



## **18 Ways To Get Reconnected With The Real You so you can become your own energy healer!**

Everyone needs tools to handle emotions and life's other challenges. When we're in a suffering mode, it's like we have amnesia about how to help ourselves, and/or a resistance to feeling good again.

To break through that, here are a few quick options to try. Keep them handy so you are likely to find them even if you're feeling bad. You may practice them when you are feeling good and also ask your Higher Self to remind you when you start to slip.

### **Breathing:**

1. Take a deep breath in the nose and let it out the mouth. Keep breathing like this for one or two minutes.

Place both hands over the heart and keep breathing. Place both hands over the solar plexus and repeat. Back to the heart and repeat. (*S.R.I. approach*)

2. Cross your arms in front of your chest, hooking your left hand over your right shoulder and right hand over your left shoulder. Breathe in the nose and out the mouth. Re-cross your arms to switch sides and breathe again. (*Polarity balance*)

3. Breathe in through the nose for a count of four, hold for four, breathe out for four, rest for four. Repeat for one to two minutes. (*BE.S.T. approach*)

4. For deeper relaxation, or when dealing with serious panic and stress, follow the above (#2) breathing pattern with this: take a huge deep bellyful of breath and hold it, drop your head and clamp down for as long as you possibly can. When you finally let it go you should experience a big drop in stress. (*BE.S.T. approach*)

5. Close your left nostril with your finger. Breathe in for a count of four with the right nostril. Switch finger to close right nostril. Breathe out through left nostril. Breathe in through left nostril. Switch finger. Breathe out through right nostril. Repeat for at least one minute. (*a Yogic breath*)



## **Affirmations:**

6. Stretch your arms wide out to the side and say out loud, ***“I am open to receiving all good. I am open and receptive to receiving all good!”*** (From Louise Hay)

Try alone, or in combo with the #3 breathing technique above and/or looking in the mirror for extra effect:

7. Say silently or aloud, ***“I want to feel good”*** at least 20 times in a row, and mean it. (From Abraham-Hicks) (Don't say *“I feel good”* if it feels like a lie. Just become willing and know that it's possible.)

8. Say silently or aloud, ***“I want to connect with my source energy”*** at least 20 times in a row, and mean it. (From Abraham-Hicks)

9. Imagine gold light streaming in through your crown and filling you up. Say to yourself silently, or look in the mirror and say out loud:

There is so much greatness in me  
There is so much greatness in me  
There is so much greatness in me

There is so much power in me  
There is so much power in me  
There is so much power in me

There is so much wisdom in me  
There is so much wisdom in me  
There is so much wisdom in me

There is so much love in me  
There is so much love in me  
There is so much love in me

**I LOVE MYSELF!**

*(From Michele Blood)*



10. a) Say silently or aloud to any part of yourself or the Divine:

I'm sorry  
Please forgive me  
I love you  
Thank you

*(Ho'oponopono mantra)*

10. b) Focus on a particular emotion inside you, a part of yourself that feels physically hurt, or your inner child, and repeat this mantra out loud, personalizing it to the situation and going with the flow of inspiration.

For example, ***“I’m sorry I haven’t taken better care of you. Please forgive me for not listening to you. I really do love you. Thank you.”***

OR

***“I’m sorry I was in this accident. Please forgive me for not being more careful. Thank you. I love you.”***

After a minute or two of repeating this over and over, ask that part what it wants to tell you.

11. Try repeating an affirmation while exercising, and repeat 108 times (*Hindu technique*). For example: ***“I love my body and my body loves me”***, ***“My body is healthy, strong and slender”*** or ***“I’m letting go of the past”***.



### **Other Activities:**

12. Count out loud from 0 to 5, raising the volume with each number. Count back from 5 lowering the volume with each number. Try this several times.

It can be done in a group going around in a circle with each person taking the next number. (*African energy healing technique*)

13. Course in Miracles Forgiveness Process:

**A. *I forgive (so and so) for doing (such and such) to me.***

**B. *I allow (so and so) to forgive me for whatever I may have done to (so and so) to make them do (such and such) to me.***

**C. *I forgive myself for allowing (so and so) to affect me and my health in this way.***

The most challenging step, which may take awhile doing A through C before you can truly feel this (when you do get there it feels great):

**D. *I give thanks for the situation and am glad it happened; I have learned the lesson. I wish everyone involved the best.***

14. Let go of feelings & emotional overwhelm:

Refuse to accept the perspective that someone else is responsible for what I'm feeling.  
***I'm the interpreter of all that I experience and I have a choice in how I interpret.***

When dominated by a negative emotion, try to ***release it physically*** first – bodily effects are half or more of what you're feeling. Run, jump, shake out your arms and legs, stretch.

15. Do something creative: pretend you are a child and do or make something without concern for results or product or being neat or clean - purely for the fun of it. Doodle, color in a coloring book, finger paint, make a collage (not a vision board), create a poem or statement out of refrigerator magnets, make up a recipe, etc.



16. Love Walk: take a two-five minute walk and every time your foot touches the ground silently say to yourself, “Love.” Look at everything and see what you notice. *(From our fellow healer friend Emmanuel Dagher)*

17. Commune with Nature: stand in front of a tree, an ocean, a bird, a squirrel, or anything in nature and ask if it has a message for you. Keep your mind quiet and see what it says.

18. Challenge Negative Thought Patterns: we all have ingrained negative thoughts and beliefs we take for granted as accurate or “true”. What if, when you feel bad, it is a sign that you’re thinking something that is not *really* true? Even if it looks like reality in the immediate 3-dimensional world, there is a broader perspective in which you are not seeing the whole picture.

Your favorite crackers are not on the shelf. You’re so used to them being in this spot you literally can’t see them, even if they’re on the same shelf two feet away.

Our perception is like that - **we have blinders on to whatever we’re not expecting**. If we don’t expect to be loved, or career doors to open for us, we literally can’t see or experience those things.

So if you find yourself believing anything that makes you feel bad, start challenging your own mind on your beliefs. There may be another perspective you haven’t been open to - yet.

Prepared by  
Laurie Lamson  
laurie@soulconnectnow.com  
(310) 447-1789

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