



# TRANSCENSION GATE

*for your Soul*

## Transmuting Self-Pity (Lower Self enabling)

1. Tune into your Vertical Tube and your heart chakra – feel the Love energy flowing through it;
2. Notice the power, confidence and strength of your whole system when you are present in your center like this;
3. Now let it go (we'll get back here, don't worry!)
4. Tune into a moment in your life when you felt victim-like – felt sorry for yourself and wanted to comfort yourself without having to change anything (be specific so it opens up in your energy field):
5. The energy of pity is enabling the Lower Self to remain in power – you get to feel "right" about remaining a victim, without having to change anything, without believing in your inner power, while at the same time giving yourself a substitute for Love energy – pity. Notice that "negative righteousness".
6. Do the self-assessment (this is something you want to be able to do for yourself so that you learn to recognize when you are in the self-pity vs self-love). Notice how this pity energy is a pale echo of the true Love energy. Notice what your 2nd and 4th chakras look like? The 2nd is the "needing child"





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and feels hungry. The heart chakra is probably small, compressed, or closed all together – tune into this compressed inner state so that you can recognize it the next time you fall into it.

7. Now take a deep breath and let this pity and victim state go – tune back into the Vertical Tube and open the heart chakra, filled with the Love energy. The key here is to notice that even though both “pity” and “love” can feel comforting, the true LOVE energy is expansive and flowing, it is open and in abundance (while pity energy is compressed and “hungry”, lacking). Feel yourself reconnecting to the Universal Love energy.
8. Do you notice what is happening to the 2nd chakra (your belly)? It is being fed the right way, it is not a victim anymore and you are supported and loved.

Recognizing the difference between pity and love is the key to transmuting victim/pity into love.

This is how we transmute self-pity – by realigning with the Love energy and taking responsibility for our creations!

