



Radiant Light ACUPUNCTURE

RADIANT LIGHT HOLISTIC HEALING

Writing to Clear and Release

There are many tools that you can do on your own to bring about emotional and energetic healing of old thought patterns and fears. Start by getting paper and pen, and setting aside a block of time for yourself. Maybe to start you set aside 30 - 60 minutes to address a specific issue. Always be sure to leave time after writing to either shred/tear or burn the paper and properly finish the process. The shredding or burning is the most important for the transmutation of the energy and invites the Divine to participate actively in the process.

Write all of the negative emotions and thoughts around an issue; anything that you don't want within your emotions, body, mind or thoughts. Write anything that you do not want anymore in your reality. You choose your reality. You choose when you focus on things and when you think and believe things, now it is time to look at an issue and decide what to release from your life!

1. Use Intention - When you are writing intend that everything you write is draining out of you and into the paper. Intend it drains out of your mind, thoughts, cellular memory, energy field, emotions, beliefs about yourself and beliefs about your life. It is your willingness to let go that is the power to make it so!

2. Acknowledgment - Sometimes there are parts of us that get stuck in the past, or the pain of a situation or experience. Writing and Burning gives a voice to that part of you. It gives acknowledgement that those feelings and thoughts matter, and that those feelings or beliefs are very real to that part of you. By allowing yourself the space and gentleness to write it out, you are honoring your journey. Writing and burning about a loss does not mean that you are no longer going to miss someone or something. Writing about a situation does not always mean that you can change that situation. But, writing can assist you to let go of the pain or emotions that are keeping you locked in a state of disease or stress. It can change the energy you are drawing into your life. It can discharge the energy so that things can shift in your emotions, your mind, body and your life. It can assist you to find more ease and joy in your life again. Request anything blocking you from your joy and what you want is released.

3. Write all of the emotions that you feel around the issue -- the anxiety, fear, anger, worry, sadness or frustration -- and describe what the issue is for you and how it is impacting your life. Be sure to address any reoccurring thoughts around the issue -- the autopilot-type thoughts of self-criticism, self-judgment, victim, undeserving or unworthiness. Are there guilt, shame, resentment, and doubt? How does this limit you joy? Write it all out. Nobody will ever read it. It is safe to be honest. Write the blame, guilt, shame, doubt, distrust too. Write as much as you need in one session. Do NOT use journaling paper.

4. Prepare a safe place if you will burn the paper. Be sure that you are safe and over a cement area outside or in a fireplace or fire pit. Be aware of any wind. You can use a paper shredder or tear if needed.

5. Engage The Creator - Before you burn the paper, ask God to take this all from you now. You proclaim that this is not your reality and you are freely surrendering this issue to God for clearing, release and healing. You are engaging God, the Divine (whatever you call the higher power of the universe), to clear and release this from you on all levels of your being so the energy can be transmuted.

6. Destroy the Paper - Shred or burn the paper. Best if you can SAFELY burn the paper in grill.

7. Fill Up - Ask Source Energy/Universe to fill you with the TRUTH & ALL of your GOOD! This is an important step. Take a deep breath!

You should notice that you start to feel lighter, clearer and notice that you have less negative recurring emotions and thoughts around this issue. When you notice them coming up again do another session of writing and burning. Some issues have a long history and it can take time to clear and heal the old residue of these experiences in you life. Just be willing to receive a softening of these energies that allow you more easily be present and move forward in your life now.