

The Importance of Faith and Belief in Healing and Manifestation

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All illness and disease arises from uncleared past life karmic energies. These energies are held primarily in the emotional body, one of the energy bodies surrounding the physical body. Illness and disease, surprisingly to most, are signals by the body telling us there are negative karmic energies to be cleared. That is its purpose. It is an example of our bodies being in service to us. For most, illness and disease arises later in life when less powerful warnings have not been responded to – and there is no criticism in this. Humanity has forgotten how this works, along with so many other things since “The Fall” in consciousness in Atlantis some 13,000 years ago.

These energies can be cleared by the karmic clearing command that has been given to us, and will be taught to others during the Train the Trainer sessions in preparation for the Rejuvenation Workshops. Some will begin to heal immediately, some will take some time and some will not begin to heal. Why is it that some will not begin to heal?

Jeshua taught that “You will be healed according to your faith”. What did he mean? Some took this to mean faith in God, whereas it was faith in the healing process. He and Mary Magdalene were healing in the same way – by clearing the past life karmic energies. But there are other factors involved.

The subconscious mind is programmed by experience and by patterns from the past. If fear has been a dominant past life karmic emotion, it will arise in the current life as a pointer to the past life energies and as a result, the subconscious accepts it as being a “fact of life”.

Unless we change it.

Similarly, the physical body carries advanced consciousness that we can communicate with. It has knowledge of our mission in this life, it knows about any pre-birth agreements we have with other souls, it can advise us on many things when we know how to speak with it, and it also has beliefs that are formed in a similar manner to the patterns of the subconscious or the beliefs of the egoic self (the “you” that you take yourself to be). It does not, however, have an ego. So if it believes that the karmic energies remain and it believes the illness should remain, it will. You can speak with your body and clarify this and you can COMMAND it to heal. Remind it that it is in your service and it is time for it to heal.

Here are the words of Jason, our Arcturian crop circle maker friend who helps create the patterns that are sent forth to influence our subconscious:

In truth the subconscious is being continuously programmed. It is the programming of the subconscious that enables one to drive a car without conscious thought, to hit a golf ball, to, you could say, programme the activities associated with most sports. These things are programmed into the subconscious, and there is also a level of programming of the physical body and these two in a sense work together. So this kind of programming goes on all the time, and the subconscious also gets programmed by repeated negative experiences. It begins to accept it as being a truth and programs it in. It has no, you could say, judgement or assessment of what is good or bad. It simply is.

So how do we change this?

If you have experienced the karmic clearing command, these negative past life karmic energies will have been cleared. Period. No ifs, no buts. It will have been done. However, the negative energies in this life are most likely to still be present.

Clearing the Negative Energies from This Life

The karmic clearing command predominantly clears the negative karmic energies from past lives. The negative energies in our current lifetime, for the most part, have come forth to point to the presence of these similar negative energies in past lives. The most common and most powerful negative past life karmic energies are fear, self-doubt and self-criticism, though often include self-judgment, guilt, shame and/or anger. As a result, these are also very common in this lifetime. In order to be able to most effectively heal and manifest, it is important to also clear these negative energies from the current lifetime.

One way to approach this is to do the following;

If you wish to clear fear, for example, go into a meditative state and recall an experience where fear was very strong in this lifetime. Connect with that experience, that moment and allow that fear to arise within you. As it arises, intend to pass that fear to Richard and it will be transmuted to light for you. As you stay connected to that moment, the fear will stay strong for some time, perhaps 30 seconds or 2 min or 5 min... however long it takes. You will find you reach a moment where the fear begins to dissipate. Once it has approximately 90% cleared, reach for another experience where the fear has been very powerful for you. Repeat the process. Once you have done this about four times, as you reach for, say, the fifth experience you will find that the fear is not there, or it is only mildly there or it clears very quickly. This is because we all carry a reservoir of, for example fear, and by draining it from these most intense experiences, we are in fact draining it from all other experiences. Once you have reached the point where you are finding the fear is not present as you expected, then set an Intention that the remaining fear continue to flow to Richard until it is completely cleared.

Repeat this process for all other powerful negative emotions or energies in your life, such as self-doubt and self-criticism.

This only needs to be done once for each energy.

You do not need to keep doing it, as some have believed. To do so is only giving life to your self-doubt.

Support this process by envisioning your life full of joy and peace and love and compassion and abundance in all things, and of course gratitude. Such an experience of life has no place for fear or self-doubt or self-criticism.

As you step forward in life, you may experience these negative energies arising for a while, and if you do, simply intend to pass those energies to Richard in that moment, releasing the energies from that experience and move forward.

This process will greatly aid you bringing forth all that you desire in your life.

Healing your child self

Many of us have experienced great challenges in our childhood. Perhaps our mother or father or both were unloving or unsupportive or even abusive when we were children, sometimes extremely so. Sexual abuse of young girls by their fathers has been quite common amongst those I have worked with in the Soul Healing Sessions. There has also been a plethora of alcoholic, violent fathers. There have been many, many cases where individuals have chosen a challenging childhood as part of their path in this life.

It is very important that we heal our child selves. The ideal child feels loved, protected, safe, nurtured, trusted, and in a place where it feels it can spontaneously choose to do whatever it wishes to do. There is freedom, spontaneity, joy, creativity and playfulness in such a child. If our child self does not feel that it is in a place to do these things, then this is reflected in us as adults, since it is that child aspect of ourselves that brings these elements forth in our lives. The importance of this healing of the child self, in my view, has been significantly underestimated. At the very least, we have all gathered our views, beliefs and opinions as children from our parents for the most part, some of which we may choose to keep, many of which we will wish to discard and replace. As adults, we should take the time to revisit these things and decide what it is that we choose to believe or how we choose to respond to a particular circumstance. Most people live their entire lives defined by these patterns and beliefs they took on as children, and often do not even realise they are doing this. To grow, we all need to choose to change these.

To heal your child self, I encourage you to use the following process:

Sit in a warm, relaxed, comfortable and safe place, close your eyes, take a couple of deep breaths to relax, and bring your awareness inside your physical body. In other words, begin to meditate. Search within yourself for your child self. It exists within all of us. If you are

clairvoyant, you may well see your child self. If not, you will certainly be able to feel the emotions and feelings of your child self. If you have not done this kind of work before, it is likely that you will find your child self feeling hurt in some manner, perhaps sitting in the corner of a room and even in a foetal position. Connect with your child self and encourage that child to come and sit in your lap. Bring your love to that child self. Explain to your child self that you understand the pain that he or she felt as a child, perhaps the lack of love or whatever it was that you experienced, and that now you are an adult you are now in a position to take care of that child self, to bring the love that perhaps was missing at that time, to bring the protection, to bring the respect and security and to allow the freedom of expression which perhaps was not available to that child when you were that child. Keep working with this until your child self feels loved, happy, joyful, playful and free to be spontaneous, to do anything that he or she wishes to do in any given moment, whatever that might be. This may take several days of working in this way, until when you connect with that child self in meditation, you find it smiling and joyful and wanting to play. Work with this as often as you need to, to ensure this healing is complete.

As adults, there may be events in our lives which generate fear or panic or insecurity in that child self, and if you are aware of it, take a moment to comfort your child self and make sure that it is safe and protected. This process helps to keep us healthy as adults.

Another process that can help this healing work is to take a soft toy to bed with you, something like teddy bear or other soft animal. When you take it to bed, cuddle it as if you were that child and feel your child self connect with that soft toy and also bring forth your adult self in support of that child self's connection. This is also likely to bring forth further pain from that child self and help this healing process. Keep doing this until you feel the joy in the child connecting with the toy - and if the adult self enjoys this, why not keep doing it?

The ideal end point of this process is that your child self lives within your heart, and that you draw upon that connection at will, giving love to that child self within, and feeling its love for you, along with its joy, creativity, playfulness and spontaneity.

Finding the love for yourself

It is important for all of us to rediscover the love we have for ourselves. For all of us, life in this consciousness will have buried this love to one degree or another. We have in so many ways been persuaded that we are unworthy, failures in some manner, or buried in guilt and shame by the religious and other dogma and distortion that has inculcated our social mores.

A simple way to deal with this is to take a couple of minutes when you first get up in the morning and before you go to bed at night, to look into your bathroom mirror and look deeply into your eyes, and **tell yourself how much you love you.**

Some of you may have tried this, and found it very confronting and given up. I assure you, if you have not done this, you will almost certainly find it very confronting as you begin to do

it. To begin with, you may feel like a complete fraud, or at the very least react in disbelief, that this is such a nonsense, that it cannot be true. As you do this day by day, you will experience the various layers of social conditioning, the beliefs that you have taken to be true about yourself, that have buried this truth come forth to be dissolved. It is important to persist in this process, as you will find after some time that the truth that you do actually love yourself will come to the surface. You will find that as you walk into the bathroom, you do so with a smile on your face, knowing that you are about to share a moment of joy with yourself.

It is several years since I did this myself, and I did it in a time when I knew very little about my journey, that I would be doing this kind of work, and it took me perhaps three months to complete. I suspect it will not take you that long; however it takes persistence and an acknowledgement that the truth will be inevitably uncovered, and it will put an end to you needing to find love for yourself through your relationship with another. This is not to say that finding love in your relationship with another is not a truly wondrous thing to do, it is that this need to find a sense of love of yourself through another is dissolved and it truly sets you free to love unconditionally.

This process has been championed by [Louise Hay](#) for many years, and you may like to watch a YouTube video on this process at <http://www.youtube.com/watch?v=gdHn64YnfOE> .

What's next?

After this has been done, you may still feel fear arising, or doubt about the clearing or... This is where the faith comes in. You need to have faith in the clearing. You need to believe it has been done and act accordingly. To **ACT AS IF**.

How do you do this? Again, let me quote our Arcturian friend:

And so one area where you can do this, or a way you can do this is by the use of affirmations and visualisation (and feel the joy of it coming forth), and to act as if something is true, and you repeat this and as you repeat it, the subconscious will accept it as being true and begin to operate accordingly, and so in this way you can replace negative patterns with positive ones within the subconscious, and as the two of you know, it is an aspect that needs to be understood in the process of healing, because the subconscious has come to accept that illness and disease is present and/or negative reactions are present and is programmed to support this; and you need to actively intervene, you could say to change this patterning, to bring forth the changes that have been made possible by the clearing of negative past life karma. So this positive reprogramming of the subconscious is something that all of humanity needs to be aware of and to utilise for its own individual benefit, and to bring forth the changes that individuals wish to see in their lives.

The process to follow

- 1. Choose what you wish to have in your life (good health or specific aspects healed, abundance etc.)**
- 2. Spell this out in detail, so you can visualise it.**
- 3. Write it out as an Intention statement – beginning with “I intend that...”**
- 4. Place yourself in a quiet place where you might meditate, so you are relaxed and safe and open.**
- 5. Read your intention statement out loud**
- 6. Close your eyes and visualise what you want**
- 7. Feel the feelings of joy and freedom and peace that you associate with the results coming forth**
- 8. Give thanks for them having come forth in your life**
- 9. Repeat this daily and especially at the new moon, the full moon and any key dates such as the solstice or equinox.**
- 10. ACT AS IF it has come to pass**

We are all creating our own reality. We have just forgotten and it is time to reclaim this. And when you have cleared your past life karma and the negative energies from your current life, these processes are free to work for you in a way that they were not before this clearing has been done.

And remember, none of us are victims in our lives. We have all created the lives we are living, and as the creator of our own lives, we are more powerful than the experiences coming forth in them. We ALWAYS have the power to change them. So if all of this feels too hard, that somebody else is doing this to you, then think again. Reclaim your power to be the master of your own life, and if you feel others or circumstances continue to dictate your life to you, then look again, because you have just given your power away to them or to your circumstances. The choice is yours.

The role of the solar plexus in Healing

In the Hara Line protocol, we teach you how to build up the energies in your solar plexus using your breath. If we have not discussed this, you can find it at <http://www.metatronminutes.com/protocols.html> . Download the Protocol from the link on that page and listen to the recording several times so you are clear how to utilise this. These energies can greatly assist your healing. In order to utilise this, take the following steps:

1. Build up the energies in the solar plexus as shown to you, using I suggest 10 breaths. You will find this brings in a lot of energy as you practise it.
2. As you speak your healing intention, bring those energies to your intention that you (or someone else) be healed.

Using intention for manifestation

In order to manifest in this dimension, there are some steps to add to the process outlined above:

1. We need to gather Source's golden light from the angelic dimension. We do this with intention, in the same way we have shown you to travel up that thread to Father God (see the Hara Line protocol above). Intend to take your consciousness to the angelic dimension and gather this golden light into a ball. When you have gathered this energy,
2. Move that ball sideways (horizontally), say left to right, and then bring it through a 90° turn to the vertical and bring it down into this dimension. Few currently understand that this process of bringing energy through the 90° bend is required for manifestation in this dimension.

Let me share some words from Isis with you on this:

The first step is to take your consciousness to that dimension. The second is to then use your consciousness to gather the energies of golden light, to gather them up and to then move them sideways (horizontally) and then down (vertically) into your dimension. Now it actually takes intention to move them sideways and down into your dimension. This power comes from the solar plexus to do this, and as you move them sideways, bring them through the bend. As they come through that bend, that is the time to bring all of the energies that have been stored in the solar plexus to bear. It is to intentionally transfer the energies that you have stored in the solar plexus, transfer them to that energy as it comes through the 90° bend down into your dimension; and that is the key aspect of this that many do not understand.

And so it is.

Richard Presser

