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*Fire Serpent Tantra
Kundalini Mystery School*



Kundalini Primer: Essential practices for the beginner.

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Further Reading and Exploration

www.kundalini-teacher.com - a summary of my teachings relating to the process of Kundalini Awakening and dealing with difficulties that may occur during the unfolding of Kundalini.

www.fire-serpent.com - here people can access the Fire Serpent Tantra course which has been the composite of all that I have learnt in the process of my own spiritual exploration. This course is for those seeking to come to know their true self through the surrendering (of giving up) of their ego based identities and desires. Ultimately it is a roadmap to turning oneself over to divine will which is the only way to attain fulfilment.

www.kundalini-gateway.org - the home page of the public k-list (Kundalini list) for the sharing and discussion of all things Kundalini.

The Goddess

Spirit, what some call God or Buddha nature, Source, is infinite, genderless, ineffable, nameless. It, the Self, the I AM, does not care what we call It, for no names can hold It or define It. We are the ones, who care... and what a lot of names we have come up with! What a lot of Holy Wars have been started, over this simple thing: what to call, that which is nameless.

It is my preference, to call It, "Goddess." You may choose to call It something else.

Western culture is patriarchal. I was raised in a Christian home, where the Divine was always referred to in masculine terms; The Lord God. Patriarchal religions always have God off in the sky somewhere distant: external, vengeful and righteous. Matriarchy focuses on the unconditional love of the Divine within everything, including inside of you. Goddess, is All that Is, including me! Wheee! Joy.

The imperative of Kundalini, is surrender, You have to trust that the Divine spark within you, your Infinite Mind knows what it is doing and intends your highest good, so you can get out of the way and let the process unfold peacefully. Resisting the process once it has started makes it difficult.

Often when seekers are resistant to the concept of surrender, it is because they do not understand what it means, or they are afraid of giving power away to something they perceive as being outside of themselves.

Many people have issues with the religion of their birth, and mistrust the righteous, punishing Father God of patriarchal culture. If you grew up in a Patriarchal culture, then you probably associate the Divine with masculine identity, the old bearded man in the clouds Michelangelo painted, even if you are an atheist.

It can be difficult to reconcile the cultural God archetype, with the idea of the Divine being the true nature of us mortal, fragile, fallible human beings, which unfolds through the Kundalini process. Changing your gender identification of the Divine to an unconditionally loving Mother, can be useful for releasing the intimidating concepts of the righteous angry Father God on his lofty throne.

Choosing to think of the genderless Divine as female draws your attention to the unconscious male gender ideas you carry, so you can let them go. It is a new idea that does not have the negative associations.

The term "Goddess" is functional in how it changes one's thinking and identifications. A conscious choice to refer to the Divine as feminine, brings

critter directly, and asking or telling it to transmute into light. Sometimes you can clear a stubborn blockage by giving it energy so it becomes conscious and you can have a conversation with it. Be careful with that. If you get into trouble, you can call on my Higher Self to help you out... but don't expect her to stick around. Becoming dependent is not the way.

Clearing entities.

Question method:

Precede your request for the entity to go into the light, with this series of questions directed at the feeling/blockage/entity/illness/ghost. Do not listen to the answers to the questions. The answers are simply the chaff of ego, and giving your attention to its answers empowers it to want to stay put... Since through the unconscious we are all connected, it works by thought just fine.

Some of the questions are repeated several times, so I will indicate that and save paper.

What are you?

What were you before that?

And before that? (10 x)

What is your purpose?

What is your goal?

What is your name?

What do you want?

What is the value in holding onto this body? (Or home, or location, etc., for clearing entities from objects or places.)

What will you be in the future?

What will you be after that?

And after that? (10 x)

You do not have to be here anymore. Unconditional love can find a better way. Transmute into light. Guardian and Archangels enforce my intentions. Thank you very much.

(Think of the column of light above your head, to show it where to go... and it will go. Distract yourself: Take your attention off the entity so your gaze does not hold it like a butterfly pinned to a board.) Follow up by telling all of its connected entities, relatives, minions, etc to follow their leader/buddy into the light.

The Divine Beloved.

In the old tantric texts, there are many references to the inner spiritual Self, as the Divine Beloved. The passion and ecstasy of the spiritual experience is described as a sacred marriage or eternal love affair. It is a convention of many religions, that Priests and Priestesses are spiritually married to the God they serve: for example, Christian Nuns are the Brides of Christ.

Carl Jung said that the unconscious mind is the opposite gender of the body, and spoke of the Anima and Animus as the other half of the psyche. He said that there is another, deeper layer of the psyche that holds the collective consciousness, and knew of the Self. Unity Consciousness.

These two ideas together –the Anima-animus, and the Divine Beloved, describe the relationship you can develop with the infinite consciousness and unconditional love within your own being, as part of the Kundalini process.

The unconscious mind has a billion times the intelligence of the ego and it holds the connection to Spirit, so its wisdom is truly infinite... yet, it is YOU. It is the storehouse of all of your memories and life experiences, and it is connected to the vast wisdom and experience of the collective. We all have an unconscious mind, this power is in everyone.

Kundalini works through the unconscious to clear away the emotional baggage and fears that hold you back from reaching your potential. Developing a relationship with your own unconscious mind, is an amazing way to relate directly with the Kundalini power that is reshaping you. The love affair is inside, and you can start right now!

Begin, by expressing gratitude to your unconscious for all that it has done for you. Sit back and relax for a moment. Say out loud, "Thank you, my unconscious." With all the sincerity you can manage. Take a deep breath and release it slowly, then say it again. Do this 10 times, and don't be shy to count to ten on your fingers so you can put your whole attention on breathing and expressing your gratitude.

If you did this, you will have noticed each time you said "thank you", you got a response that increased as you continued. It may have been a warm feeling in your chest, a feeling of energy, an inner voice responding, or even the sensation of being hugged. This is your Divine Beloved saying "Yes, you are very welcome, and I love you!"

native suicide rates... natives are more sensitive to spirits, by their DNA and most aboriginals inherit a few hundred dead ancestors who put pressure on them to keep to the old ways. The old ways are dead and gone, but this type of ghost is not perceptive enough to see that, they are manipulative, and stuck in their own agenda. Like having a few hundred bossy mother-in laws. :) The pressure of their disapproval can drive a person to suicide. "If you can't beat them, join them" type of thing. These ghosts usually do not want to listen to me, so I pull rank on them by calling their own ascended ancestors back from the light to tell them to get their ghostly asses into the light. Sometimes I have to go back hundreds of generations to find one who knows the truth of what I am trying to tell them.

There are also the deliberately negative ghosts, who know that they are dead, refuse to go into the light. They know that without being fed by the energy of human attention they will fade away like an old photograph. They haunt to upset people to get the energy they need to stay active. Often these types are stubbornly stuck in their own long dead agenda of revenge or attachment to a place that was theirs. These are the vengeful ghosts of horror movies. Ghosts have no power of their own, so they try to manipulate your emotions to get your power. They use fear, and try to possess a body to be able to have more influence, but if you do not fear them they are powerless. Call on your angels to kick some ass.

The sweet ghosts are the ones who have gone into the light, and retain a connection to the Light while being present to love and support their children or loved ones. Remember, while we think of the Light being above, or as a location, it is really a dimension that is woven through and supporting the fabric of physical reality. The Light is not here or there; it is everywhere, but veiled by perceptual filters. $E=MC^2$... matter and light and energy are the same thing in different states, like how water can be ice, liquid or steam depending on the temperature=vibration.

These spirits are connected to Divine wisdom, so they aware of the passage of time, supported by being in the light so they have no need of being fed by your attention. They see you through Goddess eyes, and may guide but do not judge. They have gone through the life review and know the purpose of their life and death, and return simply for the sake of love for those they have left behind.

Finally there are the Ascended Masters. These are enlightened beings who evolved enough while alive to manifest a strong energy body that does not need the energy of human attention to keep it viable. They are the strongest

The unconscious mind; the Divine Beloved is the opposite gender of the body,-this is true for both men and women. When men surrender to their fem side, then they start to be the heroes who will put women and children first, the white knights that every girl dreams about. When women surrender to their inner masculine, to its wisdom and power, they become stronger and more decisive. This is Tantra: both genders are surrendering to allow themselves to become a vessel of the inner Divine Beloved.

Your unconscious can show up as anything. To begin with, it may show up as a dragon, or as an animal like a totem, or as a fish, or anything. It WILL show up as something that you can love... and eventually, some one you will fall completely, helplessly in love with.

So take a few minutes to get grounded, and start thinking about what you love, and have a conversation with your Beloved inside of your mind... it is listening, always. If you find in the course of that conversation, that other aspect of yourself wants to seduce you? Let it! It loves you. It knows what you like and what feels good for you better than anyone else on the planet ever possibly could. Let it love you. It seeks unity the old fashioned way, and you can feel it. Get in touch. Stay grounded.



The Soul*

There are many conceptualizations of the Soul. Just take a look in your dictionary! Many interpretations, and some of them contradict each other.

Some people consider the soul the same as the higher self... it is not. In my experience, the soul is a tiny spark of brilliant light, the seed of your consciousness. It looks like a star... the ancient Egyptians believed that every star in the heavens represented a human soul.

The soul is in unity with the Divine, and cannot be harmed by any of your actions in this lifetime... Religions who refer to sin as a "stain on the soul", are actually referring to the higher self. You cannot harm your soul any more than you can harm God-dess.

* Soul Meditation - <http://www.kundalini-teacher.com/meditations/soul.html>

Clearing Entities, Spirits, Ghosts.

Spirits and entities have free will just as you do, although it is not as strong because they are not embodied. While sometimes you can simply overpower them and unceremoniously stuff them into a white light hole, it is usually easier to persuade them to go into the light of their own will.

Ghosts.

Ghosts are cold. Shivery. Emotional energy releasing is often a cold energy like a chill or breeze. The more emotional the ghost, the colder they will feel. If a room feels cold for no reason, then it probably indicates the presence of a ghost. Aliens and other entities have no temperature, or are warm. The whole dynamic of ghosts was shown very well in a Bruce Willis movie, "The Sixth Sense". Excellent film. A ghost who has not gone into the light is in no way a worthy guide. They perceive reality through the filter of the ego they had in life, and are not connected enough to the Divine Light to be wise enough to guide. They are fuzzy about the passage of time, and want you to help them with their own long dead agendas. Don't. Do not listen to any being or spirit until you have tested them by sending them into the light. If they can come right back and enjoyed the trip, then you can trust them. Best, to let your own heart be your guide and have none before it.

I tend to see ghosts in my mind's eye rather than with my physical eyes, and communication with them is not so clear. I get emotional impressions and fragments of sentences, sometimes fragments of visions, unless I allow them to possess me, which I rarely do. Only occasionally when I am channelling a ghost for the healing purpose of comforting their survivors. Most often, dead Mothers, who want to give their children a good bye hug using my arms. Beautiful work.

Mostly, I detect them, then I talk and they listen.

Clearing Ghosts:

Tell them that they are dead. Most ghosts do not know this. They might find the information rather upsetting.

Direct them to go into the light. Tell them that anything they were hoping to get/fix/prevent/control can only be handled, or can be handled

Grounding Visualization: The foundation of all spiritual work.

Being Grounded is our natural state of being. When you are grounded you will feel calmer, you will find your thoughts are clearer, inner questions get answers. There is flow, life is easier. You experience a positive shift in priorities and a clearer sense of direction in your life. Stress decreases, health and vitality improve.

As we grow up and our parents try to civilize us, we internalize the idea that we are not perfect, not deserving of unconditional love, and we break our natural connection to the Source of vital life energy that is meant to support us.

We get bad energy habits from our parents, but with persistence and attention we can change our ways and reap the benefits of improved physical and mental health, and spiritual well being.

Use this simple visualization 8 times a day for 45 days to establish a new habit of being grounded. It is essential to be grounded when you do the other work in this booklet.

I suggest you first learn the grounding in an upright position, sitting in a chair with your hands apart and your feet flat on the floor. After practicing the grounding for only a few weeks, you will find you just have to think the word, "Grounded" and your energy responds. The more you do it, the easier it gets and soon you can get grounded anytime, anywhere.

The spiritual path in modern times looks quite different from the days when Jesus and Buddha took to homelessness. Most of us are dealing with awakening while still having to care for responsibilities of work, home and family.

Use the visualization anytime. At work, on a bus, shopping, having a conversation. A suggestion for making the grounded state permanent is to carry a stopwatch that is set to go off eight times a day for forty-five days: doing the visualization each time the stopwatch goes off. You can also simply add it to your schedule. Eight times a day for 45 days might seem hard to fit into a busy western lifestyle: Get grounded when you wake and before you go to sleep, at each meal and coffee break, when you arrive at work and after you get home... and you will have done it at least eight times.

from our limited perspective, gift is what it is. Do not worry about giving up too much, or giving away something you need. What is given to Goddess, comes back better if it is still needed. She will give it a tune-up and hand it back.

“It’s Yours.” Affirming again that Goddess owns everything, and it is only by grace of free will that we think some stuff is “ours”. Our judgments about it, make karma.

“Thank you very much”, is thanking Spirit for accepting the gift... which is showing faith that you believe and expect that It will, that It has. Thank you is showing trust that nails the request into the Now, seals the deal, like “so mote it be”, or “Amen”. We use thank you because gratitude itself, can be enough to lift a blockage. If you don’t like something, apply gratitude, and it will change.

After the pause of breath, gently turn your attention to where the thing you gave away used to be... and you will discover you see it, if it is still present, completely differently... Spirit’s eye view. All of its silver linings will be showing. Give up karma, get back insight and compassion. Sometimes there will be some bits of crap still left, because your indication of “this” did not cover everything. Find and surrender those bits too

Alternate Phrases of Surrender.

“Goddess, please take this, *and everything connected to it, wherever it exists*. It is a gift for You. All Yours. Thank you very much.” (Breathe sigh of release and think about something else.)

This clears what you can see and what you cannot see, that is related. Like, some issues may have connections and reflections all through you, your environment, your past lives, and even in other people. Goddess will know what to take.

“Goddess, please take this, *in top down fashion from point of origin*. It is a gift for You. All Yours. Thank you very much.” (Breathe sigh of release and think about something else.)

This is time travel. Changing the past. After a speck of karma is first created, it will come up repeatedly, as Goddess gives you an opportunity to make a choice to release it. Likely, you did not know to release it, so instead it got bigger from your resistance.

For example, perhaps when you were a child someone put a spider down your shirt, and ever since then you have had a phobia about spiders, and

Grounding Visualization: Opening to universal energy.

Sit comfortably, cross-legged or in a chair in a balanced position, hands apart, feet flat on the floor. Take a few deep breaths, relax your body, and focus your attention.

You are sitting somewhere warm and comfortable, out of doors on a sunny day. It is high noon, and the sun is directly overhead.

Visualize a sunbeam coming straight down from waaaay up above, shining directly on the top of your head.

Relax into this imagining until you can feel the sunbeam warming the top of your head,

physically or in your imagination.

Imagination is power!

When you have the warmth, imagine that the top of your head is a flower.

The crown chakra is called the thousand petaled lotus.

It is classically visualized as infinite petaled lotus that is eternally opening and opening.

You can imagine any kind of flower.

The flower opens to the warmth

and draws the sunlight down it's stem,

into your head,

sparkling, tingling,

into the third eye and throat,

flowing down inside you to fill a reservoir space in your torso,

an oval going from your pelvis to your collarbone.

Filling with light.

Make it as bright as you can imagine.

When the space is filled

with bright sparkling radiant light,

brilliant as the sunrise reflecting off the ocean,

bright like an arc welders torch

notice that the inner container has a hole in the bottom,

and a stream of light leaks from the bottom of the reservoir,

down through your feet, down

down

down

down

If I am feeling fancy I will follow the connections it makes through the body. Most stuff will make a complete circuit up and down of the body, where it is feeding on the energy meridians. I might trace a stomach knot's threads down one leg and through the foot into the earth, back in the heel, up the back of the leg following its own path to the shoulders and around one side of the head, and back down the front to the knot. I can then visualize and clear the whole circuit. However, usually I am too lazy for that, and instead just ask Goddess for everything attached to the knot to be removed as well. My work is **faith** based. Anything you believe in, will work, if you put faith in it. Faith is like a muscle, the more you exercise it the stronger it gets.

Practice, practice, practice... :)

I actually use many different methods, like Shaktizap by eye lasers. Where your attention goes, your energy follows. Hadn't realized I was doing that, until someone dreamt of me giving her a tune-up and wrote to ask what were those bright beams shooting out of my eyes?? What was all that purple light? (The violet flame of St. Germaine.) Ask the blessings of the St., and fill and surround yourself with violet light... crown chakra colour for Divine Will and insights.

I also use the power of the Grail¹, and sometimes Tummo fire²... but those are opened experientially... not everybody can access those, so I will pass on simpler methods.

I clear a lot of stuff by asking my male unconscious Divine Beloved to handle it. Carl Jung said the unconscious mind is the opposite gender of the body. In my experience, I have found this to be true, about 90% of the time... and since at the deepest level, the unconscious is connected to the collective consciousness, your unconscious can be thought of, as God-dess taking a form you can love, to have an intimate, personal relationship with you. This is the meaning of the Eastern references to the "Divine Beloved."

I also use counter-clockwise tornados. Clockwise (deosil) dancing and vortexes are most often used in Wicca, to gather and condense energy for spells. That action can result in the manifestation of Karma. I am sure everyone has had the experience of a spell having unexpected negative side effects? Counter-clockwise spin (widdershins) dissipates energy, so it can be used to break up and remove the blockages of karma. I am more Buddhist than Wiccan, so I use counter-clockwise vortexes 99% of the time.

¹ The Ritual to Open the Holy Grail is the graduation ritual for Fire Serpent Tantra level 1. www.fire-serpent.com

² Serpent Fire Tummo initiations:

<http://www.kundalini-teacher.com/initiations/tummo.html>

bigger and brighter
to fill the whole oval of your aura completely.
Feel yourself
as an egg of light
on a thread of light
with the Earth and the Sun connecting to each other through your body.
Energy flowing both ways.
Fire rises, water flows down.
through you
and around you.

When you can hold this mental image clearly,

(as bright and clear as you can make it)

make an internal request for it to stay that way.

Snap your fingers,

"Circuit is locked in".

Your unconscious will now maintain the light circuit,
while you do other things.

You are now grounded.

How do you feel?

Do you notice?

The complete absence of negative, limiting, or fearful thoughts?

The relaxation and sense of well being?

The soles of the feet and fingertips, tingling like they have had a massage?

The sensation of lightness of being?

The sense of being fully present in the Now?

These are the signs of being grounded into Universal Source.

If you try to find an emotion that describes the feeling of this energy,
you will discover that the only word that fits is

Love.

Absolute, unconditional love and acceptance.

The shock of this realization sometimes completely un-grounds very insecure people.

Are your feet still tingling?

If this idea makes your feet stop tingling, you need to take a few minutes to slide on past the feelings of being unworthy, you know Source loves you... unconditionally. Limitlessly.

Regardless of how you feel about you.

If you have become ungrounded,

Go back to the top and start over again.

Karma and “Lessons.”

Karma can be very complex, but understanding all of the threads of it is not what is needed from the vessel. I just allow myself to be used, and I get just enough information to be guided in my actions, but I am not shown all of the ripples of every action. Goddess’s infinite wisdom takes care of it better than a human mind can comprehend.

I guess the first thing to consider is, what is Karma? I think of Karma as the emotional content of memories. Karma in action is re-acting to previous memory experience. Re-acting as opposed to responding. The expression, “once burnt, twice shy” describes it well. The negative emotional memory of pain from the past, causes a reaction in the now. Just as I wrote about perceptions; why some see the glass half full and others see a glass half empty. When these emotional memories are cleared, there is simply a glass with some liquid in it, and no need to make judgments. How you respond to the glass will depend entirely on the needs of the now, not on programmed re-actions from the past.

Blockages and issues are essentially, the karma of previous limiting decisions. Negative experiences create limiting beliefs, which we cherish as “lessons”... like, “nice guys finish last”, or “life is hard then you die”. Our beliefs create our experiences: that is Karma manifesting. So, probably a lot of what you cherish, as “lessons learned” is actually a karma attachment that you would be better off, to release. Often the blockage prevents you from seeing what the issue is really about. Surrender the blockage, Goddess will give you back insights, in return.

You have to give up what you think you know, to make room for new information, new insights. Once you think you know something, your mind becomes rigid and blocked; you are no longer open to new ideas about it. Chuck the blockages, make room for Divine insight.

Some people think they need to hang onto the Karma until they get the lesson from it, but that is an ego trick of karma too. We grow up in school, and so we think life is about lessons. Life is not about lessons; it is about pure experience, for its own sake. On a soul level, you already know everything there is to know, you deliberately forgot it, so you could have experiences. Have faith. If Spirit wants you to know something, synchronicity can make sure you get the message. An email, a line from a movie or a song on the radio will resonate with wonderful meaning, if you are open to hearing it and not blinded by preconceptions. Goddess provides.

Opening the Third Eye*.

The third eye is a chakra that is responsible for what we call "second sight". Intuitive perception. It is by the third eye that people see ghosts, auras and other usually non-visible phenomena. The perceptions of the third eye are not limited by time or space. The Third Eye sees energy patterns, and it is not limited by distance. It's also not limited by time and space. So focusing on the Third Eye, you can see things that are happening on the other side of the world. You can see things that happened in the past, you could see potential events that happen in the future. I don't recommend spending a lot of time doing that, as the point of power is always in the here and now. It's actually best to just use it to observe your own energy patterns, to look inside of yourself, and see how you are doing.

When you close your eyes and roll them towards your forehead, in a dark room, do you see a light? If the third eye is well opened, you should see a golden glow that may appear donut-shaped. It may be an irregular glow, or the donut may have a tiny light in the centre. At some point, you may get a blue light appearing. It is very tiny. Muktananda referred to this as the "blue pearl of wisdom". If this light shows up, ask it to stay and guide you, and be your guide for the rest of your life. If you ask it, then it will. You can ask it anything because it knows everything.

Some reptiles have an "eye" on the top of their heads, which sees infrared and heat. Our third eye evolved from this, but instead of being on the surface of our skull it is deep inside, in the very centre of your head at the pineal gland. However, when most people think of the third eye, they think of it being in the centre of the forehead or between the brows. In fact the third eye is an area that goes from the tip of your nose to the top of your forehead and deep inside your brain. It has many components, including an area near the back of your sinuses that reads emotional energy.

I want to clear up a misconception that many people have, about how psychic vision works. Most people imagine that when a psychic "sees" something she does it with her regular eyes: not so, the "second sight" is most often seen in the mind's eye, as an imaginary or internal vision. Usually it is the inward vision that shows the insights. When you think of

* Opening the Third Eye Initiation available - <http://www.kundalini-teacher.com/initiations/thirdeye.html>

coming from your heart. You may get a feeling. Some people who don't get a voice right away, will instead get body responses. "Yes" is usually a warm feeling around your heart, and "no" is usually a bad feeling in your stomach. You know, that gut reaction when something isn't going to work. That's your body talking to you. That's important to know.

Remain grounded, and ask your heart voice if you are perfect. Stay grounded and listen. This is a scary question to a lot of people, so you have to stay grounded for this one. Ask the voice if you are perfect. Ask it if you have always been perfect, In its eyes. Ask It if It has always loved you. Listen, breathe, feel your feet.

I also want you to ask it by what term or name you should refer to it as. I refer to it as the heart voice. In my many years of opening heart chakras for people, I've gotten a list of names for It as long as your arm. Now, normally it calls itself as Light, Love, The Infinite, God, Goddess, Spirit, Your Soul, Energy, Creativity. It gives itself terms like that, generally that are formless.

If your inner light tells you that its name is Bob, or Mary or Zarcon, or something else other than some term that is a synonym for "All That Is", then you may be dealing with an entity. If it told you that you are not unconditionally loved, that you are not perfect, that you have not always been perfect, then you're not dealing with the genuine inner voice. If it sounds like your Mother or your neighbour, or you can define if it is male or female, then that is not the heart voice. If it expresses emotions like sarcasm, scorn or need, then it is not the heart voice. If it is very loud, not soft and peaceful, then it is not the heart voice. If it sounds like a choir of angels, then it is not the heart voice. Accept no substitutes! That's how we test it.

An entity is not anything big or scary, don't get your panties in a knot! Most of the entities that I take out of people are quite simply just ghosts. Sometimes they are invisible friends from childhood. Sometimes they're long-departed grandparents. Whoever they are, they're not the inner voice, and it is very easy to clear them, peel them all away so that you can get the genuine heart voice to come through clearly. If you did not get positive answers to all of these questions, go on to the page, "How to Clear Entities" and repeat the clearing exercise as many times as you need to, to clear all the entities out of your heart chakra.

Empathy.

It is impossible to change the world, except by changing inside of yourself. Change others by becoming them and then changing inside of yourself. Empathy is the simplest form of Tantric Unity, and it comes through the heart chakra. If you are feeling someone else's feelings, it is because two have become one. Their feelings have now become yours, so you can use your free will to surrender them. When you release them within yourself, they lift from the source, as well... because 2 are 1... unless they are very attached to the emotion or karmic issue- in which case it will get stuck in you. Empathic healing in this way is best done with the conscious, informed consent of the person you do it with.

Empathy often comes spontaneously, and it is the result of projecting energy. If you are troubled with unwanted empathy, stop projecting thoughts, feelings, judgments or energy at other people, including love! Maybe you have been taught to send love and light to everyone you meet? Stop doing that. However, looking with the third eye is safer and less intrusive than feeling with the heart. When it happens spontaneously, Goddess has given consent, and She also provides the power.

When doing it as an act of free will rather than Divine inspiration, it is important to get consent from the person you are working on. Free Will is Goddess law and if they do not consent to surrender the stuff you take on, then you might be stuck with it. If this happens, then you can do a "return to sender". Be aware that the other person may not realize it is their own stuff coming back to them, and feel that they are under a psychic attack.

It is important not to bite off more than you can chew... beware the road of "good intentions/path to Hell". Judging someone as "needing fixing" according to one's own opinions gets real messy, because it is one's own resistance to other that is the true motive, what they reflect of you, your projected perceptions. That resistance will multiply like bunnies and wear you out. Take the stone from your own eye, first. Where there is not resistance there is a superconductor.

It is a faculty of perception, that all we see is ourselves reflected. This is a complex metaphysical truth, that adds up to the discovery that we do not all see, or live in the same world. We each see our own world. Whether you see the glass half-full or half-empty depends on the whole previous positive or negative experience you have had of full glasses and empty glasses, etc. This comes of your ego, and it is part of your Karma. The simplest way to

Here is a series of statements: Get grounded, then read them one at a time and observe how your body responds!

Your signals may be unique to you, but usually you will find that there is some consistent reaction in your body, to statements that are true, and a different reaction to statements that are false. The signals are often subtle, but you can ask for them to be made clearer.

Remember!!! this is about **feeling**, not **thinking**. Don't think about the answers, feel for the responses of your body. You already know what you think, thinking takes you out of your body and into your head. You want to know the truth of the body mind, and it speaks in feelings and sensations, not words.

You are male.	You have two arms.
You are 250 years old.	You are a monster.
Your name is Horace.	You like to drink beer.
You breathe.	You are married.
Your name is Ferdinand.	Your dogs name is Bill.
You are alive.	Your car is red.
You are female.	You work hard.
You have blue eyes.	Goddess loves you unconditionally
You are infinite.	The sky is blue.
You have black hair.	

Once you have had some practice hearing the signals of these obvious true/false statements, check out these ideas, using the resonance of the heart for a lie detector. It only works if you are grounded. I find that when I do this, the Heart will also fill in the blanks with additional information that is not in the written words. Reading the words, and listening to the heart both at once, you will find that your heart provides a subtle commentary to your life experience.

Ego defined.

"A human being is part of the whole, called by us 'Universe'; a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest: a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely but striving for such achievement is, in itself, a part of the liberation and a foundation for inner security."
- Albert Einstein

When you were a baby, you knew yourself to be a perfect, infinite expression of the Divine. Then along came the "terrible two's". You learned two things: how to say "no," and that it was no longer OK to let your body do whatever it wanted, in the moment. Love and approval were dangled as the carrot to persuade you to learn.

You were toilet trained, you learned to control your sphincters, and you learned to act differently from how you feel, in the moment. You learned that sometimes you have to put on a "social mask", smile when you feel like crying, and be nice when you want to scream... You learned to speak: and you learned to lie with your words, your expressions and your actions.

Eventually, you forgot that the social mask you made, the role you were playing to get love and approval, is not who you really are. You forgot that you are really a perfect, infinite expression of the Divine. The mask blocked your awareness, and filtered your memories. It became a wall separating you from your own spirit. We call the mask and the wall "ego".

Ego is the "optical delusion" Einstein speaks of, in the quote above.

Ego is who you think you are. Any idea of yourself that is less than an expression of perfect, infinite Spirit, is part of the barrier that blocks out the bliss of unconditional love you knew as a baby. That barrier is a construct you have spent you have your whole life building. It is made of your lifetime's clutter of limiting beliefs about yourself, your fears, your emotional baggage of unreleased, unforgiven pain.

There are two parts of you, at odds with each other. The ego, which tries to create separation by judging, and the Spirit that only wants to love. Ego