

Heart Clearing Support Information

By Charlotte Spicer

Thank you for your interest in taking an active role in supporting the Heart Clearing Session you experienced. You will notice shifts taking place over the next several weeks if you allow them. What's actually happening is you are "healing upward" to a new vibration. People may notice a change in you, and others around you will seem to change, as well.

The following suggestions will help you support these shifts. Some people resist change, so be sure to monitor your thoughts and correct any negative statements that might be counter-productive to the process. Also, please allow the energetic shifts to be complete before participating in other healing modalities such as acupuncture, craniosacral, etc. Some clients report doing this thinking it would help but it actually interfered in strange ways and in some cases cancelled out the work that was done. Massage is fine, although a Rolfing session might be too much (if you're into that).

Over the next few weeks you will see positive changes, some very subtle. If you would, [please send me a testimonial](#) about the changes you experience.

Because talking about your experience with others can diminish its impact on you, having a companion on your journey would be very beneficial. I've been asked to create a safe space where clients can go to talk to others who have had a session. You will be invited to join a secret group on Facebook where you can discuss your experiences and, if you feel a strong connection to another client, you can exchange contact information and communicate privately with them on the phone or via email. I will visit the group on occasion to participate in the conversations taking place.

Here are ways to support the shifts and maintain balance:

1. Create a Miracle Log

- a. Whether you use pen and paper or create a new document on your computer for this one purpose, please keep a Miracle Log to make note of intriguing occurrences. Also under the "miracle" category you should take note of shifts in perception, awareness, self-worth, self-esteem, fear and insecurity. With respect to work, take note of increased confidence in your ability to attract like-minded co-workers, openness to attracting new projects or clients (for consultants), finding a harmonious environment or improvements to the one you're in, maintaining balance, keeping the flow of money free of static or fear and not encountering risky situations where impending job or money loss is a factor.
- b. Take note if people around you comment that "you seem different."
- c. If you're inclined to write an essay about your experience and any feelings it brings to the forefront, please do. An interesting exercise is to recognize the "before and after" of your emotional demeanor. How did you feel a few weeks ago vs. how you feel now.

2. Meditation and Guided Experiences

- a. When we open to life, life opens to us! In 2016, Mother Mary provided us with a Guided Experience on and Energetic Transmission the air — a 3 minute breathing exercise to help you breathe life in — and I've made it available as a free download on the [website](#) on Mother's page. Use this frequently, Say Yes to Life and see what unfolds for you.

- b. Whether in dedicated meditation or throughout the day, visualize a future of happiness, balance, abundance and having the confidence to handle any situation.
 - i. Allow yourself to become comfortable with the idea of freedom. The self-imposed prisons of the past can keep us mired in loneliness, anger, despair and financial lack. These can be difficult to leave behind because they're so familiar.
 - ii. Allow yourself to become comfortable with new emotions, such as self-confidence, excitement and worthiness.
 - iii. Forgive any person or situation that emerges in your conscious mind; don't dismiss it.
 - iv. Develop a mantra to repeat throughout the day and continually grant yourself permission to change and be happy. Change negative self-talk to positive self-encouragement.

3. Prayer and Forgiveness Work

Taking the time to be in silent prayer works wonders in facilitating a shift in consciousness. The prayers below are very useful. You may be aware of people who need to be forgiven, and memories may emerge from the subconscious mind for your conscious recognition. To proceed with forgiving anyone who has hurt you, you can use the following as you call them to mind:

Honoponopono

*I love you
I am sorry
Please forgive me
Thank you*

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
Amen*

You can substitute Father for Mother if you need.

Prayer for Financial Stability and Protection

*Heavenly Father, in You I am complete.
Your heart knows no bounds to Your generosity;
My heart flees at the sight of poverty.
My heart asks for security and stability in my financial dealings
that I may be free from an uncertain future.
I pray for your protection of my heart, that it be free from fear;
that I might be the creator of my life circumstances, as You are my Creator.
Amen*

Additional information about this prayer:

Charlotte asked Jesus, “Does this prayer protect against negativity surrounding money?”

His Response: “No, it helps the human relinquish fear in the heart center with regard to the inflow of money. But the human must set the **conditions to income**, rather than pray for it and hope to win the lottery. This is not its purpose. Its purpose is to keep the path clear so the appropriate amount of money can be attracted to and delivered to its **Host**.”

Protection from Dark Entities

If you feel sad, depressed, angry or if you feel you're under psychic attack by some unseen enemy, protect yourself with the following prayer from Jesus. It's important because when we are feeling down we are vulnerable to negative thought forms and unfriendly spirits. This will help.

Father God, I love thee and I surround myself in Your light. Please protect me from those who would distract me from Your light with abysmal doings.

Please dissuade my mind from acknowledging their existence. By this, I set them free. In Your light, Father, I will stand undiminished.

St. Michael, be by my side to ward off any who would harm, cause anguish or destruction.

Amen

4. Helping your Body

- a. Get as much rest and relaxation as your schedule will allow over the next few days.
- b. When we release deep emotions and experiences, the body follows suit. You may notice your body suddenly releasing at an accelerated pace, be it sweat, tears, sinus drain, nausea or frequent trips to the bathroom. Work with the process by allowing your body the freedom to expel what's been held in for so long.
- c. You may also experience nausea. If this is the case, infuse a glass of lukewarm water with 1 teaspoon of lemon juice and 1 teaspoon of honey and drink it.
- d. Nurture yourself with salt baths. Whether you use sea salt from the grocery store or Epsom salts, pour three handfuls into your left hand then into a warm bath. Immerse yourself if possible and stay in for at least 15 minutes. Clear your mind and allow memories to come up to be forgiven and released or simply meditate or pray.

5. Nutrition and Hydration

- a. Eat healthy, of course, and

- b. Be sure to hydrate sufficiently. You can “charge” water with positive emotions one of two ways:
 - i. Hold a glass of water against your heart center and energetically “push” love, self-love, self-acceptance, etc. into the water before consuming it.
 - ii. Purchase a Glass Etching Kit from a craft store. It’s a fun activity and you can easily etch words into drinking glasses that reflect your new consciousness: Love, Joy, Peace, Self-Worth, Freedom, Abundance, etc.

6. Understanding What’s Happening

- a. Depending on what was cleared, you may have a very intense period of cleansing. Once the barrier to suppressed emotions is removed, feelings that have been buried during your lifetime will come up to be released. When you resist this process, it becomes intense. No matter how negative the emotions that come up, acknowledge them, direct love toward them, and release them, allowing them to continue on an upward spiral to exit through your 3rd eye and/or Crown Chakra. It takes a lot more effort to maintain a buried emotion than it does to release it.
- b. Do not worry about “how long it will take” for an intense period to be over. Time doesn’t matter. It’s important not to resist ***as the resistance is what makes it intense.***
- c. You may also have some strange or frightening dreams. The Heart Clearing allows latent fears to surface to be released from the subconscious mind, which demonstrates these fears in your dreams. Contact me if you have a dream that is severely frightening, but know that it’s part of the process for some.

7. Visualization

- a. Immediately after your session, begin to visualize what you want for yourself: Money, Partnership, Success, Self-Acceptance, etc. In your mind’s eye, project an image of yourself infused with what you want. Call it your “future self.” After a few minutes, allow that future, super-charged image of yourself to walk toward you and blend with “present-day you.” Do this more than once per day. It takes several days for the visualization to “take hold” in your conscious mind and will begin to manifest.

8. Additional Ways to Support Your New Awareness

- a. Listen to uplifting music rather than songs that evoke sad memories or pull you back into the past in your mind. Avoid too much negative television.
- b. Fill your mind with positive affirmations, mantras and prayers. Repeat these aloud to yourself in the mirror.
- c. Sing, dance, smile, spin and enjoy being in your body.
- d. Connect with Nature. Grounding techniques are very effective, such as lying on the ground or sitting with your back against a tree. Imagine roots from your spine and feet growing deep into Mother Earth.
- e. Do whatever makes you feel calm and safe to be yourself.