



Clearing habitual Negative Mental self-talk Loops

1. Tune into your egg-shaped energy field – notice all of the activity there, the habitual pathways how your energy flows (think of them like tiny train-tracks laid out throughout your field, in your body and brain, that your habitual thoughts and emotions travel through);
2. Think of your “favorite” negative mental self-talk loop – perhaps it's a type of self-judgment? Or self-punishment? Or maybe you return again and again to your unworthiness of love, support, abundance? Maybe its habitual insecurity about your own abilities?
3. Once you have figured out your favorite negative loop, look for it in your energy field – find that train-track. Where does it run? Do you feel this negative loop always going through your heart, closing it? or through your belly, minimizing you? or through your head, making you immediately confused?





TRANSCENSION GATE

for your Soul

4. Examine the sequence of internal events which activate this negative loop – do you first have an external trigger to activate it? Or, is the trigger internal? Is it a thought you bump into? Or, an emotion you felt that activated the loop? Find these, name them;

5. Take a deep breath – imagine what would a positive habitual flow look like? Feel like? Would it follow similar but slightly different path? Would it flow in reverse from the negative one on the same train-track? Would it open a chakra instead of closing it when flowing through it? Envision it in detail:

6. Now you are going to play the traffic cop – tune into your negative loop, see it all at once with the energy flowing in a habitual pattern (it might look like an ugly ribbon in your field and body), then DIRECT the energy differently – use your intention to navigate the flow into the pathway you envisioned for the positive habitual flow;

7. Test it – give yourself a trigger that you know usually activates your negative self-talk – where does the energy go? See it flowing into the positive habitual pattern and notice how you feel different.

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