



## Transmuting Lower Emotions

1. Tune into the Vertical Tube of your energy field, then expand your awareness into your field – intend to connect to your Unconditional Love body (it is the 6th energy field, the higher feelings of connectedness, unconditionality, beauty, peace, and love);
2. Notice how it is smooth, light-weight, transparent and airy, beautiful, soft. If it is not very bright, breathe into it – allow the energy to build with every breath – until your whole egg-shaped field is filled with the pearlescent light of Love;
3. Great, now let this go please (we'll get back here, don't worry!)
4. Imagine shrinking yourself down into a little ball at the center – very tight, hold it for a moment;
5. Then focus on your Emotional body (this is the 2nd energy field, filled with your personal emotional reactions to life, the colors are heavy and bright, but not all beautiful and clean);
6. Notice the chaotic energies flowing inside it – do you know what is going on in there? Can you direct this chaos into order? Do you feel helpless when the storms come? What does your Emotional body feel like to you?





# TRANSCENSION GATE

*for your Soul*

7. Tune into the emotion you are afraid of – like when you are not able to stop yourself from doing something you know you shouldn't, or when you do not like something and ruin your own time, or when you feel bad and this feeling controls your mood until it eventually runs out, etc. Pick ONE emotion please (you can repeat this step if you want to go for other emotions)
8. Where does this emotion live inside your emotional body? Find its location:
9. Once you located where this negative emotion lives, bring your awareness into that spot – then intend to connect to the Unconditional Love body at the same spot (you are at the same location but moving up in frequency from the lower disharmonious to the much higher and harmonious energy);
10. Feel that this same spot is lovely and beautiful on the Unconditional Love body level!
11. Refocus on the Emotional body – did the area harmonized? Repeat this back and forth resonating until it harmonizes. We are in the same location in the energy field/body but we are changing frequency rate from slow to fast, back and forth, until the slow harmonizes.
12. This is what you can do when you run into an emotion you feel is controlling you – find its location, move up in frequency to the Unconditional Love body, and then back and forth until the lower emotion is transmuted and has no hold over you anymore.

