

HEALING THROUGH THE POWER OF LOVE

The healing power of love may be discovered in the two processes below. We know that facing our shadow dissolves negativity, so that the window through which we see relationships and our world can be cleaned of the stains of past wounds, thus bringing back our lost clarity and joy. Using the power of love to embrace and dissolve past wounds is yet another healing method we can add to our toolbox, and it is often a more enjoyable way of bringing about healing in relationships. Love has an alchemical power, which magically heals and transforms all that stands in its way. Make no mistake, our skills enabling us to see and fully acknowledge the shadow are still indispensable, because our love must be directed with full awareness directly in-the-face-of the negativity or disharmony we are seeking to heal. We must also be skilled at seeing the shadow to consistently and accurately monitor whether our negativity dissolves while using these healing processes. Such integrity assures we'll produce lasting healing results from all of our efforts.

(These processes may be done in real time and in silence, or later at your convenience out-loud.)

Step 1: **Rate... “On a 0-10 scale, If 0 = the joy, beauty, love, and harmony between angels in heaven, (pause and visualize them), how un-joyful and how much disharmony can I feel between me and _____, at their worst?”**

Examples of how you may fill in the blank may be: “this person/ these people in front of me”, “people from a past moment”, “my family members”, “this place”, “this group”, “people at work”, “this city”, “those kinds of people”, etc. Clearly try to picture whichever persons or things you choose either (1) as they were, or (2) in real-time. Include a consideration of how they can be – at their very worst -- in order to clear out as many underlying buttons as possible that they could trigger in you.

Step 2: **Face your subject and repeat... “I’m turning my love light on them”, “I’m turning my love light on them”, “I’m turning my love light on them”**

Imagine beaming love from your heart toward the person(s) you are visualizing or you see in front of you in real time. If needed, you can imagine embracing a particularly difficult person, or imagine holding your hands on their cheeks, to more quickly and deeply heal and project your love upon them. Repeat this sentence over and over, for at least a minute or up to 90 seconds.

Return to Step 1: *Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your inner conflict. Continue with these steps until you’re happy with how much your emotional upset has subsided, or until you return to a feeling of total joy.*

It may be helpful to remember the adage...

“Love and willingness can heal all wounds”

If You Feel Blocked While Attempting The Above Process, Or If You Find You Prefer This Method Instead, You May Use The Following Healing Method...

OPENING OUR HEART PROCESS

Step 1: Ask... “Compared to the intensity of Jesus’ heart shining his unconditional love and positive regard on all people and all beings (pause and visualize him), on a 0 to 10 scale, how much do I feel blocking my heart from shining love at _____ (this person/these people) in front of me, at their worst?”

Imagine a ray of light coming from your heart and sense how much it is blocked compared to the completely open and loving heart of Jesus (see below). Rate the amount of this blockage = X

Step 2: Visualize them and repeat... “At their worst, I’m feeling a X blocking my heart from shining total love”, “At their worst, I’m feeling a X blocking my heart from shining total love”, “At their worst, I’m feeling a X blocking my heart from shining total love”

Repeat this sentence over and over, for at least a minute or up to 90 seconds. When you get down to only a trace level of remaining blockage, you may erase the remaining residual amount by repeating...

“Compared to Jesus, at their worst, I’m feeling a X blocking my heart from shining total love”.

Return to Step 1: *Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing your blockage to shining love. Continue with these steps until you’re happy with how much your heart has opened to being able to shine light on those people you wish to love more.*

