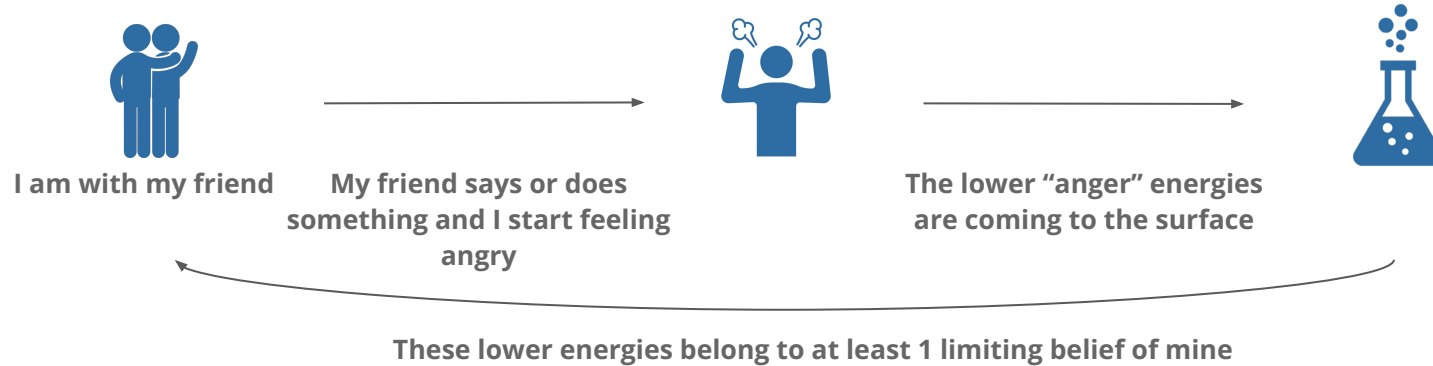


Guide to Spiritual Healing

Part I

Limiting (and positive!) beliefs are the foundation in which energies emanate from

Whenever you feel “triggered” by some event or another person it is literally lower energies coming to the surface, and these lower energies belong to 1 or more limiting beliefs



Examples of what this could look like include:

- My friend thinks he's better than others and I have the limiting belief of “not accepting arrogant people”
- They did something I didn't like and I have the limiting belief “people don't behave how I think they should”
- They hurt me emotionally in the past and I have the limiting belief “I can't forgive people”

There are **two distinct aspects of every limiting belief** which often goes unrealized

Two Aspects of a Limiting Belief

1 Awareness / Understanding of the Belief (The Cause)

- Working on understanding the belief and its lesson ensures that you won't act on this limiting belief in the future
- If you don't work on the awareness you will likely garner additional lower energies from that belief
- This work is what raises your 'Soul Vibration'

2 The Lower Energies belonging to the Belief (The Effect)

- This is the cumulative amount of lower energy you've built up that belongs to the limiting belief
- Working on healing these helps you feel better in the moment and can clear the way toward greater awareness of the belief
- This work is what raises your 'Body Vibration'

These are not siloed from one another – working on one can affect the other:

- As mentioned above, working on healing lower energies can provide more room to reach higher awareness of a belief
- This works the other way too – reaching a lot of awareness on one or a set of beliefs may cause your energy channels to temporarily open further and release a lot of lower energies belonging to these beliefs

There are many spiritual / self-growth procedures but **understanding what they are actually addressing** is important

There's generally 4 different categories in which various procedures and healing techniques fall into



1 - Improving Belief Awareness

Working on understanding all aspects of the belief and how your actions and thought patterns emanate from that belief

- You can imagine the belief as a shape in front of you, and ask it to show you all aspects and memories you have of the belief so that you can better understand it
- Your awareness / understanding of the belief can be measured as a % (1-100%)



2 - Healing Lower Energies

Transcendental Meditation
Using White and Golden Light
Timeline Healing
Positive Affirmations
Energy Meditations
Body Movement Practices
Grounding Techniques
Visualization Techniques
Certain Healing Sounds
Network Spinal Analysis (NSA)
Various Breathing Techniques
Using your Attention to Move Energies
Receiving Energy Sendings from Others
Asking your Body to Release Energies
Many Others



3 - Healing Energy Channels

The "highways" through which energy travels and can become blocked from limiting beliefs

Traditional Chinese Medicine Techniques

- Herbs
- Acupuncture

Certain Energy Procedures



4 - Helping to Feel Better Temporarily

Negative Ions

- Fresh air, salt lamps, certain plants & crystals, among other sources

Caffeine

There is a **general technique** that I recommend when you are **feeling particularly triggered**



When a scenario like the above plays out, I would recommend the below steps to heal the lower energies:

- 1 **First become aware that you are feeling particularly “triggered”** - being in the present moment rather than stuck in your thoughts cultivates such awareness
- 2 **Try to pinpoint which limiting belief(s) the lower energies being triggered belong to** - you can think through this yourself or ask your soul or parent soul
- 3 **Once identified, say mentally and feel emotionally the positive version of this limiting belief** - doing this both mentally and with feeling is important, and if you’re sensitive enough you will feel the lower energies flow out of you
 - If your limiting belief is “I don’t accept arrogant people”, the positive version of this is “I accept arrogant people” and you will want to cultivate acceptance feeling while doing this