

Week 24: Pulling Out Past Pain

1. Go through the Center and Balance Meditation to relax and center yourself.
2. From a seated position, think of something that has caused you pain in the past and/or any type of trauma you have experienced, either emotionally or physically.
3. Next, point to the area where you feel this pain and, with your finger or hand, circle the size and shape where you feel this discomfort.
4. Now focus on something in the present (for example, any sounds that may be in the room), and point to the area where you feel it. Circle its shape and size.
5. Now think of something in the future, something upcoming (such as a project or something that may cause you worry or anxiety). Again, point to the area where you feel it and circle its size and shape.
6. Next bring your mind intent back to the past experience and feel it. Now push it outside of your body, watch it leave your body using your mind intent. As it leaves the body, pull in heavenly energy to fill the gap, replacing the negative energy with pure light energy.
7. Now with the negative past experience in front of you, separate the good energy from the bad energy (good energy being wisdom or knowledge learned from the experience), and allow that energy to reside within the body, while the negative energy lifts away.
8. Imagine a sword from heaven coming down and cutting the energetic umbilical cord, severing the negative energy from your body.
9. Now that the negative energy has been cut from the body, watch and imagine the energy floating upward toward heaven. Once it reaches heaven, it bursts into a golden shower of light that falls and engulfs the body, purifying it.
10. To finish, center yourself, by Pulling Down the Heavens three times, then store the energy back into the Lower Tan Tien.