

Circle of Intention

School of Intuitive Sciences

Emotional Healing of a Limitation

Most forms of limitation, or phobias, are the result of past life trauma. The cells of your body hold onto the memory of the original occurrence, and any subsequent occurrences. When you are faced with similar inciting circumstances, your cellular memory will awaken and your body will warn you to stay out of trouble. This is one of our most basic instincts, yet life goes on and circumstances change. We need to release the trauma from our cells so that we can move forward on our life's journey unencumbered by the pains of the past.

To do this, as soon as you recognize the signs of limitation coming on, no matter what kind of fear or overwhelming emotion you are feeling, take a step back and close your eyes if you are able. Then tell yourself a story that begins with **“Once upon a time I . . .”** Allow yourself to make up anything – do not edit yourself in any way. Let the story flow through your thoughts, visualizing it as you go.* You may see yourself as the opposite sex, wearing odd clothing, with different color hair – anything. And that is okay because there is no editing necessary or allowed.

After you finish telling your story in your mind, with as much or as little detail as comes through, then say, **“I forgive myself.”** If you wish to name all the things you forgive yourself for, you may, but it is not necessary to the healing process.

Once you have forgiven yourself, you move on to offering forgiveness to any and all other persons involved in this event. You can identify them in some way or you may simply say, **“I forgive anyone else associated with this event in any way.”**

*If the memories or sensations are too graphic, then skip the visualization part and simply begin to forgive yourself and others. This alone will set into motion the process of healing and allow you to step back emotionally from the inciting event. Perhaps in the future you will be able to visually process the information as well.

It is also important to ask for forgiveness from all involved because you hung on to the energy for so long. In all probability, you have already been forgiven, but this is an important step. And the final step is to express gratitude for the lessons you have learned around this event, to thank the Higher Power and your High Self for this gift of insight and healing.

Remember, the steps are very simple:

- 1. Recognize the signs**
- 2. Tell the story**
- 3. Forgive yourself**
- 4. Forgive anyone you blame**
- 5. Forgive everyone else**
- 6. Ask their forgiveness for yourself**
- 7. Express your gratitude for the lesson**

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