of the nature of good and evil. The reason being is that to Spirit, (Mind) love is something that is expressed by words and deeds that are in alignment with its agenda and intent, and that make it feel good. This feel good feeling is not the same as the feeling that the Will has, as to whether the words or deeds being expressed and experienced feel loving or unloving. By the way, this lack of bonding and unity is the major cause of conflict between Mind and Will, and also between Spirit and Will polarity people. That is not to say that the Mind can't, or is unable to relate to Will, Heart and Body's feelings, it can, but it presently only chooses the ones that are acceptable and are aligned with its point-of-view, that make it happy and feel good. In most cases, any feelings and emotions that are allowed to be expressed by the Will are actually false feelings and emotions, and are only allowed expression because they are aligned with the Minds point-of-view that are based on its imprints, programs, and beliefs. Because the Mind is presently in a position of power and control over the rest of our Being, it can deny and suppress whatever feelings and emotions it deems to be negative.

In the process of getting into this altered state of consciousness, not only does the Mind deny and cut off parts of its Will, Heart and Body, but it also has to deny a part of itself. It has to deny the part that is aware of the other parts of self that are being denied and rejected, so that the main body of the Mind can experience a state of peace and tranquility. The more a person is in denial and tries to escape their outer physical reality and bask in this inner peace and reverie, the more closed minded, judgmental, and consciously limited they become. While they may appear to be intelligent and cognitive in general discussions, when their beliefs about their feel good addiction are challenged, they become defensive to say the least. It's really no different than an alcoholic or drug addict. The more dependant they become on their feel good addiction, the less awareness and ability they have in dealing with their mental, emotional and physical issues and experiences, which in turn, compels them to seek refuge

Chapter 3 – Denial Based Meditation

in whatever gives them comfort and peace. It's a vicious cycle and one that only denial is capable of perpetuating.

Denial based meditations gives the Mind a lofty and distorted view of reality that it considers to be enlightenment, that of being able to put an end to ones daily cares and woes and to feel safe, secure and at peace, by basking in an altered reality. A reality that is only made possible by the unloving suppression and denial of all feelings and emotions that are judged undesirable. While one can experience this so-called enlightened reality while in a meditation, when it comes to applying what one experienced in that altered state of consciousness, to healing the issues in their physical reality, it's next to useless. Denying unwanted or unpleasant thoughts, feelings and emotions is not self-empowerment, and neither is it any form of enlightenment or a means to end ones pain and suffering. However, denial based meditation can be used to get an idea of what the Mind is and what it feels, so that you can begin the task of differentiating all the other voices you hear in your head.

The Importance of Denial Based Meditation

While I no longer use or practice denial-based meditation, I encourage everyone to experience it at least once, as it enables you to separate your Mind from the other parts of you, your Will, (intuition, knowing, feelings, emotions) Body, Heart, and also the other voices. It enables you to become acutely aware of the "I am" presence; of the "You" that is just your Mind (Spirit). To use a metaphor; it's like "seeing the tree instead of the forest." While your Mind (Spirit) is important, it is NOT the master, nor is it the only worthy part of your Being.

The denial-based meditation will allow you to experience the Mind seeking itself, in its own space and time. Once Mind has cleared itself of all that it does not desire, that is not it, it becomes still and enters a state of bliss and it's at this moment that you now become aware of what your Spirit (Mind) is and what it feels. Once you're aware of what your Mind is, you can begin to become aware of the other parts of you that are not your Mind.

This experience is an important step on your journey as it enables you to differentiate between what is the Mind, (Spirit) your "I am" presence, from what is not "it." This is not merely a mental exercise or activity, as you need to experience how and what the Mind feels and how and what it doesn't feel, in order to know what is the Mind, and what is not the Mind. This is an important and necessary experience if real healing is to take place between your Mind and the other parts of you, your Will, Heart and Body. It's also a valuable tool in identifying the voices you hear in your head, like that of your Will, Heart, Body, inner critic, guilt, shame and denied anger and rage. If that wasn't busy enough, you also have all the unloving outside voices that are trying to get control of your Mind, as well as the loving voices of your guides that are also trying to communicate with you to assist you. Once you can see, hear, feel, sense, taste

Journeys from the Heart Centre

and smell clearly, the journey becomes easier. By that, I mean that the more you become attuned to your Will, Heart and Body by allowing them unconditional expression, you will also use your physical senses to determine who is who, what they want, and whether they are loving or not. An example would be having the hair on the back of your neck raise up, or smelling a foul smell in the air when you feel the presence of an unloving entity.

“ *Denial of the truth, does not change the truth,
it just alters your perception of the truth. - Shenreed*

Chapter 4 - Non-Denial Based Meditation

Meditation is a tool and like anything else, it can be used to either help you evolve and expand your consciousness, or it can be used to limit your consciousness. Meditation in itself is not a form of enlightenment or self-empowerment, but it can be considered a doorway to lead you to other experiences that will not only enlighten you, but also provide you with the opportunity to heal and empower yourself, but, the proverbial but, only if denials are ended and the truth exposed and expressed. In the course of my journey, I've met many people that have told me that they have healed their issues and are empowered, but when I ask them direct questions about their experiences, they contradict themselves. When asked to explain the contradiction, they either avoid answering, deny they said that, or they give esoteric answers that I've heard and read countless times, that they hope would quell my curiosity. There's a big difference between hearsay knowledge, the information that you've been taught and learned, either by what you heard, read, or have seen on TV, that you believe to be the truth, compared to what you know through personal experience by applying and questioning the knowledge to see if indeed it is true. Knowledge is "talking the talk" while knowing is "walking the talk," been there done that. I say that because unless you have experienced what ending denials feels like, you have no true understanding and knowing what denial really is, and neither do you have any knowing of what truth and love are. As an analogy, you may have the knowledge of what a bicycle is and how to ride it, but unless you have personally experienced riding one, you have no knowing. You can talk, but you can't ride. Knowledge is not the same as knowing as it lacks personal application and experience. The reason I'm mentioning this here is that this is the first journey that will set the stage, so to speak, for what you will experience in working with the tools in the rest of this book. What you experience and learn here, and then in the other journeys, along with your intent and courage to apply that knowing to your issues in your outer reality, will give you the opportunity to heal and empower yourself in a very real way. It will not just be talk, it will also be the walk, "been there done that," and you will feel and know the difference.

It's important to remember that all of these tools that I'll be presenting also have a denial aspect to them, and can be used to either openly explore what you're experiencing and feeling, or deny the experience, in whole or in part. Other than the denial based meditation in Chapter 3, all the techniques and procedures that I'll be presenting are written from a non-denial perspective, with the intent to help open and expand ones awareness to other dimensions

Journeys from the Heart Centre

and realms of existence, and to heal, evolve and empower our Being on all levels. While this meditation technique may seem simplistic, it is effective and its purpose is to make you aware of what is around and within you, instead of disassociating yourself, through denial, to any thoughts, ideas, feelings and emotions that interfere with obtaining the blissful state of reverie that the denial based meditation encourages.

Although all the tools have a similar format, meditation and channeling are different in that they don't have a specific journey. In a non-denial based meditation there really is no planned journey, but you are open to experience whatever comes to your awareness. That is not to say that you can't spontaneously slip out of your meditation observation mode and into a subjective visualization journey where you experience another reality. In channeling, you enter your place of centre with the intent of either connecting with a specific guide or entity, or to allow other yet unknown entities to communicate with you. In both cases, you choose to open yourself to their energies and give their thoughts and ideas a voice or another form of expression like the written word, art, music, etc., in a manner where they can be physically expressed and presented.

I'm now going to give you the basic technique for a non-denial meditation, but before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 - Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre, you can come back to this chapter to continue your journey by stating your intent. The intent for this meditation is written in a combination singular/partner/group (I/We) format. If you are doing a meditation or visualization by yourself, or are working with a partner, or facilitating a group, then revise the wording accordingly.

Intent:

- I/we now call upon my/our higher self and my/our guides of love, light and life to assist me/us in whatever is appropriate that serves my/our highest purpose and good. I/We give our guides permission to go beyond my/our personal concepts and beliefs and to assist my/our higher self in raising my/our vibration, strengthening the connection and allowing the flow. My/Our intent is to receive any guidance or insights to the issues that I/we have, and what I/we need to look at in my/our life at this time. (Pause)
- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel and to also allow yourself to ask questions or to express your observations if you so choose.

Chapter 4 – Non-Denial Based Meditation

The Meditation:

- Feeling totally relaxed, resting peacefully in your place of centre, feeling comfortable, safe and secure. Now, simply allow your Mind to become still, to relax and to open to the experience. (Pause)
- As you drift in this inner reality, you may begin to hear, see, sense or feel other energies drifting in and out of your conscious awareness. Allow yourself to become aware of these images, feelings, thoughts, ideas or voices as they may be bringing you the messages that you asked for in your intent. If you are not getting anything from them, then ask them what they are trying to communicate with you. (Pause)
- If the thoughts, ideas, feelings or images you had earlier come to your awareness, ask them why this part of you wants your attention so strongly, and invite these thoughts, ideas, feelings or images to show you what they're trying to tell you. (If you're working with a partner, then pause and allow for any dialogue and interaction. If you're leading a group, then now is the time to remain silent and just allow the music to enhance their journey. After twenty to thirty minutes, you can begin to bring them back)
- Note: Once you've addressed any superfluous inner dialogues and disturbances, you reach a point where there's nothing more that you need to do, but to allow your consciousness to become still, yet aware of where your thoughts or feelings are leading you.
- Sometimes the messages that are being communicated are startling, vivid and direct, and other times they are soft, subtle and symbolic. If you are being activated into any feelings or emotions by what is being communicated, then allow yourself to express all that you feel. If on the other hand, you can't make a strong connection, then simply allow yourself to become the silent witness and allow yourself to move with them, like a leaf floating on a river, being guided and directed by the current and the wind.
- If you're meditating by yourself or with a partner and you feel emotions trying to surface, allow yourself to express them in whatever way you feel you can in the moment. Don't carry on with your meditation because you feel you have to. Your intent is to heal your emotions and issues and you can't do that if you deny expressing your feelings and emotions. You can always carry on with the meditation after you have accepted and expressed everything that comes to your awareness. It's a lot harder, if not impossible, to go back to what you were feeling after you denied them, and especially, after you come out of your meditation. If you deny expressing your feelings and emotions and just carry on with your meditation, you are actually doing a denial based meditation.

Journeys from the Heart Centre

- What you experience is what you need to be aware of, and the more open you are, the clearer the messages and the meanings will be.
- Allow yourself to stay in this space as long as you feel you need to, or until you are either guided back, or come back on your own when the music stops, at which time you will return to your place of centre, your third eye centre.

Returning:

- If there is nothing else that you need to be aware of at this time, we are going to end this meditation. (Pause)
- If you have gone on a journey, it is now time to return, but before you do, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.” (Pause)
- Now, slowly bring your awareness back to your place of centre in the middle of your head, between your ears and eyes, the place where you began your meditation, resting comfortably, safe and secure, feeling at peace. (Pause)
- Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and then slowly move your neck and head. (Pause)
- Take a few slow, deep breaths and when you’re ready, slowly move the rest of your body, your shoulders, arms and feet, allow yourself to stretch and yawn if you want to. (Pause)
- When you’re ready, you can slowly open your eyes and bring your focus back into the room. (Pause)
- You’re now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time. (Pause)

Note: When you’re meditating by yourself, you’ll know when the meditation is over and it’s time to come back, or if you were playing music, you usually come back when the music stops. When that happens, allow yourself to slowly come back and to feel your consciousness returning to your place of centre. From your place of centre make it your intent and state out loud that you now bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.

Integrating:

Stay in your seated position for a few minutes and reflect on your experience and the feeling in your Body. If you keep a diary or journal, you can now write about your experiences. If you had a friend guiding you, or you were in a group meditation, then after a few moments you can share your experience with them if you so choose. If you become emotional as a result of your experience, allow

Chapter 4 – Non-Denial Based Meditation

the emotions to move in whatever way they desire and express them as best you can in the moment you're feeling them, or as soon as you feel safe to do so.

Notes:

As your consciousness enters your third eye chakra and you drift in a cone of silence, you may be greeted by the same voices, feelings and emotions you heard and felt when you were beginning your meditation that you had asked to wait. Now is the time to acknowledge them and to ask them what it is they want you to hear, see or feel. This experience is usually connected with your intent. Allow yourself to go with the flow and to also ask questions and express any feelings and emotions that surface. If you begin to see images and have a visualization, then allow yourself to explore it and express all that you feel. You may also hear other voices speaking to you. Mentally speak to these voices and ask them any direct questions you feel you need answered. You may not know who or what they are when they first contact you, but this is where you allow yourself to ask questions and to also express what you're feeling, either to what they are saying, or to what they are not saying.

When in this space, you can also experience many of the same reverie sensations that one does in a denial based meditation, but they usually are very brief as they lead you to what you stated in your intent. You may experience a state of bliss and euphoria, or a feeling of being connected to everything, all at the same time. You may experience strange physical sensations, especially one of feeling huge, as in galactic terms, or at the other end of the scale, as in becoming an infinitesimally small speck of light. You may see or feel yourself floating and surrounded by clouds of colored light, or see specks or orbs of colored light moving around you. Another sensation is hearing music that you've never heard before. You may see and hear angelic Beings, or Beings from other planes of existence, or you may be visited by animals, plants, elementals, ET's, fairies, etc., that are there to give you messages in line with your intent. You may also find yourself briefly reunited with a lost love one that may have a message for you, or has an attachment and wants closure so that they can move on. You may remember past experiences that you have forgotten, have flashbacks to past lives, or get a glimpse of a future life. You may also become aware of the feeling of being embraced by loving energy and be brought to tears. You may have other feelings and sensations that are indescribable and may even have a mystical or spiritual experience.

On the other hand, you may hear voices telling you that this is a waste of time, that it will never work or whatever they think will work to stop you from your intended journey. You may also have experiences that are not so pleasant as you may be visited by monsters and demons and have a frightening experience. Nothing is impossible, so expect the unexpected. Whatever you experience is for a reason and has a purpose. Your part or responsibility is to

Journeys from the Heart Centre

find out why they are there and what they are trying to tell or show you, and how it relates to your issues and your personal life and journey. I've only given a few examples but the possibilities are infinite and are only limited by your willingness and openness to explore other dimensions and realities. After your meditation, you might want to write down your experiences as well as any questions that you may want to ask the next time you meditate, or things you want to add to your intent.

As you can see, there is very little difference in the basic format and structure of the two forms of meditation, yet they are worlds apart. The basic difference is that in the denial based meditation, you continue to deny any and all undesired thoughts, feelings and contact until such time that the Mind has entered into its state of bliss or reverie, and is no longer aware of them. In the non-denial based meditation, while you do not accept any superfluous thoughts that would prevent you from doing your meditation/visualization, you have acceptance for the presence of any other thoughts and feelings that surface and you invite them to join you at the appropriate time. Then if they come to your awareness during the meditation, you are open to experience whatever these thoughts and feeling have to share and to also verbally express any feelings and emotions that surface. You also have acceptance to hear and see any other entities or energies that may want to communicate with you.

From this brief description of what you may experience in a meditation, you can begin to see why I've expanded the basic meditation to contain all the different visualization elements or "tools" that I presently share. When you end denials, meditation is no longer the simple blissful, pleasant reverie experience that temporarily leaves one relaxed and at peace. When used with the intent to end our denials, it begins to expose hidden issues and realities that we were ignorantly unaware of by our denials. In the process of uncovering what was hidden, the truth is revealed and we begin to see and heal the issues that were causing fear and stress in our lives, and then when we heal them, we will be relaxed and at peace naturally, with no need to escape our outer physical reality. While it may not be obvious, these meditation and visualization tools are subtle steps toward healing your issues and are what I've come to call, mini healings. If you can find the courage to ask direct questions and express your fears, doubts and confusion, as well as allowing yourself to express your feelings and emotions with whoever or whatever experiences you encounter during your journey, you gain the experience, courage and confidence to begin to apply what you learned to your outer reality. You'll not only begin to have the courage and acceptance to ask direct questions of others when you are confused or in doubt, but to also allow yourself to express your real feelings and emotions in the moment you feel them. You begin to feel the difference between the power of denial and the power of love, and you also learn the difference between "talking the talk" and "walking the talk" and those are key elements in healing and self-empowerment.

Chapter 4 – Non-Denial Based Meditation

Denials and Judgments

The Mind is presently in the position of power as it controls the Will, Heart and Body. In beginning to work with these tools, it's important to work on identifying and releasing the judgments and beliefs that the Mind has that are in direct opposition to healing. The Mind has always been in control, and so giving up control to the other parts of its Being is not something that it is willing to do without a fight. To the Mind, the concept of ending denials is not only foreign, but it either doesn't believe that it is in denial, or if it admits it, it believes that denials are necessary in order to protect itself and the other parts of its Being. The Mind has to begin its own healing process in order to even allow itself to be open to this experience, and judgment releases are a big part of it.

This is new territory for the Mind as it is for the Will. The Mind has been in the habit of denying any input from the Will, and the Will has been used to being denied and rejected. In doing non-denial based journeys, Spirit and Will must balance in the Heart if healing and empowerment is to take place. Balance does not mean co-operate or compromise, but to come together as equals, each providing input and expressing themselves so as to gain mutual understanding as to what the other is experiencing, and then, collectively moving to respond to the experience as one united force. What is needed on these journeys is unconditional love and not the conditional love we presently experience with denial. What we experience and heal on these inner journeys will then be reflected in our outer reality.

Ending ones denials is not just about identifying and ending the obvious denials, avoidance and omission techniques that you are aware of, but also ending the denials that you are not consciously aware of, that are buried deep in your subconscious and even imprinted and programmed in your very DNA, which is the level where the real healing takes place. To get to this point, you need to move from the outside in. By that I mean you need to start by acknowledging and ending your obvious denials, that then enables you to uncover and end the denials that you were not aware of, that are now coming to your awareness. As you move deeper into uncovering and ending the denials, you bring light and love to the places that were in the dark, and that is what will enable you to eventually heal your issues and change your very DNA. Also, know that where there is denial, there are judgments (beliefs) that need to be released. Similar to the process of ending ones denials, releasing the obvious judgments opens the door to releasing associated judgments that then enables you to end your denials. Judgment release and ending denials, ending denials and judgment release, and so the healing process goes, uncovering and releasing all that has been hidden.

Besides the judgment releases, your Mind needs to be willing to trust your Will, (intuition, feelings and emotions) and to allow her full expression. What the Will expresses is a feeling and a knowing of the energies that are communicating with you, and in particular, if these energies are loving or not.

Journeys from the Heart Centre

The Will also has the ability to know what they are not saying or doing, as well as knowing their true intent, even if it's not stated or is denied. This is an ability that the Spirit (Mind) doesn't have, as it can only determine what is loving and unloving by words and deeds, and if what was said or done, makes it feel good. As you are undoubtedly aware of, if you just rely on Spirit (Mind) to determine if the outer image that others present to you is love, and you ignore and deny expressing any feelings of doubt and confusion, those denials are what sets you up to be the victim, and for the Mind to create more judgments and denials. There is an old saying, "Bullshit baffles brains," that quite nicely sums that up. However, I would like to add a second line to that phrase. "But it can never fool the Will." With Mind and Will as co-equal partners, they can quickly separate the proverbial wheat from the chaff.

When doing these journeys, you need to allow yourself to be open and trust what the Will is feeling and knowing, and to express whatever is coming into your awareness, however subtle it is. With the Mind allowing expression of what little it does feel, it opens the door to forming a stronger connection with the Will. When doing these journeys, or mini healing, this is an important first step as it lays the foundation for all journeys and your eventual healing. This co-equal partnership is important in discerning the messages of the voices in your head, as well as those entities you meet during your journeys. Forming this partnership between Mind and Will, with Heart presence, will evolve to play a key role in healing your issues as you apply what you experience on your inner journeys to your outer reality.

When we end our denials, the truth is revealed, and when the truth is revealed, unconditional love is born, accepted and experienced. We have plenty of experience dealing with the power of denial and conditional love, but next to none when it comes to the power of truth and unconditional love. When we end our denials, we express the "truth" and the truth sets us free to heal and empower ourselves. Until you have personally experienced what it feels like to end your denials and to love all parts of yourself unconditionally when you are being activated, you have no true understanding and knowing of what denial, truth and unconditional love are. You might disagree and think you know, based on your religious beliefs, but that is what you have been taught, and is not something that you know from applied personal experience. If religious beliefs were the truth, then the world would not be in the condition it is presently in, and neither would you be reading this book. Like I stated before, what you heard, read and saw on TV is knowledge, not knowing.

A Note on Protection:

I mentioned using different forms of protection when I described a denial based meditation, because using protection is related to being in denial of your fears, and so that fits in with a denial based meditation. When I first began my journey, I was instructed and guided into doing denial based meditations. I was

Chapter 4 – Non-Denial Based Meditation

naïve and ignorant and so I just did what I had read or what I was told to do. When I was participating in a group meditation, I did whatever everyone else was doing and saying. Every time I'd go into a meditation, I'd surround myself with love and light and I'd visualize myself inside a bubble of white, gold, silver or other colored lights. Other times, I pictured myself radiating these lights in all directions pushing away anything or anyone that was unloving. Another common form of protection was to invoke certain spirit guides. Still another was to envision myself closing my chakras until I felt safe to open them. I'd also wear or hold a specific crystal or something that I felt would protect me. All these forms of protection, I was told, and ignorantly believed, was to keep evil and unloving energies away from me. As I was to find out later, all these forms of protection were not only confusing, but totally unnecessary and actually counterproductive. In reality, invoking protection was creating the opposite effect, as believing that I needed to protect myself was based in denial of my fear of being attacked by unloving light, and that I had no power to stop it. Because I was already in denial, it created the illusion that the protection was working, and so there was no need for any unloving energies to attack and frighten me to get me to be in a state of denial, as I was already doing their job for them. It's kind of funny, yet sad at the same time, when you finally realize the irony of it all.

As you will see when you read the “intent” section before each journey, I do not invoke any protection, but merely ask that our guides assist us in whatever way serves our highest purpose and good. If experiencing something that we fear is what we’re given, then so be it, as that is what we need to work on at the time. Self-empowerment is about trusting your feelings, yourself, and knowing what to do in any given situation and not merely doing what others have told you to do, based on their, and your ignorance and fear.

The main reason that you want to protect yourself is because you’re either afraid of the known, or of the unknown. If you’re afraid to be open when you do a journey, then you’re also limiting your journeys, experiences and opportunities to heal your fears and issues. We all have fears and the biggest fear we have is fear of the unknown, the “what if,” which is actually a projection, based on our old imprints, programs and beliefs that we may not even be aware of with our conscious Mind. The next biggest fear is remembering and exposing what is known, what you’ve been trying to hide and keep a secret and are afraid of what will happen when others find out. When you find out who, what, where, when and why you’re afraid, and you go into your fear, you then experience what you need in order to begin to heal your fear, and in the process you become empowered and fearless. And contrary to popular opinion, You can’t possibly heal your fear by denying you have a fear and doing it anyway.

If, during any of your journeys, you meet an animal, person or entity that says they are your guide, but you have doubts and feel unsure, give yourself

Journeys from the Heart Centre

(your intuition) the benefit of the doubt and don't be afraid to ask them direct questions. To save a lot of time, the first question you should ask them is, "Are you of Love and Light and seeking Life?" If they are, they'll always answer you directly and you'll feel the truth and love in their reply. If on the other hand they aren't loving, then they might try to fool you with comments like, "We are of the light. All is love. All is in Divine order. We are here to serve," or they may simply just say, "Yes."

While these answers sound okay on the surface, the trick in these responses is that they hope that you will accept it and deny your Will (intuition and feelings) that originally sent up the warning flag. Some unloving entities may even be able to say that they are of light and love, but when they say the word love, you'll feel that there's a twist, denial, omission or the feeling of a game associated with it. In my personal experience, no one that is of unloving light, can, and will say that they are of Light, Love and are seeking Life. While I mention this now, it applies to every journey and every situation where you are making contact with the Spirit realm.

But having said all this, there's nothing wrong with having conversations with the so-called dark and unloving side as they also have things to teach you, as long as you know who you're talking to and what "your" intent is. The key in conversing with them is to not deny yourself in anyway, and the more they try to twist their words to confuse you, the more you'll see and feel how they work, and the less confused you'll be. The reason that I'm mentioning this here is because this is the first journey where you're intentionally opening yourself to receive information from the Spirit realm and are asking them for guidance and insights.

Trusting and following your intuition in a meditation or journey will also prepare you to trust your intuition in your real life physical experiences. If you're going to be mislead in the spiritual realm, then it goes without saying that you're also going to be mislead in the physical world. Knowing the difference between who is loving and not loving, is part and parcel of what self-empowerment is all about. Not giving yourself the benefit of the doubt, or not asking direct questions and challenging another's intent or truth when they feel unloving, are common denials that prevent you from empowering yourself, and are what keeps you going in circles, a perpetual victim.

Smudging, Incense and Protection

A common misconception about ghosts and unloving spirits is that chants, smudging, incense, and protection ceremonies, etc., will drive these unloving spirits and ghosts away, and while that's a truth, it's only a part-truth. It's not anymore effective in warding off evil spirits and ghosts than smoke is in awarding off mosquitoes, as when the smoke clears, they'll be back. If they are there, they are there for a reason and purpose, and instead of trying to deny and avoid their presence, it's up to you to find out who they are and what they want

Chapter 4 – Non-Denial Based Meditation

from you, why they are there, or what is holding them Earth bound. Again, you need to allow yourself to ask direct questions to get to the truth. By asking direct questions and challenging their response, you can quickly dispatch any unloving spirit or entity to their right place. If an Earth bound Spirit is seeking help and you feel you can help them move to their right place, then do so, as that is part and parcel of why they chose to make their presence known to you. The other thing in these experiences is to see and feel what fears and issues their presence brings up in you that you need to heal. Of course, if there are any denials on your part, then you will have another type of experience, one that may not be pleasant, but one that will also open doors for you to show you, in hindsight, where and how you denied and the consequences of your denials.

“ *Acknowledge your fears, take a risk,
expect the unexpected. - Shenreed*

Chapter 5 – Visualization Journeys

While a non-denial meditation and a visualization are similar in many ways, there is a major difference. In a non-denial meditation, one is usually only guided to the point of relaxing the Body and calming the Mind, and any thoughts, feelings, and imagery after that point are spontaneous for the person doing the meditation. In a visualization journey, one is not only guided through the relaxing process, but throughout the journey as well. While the basic journey is guided from start to finish, it also allows the person doing the journey to have spontaneous thoughts, feelings, and imagery. Non-denial based meditation and visualizations form the basis for all the other journeys or “tools” that I’ll be sharing, and they can easily be modified to enable you to virtually explore anything you desire.

After experiencing how to relax your Body and still your Mind in a meditation, the next step is a guided visualization. In a visualization, you are making the conscious intent to leave your physical Body and that is where a major shift in consciousness takes place. Once you have reached your place of centre, you will be leaving your Body and journeying through space and time. You will notice that I use the “blue mist” technique when making the transition from the physical Body to the astral realm. I use the color blue, as that’s what most people see, but when guiding another, allow them the option to see any color or not to see anything, but to simply feel that they are in a mist. The blue mist is also used for the transition back into the physical Body when returning from their journey.

Your visualization journey can be anything from a walk along a beach, to going for a swim in the ocean and then diving under the water to explore a cave to find a treasure chest, and maybe retrieve a special gift. You could also visualize a walk in the woods or jungle, strolling beside a river or a stream and then dipping through a waterfall and exploring a crystal lit cave. On another journey, you might go to a hill top sanctuary where you enter and explore different rooms, or climb up or down steps to different levels. Another unique journey is to visualize yourself laying on a beach or floating on the water, and then to allow yourself to move out of that Body, attached by a silver chord, to fly off to an island mountaintop or a sacred place to do whatever you have to. When you’ve completed that part of the journey, you return to your Body that’s on the beach or floating in the water by way of the silver cord. You then move back to the blue mist that is outside your present Body, and then back into your present Body. There are no limits to what you can explore and experience.

Chapter 5 – Visualization Journeys

As previously mentioned, a quick way to experience a guided visualization is through borrowing or purchasing one of literally hundreds of pre-recorded guided visualization audio tapes or CD's that are available, or even downloading one off the internet. The down side to a pre-recorded tape or CD visualization, is that it's always the same journey but, having said that, you can have a different experience each time you listen to it. A better option is to have a friend assist you on your journey where both of you can get involved in what is being experienced. Your friend can also guide you into areas that are important for you to explore for your healing intent. Whatever the journey, be aware of what you see, hear, and especially feel, and if you are doing it with a friend that is guiding you, allow yourself to share your experiences, express your emotions, or to ask any questions you may have during your journey.

When doing a visualization journey, I highly recommend that you have a partner guide you that is on the same path as you, and has the same intent to heal as you do, so that you can assist and guide one another on your journeys. I have to add that no journey is ever only for the benefit of the person doing the journey, as the person assisting and doing the guiding will also become involved in the journey. The lesson or experience for the one doing the guiding or facilitating is to allow yourself to be open, to feel and sense what the other person is feeling and expressing, as well as allowing yourself to feel and express your own intuition, feelings and emotions. As a facilitator, by allowing yourself to express what you're feeling and picking up from the person doing the journey, you'll assist in triggering the person into acknowledging what they're feeling, but may be denying expressing, as they may feel that it's just their imagination or that it's not important and so on. If you do feel you need to share what you're experiencing, then do so by making a special note that this is what you're picking up, and that it is something that you feel you need to share. The more journeys you do and help guide others, the more open you become as your intuition begins to surface and you get reinforcements from the other person that your intuition was correct. If on their journey they begin to talk and share their experiences or express their emotions with you, allow them to do so, it's their journey. You may find in some cases that they're actually directing their own journey and you're the witness, but you may also be called upon or become a participant at any time. Also, just because the person you're guiding has a particular issue, don't be fooled into thinking that you don't have any involvement with the same issue, because if you didn't, you wouldn't be there, and it wouldn't be coming up for you to witness and to feel.

The blue mist that I mentioned is a common point of reference when doing a visualization or any of the other journeys. The more journeys you do, the quicker you can get yourself into and out of the mist as you develop your own unique techniques based on your previous experiences. If you're guiding someone, and especially in a group setting, try not to use specific details like colors or types of animals or trees, as this will tend to confuse or distract the

Journeys from the Heart Centre

person on the journey if they're not seeing what you're seeing. When facilitating, simply give them options, like a junction in the path, one leading to the left and another to the right and allow them to choose one. They might respond with, "Yes, I see the fork in the road; I'm going to follow the one on the right that's going up the hill, as that's where my animal guide, my wolf, is leading me." If however, you are picking up a wolf on the path, and the person that is doing the journey is unresponsive when you ask them to choose, then by stating that your intuition is picking up that a wolf guide is on the path, you help them eliminate their self-doubt and denial.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 - Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent. The intent is written in a combination, singular/partner/group (I/We) format. If you are doing a meditation or visualization by yourself, or are working with a partner or facilitating a group, then revise the intent wording accordingly.

Intent:

- I/We now call upon our guides of love, light and life to assist me/us in whatever is appropriate that serves my/our highest purpose and good. I/We give my/our guides permission to go beyond my/our personal concepts and beliefs and to assist my/our higher self in raising my/our vibration, strengthening the connection and allowing the flow. My/our intent is to receive any insights as to the issues that I/we have in my/our life in this moment and to be guided to whatever serves my/our highest purpose and good.
- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel, and to also allow yourself to ask questions or to express your observations if you so choose. If you're conducting a group visualization, then revise the wording accordingly.

I'm now going to demonstrate a basic example of a visualization journey. This will be in an open dialogue format, with the letter Q representing the Questions or directions of the person facilitating the journey, and the letter A representing the Answers or responses given by person doing the journey. I'll also complete the Returning segment in a similar manner. With this format, I hope to give you an idea of the flow and feel of the experience.

Chapter 5 – Visualization Journeys

The Journey:

Q “Feeling totally relaxed, resting peacefully in your place of centre, feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you’re ready, in your Mind’s eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that’s okay too, you may just sense or feel that you’re in the mist or somewhere outside your physical Body. Tell me when you feel you’re in this mist, this space, feeling safe and secure?” (Short pause)

A “Yes, I’m in the mist.”

Q “Now feel yourself moving through the mist and as you do, you see the mist beginning to clear.” (Short pause)

Q “As the mist slowly clears, you see before you a beautiful sandy beach and beyond the beach, a body of water, note the color of the sand and the water.” (Pause)

Q “Now allow yourself to walk toward the beach, feel the temperature and texture of the sand beneath your feet and notice how it changes as you near the water’s edge.” (Short pause)

A “Yes, the white sand is cooler by the water.”

Q “Notice if there are any clouds or anything else in the sky? If the sky is clear, feel the sun on your face and the wind on your body; also look down and notice what you’re wearing.” (Short pause)

A “There are no clouds in the sky and the sun feels warm on my body. The water is washing over my feet and it feels cool and refreshing as I walk along the beach.”

Q “Listen to the sounds around you and also become aware of the smells in the air.” (Short pause)

A “The only sounds I hear is the water lapping on the shore and my splashing.”

Q “Notice if there is anything or anyone on the beach or in the water.” (Short pause)

A “Yes I see people further down the beach. Yes, they’re talking and making their way towards me. They are waving their arms.”

Q “Allow yourself to walk towards them, to talk to them, and to ask them questions.” (Short pause)

A “They are happy to see me.”

Q “Do you want to share what is happening?” (Pause)

A “They’re my guides and they’re telling me things that I’ll share later.”

Q At this point you allow them to stay in that space until they begin speaking again or you feel you need to ask them what they are doing now. (Pause)

A “They’re leaving now, (crying and tears rolling down the face) but they say I can talk with them anytime I want to.”

Journeys from the Heart Centre

Note: This is an emotional release and is not to be interrupted just to continue the journey. At this point, have them keep their eyes closed and continue to move and express their emotions. Tell them that you have a tissue for them so that they can wipe their eyes, and that you're going to place it in their right hand (be specific, so that they can be prepared). (Pause until the emotions have stopped and they appear ready to begin their journey again)

Q Can you tell me what's happening now?"

A "I'm watching an Eagle in the sky and it's flying towards me. I'm putting my arm out and it's landing on my bare arm, its talons are not hurting me."

Q "Is the eagle talking to you and if so, do you want to share what it's saying?"
(Pause)

>>> At this point the journey is interrupted and no further dialogue is shown.

Note: I've deliberately interrupted the journey here as the typical journey can last from thirty to sixty minutes or longer. I feel that with what I've already given you, that you should be able to grasp the format and techniques needed to continue the journey. If you need more examples, some of the other journeys have a bit more detail.

Usually, with most journey's there are at least three specific mini journeys, meetings, attachments, guides, past lives or whatever issues you're dealing with, so you know that it's not usually going to be simply one thing. Once you get into doing the various journeys, you may also find that you're combining several journeys in one journey. That is to say that you might start out meeting your animal guides and then go to meeting your guides and then end up doing one or more past lives. While this may seem scattered, later, when you examine the journeys, you'll find that they all have a common thread to whatever issues a person is dealing with, or things they need to look at.

When you're guiding another and have finished the last portion of the journey and you both feel that it's time to return, then simply follow the procedure that is outlined at the end of this journey, and then move into the returning and integrating process. If you're doing the journey on your own, then simply modify and use the same basic format.

>>> The journey now continues.

Q "Before you return, do you feel there is anything else that needs to be done today?"

A "No, I feel that's all for today."

Q "Okay, then we will end this journey." (Only do so if you also feel there is nothing more)

Chapter 5 – Visualization Journeys

Returning:

Q “It’s now time to return, to end your journey and to re-enter the blue mist. Let me know when you’re back in the mist? (Short pause)

A “Yes, I’m going back into the mist.”

Q “Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you’re back and can see your Body?” (Pause)

A “Okay, I’m back.”

Q “Now, while you are in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.” (Short pause)

Q “Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe and secure and at peace. Let me know when you’re back in your Body?” (Pause)

A “Yes, I’m back in my Body.”

Q “Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head.” (Short pause)

Q “Take a few slow, deep breaths and when you’re ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to.” (Short pause, watching the person come back into their Body)

Q “When you’re ready, you can slowly open your eyes and bring your focus back into the room. You’re now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time.” (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or, if you keep a diary or journal, you can write down your experiences. As previously mentioned, it’s desirable to express your emotions as you’re feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also, allow yourself to express your fear of expressing your emotions or any other fears that may come up.

Notes:

If you can’t hear, see or feel anything during your first visualization, besides maybe your own inner thoughts and that of your inner critic, don’t be disheartened as you’re not ready yet. Usually it’s a fear of the unknown that

Journeys from the Heart Centre

needs to be worked on and for the mental blocks (judgments) to be released. As you read further into this book and the various journeys, you'll become more comfortable with the process and your experiences will reflect that change.

When conducting a journey, it's okay to ask a person if they want to share what they're experiencing, but don't force them to share, as most times these moments are deeply personal and the person maybe afraid to share or is simply overwhelmed and unable to express and share what is being experienced. Pressing the person to share is controlling and unloving, and will only force them to withdraw, close down, and even end the session prematurely. It may also end or strain your relationship and your ability to work together as they may now feel that they can't trust you to be loving when they are open and vulnerable.

Pauses are also a tricky issue in doing journeys, in that if you move too quickly or you interrupt them too often, they may feel they're being pressured and will most likely snap out of their visualization and be annoyed at you and your actions. If you're moving too slowly in directing them with what you are sensing, or in asking questions, they may go off on a journey of their own and you'll have a harder time getting them back on track with their intent. If all you are doing is following a mental script and are ending pauses as if by some unseen clock, then they might as well get an audio tape or CD and listen to that, as it will do just as much good. This is where you need to be real and in touch with your Will or intuition. When you are assisting another, and although you may not think so, you also made an agreement to open and express your Will. Even though you are the facilitator, you are part of their journey and they are part of yours, there is no separation.

Quite often, people will become emotional during a guided visualization and it's a good idea to have tissues available so that they can wipe their eyes and blow their nose. If, as a facilitator, you see them becoming emotional and they need a tissue, tell them to continue with their emotional release and that you are getting a tissue for them. Tell them to keep their eyes closed as they are still on their journey, and that you will be placing it in their right or left hand. You need to be specific, so that they can be prepared when you touch them, as their eyes will be closed. If they use more than one tissue, then tell them it's okay to drop the used one on the floor and that they can be picked up later. As they drop the used one, place a new one by their hand so that they can feel and grab it. It's the little things that you do, or don't do, that are important in helping another get the most out of their healing journey.

When you are just beginning your journey, it's important to follow the steps I've given until you're familiar with them, like riding a bike, and then when you feel ready, you can strike out on your own and develop what feels right for you. Although I recommend you begin each journey using this format, it isn't mandatory for every experience. The more open and familiar you become with the techniques and the process, the easier and quicker it is for you to reach this

Chapter 5 – Visualization Journeys

altered state of conscious awareness, or for those that you are assisting to reach theirs.

While the same basic format is used in all journeys, after you've experienced them a few times you won't need to follow the same steps and procedures to do what you need to do. With most people that I've already worked with, I can go directly to our intent, and then move to;

- “Close your eyes and take three deep breaths.” (Pause)
- “Now visualize yourself ankle deep in water at the lake or ocean, feel yourself grounded and connected with the Earth.” (Pause)
- “Now, when you're ready, visualize yourself in the blue mist and let me know when you are there.” (Pause)

Quite often, after they've closed their eyes and taken a one or two deep breaths, they'll tell me that they're already in the blue mist. From this point, I can take them on the journey, but quite often, it becomes a self-guided journey, as they will automatically go where they need to go, and it's all done in a matter of minutes. The returning is also simplified.

“ *There are no failures, only the experience of failing that shows us where we have either, conscious or denied expectation. - Shenreed*

Chapter 6 - Animal Guides and Totems

Totems refer to a specific animal that is connected to you for your entire life as a life guide, while all other animals are temporary guides or messengers and may only be with you for a short period of time. Animal guides and totems can take on any form like a mammal, bird, amphibian, fish, reptile or insect, and by becoming aware of what animals are around you, you can also get clues and insights into what issues you need to look at in your life. Once you become aware of these animals in the Spirit realm, you may also begin to be aware of them coming to you in your physical world. When an animal guide or totem from the Spirit realm is trying to get your attention, or is working on your energy Body, you may feel like there's something's crawling or picking on your head or arm, but there's nothing there that you can physically see. When you use your third eye, or feel with your intuition, you may find that a spider, ant, or even a small crab is crawling or picking at you. Feeling something larger crawling on you, might be a snake, and when you feel your Body being nudged or poked it might be a deer, lion or even an elephant.

While you've already explored the Astral plane during your meditation and visualization, meeting your animal guides and totems will be a precursor of things to come. Meeting and communicating with ones animal guides and totems in the astral plane is less stressful and fearful than having to immediately deal with people, entities or energies that are unknown, or of facing people and issues that are known. Exploring this journey and resolving any issues that it presents, enables you to be more comfortable and confident when you are ready to move to the next journey.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 - Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre, you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. Our intent is to connect with our animal guides and totems that are here to assist us, to

Chapter 6 – Animal Guides and Totems

not only see, hear or feel them, but to also know their names and how they are here to help us.

- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel, and to also allow yourself to ask questions or to express your observations if you so choose. If you're doing the journey by yourself, then revise the wording accordingly.

I'm now going to demonstrate a basic example of a journey to meet your animal guides. This will be in an open dialogue format, with the letter Q representing the Questions or directions of the person facilitating the journey, and the letter A representing the Answers or responses given by person doing the journey. I'll also complete the returning segment in a similar manner. With this format, I hope to give you an idea of the flow and feel of the experience.

The Journey:

Q "Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you're ready, in your Mind's eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that's okay too, you may just sense or feel that you're in the mist or somewhere outside your physical Body. Tell me when you feel you're in this mist, this space, feeling safe and secure?" (Short pause)

A "Yes, I'm in the mist."

Q "Now slowly open your inner eyes and tell me what you see, hear or feel that is in the mist. It might be off in the distance and is coming toward you." (Pause)
A "I can't see anything, all I see is the mist."

Q "Okay, now turn to your right and tell me what you see?" (Pause)

A "Ah! It's a wolf."

Q "Can you describe it? Does it have a name? Why has it come to you? What does it have to tell you? Is this your animal Totem?" (Pause)

A "He's a large grey and silver wolf and he's called Grey Wolf. He's my totem and he's come to show me something and he's asking me to go with him."

Q "Then allow yourself to go with him and let me know what you find." (Pause)

A "He's leading me up a mountain to a point where we can see for miles. Hummm? I'm not seeing for miles, but what I'm seeing are things that I've done in my life where I could have made different choices that would have changed

Journeys from the Heart Centre

my life and experiences. I'm not only seeing how they affected me, but also how they affected others and vice versa.” (Short Pause)

A “He’s showing me how I went along with the pack just so that I would feel I belonged and felt needed and wanted.” He’s showing me the things I did that I thought were love and loving, but they weren’t, as there are issues I need to look at under those false beliefs.”

A “Now there is an eagle joining us.”

>>> At this point the journey is interrupted and no further dialogue is shown.

Note: I’ve deliberately interrupted the journey here as the typical journey can last from thirty to sixty minutes or longer. I feel that with what I’ve already given you, that you should be able to grasp the format and techniques needed to continue the journey. If you need more examples, some of the other journeys have a bit more detail.

Usually, with most journey’s there are at least three specific mini journeys, meetings, attachments, guides, past lives or whatever issues you’re dealing with, so you know that it’s not usually going to be simply one thing. Once you get into doing the various journeys, you may also find that you’re combining several journeys in one journey. That is to say that you might start out meeting your animal guides and then go to meeting your guides and then end up doing one or more past lives. While this may seem scattered, later, when you examine the journeys, you’ll find that they all have a common thread to whatever issues a person is dealing with or things they need to look at.

When you’re guiding another and have finished the last portion of the journey and you both feel that it’s time to return, then simply follow the procedure that is outlined at the end of this journey, and then move into the returning and integrating process. If you’re doing the journey on your own, then simply modify and use the same basic format.

>>> The journey now continues.

Q “Before you return, do you feel there is anything else that needs to be done today?”

A “No, I feel that’s all for today.”

Q “Okay, then we will end this journey.” (Only do so if you also feel there is nothing more)

Returning:

Q “It’s now time to return, to end your journey and to re-enter the blue mist. Let me know when you’re back in the mist?” (Short pause)

A “Yes, I’m going back into the mist.”

Chapter 6 – Animal Guides and Totems

Q “Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you’re back and can see your Body?” (Pause)

A “Okay, I’m back.”

Q “Now, while you are in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.” (Pause)

Q “Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe and secure and at peace. Let me know when you’re back in your Body?” (Pause)

A “Yes, I’m back in my Body.”

Q “Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head.” (Short pause)

Q “Take a few slow, deep breaths and when you’re ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to.” (Short pause, watching the person come back into their body)

Q “When you’re ready, you can slowly open your eyes and bring your focus back into the room. You’re now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time.” (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or, if you keep a diary or journal, you can write down your experiences. As previously mentioned, it’s desirable to express your emotions as you’re feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

Like the other journeys, I highly recommend that you have a partner so that you can assist and guide one another on your journeys. If you are doing the guiding or facilitating, allow yourself to be open, to feel and sense what the other person is feeling and expressing, as well as allowing yourself to feel and express your own intuition, feelings and emotions. By expressing what you’re feeling and picking up, you’ll assist in triggering the person doing the journey into acknowledging what they’re feeling but may be denying expressing, as they may

Journeys from the Heart Centre

feel that it's just their imagination or that it's not important and so on. If on their journey they begin to talk and share their experiences or express their emotions with you, allow them to do so, it's their journey. You may find in some cases that they're actually directing their own journey and you're the witness, but you may also be called upon, or become a participant at any time. Also, just because the person you're guiding has a particular issue, don't be fooled into thinking that you don't have any involvement with the same issue, because if you didn't, you wouldn't be there and it wouldn't be coming up for you to witness and to feel.

In meeting your animal guides and totems it's important that the person doing the journey looks in all directions, that is, all four sides as well as above and below. Usually people will see or sense at least one animal but most often it will be five or six and sometimes it might even be a zoo full. Animals do have names but do not often give them unless they are asked. Some animals are our Totems or Life Guides and are with us for our Earthly sojourn, while others are here for only a brief time but they can re-appear often. There are no limits as to what kind of animal guides we have.

Meeting your animal guides and totems is a good way to get people to open up to the spiritual realms, as they are usually not as afraid of animals being a guide but may be afraid of a guide in a human, angelic or other form. Often people will have a spiritual or emotional experience when they feel the unconditional love of their animal guides. If you were not able to communicate with your animal totems and guides, but you know what they are, then I'd recommend that you buy the book, "[Animal Speaks](#)" or "[Animal Wise](#)" by Ted Andrews. These books list a variety of animals from all categories and some of the powers and gifts each has to share. While I recommend these books, you need to use discernment when reading the material that is provided. Use it as a guide and not as a gospel, and couple it with your experience, feelings and emotions.

“ *Words give you an outline, but feelings
give you understanding and knowing. - Shenreed*

Chapter 7 - Clearing your Astral Attachments

Up until now, what I've been sharing as far as journeys has been fairly easy and straight forward and even fun, but that's about to change. Not that's it's a bad thing, but that now you're going to have to be honest and forthright, if your intent is to heal and empower yourself. You're going to have to face your fears and explore the issues and secrets that you've been trying to hide, deny or avoid for most of your life, and that's where the astral plane comes in.

The Astral plane is the next energy frequency level up from our human physical reality and as such, it is the connecting link between the physical world or realm and the Spirit realm. There are more levels, but that is another topic. Being of a higher energy frequency or vibration, it's closed off to our "normal" physical senses in much the same way as are the lower vibrations of matter that also exist and interact in our physical reality, in ways we're not conscious of, yet. Think of what you see and hear with you're your physical senses, and then how your awareness and consciousness expands your point-of-view of physical reality with the help of radar, telescopes, electron microscopes, x-rays, ultrasound, night vision, thermal imagery, holograms, etc. Likewise, although not technology based, the astral plane is another dimensional plane or reality that is always there, it's just that we're not aware of it with our five senses. However, people with ESP (Extra Sensory Perception) are sensitive to these higher or lower dimensions or realities and are able to connect to them via such senses as clairvoyance, clairaudience, clairsentience, precognition, empathy, telepathy, etc.

The astral plane is also the place where you'll meet your animal guides and totems, angelic Beings, guides, Akashic Records, dream-time, astral travel, ghosts, ET's (Extra Terrestrials), remote viewing, OBE (Out of Body Experiences), NDE (Near Death Experience), mythical creatures, entities, multi-dimensional Beings, thought forms, past lives, inner and outer child, and your attachments, etcetera. As you can see, the astral plane is a busy place and one that we need to not only look at, but openly explore, if real healing is our intent.

Power and Control

Earlier, I mentioned duality and the issues of power and control, with those that have power and control and others that feel they don't and feel powerless to change their circumstances, and by the way, money is not the source of power or happiness. Neither is self-empowerment about overpowering another that

Journeys from the Heart Centre

you believe has power over you, so that you can be in a position of power. When you really get down to working with the material in this and my other books, you will realize that what you are experiencing in your outer reality is but a reflection of what you are doing internally to yourself, and that you are your greatest enemy in creating your issues of powerlessness by way of your denials.

While the people in your outer reality appear to be over-powering you, and they are to the point of activating you, they are only doing so by your consent, which has its roots buried in your imprints, programs and beliefs. By that, I mean that things happened to you when you were a child, where others either overpowered you and you had no choice but to surrender to their demands, or the power that you gave them in exchange for what you wanted or felt you needed at the time. Some would have us believe that in order to have successful relationships and a happy life without stress and conflict, that we must be willing to cooperate and compromise, and that life is a game of give and take, yet at the same time, they also claim that it's survival of the fittest, and that only the strong survive.

This constant power struggle to find happiness is really a form of "energy feeding" and is what's happening all the time in the unseen world of denial around us, and is part and parcel of our dual reality. Becoming aware of the different energies between people will begin to expand your consciousness and enable you to remove these attachments and take your power back. Releasing your attachments will also bring your related issues and denials to the forefront and what you then do with them is your choice and your journey. Ending this power and control cycle and the feeding off of each other by clearing your astral attachments and ending your denials is basically what this chapter is all about.

Examples of Attachments

We have attachments to people, places and things, with our attachments to people being by far the greatest issue in our lives. While these attachments are in the form of energy, they also take on physical characteristics. Some examples of astral attachments are having the feeling that you are being weighed down, held back, drained or being watched. Another is having constant thoughts of either someone living or dead that you're unable to let go of. Another is having feelings and urges that don't feel like yours. Still another is having sudden or chronic unexplained pains in your Body. These are just some of the issues that you can heal by clearing your attachments. It's important to understand that there are two forms of attachment. One is what I call physical to physical and the other is Astral to physical which can be in the form of an entity, deceased person, or someone that is alive in the physical world, that knows how to astral travel. While the reasons for the attachments are all different, all attachments are a form of energy transfer and are on the astral plane.

Chapter 7 – Clearing your Astral Plane

Attachments between living people are always two-way, that is to say, you have an attachment to them, and they to you. The most common form of attachments are between close relatives, i.e. husband, wife, child, siblings, grandparents, relatives, or to a friend or lover. They can also be with someone that you only saw or met once, and you can even have an attachment just by chatting to someone on the internet. As you will discover, some attachments can be very subtle and are difficult to identify and release.

Another common attachment that many people have is to deceased relatives and friends who have not made the transition and have remained Earth bound for any number of reasons, including the attachment. One reason may be their refusal to believe that they are dead. Another may be to comfort, protect or control loved ones who are still in the physical, whose attachment to them may be one of denial that they're gone, of a feeling of loss, of still needing them, or of guilt and shame that things weren't resolved when the person was still alive.

Attachments to places and things are one-way, that is, you're attached to it for whatever reason; it could be a piece of land, a house, chair, ring, cigarettes, alcohol, drugs, sex, clothes, personal looks, or anything that gives you a "feel good" fix that you don't want to lose. Attachments, whether to people, places and things, all have an underlying issue and a denied fear that has to be identified and healed before the attachment can be released. Once you become aware of who, what, where, when, why and how your psychic attachments were formed and have been affecting you, you'll have the choice of releasing them. Not all attachments can be released in one session, as some need to remain for your future experiences. Even if you were to remove them, they'd only return as you haven't dealt with the real issue of why the attachment occurred in the first place.

While I've given some details, I strongly recommend that you read the Notes at the end of this chapter where I've added a few extra details on various issues that may come up during your journey that require special attention. Every experience and journey is different and you're bound to have some experiences that aren't covered here, but with the information that I'm giving you here, and throughout this book, and with the help of your intuition and your guides, you'll be okay. As I mentioned before, all the things I share in this and my other books are pieces of the puzzle. You are not only going to have to use what I share and what you've experienced in your journeys, but also do your homework by applying what you've learned from them to your daily life experiences in order to heal your issues. The reason is that you need to make that conscious connection between your inner and outer reality, and then choose to heal and empower yourself.

My first suggestion is to be prepared to express all your heartfelt feelings and emotions in the moment they come up in the course of releasing your attachments, and also be prepared to express and release any physical pain

Journeys from the Heart Centre

that may be stored in your Body that is related to the attachment. Also feel and trust your intuition and do what you feel is right in the moment. If you're in fear, express that too, deny nothing, and remember that your guides are there to help and assist you and you can call upon them for help at any time. By help, I mean that they can't do it for you or get you out of a situation that you feel uncomfortable with, as that's also part of the purpose of you having the experience in the first place, so that you can begin to heal your underlying issues that you are uncomfortable with. Also know that in any situation, you're never given more than you can handle, and that what you are experiencing is for a reason, even if you don't know the purpose of it in the moment, you'll get the insights and understandings later, after the experience. There are no coincidences. So now that you know a little bit more of what we are dealing with, and you've not been frightened off by what I've said, we can now begin our journey.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre, you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. Our intent is to explore the astral plane and to identify our attachments. To find out who, when, where, how and why we are attached to them and they to us, and to remove any attachments that no longer serve our highest purpose and good.
- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel and to also allow yourself to ask questions or to express your observations if you so choose.

I'm now going to demonstrate a basic example of a journey to clear your astral attachments. This will be in an open dialogue format, with the letter Q representing the Questions or directions of the person facilitating the journey, and the letter A representing the Answers or responses given by person doing the journey. I'll also complete the returning segment of the journey in a similar

Chapter 7 – Clearing your Astral Plane

manner. With this format, I hope to give you an idea of the flow and feel of the experience

The Journey:

Q “Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you’re ready, in your Mind’s eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that’s okay too, you may just sense or feel that you’re in the mist or somewhere outside your physical Body. Tell me when you feel you’re in this mist, this space, feeling safe and secure?” (Short pause)

A “Yes, I’m in the mist.”

Q “Now slowly look down your Body and tell me what you see or feel is attached to you and where?” (Short pause)

A “Humm, I see it. I see a chord, it’s dark grey.”

Q “Where is it attached?”

A “To my heart and stomach.”

Q “I want you now to follow the chord and see who is on the other end.”

A “I see my mother.”

Q “Is your mother still living?”

A “No, she died 15 years ago.”

Q “Why is she attached to you?”

A “She says she’s protecting me.”

Q “Protecting you from who or what?”

A “From everything that can hurt me.”

Q “Why are you attached to her?”

A “I miss her, she left when I was young.”

Q “Why do you miss her?”

A “I didn’t know where she went, she was sick and then she went away. I was alone and I was afraid.”

Q “Is that why she stayed around, to protect you?”

A “Yes.”

Q. “Okay, I want you now to go back to when you were little, to just before your Mom died.” (Pause)

A “I can see her on the bed” (Starts crying – short pause)

Q “I want you now to tell your Mom everything that you wanted to tell her before she left and for her to tell you what she never got to tell you.” (Silence and more tears – Pause for as long as necessary)

A “She says it’s now time for her to go?”

Q “Do you feel it’s time for you to say goodbye and to also let her go?”

A “Yes, I know that she loves me and why she left me and it’s okay now.”

Journeys from the Heart Centre

Q “Before you release your mother is there anything she has to say to you, or you want to say to her?”

A “Yes, She knows that I can now look after myself and that she has to go. I was never able to understand what happened and why she left me alone, but now I understand.”

Q “I sense that your mother’s angels and guides are now coming to help her. It’s now time to remove this attachment. Know that you will always be connected to her in love. See the chord between you now dissolving.”

A “Yes, her guides are coming to take her to her right place. There’s this warm light that is everywhere.”

Q “Feel the love that is present in this moment, this unconditional love. Know that you will always have this connection with her. Feel the difference between the connection you now have, to the attachment you used to have.” (Pause)

A “Yes, (crying) I can feel the difference and so can she, she says to say thank you.”

Q “Tell her she is welcome.” (Pause)

Q “Now I want you to look down on your Body and see if you can see any other attachments on you that need to be cleared.”

A “Yes there is one just below my stomach. I see it’s my ex-boyfriend.”

Q “He’s not dead, he’s alive isn’t he.”

A “Yes we split up a couple of years ago.”

Q “Why is he attached to you?”

A “He doesn’t want to let me go, he says he loves me.”

Q “Why or how does he love you?”

A “He says that I was the best thing that happened to him.”

Q “Why did you split up?”

A “I couldn’t take his controlling possessiveness and jealousy anymore.”

Q “Why are you attached to him?”

A “I wanted to be wanted and needed and he wanted and needed me, I thought that was love.”

Q “Was there anything else that attracted you to each other?”

A “Yes, I’m ashamed to say, but it’s sex.”

Q With what you know and feel in this moment; was the sex you had with him love?”

A “No, but that’s all we really had in the relationship to make us feel good. Besides me feeling wanted and needed, I also gave him what he wanted and needed, and sex made us both feel good for a little while.”

Q. “I want you to scan and feel your Body to find where this attachment is in your Body and how it’s affecting you.”

A “I see it! It’s in my ovaries! That’s why my periods have been so painful since we split up.”

Q “Do you still feel the same sexual feeling toward him now as you did before this session?”

Chapter 7 – Clearing your Astral Plane

A “No, I see our relationship entirely different now.”

Q “Do you feel that you’re ready to release your attachment to him?”

A “Yes I am, but he says he’s not going to let me go.”

Q. “There is no longer any agreement here. Ask that from higher self to higher self, that the attachment be released if it serves the highest good and purpose for all. That this attachment be dissolved and that your ex-boyfriend move back to his right place.” (Pause)

A “He’s not happy but the attachment is fading and he’s going, he’s fading away.”

Q “Understand that this attachment is different than the one you had with your mother, as your ex-boyfriend is still alive, and because he didn’t want to let you go willingly, don’t be surprised if he attempts to come back into your life to somehow try to re-attach himself to you, to get you to need and want him again. When this happens, you will need to be real with him, to “walk your talk” and express what you really feel about him from your Heart, and to let him be responsible for his own happiness, as you are for yours. Do you understand?”

A “Yes, I understand, I can feel what you are saying is true.”

Q “Okay, now looking down on your Body, scan it to see if there are any other attachments?” (Short pause)

A “Yes, I see that (X) and (Y) are also attached to me.”

>>> At this point the journey is interrupted and no further dialogue is shown.

Note: Again, I’ve deliberately interrupted the journey here as the typical journey can last from thirty to sixty minutes or longer. I feel that with what I’ve already given you, that you should be able to grasp the format and techniques needed to continue the journey. I’ve found that removing attachments can be a long and involved process as people often become very emotional and also very defensive in trying to keep the attachments, especially to deceased love ones as they feel they will lose them forever. After they’ve scanned their Body and they, and you, feel there are no more attachments that need to be released at this time, the journey’s over.

When you’re guiding another and have finished the last portion of the journey and you both feel that it’s time to return, then simply follow the procedure that is outlined at the end of this journey and then move into the returning, and integrating process. If you’re doing the journey on your own, then simply modify and use the same basic format.

>>> The journey now continues.

Q “Now, look down on your Body and scan it again. Look all around you, from the top of your head to the bottom of your feet and see if there are any other attachments?” (Short pause)

Journeys from the Heart Centre

A “No, I don’t see any others right now.”

Q “Okay, now I want you to ask, first from your Mother and then from your boy friend, and then (X) and (Y) that all your power and essence that you gave them, or that they took from you be returned to you. Also state, that it is your intent to return to them, any power and essence that you took from them, or that they gave to you.” (Short pause)

A “Okay, I did that, there was a lot I gave away!”

Q “Okay. Now look down at your Body to where the attachments were and allow these places to be filled with love and light, and see them being healed.”
(Pause)

A “Ah! Yes! They’re glowing and there’s a strange feeling inside my Body.”

(Pause)

Q “Before you return, do you feel there is anything else that needs to be done today?”

A “No, I feel that’s all for today.”

Q “Okay, then we will end this journey.” (Only do so if you also feel there is nothing more).

Returning:

Q “It’s now time to return, to end your journey and to re-enter the blue mist. Let me know when you’re back in the mist?” (Short pause)

A “Yes, I’m in the mist.”

Q “Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you’re back and can see your Body?” (Pause)

A “Okay, I’m back.”

Q “Now, while you are in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.”
(Short pause)

Q “Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe, secure and at peace. Let me know when you’re back in your Body?” (Pause)

A “Yes, I’m back in my Body.”

Q “Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head.” (Short pause)

Q “Take a few slow, deep breaths and when you’re ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to.” (Short pause, watching the person come back into their body)

Q “When you’re ready, you can slowly open your eyes and bring your focus back into the room. You’re now fully conscious and aware of everything that

Chapter 7 – Clearing your Astral Plane

happened to you on your journey that you need to remember at this time.”
(Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or if you keep a diary or journal you can write down your experiences. As previously mentioned, it’s desirable to express your emotions as you’re feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

Forms of Attachments

During a journey to clear astral attachments, people usually see their attachments as chains, chords, ropes, or some type of vine between them and the other person. The attachment might also be in the form of shackles or cuffs on their wrists, legs, neck or body, or even as a chastity belt. Other times it can be a dark, heavy, sticky mass or blob that can be anywhere on the body. Quite often there are several attachments to the same person and each one for a different reason or issue. Attachments are usually found at the throat, heart, solar plexus and sacral chakras, but the other chakras can also have attachments. Although attachments to the chakras are the most common, any part of the Body can have attachments, so it’s important to view your entire Body, not just your front and back, but also the top of your head and the bottom of your feet.

Two-way Attachments

I mentioned attachments to people are always two-way in that we are attached to them, and they to us. Once we become aware of who and what our attachments are, we can then begin the process to remove them from our energy field. These attachments are there because we either gave the other person our power, or they took our power in a forceful manner, giving us no choice at that time, i.e. as a young child unable to defend itself. This can also happen in the reverse where we have overpowered others and have taken their power. Being overpowered not only forms an attachment, but also creates imprints and programs that then allows other attachments to form in other relationships. Attachments are usually with people we know and are close to us, but they can also be with strangers. There’s also a more sinister form of

Journeys from the Heart Centre

attachment whereby a person makes a conscious possessive attachment to another person, and then, through the use of their psychic abilities, they are able to astral project a part of their essence to be in the physical presence of the other person. The intent may be to stalk them and even sexually attack the person who has an attachment to them, but for different reasons.

Cling-ons

Sometimes the attachment or “cling-ons” as Rita and I came to call them, refuse to release their attachment to the person seeking to clear their attachments. When this happens you need to ask that this release take place from higher self to higher self, and that it be released if it serves the highest good of all. In that way the other persons altered ego and its possessive determination to maintain control is bypassed, and through their higher selves they both see that this agreement was only possible as long as both people were in denial. Now that one person is no longer in denial of their reason for their attachment to the other person, the agreement and attachment must be released. Although the attachment has been released on an astral level, the other person (if a physical Being) may still try to re-attach himself or herself, and this is where a person’s intent really comes into the picture and their ability to “walk their talk.” Sometimes however, it’s not for their highest purpose and good as there is still some “unfinished” business or issues that needs to be dealt with. This is usually the case if the person you’re working with doesn’t really want to let the other person go completely.

Thoughts as Attachments

Another form of attachment that is often overlooked is ones attachment to thought forms which usually take the form of judgments and beliefs. Thoughts are things; they are a form of energy. We have attachments not only to people, places and things that we like, but also to people, places and things that we dislike and even hate. It’s not the same as an attachment to a person that you used to like, but now dislike or hate because the relationship went sour. These attachments may be to people you have never met in person and yet you have strong mental beliefs that stir judgments of anger and hatred. While this attachment is in the form of a thought or belief, it is still an attachment none the less. Feeding this thought form with hatred, could take the form of racism, prejudice, bigotry, sexism, righteousness and judgments, etc. This type of thought form is also draining energy from you, as you are feeding your energy into it to maintain its existence.

Another version of this thought form attachment is a person that goes directly out of their way to be aggressive, obnoxious, obscene, shocking or insulting. They are inviting you to judge and hate them, to confront or even fight them, as that is their intent. When people are activated by these unloving actions they deny their true expression and instead, try to pretend and deny they

Chapter 7 – Clearing your Astral Plane

are not affected, that they are better than that, that they wouldn't stoop to their level, or they may re-act with denied anger and rage later. Any of these denial replies only serves to feed them your energy. They are not only feeding on your energy in the moment that you are activated by their unloving actions, but by future thoughts and judgments, (attachments) when you can't get them out of your Mind.

Thought forms are also part of our imprints, programs, beliefs and judgments that we are afraid to let go or release. We fear that by letting them go, we'll lose our position of power, value, worth, etc. These thought forms also include our judgments about our feelings, as these attachments create the mental blocks that deny any form of relationship with our feelings, emotions and even our Body. These thought forms are of a reversed polarity and as such, form our duality reality, that of being a winner or loser, right or wrong, of having power and of being in control.

These thought forms are our version of the matrix as they make up the bulk of our beliefs. They are subliminal, and while we may not be conscious as to what they really are, they are nonetheless as real and as valid as any other conscious thoughts that we are aware of, that don't subliminally control us. While some cultures have different subliminal and conscious thought forms, there are a lot of thought forms that we, as humanity, have in common. Some of these are the fear of the unknown, fear of the known, having to kill and eat to survive, that death is a part of life, and that life is about survival of the fittest. Others are, showing ones feelings is a sign of weakness, being physically different is wrong, having a different point-of-view is wrong, being wrong is a sign of weakness, and of course, that women are weaker than men, to name just a few.

Religious beliefs play a big part in these thought forms and judgments, as they form the foundation by which we live our life to ensure that we receive our reward in the afterlife. In order to begin to heal ourselves, we need to know what is ours and what is not. It may not mean anything to you in this moment, but a lot of what we think and feel is us, is not us. Beliefs are a good example of what is not us, as we weren't born with those beliefs; they were programmed into us by other people, and are other peoples beliefs that we blindly accept as ours. Be prepared to challenge your beliefs about love, feelings and emotions, as what you're about to go into will touch the very core of your psyche, your very Being. The attachments we have in the astral plane are also, where and how we have lost power and essence, including what we've lost in past lives that also needs to be retrieved. As you can see, the astral plane is a busy place and holds much of what needs to be healed.

Earth Bound and Other Spirits

If you're dealing with an attachment to a person that's deceased, and after the attachment has been released, if that was the only attachment that the deceased

Journeys from the Heart Centre

person had to the physical Earth plane, then they will move off to their right place. If however, they also have attachments to other people, places or things, then their attachment to you will be gone, but they will still have all their other attachments to deal with and will still be an Earth bound Spirit. Although you may want to try to help this deceased person clear their other attachments, there's nothing that you can do, as that's something that has to be worked out between the deceased person and the other people, places and things that they have attachments to. However, having experienced the release of their attachment to you, they now have the awareness of their other attachments that they can clear with the help of their guides.

As previously mentioned, there are two forms of attachment, one is physical to physical, and the other is physical to astral and both attachments are forms of energy. Some lost Souls or deceased people may be confused and don't understand that they have died, while others are aware of their death, but refuse to go to their right place, and both can attach themselves to not only people, but also to places and things. If a deceased person or ghost is attached to a place, these are what are normally classified as a haunting, where the presence of the ghost remains in the familiar surroundings it knew when it was alive. Ghosts can also attach themselves to living people that have an affinity or craving for the same thing they do, as the deceased person wants to taste or experience what the living person is experiencing. These ghosts may not even know the person they're attracted to, but are merely drawn to their old habits and addictions, usually involving the use of drugs, drinking, smoking, sex and issues of mentally and emotionally manipulating others, usually involving the use of threats, intimidation, anger and rage, or they could also do the opposite, by being nice and kind. It doesn't matter, just as long as they get what they want.

Ghosts and Possession

Some ghosts try to live vicariously through others and if given the opportunity, might actually take possession of a physical Body to get another fix, or to do whatever it is they want to do. This could, and can happen to someone when they're in a severe state of anger and rage, or depression and denial, and have separated most of their conscious Mind from their physical Body and are in an altered state of consciousness. This can happen if a person has been drinking or doing drugs (including prescription) or where they have lost the desire to care for themselves, others, or anything, and have basically given up on life. In that moment, all they want to do is to escape the torment that they are experiencing, and since most of their Spirit essence has vacated their Body, they have opened the door, so to speak, and invited a host of astral beings the opportunity they have been waiting for. An example of this form of possession is when someone appears to change personality to get sex or whatever they want, and then after they get what they want, they return to their normal state.

Chapter 7 – Clearing your Astral Plane

The medical community classifies this condition as schizophrenia, split personality, but in their ignorance, they also classify a person that sees or hears the spirit realm as also being schizophrenic. Although the person may be possessed, that doesn't mean that they're not aware of what's happening and that they know they've given permission to the ghost or entity to use their Body. Often it's done as a twisted means of being in control in a situation where they normally feel they have no control. In these situations, they consciously take a back seat as an observer and watch as the ghost or entity takes control of their Body and does what they feel they can only dream of doing. Because it's done using their Body, it gives them a twisted sense of being in control and having power over others. Of course, when they're back in conscious control of their Body, they act ignorant and blame their actions on a host of other factors, as telling the truth would expose their little secret and take away their feeling of being in control and having power.

Releasing Attachments

I've also found that you can't remove attachments for, or from, another person and that's because attachments are two-way, which means that the person has to do it for themselves, as it's their heartfelt intent and desire that removes it. You also can't reclaim lost essence and power for another person for the same reason. While you can help others help themselves, ultimately it's their choice, decision and action that makes the changes for them. Another thing to note is that just because the person doing the journey doesn't see any more attachments to their Body, that doesn't mean that there aren't any. It just means that those attachments aren't ready to be released yet as there is more work that needs to be done.

After a Release

After a release or clearing, it's not unusual for people to become emotional as they experience a new-found sense of freedom. It's also not unusual for Body aches and pains that they may have had for years, to suddenly vanish with the release of these attachments. They may also feel and experience a sense of loss, as if something is no longer there, but in a good way, like a weight has been lifted from them. A few days after a clearing session, I had one woman come back and tell me that on her way home, she told her husband to stop the car. She got out of the car and ran the rest of the way home. She said that as she was running beside the road, she was crying and laughing at the same time, as she was remembering and re-experiencing the joy and freedom of her early childhood.

It's also important to note that for a period of two to three days following a clearing, you can expect spontaneous emotional and physical releases as more healing takes place. You may also feel the need to sleep and rest, so knowing that, it's always a good idea to set aside two to three days when

Journeys from the Heart Centre

doing attachment releases, not that you will need them every time you do one, but in the event you do, you will be prepared to fully process your healing experience.

After you've had experience in clearing your astral plane, whenever you feel that you might have an attachment, you can simply close your eyes and scan your Body and feel who it is and why there's an attachment, and what your part in it is. Once you have that awareness, you can then follow the same procedures that I've previously outlined to remove the attachment yourself. As you've probably noticed, I've just begun to scratch the surface of the astral plane, but clearing your attachments is the first big step in healing and empowering yourself as it lays the foundation for your journey.

Examples of Attachment Releases

Often mixed in with attachments is your fear of expression because you feel you need to be "loving" and responsible for the other person's feelings because if you hurt their feelings, they might leave and you will never see them again. Besides the emotional issues, attachments can also cause body aches and pains, tension, stress, anxiety and a host of other conditions and illnesses. When emotional expression is denied in the original experience, that denied emotional energy is then transferred to the Body as it has no place else to go. Feeling and expressing the original denied emotions, and then releasing the attachments will also release the blocked or locked in energy in the Body.

Of the numerous attachment healing experiences that I've been part of, one particular experience that comes to mind was when I met a woman, a Reiki practitioner, at a wellness exhibition that I was participating in. When there was a lull in customer traffic in the store, she asked her fellow Reiki practitioners to do a treatment on her. I happened to be nearby and I heard her tell the group that for years, she has been suffering from chronic pain in her right shoulder that would only bother her in the cold winter months. Over the years, she had been to various doctors and had tried numerous tests, X-rays and treatments, but nothing worked. She was at a loss at what to do for the pain and that even pain killers didn't help. As she was talking, I empathically picked up that she had an attachment to her right shoulder.

After her second Reiki treatment, I approached her and told her that I had picked up that her pain was caused by an attachment, and I offered to take her into a regression to help her release it. She politely nodded and said that she was okay and carried on giving Reiki demonstrations. After a few hours, and three more Reiki treatments, and an increasing level of pain, she reluctantly approached me and asked me to help her. We went off to a private treatment room where we talked for a while as she was still skeptical about what I was saying. Finally, almost in agony, she agreed and allowed me to take her into a regression where she immediately saw her attachment and flashed back to her childhood. Her father was ill and couldn't shovel the snow off the driveway and

Chapter 7 – Clearing your Astral Plane

sidewalk. Although she was also not feeling well, she felt that it was her duty to help her father as she wasn't bed ridden like he was. Ignoring her illness, she shoveled the driveway and sidewalk and in the process, she hurt her right shoulder, but she never mentioned it. In that experience she denied her own illness and then denied the physical pain of her injury while shoveling, as well as denying the emotions resulting from that injury. On top of that, all these issues were being held down and suppressed by guilt and shame.

While her attachment was related to her father out of a sense of duty, guilt and shame, it was the guilt and shame that formed the majority of the energy block that was manifested in her shoulder, her body pain. She had been carrying that guilt and shame, along with the other denials, all those years and it would become activated with the coming of winter and snow. She released her attachment of duty, guilt and shame to her father and expressed her denied emotions as well the physical pain that her Body was holding.

After she released the attachment, she had immediate relief from pain and complete mobility in her arm. With tears in her eyes, she exclaimed that it didn't feel like a Reiki treatment, but that she knew it was gone. She then returned to the store where she worked the rest of the day pain free, with a beaming smile on her face. She called a mutual friend a couple of months later to say that she had never felt better in her life, and that she was actually enjoying winter and the snow and was thinking of taking up x-country skiing.

Another example was when I was working out of another new age store. I had a woman and her two friends come to see me for a session as she was dealing with chronic depression. The woman, in her 40's, was noticeably hunched and her walk was almost a shuffle. This was an unusual session as the woman wanted her two friends to be present during the session. I had no objection if she didn't mind her friends being privy to what she was about to experience and share. She agreed and as we spoke, I felt that she had attachments at the root of her depression and that before we could work on her depression and inner or outer child issues, we would have to clear the attachments. During the regression, she released several attachments, but the two major ones were to her back, one was at her Heart chakra and another at the back of her neck or throat chakra. After releasing her attachments, she touched on a traumatic experience in her childhood and expressed her denied emotions. Later during the session, she also touched and re-claimed a lost fragment. It was a very powerful and emotional session to say the least. After integrating and opening her eyes, her face was beaming. She took a deep breath and sat up straight in her chair. As tears of joy streamed down her face, she said that for the first time in twenty-five years, she was able to sit up straight with no pain. She then raised her arms, which was another thing she hadn't been able to do for years. Her friends were wide-eyed and speechless and didn't know what to say. One became overwhelmed with emotion, while the other looked

Journeys from the Heart Centre

confused and apprehensive. The three of us hugged and had tears of joy, as we all felt the truth of her healing and self-love.

Implants

Another form of attachments are implants, and while some have been placed in our physical/etheric Body to assist us, others have been planted to control us. These implants form the basis of some of our programs that we've come to call our natural or instinctive behavior. Awareness of these implants and the subsequent removal of them, allows the Mind to re-program itself once it has disconnected itself from these controlling devices.

I've worked with a few people that have come to me because they felt that there was a foreign object in their Body that was controlling them. They also had strong feelings that it had to be removed, but they didn't know how, and that going to a medical doctor or psychiatrist would just make matters worse. Removing these implants is very similar to removing a splinter from your hand except different, as normally, these implants are in the form of energy/matter that we're not used to dealing with. Having the person go into their altered state and then looking for, and seeing the implant, enables them to remove it. But before it can be removed, one needs to find the who, what, where, when, why and how it was implanted. Along with the feeling of having an implant, there was usually the memory, or feeling of having had an alien ET (Extra Terrestrial) contact and experience. Once these have been gone into, and any denied feelings and emotions are expressed, the person can remove them from their physical body on the astral level. I've also had people tell me that they've physically removed a grain of rice sized implant from their Body, but that it literally disintegrated when exposed to the air, so they had no proof.

Becoming a Beacon

Another thing I want to share at this time is that once you begin to clear your attachments, and then assist others in clearing theirs, especially of deceased loved ones, you'll feel like you've suddenly become this light house with a big beacon on it, that attracts every lost soul on the planet, as they come to you for help. When I first experienced this phenomenon and felt their presence, I'd start clearing them by going through a small individual routine that sometimes took several minutes. This wasn't bad at first, but it soon grew, and to do this forty to fifty times a day was a lot. After a few weeks, I got the message to simply say, "I am the light, the truth and the way," and that that statement would automatically assist them to go where they needed to go, without me having to go through the time consuming routine I had been doing. Later on, even that was simplified. As I continued working with them, there came a point where I was no longer consciously aware of them trying to contact me, but at the same time, I also knew that I was still helping them as I'd have brief moments of awareness of their presence and even their gratitude.

Chapter 7 – Clearing your Astral Plane

Not a Playground

The Astral plane is also where you'll meet those Beings that are not of love and light and is not a place to venture into on a spur of the moment, or to just have some fun, as the experience can be anything but fun. Most people, who first dabble in forms of black magic, dark witchcraft, Ouija boards, séances, etc., may encounter unpleasant experiences, as they're ignorant of the consequences of their intent and actions. This is not meant to frighten you from doing the needed work in clearing your astral attachments or any of the other journeys, but to simply make you aware of what you're dealing with. I'll be providing you with enough information to safely ensure that should you run into any trouble, or an undesirable situation, which you will, that you know how to handle it. Keep in mind, that what applies to one journey also applies to any journey.

A Word of Caution

I must also give another word of caution here. During this, or any journey, do not allow any Spirit that you meet in the astral plane to speak directly through you. By that, I mean that you do NOT allow them to enter your Body and take control. It doesn't matter what they say, how sorry you feel for them, how threatening they are, or how much pressure a physical person may put on you to have a deceased love one talk to them personally, do not do it. You can tell them that you'll repeat a message for them, (channeling) but do not allow the entity to come into your Body (possession) as that is not loving, appropriate or even necessary if all they want is to share a message. Remember that even though you are in an altered state of consciousness, you are still aware of what is going on, and you are not only capable of making your own decisions, but also responsible for making them.

“ *When in doubt, give yourself
the benefit of the doubt. - Shenreed*

Chapter 8 - Exploring Past Lives

Exploring past lives is also an essential tool if your intent is to heal your present life, as your present issues are not only buried in the past of your present life, but are also in your past lives. Issues such as abandonment, helplessness, hopelessness, betrayal, heartbreak, power, control, pride, lost hopes, dreams and desires, to name a few, all have their roots in the past. You may even have fears, like a fear of heights or snakes and may never have had a traumatic experience in this lifetime dealing with those issues and that's because they've been carried forward from past lives. If you have an exceptional gift and talent, these too are usually carried forward from a past life, but just as important as all the talents and gifts you presently have, are all the talents and gifts that you've lost and buried in the past because of either the guilt or the shame of having them. Healing the past isn't just about healing what we term "negative" emotions and issues, but also of healing our lost talents and gifts and recovering all lost essence and power.

While the roots of our present issues lie buried in the past, you can't heal the present by simply letting go of the past, as time does not heal. You need to recognize and heal your present issues that are buried in the present past and in the process of healing your present life issues, you also heal your past life issues. Doing past life regressions will definitely give you clues as to the issues that you need to heal in your present life.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. Our intent is to journey back in time to whatever lifetimes and experiences we need to explore, that serves our highest purpose and good.

Chapter 8 – Exploring Past Lives

- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel, and to also allow yourself to ask questions or to express your observations if you so choose. If you're conducting a group meditation, then revise the wording accordingly and have everyone silently state their intent.

I'm now going to demonstrate a basic example of a past life journey in an open dialogue format, with the letter Q representing the Questions or directions of the person facilitating the journey, and the letter A representing the Answers or responses given by person doing the journey. I'll also complete the Returning segment in a similar manner. With this format, I hope to give you an idea of the flow and feel of the experience. For this example, I'm going to be using a short version of my first past life experience, not that it was my first incarnation as human, but it was the first past life experience that I had become aware of as such.

The Journey:

Q “Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you’re ready, in your Mind’s eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that’s okay too, you may just sense or feel that you’re in the mist or somewhere outside your physical Body. Tell me when you feel you’re in this mist, this space, feeling safe and secure?” (Short pause)

A “Yes, I’m in the mist.”

Q “Allow yourself now to begin to move into the mist, allowing it to carry you back in time to whatever past life is appropriate and that you need to explore.” (Pause)

Q “When you feel you’ve arrived, slowly open your inner eyes and look down at your feet, tell me what you see on your feet? What kind of shoes are you wearing, or are your feet bare?”

A. “I’m wearing an animal hide. I’m also wearing hide wrapped around my feet up to my knees that’s tied with leather straps.”

Q “Now moving up your body, tell me what else you’re wearing, also, are you male or female? Are you carrying anything or doing anything? Do you know where you are? Do you recognize anyone in that life time in this lifetime?” (Pause)

A. “I’m a man, a big man, wearing animal skins. I’m standing on the edge of a cliff overlooking a valley. I have a spear in my right hand and a deer or some

Journeys from the Heart Centre

animal like a deer over my shoulders and its legs are crossed and tied in front of me. I'm calling out to someone in the valley and they're returning my call. It's a beautiful day, the sun is warm and I'm happy."

Q "Is there anything else you need to be aware of in this experience?"

A "No, I don't feel there is"

Q "Then allow yourself to move to the next significant event in that life time."

(Pause)

A "Now I'm making my way down into the valley, along a narrow rocky ledge. Something is wrong, I can feel the Earth trembling and shaking, it's an earthquake. The ledge is beginning to fall away from the cliff wall and into the valley below. I grab hold of a small tree that's growing on the cliff face above me and as I do, the ledge beneath me gives way. I drop my spear to hang onto the tree with both hands. I see the tree roots beginning to come away as my weight and the deer are too much for it to hold. Now I'm holding the tree with my left hand as I'm struggling to lift the deer off my shoulders with my right hand. I pull the deer off and let it drop. As I'm reaching up to grab the tree with my free hand, I'm also watching the deer fall. It seems to be falling ever so slowly to the rocks below. I see its lifeless body hitting the rocks and a moment later, I hear a dull thud. The sound startles me and I'm now looking at the tree; it's still breaking away from the cliff. I desperately look for another handhold but there's nothing to hold onto. Suddenly the tree lets go and we're both falling. As I'm falling, I begin to climb up the tree, suddenly I'm laughing and thinking, how foolish to climb a tree that is falling off a cliff." (Pause)

Q "Now allow yourself to move to the next significant event in that life time. Is it your death?" (Pause)

A "Yes, I landed on the rocks and I'm dead. I'm floating now and I see my broken Body on the rocks beside the deer. I'm thinking of my spear and the deer and I want to take them with me, but I can't."

Q "While you're in this space, allow yourself to contemplate your life experiences. What insights did you learn in this lifetime, what issues have you brought forward?"

A "I realize that I can't take anything with me, I'm here for the experience, not to control or to collect possessions."

Q "Is there anything further you need to explore or reflect on, in this life time?"

A "No."

Q "Okay, now allow yourself to move back into the mist and to move to the next significant life that you need to explore, and when you feel you're there, again look down at your feet and tell me what you see?"

>>> At this point the journey is interrupted and no further dialogue is shown.

Note: I've deliberately interrupted the journey here as the typical journey can last from thirty to sixty minutes or longer. I feel that with what I've already

Chapter 8 – Exploring Past Lives

given you, that you should be able to grasp the format and techniques needed to continue the journey. I've found that exploring three different lifetimes is usually all that we need to do in one session. When you're guiding another and have finished the last portion of the journey and you both feel that it's time to return, then simply follow the procedure that is outlined at the end of this journey, and then move into the returning and integrating process. If you're doing the journey on your own, then simply modify and use the same basic format.

>>> The journey now continues.

Q "Before you return, do you feel there is anything else that needs to be done today?"

A "No, I feel that's all for today."

Q "Okay, then we will end this journey." (Only do so if you also feel there is nothing more)

Returning:

Q "It's now time to return, to end your journey and to re-enter the blue mist. Let me know when you're back in the mist?" (Short pause)

A "Yes, I'm going back into the mist."

Q "Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you're back and can see your Body?" (Pause)

A "Okay, I'm back."

Q "Now, while you are in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now." (Short pause)

Q "Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe, secure and at peace. Let me know when you're back in your Body?" (Pause)

A "Yes, I'm back in my Body."

Q "Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head." (Short pause)

Q "Take a few slow, deep breaths and when you're ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to." (Short pause, watching the person come back into their body)

Q "When you're ready, you can slowly open your eyes and bring your focus back into the room. You're now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time." (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or if you keep a diary or journal you can write down your experiences. As previously mentioned, it's desirable to express your emotions as you're feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

If you're meant to know, you'll also be aware of your name, where and when you lived, as well as the names of others that you recognized in the previous lifetimes that are with you now in this lifetime. As in the dialogue, you'll experience your death transition and the lessons learned, and the issues that you still have to heal that you have been carried over to this lifetime. Sometimes when you are doing a past life regression or journey, the person may start with an experience they had in this lifetime, and then move back to past lives that had similar issues. Other times it can be reversed, and the person starts with doing past lives and ends up doing a journey in this life time that relates to their past life experiences and issues.

Often the person will explore different lifetimes but all dealing with the same issues that the person is now confronting in this life. Usually, in re-visiting your past lives, you'll discover that you've been a man, woman, child, rich, poor, victim, villain, murderer and been murdered and everything in between, and in most cases, the same issues usually surfaced, that is to say that if you had an issue of betrayal, that issue would be experienced in various forms and in different lifetimes. Just because you're royalty or judged a poor villain, doesn't mean that you don't have the same issues, feelings and emotions. Don't be surprised if, when you're exploring past lives, that you also experience being an animal, mythical creature, or even an Alien.

Once you have experienced a past life regression, don't be surprised if you have conscious flashbacks that seemingly come to you from out of nowhere. You may meet a person and have an instant past life memory of that person, or you may be doing something that will trigger a past life memory. You may also find that all your physical senses will have a heightened awareness and that you will now respond differently to colors, sounds, smells, tastes and touch as they bring up past memories and issues that may also need to be explored and healed.

You may think that your present issues are unique to this lifetime, but you are actually dealing with the same old issues, incarnation after incarnation.

Chapter 8 – Exploring Past Lives

As an example, you may believe that a person has betrayed you in this lifetime, but that experience is not new as they did that in past lives, and there were also lifetimes where you betrayed them and others as well. But these betrayals are not really the issue as the problem goes much deeper. These past life experiences formed your imprints and programs that have been passed down generation after generation through your bloodline, and is coded in the very DNA of your physical bodies. You're imprints and programs are being replayed in this lifetime and the only difference is a form change, where it's now happening in a different time period, in a different place, and where people also look different.

Let me share a personal example of how the present and past lives are connected. Two of my many issues that were brought forward from past lives to be healed in this lifetime were trust and betrayal. Being betrayed in this lifetime was not a question of if, but when. It was my religious so-called “loving” belief of, “Do unto others as you would have others do unto you,” that set me up to believe that I was being loving if I gave others the benefit of the doubt. In my past lives, the issue came down to making a choice between trusting what my Mind was believing was the truth, based on what the people I was involved with were saying and doing, and what my Will was telling me was the truth. My Mind, going on words and deeds, believed that the people were honest and telling the truth, while my Will (intuition, feelings and emotions) was feeling the unloving intent in what the people were saying or doing, and telling my Mind not to trust them, and also sharing what they were not saying. My Mind, running on its old imprints, programs and beliefs, and the habit of denying any input from my Will, unless it was in agreement with it, decided to give the benefit of the doubt to the people that I was involved with, and not to my Will. When I denied what my Will was telling me and trusted that my Mind knew that the people were telling the truth, I not only betrayed my Will, but in the process, I was betrayed in any number of ways, including being killed by the people I trusted. In essence, I was betraying myself and that betrayal was then reflected as having others betray me.

Of course the choice that was always taken in the past was to deny my Will and trust another, and hence, the karma and reincarnation. Upon my physical death in that lifetime, I realized (in hindsight) the error of not having trusted my Will, and so this issue of trust and betrayal is what has been carried forward in this lifetime. While I said this lifetime, it has been carried forward countless lifetimes, but I've never been successful in healing this issue until this one, where I have learned to accept and trust my Will, and not betray and deny her like I've always done in the past. To do that, I had to personally experience the power of denial, (without being killed of course) in order to realize what I had done, and to then have the courage to reverse my course.

When you really get down to healing your present and past life issues, you will see that it all comes down to the same issue, that of denying and

Journeys from the Heart Centre

controlling your Will. What you did in the past is what you are still doing in this lifetime, as you haven't learned how to heal your issues and stop the downward cycled of death and reincarnation. You've reincarnated in this lifetime with the intent to heal and recover your lost essence, and while you knew (in hindsight), what you needed to do to heal your issues when you were in the Spirit realm, in-between incarnations, when you were born, that knowledge was hidden from you. The reason being was that the knowledge you had was based in hindsight, and was not a real "now" in the moment experience. If you had healed your issues in a previous life, then you wouldn't be having to reincarnate to experience all the things you need to, in order to heal your issues in this lifetime. While you are experiencing your real life issues that are being activated by your imprints, programs and beliefs, you need to awaken and come to the self-realization that you're making the same mistake again, that of controlling and denying your Will. If you can make that connection as you are being activated and about to go into denial and gap, and choose to do the opposite of what you have always done in the past, then you will have made that realization in the present moment, and not as hindsight, after the fact. That moment will be the definitive turning point in your life, as it will be the moment that you give yourself and experience unconditional love. As you can see, doing past lives journeys has a direct link to what you are presently experiencing and healing the present, also heals the past and recovers lost power and essence.

Chapter 9 - Life Guides and Higher Self

Connecting to your guides and higher self will also open new worlds for you, as that will help you gain insights into the events occurring in your life. You always have at least one, but usually two or more main life guides that are with you constantly. You also have countless other temporary guides helping you with different things at different times on your journey. Some are with you only once, while others may return several times on your journey. Sometimes your guides are actually you, from a past life, or are a part of your higher self.

While this comment applies to all journeys, I feel that it's important to mention it here, as you are now going to be contacting and communicating with your guides, and then in the next chapter, you will be channeling them. Talking with your guides and channeling them has nothing to do with your old religious beliefs, but, if you're still hooked on your religious dogma, then you're going to have a tough time freeing and healing your Will, as your Mind will be constantly overriding your intuition, feelings and emotions, with your religious beliefs and judgments of right or wrong.

A fundamental flaw with religious ideology is that people believe that angels, guides and Higher Self can help you by doing it for you, by lifting you out of, or removing your present undesirable experiences. In other words, people are calling to their guides wanting a "quick fix." Your guides are always with you and helping you, and part of that help is in creating the so-called "negative" experiences and exposing your issues and denials, so that you can heal the lost parts of you. Doing it for you would be going against your free Will and no guide or Being that is of love, light and seeking life is going to over-ride your free Will, even if you offer it to them.

However, there are certain Beings, entities, deities, etc., in the astral plane that are only too eager to accept your denials of your lost essence, and they will gladly take any and all of your lost essence (that you feel is a burden) off your hands if you ask them to do so. When contacted, these Beings will also claim to be God, your guide, or an angel, etc., and will speak lovingly and softly to confuse your Mind and tell you what you want to hear. If your Mind is in denial of your Will and still hooked on your old religious dogma, it will negate any feeling input from the Will and will ignorantly and blissfully do what they want you to without even challenging them. Of course, your Mind will feel that the weight of the world has been lifted off it, but in reality, all that has happened is that you have just given a part of your essence away to an entity that will

Journeys from the Heart Centre

squeeze the last bit of life out of it. For these energy vampires, feeding off another's denials of their essence (energy) is the only way that they can live.

Another religious doctrine that you need to let go of is the one that decrees that mortal humans are unworthy (have sinned) and need to sacrifice and endure long-suffering so as to be deemed righteous in God's eyes and worthy to be in the presence of his wondrous unconditional love, that is only available upon your physical death. If life is our choice, then why do we need to die, to live? Again if those were truths and not just some more religious rhetoric blowing smoke in your ear and fogging your Mind, you would question just how unconditional loving is this God if he put those "conditions" on granting you his unconditional love and in giving you life. It's a no brainier, but only if your Mind is clear enough to see through the religious hypocrisy that's all about controlling the masses and not about empowering them. If these unloving entities in the astral plane can fool you, they can also fool those that are in any religious order.

This is not meant to frighten or discourage you from doing this or any of the other journeys, but to merely make you aware of what you will encounter because of your old imprints, programs and beliefs, and the unseen role that denial plays in your experiences. But like I mentioned before; if you do contact an unloving entity, then it has happened for a reason and is an issue that you need to resolve.

Once you are connected to your guides, it's like having a private telephone conversation. It may be that your guides are talking to you and you're just listening, or you may be inclined to have a conversation with them. Connecting to your guides is one step away from channeling them. The more you're able to be aware of your higher self and guides, the more you will sense them around you, trying to get your attention when they have a message for you. For me, one way that I know my guides want to talk with me is that I feel a slight tingling sensation on the top of my head, or near my ears.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate, that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection, and allowing the flow. Our intent is to journey to meet our higher self and/or our guides. Our intent is to not

Chapter 9 – Life Guides and Higher Self

only meet our guides, but to also know how they are here to assist us with healing our issues.

- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel and to also allow yourself to ask questions or to express your observations if you so choose. If you are conducting a group meditation, then revise the wording accordingly.

I'm now going to demonstrate a basic journey to meet your Guides and Higher Self. As you will see, it's not that different from all the other journeys as what I found worked for one journey, also worked for others. I'm going to use the same open dialogue format with Q representing the Questions or directions of the person facilitating the journey and A representing the Answers or responses given by person doing the journey. With this format, I hope to give you an idea of the flow and feel of the experience.

The Journey:

Q “Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you’re ready, in your Mind’s eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that’s okay too, you may just sense or feel that you’re in the mist or somewhere outside your physical Body. Tell me when you feel you’re in this mist, this space, feeling safe and secure?” (Short pause)

A “Yes, I’m in the mist.”

Q “Good, now slowly begin to move into the mist to wherever you feel you need to go to meet your Guides or Higher Self. It might be along the beach, in a meadow, on a mountain, or maybe in a sanctuary. Maybe you already sense or see them coming toward you. Let me know where you are and what you are seeing?” (Pause)

A “I’m walking along a beach and I can see someone waiting on the beach for me”

Q “Okay, let yourself move toward them and greet them.” (Pause)

A “It’s my guide, He’s Archangel Gabriel.”

Q “Allow yourself to hear what he is saying to you and to also ask any questions you may have. If he wants you to go someplace with him, allow yourself to do so.” (Pause)

Q “Are you still on the beach?” (Pause)

A “Yes, and there are others here now too, including animals, a black panther.”

Journeys from the Heart Centre

Q “Are you having a conversation? Is there anything you want to share at this moment?” (Pause)

A. “Yes, we’ve been talking, I never knew, I never imagined that this was possible, I feel overwhelmed.” (Begins to cry)

Q “It’s all right to cry; just express whatever you feel you need to. There’s no hurry.” (Pause and allow the emotions to move)

A “He says I can talk to him anytime I want to, and that he’s glad I finally made contact as he has been trying to get my attention for a long time.”

Q “Are you still talking with Archangel Gabriel?” (Pause)

A “Yes, but he’s saying that we’re through for now. He’s leaving but he says that we will be seeing each other more often now.” (Pause)

Q “Are there any other guides that want to talk to you today?”

A “Yes, the panther, she is part of my higher self and she wants to show me something, and I’m following her into the jungle.” (Pause)

>>> At this point the journey is interrupted and no further dialogue is shown.

Note: I’ve deliberately interrupted the journey as a typical journey can last from thirty to sixty minutes or longer. I feel that with what I’ve already given you, that you should be able to grasp the format and techniques needed to complete the journey. With most journeys there are at least three mini journeys centering around the intent and the issues that you’re dealing with. Follow your intuition to know when or where to go on these journeys and again, like in the other journeys, allow things to run their course, go with the flow, and expect the unexpected.

When you’re guiding another and have finished the last portion of the journey and you both feel that it’s time to return, then simply follow the procedure that is outlined at the end of this journey, and then move into the returning and integrating process. If you’re doing the journey on your own, then simply modify and use the same basic format.

>>> The journey now continues.

Q. “Do you feel there are any other guides that you need to meet today or anything else that you need to do while you are in the blue mist?”

A “No, I feel that’s all for today.”

Q “Okay, then we will end this journey.” (Only do so if you also feel there is nothing more)

Returning:

Q “It’s now time to return, to end your journey and to re-enter the blue mist. Let me know when you’re back in the mist?” (Short pause)

A “Yes, I’m going back into the mist.”

Chapter 9 – Life Guides and Higher Self

Q “Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you’re back and can see your Body?” (Pause)

A “Okay, I’m back.”

Q “Now, while you are in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.” (Short pause)

Q “Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe, secure and at peace. Let me know when you’re back in your Body?” (Pause)

A “Yes, I’m back in my Body.”

Q “Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head.” (Short pause)

Q “Take a few slow, deep breaths and when you’re ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to.” (Short pause, watching the person come back into their Body)

Q “When you’re ready, you can slowly open your eyes and bring your focus back into the room. You’re now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time.” (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or if you keep a diary or journal you can write down your experiences. As previously mentioned, it’s desirable to express your emotions as you’re feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

Guides can take on any form or gender that is appropriate and that you will find acceptable. While Archangel Gabriel might be a male to some, to others, Archangel Gabrielle is considered a female. Often after a meeting with ones guides or higher self there’s quite a lot of integrating to be done. People will become quiet, deeply moved and fragile after such a spiritual experience where unconditional love is felt and the inner core of their psyche, their very Being is touched. Sometimes people need to be alone or they may just want to be

Journeys from the Heart Centre

hugged or held quietly, and others may cry and weep with tears of joy. Simply allow them to do what they feel they need to do. If you're the facilitator and you find yourself becoming emotional, allow yourself to express whatever you feel and to move your emotions, as they also need to be expressed.

I've already stated this in the non-denial based meditation, but it's worth repeating here again. If during your journey, you meet someone that says they're your guide, but you have doubts and feel unsure, give your intuition the benefit of the doubt, and don't be afraid to ask them direct questions. No real guide of love, light, and seeking life will ever be angry or disappointed with you if you ask them direct questions to satisfy your doubts, confusion and intuition. The reason I'm mentioning it here again, is that the Spirit realm is not to be taken lightly as now you're intentionally opening yourself up to communicate with your guides, and it's vital that you know who and what you're dealing with. To know what love is, you also have to know what love is not. If you don't know and can't feel the difference, then you could, and will undoubtedly be opening yourself up to unloving denial spirits and entities that are not here to guide, but to misguide you. But like I said, that's not necessarily a bad thing as it's something that you need to experience so that you can learn to "feel" the difference and trust your Will, your intuition.

If, in your intent, you ask that only your guides that are of love and light and desire life, and that serve your highest purpose and good come to assist and communicate with you, then you should be okay. When you're communicating with a Being in the astral plane, it's not so much the words they say that are important it's;

- 1) The feeling intent of their words
- 2) The feeling of what is not being said.
- 3) What your intuition is picking up
- 4) The actual mental meaning of the words.

Only your Will (your intuition) can tell you what is loving and what is not loving by how it feels, and unless you express what your intuition is feeling, you limit yourself and also give your power away. There are no coincidences and it's always a matter of personal choice.

When you're doing a journey to meet your guides, don't pressure yourself to see or hear them as you would in the physical world. Presently, I generally can't see or hear my guides or others in the astral plane, but there have been times I've heard astral voices as clearing as any voice in the physical. Most times I just know what they're saying and I can also sense and feel what they're doing or about to do. I have a friend that does see and hear them, yet I know, sense, feel, smell and can describe them long before she's able to see or hear them. Trust your intuition, your feelings, and express what you feel as it's as real and as valid as your physical eyes, ears and other senses.

Chapter 10 - Conscious Channeling

We all have the ability to channel, it's just a question of whether or not we're open to receive and express the messages that we're receiving. In fact, we channel and aren't even aware of it, like when we say things but don't know why we did, or where it came from. Although all journeys in this book have a similar format, non-denial based meditation and channeling are different in that there's no journey involved and instead, you remain in your place of centre and wait for your higher self or guides to come to your awareness, be it in thoughts, ideas, visions or feelings. What we do with this information is what separates non-denial based meditation from channeling. If we just listen or observe them and even have an inner dialogue, then we're in a meditation. If we hear their messages and feel we need to give them a voice or other manner of physical expression, then we're consciously channeling, as we not only have awareness of our guides or entities and their message, but also of what we are doing.

Having already met your animal totems, guides and higher self, you now know how to connect and talk to them. The next step is to become a conscious channel by allowing yourself to express their thoughts, ideas and messages through you. In channeling, you're going to be inviting your guides into your energy field, meaning that instead of just having a conversation with your guides while on a journey, you're now going to allow yourself to verbally speak, write, paint, or use whatever media you feel you need to express the messages that you are consciously receiving from your guides.

Multitasking

When you begin to learn to channel, you'll also be learning to multi-task. Not only will you be in a self-induced altered state of consciousness where you're aware of what is being said and pictured internally, but you'll also be aware of what's happening in your external surroundings, as you may also have to perform other functions that are more conscious, like writing or audio taping your session. When you have had more experience and feel comfortable enough, you will no longer need to be in an altered state of consciousness to channel, as you'll be able to channel during your daily activities such as when you are having a conversation with another person, or group of people.

You have to be aware and conscious, yet able to put aside your consciousness in a way that will allow this other consciousness to pass information to you so that you can become a channel, a conduit, and a means

Journeys from the Heart Centre

by which they can express their thoughts and feelings in the physical plane. You may hear and feel the words and even see pictures of what they're trying to convey to your consciousness to be expressed as spoken or written words. Other times you will not be receiving thoughts, words or images, but instead, all that you will be getting is feelings, that you then need to put into words.

When you open yourself to channeling, you may find yourself channeling one or many guides. They may be archangels, angels, or past life aspects of yourself, or even your higher self. You may even channel other entities, ascended masters or aliens, brothers and sisters of the light. ET's from the Pleiades, Arcutrus, Lyra, and Sirius are but a few of the others that are often channeled. The Pleiadians are ones that I've channeled and found that they're here to not only assist with our, and Earth's transformation, but also their own.

Written or Verbal Channeling

I suggest that if you have a fear of verbally expressing what you are receiving, that you begin channeling by auto-writing, as you don't have to give "voice" to the messages. Another thing to help you get started is that as you're in a semi-altered state of consciousness in which your eyes are closed, keep them closed and begin writing. Have your note pad in one hand and your pen in the other, ready to write, and don't worry about penmanship as what you're focusing on is getting the message out. Once you've opened the door, then the next time you channel you can open your eyes just enough to see what you're doing and eventually, you will be channeling with your eyes wide open. Another thing that you could do, especially if you know how to touch type, is to type your messages directly into your computer. Find what works for you and don't be afraid to try something new.

When you verbally channel, you can mentally ask your own questions as you're channeling, or you can have them written down before hand and have someone else ask the questions. If you plan to record your channeled messages, you can have a friend ask the questions and record the messages while you channel, or you can set up a voice activated tape recorder to begin recording at the sound of your voice. As previously mentioned, when you are comfortable in channeling, you can also verbally channel messages that you don't write down, when you're giving another person a message from their guides or from yours.

The technique that I presently prefer is to write my channeled messages as I'm receiving them. I not only channel messages when I consciously choose to meditate to channel, but I also receive a lot of them late at night before I go to sleep, or when I wake up in the middle of the night, aware that a message is coming through. So for me, it's easier to just grab the notebook and pen that I have tucked under my pillow and start writing. That way I have a written record of my messages that I can easily read at anytime without the hassles of trying to find it on tape. I also found that when it came to transferring my messages to my computer, reading the words was a lot easier than having to deal with

Chapter 10 – Conscious Channeling

listening to an audio tape and having to play with the stop, play, and rewind buttons, as well as doing the typing. Since I also use the same journal to record my daily thoughts, ideas, feelings and emotions, my messages are also linked to my personal life experiences. When you read my third book, “Journey to the Heart Centre - Healing begins in the Heart,” you will know what I mean.

The Channeling Experience

Channeling is not the same experience that you had when you previously talked with your guides while in your altered state, and neither is channeling like listening to your guide’s message and then repeating what was said. Channeling is more like your guides messages are your thoughts and feelings, and you’re just writing or saying them. When you’re channeling, there’s also no fear of missing a word, as you wouldn’t be writing or speaking any faster than you’re thinking or receiving the messages. Channeling is like an inspiration, where you suddenly have the realization of an idea or concept and you begin expressing it, and when it’s finished, you know it. For me, channeling is more like the words are coming from a place of knowing rather than hearing someone talking to me. An analogy would be to write the words “Mary had a little lamb” assuming that I had never heard the words before, and as I write, I’d also know what the next sentence will be. The whole message just flows from a place of knowing. There’s no conscious thought or thinking process involved, it just comes out, and is either spoken or written. It feels like they are my thoughts as I don’t make a conscious effort of thinking-of-every-single-word-that-I’m-going-to-say-before-I-say-it, the words are just there, and I express it, if that makes any sense to you.

Sometimes there are no words that can describe the concept that they’re trying to convey, or the feelings they want to express. I understand to the best of my conscious ability what the words are and I also feel what is being said when I channel. However, if you were to ask me five minutes later what the message was, I couldn’t repeat it word for word like I could “Mary had a little lamb,” as these words are ones that I learned and are imbedded in my conscious and sub-conscious memory, while the channeled words aren’t. Another thing is that the channeled messages are not thoughts or ideas that I normally would have. This is also true if the message is for someone else and is a “now” thing, where I connect to either my, or their guides and give them a short verbal message. Usually this type of message is heartfelt and deeply emotional.

When you are in your place of centre, you’ll become aware that you’re being contacted, either by feeling energy around your physical Body, or that thoughts, ideas or words are coming to you that are not of your consciousness. When you begin to channel and you’re conscious of the words, thoughts and feelings, try not to filter them, that is, let them flow in the same manner that you’re receiving them without embellishing them, or trying to put them into your own words, or words that you feel more comfortable with. Channeling is

Journeys from the Heart Centre

more like being inspired and sharing a message, rather than being an interpreter and presenting what is politically correct.

Loving and Unloving Entities

Just like in the physical world where there are unloving people that are controlling and manipulating, so too is it in the astral plane, and in the other dimensions that you'll explore while in your altered state of consciousness. Unloving energies and Beings that you meet in your altered state of consciousness are just like those in the physical, and they will use your own fears or issues, as well as denial, guilt and shame to try to control you, and if you challenge them, they will deny, avoid or omit speaking the truth. Also know that there's always a reason for every experience and there are no coincidences.

When you get into your inner space and you recognize the energies around you as those of your guides, you're ready to begin. If you don't recognize them, then you need to ask who they are, and what their intent is. You'll also have to "feel" and trust your feelings if these thoughts and ideas are indeed coming from your guides, and then make the choice if you're going to allow them to communicate through you, either verbally or in writing. If you do start channeling and then feel that what is being channeled is unloving or controlling, know that you always have the power to ask questions and to stop the experience. Any guides of love, light and life will always answer your questions truthfully and accept your choices, even if it means not channeling them. Unloving entities will always try to convince you that you need to allow them to come through you, and that should raise a red flag for you.

I'm now going to give you the basic technique for channeling, but before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 - Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Intent:

- I now call upon my higher self and my guides of love, light and life to assist me in whatever is appropriate that serves my highest purpose and good. I give my guides permission to go beyond my personal concepts and beliefs and to assist my higher self in raising my vibration, strengthening the connection and allowing the flow. My intent is to open myself as a conscious channel and to connect to my higher self, and my guides of love light and life. To allow myself to channel whatever messages serve my highest purpose and good, and are appropriate at this time.

Chapter 10 – Conscious Channeling

- Note: Unlike the other journeys, there is no “journey” per say, as you’re not going anywhere. Like meditation, you’re simply opening yourself to receive messages from your higher self and guides, but unlike meditation, you’re also open and have the intent to physically express what you’re receiving. As there is no journey, I’m simply going to give you an intro as if someone was guiding you to channel, and then give you a few tips on what to look for and how to respond. Now here is the basic technique on how to become a channel.

Channeling:

Q Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure.

Q Now, when you’re ready allow yourself to sense and feel the energies around you.

Q You may begin feeling energy around your Body like being enveloped or caressed in a feeling of warmth and love. You may feel a slight tingling sensation over your Body or on the top of your head. If so, know that your guides are with you and are ready to communicate with you.

Q As you open and reach out to your guides, you may feel that you are not receiving anything. You may just get a word, thought or image that flashes before your consciousness and then is gone. You might even feel that it’s your imagination playing tricks on you. Release your expectations on how you think you should channel and just allow yourself to become the channel. Express whatever you see, hear or feel, as that will open the door for a stronger connection.

The difficulty that you will experience when you’re just learning to channel is separating the other voices in your head from your guide’s voice. By now, you should be able to do that and that’s why channeling is not the first thing you learn to do, as by now, you’ll have gained some experience and knowing that will help you discern who is who. Simply allow yourself to begin with that first word or thought, and the rest will follow. It might be as simple as the word, “Greetings,” but that’s all you have to acknowledge and express, and it will open the door to allow whatever flows through you to do so without judgment. You’ll become aware of the messages as they’re being given and you will also “feel” the love and understanding in the wording of the messages. The more you relax and just let it happen, the clearer your messages will be. Sometimes you’ll understand and just know, and other times you just feel and express the feelings of the messages you’re receiving. Other times it may be difficult to even find the right words to begin to express what you feel. Do the best you can. You will also know who your guides are, and when they have finished with their message. Some guides will begin with a simple, “Greetings,” give their message, and end with a word of farewell where they also state their

Journeys from the Heart Centre

names. Others will begin with a greeting and introduction that includes their name, and then end their message with a simple farewell.

There's really nothing more that I can share with you that will help you other than what I've already shared in the intro and notes and in the previous journeys. Channeling is a personal connection and relationship with your higher self and guides and one that requires trust on your part to allow yourself to open to their energy, thoughts, ideas and feelings, and to allow yourself to physically communicate and express their messages. While I stated higher self and guides, know that you can channel a variety of entities, both loving and unloving.

Returning:

- Channeling, like meditation, has a different returning process as once you reach your place of centre you don't journey anywhere; you simply remain in your place of centre and wait for your guides to come to you. As you are consciously aware when you are channeling you'll also know when the message has ended. With that awareness, you can slowly allow yourself to begin to feel your consciousness returning to your physical Body.
- Begin to move your fingers and toes and slowly move your neck and head. (Short pause)
- Take a few slow, deep breaths and when you're ready, begin to move the rest of your body, your shoulders, arms and feet, allow yourself to stretch and yawn if you want to. (Short pause)
- When you're ready, you can slowly open your eyes, if you had them closed, and bring your focus back into the room. You're now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time. (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience and the feeling in your Body. If you had a friend asking questions as you were channeling, then after a few moments you can discuss and share your experiences. If you wrote your channeling (auto writing) then you can read your messages, or if you audio taped your channeling, you can play the tape back. Usually when you hear or read it again, you'll again feel the love and compassion in the messages and you may be moved to tears. If you do become emotional after your experience then allow the emotions to move and express them as you feel you can.

Notes:

My Early Experiences

Early in my journey, I took a one-day group workshop to learn how to consciously channel, but what I found myself experiencing was actually a form of trance channeling and possession. I didn't channel on the first round, but I did on the second. I felt light headed and confused as I felt an entity energy around me, and then in the next moment, it slipped into my body. That sensation was electrifying and terrifying to say the least as my Body went into uncontrolled spasms and jerked violently for a few seconds. I then heard a voice that was not my own, speak briefly to the group. After the message was given, I felt the entity leave my Body. The experience left me feeling drained and out of sorts for several hours.

One woman in the class channeled Elvis Presley; she wasn't new at it like the rest of us, as she had already written a book about her and Elvis. When she was channeling, I felt she was giving mixed messages, not only in her channeling him as her guide, but also in what he was saying, as most of it centered around his life and not about sharing a spiritual message. I didn't like what I felt and I don't know why she was there, except to promote herself and her book. But as I was new, what did I know?

Although that put me off channeling as I had experienced it, I still felt that I needed to learn how to channel. It took me several years to not only develop a conscious channeling technique, but to also discern what was loving from what was not. You'll need to discern which is which for yourself and you can only do that by allowing your intuition to "feel" what is loving, and what is not loving and to not deny her expression. If your guides are of love, light and life, they welcome your questions and they will have no problem if you challenge them by asking direct questions, or if you express your intuition and emotions. They will always give you an honest, direct and loving answer, even if you don't fully understand it in the moment, you can feel their intent in their words, and it's not about control or denial. But (there's always the proverbial but) saying that, if your intent is bent, that is to say, not forthright and denial is present, then you'll attract those Beings and entities that will reflect your denials and intent. But like I've mentioned before, this is not a bad thing as it is what is needed for your experience.

Trust your Intuition

I've never had a guide that is of love, light and life, ask or demand to speak through me, or to take over my Body to give a message to another person. They've always given me the message that I'd share with a knowing as if they were my own thoughts. When channeling, you'll feel their presence around you,

Journeys from the Heart Centre

but you'll not feel them within you. If you do feel that an energy, or presence is trying to get into your physical Body, you'll experience a feeling of being light headed and disoriented as your consciousness is being pushed aside. You might also feel like you're losing control and being taken over. Like I've mentioned before, you always have a choice and the power to say no and to stop this invasion, but the longer you deny, the harder it is to stop the entity from trying to possess you, or to remove it, once it has taken over your Body, until it, is ready to leave. Once it has been allowed to possess you, it will be back, as you have opened the door for it.

When contacting your guides or what you think are your guides, if you have any doubt, give your intuition the benefit of the doubt and ask direct questions. Just because they are your guides, doesn't mean that they are better or higher than you, as that is also a religious belief. They are in a different place and are having a different experience compared to you, and as such, they can offer you spiritual insights and understandings, but also know that in many cases, while they may have spiritual understandings, they may never have had a physical experience and so they don't know what you know about physical reality. When it comes to trying to convey their concepts in physical terms, they lack the experiences to give you answers that you can relate to and apply to your physical reality. This is an issue with channeled messages, as now you have this spiritual insight, but no practical application or knowledge of how to process the information. What you need to do is to take the message and integrate the concept into physical reality, and that can only be done through the process of having physical experiences, and in most cases, it's by trial and error.

There's also nothing wrong or bad in channeling the dark side, as they also have things to teach you, specifically in allowing yourself to trust and follow the guidance of your Will, your intuition and feelings. You need to have the experience so that you will "know" what the other side feels like the next time you meet them. Once you have the awareness of who you are in contact with, the key to conversing with them is to be open to express your Will and not deny yourself in any way. I know this will sound paradoxical, but the more direct and forthright you are, the more you will see and feel how they work, and the more empowered you will become. While they may try to twist their words to confuse you, as long as you are true to your intent, and express what you are feeling, then any contact they have with you will only make you stronger. Once they know they can't get you to channel them and deny your Will, they basically leave you alone, but will try to find other ways to get you back into denying your Will.

Misinformation

Channeling is not to be taken lightly, as I mentioned before, as you can also open yourself to entities that are unloving. A lot of channelers mistakenly open themselves to entities of unloving light and falsely believe, as I did, that just because they're of the Spirit realm, that they are automatically loving. Saying

Chapter 10 – Conscious Channeling

that, there are also channelers out there that know exactly what they are doing and why when they're channeling these unloving entities. Now, you may begin to understand why there is all this confusing information and misinformation out there. Much of the channeled material that is out there today is of this level of conditional love, and while these guides seem intelligent, wise and loving, they're not of unconditional love. You'll recognize their work if you pay attention to not only what is being said, but also to what is not being said, especially about having acceptance for the Will and the expression of one's intuition, feelings and emotions.

Trance Channeling

There is a thin line between possession and trance channeling. While possession is generally defined as when an entity takes over a person's body and says and does whatever it wants, there is more to it. Possession is not all one sided as it requires agreement and consent. Being possessed is not simply "being taken over" against a person's will, as the entity has either been invited, as in trance channeling, or the person has left the door open for them by dabbling in forms of black magic, dark witchcraft, séances, Ouija boards, etc., where they're ignorant of the consequences of their intent and actions. Other invitations are when a person is severely depressed and suicidal, or depressed and drunk or on drugs. Even during a possession, the person is aware of what's happening, but has either chosen to be the silent witness enjoying the power play, or, in having given up control of their Body, are now too afraid to challenge the entity to remove it before it's ready to leave.

What is commonly known as deep trance channeling is actually a form of possession where you consciously evoke and give permission to an entity (Spirit) to enter into your physical Body for a specific purpose, that of delivering a message. While the entity takes possession of your Body, most of your Spirit slips away, usually experiencing a feeling of peace and reverie, with only a vague awareness of what is being said or happening. Among the most popular and well known trance channelers are Edgar Cayce, Jane Roberts and Seth, Daryall Anka and Bashar, Lee Carroll and Kryon, JZ Knight and Ramtha, to name just a few. Some deep trance channelers, like Edgar Cayce, used an assistant, while others are able to put themselves into their altered state and allow the entity to take possession of their Body. You'll know when you are dealing with such an entity possession, as there's a distinctive change in voice and mannerism in the person when they are channeling, compared to their normal voice and demeanor before channeling.

Conscious Channeling

Conscious channeling (which is what I share) differs from deep trance channeling in that you're not possessed or taken over. When a person goes into an altered state to trance channel their guide or entity, their voice and physical

Journeys from the Heart Centre

mannerisms change, while when a person is consciously channeling, there is no change as the person talks and acts like they normally do, simply because they're not possessed by the entity they are channeling. Another thing different between a conscious and a trance channeler is that a conscious channeler can slip in and out of channeling at will, as easily as if one was changing the subject during a conversation. This is not the case in a trance channeler, as they have to first allow the entity to leave their Body and then have their consciousness return to their Body so that they can be themselves, and that process can take a few minutes. Also, when the person does return to their Body, they have little or no conscious memory of what was being said by the entity, so they are unable to discuss what was channeled.

In conscious channeling you're totally aware of the entity, their thoughts, ideas and feelings, but instead of letting them talk through you using your Body, you express their thoughts, ideas and feelings while totally conscious and aware of what you're doing and in total control of your Body. In conscious channeling, you get what I call file downloads from the entity, which you then express as if they were your thoughts and ideas, except that you know they aren't yours. As the words are spoken or written, the next words or phrases are transmitted and downloaded. At the same time that the words are spoken or written, they are also recognized and felt by the person that is channeling them. Another interesting thing that happens when you channel is that your questions are answered as soon as you think of them and even if you don't pose a direct question, your thoughts and feelings are also acknowledged, so there are no secrets between you and your guides.

Feeling Drained

Channeling does not, repeat NOT feel stressful or draining. If you feel drained during or after any channeling session, you need to look at the possibility that you're giving your power away and that can only happen if you're in denial and channeling an unloving entity that has possessed you, and you know what is happening but you are allowing it to continue. But, having said that, there are also people who channel that feel energized after a session, and that's because they're feeding off the energy of others that are enthusiastically listening to them and not questioning them. In wholeheartedly accepting the channeled messages, the captive audience has given them their power, which makes the channeler also feel energized. These unloving channelers are feeding off of the denials of others, much in the same way that a pop star feeds off the energy of their audience that are there for a quick fix feel good experience, in denial of what they would be feeling if they were not there.

While I'm on the topic of feeling drained, the same scenario holds true if you are doing any type of energy or other therapy work, and are denying expressing what you are picking up from others. By denial, you are giving the person you are working on part of your energy, and while they will go away

Chapter 10 – Conscious Channeling

feeling energized, you feel drained and exhausted. And like channeling, the reverse is also true in that some energy workers can feel energized after treating their patients, as they are doing the reverse, and are feeding off of their patients. While their patient might feel better, they also feel drained and exhausted after the session because of their denials. Another example of how a person can feed off other people's energy is a political or religious figure stirring up the emotions of their following, or of a rock star doing a concert. Of course, the most blatant form of feeling drained and exhausted happens anytime you give your power away through any form of denial or avoidance. By denial, you end up feeling drained and exhausted and the other person will feel invigorated and energized. Of course, they and you will think that something is wrong with you, as you are not feeling like they are, but until you can see and feel the role that denial plays in relationships, and choose to end your denials, you are trapped in this cycle.

Chapter 11 - Feeling, Healing, and Understanding Emotions

(Co-equal Therapy)

We now get to what I consider to be the most important journey, the journey to our inner most essence and in healing and understanding our emotions and also the other aspects of our Being. What I share is not based on theory or assumptions, but on what I've personally experienced and have come to know as my truth. I say my truth, as it works for me, I can't say it will work for you as that is only something that you can determine if you apply what I share to your personal issues. As I mentioned before, in the course of my journey I was searching for something that would connect all the part-truths together. I finally found the missing thread, and what was common and linked them all was denial, and associated with denial was lies, omission and avoidance. Having that insight, I was now ready to explore the same issues again, but now from a different point-of-view. When I modified the tools to a non-denial point-of-view, I began to see how things really are, and not the illusion that others would have me believe they are. You will have to decide for yourself if you want to experience what I share to see if it also works for you. To do that, you need to not only have the intent to heal, but also be willing to step outside the constructs of your current beliefs, and that's not going to be easy to do. To know what works, you also need to know what doesn't work. While the introduction for this chapter is a bit long, it's necessary as it will help you begin to put the pieces of the puzzle together to know where I'm coming from.

Religion and Science

In my search for truth, I explored various sciences, including psychology and psychiatry, as well as many religions along with their beliefs and dogma, and while they all offered part-truths, none felt complete and loving. But instead of throwing the baby out with the bath water, I became eclectic and gleaned from them what I felt okay with and what I felt I could use. One example is the scientific concept of the Mind and the sub-conscious, and the Body with its hormones and chemicals, that I linked to Eastern religious and philosophical



Chapter 11 – Feeling, Healing and Understanding Emotions

concepts of the Mind and meditation, and the Body with its chakras and energy centers. Religion and science, similar but different, East meets West.

In this chapter, I'm going to be sharing some of my present points-of-view and understandings that will help you get a feel of where I'm coming from, and also help you on your healing journey. These understanding have to do with both religion and science that deal with the same issue, that of denial of the feminine aspects of our Being, our Will (intuition, feelings and emotions). Religion and science (the medical community) have, in their ignorance, or feigned ignorance, created a complimentary form of confusion, and while each uses a different approach and different words, they both create the same effect. Religion has created confusion with the terms Spirit and Soul, and the medical community has done the same with the Mind and Emotions.

Before we can begin to learn how to heal ourselves, we need to know who we are, and how, what, where, when and why we are damaged. To begin to answer these questions we need to acknowledge a fundament truth of “who” we are, and that is, that we are a Spiritual (energy) Being having a physical experience. I'm not stating this as any religious belief or dogma, but as a fundamental truth that resides at the very core of our being human. Not only is Spiritual (energy) and our physical Being at the core of most religions, but even science is aware that everything is a form of energy and that matter and energy are interchangeable.

I'm not going to go into any great detail or explanations regarding religious or scientific views and findings, as that is something you need to explore for yourself if you want proof. Asking me for proof, to prove it for you, is either coming from a place of ignorance, or feigned ignorance. Ignorance in that you haven't had the curiosity or drive to explore these areas for yourself, and feigned ignorance in knowing that there is truth in what I'm saying, but denying it. Asking me to prove what I've experienced is like me telling you that I've ridden a bike, which for this example, is something that you have never heard of or done. There is no way that I can convince you, or prove to you through the written or spoken word, and also, I don't have to. If you want to know, apply what I share and see if it also works for you and then you will know. I'm not asking that you accept what I say as your truth, only that you remain open to explore a different point-of-view that may expand your consciousness, your point-of-view, and subsequently, your truth, like in the fable of the blind men and the elephant that I shared in the preface. Either way, what you choose to do is your choice.

**“ Religion is a state of Mind;
Spirituality is a state of Being. - Shenreed**

Spirit and Soul

Religions, or ism's, including moral and social philosophies that have taken on religious characteristics, have with their part-truths and dogma, created confusion regarding our Divine essence in that they basically all teach that we are created by Spirit. While there is truth in that statement, it's only a part truth as we were created by Spirit and Soul. Another confusing religious concept that goes back to antiquity and is also associated with most modern religions, is that there is a separation between the physical realm and the Spiritual realm, and that the physical Body is somehow beneath, or less desirable, than the spiritual aspect of our Being. The reason for this separation is that when the Spirit or energy that animates the physical Body leaves, the physical Body dies and returns to the elements. Religious dogma would have us believe that death is merely the transition from the physical plane to the Spiritual, while birth is the opposite. Not understanding denial and how it creates death is what has been keeping us in this cycle of reincarnation, of death and re-birth. Part of the reason of coming back is to try to regain essence that was lost, but not understanding how it was lost, doesn't allow for it to be reclaimed. Associated with this is the religious belief that we have to endure and suffer in the physical to have our reward in the Spiritual.

Most religions also teach that God, the Divine Creator, Spirit, Holy Spirit, Yahweh, Allah, Jehovah, Brahman, Tao, Energy, Light, etc., is male, while some more liberal minded claim God is both male and female. Still other teachings state that referring to God as having a feminine aspect would create God as having a gender, when it is neither, implying God is genderless. To add even further confusion, the words Soul and Spirit are also used interchangeably.

Another area of confusion with religions is in the term "Divine Will" or "the Will of Allah" or "Gods will" etc., which has literally been taken to mean Gods choice, desire or command. We've also adapted the word "will" into our vocabulary to describe our choices, desires and commands. Religions expound God as being omnipresent, omniscient and of unconditional love, yet when we examine God as Spirit and its "Divine Will" intent, and how the words are really used (coupled with the awareness of the presence of denial) we see that the real meaning has connotations of control, determination, and the expectation of achieving a goal.

I feel that this confusion and denial of their true intent is yet another attempt by religions to negate, suppress and deny the feminine aspect of our Being, the Soul or the (Will) of God. They do so by using the term Will, as if it were simply an expression of Spirit (Mind), in the same way that the medical community (that I'll discuss later) puts the Mind in control of the Will (intuition, knowing, feelings and emotions). In other words, I feel it's a religious word game, meant to confuse, deceive and befuddle, and to keep us going in circles and under their control, as to challenge either the cleric, their religious beliefs, or the "holy word" is considered a blasphemy, taboo, forbidden, verboten and a

Chapter 11 – Feeling, Healing and Understanding Emotions

definite no-no. Since this issue with the word “Will” was brought to my awareness when reading the RUOW books that I’ve previously mentioned, I now use the word “Will” to mean, (intuition, knowing, feelings and emotions) as they are related to the Soul. Soul or Will is the Divine Mother or feminine principle of God. Our personal Will is not separate from the Divine Will, and neither is our Spirit, separate from the Divine Spirit.

As I now see it, for a Spiritual (energy) Being to manifest a physical Body, “as above so below” we (as a Spiritual Being) need to transfer a part of our essence (energy) into the physical plane in order to animate a physical Body with which to experience physical reality. Furthermore, we have both a Spirit and a Soul, and while they are intrinsically connected, they are not one and the same. Our Spirit is associated with our Mind, God, masculine, thoughts, thinking, analyzing, ideas, logic, reason, knowledge, positive polarity, electric, light, giving, right, exhale, push, hot, silver, etc. Our Soul is associated with our Will, Goddess, feminine, intuition, feelings, emotions, knowing, desire, negative polarity, magnetic, dark, sound, receiving, inhale, pull, cold, gold, etc. Not only do we have a Spirit and a Soul, but we also have Heart essence that is associated with love, compassion, acceptance and connection. Together, they take on the fourth aspect of our Divinity and that is Form, or our manifested physical Body, and collectively, all four parts become one, and we (as an energy Being) are able to experience life and what we call physical reality.

A scientific way to visualize and understand the relationship between Spirit and Soul, is to compare them to the inter-relationship of electricity and magnetism in producing an electromagnetic force, (energy) which is connected to everything in our reality. Where we have one, we also have the other, and when either one moves, so does the other. That is to say, if we have an electric voltage (+ and -) with a conductor forming a complete circuit, we then have current flowing through the conductor that induces a magnetic field encircling the conductor. Or, we can have the opposite take place when we have a magnetic field moving near a conductor that is in a closed circuit. The magnetic field now induces an electric current that flows through the conductor and an electric voltage is produced. Two completely different forces and forms of energy intrinsically connected and unified as one. Don’t believe me, check it out for yourself.

Differentiation and Consciousness

An example of totally separate and different parts or systems being connected and operating as one can be seen in our very own physical Body with its seven self-contained systems, each with their separate and unique functions, which collectively form our physical Body. The seven major systems are:

- Neocortex (brain) system
- Limbic (spinal column) system

Journeys from the Heart Centre

- Heart and lungs (blood and circulation) system
- Digestive (food and elimination) system
- Reproduction system
- Muscular and skin
- Skeleton

All seven systems are separate, yet they work together as one system, in one form, our Body. Each system is totally different from the other and neither can one do what the other can, yet all are dependent on each other for survival. These systems are a part of our Bodies consciousness, yet they are all connected to the other conscious aspects of our Being.

We have four separate aspects to our Being, (Mind, Will, Heart and Body) and each aspect has a separate and unique consciousness. While they are separate, they are also connected, not only to each other, but to all that is. It's easy to generalize, overlook and deny that there are four aspects to our Being, but when you really stop and begin to become aware of these parts, you realize that they are indeed not one and the same. Once we become aware of the four parts of our physical Being, we can also begin to understand the number of different voices that we're hearing, and why there's this inner battle that seems to be constantly raging within us. When we allow ourselves to be open to this concept, we begin to see the separate parts of us that are all connected and dependent on one another in order to live. Presently, all are being controlled by our Mind, or rather, our altered Mind, altered by imprints, programs and beliefs. In addition, the Mind is also in denial and being manipulated and controlled by the inner critic, guilt and shame that are not a part of our conscious Being, but have attached themselves to us, and we to them. Besides what I have already given regarding Spirit and Soul, the following are other examples of our different forms of consciousness.

Spirit - Mind Consciousness: thoughts, ideas, logic, reason, knowledge, memory, problem solving, speech, writing, etc.

Soul - Will Consciousness: Intuition, knowing, feelings and emotions, afraid, happy, heartbreak, abandoned, lost, alone, rejected, worried, stressed, anxious, angry, etc.

Heart Consciousness: love, compassion, connection, acceptance, balance, unconditional, freedom, peace, etc.

Body Consciousness: hunger, thirst, hot, cold, pain, exhausted, sick, dizzy, itchy, etc, plus the five senses of sight, sound, taste, touch and smell.

Chapter 11 – Feeling, Healing and Understanding Emotions

When we deny and have no acceptance for a part of our conscious Being, that denial brings with it a lack of Heart consciousness (love) that then negatively affects the other aspects of our Being. Lack of Heart (Love) presence brings forth conditional love and heartlessness. This Heartlessness then impacts all the other aspects of our Being with issues of hate, judgments, attachments, denial, conditions, rules, power and control, that are brought forth by the inner critic, guilt, shame and our denied rage, that create duality or our dual reality of right or wrong, good or bad, etc.

Mind and Will

I mentioned earlier that you needed to know what the other voices were, and this is part of what I was alluding to, as I also mentioned that you can't heal, if you don't know what needs to be healed. At the beginning of the book I also mentioned a shift in consciousness that's occurring, and that's the shift away from the Spirit polarized mentality of having our Spirit (Mind) in control of our Soul (Will – Intuition, knowing, feelings and emotions) and also our Heart and Body. This shift is away from the present mindset of dominance and control, denial and conditional love, to one of co-equal status where there is unconditional love, compassion, acceptance and a connection with all parts of our Being.

I'll now briefly discuss the scientific community but more specifically, the medical community and its denial, omission and avoidance approach to dealing with the feminine aspect of our Being, our feelings and emotions. While on the surface the medical community appears to be dealing with different topic and issues, on closer examination (now that we have explored the Spiritual aspects of our Being) we find that they're not only dealing with the same topic, but also have similar views to that of religion. For starters, the "esteemed" medical community also doesn't recognize the Will (Intuition, knowing, feelings and emotions) as a separate, yet intrinsic part of our Being, other than to classify the feelings and emotions as a bothersome construct of the Mind that needs to be subjugated and controlled. They call this process of emotional rejection, avoidance, suppression and denial, good mental hygiene, (like cleaning ones teeth) and when one is unable to suppress or deny their feelings and emotions satisfactorily, then they're diagnosed and deemed to have a "mental" health issue created by a chemical imbalance in their brain, that if deemed serious, can be treated with drugs. If they are not considered to be that serious, they can be addressed with cognitive therapy, where they learn how to mentally cope or handle their emotional problems and issues. These approaches are ignorantly unscientific in their lack of understanding, as they fail to realize that they're merely treating the symptoms and not addressing the real cause. Not only that, they're also barbarically cruel, as their form of treatment creates more suffering because it doesn't work, yet they ignorantly and righteously claim otherwise.

Journeys from the Heart Centre

I mentioned earlier, that in order to know what works, you also need to know what doesn't work. Contrary to the current medical community's position, emotions cannot be healed with drug medication or cognitive therapy, as they would have us believe. Another misconception they have are that "emotions" are a "mental" problem and that we need to mentally control our emotions whenever we feel anything that we don't like or that other people don't like. Another popular myth is that adopting a "positive" attitude will make everything all right. Still another old cliché that doesn't work is that "time heals all wounds." The reason why none of these methods work is because they're all based in denial, omission and avoidance and focus on treating the symptom, instead of looking for, and healing the cause.

If avoidance, omission and denial were valid healing tools, and the truth, then we should also be able to deny when we have a broken leg and go on with our "normal" life pretending that everything is fine, including ignoring and denying any gangrenous infection that affects the rest of the Body that could lead to death. Another scenario is that the broken leg sets and heals itself, but now the leg is twisted and deformed and we walk with a limp, forever scarred, not only by the original denial, but also all the subsequent denials.

Our emotional Body is just as real and just as valid as our physical Body and our mental Body, and it needs to be treated as such, and not denied. If feelings and emotions were not real and valid we wouldn't have them, or they wouldn't have the affect on us that they do. Our emotions are the part of us with which we experience life. Just because emotional and mental abuse doesn't leave physical scars, that doesn't mean that damage and scarring doesn't occur. How and why some of us experience them in a so-called negative way, and others don't, is also part of the reason that there's all this confusion.

Throughout this book I've made references to non-denial, to ending our denials, and to expressing our Will (intuition, knowing, feelings and emotions) and now you're going to begin to put the pieces together as you move into this healing journey. The key to healing and empowering yourself lies with your Mind and its openness and willingness to give up being in control. I've also mentioned duality that relates to all things and it's this dual reality that has imprinted and programmed us to believe in the illusion and negate reality. If your mind is unwilling to move past its point-of-view and you haven't been able to allow your Will to move in the previous journeys, then I don't recommend that you continue with this journey as you will only cause more damage, not only to your Will, Heart and Body but also to your Mind, as it closes itself off even more to the other parts of your Being. If this is the case, I strongly recommend that you start over, and this time, not move past your intuition, feelings and emotions and to allow yourself to express what you've been denying and avoiding, but of course, the choice is always yours.

Conscious and Subconscious

Now that we have an idea of where the confusion comes from and what doesn't work and why, we can now, taking the previous understandings into account, begin to delve deeper into our psyche to explore and understand it, so as to enable us to heal and empower ourselves. Like a computer, we have programs and imprints that we run on. Some of these imprints and programs run different organs in our Body to keep us alive. Other imprints and programs are ones we learned, like language, speech, walking and doing repetitive things without specific conscious awareness. Then we have all our social imprints, programs and beliefs that include, religion, politics, education, ethics, morality, customs and traditions, etc., that are taught and drilled into our minds, and, like a computer, the same rule applies, garbage in, garbage out. Like a malfunctioning computer program, what has been created can't be uncreated, but a new program can be written to replace it, and this is what we need to do on a conscious level. What was created in denial can't be and doesn't need to be changed, as what is needed is a new non-denial program. The old programs will self-destruct when they no longer receive the energy that was supporting them.

But there is more, as beyond the imprints and programs that society has imposed on our conscious and subconscious, there are also all the imprints and programs that were put in place beyond space and time, that go beyond our present experiences, all the way back to the very beginning of our creation and existence. These reside at the very core of our Being, in our DNA, and are commonly referred to as natural instincts. Mind (thoughts and ideas) and the Will (Intuition, knowing, feelings and emotions) have been running on these old imprints and programs that they believe are truth, and which lie buried in their respective sub-conscious. What we are about to explore and heal, lies buried in our sub-conscious and even in our unconscious, and is something that we have never done before or allowed ourselves to even consider doing.

As I've mentioned, it's the Mind that needs to open first and move past its present point-of-view to allow the Will to move and be expressed. If the Minds thoughts and beliefs are indeed the truth as Mind claims they are, then there's nothing wrong or to fear, with the Mind allowing itself to go where it has never gone, and that is into the Wills subconscious to see and feel if what the Mind presently believes to be the truth, is still the truth. What is also needed, is for the Will to allow herself to move in the same way, into the Minds sub-conscious to see if what she holds to be the truth is really the truth. If it is the truth, then nothing will change. If it's not the truth, then both Mind and Will will have gained understanding and a new perception of truth.

Mind has to allow itself to go into the Will's sub-conscious to feel what it has never felt or experienced before, that it claimed to be ignorant about, or said was nothing. The Will has to also allow itself to hear what Mind is saying in order to understand the role that imprinting and denial has had on its experiences and to allow the Will to stop hating the Mind for what it believes

Journeys from the Heart Centre

were all intentional motives and actions. The inner battle and the blame game needs to stop if healing is the intent.

Most of our subconscious is presently being used to suppress what it doesn't want to feel or know, and this in turn, similarly affects the conscious Mind and our feelings and emotions. The subconscious Mind and Will are running on imprints and respond only to what is similar and can't do otherwise unless there is first acceptance in the conscious Mind to think in another way, other than what its imprinting says is the truth. Once the Mind has opened and moved off its imprinted point-of-view, it gains an expanded understanding. While our subconscious re-acts to what is similar, the conscious Mind looks for what is different, things that are new or have changed. Our imprints, programs and beliefs are associated with the original cause and our present experiences are the resulting effects.

While I've made reference to the fact that we have both the subconscious Mind and Will, I need to emphasize that while they are intrinsically connected, they are not one and the same. While both have imprints and programs that were created by the same experience, their imprints and programs are different, because of different points-of-view. The Mind's subconscious holds the imprints and programs it made about the Will, while the Will's subconscious holds the imprints and programs it has about the Mind. In addition, the Body also has its version of imprints and programs that are related to the same experience as well as habits.

Our conscious, subconscious and unconscious collectively hold not only our present knowledge, memories, feelings, emotions, imprints, programs and beliefs, but everything that we've experienced in our entire existence. It's important to realize that these forms of consciousness are stored throughout our entire Body, in our cells, DNA and in our chakra energy centers. These memories and experiences that are stored in our collective consciousness contain both what are judged as good or positive experiences, our triumphs, joy, pleasure, talents and gifts, as well as what are judged as our bad or negative experiences, our failures, heartbreak, terror, fears and issues and also includes our lost talents and gifts. This collective consciousness of our lifetimes can be associated with Karma, but unlike the traditional definition of Karma, our experiences in this lifetime are not about retribution for what we did to others in past lives, but about what we did to our-selves, the other parts of our Being.

The conscious and the subconscious Mind, when given the opportunity, will always take the path of least resistance, meaning avoidance and denial, as that's what it's programmed to do. Avoidance and denial are imprinted and programmed into our conscious and subconscious, and it's only by our conscious intent to end our denials and avoidance issues that we become aware of our imprints, programs and beliefs, which in turn, are creating our dual reality. Popular belief and opinion is that if we don't like our current reality; we can change the outer reflection by omission, avoidance and denial or by using a

Chapter 11 – Feeling, Healing and Understanding Emotions

positive attitude or affirmation, which of course is the easiest route, a “quick fix.” But for those of us that “feel” and have the magnetic qualities of the Will, this method never works, or if it does, it doesn’t last long.

When we finally realize that we can’t fix our inner issues by trying to change our outer reality, we make the connection that reality emanates from inner consciousness. We can then choose to change ourselves, our inner consciousness, by clearing the old charges held in our imprints, programs and beliefs, which in turn, will change our outer reality to one that we desire. That sounds easy, but if it was, everyone would already be happy, healthy and enjoying life. Healing and changing the inner will be challenging to say the least, as our conscious and subconscious Mind and Will have been habitually choosing the path of least resistance, and to now get them to do otherwise, is contrary to what they consider to be the truth and necessary for their survival. That’s where Heart comes into the picture, as Heart is needed in order to begin to allow the changes to take place and to bring balance. It does so by bringing awareness of denial and avoidance to the conscious Mind that then chooses to not only end that particular denial or avoidance issue, but to continue to find and do the same to all things that it has been judging and denying.

Using all the Tools

Earlier in this book I made a comment about denial based meditation and mentioned that it was important to do it at least once so that you’d have the experience of knowing what your Mind, your “I am” presence felt like. Once you are aware of what your Mind feels like, you can then differentiate what is your Mind, and what are the other parts of you, and to also recognize the other voices that are not even a part of you. In working with each of these journeys, you’ve been preparing yourself for the most difficult journey of all, and that’s to remember and feel what you don’t want to remember and feel, what you have been trying to hide, avoid and deny. What memories, experiences, feelings and emotions that you’ve already touched have been steps to lead you to this next step or stage of healing, that of healing your fragmentation and the separation that you have been feeling.

I’ve mentioned the RUOW books before, in that they greatly assisted me in not only changing my point-of-view about my feelings and emotions, but also about many other things that just seemed to make sense even more, once I explored them by combining the material in the RUOW books with my journey “tools.” While the words and concepts in the RUOW books are important, they are not what made the changes in me. What changed or shifted in me was my reading and feeling the words and then in accepting and applying the teachings, by allowing myself to put the concepts into action and to experience it for myself, to see if it really worked. It did, and does work, and that’s why I’m writing this and my other books. I recommend that you also read the RUOW books in the order that they were given, and combine them with these tools that

Journeys from the Heart Centre

I'm sharing here, as combining them will assist you even further than just what these tools or the RUOW books alone can do for you. While I recommend that you read and explore them, the choice is always yours.

Although these tools are a way to get your conscious Mind to move into your subconscious and unconscious memories, feelings and emotions, it's the releasing of the mental judgments that are suppressing your feelings and emotions that is the important first step. Once you have acceptance for your feelings and emotions and can end your Minds denial of them by giving them expression, that loving acceptance will prepare you to end your other denials when you will be activated in a real life situation. These little steps are important because without them, the bigger ones would be next to impossible. If you have a friend that can help you, that's great! By friend, I mean someone that will not talk you out of expressing your feelings and emotions, but will allow, and even take you deeper into feeling them, if they feel so directed.

The reason I presented this introduction material is to give you some background as to what is to follow. As I stated earlier, you're going to have to challenge your old beliefs not defend them. If you're having a difficult time accepting the concepts I've given here and you aren't willing to honestly try them out for yourself to see if they work, then you're going to have a hard time working with, and understanding the rest of the material. Furthermore, you will not be able to heal your issues by applying the healing experiences these tools give you to your personal life experiences. The inner has to change before the outer can change, and if you're still clinging to your old beliefs, nothing has changed or can change. If you're okay with things so far, I've added more information in Notes, that you'll be able to use and come to understand more fully as you continue to experience them on your own healing journey.

If you're the person doing the healing journey, all you really need to do is to express whatever feelings and emotions, fears, or blocks you feel and to also help direct your facilitator if you feel that you need their help during a journey. If you have shame of crying, blowing your nose, not having a Kleenex, slobbering, drooling, belching or flatulence, allow yourself to express your shame. Quite often you'll be caught off guard and you'll have no warning as to how your Body is going to respond and this is par for the course. If you've already expressed your fears and shame, it will not be as terrifying or shameful when your Body responds and you won't shut yourself down in expressing your feelings and emotions. If you're feeling cold and need a blanket or you need a drink of water or a tissue, ask for it. Asking for what you need will not diminish your experience, but denying asking for what you need will, because your attention will be focused on what you want, but aren't asking for, instead of feeling and expressing what you need to heal. This fear of asking issue is also related to healing the inner and outer child, as the fear of asking for what you need, or for help, is linked to the original traumatic experience when you either couldn't ask for help or if you did, no help was given. This in turn, set up an

Chapter 11 – Feeling, Healing and Understanding Emotions

imprint and program of not asking for help or what you need, as you wouldn't get it anyway, or in the way you want or need.

If you're the one facilitating or conducting the journey, allow yourself to be as open as you can to feel and empathize what the other person feels, as this is also for your experience and your release as well as theirs. Also, allow yourself to express whatever you are feeling and picking up, as sometimes the person doing the journey is blocked and by you expressing (not explaining) what you're feeling and intuitively picking up from them, will allow them to also give themselves permission to release and express their denied emotions. If you intuitively feel drawn to do toning, drumming or whatever, do it. If you feel you need to do some energy work or simply hold open a space, do it. Follow your intuition. There is additional information under Notes that will also assist you.

In working with either your inner or outer child, you are basically following the same guide lines as outlined in visualizations, clearing your astral plane and past life regression, except that now, you apply it to the inner or outer child. I'll not be giving you a long and detailed example of this journey as I feel that this specific work is far too complicated to try to explain in one example. By now, having experienced all the other journeys, you should have a good idea of how things work. I'll basically get you started and then later in Notes, I'll share more details, as well as providing personal examples and experiences that will assist you when you're guiding another, or doing work by yourself. You may also find that you may need to combine different journeys in one session in order to reach a specific issue.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. Our intent is to journey back in this lifetime to whatever experience or experiences we need to explore and heal at this time.
- Note: If you have a specific intent, then you can include it at this point and include anything that you know about the experience or your issues that you feel guided to explore on this journey to find your inner or outer child, as this will also help you. If you're doing this journey by

Journeys from the Heart Centre

yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that surface, and to also allow yourself to ask questions or to express your observations.

I'm now going to demonstrate a basic example of an inner/outer child journey in an open dialogue format with Q representing the Questions or directions of the person facilitating the journey and A representing the Answers or responses given by person doing the journey. With this format, I hope to give you an idea of the flow and feel of the experience. In the following example, I'm going to relate a personal experience of one of my "outer" child fragments, but before I do, I need to give you some basic background information that's relevant to the journey.

It's the early 1950's. I'm a Catholic, German speaking, farm boy going to a Protestant, English speaking school in a small prairie town in the province of Saskatchewan, Canada. The school is a two story, four-room brick building, teaching grades one to twelve, with three grades in each room and where one teacher taught all three grades. Both my parents were born in Canada and had gone to school and could read and write English, but all they ever spoke at home was German and that was the only language I knew when I started school. I was the eldest and I had a sister and brother at the time. This journey was my experience on the first day of school that was to not only create major fragmentation, but also set in place a host of imprints, programs and beliefs that would have a profound effect on my life experiences. One more thing I need to add is that I was psychic and empathically sensitive, as I knew what people were thinking and feeling without them saying a word. So now I'll begin the journey.

The Journey

Q "Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you're ready, in your Mind's eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that's okay too, you may just sense or feel that you're in the mist or somewhere outside your physical Body. Tell me when you feel you're in this mist, this space, feeling safe and secure?" (Short pause)

A "Yes, I'm in the mist."

Q "Okay, now allow yourself to move through the mist, move back in time in this lifetime and allow yourself to stop at the first significant experience that you need to see, feel and remember for your healing." (Pause)

Chapter 11 – Feeling, Healing and Understanding Emotions

A “I’m six years old. I’m excited about going to school but also afraid because I don’t know anyone. My father is with me. We’re walking up to the school, kids are laughing and pointing their fingers at us. I’m confused, I don’t know what they’re saying but I can feel it’s not nice. As we go into the school, all I hear is noise. There are kids of all ages and some are very big. All the kids are talking and shouting but I don’t know what they’re saying, it’s all noise to me. I’m afraid and I want to go home. My father says I can’t, that I have to go to school, it’s the law. He talks to a woman and then takes me into a room where there are lots of other children, some my age and some a little older. When we enter the room, the noise inside the room stops and I can see and feel them all looking at me. It’s not a nice feeling, as I can feel and read their real thoughts.” (Pause)

Q “And what’s happening now?” (Pause)

A “I feel heartbroken as this isn’t what I thought school was going to be like. I thought I’d meet other children and it would be an escape from my life at home, but this is even worse. I don’t know what any of them want or expect of me and there’s a lot more of them, and not just my mom and dad. Before I felt confusion and terror, but now it’s heartbreak, utter and deep heartbreak.” (Crying, sobbing, wailing, trembling, shaking) (Pause to allow the emotions to move)

Q “Okay, if there is nothing more that you need to remember and feel in this experience, and when you’re ready, allow yourself to move to the next event and experience.” (Pause)

A “My dad is leaving, he’s saying that he’ll be back after school but I don’t know when that is. He’s saying that I’ll be alright if I just listen and learn to be like the other kids. I don’t want him to go. I want to go with him. I’m shouting and crying that I don’t want to stay; that he shouldn’t leave me, but he leaves anyway. I feel abandoned, alone and lost. I’m in shock that this could be happening to me. I can hear the other kids talking and although I don’t know the language, I can feel and I know what they’re saying and feeling. All I can do is feel, feel them and feel what I’m feeling. I’m awash in unexpressed emotions. (Crying) There’s no love here, there’s no love in this world, this is not my place; this is hell. What am I going to do? How am I going to survive?” (Pause)

A “I can see and feel parts of me breaking off myself, and parts of my fragments breaking off of my fragments. I’m shattering and I can’t stop it. Heartbreak; heartbreak is all that I feel in this moment. I can also feel how I’m being imprinted and programmed. That there is no love or acceptance here, that I’m unwanted, abandoned and left to face this all on my own with no understanding and no way to communicate what I want or need, or even what I feel. Beside the heartbreak, I feel helpless, powerless, and a sense of hopelessness. There is no acceptance for me to be me, not even for myself, and that now, I have to learn to be like the others if I’m going to survive and be accepted. I can feel myself shutting down as I’m fragmenting more and more of myself out of me. I feel numb.” (Short Pause)

Journeys from the Heart Centre

Q “I want you now to find one of those lost fragments and go to him. And when you find him, talk to him; ask him what he wants to say to you and what he wants to do?” (Pause)

A “Yes, he’s in the corner of the room, his eyes are blue, so very blue. He looks so terrified, small and alone. He’s a part of my Heart; I can feel him. He’s afraid he’s done something wrong and that I’m not pleased with him and he’s afraid of me. He feels that I don’t love him, and he’s right; I haven’t loved him, I’ve been hating him and his feelings. I didn’t know he was there or that he was outside of me. Now I feel heartbroken and also guilty and ashamed that I’ve done this to this part of myself.”

Q “Allow yourself to let go of the guilt and shame and to forgive yourself, you had no choice and no way of knowing, and no way to experience it any other way. You can’t change what happened but you can now heal this part of you.” (Pause)

A “Yes I can feel how I’ve felt guilty and ashamed and that there was something wrong with me. That I wasn’t good enough and this is what this part of me feels, that he isn’t good enough and that he’s done something wrong. He’s confused that I’m here now.”

Q “Tell him that you have come for him, that you want him to be a part of you again and not apart, or separate from you.” (Pause)

A “He doesn’t trust me and he is also afraid to hope that this is real and that it isn’t some sort of trick.”

Q “Assure him it’s not a trick, tell him that you know he is here, that you now have acceptance for him and that you want to feel and express whatever he’s feeling and that he doesn’t have to feel it alone anymore. Tell him that he’s a part of your Heart, and that you want him back in his right place, inside you, in your Heart. But don’t just say my words, say whatever it is that you are really feeling.” (Pause)

A “I’m holding out my arms. He’s standing up now and moving toward me. He touches my hand and then slowly moves into my arms. I hug him and as he hugs me, I can feel him move into my chest, my Heart, my Heart centre.” (Crying tears of joy) (Pause for the integration)

Q Okay, do you feel there is anything more that you need to do at this moment that is related to this experience?

A “No, He’s saying that he’s glad that I love him and that now he’ll help me find the others.” (Pause)

Q Allow him then to lead you to the next fragment that you need to be aware of and to begin to heal.”

>>> At this point the journey is interrupted and no further dialogue is shown.

Note: While I deliberately stopped here, the journey continued with that fragment showing me another lost piece of myself and integrating it. It’s also

Chapter 11 – Feeling, Healing and Understanding Emotions

important to note that this experience was the first and one of many contacts with my “outer” child fragment and in working on expressing and healing various emotional issues that were related to that experience and future experiences. This format applies to working with both the inner and outer child. The basic difference is that the outer child is much more difficult to reach, as you have pushed it out of your conscious awareness. Working with your inner child and what you do remember, will help you reach your fragmented outer child that you don’t remember.

A typical journey can last from thirty to sixty minutes or longer, and I feel that this should give you an idea of the format and techniques needed to complete the journey. Usually with most journeys, there are at least three mini journeys within each journey revolving around the issues that you are dealing with. While a journey may at times seem scattered and disjointed, later, when you examine the various issues in each, you’ll find that they all have a common thread to whatever issues a person is dealing with, or things they needed to look at. You may also find that you will need to combine different journeys in one journey; that is to say that you might start with an inner or outer child journey and also do an attachment release. Follow your intuition to know when or where to go on these journeys and again, like in the other journeys, allow things to run their course, go with the flow.

When you’re guiding another and have finished the last portion of the journey and you both feel that it’s time to return, then simply follow the procedure that is outlined at the end of this journey, and then move into the returning and integrating process. If you’re doing the journey on your own, then simply modify and use the same basic format.

>>> We now continue the journey.

Q “Now before you return, do you feel there is anything else that needs to be done today?”

A “No, I feel that’s all for today.”

Q “Okay, then we’ll end this journey.” (Only do so if you also feel there is nothing more)

Returning:

Q “It’s now time to return, to end your journey and to re-enter the blue mist. Let me know when you’re back in the mist?” (Short pause)

A “Yes, I’m going back into the mist.”

Q “Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you’re back and can see your Body?” (Pause)

A “Okay, I’m back.”

Journeys from the Heart Centre

Q "Now, while you're in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now." (Short pause)

Q "Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe, secure and at peace. Let me know when you're back in your Body?" (Pause)

A "Yes, I'm back in my Body."

Q "Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head." (Short pause)

Q "Take a few slow, deep breaths and when you're ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to." (Short pause, watching the person come back into their body)

Q "When you're ready, you can slowly open your eyes and bring your focus back into the room. You're now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time." (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or if you keep a diary or journal you can write down your experiences. As previously mentioned, it's desirable to express your emotions as you're feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

Heart and Heartlessness

The title of this book is "Journeys from the Heart Centre." I chose that title for a specific reason, that being that any form of healing has to begin with Heart or love presence. If there is no intent by the Mind (Spirit) to allow the release of its judgments that have been denying and suppressing any form of movement and expression by the Will, (Soul) then no healing is possible, and all that you will be doing is going in circles.

Heart is afraid of losing the little conditional love and acceptance it is getting from Spirit (Mind) and as such, is afraid to challenge the Mind when it feels that the Mind is being controlling and unloving. In doing so, Heart

Chapter 11 – Feeling, Healing and Understanding Emotions

becomes a servant to the Mind in the same way that Will and Body are servants, but for different reasons. Heart is the bridge that will allow healing to take place, but if Heart doesn't move to bring balance between the Mind and the Will, then healing is impossible. As long as Heart is afraid to say anything that will challenge Minds authority, and merely agrees with Minds choices, Mind allows him to tag along. Heart is not being loving to itself or the other aspects of self, by denying and sacrificing itself just to keep the peace. It's not unconditional love that is being expressed by self-sacrifice, but conditional love and heartlessness and with that comes judgments, conditions, expectations and of course, denial. Mind is not loving here either as he is unwilling to be challenged, or to even challenge his own judgments and beliefs. Hearts heartlessness and Minds judgments then combine to deny the Will and the Body and in so doing, become the doer's of evil, filled with aspects of Luciferian Light, pretending to be loving and doing what is best for all.

Many people falsely believe that they love unconditionally when they sacrifice themselves to make others happy. It's impossible to be unconditionally loving toward others without being unconditionally loving to yourself first. You can't give what you don't possess, and simply saying that you are loving unconditionally while not giving all parts of your Being the same love and acceptance you extend to others, is not coming from a place of unconditional love. To love yourself unconditionally requires unconditional Heart presence, by having acceptance and compassion for yourself to do what you have never done before, and that is to allow your Will (intuition, knowing, feelings and emotions) their real expression in the moment they are felt. That's why I say, "Healing begins in the Heart."

“ *Healing begins in the Heart. - Shenreed*

Judgment Release

The Mind has the ability to unite these denied aspects of its Being by ending its judgments and denials, but to do that, Heart needs to tell the Mind when it is in judgment or denial, and that what Mind is planning to do is not loving, not only to others, but to the different aspects of self. This is something that Mind needs to be aware of and feel, and then choose to allow itself to do what it has never done before and that is to allow the other parts to unconditionally express themselves by giving them a physical voice.

You have a Mind and how you use it is your choice. If your intent is to heal, then you need to have your Mind apply the same rules to healing what it has been denying and avoiding, as it does to the things that it has acceptance for. Looking at things that you don't like is one sure and quick way of bringing up the judgments and issues that you are denying. Once you begin to release your mental judgments, you can begin to find the underlying causes of your

Journeys from the Heart Centre

issues. Your judgments originate with your imprints, programs and beliefs, and are being fueled by the inner critic, guilt and shame. They're also being reinforced by your false emotions that agree with the Minds judgments. That's why Heart presence is needed to bring balance to these two confused and conflicting aspects of self, so that healing and understanding can take place.

Judgments are thought forms that are attached (attachments) to the thinker based on past experiences that need to be identified, felt and released. When you find yourself having projections and expectations, you can be sure that you have judgments based on future (probable) experiences that you need to also address. In the process of doing this healing work, one judgment that is difficult to release is that healing is impossible and that you are a failure and doomed. Mental blocks are also forms of judgments as the Mind intentionally blocks these unwanted thoughts and feelings as it thinks they are too overwhelming, but that is only true to a closed Mind that is filled with heartlessness. Finger pointing is a good example of judgments that go hand in hand with denial and can be used as a tool to find your issues that need to be healed.

As you begin to identify, feel and release your judgments and allow your intuition, feelings and emotions their expression, the Mind will gain new understandings that it never had before, both about its judgments and about the feelings and emotions that it had been denying. This is a slow, step by step process, and as you remove one judgment or block, you will find another and then another, until you come to the door of your fear, that, when opened with love, allows you to move your fear by expressing your denied intuition, feelings and emotions. Judgment releases are also necessary so that you can begin to identify your inner voices and dialogs, and then, with Heart presence, deal with them appropriately.

Find a judgment and you will find a denial. Find a denial and you will find a judgment. Releasing judgments opens the door to ending denials. Ending denial, releases the judgments that kept your intuition, feelings and emotions locked in place. If you find yourself repeating things, then you need to look for the judgments and denials that are creating this reality. In releasing your judgments, they must be real and heartfelt and not just an affirmation or mental understanding. Part and parcel of releasing your judgments is to forgive yourself for believing your judgments were truth. Past experiences are a source of hindsights, but judgments either twists the truth or creates part-truths. A good way to begin to identify and release your judgments is to write them down, and as you think/feel them, release them and give them whatever emotional expression you can.

As an example, learning to heal is like learning to ride a bike. You didn't know how to ride a bike the first time you got on one. In the process of learning, you needed to fall and get up and try and try again. Falling off the bike will bring up your fears and mental judgments like, you don't need to ride a

Chapter 11 – Feeling, Healing and Understanding Emotions

bike, that bikes are stupid, that you are too small, that the bike is too big, or whatever other excuses your Mind can come up with to avoid having to deal with something that is unknown. Instead of making judgments as to why it's not your Minds fault and blaming the bike or whatever else you can find to blame as being the problem for your lack of success, use your Mind to find the reasons why you are falling off the bike and then correct your actions. Then, when you are able to balance and ride your bike, you will know and understand why you fell, and what to do to not fall in the future. The same scenario holds true with releasing your judgments and ending your denials, and accepting and healing your feelings and emotions that you deem as being the problem and the cause of your lack of happiness and success.

While Heart presence is required for the Mind to open and accept the lost Will it has denied, lost Will also needs to open and accept the Mind and let go of its judgments and beliefs that it will be denied and rejected as it was in the past. The Mind needs to be real, as the lost Will fragment is not going to open if it feels that the Mind is not real and genuine. Again, Heart presence is what is needed to help bring balance that will enable healing to take place between all aspects of our Being. If the Mind is truly open and has intent to heal, lost Will, will feel that love and acceptance and will begin the process during the mini healings that these tools will be providing. But, if the Mind has bent intent, and is not willing to “walk his talk” and doesn't put his words into action and practice during ones daily activities, then not only will the lost Will be shut down again, but you will also lose more of your personal Will that you previously had acceptance for. It all comes back to intent and Heart presence.

Inner Voices and Dialogues

Earlier, I mentioned differentiation and having to learn to identify the voices you hear inside your head. While you may think that everything you hear inside your head is coming from you, that's not the truth. Yes, you have a Mind that does the so-called analytical thinking and directs the actions of the Body, but there are other voices you need to be aware of that are also you, your Will, Heart and Body. But, besides the inner voices that are you, there are also other voices that are not you, those of the inner critic, guilt and shame. But there is more, as an empath, you can also pickup on other people's thoughts, feelings, emotions and even their Body pains, and may become confused, thinking that they are yours. And on top of all that, you also have the voices of your Spirit Guides and other entities that are also trying to contact you. So your conscious Mind is very busy listening and processing input data from various sources, but while it's processing, it's not discerning what it's processing, and like a computer, garbage in, garbage out. Your Mind is ignorant of what's really going on and what effect the unseen role of denial, imprints, programs and beliefs have in what is called your outer reality.

Journeys from the Heart Centre

Now if all this isn't enough, to add to the confusion, your Mind is also being controlled by the imprints, programs and beliefs that are buried in the subconscious that it's not even consciously aware of, that are commonly referred to as normal or natural instincts. What voices you listen to are determined by your Mind, but your Mind doesn't really have a clear understanding as it's being controlled and running on these old imprints, programs and beliefs that are not loving or the truth. Not only is your Mind running on old imprints programs and beliefs, but so is your Will, Heart and Body that have their own unique imprinting and programming.

Denial is the basis of these imprints, programs and beliefs and so the Mind seeks to control itself and others around it accordingly. This opens the door to experience duality and for the "unloving" Inner Critic, Guilt and Shame to add their voices to what you think is your Mind telling you what you should or shouldn't do. While all this inner conflict is going on, you may also hear the loving and unloving voices that I mentioned earlier who are trying to be heard by your Mind. But, unless your Mind can accept your Will's intuition and feeling input, it can only determine if someone is loving or unloving by the words and deeds that are expressed that give it pleasure. Your Mind can't feel the difference like the Will does, and so it is easily fooled. Once you begin to recognize these unloving voices, you need to challenge them in order to begin to move them out, and the more you do, the more you become aware of the other voices that are loving and are trying to help you. What needs to happen is very similar to a computerized component, in that you need to switch off the "auto-pilot" and go to a "manual mode" to challenge the unloving voices. Once you begin to become aware and challenge these voices, you begin to disable the inner critic, guilt and shame, and you begin to "feel" what's really going on. You also become aware of all the parts of your Being as you begin to recognize that all these separate yet connected parts of you have a necessary role to perform in bringing balance to your experiences, and that their input is not only valid, but a necessary part of the experience called life.

When you become aware of the voices of the inner critic, guilt and shame, that are trying to discourage you from expressing yourself, or are trying to get you to do what you don't want to do, then to stop that particular voice, say these words, "I do not accept you. Move back to the point of creation where you came from and reverse your polarity." Every time you hear the voice say, you should, could, would or whatever it is saying that is berating and belittling you, say the words and it will leave. For example, if guilt is on you and berating you, then recognizing that it is guilt and that it is trying to stop you, and then saying those words, will move and change that particular issue and charge. However, that is not to say that guilt will not come back and try a different tactic, one that you won't recognize as easily, as it will try to use another issue or imprint, program and belief to get to you. This is by no means meant to be a one time, permanent solution at removing guilt, but it will deactivate it from

Chapter 11 – Feeling, Healing and Understanding Emotions

using that particular imprint, program or belief to stop you. Because you are aware of what it was and what it wanted, and of the imprint, program or belief it was using to get you to deny yourself, you can clear that particular form of attack by having that guilt essence return to source.

Instead of blaming the inner critic, guilt and shame as being the cause of your problems and issues, consider this action by the unloving light of the inner critic, guilt and shame as a way to help you heal your issues, because without them showing you where you don't love yourself, healing these lost parts of you would be impossible. Once you are no longer in denial and have healed the lost parts of you, then there is nothing left for the inner critic, guilt or shame to use to try to control you, and you will be free and empowered.

When your Mind begins to have an expanded awareness of itself and what's going on, it begins to feel that it now has regained some form of control. But it's at this very point that the Mind has to continue to give up control and allow all the other parts of your Being to have an input and an equal say in what's going to be experienced. If the Mind switches back to controlling any part of your Being in favor of itself, it's no longer loving (as it's now in denial again) and this will open the door for the Mind and the rest of your Being to come under the attack and control of the unloving inner critic, guilt, shame and others. By being in denial, the Mind has become the do'er of evil in controlling both itself and others. I say do'er of evil in that the Mind is of loving essence, however, by denial, it reverses its polarity and is now unloving. This reversal allows it to be controlled by unloving light and in turn, it also controls the other parts of your Being as well as others in your outer reality, and in that, it becomes the unloving do'er of evil.

The Unseen Role of Denial

In the normal course of events, even if a person is made aware that they're in denial, they will defend their denials rather than admit their true intent, or state that they were lying. When a person is re-acting to their imprints, programs and beliefs, they are either oblivious to their denials and issues, or act as if they are, while another person that isn't activated and in denial can clearly see their denials and issues, and also see that the person that is activated doesn't have a clear picture of reality. In other words, what I'm trying to say is that you can see denial easier in another person, than you can in yourself.

I feel that trying to tell someone of how it feels to be free of denial is like trying to tell a blind person what it's like to see. The person in denial has no concept of what denial is, just like a blind person has no concept of what light is, as they both have always been in the dark. While a person may have the mental concept and knowledge of what denial is, and even intent to end their denials, if there is no real emotional movement along with the experience of ending denial, then there is also no simultaneous mental, emotional and physical experience of ending denials, and no true understanding. It's like the riding a

Journeys from the Heart Centre

bike analogy that I frequently use. While a person may have a mental concept of what a bike is and how to ride one, and may even have heard stories of other peoples experiences, unless they have personally experienced riding one, it's impossible for them to even conceive how it would feel, or to understand all the dynamics and thoughts, feelings and physical sensations that are experienced when one is actually riding a bike. Even if a person is given a ride on a bike, they still have a very limited perception of what's involved as they're not really balancing, pedaling, steering, or having the experience of carrying a passenger.

I know that for a person in denial, moving out of denial is hard to imagine, as you're totally unaware of the unseen role that denial plays in your life. You really don't know how to go about it because you're always in some form of denial and as soon as you're activated, you automatically revert to your old imprints, programs and beliefs that are either in the conscious Mind or buried in the subconscious. The closed Mind has shut out most of Heart presence and almost all of Will's feelings other than the false feelings that agree with the Mind. The Mind is running around as if it were blind, yet claiming that it can see what it needs to do in order to survive. The most common denial is being in denial of being in denial.

We're all running around like Chicken Little, and whatever issues are being triggered in us, is our version of the sky is falling. Shock, confusion and doubt run rampant and the Mind races to quickly find a solution by bypassing real feelings and intuition, and instead, looks for a quick fix to change the situation or the issues that are creating the fear, panic, confusion and doubt. The Mind believes that it's right, that it has the awareness to correctly assess the situation and that it has to take the appropriate action for all concerned. Getting the Mind to relinquish its control and end its denials is not an easy task as denial is all it's ever known.

Until you have acceptance for your Heart, Will or Body to tell your Mind that it's in denial, or to have another person challenge and call you out on your denials, here are some hints to help you identify denial, both in yourself and in others. There are four main characteristic personality traits associated with denial and control. They are the intimidator, the interrogator, the oh-poor-me, and the withdrawn or aloof type profile. Also, when a person is in a conversation and they're activated and in denial, they will use any form of avoidance or omission to either control the situation, or to not have to deal with the real issues. They will come up with phrases like; I guess so, maybe, perhaps, Okay—okay, we'll see, not now, but, hum, whistling, humming, I don't know, maybe you're right, let me think about that, etc., are but a few verbal examples. Then there are the physical signs, that of avoiding direct eye contact, looking down or away, fidgeting, excess or strange blinking, ear pulling, hair twirling, playing with ones fingers or something, tapping, foot movement, facial or body twitches, unable to sit or stand still, having to keep busy, mumbling, talking very softly, talking loudly, huffing and puffing, whistling, yawning, etc. Then you can

Chapter 11 – Feeling, Healing and Understanding Emotions

also get into the physical social appearance and actions of the person that just doesn't "fit," or feel natural, and you know that some form of denial is present. Some of these are smoking, drinking, dressing up, dressing down, not dressing to ones age or gender, heavy perfume or cologne, too much make-up, etc.

Once you can spot these outward manifestations in others, you need to allow yourself to feel the real presence of denial that goes with the manifestation. If you just go on the mental knowledge and these outward manifestations, then you will have suspicions that they are in denial, but you won't know what they are denying or what their issues are, as that is only something that your Will can tell you. Also know that when you can see and feel it in others, that you now need to see and feel it in yourself and begin noticing what you have not been noticing.

It's not only the blatantly obvious denials that we need to address, but the soft subtle ones that do just as much damage, if not more, in controlling the Will. Some examples of excuses, justifications and judgments your Mind can come up with to deny expressing what you're really feeling in the moment are the following. I wouldn't stoop to their level. That's just the way they are. They aren't perfect and neither am I. I feel sorry for them. They know better than that. They were only being human. It's only natural. They're too young. They're too old. I don't want to get into a conflict. I was only trying to help. I don't want to disappoint them. I don't want them to leave, etc. Then there are the so-called loving actions that we don't think of as denials, such as being nice, kind, understanding, caring, sharing, co-operative, compromising and of course, loving. Once you explore the underlying reasons for these actions, you also become aware of the hidden denials.

And one last point on denial. Unfortunately, you can always spot denial in another person long before you can spot it in yourself. But that is also a good thing in that because if you can spot their denials, you also have a mirror to allow you to see and feel what your denials are that are being reflected. For instance, if you feel that a person is talking too much and covering up their real issues, then the mirror reflection may be that you also talk to cover up your issues, and that you are subconsciously recognizing the denial pattern. Another reflection is the opposite, in that you do not like talking and expressing yourself for fear that your issues will be uncovered for any number of reasons (fears) that the experience activates in you. Mirror images or reflections may be identical, in that you do the same thing that you judge the person of doing, or they may be reversed and the opposite, as in the example I just shared.

Ending Denials

As you move to identify and end your denials, you'll be triggered into the fight, flight or give up mode and it will take several attempts before you finally get the courage to face the situation and end your denials. When you are being activated by a real life situation, things will happen quickly and you will probably deny

Journeys from the Heart Centre

expressing yourself on the first activation, but no worries, you will most certainly get another chance. Not that the exact same situation will appear, as that is not the real test to see if you will end your denials as you already know the answer and what to do. The next test will come unexpectedly and will be different, but still dealing with the same issue. Once you've ended your denials, faced your issue, and have expressed your denied feelings and emotions, you will feel like the weight of the world has been lifted from you, and you will be filled with deep emotions of love and acceptance.

Once you've made the move and ended your denial for that particular issue, you will be activated into your other issues that are related. This is where guilt and shame come into the picture. The first to appear will be guilt and it will try to make you feel that what you did was wrong, and that now you have opened Pandora's box and all hell is going to break loose as anyone that is involved with you will also be facing their denials and issues. After you've let go of guilt, shame will come up with all your judgments. It will beat on you telling you that you're responsible for other people's feelings and their happiness, that you are unloving, and a host of other judgments that will make you feel like giving up and crawling under a rock. You will wish that you never said anything, as now more denials are being exposed and coming to the surface. It will seem like there's no end to the denials and lies that you've been living. It will feel like you have crawled into a hellhole with no way out and that you should now just give up and try to make the best of a bad situation and go back to being in denial again. Know that this is just another step in facing your imprints of fight, flight, and now, the feeling of giving up.

What this ugly hellhole is, is the gap, the place into which you, (your Mind) has thrown your lost essence. The essence that's in this hellhole are your lost Will, Body, Heart and even parts of your Mind when you did not like what you were seeing, hearing or feeling, and you denied these parts of your Being. You made it your intent to find and heal your lost fragments and now that you've found them, you're having second thoughts and you just want to give up and take the easy route that denial offers. Take a good look at the disemboweled lost Will, Heart, Body and parts of your Mind that are scattered in this hellhole. If it makes you uncomfortable, it should, as this is where you have forced these parts of you when you unlovingly denied them expression.

Now that you've found this place and are beginning to see and feel what's in it, you have a choice to make. Either you can quit, give up, and try to go back to your old world of denial, or you can move deeper into this hellhole to find and heal the other parts of you that are in this place. I said "try" on purpose, as once you've experienced what unconditional love feels like by ending your denials and knowing what the other denied parts of you are experiencing, it will be difficult if not impossible to go back to living in denial, but of course, you can try. This is typical of the cycle that you will move through as you go through layer upon layer of denials and begin to heal your

Chapter 11 – Feeling, Healing and Understanding Emotions

issues. In the beginning, it will feel overwhelming, but as you begin to experience your mini healings doing the various journeys, you will find the journey much easier, as what used to activate you is no longer such a terrifying issue. You also know that no matter how bad things feel in that moment, that when you heal that issue, you will look back in awe and joy at what you have experienced. Like I said earlier, this is not the easiest journey, but it is by far, the most rewarding.

Three Denials before Gapping

Ending denials is much like the game of baseball where you get three strikes or chances to hit a ball in the strike zone, or you're out. When it's your turn at bat and you are at the plate, you may see a good pitch coming but you don't swing at it, and so the umpire calls, "Strike one." Moments later, the pitcher winds up and throws a fastball over the plate, and again you refuse to swing and the umpire calls, "Strike two." The next pitch is a curve ball over the plate, you again deny taking a swing at the ball and the umpire calls, "Strike three, you're out."

Know that you also have three opportunities to end your denials of your Will before you enter your gap. When you are first activated into your issues, you are consciously aware of what your Heart and Will are telling you, that this is NOT the same situation that you think it is. As you deny their input you are also aware that you are in denial. A moment later you will be triggered again, and again you deny any input from your Heart and Will, and again, you have the awareness that you are in denial. If on the third activation, you deny again, then just like in the game of baseball, you strike out and your Mind is in the gap. Once in the gap, you are under the control of unloving light and no matter how much you deny you are, that doesn't change your reality, as denial and unlovingness is what you are all about when in the gap. All this can happen in a matter of seconds and even split seconds, and so you can see why being in the now or present moment is so important.

Once the Mind has denied any input from its Will for the third time, there is no going back as it will be triggered into a full blown activation, fueled by its imprints, programs and beliefs and by false emotions that are aligned with it. What will now take over your consciousness will be denied rage that will continue to express itself until it has burned itself out, either after the activating situation has been removed, or you have removed yourself from it. After denied anger and rage have had their say and have burned themselves out, you will also be bombarded by the voices of the inner critic, guilt and shame, trying to give you their two cents worth, and to further pummel you into more self-hatred.

The Gap and Gapping

The gap is difficult to describe as there are several things happening simultaneously. If healing is the intent, there are past issues interwoven with the

Journeys from the Heart Centre

present activations, as well as a host of imprints, programs, beliefs and false emotions, along with Heart presence and Mind's conscious awareness, that need to be addressed.

First, you need to know what gapping and the gap is. When your Mind is being activated it denies and gaps, and reacts to its imprints, programs and beliefs associated with the denied inner or outer child. Gapping occurs when instead of dealing with the real issues; the Mind denies and goes on autopilot and into its fight, run, or give up mode. When the Mind is in this space, this is the gap. There is no reaching and reasoning with the Mind when it is in the gap, as this gap is controlled by unloving light. The Mind will not accept any form of input, other than that which agrees with its imprints, programs and beliefs. I'm sure that you can identify people you know, including yourself, that have been in this space.

Secondly, what activates the Mind are experiences that are "similar" to the original traumatic experience that created the split in consciousness and fragmentation. Where the Mind sought to make the best of a bad situation by denying its feelings and emotions and shoving them into the gap so that it could do what it thought it needed to do to survive. When the Mind is activated and in denial, it is in the gap where the inner and outer child are. Because the Mind is in denial, it has no intent to find these lost parts, and is instead, trying to distance itself from them because of the past-unresolved experience where they were denied. Both are in the same place, the gap, but for different reasons, and both are based on the Minds denials, past and present.

Thirdly, the key to healing is for the Mind to have enough conscious awareness and Heart presence that it recognizes that it is about to gap, and decides to choose love, unconditional self-love instead of denial. In doing so, it does not gap and react to its imprints, programs and beliefs and go into its fight, run, or give up mode and try to run away from the fragments that were created. Instead of gapping and running or fighting, it has chosen unconditional self-love. It can then go into the gap with the conscious awareness that will enable it to reach the denied inner or outer child that is in this gap. Once in the gap, the Mind then needs to allow these fragments to express themselves in whatever way they need to.

When you're finally ready to enter the gap with love and self-acceptance instead of denial, you will know that this is "the" moment. And it's only during this split-second awareness before you enter the gap, where you can make the conscious decision to end your denials and allow yourself to make another choice. That instead of denying and reacting to your imprints, programs and beliefs and gapping, you now choose to surrender to love and allow your inner or outer child fragment to express itself in whatever way it needs to. Once a breakthrough has been made and loving conscious awareness is brought into the gap, and contact is made with the inner or outer child, it's then a matter of accepting what these denied aspects need to express, and to allow them full and

Chapter 11 – Feeling, Healing and Understanding Emotions

unconditional expression. In the case of the inner child, it's expressing all the denied feelings and emotions of the original traumatic experience that were never allowed to be expressed, and in the case of the outer child, it's the denied intuition and knowing that is associated with the present experience that caused the activation that needs to be expressed.

The gap is the Astral Plane, the hellhole of creation into which all the things that we have denied and had no acceptance for have been thrown. The gap is fueled by denial, guilt, shame, denied rage, heartlessness, indifference, and unloving light. The gap is the domain of Lucifer and his followers that have conscious awareness in the gap, as denial is their natural state of being. Read that last sentence again as it is important. When we are being activated or triggered, we enter the gap in a state of denial, where we lose our conscious awareness. Lucifer has control of us when we are in denial and in the gap and can only use the power of our denials against us, along with guilt and shame. When we fragment, we give Lucifer control and power over our fragmented essence that is in the gap, and because our Mind is still denying them, the Mind ignorantly becomes the do'er of evil and Lucifer's puppet and servant, blindly blaming and beating on the fragments for our so-called negative feelings and emotions.

There is no way to bridge or go around the gap that doesn't have some form of denial associated with it. The only way that healing is possible is to go into the gap, not with denial, as has been the case, but with Heart presence and unconditional love, compassion and acceptance are we able to re-connect with our lost parts. The cliché that time heals is a fallacy as all that the passage of time does is to bury the issue under more denial and unloving light, until we numb ourselves and feel better, while unknowingly; we have cut more parts of us off and sent them into this hellhole by our added denials. The gap is exposed every time we are triggered or activated by any of our denied issues where we are re-acting to our imprints, programs and beliefs, that are buried in our conscious and sub-conscious.

Anyone or anything can trigger the gap and once you have gapped, no one can pull you out or help you except yourself. You live in the gap of denial, of unloving light and conditional love, but just how far and how deep you go into it depends on your denials. The gap and denials are like quicksand and while someone can toss you a rope or extend a branch, it is you that has to make the conscious intent to grab it and pull yourself out. When you are in the gap, you are either blaming others or yourself for your problems and even though you might not be activated at the present moment and gapping, you are still caught in the grips of the gap as you have judgments, based in denial, that are giving you false information that you believe are the truth.

As a footnote, another false belief is that facing your fear and doing it anyway is healing your fear and becoming fearless. This action is not entering the gap with love and acceptance for your fear, but the opposite, with denial

Journeys from the Heart Centre

and heartless indifference. For example, having a fear of water and forcing yourself to do what you fear in the water is not coming from a place of love, or healing your original trauma. This forced action only gives the illusion of healing and being fearless, but all that this denial serves to do is to create more fragmentation, to the point of going totally numb to the lost Will fragments of your Being.

Going in Circles

When doing emotional healing work, it is par for the course to go through several stages of circling and cycling, where you feel you are in a rut and that healing is impossible and hopeless. During these stages, you are becoming more aware of your activations, issues and denials, even though they may be “after the fact” as you either won’t recognize them as such in the moment you are being activated, but will later. On the other hand, if you do recognize that you are being activated and you choose to deny your true expression for whatever reason, then later you will feel guilt and shame for having knowingly denied a healing opportunity.

This cycling process has many causes and each will have to be addressed as they present themselves. Fear of the unknown is one, as speaking and acting in a manner you have never done is going into unknown territory as it goes against your imprints, programs and beliefs. When confusion and doubt are present, the issues need to be resolved by asking direct questions or challenging who or what is confronting and confusing you. False feelings and emotions are also contributing factors, as what you feel when you are being activated will feel very real and formidable, but when examined, will be found to be false and not representing the present situation. Other issues are guilt and shame that make you feel that any real expression is wrong if it makes another person feel uncomfortable, or it invokes their anger and non-acceptance of you. This then leads to not wanting to express anything in fear of confrontation, and so one tries to find ways to cooperate or compromise, in order to avoid having to face your bigger fear, that of expressing your fear of expressing yourself.

This fear of expression is different from the fear of expressing what you feel. While that may sound confusing, let me explain the difference. Take for example that you want to say something that you know is not what the other person wants to hear. You don’t allow yourself to express yourself as you have an issue with confrontation and of people becoming angry with you if you express what you really feel. So there are two issues happening simultaneously. Before you can express what you really want to say, you need to address the underlying issue and that is your fear of expressing yourself and your fear of confrontation. Before you can say or do anything real, you need to express your fear of expressing yourself, that people will get angry at you if you say what you really want to say. When you have expressed your fear of expressing, that will clear out the denial energy, and it will no longer be an issue and you can then

Chapter 11 – Feeling, Healing and Understanding Emotions

move into expressing what you really wanted to say. Having passed the first hurdle, you are now ready to deal with people's reactions to what you had to say. Of course, that will bring up all your other issues, like people being angry at you, of being responsible for other peoples happiness, of not wanting to be rejected, etc., that you will need to address, that also ties into your first issue. I didn't say healing wasn't complicated.

You will never get to the second stage of addressing your real issues as long as you have fear of expressing yourself, and until you do, it just creates more cycling and circling. It's a classic case of the unseen role of denial, in that by not expressing your fear of expressing, you are denying your fear, and so any expression that you do make after that will also be in a state of denial, and as long as you are in denial, you cannot begin to heal your issues. This applies to every situation when you are afraid to speak or act in the way that you feel, as that relates to your underlying issues where you feel responsible for other people's feelings, where you try to avoid conflict and confrontation, and while they are separate issues, they are all connected. As you can see, living in the world of denial is not simple, but the truth will set you free.

Real, False and Explaining Emotions

There's massive confusion when it comes to emotional healing, and one of the biggest areas of confusion and ignorance is in what we believe is real emotional expression. Besides denying and suppressing our feelings and emotions, people have also been told, and believe, that if they talk about their feelings and emotions, that they will heal them, and while that's a truth, it's only a part-truth. Some people have been expressing and releasing emotions for years, but they are still being triggered and activated, and still expressing and releasing the same emotions. They keep going in circles and don't know why they can't heal their emotions and issues. This cycling only serves to further imprint their Mind, telling themselves that expressing emotions doesn't work or heal, and so they eventually look for other alternatives, or they just quit and give up.

In the course of my journey, I've discovered that the biggest fallacy and also the biggest obstacle to real healing is that we honestly, in our ignorance, believe that we're feeling and expressing our real emotions when in fact, what we are doing is either explaining or expressing false emotions. And until we can separate the real, from the false and explaining, healing is impossible. There are three basic kinds of emotional expression and while they're all related, they are not one and the same.

- 1) False emotions
- 2) Explaining emotions
- 3) Real emotions

Journeys from the Heart Centre

1) False emotions:

From personal experience, false emotions feel very real in the moment that you're feeling them, and that's what's confusing people and not allowing them to move to express and heal their real emotions. When the Mind is activated into its denied issues that are imprinted and programmed in its subconscious, it also triggers the imprinting that is buried in the Will's subconscious that reacts and responds with false emotions that are in agreement with the Minds beliefs and judgments that it was imprinted with. Both the Mind and the Will are reacting to their individual subconscious imprinting and programming that blindly sees the situation as being the same as the original traumatic experience. This information is then relayed to the conscious Mind that believes and feels the false emotions, that reinforces its imprinted beliefs that this situation is very real and threatening, while in reality, the situation is not the same as the original and may not even be threatening at all. The conscious Mind is confused, and in its panic, isn't able to separate the subconscious imprints from reality and can't see the situation for what it really is. In other words, it can't see the tree for the forest. It's at this point that the person is activated into their fight, flight or give up mode.

An example of false emotions would be when a person sees another person with a knife and they are activated into their fight, run or give up mode. They sincerely believe that the present situation is real and life threatening and the emotions of fear and terror are very real and agree with the judgment that the Mind has made. However, upon further examination, there is no danger, but what happened is that seeing the knife brought up old denied issues related to knives.

2) Explaining emotions:

People are also confused as to what expressing real emotions are, as they believe that if they're expressing their judgments, opinions, and feelings about a pleasant or unpleasant experience, that they're automatically expressing their real feelings and emotions. They believe that talking about their emotions and telling others what happened to them is the same as expressing their real emotions. When people are explaining their emotions, it's more like they're telling a story and acting out their feelings and emotions. While they may have tears in their eyes as they explain their heartbreak, or stomp their feet and wave their arms when they are expressing panic or anger, all these emotions are after the fact as they are not expressed during the actual experience or during a activation. This story telling and acting out is what I call explaining emotions. A good example of explaining emotions that is considered therapeutic, is when a person goes to see a psychiatrist or psychologist at a scheduled time for their one hour session, and tells them what they feel.

3) Real emotions:

Real emotions are those emotions that are happening and being expressed in the now, in the present moment, and in response to a particular experience that is either pleasant or unpleasant. For example, if a child is being bullied by another child and it expresses what it is really feeling in the moment, that it is being attacked and that it wants the attack to stop, the child is expressing its real feelings and emotions. If the attacker doesn't stop, the child then expresses its anger and will do whatever it can to protect itself from further abuse. Note the keyword is protect, not attack. In this example, there is no denial present and the situation will have a positive outcome. The child is no longer threatened, nor is it a potential victim of the bully as a clear line has been drawn.

Now if the same child had denied expressing itself, its denials would have been reflected to it and it would have been attacked and overpowered by the bully. Besides taking the physical abuse, it would also have taken in or accepted the unloving mental and emotional energy of the attacker, that would then be added to its own unloving denial energy that was directed at the part of itself that wanted the abuse to stop, but was denied expression and rejected. In addition, taking in the unloving energy of the attacker forms an attachment that will also need to be released if healing is to occur. As a result of the shock and trauma and the child's denials, a fragment was created that was then placed outside the child's energy field where it would remain until it was healed. Not only that, the child is now imprinted and programmed and has set itself up to be a victim, not only for this bully experience, but for future experiences that will be re-occurring until the issue is healed. To heal this denied lost Will fragment, the child, a now older person that has intent to heal their issues, needs to journey back to that childhood experience and re-live it, and this time, they need to express all the REAL emotions that were originally felt, but were denied expression.

Most emotional expression is either explaining or false Will that is aligned and in agreement with the Minds judgments and beliefs. When the Minds beliefs and judgments are expressed, they feel like the truth, and when the false emotions are being expressed, they feel very real to the person that is expressing them. They also feel real to anyone that is listening to them, but only because they are in denial of expressing what they really feel for any number of reasons. It's just like when a charismatic person is expressing their political or religious judgments and beliefs. The only people that believe and agree with them are the ones that have strong emotional ties to the message being delivered and will enthusiastically and whole heartily echo agreement and support. As first glance, it would appear that all are expressing their real feelings and emotions, but when you dig deeper, you begin to see the falseness that is being expressed. While they appear to be joined in solidarity and commonality, all that they really have in common are their judgments, beliefs, false Will, and of course, denials.

False Will, False Emotions

There's a lot more involved in healing than just addressing the Mind's confusion and its imprints, programs and beliefs, as you also have to deal with the Will and its false emotions that are also running on imprints, programs and beliefs that are locked in its subconscious. When activated, the Mind reacts according to its imprints, programs and beliefs and becomes even more certain and determined that it is right because of the false feelings and emotions it receives from the Will that are reinforcing and validating what the Mind believes to be truth and reality.

When we have an experience that is similar to the original experience, it triggers the Mind's old imprints, programs and beliefs. The false emotions quickly rise up to support the Mind with a, "Yes you're right" feeling response that puts the Mind on a pedestal where it thinks/feels that he is king and ruler over his domain and that he has the support of his Will that tells him that his beliefs are right, valid and justified. False emotions also bend to the whim of the Mind if it feels that by doing so, it can maneuver into a position so that it can get out of an unpleasant situation.

An example of False Will would be that of a man walking down a garden path. As he nears the gate, out of the corner of his eye he sees something long, yellow and green, moving in the grass. He immediately panics and jumps out of the way and begins to yell, "Snake, snake, snake!" His eyes dart around for something that he can use to defend himself and he sees a rake leaning against the fence. He grabs it, and as he raises it over his head, ready to strike, he realizes that it's not a snake, but a garden hose used to water the grass and that it had just been turned on and that's why it moved.

Now in this example, the garden hose was not the problem or the real issue, as it only triggered his unresolved issues of fear and terror of snakes. Because the hose looked similar to a snake, that activated his subconscious that remembered a previous traumatic experience that involved a real snake, and because the emotions relating to that experience were never moved and healed, he became activated by this experience. If that past experience was traumatic enough, or repeated often enough, he would have fragmented and created what I call the "Outer child," where he would not even remember the snake experience in his conscious Mind, but would simply re-act according to his subconscious imprints, programs and beliefs. The fear and terror were not real emotions, although at the time, they felt real enough to convince the man that there was a danger, and that he had seen a threatening snake. These emotions are what I call false Will or false emotions, and are part of the problem associated with healing the inner and outer child. Even after this experience, nothing was healed that related to the original experience, it was all a re-enactment, and of course, it will happen again and again, until he either heals his original issues, or has gone so far into denial of his fear, that he numbs his Mind to everything and anything that even looks like a snake. Of course, there are

Chapter 11 – Feeling, Healing and Understanding Emotions

also other ways to numb the Mind, these include the use of prescription drugs or any other substances or actions that numbs or distracts the Mind from what it is feeling, but that is another topic.

When we have a traumatic experienced where the Wills expression is denied, both the Mind and the Will are unaware of the imprints and programs they have, and so it's no wonder you can't get through to them. The Mind also has fear and has no intent to give up its point-of-view when it suits its needs and beliefs, as it thinks that its decisions and actions are right and true. Even if proven wrong, like in the example of the garden hose/snake, the Mind that is unaware or in denial of the real issues would claim that it could have been a snake and that it was better to be safe than sorry. When a person is said to be running on autopilot, they're actually running on their imprints and programs. False feelings are aligned with the Minds judgments, and the Minds judgments are aligned with false Will that support these judgments.

Imprints, Programs and Beliefs

I previously stated that we have certain imprints and programs that are encoded in our DNA, and that coding applies equally to whether we are, (in this physical incarnation) a man or a woman. While these have an effect on us, we are also affected by our present social imprints, programs and beliefs. While we think that only our Mind can be imprinted and programmed, our Will, Heart and Body can also be imprinted and programmed, but from a social point-of-view, most of the programming is done on a mental level, because if one can control our Mind, they can also control the other parts of our Being. I also mentioned that our Mind is like a computer, and therefore, everything that we learn, willingly or unwillingly, is either an imprint, program or belief. The biggest social polluters and contributors to mental “garbage” for our mass consciousness are the following institutions or systems, and their associated beliefs, rules and conditions.

- 1) Religion
- 2) Governments
- 3) Banks and money
- 4) Education
- 5) Media
- 6) Customs and traditions
- 7) Energy and power systems
- 8) Military
- 9) Police, civilian laws and courts
- 10) Business and industry
- 11) Health care
- 12) Transportation
- 13) Food and natural recourses
- 14) Recreation

Journeys from the Heart Centre

An example of the imprinting and programming that is presently running our society within its various cultures and traditions is how men and women are separated into the archetypical stereotypes in a patriarchal system, where the so-called men, think of themselves as “manly” and superior to women who are considered to be weak and too emotional. The same system also has us believing that women are supposed to be passive and submissive in order to be the type of woman that doesn’t “get in the face” of the man running the show in this patriarchal society. Traditions, customs, morality, ethics, duty, manners, education, patriotism, religious practices, etc., are all a form of “learned” behavior and are part of the social problem that applies to “all” of humanity.

Part of this twisted social imprinting and programming is that for a man to be a “real” man, they can only show aggression and the emotions of anger and rage, while a woman is supposed to only show fear and heartbreak. This behavior isn’t natural or part of our human instincts, but is a learned behavior that has been so embedded, imprinted, and programmed into our psyche that we accept it as natural and normal. What we have is the frail and damaged aggressive imprinted “altered” ego of the male, and the frail and damaged, dominated and submissive imprinted “altered” ego of the female that sets the perfect stage for our present social experiences and duality.

In society in general, women for the most part are responsible for raising the children and are the (mothers) that teach (imprint) their children (male and female) to behave in accordance to these twisted social standards and beliefs, and then they complain and wonder why men are as they are, and women are as they are. The shift that is coming will change all that, where men will get in touch with their feminine side and the women will get in touch with their masculine side, and then both sides healing and taking their power back. Those that can’t or don’t want to, will be moved to their right place.

False Pride and Self-righteousness

I can remember when I was beginning to work on my issues, how I would go into my silent mode, thinking that by keeping silent, I was being kind, loving, understanding, co-operative, compassionate, compromising, sharing, caring and all the rest of the self-righteous, altered ego stroking that one does to build a false sense of pride and self-esteem. I thought and firmly believed, that I was a nice guy and no one could have told me differently, and if they did, I’d feel attacked. When that happened, I’d either attack back by pointing out their shortfalls, or I’d run and feel hurt and deeply wounded that someone would think of me in a way that was opposite to my lofty, self-righteous opinion of myself. Associated with false pride is self-righteousness, where one person feels subtly superior to another based on their judgments. Like in my example, where I didn’t express my judgments or even recognize them as judgments, but instead, I was smugly determined that I would show them what love and

Chapter 11 – Feeling, Healing and Understanding Emotions

kindness was, and that I was a better person than they were, and would not stoop to their level, as that was beneath me.

Bent Intent

The classic bent intent is the old “Golden Rule” of “Do unto others as you would have others do unto you,” but with the added notwithstanding clause of, “Do as I say, don’t do as I do.” Other forms of bent intent are: doing things out of love, or in the name of love, I was just trying to help, I meant no harm by it, I was just kidding, I did it for your own good, it’s for a worthy cause, or trying to save another for whatever reason, are but a few. Bent intents are actually forms of judgments that are based on our imprints, programs and beliefs, which are also associated with our issues and denials.

Bent intent has many forms and is hard to recognize as it’s being hidden by the unseen role of denial that is further hidden under our imprints, programs and beliefs. A form of bent intent is trying to help others by trying to fix a wrong, or in treating the symptom and not addressing the cause. An example would be a lawyer defending a woman in court that was a victim of an abusive relationship. Although the intent is loving, it’s also bent, as it’s not really addressing or helping the woman heal the issues of why she was in an abusive relationship, and why she chose to sacrifice herself. Another example is in politics, in having a worthy cause and trying to change the system to be the way that one deems is right according to their judgments. Religion is another form of bent intent in trying to save, change and convert the “heathens or infidels” to the better way.

While you may become aware of, and may even have begun to end your blatant conscious denials and judgments, what is being missed are the subtle unconscious denials and judgments that reflect a bent intent. It’s a paradox, as you can’t have clear intent until you end your denials and judgments and it’s your unconscious denials and judgments, fueled by your imprints, programs and beliefs that prevent you from having a clear intent. It’s like an employer looking for a person with experience, yet how can you get experience unless you first work at the job with no experience. It’s all these subtle hidden denials and judgments that are part and parcel of your bent intent. Once you end one denial or judgment that is in your awareness, another that wasn’t seen will appear, and then another and another and so the journey goes, like peeling back layers of an onion.

One quick way to spot bent intent is if you have just exposed a denial or judgment and then find yourself becoming an interrogator, intimidator, playing the oh-poor-me, withdrawing, or joking around and changing the subject. This behavior is a sure sign that there is more to it, as now the Mind is looking for a way out of the situation and is not wanting to go deeper.

If you feel that someone is trying to control and manipulate you, then the quickest way to expose them is to challenge them by asking direct questions

Journeys from the Heart Centre

like, “What is your intent? What is it that you are trying to get me to say or do?” Another way is to make a direct statement on what your Will is picking up, “I feel that you’re not being forthright and that you’re hiding something.” Asking direct questions and expressing what you feel will expose their denials and their hidden agenda, and while they may still deny their real intent, you will know by what they say and what they don’t say, and by what you feel, if they’re telling you the truth or not.

Intent is part of each journey and as such, it sets out the specific goal of that journey. Intends like, I plan to, or I am going to, I think my intent will be, etc., are all bent intents as they are vague and lack forthrightness. Besides the intent you make in a journey, you also need to continue your intent in your daily life and to bring your denials and judgments to your conscious awareness. A conscious intent for your daily life would be the following example. I intend to end all conscious denials and expose any associated denials that are not in my consciousness. I also make it my intent to allow myself to express my intuition, feelings and emotions. I ask my guides to assist me in my intent and to help me identify when I’m in denial, and when I have bent intent. If you are serious about healing your issues and empowering yourself, then you need to get serious and real, as this is not a game.

Shock and Memory

During a traumatic experience, the compound effects of confusion, doubt, disbelief, and denial of emotional expression produce shock that then creates an altered state of consciousness. When one is in a state of shock they’re mentally, emotionally and physically numb and momentarily unable to function, much like a deer caught in the glare of car headlights at night, that remains motionless and frozen in its tracks in the middle of the road. A person that was in shock either doesn’t have any memory of the experience, or if they do, they’re only able to recall limited details of before or after the event. If the person was injured and lost consciousness, they may even have had an OBE (Out of Body Experience) or a NDE (Near Death Experience).

Shock has a definite link to fragmentation and the inner and outer child and one that needs to be gone into and healed. Traumatic childhood experiences create the inner and the outer child issues where you lose part, or most of your childhood memories. Depending on the severity and repetitiveness of the trauma, you may remember very little of your childhood except for what has been replayed to you through stories or pictures that show family gatherings or so called “special” events. In other words, if it wasn’t for the pictures and another’s stories, there would be a blank or gap in your conscious memory.

In the case of the outer child fragment it’s even more severe as you not only lose your childhood memories, but you’ve also lost your childhood innocence, and because of the continued trauma, denial and lack of healing,

Chapter 11 – Feeling, Healing and Understanding Emotions

fragmentation continues into your adolescence, teen, young adult life and beyond. You look back on your life and remember very little and that's because you weren't, and still aren't, all present. The experiences you've had seem surreal and that's because they've been, for the most part, staged or acted out in denial and avoidance. There was very little, if any, real magnetic emotional energy present that was actually felt and retained during your childhood and adult life experiences, except for the feelings and emotions that you didn't want to feel, that you also denied and added to the original denials. Those mental memories along with the magnetic feeling and emotional energy were fragmented out from you, and what you experienced in the rest of your life was done in a state of denial with very little, if any, real emotional energy to hold on to them.

Fragmentation

There are lost parts of you, of your essence, that are both inside and outside you in the form of your inner and outer child. Presently you're only semi-conscious of your inner child and may not even be aware that you have an outer child. You may also think that they have really nothing to do with your present life and issues, yet that is far from the truth as it is these lost parts of you that are not only reflecting your issues, but your present state of denial.

The first stage of fragmentation occurs when we have a traumatic experience and our Mind is confused and in doubt, and in a state of shock. At first, the Mind goes blank, but as reality sets in it begins to panic and go into its survival mode. The Mind searches for a quick fix solution and does what it thinks it needs to do in order to survive and that means that it has to deny what is happening, which also means it has to deny the Will's feelings and emotions. When one part of our consciousness denies another part, we create a split in consciousness and fragmentation occurs. The feelings and emotions of our Will or emotional body have been judged as not being acceptable, and they don't just break off on their own accord, but are pushed out by our conscious Mind and buried deep in our subconscious Mind where it becomes the inner child. After the traumatic experience, the surviving parts of our Being try to carry on as best they can with what is called living. The conscious Mind doesn't want to remember, and especially doesn't want to accept the feelings and emotions that the rejected part experienced, and are still experiencing. Our conscious Mind just wants to "bury it" or "let go" of the unpleasant feelings and emotions of the past and just move on. When we begin to feel numb or no pain, we think that we're okay and fine, but in reality we've just lost contact with the feeling and emotional parts of us that are rejected and fragmented. As a result of the traumatic experience and the denials and fragmentation, the conscious Mind creates beliefs and judgments, while the subconscious Mind is imprinted and programmed. What is also created at this time is the thing called fear, which wasn't present before the traumatic experience, and has a key role in creating the outer child.

Journeys from the Heart Centre

The second stage of fragmentation occurs when we experience a similar situation to the one that created the first split. The second stage involves the Will's intuition and knowing that senses when a similar experience is about to happen. When the conscious and subconscious Mind becomes aware of this information, it triggers their fear imprints, programs, beliefs and judgments, and because the original experience remains unresolved, the Mind now blames the Will as having created the problem and judges that part as being unacceptable and denies it. When this part of our Emotional Body is denied and rejected, it creates another split in consciousness that I have come to call the outer child. The conscious and now the subconscious Mind push this part of the Will out of our Spiritual/physical Being, hoping they don't have to experience that again. As you can see, the difference between an inner and outer child fragmentation is that the inner child is associated with feelings and emotions, while the outer child is connected to intuition and knowing. This outer child can't be reached directly and the only way that it can be reached is through the inner child, which has to be first accepted and healed enough to allow it then to help reach the outer child.

While we may think that we've been able to bury the memories of a parts of our past, those hurt and lost parts of us are still alive and wanting to return and be a part of us again. These lost parts not only continue to feel the pain of the original experience, but also the additional terror, heartbreak, anger and rage of being rejected and not accepted by the major part of us that left it in order to save itself, hoping that the fragment and the memories of the unpleasant experience would eventually just go away or die. While there are limited or no longer any conscious memories of the original unwanted feelings and emotions, that doesn't mean that the feelings of the inner and outer child aren't still being felt by the conscious Mind, it's just that now, the conscious Mind doesn't associate these feelings with the original traumatic experience and subsequent experiences. You know something is wrong but you don't know what it is.

While a part of our conscious Mind may say that it wants to go to these rejected parts of our Being, to heal and recover them, there's also another part of our conscious Mind that doesn't want to go there, as it fears that it won't survive a second experience. This is where part of the internal conflict and battle has been raging for all eternity that's been preventing us from becoming and being all that we really are. And while these so-called negative feelings and emotions can be denied, postponed or blamed on other people, places and things, ultimately each one of us will have to take responsibility for all aspects of our Being, and we'll have to make a choice as to whether or not we end our denials of these lost parts of ourselves or not.

An analogy of our fragmentation is comparable to that of the fragmentation of data files on a computer hard drive. Computer files fragment as a result of trauma, either wrong input key strokes or an attack by

Chapter 11 – Feeling, Healing and Understanding Emotions

unknowingly downloading an outside virus or spyware that results in these programs no longer functioning as they should, as some of their data is no longer with the main program where they belong, but are scattered throughout the hard drive. Some of these fragments can also be attributed to a software glitch (imprint or program). To repair or heal this problem, we need to run the system defragmentation program that collects all these lost files and returns them to the program file folder where they belong. If fragmentation is ignored and denied, then more data files will end up being corrupted and added to the growing list of fragmented files, or they may even become so damaged as to become un-reclaimable. As more and more of these fragmented files are stored on the hard drive, the computer begins to slow down, programs don't respond as they used to, and eventually, the computer will crash (die).

“ *In healing and integrating our “selves,” we not only fulfill our personal path, but we also establish the ability to fulfill our destiny path. - Shenreed*

The Inner Child

Psychiatrists and psychologists are aware of the inner child, or as it's also referred to, the divine child, the wonder child, or the child within. I'm going to briefly describe the way in which an inner child is created as I have come to know through my personal experiences. I must add that the inner and outer child have much in common, as what creates the inner child is directly linked to what creates the outer child. The inner child is usually centered around a person, place or thing, and it is the traumatic and unloving experience that creates future fears and phobias such as fear of water, guns, knives, crowds, speaking in public, dogs, snakes, noise, flashing lights, darkness, etc. Any future experience that is related or similar to this person, place or thing is then associated with the original traumatic or unloving experience. An example would be where a child is being laughed at and ridiculed at school when they are in front of their classmates, reading a story or doing whatever they were asked to do. The confusion, doubt, shame and shock they experience without any real emotional expression sets them up to be imprinted and programmed with a fear of speaking in public that will affect them for the rest of their lives, or until the issue is healed. While the person, place or thing are contributing factors, it's the denial and suppression of the emotions and any related physical expressions during the experience that does the real internal damage to the psyche. If the person that's being traumatized can express themselves in the moment without being in denial of any part of themselves, then the whole experience would be changed. But if a person is either not allowed to, or can't express themselves, and has no one to help them, they are forced to not only endure and accept the traumatic experience, but also deny their real emotional and physical expression. Those denials are what sets the imprints, programs and beliefs in place that will

Journeys from the Heart Centre

not only affect how they express or don't express themselves in the future, but also the life experiences that they will draw to themselves from that point on. Fear was not present in the original experience, but the denials and the imprints, programs and beliefs that were put in place after the traumatic experience are what created the fear or terror of having to relive it again.

The inner child still has a link to the conscious Mind, that is to say that we still remember some events and details of our traumatic and shocking childhood experiences that altered us as children and caused us to behave as we do as adults. Usually the person has one or two specific memories of the traumatic experience, and the rest lies buried in the subconscious Mind. What a person does remember is also related to how much time has passed since the original experience, as well as any other activating experiences that they've encountered since that original experience that they have also denied. In other words, more denials on top of more denials help bury the memory over time. When there are mental judgments or blocks, (denials) and no further conscious memory of the traumatic experiences, the person will usually have judgments and emotional and physical issues that are directly related to the original traumatic experience. So while there may be no conscious memory, there are always emotional activations and physical evidence that is manifested in the Body that are related to the denied feelings and emotions.

When activated, the Mind, in an attempt to avoid the situation and justify its actions, will express its terror with statements like, "I don't remember," or "I won't survive if I have to go through that again." When the subconscious is activated by an experience that is similar to the original experience, the person will go on autopilot and will re-act (fight, flight or give up) in an attempt to avoid having to deal with what it thinks is a repeat of the original experience. Besides having an activating experience that's similar, the person can also be activated or triggered by body and energy work, which I will go into later.

Another form of the inner child is one that holds your denied gifts and talents, and is centered on something that was enjoyed but lost, like music, art, sports, singing, dancing, etc., and again, it's due to a traumatic experience where you were either suppressed and limited, or you yourself felt guilt and shame, and responsible for another's happiness. So to stop feeling guilty, you sacrificed yourself to try to be nice, kind and loving to others who were jealous of your talents and who blamed you and your gifts and talents as the cause of their unhappy feelings. Guilt and shame compounded this crippling experience by further limiting your abilities, by either getting you to refrain from taking part, or by participating at a level below others. Denial of your gifts and talents was an attempt by your already altered and programmed Mind to try to be accepted by others, by trying to please and make them happy. That action only created more imprints, programs and beliefs that not only affected your gifts and talents, but also spilled over into your other life activities and experiences, the

Chapter 11 – Feeling, Healing and Understanding Emotions

most common being, setting up a pattern of self-sacrifice and being in service to others.

Once you've made contact with your inner child, healing is not a simple mental exercise of saying that you're sorry and making positive affirmations or promising that you'll do better in the future. Neither is it a matter of allowing yourself to be more creative, as this is not healing the inner child, but merely allowing that part of you that is not repressed, to express itself. Any work that you do with your inner child must be heartfelt and genuine. After becoming aware of your inner child, the most difficult task is to become aware of when you're being activated by real life situation that relates to your inner child issues, and then to allow yourself to emotionally and physically express what was denied. To enable you to do this, you'll need to be able to identify your mental judgments and beliefs and also separate your false emotions from the real ones.

Healing an aspect of your inner child will be the first level of healing that you'll do, as it's easier to reach and has less conditioning than your outer child. It's important to remember that in uncovering and healing both the inner and outer child, that the journeys are not the healing experience, but rather are steps in the healing process. While you will have experienced judgment, emotional and physical releases (mini healings) during your semi-controlled journeys, these are not the final healing, but rather, are steps toward healing the inner and then the outer child.

In the course of your healing journey, you'll have many emotional and physical releases related to your traumatic inner child experiences. These are necessary steps in order for you to build up trust in feeling and expressing your real feelings and emotions so that you'll be ready when you get activated into a major release and level of healing, brought on by a real life experience. After these mini healings, healing a specific inner child will be performed in two stages or phases. The first will be when you're aware that you're being activated and triggered (in a safe and known environment) and instead of gaping, you become consciously aware that what you're thinking, feeling and reacting to are not accurate or true, but are actually judgments, beliefs and false emotions. In that moment of awareness, you need to make the conscious decision to allow yourself to express all your underlying denied and suppressed feelings and emotions that are related to this activation, including any and all physical expressions.

Once you've had that mental/emotional/physical breakthrough, the second phase of healing will usually occur within a few days of the first, where you will again be activated and triggered, but this time it will be in an unknown, real life situation, similar to what you experienced in your original traumatic experience. The difference now will be that the emotional charge and shock that was associated with the original experience has moved, as it was released during the first phase of healing when the denied emotions and feelings were expressed. During this second activation, you'll realize that this is not the same

Journeys from the Heart Centre

experience as the original traumatic childhood experience, and that you now have a choice to express yourself. You'll also become aware that you haven't panicked and gone into your fight, flight or give up mode. Once you've expressed yourself and experienced your fear on a new level, you'll realize that real healing has occurred, as you're now responding to the situation instead of reacting to it as you had been doing ever since your original traumatic experience. You now realize that you're no longer denying your fear and that now you've become fearless for that particular issue.

Healing is not a quick fix as it takes time as well as sincere and forthright intent and effort. Also know that you can't heal your issues in private or in a safe and controlled environment, as that was not how your issues were created. For real healing, you will need to face them in the outside world. Another important point is that you don't just have one inner or outer child, but that you can have several, depending on your experiences. The length of time to heal an inner child is determined by the amount of conditioning, the imprints, programs and beliefs associated with your life experiences, and your intent and dedication to your healing journey. Also, know that no matter what you may think or feel, you will never be given more than you can handle, so what you're experiencing is exactly what you need to heal your issues, no more, no less. Once you have truly healed your inner child issues you'll no longer fear facing them in your daily activities, as they will no longer be an issue.

Your inner child is that part of you that has been rejected by the parental or adult part of your Being and has withdrawn from the outer world. It has turned inward on itself with issues of guilt and shame, along with the self-hatred directed towards it by the conscious part of you that has survived and has had to face and deal with the unresolved issues in your outer reality. Although denied, the conscious parental part of you still has memories of this inner child; it's just that it wants to disassociate itself from any feelings and emotions associated with it. An outer manifestation of this denied inner child is not only a person that is withdrawn, shy and an introvert, but they can also be physically sick, into drugs or even self-mutilation. On the other hand, they can also be outgoing, boisterous, joking and an extrovert, or show signs of what is referred to as being autistic, ADD, ADHD, OCD, Tourettes, etc. Still others can exhibit aggressive and even violent behavior and characteristics. There are many outer reality facades created by the parental part of our Being in its attempt to deny the inner child and the real issues that lay hidden away as the dirty little secret.

“ You can't plan the moment, you can only be aware of the opportunity to experience it. - Shenreed ”

The Outer Child

Most fragmentation occurs when we are children, when we have no choice and no way to unconditionally express ourselves in the way that we need to. When a child has a traumatic experience and has either been denied, or denies expressing their real feelings and emotions, it creates an inner child. If the external experience of mental, emotional and physical abuse continues, or a similar experience is created, it again turns on itself with internal self-hatred. What originally created the inner child was the Mind's denied blame directed at the Will and the feelings and emotions that were coming up. Now the Mind attacks the Will again, but this time it's the Will's intuition and knowing, (precognition) that senses what will happen before it happens, that the Mind blames as being the cause of the problem, unaware that the Will is only prophetic, and is not creating the experience. The Mind, in its blind ignorance, blames the Will for creating it by bringing awareness to it.

The Mind, seeking to save itself, to survive, will do whatever it deems necessary, even if it means cutting off parts of itself to the point of going numb. Once cut off from its feelings, emotions, intuition and knowing, the Mind then accepts the unloving abuse as a twisted form of love, including setting in place, any number of unloving imprints, programs, beliefs and judgments to justify what it is experiencing. Some of these twisted beliefs and judgments are that self-sacrifice is love, that making other people happy is loving them and that you have to give love to get love, to name a few. To a young Mind that has no help and no other means with which to physically defend itself, it does what it thinks is right to try to make life more tolerable, more endurable, as life is what it desires.

While I stated that most fragmentation occurs when we're children, we also fragment during traumatic adolescent and adult experiences. An example would be where a person was involved in a physical accident and were injured. They are either in a severe state of shock, or they were knocked unconscious and don't have any memory of the experience. While they don't remember their accident, they might remember having a near death experience that will be associated with the fragmentation, and that is something that they will also have to face in healing their outer child. Another might be in the case of a woman or man being raped, or of being attacked by a person or persons, or by a wild animal. In such experiences, the person may have mentally blocked or blanked out the experience, and is not able to recall the most traumatic moments.

It has been my experience that the first experiences touched during these journeys are those of an adolescent inner child, as these experiences are the most recent and least denied. With further exploration, you'll be able to go back to earlier experiences, and eventually to the original cause in this lifetime. I said original cause in this lifetime on purpose, as there are also other causes that are linked to this lifetime and our physical experiences. Our present life experiences also have ties to past lives in which the same issues were

Journeys from the Heart Centre

experienced, but were left unresolved with the person's death. Some call this process karma as a way to explain how we create our present reality based on some actions in the past. Healing the present inner child and then the outer child issues, will also resolve any related past life issues that have been brought forward. That's why I've included past life journeys in this book, as sometimes exploring a past life will help find your issues in this lifetime.

With a traumatic experience and fragmentation, our chakras, or energy centers and aura become discolored and distorted, and we can even have holes or dark energy masses on our chakras and in our aura. We also have attachments to other people, places and things in our energy field. This is how and where our denied emotional energy, as well as any unloving energy that we accepted and took in during the experience is stored in our physical/etheric Bodies. If health and balance are to be restored to all parts of our Being, then the denied emotions need to be expressed and the energy that is not ours, needs to be released and sent back to where it belongs. When fragmentation occurs, a part of our Spiritual Essence is now placed outside the main Spiritual Body that forms and animates our physical Body. When we fragment, we are actually creating an outer child with magnetic emotional energy that takes on the form and appearance of the physical Body when the fragmentation took place. That means that if we fragmented as a child, that child part of us takes on the physical appearance at the time of fragmentation and now follows the adult part of us. While it is denied and not accepted as a part of our Being, it has nowhere to go, and so it follows us around, feeling lost, alone, unloved and unwanted, which is what we feel, but don't realize why we are feeling these emotions when we appear to have everything that we desire. After fragmentation, we go through life feeling that something is missing or lacking in our life. We seek to ease the pain and fill the hole in our Heart with other people, places or things, but in reality, what we are really searching for are these lost fragmented pieces of ourselves that we need to bring back within ourselves, to be a part of us again, to make us whole.

As the adult parental aspect, (the part of you that survived) you're not consciously aware of your outer child that is lost in space and time. You can't directly heal it, yet the only person that can get in touch with it and heal it is you, the person they belong to. And it is only you, the one that is reading this book that has to make the conscious heartfelt intent to go back for these lost parts of yourself by starting with what you can remember with the inner child and then moving to recover the outer child. Right now you may be having doubts that what I'm saying is true because you'd certainly remember any traumatic incident or lost or outer child. But that's just the point I'm making, you're NOT aware of this outer child because if you were, you wouldn't be searching and longing to fill the emptiness that you feel inside you, and neither would you be drawn to reading this book, as there are no coincidences. While your lost inner and outer child aren't able to communicate directly with your

Chapter 11 – Feeling, Healing and Understanding Emotions

Mind, your Higher Self is very well aware of them, but the problem is that you're also not consciously aware of your Higher Self that is trying to communicate with you about your issues and your fragmentation. So the only way that your Higher Self can communicate with your Mind is by creating situations and experiences that will remind your conscious Mind of what it has denied and rejected that needs to be healed. While you may think that the unpleasant things that are happening to you are not for your benefit, it's actually your Higher Self trying to get your attention to help you, help yourself, and itself, in the process.

To heal your outer child, you need to begin by working with your inner child in healing and releasing the feelings and emotions of the traumatic experiences that you do remember. Once you begin to move and heal your inner child, you'll notice that the more layers you uncover, the more intense the activations and the closer you're getting to your outer child. You will also notice that you will not only be expressing your feelings and emotions, but also identifying what your intuition had picked up but was also denied, or is picking up, but is still being denied by your conscious Mind when you are being activated. The other thing that will become evident with each healing step, is that you'll begin to identify and release more of your imprints, programs, beliefs and especially, judgments. The outer child is also centered on imprints, programs and beliefs that are associated with several different experiences and therefore can't be resolved as quickly as an inner child experience, as there is no one thing to focus on. It has to be unraveled, issue upon issue, judgment release upon judgment release and layer upon layer. By issues, I mean issues like having a fear of being alone, abandoned, rejected, shunned, hated, unloved or attacked, or the fear of; asking, telling, confronting, expressing your intuition, being wrong, of hurting another's feelings, etc. All these issues don't deal with a specific person, place or thing, or even a single experience, but involve many experiences that while they are separate, they are also connected, but they will have to be unraveled one at a time to be healed.

Without an expanded conscious awareness, trying to directly access the subconscious Mind in an attempt to find the outer child is next to impossible. There is heavy conditioning and programming in the subconscious Mind that reacts and gaps to any form of activation for reasons that it's not even aware of anymore, as it's running on blind imprints and programs. And similar to healing the inner child, there's also no warning or awareness of who, what, when, where, or how you will be activated, or to even recognize that your activation is a possible healing and awakening experience. What the conscious Mind needs to do is to become aware of when it's being activated or triggered into the issues I previously mentioned. It needs to realize that it has gone on autopilot, that it has begun to react, (fight, flight or give up) and is entering into what is also known as the gap, the no man's land where the outer child resides. Unlike healing the inner child, the outer child has only one stage or level, which just so

Journeys from the Heart Centre

happens to be during a spontaneous real life activation dealing with issues that will be unknown at the time. It's at this time, just before the Mind enters the gap and you're about to react and go into your fight, flight or give up mode, that a choice needs to be made to end denials and enter the gap with unconditional love. Within this one stage of healing there are actually three steps, the activation, the awakening, and then the responding with love to the present activation.

When you're in your activation, while it will be associated with the mini healings and the emotional and physical releases you've already had with healing an inner child, you will have no clue as to what issues you're really dealing with until you choose to accept and express your Will (intuition and knowing). It's only after you have allowed your Will to express itself that you will have the awareness of what the real issues are that you are healing at this time. What the Will (Intuition and knowing) needs to express and say is what you have never allowed yourself to express when you were feeling the presence of another's denials and unlovingness. This is about taking your power back, as what you're expressing will usually be about the other person and what they are saying or doing, or not saying or doing. During this experience, you'll also have insights as to what is really going on and why you were afraid to challenge another and to speak your truth. This experience not only begins to heal your fears and issues, it also begins to empower you and make you fearless, as it transforms you with an awareness that you have never known before. This acceptance and expression of your intuition is what will bring this outer child fragment back inside your energy field. You will then have the conscious awareness and understandings of what was triggering you and what you were doing by your denials that pushed and kept this lost fragment away from you. When you finally respond to the activation with loving acceptance for your Will, it will be a life-altering event.

Healing the outer child is all about being in the moment and responding to what's happening now. This experience will relate to your issues of not expressing yourself, not speaking up, not challenging another, and of feeling responsible for hurting another's feelings. Most importantly, it's about trusting your intuition and allowing it to express its truth, although your Mind has no idea what the truth is, as your Mind can't feel, and so it must trust the Will. Denial of this form of expression is what you shut down originally to create the outer child fragment, and is something that you've never done in the past, and that's how the past is related to the present, as now, in the moment that you're activated, you're not denying yourself. This is all about loving and accepting your Will and allowing its free expression, free Will.

But getting to this point is difficult as trust is a big issue. It's not only about getting your Mind to trust that this process is going to work and that you will survive, but also in getting your Will and your inner and outer child to trust your Mind. To trust that this isn't just another trick and that when things get

Chapter 11 – Feeling, Healing and Understanding Emotions

tough and you get activated, that you're not going to keep your word and "walk your talk," but will just slip back into your old imprints, programs and beliefs and abandon them again. Having to repeat will mean that you'll also have to deal with all the emotions and feelings that come up due to your past failures. Each time you back-slide into your old habits and have a relapse, the gap between your Mind and your Will, and your inner and outer child, gets bigger and bigger and healing becomes more difficult and the activations more intense. But that's not a bad thing, it just means that you have a big emotional charge and many issues, imprints, programs and beliefs to deal with, otherwise you would have "gotten it" sooner.

This awakening is not the end, it's the beginning, as healing the outer child will be the lifting and tearing of the veil of what you had believed was truth and love. It's the beginning of the awareness of the illusions that you call reality and the reality you've dismissed as the illusion. Now you need to make a choice if this new world is what you desire and if so, then you will need to "walk your talk" and live your truth. You will also find that once you have gotten to this stage or level of healing that it will be next to impossible to go back, as now you will have greater conscious awareness of your denials, whereas before you were not aware of them.

Fear and Courage

The dictionary definitions of fear and courage:

Fear - Noun: An emotion experienced in anticipation of some specific pain or danger (usually accompanied by a desire to fight or flee)

Fear - Verb: Being afraid or feeling anxious or apprehensive about a possible or probable situation or event. *

* This definition is just identifying the symptoms and reactions, and is not addressing the cause or creation of the fear. In the previous sub-chapters on fragmentation and the inner and outer child, I discussed how fear was created and triggered.

Courage - Noun: A quality of spirit that enables you to face danger or pain without showing fear, pain or grief. **

** This definition is denial based "without showing fear, pain or grief," which is actually false courage, as fear is present but is being denied any expression. The fact that it also refers to "a quality of Spirit" is another issue, as that phrase is vague, misleading and subject to interpretation, as Spirit has different meanings.

Journeys from the Heart Centre

Society has been operating under the assumption that there are two basic methods of facing ones fears. One is to deny your fear and fight to over-come, or over-power the situation and issue, and the other is to run away from what you fear and deny facing, hoping that it will somehow magically go away or be resolved. Neither of these solutions are effective in resolving the issue or situation, as both are based in denial and both are forms of re-acting to the situation instead of responding to it. As long as you are in denial of your fear, there is no way to release your fear or heal the issue.

There is however a third option, and that is to surrender to love (unconditional love) and to respond to your fear, to accept and embrace it, and in doing so, release your fear (as it's no longer being denied) and become fearless. Behind every fear or issue, there is a lost part of you, an inner or outer child that has been denied love, your love. By accepting your fear and responding with unconditional love for yourself, those parts of you that are feeling lost and alone, afraid and in terror, that were being denied by you, are now accepted and loved. To end denials of your fears is the hardest thing that you will ever do and that takes true courage, as that is something that you have never done before.

This courage is not defined as the macho man or feminist type false bravado that does what he or she needs to do to over-power another or a situation, as that action is coming from a place of heartlessness. The courage I'm talking about is the courage to surrender to love (Heart) and to do what you have never done, and that is to love yourself unconditionally. Courage is to speak from the Heart as that's where the balance between the Mind and the Will needs to take place. Actually, the word courage is derived from a French word "courage" containing the Latin root "cor" which means Heart. So to be courageous, means to respond from the Heart (Love).

The reason that facing ones fears is difficult is the conflicting solutions. We're told that we need to have self-love to do what we fear, while our imprints, programs and beliefs say that we need to protect ourselves by either fighting or running away. We have also been told, and naively believe, that self-love is selfish, egotistical and unloving and is therefore unacceptable and so we have a dilemma. The magical thing that happens with the power of unconditional self-love is that once you have embraced that part of you that is in fear, the emotional energy that has been trapped by denial is now released, and when it's released, that part of you that was living in fear and denial is also released. When self-denial ends, self-love is born, and that part of you that was trapped by denials and in fear is now free, and in becoming free, it becomes fearless. The experiences that once activated your old imprints, programs and beliefs, and triggered your autopilot fight or flight mode are no longer issues or things to be feared, as what you feared (the parts of you that you denied) have been accepted and loved.

Chapter 11 – Feeling, Healing and Understanding Emotions

Courage is risking the known for the unknown, the familiar for the unfamiliar, the comfortable for the uncomfortable. It's the arduous journey to an unknown destination, of not knowing what you will meet, or where your path will take you. Courage is not a question of bravery; it's realizing that your fears are not natural and that there are unresolved issues and lost parts of you that need to be healed. There is a constant inner battle going on between the Mind and the Will, and Heart presence is what is needed to end this conflict, and to do that, it takes courage. The inner battle ends when Heart presence is found and forms the connection between the Mind and the Will. When there is a bond of unconditional love, there is no longer any issue of power and control, of the Mind fearing a loss of power and control, and the Will feeling controlled and powerless. When Heart (love) is present, there is acceptance not denial, compassion not judgment, connection not attachment. There is true peace and freedom as the Mind and Will are in balance, in harmony. Love is the music and life is the dance between Mind (Spirit) and Will (Soul).

Emotions and the Body

When activated during a journey, a person might also go into a Body release as these long, lost, forgotten and denied memories and emotions are brought forward and expressed. The reason being is that the Body is where the denied and suppressed emotional energy has been stored all this time. Depending on the issues and denials present, the Body can transform this trapped emotional energy into a disease or some other physical manifestation, in its attempt to bring awareness to the Mind that there is a problem that needs to be looked at. Identifying disease and weakness in the Body is a good indicator of the denied emotions that are also being stored. Again, it's not simply a matter of identifying and treating the symptoms or of mentally trying to manifest a cure using affirmations, as you also need to find the cause in order to heal the denied and suppressed emotions. After a healing experience, depending on the person and the depth of the emotional release, one can usually expect to have some emotional and physical releases during the next two to three days. There are many layers upon layers and emotions upon emotions and it's like a game of pickup sticks, as you first move one and then another until you finally get to free the one at the bottom of the pile.

It has been my experience that when assisting another in their journey, that there are times when you need to use your own version of reiki, acupressure, touch therapy, or some form of physical contact to help them begin to move their emotions. This contact is usually limited to the top of the feet, knees or hands, and sometimes the shoulders or the back, from the neck down to the small of the back. If simply placing your hand or hands on those areas is not enough to get the emotions moving, then applying a slight pressure to these points will generally activate the person. Various points on the knees, top of the feet and the palms of the hands are also very effective in activating an

Journeys from the Heart Centre

emotional block as all these pressure points are places that generally touched the Earth during a traumatic experience when someone was in pain or crying while on their hands and knees. Other effective trigger points are on the back, especially around the base of the neck and upper shoulders. Pressure to the soles of the feet and the back of the heels and ankles are also effective in releasing the emotional blocks. Really, every part of the Body can be used to activate a repressed or blocked emotion, so use your intuition to guide you.

When you're working with others and especially if you feel the need to touch them, don't be surprised if you also start to experience their emotions and even their physical pain in your Body. Allow yourself to express the emotions that you feel as well as the physical pains in whatever way you feel you need to. It might be expressing anger, rage, terror, heartbreak, physical pain, or feeling sick, in that you want to gag or vomit. Anything is possible and all must be accepted and released, because if you deny expressing what you're feeling, you also take on some of the person's energy and experience as your own in the form of an attachment that you will have to work on clearing later, as well as the disease or issues they were dealing with. If you express it in the moment, you will only feel the experience as long as you need to. If you block it, then there's a good chance that the journey will be over prematurely as neither of you will want to continue. Also know that you may be feeling another's physical pain for your healing experience. Instead of having to physically get the illness yourself, you can experience it through another person and by expressing what you feel, emotionally and physically, as well as releasing your mental judgments, you will not need to have it manifest in your Body.

If you're interested in how the various emotional issues manifest in the Body you may want to read, "[Heal Your Body](#)," by Louise Hays. It provides a list of medical conditions and the related emotions that can be used as a basic reference to give you an idea of what you're looking for, and then couple that information with what your intuition and Body are telling you. While I recommend this book, I only recommend part of it, as I do not agree with, or recommend, using affirmations to mentally heal the Body as that is denial based, and is treating the symptom and not addressing the cause.

Getting Permission

If you feel you need to do any hands on work such as touch therapy, acupressure, and massage, etc., ask permission of the person first and tell them exactly what you want to do, and where you are going to be touching them. Getting permission is not in fear of legal reprisals or whatever, it simply allows the person to prepare themselves for you entering their space and energy field, and physically touching their body. The person doing the journey will have their eyes closed and if they're suddenly touched without being aware that they're going to be touched, it may trigger fear and terror and snap them back to full consciousness. But even more damaging is the strong possibility that they'll also

Chapter 11 – Feeling, Healing and Understanding Emotions

set up a program to resist future work of this kind. Asking permission gives the person doing the journey the choice to continue with the experience, by allowing you to do what you feel guided to do, or to end the session. Once you've been given permission and you've made physical contact, and you feel you need to move to another part of the Body, ask and move appropriately. As you build up a sense of trust with the other person, asking permission for every move you make may not be necessary as they'll tell you that they're comfortable with whatever you feel you need to do. But, even though they say that, if you feel that they'll be startled by your moving from, for example, their feet to the back of their neck, then tell them what you're about to do, trust your intuition. Regardless of previous experiences, it's still a good idea to let them know the first contact you want to make during every journey, as they will not be prepared for that one.

Two Emotional Release Techniques

Besides the touch and energy work I've mentioned, here are two facial exercises that you can use on another person to help them release mental and emotional blocks. Again, if you feel you need to do this exercise while the person you're guiding is on a journey and has their eyes closed, ask permission and state exactly what you're going to do and why. Besides what I've mentioned earlier about asking permission, asking also gets the others person to re-state their intent and to allow themselves to move and express their emotions.

The first exercise is to use either your index, middle, or ring finger of both hands and place your fingertips on the bridge of the person's nose near the eyes. Then simultaneously and gently draw both fingertips down the side of the nose/cheek to where the edge of the nose and cheekbone meet. Then move across and up in an arc under the cheekbone to the corner of the eyes to the side of the temples. Slowly release your touch and move back to the starting point and do it again. Keep repeating this procedure for as long as you feel it's necessary or until the person begins to release their emotions. When you feel you need to end the exercise, simply rest your fingertips on their temples for a few seconds before removing them. Sometimes there's a delayed response to this procedure and it might be several minutes before the emotions begin to surface. Again, if you pick up anything during this exercise, then it's your turn to express what you are feeling, as your expressing might be what they need to hear in order to open themselves up to also express their emotions.

The second technique is to simply touch the person's heart, or just above it, with the tips of your fingers or the palm of your hand. Sometimes you will be guided to touch the person's chest, and other times it will be their back. Leave your hand in position for as long as you feel is necessary or until the emotions start to move. If you feel the need to do any other energy or physical work with your other hand, then allow yourself to do so. Also, allow yourself to express whatever it is that you're picking up from the other person, or if you

Journeys from the Heart Centre

happen to be getting a message for that person, then allow yourself to channel that message.

Besides these two techniques, I've also had people go into an emotional release simply by touching their hand or their shoulder, by making eye contact, or by the words or toning sound I was guided to express. If you feel you need extra help when facilitating a journey, then try the above methods.

Rocking – Toning Technique

The rocking technique that I'll share now will also assist you in moving your suppressed and denied emotions that need special coaxing that are buried deep in the subconscious, and are just beginning to stir in your unconscious. These are the ones that you feel are just beneath the surface but you can't seem to get them, or they flash into your consciousness for a split second and then they are gone. This simple exercise can help you bring them to the surface of your conscious Mind.

Before you start, I must mention that you need to be prepared to spend at least four undisturbed hours with this exercise, and then be prepared for spontaneous emotional and physical releases to come to you for another two to three days. I suggest that you turn off your phone and cell phone, pager, answering machine, TV, radio, etc., so that you will not be disturbed. If you feel that music will help, try to pick a New Age instrumental piece, one with no words or no words associated with it. Make it your intent not to harm yourself or anyone or anything else during your emotional and physical release. It would also be a good idea to have a "barf" bucket, (not that you will actually be sick, but just in case) tissues, and a blanket and pillow handy. Make your space as safe as you can and remove any breakable objects, should you happen to bump into them as you will have your eyes closed during this exercise and you will be moving about. Wear comfortable clothes and remove your glasses or contacts if you wear them, and also remove any jewelry that you are wearing, especially dangling earrings or sharp edged rings.

Now here is the exercise. Standing bare foot or in socks if you are more comfortable doing so, place your feet shoulder width apart, and when you're ready, close your eyes and begin to rock or sway from side to side. Make sure that you are lifting each foot off the floor so that you break contact with the floor and that you're momentarily standing on one foot. Like I mentioned before, you will tend to move around as you rock from side to side, so if you bump into anything or you want to quickly check to see where you are, it's okay to open your eyes slightly to get a fix on your location or to turn yourself around. Once you are comfortable, continue your rocking until you're fully into releasing your emotions. Another thing that you need to do is that while you're rocking, allow yourself to make whatever primal or toning sounds you feel you need to make. The vowel sounds, A,E,I,O,U are especially effective, or you can make whatever sounds feel right for you, and just express it in one long breath

Chapter 11 – Feeling, Healing and Understanding Emotions

like OOOooooooooooooooo, or in any way that you feel will help you. Keep repeating the sound or change it if you feel so inclined. Put as much feeling and emotion into both your toning and rocking as you can, and allow yourself to tone as loud as you feel you need to, or to rock as slow, or as fast as you feel guided to do. Follow your intuition.

While at first the emotions that are surfacing may be fleeting and barely noticeable, it's important that you don't stop rocking and toning until they are fully present and you can't help but express them. If thoughts of stopping come up, re-focus your intent and concentrate on your body movement and on the vibration of the sounds you're making. It may take ten minutes or more, but the emotions will come. Don't stop rocking or making the sounds until the emotions take over, and when they begin, stop rocking and just allow yourself to express the feelings and emotions that have broken free, as well as allowing your Body to express and release what it has been holding.

After you've had an emotional and physical release, allow yourself to rest for a few minutes. This may also be a good time to write down what you were, or are still feeling, as it's another form of expression. When you feel you're ready, repeat this exercise another two times following the same routine. After the third release, let yourself rest for a few hours or longer if need be. After this exercise, your emotions will continue to surface, and like I said earlier, expect emotional movement and Body releases for the next two to three days. This exercise is just the beginning of the healing process as now you'll be re-experiencing situations in your life that will remind you of that original experience and the emotions that were denied to create your fragments that have been trying to get your attention.

As an aside note on rocking, Autistic and even in some ADD and ADHD children that rock to and fro, are doing so because of their denied emotions. While there are other physical factors like toxic immunizations, food additives, and diet that come into play in helping to create these conditions, they are not the sole underlying cause. A child knows that something is wrong or not healthy, but it doesn't know how to effectively communicate that message to their parents who think and believe that what the child is experiencing is good for them. It's important to recognize that these young innocent children are empathic and intuitive and not only are they dealing with their own thoughts, feelings and emotions, but also those of others around them. If they're unable to express their real feelings and emotions, or those that they're picking up from others, then rocking or being hyperactive is a temporary way to allow this emotional energy to move. If they were to stop rocking before they had a temporary release, they'd panic and feel restricted, as they would again begin to feel their denied emotions and issues. They have been imprinted and programmed by either their parents or care givers to deny their real emotional expression, and have in their immature Minds, convinced themselves that the only movement that is safe and that can keep them alive (as movement is

Journeys from the Heart Centre

necessary for life) is to rock or be active and deny what they really feel. Although modern medicine has come up with all these handy catch phrases and syndromes, etc., I'm sure that you will recognize that a lot of grown up people are also hyperactive, and have found clever ways to temporarily move this denied energy to distract themselves from what they don't want to feel.

Two-way Healing

When working with a partner or a group it's important to note that healing is not just one-way, that both people or the whole group are involved in the healing process. It will be a different experience for every person, but if you're open, every experience will have some form of healing involved. If you're the facilitator and you're picking up on the feelings and emotions from the person doing the journey but they're not expressing them, then allow yourself to express what you're feeling as that may give them the incentive to allow themselves to express what they've been denying. Also, consider this experience of picking up the other person's feelings and emotions or even their physical Body pain as a healing opportunity. You might not have chronic fatigue, arthritis, have given birth, or attempted suicide, but by picking up and feeling what the other person has and is experiencing, you're also living that experience. By expressing what you feel, you accept it as part of your experience and in accepting it, you won't need to experience getting chronic fatigue or arthritis, etc. If you're a man, you have no way of experiencing what childbirth feels like, but by allowing yourself to feel it empathically, and by expressing what you are going through, you now have experience. Because you are a man, having this experience may be linked to a past life issue when you were a woman, that you have brought forward to heal in this lifetime.

If you're the person doing a journey and you feel emotions that are not yours, but that of your facilitator that they're not expressing, then express what you're picking up as it will also help them address their issues and fears of why they are blocking. If they deny that what you expressed are their feelings and emotions and you still feel them holding back, then you have a decision to make as to whether or not you carry on with your journey. If they begin to share their personal issues, then it may be time for you to take your turn at being the facilitator and to reverse the roles. What you'll come to discover is that you can't get into healing any issue if there is any form of denial present, either by the person doing the journey, or in you, as the facilitator.

Denied Anger and Rage

Although you may not realize it as such, denied anger and rage will be one of the prime emotions that you'll have to deal with in doing this emotional healing work, as denied anger and rage along with judgmental hatred are primarily what we're running on and being controlled by at this moment. Unlike the inner critic, guilt, and shame that are not part of our Spiritual Being, denied rage is.

Chapter 11 – Feeling, Healing and Understanding Emotions

Denied rage is really our real rage that has also been denied and suppressed and has had to reverse its polarity, so that instead of being loving and protecting us, it is now the opposite, unloving and attacking either others or ourselves. While denied anger and rage are issues we need to heal in this lifetime, it is also connected with our past lives, and as scientist would say, it's imprinted in our DNA. Although denied rage is imprinted and coded at the base or core level of our physical and Spiritual Being, that's not to say that it can't be healed and changed. Once we begin to heal our emotional issues we set in motion a chain of events that will forever change our lives. Whatever emotional issues we begin to heal also begins to heal our denied anger and rage. Whatever issues we heal in this lifetime also heals our past life (karma) issues. Whatever emotions we heal also releases any negative unloving energy that has been trapped in our Body creating illness and disease. Whatever unloving energy we release and replace with loving energy changes our very DNA imprinting. As you can see, there are many different aspects involved in our healing journey, yet they are all connected.

If you find yourself getting angry and wanting to take some ones head off, or you are biting your tongue, know that you are in denial and have already been activated into your issues and have gapped. If you find yourself activated and expressing your anger and rage, know that what you are expressing is your denied anger and rage. It's denied because you have gone past and denied expressing your Will, (Intuition, feelings and emotions) in the moment when you felt the other person say or do something that did not feel right, and that there was doubt and confusion. Instead of asking direct questions to clear up any doubt and confusion, you denied asking and decided to give others the benefit of the doubt. You made the conscious choice and decision to wait and see if your questions would be answered, instead of giving the benefit of the doubt to your Will and allowing yourself to ask direct questions and to state what you are feeling. This continued denial only served to compound your confusion and you soon found yourself getting frustrated and angry. Because you are in denial, you are also in the gap, and that's where your denied anger and rage is, waiting anxiously to come forward and take control of the situation by blaming others for whatever it thinks is causing the problem and attacking them either verbally or physically, or both. If it doesn't win the battle this time, it resides as a voice inside your head that has the attitude that it should be in control as it knows what to do the next time should the same problem arise. The problem with that thinking is that the exact same situation never occurs as it will either be with a different person, at a different place, with different props, and of course, at a different time, and so it's imprinted solution to the problem will never work.

The real problems and issues are your denials of your basic fears, which are, a fear of expressing your fear, a fear of asking direct questions, a fear of expressing your intuition, feelings and emotions in the moment you feel them,

Journeys from the Heart Centre

and a fear of openly challenging another's intent, to name just a few. Of course, your Mind has a multitude of judgments and beliefs that say that doing any of these is not right, not required, or not being loving to others, and these also need to be worked on and released. While these basic fears don't appear to be a big issue, it's their denials that set you up to gap and be under the control of unloving light. You cannot give what you do not possess, and if you don't possess love for all parts of your Being, then what you are sharing with others is not unconditional love, but conditional, filled with denials, lies, omission and avoidance. But of course you don't like it when others share this conditional love with you, yet you expect them to be okay with you sharing it. Do you smell hypocrisy and mendacity?

When people get triggered or activated and are in denial, they re-act according to their imprints, programs and beliefs where they do one of three things, fight, run or give up. Before people actually get activated, there's usually a dialogue with differing or conflicting points-of-views that are being expressed as personal truths. Because our imprints have not been healed, any point-of-view will have a denied rage bias and it will either blame another person, place or thing or it will blame the self. As soon as you have judgment and blame, you have issues of control, and of course, conflict. So expect a lot of conflict, both in yourself and in others that you're working with, as changing these imprints goes against everything that we consider natural, instinct, normal, human, and what we have come to know as truth and essential to our very survival.

While you'll be working on releasing your denied anger and rage, you will not be able to begin to heal and understand it until you've healed aspects of your inner and outer child. You need to work on healing the original cause of the denied anger and rage, that of your denials in expressing yourself, including your real anger in the moment that you felt you were being mentally, emotionally and physically attacked. Expressing your emotions, including your denied anger and rage will bring up a lot of other issues that have to be healed before you can really begin to let go of the unloving charge that denied anger and rage is holding, that is still trapped in your Body. Allowing this denied rage to move will also show you what judgments and issues you still have to heal. If you don't heal the real issues associated with your inner and outer child, then all that you'll be doing is getting triggered and repeating the same old cycle and venting your denied rage in different ways, as nothing has really changed. While your Mind may believe that it's being nice, kind, caring, loving, understanding, co-operative and compromising etc., to others by allowing them to express themselves, it's ignorant to the fact that while it is allowing all these things to others, it is being hateful to itself when it denies its Will free expression. When you love and honor yourself, (all parts of you) then you're in balance and in harmony and what you share and express with others also reflects that, although if they're in denial, they will see it as the opposite, and that will bring up your other issues.

Chapter 11 – Feeling, Healing and Understanding Emotions

It's important to note that consciously accessing and expressing your denied anger and rage is totally different than being activated or triggered into expressing it, and is what will begin to bring healing and understanding. With the conscious awareness release, you have loving intent to allow it to be expressed, whereas that is not the intent when you are triggered and gapped. While some may argue that expressing anger and rage is still expressing anger and rage, I assure you that while on the surface it may appear to be the same thing, they are totally different. While you need to allow yourself to express your denied anger and rage, you need to do it privately and in a safe manner so that you do not harm yourself or anyone or anything else in your rampage. This denied anger and rage needs to be vented and expressed or it just builds up to a point when the next time you are activated, you lose it and your rage explodes in a ball of fury that can cause serious harm to others and to yourself. Road rage is a classic example of this kind of denied rage energy buildup that erupts violently, usually at the person that so happened to trigger them, and not at the person during the experience where their real anger and rage were denied, which in turn, created their denied anger and rage. They could be angry at their boss or wife that they feel is controlling them and take it out on a stranger that just happened to change lanes in front of them without signaling properly. They feel cut off, not appreciated and controlled, which is enough to trigger their denied anger and rage, totally unaware that they are really the problem. Intentionally expressing your denied anger and rage privately and safely, along with any associated feelings and emotions, help reduce the charge that this rage is holding as well as removing the mental blocks and judgments to healing your lost essence. It's a slow, gradual and often frustrating process of working with releasing the mental judgments, expressing ones real and not false, feelings and emotions when activated, and also expressing and releasing any denied anger and rage safely.

The following are some common and relatively safe, but temporary quick fix ways to release the denied anger and rage that one feels as pressure and tension stored in the Body. While these are “safe” ways, they are not the same as having the conscious intent to release your denied anger and rage, as these safe modes include denial. These safe ways include some form of strenuous physical activity like exercise or physical work. Other examples are listening to or playing music and dancing, creating art, or working on a hobby etc. Then there is the most common physical activity used to relieve pressure and tension and that is denied rage sex. I say denied rage sex as that is what most sex is about, either by one or both partners where the goal is to achieve an orgasm to feel good. All these physical activities serve to take the so-called “edge” off the denied anger and rage they are feeling in their Body. Still other common, but less desirable ways, because of the side effects they create, are with the use of alcohol and drugs. Although these activities are outlets for the expression and suppression of denied anger and rage, without addressing the

Journeys from the Heart Centre

real issues and doing the associated mental and emotional work, these are only temporary solutions and not any form of healing, as they just add to and delay addressing the real issues.

If as a facilitator, you feel that denied anger and rage may be issues that will be touched during a healing session, it's a good idea to have already talked about it before the session begins and how it will be moved without harm to self, another person, or to anything else. It's helpful to specify what the person is to do or use if they're activated as it avoids a lot of confusion and doesn't stop the flow of the experience, as both are aware of what needs to be done and how to do it. When working with others and even myself, I'd use a \$10.00 pair of kids red boxing gloves whenever I felt that anger and rage needed to be expressed and released. Kid's boxing gloves! Yea, I know! What kind of message is that teaching the young? Boxing gloves work well as they will not hurt their hands or anything else. I usually had them punch the chair (which was a big, overstuffed, rocker, swivel recliner) or I would have them drop to the floor and hit or punch the carpet or a pillow. I also found that if denied anger and rage did come up unexpectedly during a session, that if they knew about the boxing gloves, that I could quickly slip the gloves onto their hands without them having to open their eyes, move their body, or lose the emotions that they were feeling. I could quickly slip one glove on their hand, and as they'd be hitting the arm of the chair with that glove, I'd slip the second one onto the other hand. As a note, there's no need to tie the gloves onto their hands as they'll be holding the gloves as they're punching, that way they can also be removed just as quickly and they won't feel restricted.

Real Anger and Rage

Presently, nearly all the anger and rage that is expressed is unloving denied anger and rage, the exception being small children that have not yet been programmed to deny their real feelings and emotions. Next to the social imprints, programs and beliefs of the suppression of our Will (intuition, feelings and emotions) is our deliberate suppression of our real anger and rage, and as stated, what is allowed limited expression, is unloving denied anger and rage that also has judgments against it. When activated, it's difficult to recognize the anger and rage that is being expressed as unloving, as the voices will state that they are only trying to protect you from harm or from being attacked. On the surface that will sound like it's a loving thing, however, when you dig deeper, you will see that there is always a past or a future event associated with the situation that created the activation, as well as a plan of action that is involved in the dialogue. All these are indicators that you are dealing with denied anger and rage. Your real anger and rage only surfaces after you have expressed your true feelings and emotions, but are still being threatened and in danger. With real anger and rage, there are also no rules or conditions based on past experiences, or what needs

Chapter 11 – Feeling, Healing and Understanding Emotions

to be done in the future if this happens again. Real anger and rage is always about the present moment, and is also expressed in it.

Once you have healed your issues of the fear of expressing your fear, of asking direct questions, of expressing your intuition, feelings and emotions in the moment you feel them, and of openly challenging another's intent, you will no longer be denying yourself. Once you have healed whatever inner and outer child issues that you were denying that were activating you and which allowed denied anger and rage to surface, you will no longer be activated as there is no longer any issue, and no denied anger and rage wanting to take control of the situation. Your real anger and rage is loving and is there to protect you from harm in the moment that it feels you are being threatened or that your survival is at risk. If the Mind is in balance with the rest of its Being and is being real in expressing itself in the moment, anger and rage are not required as any doubt and confusion is addressed in the moment, as there is no denial present.

The big difference between real and denied anger and rage is that when you express your real anger and rage in the moment you feel you are being attacked, and that your safety and health are threatened, you respond with whatever your anger and rage feels will stop the attack, no more, no less. It's not about gaining power and control, it's about stopping the attack. The person doing the attacking will get the message loud and clear, and they will usually move back and try to get away from you. While they may be dissing and cussing you, they are now afraid of you and know that they can no longer control and manipulate you without suffering the consequences of their unloving actions. The other thing is that you will have no attachment to the person that attacked you. There will be no urge to get even, to watch your back, or to try to avoid any future confrontation, as like I stated, you expressed your real feelings and emotions and they got the message. If you continue to ask questions when in doubt or when you are confused there is no denial present on your part and you will see through any denial based attempt to control and manipulate you, thus thwarting any attempt by another to verbally or physically attack you.

Your real anger and rage is the loving voice that is associated with the first, base, root, or survival chakra. When you are about to be activated and go into denial and the gap, it, along with Heart, are the voices that are nudging your Mind, asking it not to be a hypocrite. Not to give others what it doesn't give itself, to not give others the benefit of the doubt and instead, to give it to your Will and to allow her to express herself and ask direct questions. This survival action by anger and rage is an attempt to protect and save the parts of our Being that are being attacked, manipulated, controlled and slowly destroyed by the Mind that chooses to remain in denial. The Mind (in denial) doesn't accept any input from anger and rage either and continues to allow the other person to express themselves while telling its Will to keep quiet and go away. It's your Minds denials of the other parts of self that activate your real anger and rage which is actually directed at your unloving Mind that is in control. When the

Journeys from the Heart Centre

Mind denies the nudging loving voice of anger and rage that was moving, it can't express itself and it has nowhere to go. The only option it has is to go back on itself and it can only do that by reversing its polarity. In reversing its polarity, it now becomes unloving denied anger and rage that now sees the problem in a different (unloving) light, that of being outside the self, and will now attack the external person, place or thing that the Mind and it deems to be the problem.

As stated, anger and rage originate from the first, base, root, or survival chakra. When they are experienced in denial, they become denied anger and rage and are triggered and activated by situations that are similar to past traumatic experiences that were denied full emotional expression. When activated, denied anger and rage are expressed as our fight, flight or give up mode. The fight mode being one of fighting to keep or obtain a position of power and control that also has the survival of the fittest, and the dog eat dog mentality. The flight mode is just that, avoiding any conflict by putting distance between you and whatever activated you, and making plans to fight another day on your terms. The give up mode is where denied anger and rage has turned on self, and your Mind has resigned itself to the fact that there is no escape and to just make the best of a bad situation.

When our real anger and rage is activated by a real and present threat and danger, and when nothing has been denied in the moment it is experienced, our real anger and rage rise up, ready and willing to do whatever it takes to protect our life, or that of another person, place or thing that is being threatened. It's not a fight mode like denied anger and rage, but a very real fight for survival and life. An example of real anger and rage in action would be a mother fighting to protect her young, or a male father figure fighting to protect his mate, family or a loved one. If threatened, they will take on a number of attackers that would ordinarily easily overpower them, but this is not the case when this survival chakra is activated by the power of love for life. With the activation of the survival chakra, comes super strength, speed, agility and powers, and the courage and fearlessness to send their oppressors a clear and strong message that they are not to be trifled with.

As a final note, your real anger and rage will never, repeat, NEVER attack another person or thing either as a preemptive strike or in retaliation to regain control, as those actions are part of denied rages imprints. Don't be confused and fooled into thinking that by denying expressing your denied rage by biting your tongue, that you don't have any denied rage and that any rage you have is real. Believing that denial is loving is one of the biggest traps we fall into, and is what I call part of the Bambi Syndrome, which is, "If you can't say anything nice, don't say anything at all." If you allow your Will, (intuition and feelings) to express itself in the moment that it feels an unloving outside threat, that should be sufficient to end any conflict.

Chapter 11 – Feeling, Healing and Understanding Emotions

However, if the outside threat continues and tries a new tactic in its attempt to overpower and control you, then it's your real anger and rage that will rise in defense of being attacked and will express itself. First, verbally in such a manner that leaves no doubt in the Mind of the attacker that it means what it says, and what will happen if the attack continues. The purpose of your real anger and rage is to not allow any part of you to be attacked, controlled or annihilated, as survival and life is its prime directive. Where there is love, there is life, and where there is denial, there is death. Ending your denials and allowing your Will to express itself, and also allowing your anger to respond to the situation as needed, is what empowers you and ends the conflict. The person that was attacking you, (as only denied anger and rage attacks) is now afraid of you and your anger and rage, and since they are already in denial, they deny again and the attack ceases. Two wrongs don't make a right, and as long as both people are in denial and expressing their denied anger and rage, there is conflict, but by ending your denial, there is no longer any conflict. Of course, there are people that believe a person can also choose to run from conflict, but that doesn't end the conflict, it just postpones it, as the denials of whatever triggered the conflict are still present and unresolved.

Restriction and Pressure

Sometimes a person needs to feel confined in order to allow them to express their denied emotions. Again, tell the person what you're going to be doing if you plan to touch them in any way and get their permission to do so. What I've done to activate a person using pressure and restriction is to have them place their hands on their knees and then I'd use my thumbs or the palms or backs of my open hands to simply exert pressure on either their wrists or knees. I would either push straight down or exert a slight outward motion. My hands are not holding them in any way and they are free to get out at any time. If you feel that your thumbs are too weak to push their wrists or knees apart, then use the back of your hands to do the same motion. Their reaction to this pressure is to bring their arms and legs together or nearer to their Body. Keep applying the pressure until you feel their resistance, and then only use enough pressure to maintain a level of resistance sufficient to trigger an emotional release. As you can imagine, this is especially effective in activating someone that has been physically or sexually abused.

Sometimes it's the other way around and you will need to push inward on a person's hands or knees as that activates a person that has been confined or tied up, but that is not as common. If you feel you need to do that, then instead of placing your hands on the inside of the wrists or knees, place them on the outside and apply pressure. Another technique is to simply hold their arms down at their wrists, or their legs down at the knees or ankles, as this activates other issues. Again, do this with an open hand, as there is no need to actually hold the person, just to exert a physical force that will activate them. In

Journeys from the Heart Centre

this way, they or you are not going to be hurt should they twist and turn to get out, which they easily can do.

There is absolutely no need to physically restrain or confine a person by tying them up, rolling them in a blanket, or any other method, as that is against their free Will. Real healing is about having choice and is something that they feel they want to do, and not be forced to do. The person that wants the healing knows that they will be activated and that it's their choice as to whether or not they choose to go through with it when the time comes. Even if they agree to it at the beginning of the session, physically restraining a person doesn't allow them to change their Mind, and that can cause even more emotional and physical trauma.

A Word of Caution

When you're assisting another in a healing exercise and you're restraining a person, you need to be aware of the fact that you could get hurt, especially if you're smaller than the person being worked on. This is especially true if you're working on the knees and pressing down or out. Be prepared, because when they become activated, their legs and feet will suddenly kick up or out, and you might get hurt if you're in the way. If you feel that kicking may be a problem, it's much safer for you to restrain the top of the foot instead of the knee. It basically has the same effect but it's harder for them to kick at you if you're holding their foot down, rather than when you're pushing down on their knee. The other thing is that should they kick or want to break free, which sometimes happens, you can get out of the way faster. If that happens, simply allow them to break away and to express whatever emotions come up. If you feel that more work needs to be done at that time, then ask them if they are ready to continue, if not, do not pressure or force them.

As with all healing work, follow your intuition as to when to continue or when to stop doing any type of activation. If the person asks you to stop before they've had an emotional release, ask them if that is really what they want to do? If they answer, "yes" then stop. If the answer is "No, don't stop," then carry on even if they continue to tell you to stop. This is a hard call as you will really have to follow your intuition and Heart here as to when they actually want you to stop, or what is a part of their emotional release and expressing what they went through in the original experience of wanting the attack to stop. Restricting them in the ways I mentioned always allows them to break free if that's what they really want to do.

Sound

Another healing tool that can be used is sound. Sound is vibration, and vibration is movement and life. Movement or vibration is what the emotions need in order to express themselves. Toning is another method I use to help release the unloving energy blocks that are preventing the emotions from

Chapter 11 – Feeling, Healing and Understanding Emotions

moving freely and being expressed. I primarily use the vowels, A, E, I, O, U, and I vary the pitch, volume and duration, as I feel guided to do. If you're guiding another, follow your intuition as you feel directed. You can also ask them to tone for themselves, or you can tone together, if that is what you feel needs to be done.

Primal Expression

Primal sound is another technique that can be used to get in touch with repressed emotions that are buried in the subconscious Will. This is where no words are spoken, but sounds are uttered instead. Where one grunts, groans, moans, sobs, hisses, howls, snarls, pants, blows, snorts, huffs, puffs, or whatever comes up that can be verbally expressed through the use of sound. When someone is expressing themselves through primal sounds, they usually include some form of Body movement. Allow these sounds, or actually, the vibration of the sounds and the Body movement to carry you into the repressed emotions, and let yourself express them in the way you need to.

Primal expression allows you to feel emotions you don't know you have, or if you do, you don't know how to express them in words. This can be used at any time and is not limited to having to be in a controlled environment. Whenever you have feelings and emotions and you can't find the right words to express them, use this technique. If you're assisting another and they move into primal expression, then allow yourself to respond in a similar manner, as in this situation it's more effective than using language. The subconscious Will also loves a rhyme, where words are in a particular pattern and of a similar vibration.

Drumming

Drumming is another tool that helps in getting the emotions to move. It doesn't have to be an actual drum, just as long as it makes a sound, a vibration. In drumming, both the sound and the physical act and vibration of the drum help remove the mental and emotional blocks that are preventing the emotions from moving. Again, drumming can be solo, with a partner, or in a group. If you're facilitating another on their healing journey and you feel the urge to drum, simply tell the person what you plan to do, and then, if they approve, do what you feel you need to do. Again, the asking is so that the person will not be frightened by the sudden sound as they'll have their eyes closed and will not be aware of what is going on around them, and the sudden booming sound of a drum will startle them out of their alter state of consciousness. Of course, if you've worked with the person before and have used a drum during a journey and you feel that drumming is again required, then simply pick up the drum and softly and slowly, begin to drum as you feel directed. There really are no rules and if the unexpected happens, then it happens for a reason and it was meant to be as it is another issue that needs to be addressed and healed.

Body Drumming

A tradition among some indigenous tribes is the use of the human Body as a drum. You can have another person drum on you, or you can do it yourself to activate you. Body drumming or beating, is very much like a massage or acupressure, but instead of using your hands, you use the soft beaters, similar to what you would use on a drum, to tap or beat on the Body in various locations to activate pressure points and help release the blocked energy and allow the emotions to move. Body beaters can also be used as an invigorating form of relaxation and massage.

Body Movement

Still another form of using the Body to trigger emotional release is through Body movement such as exercise, dance, yoga, massage, chiropractic adjustments, etc. If you choose to use Body movement as a means to access your denied emotions and issues, then make it your intent to express all your emotions in the moment they are felt. Once you begin with the emotional release, it's important to find the emotions that are hidden beneath the current ones, and to also find the other times when you felt the same emotions and to release them.

If you feel fear, shame or guilt in expressing yourself, then allow yourself to express your fears as that opens you up to moving your emotions as you no longer in denial as you've already expressed your fear of expressing them. Yes, it's as simple as that, but at the same time, some of our biggest issues are in being able to admit and express our fears, shame and guilt. For the most effective healing to take place, expression of the emotions is necessary in the moment they are felt. If you're activated and you wait until you feel it's safe or appropriate to express them, then healing is slowed down as much of the emotion will be lost. However, if you totally deny expressing them, then healing is not only postponed, but it will be much harder to reach and heal them, as now the previous denials will also have to be addressed.

Nurturing

Once you begin doing work with your inner and your outer child, it will be a heartfelt emotional experience. While you're in your emotional release during your journey, the only nurturing you may need is a compassionate hand on your shoulder or a hand to hold. However, after your journey that has involved healing an aspect of an inner or outer child, you may feel especially vulnerable as the lost child needs nurturing and you may want to hold or cuddle something. What I've found that works well for this situation is a large, soft, stuffed toy teddy bear or other animal, or even a pillow or a blanket, as long as it is something to hug and nurture. As I've mentioned earlier, don't be surprised if you have emotional or physical releases for two to three days after your

Chapter 11 – Feeling, Healing and Understanding Emotions

healing session. If you need to sleep all day and your body aches, just allow yourself to feel your Body and express whatever feelings, emotions and pain are coming up. If guilt and shame come up over you loving and nurturing yourself, find out where they're coming from and let them go to their right place.

Keeping a Journal

A great tool to make you aware of what is going on with your life is to keep a journal. Write down all your thoughts and feelings when you're having them and if you can't do it in the moment, then as soon as you can because you don't want to lose what's coming to the surface of your consciousness. Later, you can read them and if you're activated again, and after you have expressed your feelings and emotions, write down your new thoughts and feelings. The more you write, the more you'll begin to see a pattern developing and then you can begin to work at healing the cause. Writing is also a form of mental and emotional release.

It's also a good idea to write down your messages and dreams as they will give you clues and insights along the way. Writing is especially effective if you can't seem to verbally or physically reach the emotions after you're activated. I've found that a good time to write is when my emotions are trying to surface and where I don't know what they actually are, or how to express them.

Another thing that you will discover is that your emotions are repeating themselves with only a slight change in what was expressed before. This is natural and is much like revving up a car engine with your foot on the brake and you're not going anywhere. When you release the brakes, (the blocks) you'll move and you'll not only know it, you'll feel it. Other times the emotions will be felt for only a split second and then disappear like a puff of smoke in the wind; have patience, as they will re-surface. The rocking technique I previously shared is great for working with these emotions that are just beginning to surface.

There are no Rules

I can't possibly begin to describe every situation or experience as there are as many and as varied as the individuals doing or receiving the healing work. "Play it by ear, go with the flow, trust your intuition, acknowledge your fears, take a risk and expect the unexpected," are good mottoes to go by. This work is all new and experimental, and I needed to explore it personally, as will you. What I'm sharing in this book is not a list of rules or cast in stone, it's simply a guide, based on some of the things I've experienced on my journey. You will in fact, be working on healing both your inner and outer child aspects simultaneously and you will also move back and forth between them as everything is interconnected. It's the process of working through all these different layers and issues that takes both time and effort, that prepares you to finally get to your ignition point and experience a level of healing as well as gain understanding

Journeys from the Heart Centre

and a different point-of-view. The more you heal and the deeper you go, the more attuned you are to your intuition, feelings, emotions, Body and Mind, the easier and more thorough the healing results, and the more insights you will get. It's a grand circle and it just keeps getting bigger and better, but while it may not feel like that at first, I assure you it will, and it's all worth it.

“ *To heal, you must feel; and to feel,
you must be real. - Shenreed*

Chapter 12 - Multi-dimensional Journeys

Multi-D journeys follow a similar format as the other journeys and are based on your interests and what you'd like to explore. These journeys are not, repeat NOT to be done alone, they are only to be done with a partner. That is not to say that you can't do this journey by yourself if you desire to do so, but, until you have some multi-D experiences, it would be better to journey with a partner. This is not just a journey to meet and chat with other Beings, but to become the other Being, to enable you to experience what they experience in their reality. For this reason, I recommend that you have a partner, where one guides and the other explores and vice versa. What happens in this journey is that both people will simultaneously be experiencing the same journey, with the same details, thoughts, sensations and feelings. You will both be traveling in the same space and time and only your collective "wits" using what you have experienced in the previous journeys, and your intuition, will determine your experience.

These journeys can be intense, in that they're different from what has been experienced in the previous journeys, as now you're reaching deep into other realms or forms of consciousness that have links to your interest in ET's (Extra Terrestrials) and alien life forms. As mentioned, these are not simply experiences where you meet and talk to other life forms, these will be experiences where you actually become an alien life form so that you can feel and know what they experience in their reality. This can be quite a shocking experience and one that you need to be ready for by having previous experiences with the other journeys, and also, in having a partner journey with you that can help you should you get into a situation where you panic. My, and my partners curiosity about the entities we had met in our previous journeys, led us to want to explore and experience their realms of consciousness. As a guide, we just used what information we had personally experienced, read or heard, and then coupled it with the existing journey techniques we had already used.

I feel that before you begin with the following Multi-dimensional journey that you should re-read the section on visualization, as I feel it will bring up certain points that will help you with these journeys. These journeys are done resting comfortably sitting in a chair, or sitting or lying on the floor. Instead of giving you a detailed journey, I'm simply going to outline a basic journey that we used, just to provide you with a form of reference.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing

Journeys from the Heart Centre

and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. Our intent is to become aware of, and explore other life forms in other planes of consciousness and realities, that serve our highest purpose and good.
- Note: If you have a specific intent, then you can include it at this point. As you will be experiencing this journey with a partner, you can also make it your mutual intent and give yourselves permission to express any feelings and emotions that you may feel, and to also allow yourself to ask questions or to express your intuition and observations.

I'm now going to give you a very brief outline of a multi-dimensional journey. Where applicable, I'll use the same open dialogue format, with the letter Q representing the Questions or directions of the person facilitating the journey and the letter A representing the Answers or responses given by person doing the journey. I'll also complete the returning segment in a similar manner. With this format, I hope to give you an idea of the flow and feel of the experience. Remember that while one person may begin this journey by acting as the facilitator for the other, they are simultaneously facilitating their own journey. As the journey progresses, either one or the other, will lead and respond as they feel guided.

The journey begins much in the same way that other journeys do by entering the blue mist, from there, you need to follow your intent and intuition. I'm not going to provide an example of an actual journey, instead I'll just give you the start of one to show the interactions of the experience and then I'll just list a few examples of what you might encounter on a journey and you can go from there. As noted, while both people are doing the journey, one person is usually acting as a guide for the other and that can change at any time, as you go with what feels comfortable in the moment.

The Journey:

Q "Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when ready, in your Mind's eye, visualize a blue mist before you, and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is

Chapter 12 – Multi-dimensional Journeys

appropriate. You may not see a mist and that's okay too, you may just sense or feel that you're in the mist or somewhere outside your physical Body. Tell me when you feel you're in this mist, this space, feeling safe and secure?" (Short pause)

A "Yes, I'm in the mist, are you in it also?" (Short Pause)

Q "Yes, I'm in the mist too. Okay, now I'm moving through the mist and I feel that we are going to visit the Pleadians. As I'm moving it feels like there's a homing beacon that we're following. Can you feel it?"

A "Yes, it also feels like a color, this is weird."

Q "Yes, I'm sensing that too, it's like we're on a wave of color, a greeny-blue color with bits of yellow and purple, and we're traveling incredibly fast.

>>> At this point the journey is interrupted and no further dialogue is shown.

After entering the mist, anything was and is possible. Some of the experiences we had were realizing that we were elves or fairies dancing in the air with other fairies or riding on the backs of butterflies. We also traveled to planets in distant galaxies where we experienced being a whale like creature swimming in the depths of an orange sea. Then, as we rose to the surface, we found ourselves transforming into a flying creature that would then soar high into a sky filled with pink and green clouds. Later we'd glide in for a landing on the shore and just as we'd touchdown, we'd transform again, this time to a humanoid Being, enjoying a stroll along the purplish sandy beach, watching a stunning double sunset that included shimmering halos of light that danced like northern lights. We also traveled to other planets and took on alien life forms such as the Pleadians, bird/human and even reptilian Beings. Other times we could silently sit on board a space ship in our ET form and watch the breathtaking view as the Earth slowly revolved below or above us.

The Pleadians are one form of ET's that we often encountered on our other journeys and as we grew more comfortable in our interactions with them, we also channeled them, and they also channeled us on their home planet. We also made several journeys to the Pleadians where we explored their world and culture. I have to say that becoming another life form really gives you a totally different point-of-view of reality. While the Pleadian society and culture was strange and different, what I particularly noticed was the lack of what I'd call "depth" to their emotions. On a scale of 1-100, I'd say that they were around a 5-10. When I saw the movie Pleasantville, I was reminded of the Pleadian way of life, at least as the Pleadians we were and had met.

As you're both guiding each other and experiencing the same journey, you will both make the conscious choice to return. The return procedure is similar to the other journeys, except for the fact that both are coming back at the same time. I've modified the returning format to show you how this would be done. There is also the special affirmation that is used to conclude any Multi-

Journeys from the Heart Centre

dimensional journey, where one has been in different realms or dimensions of consciousness.

>>> The journey now continues.

Q “I’m feeling that it’s time to return, what about you?”

A “Yes, I feel that’s all for today.”

Q “OK, then we will end this journey.”

Returning:

Q “It’s now time to return, to end our journey and to re-enter the blue mist. Let me know when you’re back in the mist?” (Short pause)

A “Yes, I’m going back into the mist.”

Q “I’m in the mist also. Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you’re back and can see your Body?” (Pause)

A “Okay, I’m back.”

Q “Okay, I’m back too. Now bringing back all energies pertaining to the Earth plane and only those energies that are needed in the here and now, within this physical human Body.”

Q “Let me know when you have done that? I’m doing that also.”

A “Okay, I’m back.”

Q “So am I, whew, it feels good to be back.”

Q “Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe, secure and at peace. Let me know when you’re back in your Body?” (Pause)

A “Yes, I’m back in my Body.”

Q “I’m back also. Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head.” (Short pause)

Q “Take a few slow, deep breaths and when you’re ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to.” (Short pause.)

Q “When you’re ready, you can slowly open your eyes and bring your focus back into the room. You’re now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time.” (Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. After a few moments, you can share your experience with your partner, and if you keep a diary or journal, you

Chapter 12 – Multi-dimensional Journeys

can write down your experiences. As previously mentioned, it's desirable to express your emotions as you're feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

We simultaneously exist in multiple realities of space and time. I've had several personal experiences that are hard to believe and rationalize, yet are as true and valid a reality as me writing this book and you reading it. Like I mentioned earlier, in doing these journeys you're not simply a witness or even interacting with another life form, you actually become another life form and take part in an experience with that other body.

Not only are there multiple dimensions and planes of consciousness that are different than ours, but there are also double or parallel planes of existence that are a mirror image of our Earth plane, but with a twist, in that they are of the opposite or reversed polarity. That means that there is an "other" and opposite "you" out there, that is also having a physical experience. Now if that isn't mind boggling enough, another twist is that this parallel universe and your "double" are also in this plane and in your present time. If you care to explore this further, you might be interested in knowing that your inner critic, the one that is judgmental, cynical, and critical of you and others, is directly associated with this reversed polarity parallel universe aspect of yourself.

If your partner has returned from the journey but they seem scattered and confused, have them close their eyes and return to the mist, and then bring them back again. You can also place your hands on the top of a person's foot, knee or shoulder to assist in grounding and returning them to the physical reality. You can apply this technique to all journeys.

An important insight that we got during our experiences was that when you're bringing someone back, including yourself, from a Multi-Dimensional journey, it's important to bring back only those energies pertaining to the Earth plane and not any other energies from other planes of existence. Bringing back essence or energies from other planes or dimensions can cause mental and emotional imbalances and problems when the person tries to return to full consciousness. We were guided to use the following affirmation before we ended such a journey. "Now bringing back all energies pertaining to the Earth plane and only those energies that are needed in the here and now, within this physical human Body." When you feel it's appropriate, use that affirmation to conclude any journey where you, and/or the other person, has been in different realms or dimensions of consciousness.

Chapter 13 - Other Journeys

In my studies of the various world religions, I also explored the mythology and folklore of the polytheist societies of ancient Egypt, Greek, Roman, Norse and Celtic civilizations and their archetypical figures, as well as native North American shamanism. As with all religions, mythology or social philosophies, it's impossible to come to any specific consensus, so again, I took what I felt comfortable with in order to develop my own version of an Archetypical and a Shamanic journey to see what they had to offer me on my healing journey. While I've disassociated myself from all forms of organized religions and their doctrines, dogma and rhetoric, I'm still open to explore their beliefs and traditions, as there are some part-truths and insights that can be used to further enhance my knowledge and understandings. As such, these journeys are to be considered more of an exploration for personal experience and empowerment, rather than as some religious practice. I use these journeys much in the same way I used the Eastern version of meditation, as a springboard to expand my consciousness, not limit it.

I purposely left these journeys for the end as I feel they added little to one's healing and self-empowerment compared to the other journeys, but, the fact that they added something is also of value and not to be dismissed, again, not throwing out the baby with the bath water. I purposely didn't go into any great detail in these journeys as they basically use the same format as the other journeys and you'll have to adapt them to your specific interests and intent. Of the two journeys I now share, Archetypical journeys offer more in the way of mini-healings than Shamanic journeys, the reasons you will discover later.

Archetypal Journeys

While exploring Shamanism, I became interested in mythological archetypes, so I decided to explore this topic to see how it related to my journey, and what insights it had to offer. I feel that this journey is a bridge between not only our ancient religious origins (the so-called pagan deities) and our present religions, but also to science, (psychology) that tries to define our human psyche in terms that it can mentally rationalize and scientifically explain. I've had a lifelong interest in psychology and knew that psychiatrists and psychologists also explored archetypal forms in their attempt to understand the nature of the human psyche. Of note, are the works of psychiatrist, Carl Jung, who not only explored the various archetypes, but also went into a wide range of shadow

Chapter 13 – Other Journeys

figures associated with them. I was curious to compare my findings with those of the analytical psychology point-of-view, and while there are similarities, there is a major difference in that their point-of-view was objective (observing) and using other people as subjects, while mine was subjective (personal experience) and in seeing and feeling how it applied to my life and my issues.

Mythological archetypes are also considered an “ism” in that archetypes are at the basic core of all social/religious beliefs and are considered by most modern academics and organized religions as primitive and pagan in origin. Mythological archetypes are not only found in every culture throughout the world, but our present social structures are based on it. Every mythological ideology has the “basic” archetypical figures that are personified by the king, warrior, lover and magician along with the corresponding feminine archetypes. They also have certain beliefs, rites, rituals, ceremonies and traditions associated with them, and because our present society is linked to and built on the past, these archetypes are also a part of our present social customs and traditions, including our various religions.

Before you consider doing an Archetypal journey you need to be somewhat versed in the specific mythology you’re interested in, including their legends, traditions and beliefs, as well as their tools of ritual and magic. In doing these journeys, my partner and I used what information we had read as a basic guide and then coupled them with the existing techniques and journeys that we had already explored, and you can do the same with your journey. We did our journeys using four basic archetypal figures in both the feminine and masculine form, depending on who was doing the journey. While there are many other archetypical figures with other names and even other names for the same figure, we basically used a modified version of the four Celtic archetypical figures of the King/Queen, Magician/Sorceress, Warrior/Amazon, Lover/Maiden. Similar to a Multi-D journey, you are working with a partner, and while one is acting as the facilitator, they’re also involved in the experience of the one doing the journey. That is not to say that you can’t do these journeys by yourself, but it does help to work with a partner as they can assist you should you get confused, activated and unable to continue.

I feel that before you begin the following Archetypical journey that you should re-read the section on visualization as I feel it will bring up certain points that will help you with these journeys. We’d did our journeys resting comfortably sitting in a chair, or sitting or lying on the floor. Again, instead of giving you a detailed journey, I’m simply going to outline a basic journey that we often used, just to provide you with a form of reference.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing and Centering. Once you’ve reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Journeys from the Heart Centre

I'm now going to give you a very brief example of an archetypical journey. It begins much in the same way that other journeys do, by entering the blue mist. From there, you need to follow your intent and intuition, and adapt the journey according to your present knowledge and beliefs. Instead of giving you an actual journey, I'm just going to list a few examples of what you might encounter on this journey and you can go from there. If you are unable to do this journey with your partner, then both of you are not ready for two reasons, first, you lack the basic visualization techniques, which means that you'll need to go back to the beginning of this book and learn the basics. Secondly, you and your partner have a very limited knowledge of the mythology and archetypes that you are trying to explore and will have to gain more knowledge and experience from other sources before you can attempt an archetypical journey.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. Our intent is to connect with our archetypes that are here to assist us with our issues and healing, in whatever way serves our highest purpose and good.
- Note: If you have a specific intent, then you can include it at this point. If you're doing this journey by yourself or with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel and to also allow yourself to ask questions or to express your observations if you so choose.

The Journey:

Q “Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you’re ready, in your Mind’s eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever other color is appropriate. You may not see a mist and that’s okay too, you may just sense or feel that you’re in the mist or somewhere outside your physical Body. Tell me when you feel you’re in this mist, this space, feeling safe and secure?” (Short pause)

A “Yes, I’m in the mist.”

After entering the blue mist, our journey took the form of a visualization, in that we might find ourselves crossing a meadow, taking note of what we saw, especially the animals. We then entered a forest, finding a path

Chapter 13 – Other Journeys

that ran beside a small river or stream, again noting various flora and fauna, and if they were talking to us, or coming with us on our journey. The path might then lead to the side of a waterfall and hidden behind the waterfall, we would find a cave or tunnel. As we entered the cave, it became evident that it was leading us deep underground. We made a note of what was on the walls or who or what was in the tunnel. We followed the twisting tunnel until it opened into a huge cavern that had a set of stairs descending to the cavern floor. Again, we observed who was there and what was happening. Upon reaching the cavern floor there would usually be two doors before us, one to the right and another to the left. Sometimes there was a row of seven doors and we had to choose which ones we went into.

A choice was made and you opened the door, entered the room and began to describe what and who was in the room and what was happening. This part of the journey is wide open as to whatever is needed to be experienced will come to you. In this room, we usually encountered at least one if not two aspects of self in an archetypal form that were showing us a lesson, or the issues that needed to be healed. When we were finished with that room, we'd leave and then enter the other door, and do the same thing. This time we usually had the opportunity to express an emotional issue and heal an aspect of ourselves in the archetypal form, and/or learn a lesson, but it was always by choice. Many times we didn't know what we had to do, or how we needed to do it but somehow we always managed to do the right thing. Sometimes we would receive a gift before we left each room, and other times we would receive a gift when we left the last room.

When we finished with the second room we might be instructed to go back to the first room for a re-visit, or we'd simply go back up the stairs, again making note of any changes that had occurred. Often when we got back to the cave entrance and the waterfall, we would dive into the pool, go for a swim, a symbolic cleansing and re-birth. We'd then retrace our path back out of the forest to the meadow and then back into the blue mist.

When you're guiding another and have finished the last portion of the journey and you both feel that it's time to return, then simply follow the procedure that is outlined at the end of this journey, and then move into the returning and integrating process. If you're doing the journey on your own, then simply modify and use the same basic format.

Returning:

Q "It's now time to return, to end your journey and to re-enter the blue mist. Let me know when you're back in the mist?" (Short pause)

A "Yes, I'm going back into the mist."

Q "Now allow yourself to come back through the mist to the place outside your physical Body, resting comfortably, safe and secure, let me know when you're back and can see your Body?" (Pause)

Journeys from the Heart Centre

A “Okay, I’m back.”

Q “Now, while you are in this space, bring back all your power and essence pertaining to the Earth plane and this physical Body in the here and now.”
(Short pause)

Q “Now slowly, I want you to leave the mist and return to your physical Body, to your place of centre in the middle of your head, between your ears and eyes, the place where you began your journey, resting comfortably, safe, secure and at peace. Let me know when you’re back in your Body?” (Pause)

A “Yes, I’m back in my Body.”

Q “Now slowly allow yourself to begin to feel your consciousness returning to your physical Body. Begin to move your fingers and toes and to slowly move your neck and head.” (Short pause)

Q “Take a few slow, deep breaths and when you’re ready, slowly move the rest of your Body, your shoulders, arms, and feet, allow yourself to stretch and yawn if you want to.” (Short pause, watching the person come back into their Body)

Q “When you’re ready, you can slowly open your eyes and bring your focus back into the room. You’re now fully conscious and aware of everything that happened to you on your journey that you need to remember at this time.”
(Short pause)

Integrating:

Stay in your seated position for a few minutes and reflect on your experience, your emotions and the feelings in your Body. If you had a friend guiding you, then after a few moments you can share your experience with them, or if you keep a diary or journal you can write down your experiences. As previously mentioned, it’s desirable to express your emotions as you’re feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

This journey provided us with a different point of view regarding our issues and our lives. The journey was often emotional and as such, it offered mini healings that would give us a new perspective and way at looking on healing our issues and in that way, it served its purpose. What I found interesting was the different points-of-views and issues associated with each of my archetypical forms. In most cases, the same issue was looked at from four different perspectives that I could then use when doing the other journeys. While archetypical journeys were a part of my healing journey, I found that doing inner and outer child journeys were more direct and effective.

Shamanic Journeys

Indigenous people are considered to be more connected and living in harmony with the Earth and the plants and animals upon it, than so-called civilized society. And while that's a truth, it's only a part-truth as I feel it's also more of a wish and desire (like other religions) and not one based in actual reality where they practice what they preach, or "walk their talk." While they have this knowing and reverence for plants and animals, they have also fought, enslaved and killed each other for dominance and control of the land and its recourses (plants and animals). So in reality, their basic human issues are the same as everyone else in the so-called civilized world, it's just coming from a different point-of-view, with different religious beliefs and social customs and traditions.

While most aboriginal peoples have been forcibly converted to monotheistic religions, their old ways have (in part) survived, and are still being promoted as best they can. Shamanism is a form of religion associated with indigenous peoples, although you don't have to be a native to become involved in shamanism. Like any religion, it has certain beliefs, rituals, rites, ceremonies and traditions and a strong relationship with nature. Shamanism can be found in different forms and in various cultures throughout the world and is not limited to the North America Indian cultures, although that was my main interest. In order to do a Shamanic journey one must not only have a keen interest in Native traditions and ceremonies, but must also have experienced a variety of them. As an example, some native North American ceremonies and traditions include sweat lodges, drumming circles, vision quests, medicine wheels, smudging, Grandfathers, Grandmothers, Earth and the elements, rocks and crystals, herbs and plants, power animals and totems, dream catchers, talking sticks, walking sticks, beading, feather and leather craft, and songs and dances, etc. Without personal interaction and experience, this journey will mean nothing to you.

When I decided to do native North American shamanic journeys, I basically used what information my partner and I had read and heard, and combined it with our native experiences, and then worked it into a guided visualization journey. The journeys we did were conducted with the person leading the journey acting as the shaman, and the other being the seeker. In the following journey outline, I've combined some of the techniques and experiences for both the "Shaman" and the "Seeker." We did all our journeys resting comfortably in a chair, or sitting or lying on the floor. As part of the ceremony and rituals, we would smudge ourselves, burn candles, lay out certain crystals and stones or do some drumming, but that was not always the case as we did what we felt directed to do.

Before you begin this journey, you will need to prepare yourself by going through the basic techniques found in Chapter 2 – Breath, Grounding, Relaxing

Journeys from the Heart Centre

and Centering. Once you've reached your place of centre; you can come back to this chapter to continue your journey by stating your intent.

Intent:

- We now call upon our guides of love, light and life to assist us in whatever is appropriate that serves our highest purpose and good. We give our guides permission to go beyond our personal concepts and beliefs and to assist our higher self in raising our vibration, strengthening the connection and allowing the flow. We ask that the energies of the four directions and the elements of Earth, Air, Fire, Water and Ether be with us. We also asked that the grand-mothers and grand-fathers be with us, as well as anyone else that is here to assist us on this journey. We also ask that any animal guides that are here to assist us, also come on our journey. Our intent is to connect with all those that are here to assist us in the soul retrieval of the seeker, and to be guided by them on this journey.
- Note: If you have a specific intent, then you can include it at this point. As you're doing this journey with a partner, then also make it your intent and give yourself permission to express any feelings and emotions that you may feel and to also allow yourself to ask questions, or to express your intuition and observations as you experience the journey.

A shamanic journey begins much in the same way that other journeys do by entering the blue mist. From there, you need to follow your intent and adapt the journey according to your present knowledge and beliefs and to follow your guides and your intuition. Instead of giving you an actual journey, I'm just going to list a few examples of what you might encounter on this journey and you can go from there. If you are unable to do this journey with your partner, then both of you are not ready for two reasons, first, you lack the basic visualization techniques, which means that you'll need to go back to the beginning of this book and learn the basics. Secondly, you and your partner have very limited knowledge and experience of the native customs and traditions that you are trying to explore, and you will have to gain more knowledge and experience from other sources before you can attempt a shamanic journey.

The Journey:

Q "Feeling totally relaxed, resting peacefully in your place of centre feeling comfortable, safe and secure. This place will be the starting point as well as the finishing point for your journey. Now, when you're ready, in your Mind's eye, visualize a blue mist before you and allow yourself to slowly move out from your place of centre and into the mist. It might be blue or green or whatever

Chapter 13 – Other Journeys

other color is appropriate. You may not see a mist and that's okay too, you may just sense or feel that you're in the mist or somewhere outside your physical Body. Tell me when you feel you're in this mist, this space, feeling safe and secure?" (Short pause)

A "Yes, I'm in the mist."

Once in the mist, you become aware of the guides and power animals that are there to help you on your journey. If you have intent to do a Soul Retrieval, which was what I was interested in, then you will have the facilitator acting as a shaman and the other, being the seeker, the one searching for their lost essence and power. While I say partner, there is nothing to stop you from having more than two people involved in the journey.

Sometimes it's just the Shaman (the facilitator) that has the animal guides and other times it's both. Sometimes, either the Shaman or the seeker, or both, will also become an animal that searches for the lost essence that was usually hidden in a cave or a dwelling. We found that there was always someone guarding this lost essence and power. It could be an evil spirit, a demon or even a person known to the one seeking help that took their power. This guard would not give up their treasure and oft times even tried to barter or offer an exchange to stall for time. Usually the essence was stored in a secret place, kept hidden and locked up, and even stored in bags, jars, or containers. Sometimes there would literally be walls of containers, holding different parts of lost essence or power of the seeker.

Not taking no for an answer, the guides and power animals would soon confront the guard demanding the release of the essence. The guard would either reluctantly hand it over or they would flee, leaving the essence to be reclaimed. The power animals would then gather all the essence and find ingenious ways to bring it back for the seeker. They wouldn't stop until it was all recovered, which sometimes meant looking again and again to see if there was more that was still hidden. Once the lost essence (Soul) was retrieved it was time to return home. The journey home would be a more cheerful one and when they arrived, the power animals would give the essence to the shaman, and if he was an animal that was carrying it, he would shape shift back into his own form to continue the journey in the physical.

Now that we had the lost essence, the question was what do we do with it and how do we get it back to the seeker to whom it belongs. At this point, the journey shifted from the altered state of consciousness, to a physical conscious one, as when we shifted back into our human forms, we also shifted back into our physical bodies and in the present moment. We then followed our guides and intuition and as the Shaman, he or she would continue the journey by doing a physical ceremony and ritual of transferring the lost Soul essence to the seeker. This usually took the form of blowing several long breaths into the seekers back, usually the back of the neck, heart or lower back. This ceremony

Journeys from the Heart Centre

would become a healing moment for the seeker, and they would often go into emotional and physical releases as this essence was returned.

After all the essence was returned, the journey was over and we would thank all the grandmothers and grandfathers, and all those who were there either holding space, or assisting on the journey. After we finished the ceremony, and as our consciousness was already back in our physical Body, we would then continue with the regular integrating part of the journey.

Integrating:

After the closing ceremony, remain quiet and reflect on your experiences and journey for a few minutes. Also allow yourselves to express your emotions and feelings. After a few moments, you can share your experiences with your partner, or if you keep a diary or journal, you can write down your experiences. As previously mentioned, it's desirable to express your emotions as you're feeling and experiencing them during the journey, but if you become emotional after your journey, which often happens, then allow them to move and express them as best you can. Also express your fear of expressing your emotions or any other fears that may come up.

Notes:

Because we use a visualization format, the Shamanic journey has a lot of similarities to the other journeys, but it's also different enough to give you another point-of-view in dealing with similar issues. This was just a very brief outline as you will need to apply your own knowledge, interests and issues to create and explore your own journey.

We conducted only a few Shamanic journeys to recover lost power and essence, and while it seemed to work, it was only temporary. It took a few journeys to discover that these were not mini healings, like we experienced in the other journeys. What it did show us was what does not work, so in that, it can also be classified as a healing step as something was learned. This type of journey is similar to clearing your astral plane and doing attachment releases or in doing basic inner child work, but the reason Shamanic journey's in themselves weren't successful in their healing, was that denial was still present. The Shaman, or anyone else for that matter, can't do it for the seeker, as only the seeker can reclaim their lost essence and power. To do that, the seeker needs to express any denied feelings and emotions related to the experiences where another person either took their power, or they gave their power to them. The seeker also needs to want to release and end their attachments to the person that has their power, and that requires a heartfelt intent.

It's important to note that while this journey is very much like any of the previous tools in that they make you aware of your issues, it does not create the opportunity for mini healings like the other journeys as it doesn't address

Chapter 13 – Other Journeys

the main issues. Reclaiming lost essence and power with an animal totem is a symbolic representation of what needs to be personally done by the seeker on a conscious and physical level. When the Shaman finds and retrieves the lost essence and power of the seeker and returns it to them, the mini healing effect appears to be the same as if the seeker had reclaimed it, but its effects are only temporary. The reason it doesn't last is because it is the seeker that must ultimately have the intent and desire to do what they have been unable to do on their own healing journey, that is, to recover their lost essence. In other words, no one can do it for you; you have to do it for yourself. The shamanic journey was just a "quick fix, although it did give you insights into what the issues were.

Conclusion

I am not going to summarize the ideas, insights, and understandings, as that is what I hope this book has done. I presented the tools in a manner so that you would not be overwhelmed, and would enable you to move forward on your healing journey, based on your previous experiences. If you followed the guidelines I've provided, and have not only experienced the various journeys, but also applied what insights and understanding you obtained to your personal life, then you will have a good concept of what this book is about.

By now, you should be beginning to understand and feel how all these tools are interconnected, and also how they relate to your personal life and issues. As you can see, there are years of personal healing work that are contained in these pages and while I can't give you examples of everything I've experienced, I've shared the key insights and understandings that will help you on your journey. While these insights and understandings will cut years off your journey, they are meaningless until you have experienced them personally, so that they too, become a part of your knowing and understanding and not just some form of mental knowledge.

It's important to realize that when you're using the tools, you are in effect, partly planning and controlling your experiences while in an altered state of consciousness, as in most cases, you will also be guided by another. While you may be activated and can have strong emotional and physical releases during these journeys, these are not the major breakthrough releases that you will experience later. All these mini-healing experiences will give you a firm foundation to build on that will enable you to get to the next step or level of healing. The next step will come in the form of a real life activation and experience, where you will now have the awareness of entering the gap, but instead of doing so in denial as you had been doing, you now enter it with unconditional self-love.

Ending denials is going to be the most difficult thing that you have ever done since it is opposite and contrary to how society presently operates. I'm sure that you've realized this as you worked in healing your emotions and issues, and in reclaiming your lost power and essence. Ending your denials is also moving in the opposite direction to those around you that are still in denial. Coupled with ending your denials, is releasing your old imprints, programs, beliefs and judgments that have supported your denials and vice versa. The deeper you move into expressing and healing your emotions, the more you will go into your subconscious imprinting, and that is also a challenge as you will be going against all your old imprints, programs and beliefs that you have accepted

Conclusion

as life, love and truth, that are now being exposed for the illusions they are. Going into this imprinting is necessary, as you need to understand how they were formed so that you can release them in a way that opens the door to forming new ones that allow you to heal your issues and experience a new reality.

As you progress in your healing journey, you'll also come to realize and understand that you can't heal your personal lost Will (inner or outer child) without having your issues being triggered by your outer experiences. These activations require that you apply what you healed and learned while doing the inner journeys, to what you are experiencing in your outer reality, in other words, "Walk your talk." You need to allow your personal Will the same unconditional freedom of expression in your daily activities, that you did when doing the controlled mini-healing journeys to find your lost Will fragments. Lost Will fragmentation is connected to your personal Will, and your personal Will is connected to your lost Will fragment. Everything is connected, and to deny one is to also deny the other, and what you do to one, also affects the other.

Walking your talk is a difficult process but is part and parcel of healing your fragmentation. What's the point of trying to heal your fragmentation if you're just going to do what you did before? Walking your talk will also prepare you to begin to heal other issues and release other imprints, programs and beliefs that you have accepted as truth and a way of life. Walking your talk is about ending personal denials and living your new truth, and not just talking about it. As you begin to end your denials and release your imprints, programs and beliefs, you'll begin to expand your conscious awareness of not only yourself, but the world around you. Once you have experienced the first level of healing, and what it feels like to end your denials and have healed the issues around an inner child, it will be difficult, if not impossible to go back to the old world of denial.

As you use these tools and expand your conscious awareness, you'll find that you won't need to meditate, or meditate in the manner that I've share here. These tools are just that, "tools," they are there to help you get started on your journey; they are not to be used as a crutch or a replacement for your free Will. You need to apply what you have learned in your journeys to your real life experiences. Without putting the mini-healings and understandings that the tools provide into practice, there is no real healing, understanding, or growth. While this process will be challenging to say the least, it will also be the most rewarding as you will know and feel in your Heart that you have made the right choice, that of loving yourself. There is no guarantee that what works for me will work for you, as you are not me, but, if you have Heart, determination, courage and the desire to heal and end your self-denials, then there is nothing that can stop you. Like I said before, this is not an easy journey, but it is by far, the most rewarding.

“ *Love is the music and Life is the dance. - Shenreed*



About the Author

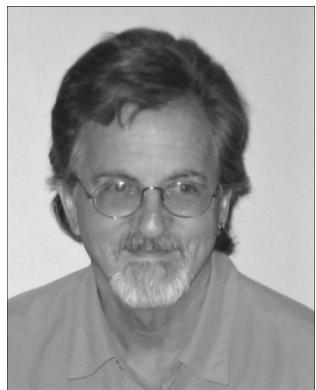
My Journey...

a search for truth, understanding, and the meaning of life.

In 1990, my personal and business world was collapsing, and frustrated with my life and traditional dogma, I began my journey, my search for truth and the meaning of life. In the following seven years, I read over 250 books on almost every New Age and self-help topic, as well as exploring various religions, trying to find the answers to my probing questions. As I ventured into the great unknown, I had no guide, no sign posts, only my Mind and my feelings, which I didn't trust, to help me find what was missing in my life. I was blinded by a fog, aware only that I was searching for something but not knowing what I was searching for, how to find it, where to look for it, or to even know if I had found it when I did, and then what to do with it, when, and if I found it. While this outer search offered some part truths, something was always missing or didn't feel right. I was searching for a common thread that would link all the part truths of the books together, as I felt that then I would find and know the truth.

In 1994, I began my inner search when I was introduced to meditation. During the next three years, it expanded to include past life regression, astral journeys, channeling, shamanic, and multi-dimensional journeys. All these "tools," as I came to call them, not only expanded my conscious awareness, but also opened new frontiers and experiences for me. I continued to simultaneously explore my outer and inner reality, still looking for the common thread.

It wasn't until early 1997, when I obtained the book, "Right Use of Will" (RUOW) by Ceanne DeRohan, that things began to click and make sense for me that "felt" right, even though I didn't understand it at the moment. I also found the common thread I was looking for. What I found that was common, was not what was being said, but what was not being said, what was being denied, and that was the major turning point in my search. It was at this time that I also began to keep detailed journals, not only of the channeled messages I was receiving, but also of my thoughts, feelings, emotions and experiences.



Journeys from the Heart Centre

Reading the RUOW books opened my awareness to the role that denial was playing in my life. I then realized that all the tools I had been using were based in denial and needed to be changed, and that I also needed to combine the tools I had developed with the esoteric points-of-view and the emotional work that RUOW provided. I then modified the tools and changed them from a denial-based format (denial and suppression of feelings and emotions) to a non-denial format, where I would allow my feelings and emotions an opportunity to move and be expressed. This change allowed me to begin working on healing my inner and outer child issues and develop another tool that I called, Coequal Therapy. These tools or healing modalities are what I share in my first book, "Journeys from the Heart Centre - Meditation as a tool for healing and Self-empowerment."

As I worked with these new tools, I began to merge and apply the insights and understandings I was getting on my inner experiences, with what I was experiencing in my outer reality and daily life. As I ventured further into this new and unknown emotional territory, it took me through feeling almost every possible emotion, as well as having some experiences that are beyond belief. I continued to write about my experiences, thoughts, feelings, emotions, insights, and the channeled messages and guidance that I was receiving, knowing that I would be writing books, and that these entries would form the basis of these books.

Using the tools provided me with the mini healing steps, or stages, that were necessary in order for me to get to not only the first level of healing, but also the subsequent levels. The initial mini healing steps or stages were experienced by using the tools like, clearing my astral plane, releasing attachments, working with my animal guides and totems, past lives, channeling, and especially in working with my inner and outer child. Using these tools provided me with the emotional, mental and physical releases, as well as the ability to apply what I had experienced and learned to my daily life. In the course of my healing journey, I discovered that what I was deliberately or ignorantly told, and naively believed, were flaws in my character and personality that I had to deny and control, were in actuality, my strength and power, and is where the healing needs to take place. It was, and still is, confusing and frustrating as I go through the gradual processes and the different stages and levels of healing. At times, I still feel that I'm just going in circles and that I can't see the tree for the forest and that healing is impossible, and that's only because I haven't found and healed the real issue, as I'm still lost in that fog.

It's important to realize that when I was using the tools, I was in effect, planning and controlling my experiences. I usually had a specific intent and used the meditation/visualization tools to help me get my Mind to focus on a specific issue or experience while in an altered state of consciousness, and in most cases, I was also being guided during this process. While I was often activated during these little journeys and I'd have strong emotional and physical

About the Author

releases, these were in actuality, mini healings; they were not the major breakthrough releases that I'd later experience when I reached the first or subsequent levels of healing. These journeys, hindsights, mini healings, insights and understandings all served to prepare me for the next big step or level of healing.

When I later experienced these major levels of healing, I had no conscious intent or knowledge that I was ready, and no warning that I was going to be activated into my issues with a real life experience. Of course, it never dawned on me at the time that I would need to be activated by a real life situation similar to the one I originally experienced and was now ready to heal. But until I finally had that awareness and the proverbial light went on in my Mind, I just continued reacting to my old imprints, programs and beliefs and going in circles. When I was being activated during my first major level of healing, I remembered more of what I had previously touched on during my journeys and mini healings that I've mentioned. I realized that I had a choice as to whether or not I would allow myself to find my real issues and express my real emotions that were surfacing as a result of the activation, or deny them and react as I had been doing all my life. In other words, this healing wasn't a planned journey and I was not prepared to be activated by a real life experience, but I also knew that I was prepared and ready for this healing experience or it wouldn't be happening. It was this first level of healing that also gave me the insight and awareness of what false emotions were, and how imprinting and programming affected my Mind.

With the help of the RUOW material, my Spirit Guides, and using the tools I had developed with the aid of my healing partner, I had my first major level of healing in 1999. My second level of healing was in 2000, when I had an awakening, where I was reborn, so to speak, as what I experienced was a 180-degree shift from what I had believed love was. Although that experience only lasted a few moments, it showed me the power of unconditional love and what was possible when I chose self-love and not the denial and self-hatred I was used to. Love was one thing that I didn't expect to discover in my search for truth, as I believed that I was already a loving person. To begin to know the truth of what love is, I had to know what love is not. Experiencing and knowing what unconditional love really was, also opened me to understanding and knowing what denial was. Once I had this realization and insight, it was as if the fog or veil had been lifted and my journey became clearer, but at the same time, I was flooded with even more questions.

All of this work was, and the new work still is, experimental, and like Leonardo da Vinci, I consider myself a disciple of experience. I find myself not only being the scientist in search of truth and understanding, but also the test subject in having to submerge myself in the experiment so that I, the scientist, can experience the feelings and emotions and obtain the understandings that will allow me to know if my hypothesis is accurate and valid, and that real

Journeys from the Heart Centre

healing, change and growth is indeed possible when denials are ended. In other words, I need to "walk my talk" that then gives me the, "been there done that" understanding and knowing.

I don't have all the answers and my truth is evolving as is my consciousness. I find that I'm constantly being activated by either some new levels of old issues, or some entirely new issues that are coming up for healing and understanding. In each case, I have to learn by trial and error until I finally "get it" and know how to heal them, and it's then that I gain the understanding I was looking for that enables me to proceed to the next level of healing. I've also come to realize that there is no "quick fix," and that this is indeed a process and a journey. My truth is always evolving and expanding as my consciousness evolves, and what was true one day becomes a part truth the next, when what was hidden is revealed. My journey continues as I search for, and put the pieces of the puzzle together, to live in truth without denial. Now, I'm on the journey to heal other aspects of my Being and to integrate this new awareness into the physical world, to "walk my talk," to manifest and live in the world and a creation I have yet to dream and imagine.

If you would like to know more about my personal background before I began my journey, or of my experiences during my journey, other than what I've shared in this book, you can find more information in my other books. What I want to share here is just a very brief summary of how I started my journey and how I came to write, what is now, a trilogy. My first book provides the meditation/visualization tools or healing modalities that I developed and used on my journey, as well as some basic insights and understandings needed when using them. The second book provides a host of insights and understandings related to healing and self-empowerment, as well as the three levels of healing that I've experienced and the insights associated with them. And my third book is an autobiography of my journey that outlines the trials and tribulations I went through to reach the levels of healing I've experienced, as well as numerous channeled messages that guided and helped me on my journey. The titles for these books can be found at the end of this section. For more information about my other books, blogs, social media, or to contact me, please visit my website at shenreed.com

Mission Statement

I know that what I've found, others are also searching for and hope to find, and this is what I want to share. To find the love, joy and the magic in our Hearts and to share the expression of who we really are is true life. What I share is what I have lived and personally experienced, felt and know in my Heart, and can't be studied in any present form and thus, the reason for writing my books. While this journey into the unknown can be frightening, it is also exciting as it feels right, with a simple knowing that can't be described but is heartfelt.

About the Author

I feel that my purpose and mission in this lifetime is that of a healer and a Wayshower, first as a healer of self, and then in helping and showing others how to heal and empower themselves. My vision and intent is to be a part of creating the New World from the inside out. By healing and changing the inside, we therefore empower ourselves to create the outer reality and world we desire with unconditional love, to allow those of us who choose to do so, to live life as an expression of who we really are, and not the illusion as we have been doing.

I believe that true healing can take place when we are in balance, when we can accept and express all our thoughts, ideas, feelings, emotions and desires without fear, denial, judgment, guilt or shame. I believe that true freedom and self-empowerment can be actualized when we are able to be fully present, to live in the present or now moment, no longer controlled by our old imprints, programs and beliefs that limit our consciousness and our experience, and the expression of who we really are. This is my vision and desire for the New World, and of bringing Heaven to Earth. It is my intent that the thoughts, insights, feelings and emotions that I share, will not only expand your consciousness, but also activate your emotions and touch your Heart, and in turn, assist you on your healing journey.

Although it took me eleven years to move from the first stirrings of awareness in my consciousness, through the process of finding the tools I needed, learning how to use them, to finally entering the gap and reaching my awakening point, that of bringing love and acceptance to the denied parts of me, it will not take you that long. I not only share the tools that I've developed and use, but I also share my personal experiences and insights that will help guide you on your journey. It is only your intent and dedication to heal and find self-love that will determine your journey.



John J. Rieger aka Shenreed
“Healing begins in the Heart”

Journeys from the Heart Centre

Author of:

1. **Journeys from the Heart Centre – Meditation as a tool for healing and Self-empowerment** – is a how-to manual and guide that uses non-denial based meditation/visualizations as a tool to not only expand your conscious awareness, but to also allow you to seek the underlying causes to the stress, fears, and issues in your life and begin to heal them. It also includes notes, insights, and understandings to assist you on your personal journey.
2. **My Journey - Three Levels of Healing – Feeling, healing and understanding Emotions** – covers numerous topics and issues, and contains key insights and understandings into the nature of the human psyche that are vital in not only healing your Emotional Being, but also in unlocking the mystery of your Mind, how it works, and why it does what it does. Finally, I share three personal healing experiences that are directly related to the previous material.
3. **Journey to the Heart Centre – Healing begins in the Heart** – While considered an autobiography, it also contains numerous channeled messages from my Spirit guides. I begin with a brief background of my significant life events, and while my journey began in 1990, the main focus is on four years, (1997 - 2000) and the trials and tribulations I went through that enabled me to experience my first two levels of healing.

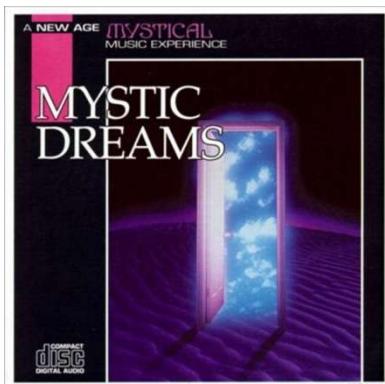


Appendix

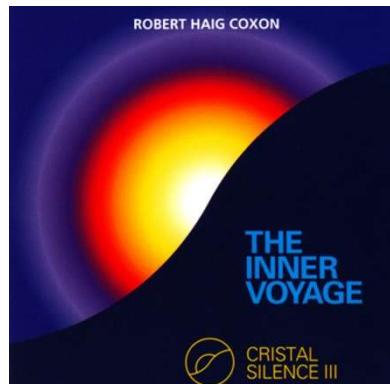
Music

When choosing music to be used for your journeys, the tape or CD should be instrumental and not a song with lyrics as this will put words into your head. It should be between forty-five to sixty minutes in length, and look for music that has on average, four to five different arrangements. When playing the music, it shouldn't be too loud or too soft as that will also distract you in that you will want to turn the volume up or down. If you find that there are other background noises that are distracting you, over which you have no control, try to integrate them as part of the music and your experience.

You may also choose not to have any music playing and to simply meditate in silence. This is fine if you have such a place and will not be distracted or disturbed. When I was first learning to meditate, I found that even if I was in a quiet countryside setting, that there was always something disturbing me. It might be a fly buzzing, a bird calling in the distance, or even a soft breeze rustling the leaves, grass or blowing by my ear. This background noise isn't a problem if you are grounded and relaxed and can integrate the natural sounds as part of the experience. Meditating in silence is also a good way to become aware of your breath and breathing patterns, and to even become aware of your heartbeat and feel the blood flowing through your arteries and veins.



1 – Mystic Dreams: Madacy

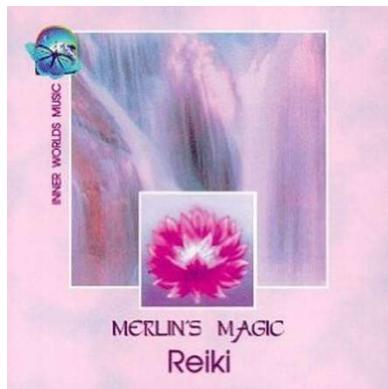


2 –The Inner Voyage:
Cristal Silence III
Robert Haig Coxon

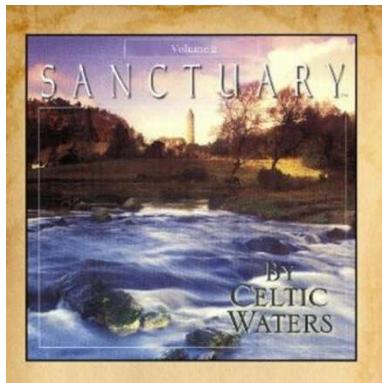
Journeys from the Heart Centre



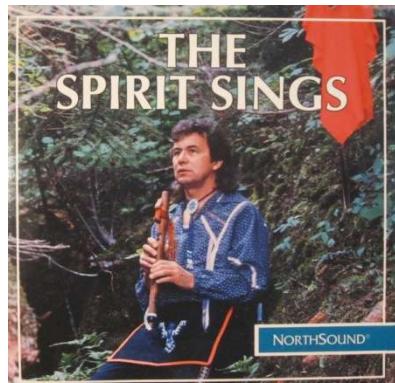
3 –Angels of Healing:



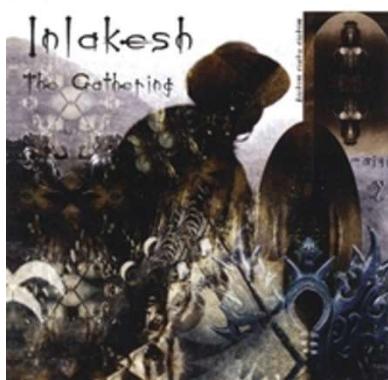
4 – Merlin's Magic: Vol. 1 - Aeoliah



5 –Sanctuary: Celtic Waters



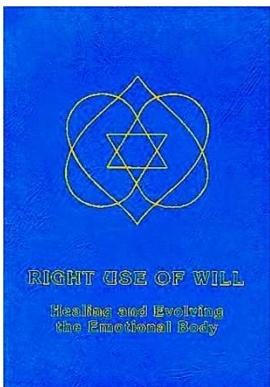
6 – The Spirit Sings: Anakwad



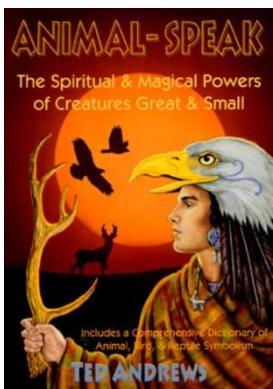
7 –Inlakesh: The Gathering

Appendix

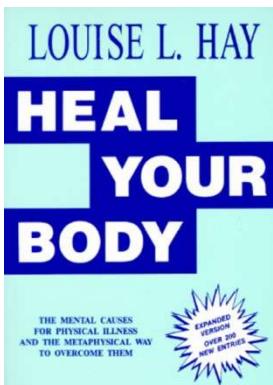
Books



Right Use of Will: (RUOW)
Ceanne DeRohan



Animal Speak and Animal Wise:
Ted Andrews



Heal Your Body:
Louise Hays

Journeys from the Heart Centre

Website Links

Shenreed

<http://shenreed.com/index.html>

The blind Men and the Elephant

http://www.constitution.org/col/blind_men.htm

Edgar Cayce <http://www.edgarcayce.org/historychannel/cayce7prophecies.asp>

Jane Roberts and Seth <http://www.sethlearningcenter.org/>

Daryall Anka and Bashar

<http://video.google.com/videoplay?docid=4100471449821338704>

Lee Carroll and Kryon http://www.kryon.com/k_25.html

JZ Knight and Ramtha <http://ramtha.com/default.asp>

Mystic Dreams

http://www.buymusichere.net/rel/v2_viewupc.php?storenr=39&upc=05677544112&affnr=-1

The Inner Voyage

<http://www.amazon.com/Cristal-Silence-III-Inner-Voyage/dp/B00002JUZP>

Angels of Healing <http://www.holisticpage.com.au/Aeoliah.php>

Merlin's Magic

<http://www.amazon.com/exec/obidos/ASIN/B000003JTY/reawakeyourheali>

Sanctuary <http://www.amazon.ca/V5-Celtic-Waters-Sanctuary/dp/B0000089TS>

The Spirit Sings

<http://www.amazon.com/Spirit-Sings-VariousArtists/dp/B000000JWH>

Inlakesh <http://www.amazon.com/Gathering-Inlakesh/dp/B00000I93I>

Right Use Of Will <http://www.rightuseofwill.com/>

Appendix

Animal Speak

<http://www.amazon.com/Animal-Speak-Spiritual-MagicalCreatures/dp/0875420281>

Animal Wise http://www.amazon.com/Animal-Wise-Spirit-Language-Signs-Nature/dp/1888767340/ref=pd_sim_b_1_img/102-2648275-8380112

Heal Your Body

<http://www.amazon.com/Heal-Your-Body-Louise-Hay/dp/0937611352>

