



Dear Reader,

Thank you for your interest in self-healing. This document contains several techniques to help you:

1. Prayer to Forgive Mother
2. Steps to Forgive
3. Emotional Clearing Techniques
4. A way to determine the types of tears you are crying, and
5. Spiritual Cleansing Techniques

The prayer came through after I started studying *A Course in Miracles* in 2001 and it truly helped me get to a place of peace. The guidance I received was that to "honor thy father and thy mother" does not mean that we should overlook the negative dynamics of a relationship or deny the rage we feel as the recipient of abusive or neglectful behavior...it means to honor the agreement between their souls and ours to take this journey together. We choose our parents so that we can learn the lessons we wanted to address in this lifetime and set the stage for self-understanding, enlightenment and soul growth. Once I recognized God as my Father and my parents as "portals" that agreed to bring me here, I began to take their behavior much less personally and was able to forgive.

You can choose one or all of the following techniques, but I found that they support each other beautifully when combined. If you are a student of *A Course in Miracles*, Chapter 12 is particularly enlightening.

I hope this information is helpful. Please share it freely for the benefit of your loved ones and associates.

Blessings,
~Charlotte Spicer.

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Change Your Mind...Change Your Life.™

Prayer to Forgive Mother

Mother, you are a Child of God
I Love you in His Image
Glad I always will be that you are my mother
I forgive you, and I forgive myself
Let us walk in His light together
And find Peace

Steps to Forgive

Sit quietly and allow individual circumstances to rise up in your mind's eye, and then:

1. Forgive the other "role players" in the scenario
2. Forgive the scenario itself
3. Forgive yourself for having perceived it in a way that was hurtful to you.

Forgiveness happens in layers and, as you move forward on this journey of healing, other issues may rise from the subconscious mind to be acknowledged and released. Absolutely TRUST the subconscious mind to present the issues that are most damaging to you in priority order. It knows what it's doing. Be observant of your thoughts and never dismiss an opportunity to forgive. What we most need to forgive is hidden from our awareness by the ego. What might work for you is to state the intention, "I relinquish my ego entirely and invite the Holy Spirit (or whomever) to enter and guide me in forgiveness." Then, say the prayer (if it applies to your situation), follow the forgiveness steps, then say the prayer again. By all means, substitute Mother with Father, Friend, Brother, etc. Do not push yourself nor give up. Pace yourself and be patient. Forgiveness is the means by which we extend peace outward. Having extended it outward, we accept it for ourselves and, in turn, it manifests for us to experience it. You *will* witness miracles.

Emotional Clearing

Emotions are based in the physical body and get stuck, causing aches, pains and maladies. When anger and sadness emerge, allow yourself to feel it fully, then bless and release the emotions. I found that if I did some light yoga, particularly the Child Pose, it was helpful in clearing out stagnant emotional energy before it could cause any physical problems (or before I received a Bump (message to pay attention), a Bruise (self-punishment) or had some other freaky accident and got hurt somehow — like slamming my right thumb in a door 3 times in one week). When you feel you are being guided to change your direction in life and you're uncertain whether to follow it, that right thumb will get you **every time**.

While in Child Pose, I would ask, 'What do I need to forgive?' in my mind, open to any answer. I would immediately feel heat in a specific area of my body. Mentally, I would go to that spot and proceed with the steps for forgiveness, even if what I was forgiving was non-specific. Sometimes I would receive mental images or audible words. I had some *really* cool experiences. In one, I felt a pulsing heat in my right elbow. Without moving out of the Child Pose, I surrounded my elbow with loving white light and forgave whatever was stuck inside there — most likely a fear of moving on with my life and away from my mother and family — until it subsided. I moved to another state about a month later. Best decision ever.

A sidebar to non-yogis out there: You don't have to do 90 minute routines; you can use the Child Pose as a therapeutic assessment of your Inner Child. Balance is necessary, so balance the energy by relaxing into the Cobra pose for a bit and then alternate between these two postures for maximum effect. Cobra opens the heart.

The Most Thorough Way to Purge Emotions

Note: Life is about relationships and this method is effective in addressing ANY troubled relationship, be it a parent, family member or someone else, OR if you would like to improve your relationship with Yourself, Food, Sex, Death, Work/Career, Health or MONEY. Just write to the subject as if it is a living, breathing person. What you write will reveal a lot about you.

On the radio show we always encourage listeners to "Write it Out" to "Get it Out." If you are holding on to pain, resentment, anger, anguish — whatever is not Love and impedes Forgiveness — write it out, dumping **all of your emotions and perceptions** (right or wrong) onto the page. You need to get these emotions OUT of your body! (Yes, typing is effective, too, especially if you'd like to simultaneously close your leaky eyes.)

When finished, read what you wrote every day during a time when you will have privacy. Your words will trigger more emotional reactions. Allow them to come up for release. Read your essay over and over.

When you get to the point where you can read what you wrote calmly and your emotions are no longer triggered by what you read, you are free of it. You will notice a state of detachment as you read it, as if it happened to someone else. You can burn the pages ceremoniously, then continue the process with the next issue. These steps will assist you in clearing out self-imposed limitations and blocks to peace, balance and prosperity.

Remember...**layers!**

Why Are You Crying?

I'd like to offer one last piece of information on the subject of tears. Having had countless opportunities to observe, I discovered a way to determine where my grief was coming from and how to address it:

— If you have a major release and your tears are salty (and kind of 'thick') and leave behind a residue that tightens your skin, you are crying from Soul Level. The purpose of these tears is cleansing and healing, generally after a major life change. Be sure to nurture yourself. Adding sea salt to a hot bath will help release negative energy. See my recipe for this technique below.

— If you break down out of frustration, disappointment or anger and your tears are clear and thin, this is a release from the ego. Relinquishing the ego and all expectations pertaining to anything outside of us is crucial, as well as forgiveness work.

Spiritual Cleansing

This method of Spiritual Cleansing is a Salt Bath. Epsom salt works well, but I prefer Sea Salt, available at your local supermarket. Table salt will work in a pinch.

The reason for the salt is that its energetic properties allow it to absorb negativity. All things being energy, all things have an energetic property and an impact on you. For instance, in contrast, vinegar "chases" energy away from you. This is helpful in times of conflict with another person.

Be sure to set time aside for this ritual where you do not have any distractions, as you are doing spiritual work here. This is good to do after a long, hard day, in times of emotional distress, or simply to keep your aura clear.

Salt Bath Recipe

Step 1

Run a bath at a temperature that is comfortable to you. Warm to hot, doesn't matter.

Step 2

Light a white candle, tea light or any size, to set the mood and alert your subconscious mind that you will be working at a conscious level. Incense or other aromatherapy works well, too.

Step 3

When the tub is full, start by adding three handfuls of salt (in the left hand). Pour the salt into your LEFT hand and dump it into the water. Your intuition will tell you when to stop.

Step 4

If you've had a particularly bad day, you can add a splash of white vinegar...just a splash...not so much that you come out smelling like a salad. Less is more. The energetic properties are that salt "absorbs" negativity, and vinegar "chases" it away.

Step 5

Immerse yourself in the bath and get your head wet. You want to spend at least 15 minutes in the bath for full effect.

Step 6

For the first few minutes, focus on your breathing and nothing else. Feel the oxygen entering your lungs, feel it expelling from your nostrils. Relax.

Step 7

Connect to your Higher Self (or Soul) which knows what you're going through and its purpose or benefit...how your soul experiences growth through your reaction to it. "I connect to my Higher Self" will work. Invoke your Higher Power to request assistance and invite peace to enter your heart and mind. State an intention such as, "I am at peace and I'm ready to release all that does not serve me."

Step 8

Repeat a favorite mantra or prayer. I like to recite The Lord's Prayer until I'm in a trance-like state.

Step 9

Call the image of a stressful experience to rise up in your conscious mind. Look at it without emotion. Bless the experience for allowing you an opportunity for conscious growth. Do your forgiveness work. Continue this process as you feel guided until your emotions are calm and dispersed.

Step 10

"Float" in the peace for a while, then offer yourself blessings.

When you step out, you should feel calm and relaxed. Also, notice how your skin feels. This is an excellent way to "wash off" the day or any tangled emotions from the physical body.

Additional Metaphysical Tips:

If you're having issues with self-doubt, you can add pink rose petals, which represent self-love, or a rose quartz. You can also wear this on your person.

If you have an illness that is mental, emotional or physical in nature, you can add Eucalyptis leaves for healing.

- For clarity, you can add a quartz crystal.
- Essential oils are also beneficial. You can anoint your third eye with lemon oil (mental clarity), Neroli oil (truth), Rose of Sharon (Jesus), or any other oil that fits your situation.
- Everything has energy so infuse your bath with those that represent your situation best.
- For money, use basil. There are other things for money but basil works best.

If you have a variety of herbs and crystals you'd like to add, you can purchase a tea ball from a grocery store to use. This will avoid making a mess, you won't step out of the tub covered in basil, and you won't lose small crystals.

A more comprehensive guide will be published in the upcoming digital magazine. Visit www.SpiritualInsightsRadio.com to learn more or to ask a question.