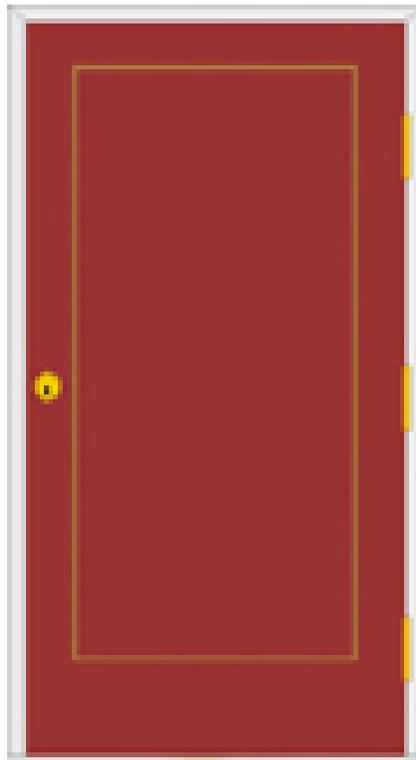


*THE UNCONSCIOUS PART II*

*Second and Third Chakras*



*By  
Suzan Carroll PhD*

## THE UNCONSCIOUS PART II

### Second and Third Chakras

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## THE SECOND RED DOOR



The second red door is marked EMOTIONS

We go to the door and knock.  
A message is displayed:

Repressed emotions create thoughts that are  
"unconscious."

Emotions from our fourth dimensional astral body interface with our physical bodies via our hormones and biochemistry. Since these dark feelings cannot be accessed by our conscious mind, our body's discomfort from keeping these secrets is projected to our consciousness as "dis-ease."

These hidden emotions create an overall sense of dread that feels like a dense, heaviness in our bodies and/or a floating anxiety that keeps us hyper-vigilant, jumpy and nervous. Depression numbs our emotions, makes us eat and sleep too much, not enough, or at the wrong time. Then our bodies are even more uncomfortable, which makes us feel like the "victim" of our emotions.

In this condition, our desire for sex becomes a statement of our desperate need for love and/or the conquests of a failing ego. In a vain attempt to control our emotions we seek out drugs and alcohol. Each substance creates a certain "emotional feeling" and temporarily serves the purpose of dampening the emotions that constantly haunt us.

The second chakra best exemplifies the red Emotions Door because this chakra is the storehouse for our most primal and basic emotions. These are emotions that we felt in our early childhood, as well as survival-based emotions such as fear of survival, rage for injustice, sorrow over great loss, and the simple joy of being alive.

The emotions of the second chakra are pure emotions without the interaction of mental programming, which are more the emotions of the third chakra. If we can allow our second chakra to open its vault of stored emotions, we can heal ourselves on a very deep level and recover the wonder and joy that we felt as a child before we "grew up".

To find the source, and heal the issues that await us beyond the Second Door, we now enter our Second Chakra, which is located at our navel. Hence our Second Chakra is also known as the Navel Chakra.



## *THE SECOND, NAVEL CHAKRA*

**LOCATION:** The second chakra is located at the navel. The navel was once our umbilical cord that was our attachment to our first physical home, our mother and the nurturing that she provided. The second chakra also represents our attachment to Mother Earth as well as all the plants and creatures that call Her home.

**PETALS:** This chakra has six petals or spokes. In numerology, six is the number that represents responsibility and nurturing for family and community as well as finding balance and harmony with our environment.

**NOTE & MANTRA:** The note for this chakra is D and the mantra is "vam" or "o" as in home. Chanting these mantras in the key of D while focusing our attention on this area of our body can enable us to more consciously access the second chakra.

**COLOR:** The color of this chakra is orange. Orange is the color of emotion. In the Hindu chakra system, the color orange is associated with death of the old. This "death" refers not only to physical death, but also to death, or total liberation, of painful emotions that have been repressed. This "death" also refers to the discharge of the defense mechanisms that were created in order to survive those emotions, as well as the situations that caused them.

**RULES:** The second chakra rules our VITAL, SENSUAL body. This chakra governs sexuality, reproduction, emotions, instincts, food, and general communication of the body with the consciousness that lives inside it. The second chakra rules the feminine component of sexuality, whereas the first chakra rules the masculine component of sexuality. The second/navel chakra is more sensual than sexual. It tells us how we feel about sex and having children, whereas the first chakra rules sex that is for enjoyment, power, and/or procreation.

Besides reproduction, the second chakra also governs other kinds of creativity. Swimming, hiking, and gardening make use of the second chakra's connection to nature. Sculpting and carving use materials and objects of nature as a medium, and nature is often the "subject" of painters and photographers. With dancing and martial arts, the navel area is seen as the base, the Hara Center, the area to be kept in alignment with the earth so that perfect balance can be maintained.

Like the first chakra, the second chakra governs survival, but from the perspective of the feminine polarity. The first chakra governs the fight for survival, whereas the second chakra rules the instincts for survival. The first chakra would urge us to battle for and protect, whereas the second chakra would aid us in using our instincts to find a safe place to hide, to live, and to rear our young. Like the first chakra, the second chakra also rules money, but again, in a different manner. The first chakra rules money and the power that it holds, whereas the second chakra rules money and the security that it brings.

SENSE: The sense of taste is related to this chakra. The sense of taste is important for identification of edible vs. non-edible food and for the enjoyment of eating, which is also ruled by the second chakra. Taste is a very emotional experience and is the basis for the nurturing and comfort that eating provides. Eating, more specifically suckling, forms the important first bond between mother and child and serves as comfort as well as nutrition.

Preparing and serving food is often an act of love and community, and "family meals" bind the family together. Eating and food is very culture specific. For generations after a family immigrates to a new area, they maintain their preference for the food of their culture because of the security and sense of belonging that it provides.

ASTROLOGY SIGN: The astrology sign of Cancer is associated with the second chakra because Cancer rules emotions, receptiveness and fertility.

ELEMENT: Water is the element associated with the second chakra. Our first physical home in the amniotic sac was one of water. This chakra reflects how we feel about being in or near the water. Psychologically, water is the metaphor and symbol for emotion. The second chakra deals with "gut instincts," basic emotions such as fear, rage, and joy and basic interpersonal emotions that are often unspoken.

The second chakra also rules the kidneys, which is where we eliminate our water. This chakra rules our second dimensional self, which is represented by the plant kingdom and less evolved creatures such as fish. Both plants and fish must have water to survive.

CONSCIOUSNESS: The second chakra depicts our emotional consciousness, our "animal instincts" and our tribal consciousness. This chakra represents the

mammalian portion of our brain where the limbic system rules our emotions and short-term memory. The limbic system is an important center for creativity and learning because it is where emotion and memory combine. We all know that it is easier to learn when we are emotionally engaged than when we are bored. Also, a deeply loving experience is usually imprinted in our conscious mind. However, an extremely frightening experience is often banished to our unconscious mind, as the memory of it is too painful.

Higher mammals such as dogs and monkeys remember what they are taught because they have an emotional relationship with the teacher, or because the food that is given as a reward makes them feel happy and nurtured. Humans also use emotions and food as a means of reinforcement and reward.

PERSONAL TIMELINE: The second chakra represents ages 2 to 4 when the child is going beyond basic survival and is beginning to develop his or her position in the family. It is also a time when they are creating their own sense of individuality, but they are still dependent on their "tribe". It is at this age that children are beginning to associate their emotions with specific events, but they are dependent on their caregivers for interpretation and guidance. Emotional events that occur during this age are often unconscious to our adult self, but they form the basis of many of our core beliefs about our selves and our abilities.

SOCIAL TIMELINE: Anthropologically, the second chakra represents the time when civilization advanced beyond living in caves and was able to settle into tribes. At this time, many tribes began agriculture and animal husbandry. Since the people lived off the land, they worshiped the Goddess with ceremony and sacrifice.

ENDOCRINE GLAND: The endocrine glands for the second chakra are the gonads, which consist of both male and female sex organs. These include the ovaries, testes, and prostate gland. The prostate gland is also ruled by our first chakra. Hormones have a strong influence on mood, as any woman with PMS will confirm. What is not as often noted is the interaction between testosterone and adrenaline. When a man's fight/flight syndrome is activated, the adrenaline in his system interacts with the testosterone to create an explosive combination. Steroids also create strong emotional reactions.

Healthy male and female sexual organs make our personality radiant and magnetic, our eyes sparkling and luminous, and give us an air of self-reliance. The inner warmth of vibrant sex glands prevents the tendencies for inflexibility, hardening, and stiffening that can come with aging. In fact, a healthy active sex life can bring a vitality and balance to life even in our "old age."

NERVE PLEXUS: The second chakra is located at the lumbar plexus, which rules the reproductive system, abdomen, and lumbar region of the back.

CLEAR: When the second chakra is clear we feel patient, enduring, nurturing, and secure. We feel intimate with our family, friends, neighborhood, and planet. We feel "at home" in our bodies and are able to communicate with our "self." Our emotions are balanced, and we are able to trust our instincts and "gut feelings."

Our sex life is natural and loving, and we are able to balance both the male and female components of sexuality. We eat the healthy food in the correct amount for our bodies' needs and enjoy the comfort and nurturing free of any addictive behaviors. Our elimination of waste material is regular and our sex organs, bladder, and kidneys are healthy.

UNCLEAR: When the second chakra is unclear, we feel impotent, frigid, or over-sexed. We may not be able to enjoy sex or we may use it as an addiction to cover what we are really feeling. We may feel disassociated from our friends and family and ill at ease within our home. Our eating and drinking can become addictive in that we eat or drink to comfort ourselves and to cover emotions that we don't want to consciously face.

Fear and anger are just beneath the surface of our awareness, which makes us anxious and/or depressed. Old core beliefs of limitation and fear sabotage our behavior and keep us in "survival mode." Life feels like a day-to-day struggle, and we feel like we are living hand-to-mouth because we are unable to make enough money to feel comfortable in our home and secure in our family life.

EARTH'S CHAKRA: Although our Western minds have discounted it, the Earth is a living being just as we are. In "evolving" beyond our tribal consciousness, we have lost our association with and respect for the planet who is a Mother to us all. Mother Earth's second chakra is in the Brazilian Amazon. This is a fitting place for Her second chakra for it is a paradise of fertility and growth. That is, if we humans do not continue to destroy it.

DIMENSIONS: The second chakra rules our second and third dimensional bodies. This chakra, more than any other, represents our humanoid "animal." Animals have emotions, just as we do, ask any pet lover. It is through conscious, third dimensional awareness of our second dimensional emotions that we are able to become the protectors of Mother Earth, rather than Her destroyers. If we feel the warmth and protection of a tree, if we can honor the food that we eat and the water that we drink, we will not want to pollute or destroy our planet that provided them for us.

However, if we harbor repressed emotions of terror and rage, we will see the world around us as an enemy, which we must conquer. When we can heal our past pain, we can feel our connection to the Earth and all Her creatures. It is vital that we love our own bodies, for when we can truly love and respect our own bodies, we can love and protect the Earth whose body we call home.

SUMMARY: The second chakra symbolizes our emotions and how they inform us of our feelings about life and our selves. Unfortunately, emotions are often dominated by the pain, guilt, anger, and fear from our past. This backlog of old negative emotions acts like a full wastebasket, and one more piece of paper is enough to cause the contents of the wastebasket to spill out. Our unconscious, specifically the unconscious which is harbored in our second chakra, is that wastebasket. Our repressed emotions are the old pieces of paper that fill it.

Too often we are operating at the edge of "overwhelm" and cannot allow ourselves to "feel" too much for fear that the damn will burst. However, our emotions are important gauges to guide us through both our inner and outer lives. If we can allow ourselves to consciously "have our emotions" without losing our self-control so that "our emotions have us," they can serve us much like the gauges on the dashboard of our car. These "gauges" tell us when we need repair, when all is working well, when we are in danger, and when we are safe.

The brain centers for emotion and memory are intimately related. Our memory works by association and memories filled with the same emotions are stored in the same "file." Therefore, repressed emotions from our forgotten past threaten to "tack onto" present situations that activate the same emotion. At this point, the past emotions amplify our present emotions to inappropriate levels.

For example, if we suffered a loss in childhood and never received adequate comfort and support, we will be over sensitized to any losses that we experience as adults. In other words, our "sorrow" file is filled. Since we have repressed our childhood experience, we cannot understand why we feel such sorrow in reaction to what seems to be a relatively insignificant event.

Fortunately, our child is alive and living in our unconscious mind. If we can give our inner child what was needed before and never received, we can begin to heal our old pain. In this manner, we will learn to discriminate between the pain of our childhood and the pain of the present. Then, we can take a moment to reassure our inner child that he or she is safe and that we, the adult, will handle the situation at hand.

One of the foundations for creativity is the sensual sensitivity of our physical body. If we can clear the fear and pain from our past, we can begin to feel our emotions with the same power and clarity that we did as children. When we can do that, we will awaken the wonderful imagination that we "grew out of" as adults. If we can consciously communicate and love inner child, we can be intuitively tuned in, as well as solidly rooted in a mature understanding of how we create our reality.



## *RETURN TO INNOCENCE*

Most of us do not turn within to ask for answers until we are forced to do so by feelings of failure or experiences of fear and pain in our outer world. This fear of “looking inward” is largely due to the many “skeletons in our closet,” which we are only aware of unconsciously. Our inner life indeed holds pain and sorrow, but it also holds joy and beauty.

The child that is within us can feel pure emotions without the interactions of mental "shoulds" and "should nots." These clear, honest emotions carry the truth of our early childhood and how those experiences shaped us into who we are today. As children, we created a safe reality with our then-active imagination. In that world, we were important, powerful, beautiful, and/or smart.

In fact, we were anyone and anything that we wished to be. In other words, as children, the veil between the third and fourth dimensions was thin. Hence, we had access to the power of manifestation on the Astral Plan. In our innocent, child-mind, the reality that we created was as real, if not more real, than outside world in which we were young, powerless, naughty, and sometimes bad.

Locked within that safe world of our creation is the secret of the person that we really are and the person we have allowed ourselves to be "talked out of being" as adults. Perhaps we can convince our child to share that world with us. However, first we must gain the attention, respect, and love of our child self. Finally, if we wish to re-enter that world, we must be willing to "become as little children".

Please see the download “A CHILD’S ADVENTURE IN FAERIE,” ([www.multidimensions.com](http://www.multidimensions.com)) to learn about communicating with YOUR inner child. Our inner child may tell us of our hidden pain, but the beloved innocence within can also share the secret of JOY.



## *THE SECRET OF JOY*

There is a glimmer in the back of my mind  
and the core of my heart.

This glimmer knows the secret of joy.

This secret is trying to reveal itself  
and I am trying to "stop trying"  
so that I can accept.

For joy can only live in peace  
and peace cannot abide struggle.  
When I "try" it feels like I am struggling.

I know that if I surrender,  
surrender to the knowing,  
I will gain all that I seek.

But the struggle persists.  
Then suddenly  
it is gone.

Gone into a moment of insight  
a feeling of peace,  
or love,  
a thought of acceptance  
of myself.

I know,  
not with my mind,  
or even with my heart,

I know with my Soul  
that, for a breath of the NOW,  
I am united with Spirit.

And all is peace,  
all is joy,  
all is love,  
and acceptance.

But then  
I forget what I know  
and how it felt to know it.

I remember that  
I must do something-  
or go somewhere.

I remember my worries  
and I remember my fear.

That fear then blocks the glimmer  
and buries the core  
and I forget the love.

I forget the love that can  
calm the fear  
that made me forget.

I forget the love that can  
help me to remember the glimmer  
and allow it to grow.

Someday,  
and I know that day is soon,  
the power of the fear  
will be reduced to a shadow.

A shadow of the glimmer  
that has grown into a  
beacon of Light,  
the light of Love,

A Love I have for myself!

## *THE THIRD RED DOOR*



The third red door is marked THOUGHTS

You go to the door and knock.

A message is displayed:

Unconscious thoughts evoke behavior based on past pain and old negative programming.

Our thoughts are out of control and without focus, as negative and obsessive thinking overtake our free will. Out of control thinking reinforces our feeling of being a victim. Problem-oriented thinking creates a downward spiral with no hope of resolution. Unbidden thoughts come into our mind, which punish us with old core beliefs about the inadequacy of our being.

Our thoughts make us feel separate from everyone and everything to limit us from achieving our desires. Therefore, our moral principles and codes of right and wrong are debased to a state of war with the world around us. We give ourselves permission to do anything because we are separate from society.

However, we are all "herd animals" and soon find another "society" where using drugs and alcohol, having "fun," and "doing whatever we please," rules. However, before we know it, our choices turn to addictions, and we again find ourselves Out of Control.

The third chakra best exemplifies the Thoughts Door because it represents our own thoughts, that is our conscious AND unconscious thoughts, as well as the emotionally laced thoughts of others that are perceived by our Astral Body. Thoughts, and the words and actions that are initiated by those thoughts, is the core of our Power, whether it be our "power over" others or our "power within" our self.

The lesson of the third chakra is: if we can gain "power over" ourselves we will feel our "power within". Then we will not be a victim to anyone else's "power over" us, nor will we feel the need to have "power over" another. Power then becomes something that we have, not something that we use.



### ***THE THIRD, SOLAR PLEXUS CHAKRA***

**LOCATION:** The third chakra is located between the sternum bone and the navel.

**PETALS:** There are ten petals in the third chakra which, when spinning, may appear like a vortex. In numerology, the number 10 is reduced to the number 1. Number one symbolizes the beginning, as "In the beginning there was the word," and every word begins with a thought. Even if it is unconscious, thought precedes communication. The third chakra also represents our communication with the fourth dimensional astral world, which is too often unconscious.

**NOTE AND MANTRA:** The note for this chakra is D and the mantra is "ram" or "aum".

**COLOR:** The color of this chakra is yellow to gold. When seen in one's aura with astral vision, the color yellow represents intellectual thinking. The color gold represents identification with one's Soul qualities. A predominance of yellow in one's aura represents one's attachment to their ego's rational thought. On the other hand, the predominance of gold in one's aura represents an ego that has surrendered its control of the physical earth vessel to their Soul.

On a physical level, the color yellow stands for caution. Yellow is between the red of "stop" and the green of "go." Great caution is needed to integrate our physical and astral selves. The road to spirituality is paved with cautious patience.

**RULES:** The third chakra rules the MENTAL portion of our consciousness and governs thinking, both psychic and intellectual, and the power, control and/or freedom that is gained by our minds. This chakra is the "power chakra." It governs our sense of self, the power that that we have within and over our destinies, the power that we have over others, and the power that others have over us.

If a person is too yin, female energy, then he or she may feel powerless. On the other hand, if a person is too yang, male energy, then he or she may have a tendency to be aggressive or greedy. The third chakra, which relates to the liver, gall bladder, stomach, spleen, and pancreas, regulates how centered we feel during the day in relation to our mental facilities and our ability to be self-motivated.

The projections of our ego and our vital energies are both influenced by this chakra because it rules how well we can maintain our sense of Self when in a power struggle with another. The battle between egos is difficult to win if we are children and our opponent is our parent. Therefore, this chakra holds the secrets of the many power struggles that we fought and lost with our parents, and other authority figures, as a child.

The third chakra is known as the gateway into the Astral Plane of the fourth dimension. It therefore rules our astral emotions. However, these emotions are very different than physical emotions that are felt through our second chakra. Our second chakra rules emotions of a survival, instinctual type; whereas, the emotions of the third chakra are intertwined with our thought process.

These more "cognitive emotions" are felt as reactions to others, and as reactions to our desires and goals. It is this combination of thought and emotions that opens our gateway into the fourth dimension. Once opened, this portal can begin to blend out third dimensional perceptions with the higher senses of our psychic, intuitive consciousness.

The integration of our physical and astral bodies can create yet another control issue for the third chakra. Besides the control issues of different egos attempting to assert their personal power over another, there are the internal control issues of thoughts vs. emotions, intuition vs. intellect, and yin vs. yang.

**SENSE:** The third chakra rules our sense of sight. It rules the physical sight of our third dimensional consciousness as well as the "second" sight, or astral vision, of our fourth dimensional consciousness.

**ASTROLOGY SIGN:** Leo is an astrological sign that is often associated with this chakra. Leo, which is ruled by the Sun, symbolizes our warmth and strength as well as our striving for recognition, power, and social status. Astrologically, our Sun represents the ego system that we embody within this lifetime.

The third chakra represents the struggle of that ego system, first with others and then with our Soul. When we find our power within ourselves, we no longer need to struggle against others. Then our ego must learn to recognize the still, small voice of our Soul and learn to surrender control of our earth vessel to this superior Captain.

**ELEMENT:** Fire is the element associated with this chakra. Fire represents the electrical/neural portion of our third dimensional physical body. Electricity is associated with our ability to consciously rule our behavior by our thoughts because it is the electrical firing of our nervous system that allows our cortex to choose our behavior.

When we have gained the “will power” to choose our behaviors, actions, words, and attitudes, we are consciously in control of our life. On the other hand, if our behavior, actions, words, and attitudes are not consciously chosen then we are reacting rather than responding. Then, do not feel like we are "in control" of our life because we were unable to choose a response that empowers us.

The third, solar plexus chakra rules the animal kingdom of which humanity is said to be at the top of the hierarchy. This determination is made by the size of our cortex and our supposed ability to control our own destiny. However, that control is not based solely upon the size of our cortex. Whales and dolphins have larger cortices than us, and dolphins actually have more speech mechanisms than humans. However, whales and dolphins have been at the mercy of mankind's violence for many years.

Humans have also harmed, killed, and enslaved other humans as well. The third chakra is the chakra that deals with both inter- and intra-species' struggle for power and dominance. The ability to communicate our thoughts and feelings through speech has always been an important factor in that struggle.

**CONSCIOUSNESS:** The area of the brain associated with this chakra is the neo cortex, which is the beginning of higher mental functioning. The third chakra represents our third dimensional consciousness, as well as how our fourth dimensional astral body influences our physical world. If we disallow any conscious influence from our astral self, we limit our reality.

**PERSONAL TIMELINE:** This chakra represents ages 6 years to adolescence. This is the time frame when the child begins school and moves away from the constant influence of the family. From the ages of 6 through 12, children are interacting with teachers, friends, and their friends' families, but their primary influence is still their home.

Children of this age are increasingly becoming aware that they are different from their parents. Especially as they move into early adolescence, this awareness drives them to find their own identity within the family. From 12 through adolescence, the focus switches from the family to friends. If these young adolescents are able to develop a sense of self while living in the family system, they will have an easier time when they repeat that process outside of the home.

**SOCIAL TIMELINE:** Anthropologically, the third chakra represents the civilizations of about 5,000 years ago when the great empires of Egypt, Syria,

Greece, and Rome existed. These societies became dominant through Power Over” their opponents. The rise and peak of these civilizations marked the expansion of humankind's cognitive abilities. Within these civilizations, at least some members of the society had "time" to pursue something beyond survival. Multiple Gods, and Goddesses, as well as animals, were worshiped by most of these societies.

ENDOCRINE: The endocrine gland for the third chakra is the pancreas. The pancreas plays an important part in the digestion of food. The pancreas secretes the hormone insulin, which regulates the level of blood sugar in the system and metabolism needed for digesting carbohydrates. Enzymes that are secreted by the pancreas are important for the balance of fats and proteins.

This endocrine gland is thrown off when too much sugar is taken into the system. This is often because the person wants more sweetness in their life and does not know how to get it. Alcoholic beverages instantly convert to sugar, and diabetes can result from alcoholism. Again, this person does not feel like they have the power within to face life and must take a substance to comfort themselves.

NERVE PLEXUS: The solar plexus, which is located just beneath the ribcage, is the plexus associated with this chakra. Areas of the body associated with this chakra are the lower back, abdomen, digestive system, stomach, liver, spleen, gall bladder, and autonomic nervous system.

CLEAR: When the third chakra is clear we have a strong sense of personal power and self-motivation. Our power struggles with others are minimal because we accept responsibility for the creation of our own reality. Therefore, we do not feel victimized or controlled by others. If there is a problem in our life, we realize that "if it comes to me, it is mine to deal with". We have keen decision making abilities, a strong will power, and a good self-image.

Since we take charge of our lives, we have good health and vital energy. When we can balance yin and yang, thoughts and emotions, intuition and intellect, will power and surrender to Soul, we can be conscious of the many messages that come to us from the Astral Plane. We are able to shield ourselves from the "psychic pull" of others, as we are able to discriminate our emotions from the emotions of others. We can do this because we have listened to our own Astral World as it communicates with us through our dreams and imagination.

UNCLEAR: When the third chakra is unclear, we feel powerless. Since we feel that we have no ability to gather what we need when we need it, we can be reduced to greed, doubt, anger, and then, of course, guilt. Our bodies respond to the constant tension by developing ulcers, jaundice, hepatitis, diabetes, hypoglycemia, and gallstones. Our sense of powerlessness in the world causes excessive worrying, hypochondriac pain, irritability, and procrastination. We are overly sensitive, cry easily, feel fatigue, and are often anxious and/or depressed.

Our inability to integrate the inner call of our Astral life with the outer world creates an over sensitivity to the psychic world of others. Other people's fear, which is the "loudest" emotion to be felt in our third chakra, piggybacks onto our own fear. It then becomes increasingly difficult to be with others or in groups. Our mind races against us with obsessive thoughts and worries. Our negative emotions then amplify our negative thinking and keep us in a constant state of turmoil.

The power that we lost in our past must be regained so that we can live in the present. We must go back to find the negative core beliefs that we hold against ourselves. These beliefs constantly remind us that we are inadequate to face life's challenges, and that we do not have the personal power to be happy and successful.

EARTH'S CHAKRA: The earth's third chakra is Mt. Kilimanjaro, Africa. Mt. Kilimanjaro is one of the largest freestanding mountains in the world. The other largest freestanding mountain is also in Africa, the heart of our first great civilizations. Mt. Kilimanjaro reminds us of the power that we can gain to stand-alone by finding our "power within."

DIMENSIONS: This chakra represents our third and fourth dimensional bodies. The third chakra is the gateway to the fourth dimension. Unfortunately, this "gateway" is often first experienced in our bodies by uncomfortable feelings in the third chakra area of our bodies. In order to avoid being a victim to the psychic world of others, we must gather our own fourth dimensional power. When we have come to peace with our inner world, as well as the thoughts and feelings that originate in that world, we will find our true power to "stand alone" in the outer world.

SUMMARY: Our third chakra deals with digestion, synthesis, distribution, and emanation of our personal power. Our stomach, pancreas, gall bladder and liver deal with our digestion and synthesis, and our spleen and autonomic nervous system distributes and emanates our power.

Our personal power was enhanced or limited in our childhoods. Third dimensionally, our early environment either empowered us if our parents were kind, positive, and supportive, or gave us opportunities to make our own decisions to experience success or failure. Our early environment took our power away if our parents limited us with criticism, cruelty, insensitivity, and unfair punishment.

Fourth dimensionally, our power was given or stolen by the thoughts and feelings of those around us in our early years. Even though we may have disowned our fourth dimensional powers by adulthood, it was a normal part of our childhood. Often, as children we could see fairies, talk to our dog, and experience our stuffed animal or doll as alive. The adults may then have said, "How cute. What a

good imagination you have." OR "Shut up, there are no fairies and dogs can only bark."

So what did we believe? What did we give power to, the "make believe" fairies, the dog that loved us, or the parent that gave us a home and food? The rule of nature is survival. We could survive without fairies and talking dogs, but we could not survive without a home and food. Therefore, we listened to "them," the ones who raised us. Their reality became our reality.

If we were fortunate enough to have parents who felt powerful and gave us love, protection, and encouragement, we had a happy safe reality in which we could blossom into our fullest potential. On the other hand, if our parents were afraid, angry, powerless victims to others or to the "system," then we are in danger of recreating that world, as it was our only model. We also created that reality because the gateway to our Soul, our fourth dimensional astral world, had been dampened and discarded as "just our imagination."

As children, the fourth dimensional psychic "gateway" was still open, and we could clearly receive ALL the pain, fear, anger, and sorrow of our family and others with whom we were intimate. The main problem was that when we "psychically" picked up the astral environment around us, which was the thoughts and feelings of others', we did not perceive it as the thoughts and feeling of others. We perceived it as our own. WE felt like the victim, WE were sad, angry, or afraid, and WE believed that we could not create a better life.

Therefore, we created core beliefs about ourselves that protected us from our uncomfortable emotional world. These core beliefs were usually about our own limitations, such as: "I am not good enough"; "I don't deserve"; or "I am not worthy". Then we could keep the necessary belief that it was our inadequacy and not our parents' inadequacy that was the source of our problems. The reality is, the core beliefs that we created were probably the very same core beliefs that our parents created and psychically passed on to us.

Nevertheless, these core beliefs did create an illusion of protection from a harsh and foreign world. Yes, to our inner self who remembered that we are Golden Lightbeings, the third dimension felt very harsh and restrictive. Therefore, most of us forgot about our Lightbody because we could not return to that body, and it only caused us pain to remember it.

In the above scenario, the child learned that power equals "Power Over" another. If their own parents were victims, then so must they be. Also, because the child still had the "second sight" of the Astral Plan, they could see and feel the fear and victimization that was the foundation of their parents' rage and sorrow.

How can a child learn about "power within??" How can a child learn positive core beliefs like: "I am powerful, I am smart and I am lovable"? The parent can "act

like" they are loving, "act like" they are not afraid, and "act like" they are happy. However, the child still "feels" the truth because he or she is still awake to his or her Astral Self. Unfortunately, by the time the child has learned to close that gateway, the damage is done.

What can a parent do?

A parent can go back into his or her own childhood, find the cause of their own negative core beliefs and heal them. Then the parent does not have to "act" happy and loving. Then, the parent can "be" happy and loving. We cannot give what we do not have. If we do not have money for our self, then how can we give it away? If we do not have love for our self, then how can we give it away? Our society has seen the power in money and will do anything to get it. But how many of us have truly experienced the power of love, love from our SELF to our self.



## *BEING SPECIAL*

"You are not alone,"  
a small voice reminds my heart.  
My mind questions these words  
and reminds me that I am NOT special.

"Everyone is special," argues the voice.  
"All you have to do is to remember that."

I hear these words and my mind rejects them,  
But my heart imagines that they are true.

"The words are true," whispers the voice.  
"You have all been taught that humility is low self-esteem.  
That is NOT true.  
Humility is the ability to know that YOU are special  
and so is EVERYONE else."

No, not everyone, I think,  
what about the abuser, the murderer, the terrorist?  
They cannot be special.

"Oh, but they are special,"  
retorts the quiet voice  
"They just do not know it yet."

## *HOW TO RE-PROGRAM YOUR MIND*



*~OR~*

## *HOW TO BE SMARTER THAN YOU WERE AS A CHILD*

### *THE CHILD CREATES THE CORE BELIEF*

This is the story of a group of children who each live inside their adults. These children have a great deal of power because most of the adults that they live in don't know that they are there. And, worst of all, they don't realize that the children are the ones who have programmed their minds. The adults think that they did it.

These children have tried to tell their adults that they are in them, but the adults refuse to listen. They are too "busy." Well, the children are busy too. They have to make sure that the program they wrote in order to survive a situation in which they had NO power keeps functioning exactly as it has for decade, after decade, after decade.

Now, these children are very smart. They looked around at the world that they lived in, figured out the family rules, even the unspoken ones, and made a program to protect themselves from getting in trouble. Generally, these programs worked pretty well, but sometimes the parents kept changing the rules. Then, the kids still got in trouble.

That is why some kids are "bad." Their parents were just too unpredictable and their environment too changing. But even if they couldn't stay out of trouble, this was often because it was a family rule for them to be "bad," they could usually come up with a program to protect themselves.

These programs worked so well that they became core beliefs. So what is a core belief? A core belief is a program that a child created that served to protect them in the situation in which they lived. It is too bad that the children who created these core beliefs don't know that the situation has changed now. I wonder why their adults haven't told them.

The answer is simple. The adults don't know that the children even live in them. Unfortunately, even if the adult does know about his or her child, the adult tends to treat the inner child exactly the way their parents treated them as children. So, even though the adult that the child lives in has changed his or her life, the child's environment is the same. Will these children ever get what they need?

EXAMPLES:

## SAM

Sam was adopted because his parents could not have children. However, shortly after they adopted him, his mother became pregnant. Then Sam had a sister. Whether, his mother actually favored his sister, or if Sam just believed it, made no difference to him. Sam felt like he could not get his mother's love and he settled for getting her attention. He "tried" to be good, but to him it appeared that he only got her attention when he was "bad". Therefore, Sam decided to be bad!

Also, Sam's mother was a very nervous woman who showed no emotions and did not nurture Sam. Sam wanted to save his mother from her difficult life, but he could not even save himself because he had decided to be bad in order to get her attention.

Sam speaks:

"I feel that my life is a struggle because I am alone and nobody cares about me. I feel hopeless. I am on parole, I am a drug addict, and I don't have anything to look forward to. I live in a "sober living house" and have little freedom. I feel like I am going backwards."

Sam's Core Belief is:

"Life is a struggle."

Sam saw that his mother's life was a struggle and he couldn't help her or even make her happy. The only time that she even seemed to care about him was when he was in trouble. Sam wanted his mother's love more than positive reinforcement from others. Therefore, he was ALWAYS in trouble.

Sam's father also gave him attention for being in trouble by constantly bailing him out. The reality is that Sam's life was easy. He did not have to have a job, pay his rent, or get along with his boss. Sam's entire "struggle" was with trying NOT to be bad. At the same time, he feared that he was on his own and that no one would care for him. He reinforced that belief by picking fights with everyone who tried to help him.

Sam was unable to release his core belief. His addiction to cocaine robbed him of ALL his personal power. Whenever he started to experience success, he

sabotaged himself. He even rode his bike in front of a car (an accident). Then he was in trouble again and had to be taken care of by others.

Sam created a core belief of "life is a struggle" so that he could get attention and love, but the negative core belief that got him attention as a child robbed him of any happiness in his adult life.

## SANDY

Sandy is the older of two daughters. Her father traveled all week long and Sandy was alone with her mother and younger sister. Sandy's mother became very ill and actually died while Sandy was "taking care of her". Sandy's father continued to work out of town, even after her mother died, and left 11-year-old Sandy home alone to take care of her younger sister. Sandy lived in constant fear that the authorities would find out and put her and her sister in an orphanage.

Sandy speaks:

"If something wrong happens, it is my fault. As a child I felt that that everything was my fault and my father always reminded me that that was true. Therefore, I tried to do everything perfect. I kept the house perfect, got perfect grades, and was a perfect leader at school. But, no matter what, my father always found something wrong with what I did."

Sandy's Core Belief is:

"It is all my fault."

Sandy's core belief kept her constantly vigilant so that she would not have to leave her home. Today, her father would be put in jail for abandonment, but it was several decades ago and in another country. Sandy's core belief also kept her very busy working, which protected her from the secret fear that it was "her fault" that her mother died.

Sandy learned responsibility at a very young age and was able to have a successful life, but she was very controlling because she had to make sure that EVERYTHING was perfect. However, when her adult was able to console her 11 year old self and tell her that it was NOT her fault that Mom died, she was able to release her old core belief. Now Sandy has learned to relax and have a happier life.

## THE ADULT LIVES, AND RE-LIVES THE LIFE ISSUE

Don't the adults see that the same life issues seem to re-appear over and over again? Well, of course, they do. But it's not their fault. They are "trying" as hard as they can! If only they could speak to their child. Perhaps then they could learn about the first time that this problem arose and about the mental program that the child created to protect them from it. Then the adults would no longer be victims

to their lives. If the adults spoke to their child, they could remember how it all began. Then they could see how they create the very life issues that they busily try to avoid.

Now, why would one want to create a problem for themselves? The answer is-- because it isn't really a problem. Actually, what is happening is that a life lesson is being played over and over until it is solved. However, the adults are unaware of what the original lesson was and it has become more difficult to discern the lesson after it has been repeated so many times. Like a Xeroxed copy that has been duplicated too many times, the original message becomes more and more difficult to understand each time it is played out.

Along with this group of children is a very brave group of adults who are willing to listen to the child inside of them. Perhaps, they can find out how and why they created these core beliefs. These beliefs have been the template for the "problems" that they have repeated more times than they would wish to count. They are now willing to acknowledge how smart their child was and to thank them for creating a program which served as protection.

These courageous adults are now willing to take responsibility for creating the life which they live. They are ready to communicate with their inner child to discover how these old core beliefs were created and how they have served as a foundation for the creation of their life issues that have returned-again and again and again...

Once we have decided to communicate with our child, we must be patient. Old core beliefs have served as "survival mechanisms," and they are not easily released.

EXAMPLES: (Different names were given to protect the individuals' privacy.)

## MATT

Matt has a genetic degenerative disease. His older brothers both had this same disease, and when Matt was about seven years old he started to have symptoms himself. However, everyone in his large family hoped that if they ignored the fact that Matt was having these symptoms, maybe the symptoms would go away. Matt felt like they wanted him to "go away". He was afraid that he had disappointed his family by getting the disease so he denied the symptoms as well.

Everyone's denial did not work. The symptoms continued into Matt's adolescence. When Matt began to fall down on a regular basis, Matt's mother didn't want him to get hurt or be embarrassed at school. Therefore, since she did not feel there were other options, she kept Matt home from school from the time he was 11 until he was about 14. The family then moved to Los Angeles where

greater education and services were available and Matt began to get some help. However, the child inside of him had already learned to be invisible.

Matt's Core Belief:

"I am unworthy."

Matt speaks:

"I am invisible and I don't matter. I'm having a hard time talking about why I believe that I am unworthy. I feel like I am invisible because no one wanted to see that my soul was screaming, 'I'm lonely. I need you. What is happening to me? What did I do so wrong to deserve what is happening to me? I'LL BE GOOD!'"

The Child speaks:

"I feel like I don't fit in. It is hard for me to believe that I deserve anything or that I have any worth. I don't believe that I'm smart enough or that I deserve good things. I guess I never expect anything and I know that nothing is expected of me."

Matt's Life Issue:

"I don't fit in."

The adult Matt takes responsibility:

These adults are willing to see how they have created, precipitated, perpetuated, and allowed these life issues in their realities in order to survive their environment and to protect their inner child.

- Most life issues were actually created in childhood and then they are continued until the negative core belief is replaced with a positive core belief.
- Keeping the underlying core belief unconscious where it can covertly influence our behavior precipitates life issues.
- We perpetuate that life issue by behaving the same way over and over again.
- We allow the behavior and life issue to continue because it feels normal.)

Q:

Matt, how have you created your life issue?

Matt:

The genetic disease created the problem. I felt like I didn't fit in because my disease made me different. And, because of my disease, I felt unworthy. If the disease were not there, I still might have felt I didn't fit in, but there is no way to test that theory.

Q:

How have you precipitated your life issue?

Matt:

Because I felt unworthy, I withdrew from others. The more I withdrew, the more insecure and fearful I felt. Then I pushed people away from me, which made me feel lonely. Then, because I was so lonely, I felt like I didn't "fit in".

Q:

How have you perpetuated your life issue?

Matt:

I felt like something was wrong with me, I felt uncomfortable with my physical condition. This made other people feel uncomfortable. When I make others feel uncomfortable, I felt like I didn't fit in

Q:

How have you allowed your life issue?

Matt:

I ignored the Soul inside of me. Therefore, others ignored it as well. Then I felt like no one knew or understood me, and not fitting in became normal.

Q:

How did your core belief of being unworthy protect you when you were a child and as an adult?

A:

I did not feel worthy enough to go out into the world because I knew that I was different and would not fit in. Therefore, it protected me from the hardships of life. Because my family denied that there was a problem, so did I. However, as I had more and more symptoms, I felt like "defective merchandise". I could not control what was happening to my body so how could I have control of my life? As long as I believed that I was unworthy and I could not fit in, I did not have to try to take control of my life and face possible failure.

Matt, your child has had no one to talk to. Would you like to talk to him now?

Matt:

"Yes I would. I see the child in front of me. He is about seven or eight years old. He is sitting in a chair in front of me and is wearing a blue shirt. 'I am you, all grown up,' I say to him as I look deeply into his eyes. From my wheelchair we are at the same level. "I have come inside myself today to find you and tell you what a good job you have been doing taking care of me.

"My child is quiet for a very long time. I wait patiently."

The Child Responds:

"I don't know if I can believe this man. He scares me because he has a

wheelchair like my big brothers. I guess it must be true that I have to have one too when I grow up. I don't ever want to grow up! I will stay a child forever and ever."

Matt:

"You can stay a child forever. I will be the one in the wheelchair and you can stay a child. You can still walk and run. I can help you to be a child by making sure that you have childhood experiences like playing outside with your friends. I could never do that and I always felt lonely. I don't want you to feel lonely."

The Child Responds:

"But what if I fall?"

Matt:

"Children fall all the time. It is all right. You go play now and I will sit over here and watch you play with your friends. If you get scared, just come to me and I will give you a big hug. You are special and you will grow up to be a strong young man. You can do anything that you want. Don't forget that. I will help you!"

Matt watches his child playing until it is time to exchange core beliefs. Then Matt calls the child over to him and gives him a hug.

Matt:

"I will be taking care of you and you don't need to believe that you are unworthy anymore. I hear your calls and I want to support you.

"The child pulls away from me. I can tell that he is afraid to trust me enough to give up a belief that has served him so well. He is afraid that if he doesn't feel like he is unworthy, he will try many new things and get hurt.

"Matthew," I say as I pull him close to me again and give him a warm hug, "Let us have a trial period. You trust me for just a little while and I will check up on you all the time to see if you are O.K. Is that fine with you?"

The Child Responds:

"But I am afraid of change. If I change I won't know what will happen. I don't know any other way of being."

Matt:

"Try it for just one month - thirty days. I will check up on you every day and tell you that I love you and that you are important in my life. I promise.

"The child gives me a hug and runs away to his friends. He has decided to trust me. But now I am afraid. I am afraid that I will disappoint him. I remember now how I used to insult him so often in my mind. I hated him because I hated my life at that time. No wonder it was so difficult for him to trust me.

"Can I keep my word? Can I forgive myself for how I have treated him? I remember now when I was an adolescent and was beginning to become an adult. I hated my developing body. If I became an adult, my disease would get worse. I was right. But it wasn't the child's fault, or the teenager's fault, or my fault.

"I will now forgive myself for growing up, my child for staying young, and my teenager for being in the middle. We are, after all, one person. I now take my new protection. This protection comes to me by listening to my Soul. My new protection is SPIRITUAL. With my spiritual protection I can listen to my Soul. There is nothing wrong with my Soul. My Soul will continue to give me the courage to feel comfortable with myself. Then others will feel comfortable with me as well. Then I WILL "fit in".

(Matt is wheelchair bound and cannot even "transfer" with assistance. However, he lives alone in a home, which he owns, and works full time. He pays an assistant to assist him before work and bed. Other than that, he lives an independent and successful life.)

## ANNIE

(Annie has very different reasons for having the same core belief.)

Annie is a middle child. Her older sister was a "star" and her younger brother was charismatic, at least as a child. Her home life and childhood were happy for her. She had no apparent reason to feel that she was unworthy which only increased her guilt.

Annie went to college to enter the profession of her parents. She then married her high school boyfriend and had two children. It was not until her divorce that she began to deal with the fact that she believed that she was "not worthy".

Annie Speaks:

"I'm not a special person. I'm not bad, but there's truly nothing special, unique or attractive about me. I don't draw people to me and when I am in a large group at a party or social event, I'm uncomfortable. I am horribly embarrassed to be alone, but I fear going up and meeting anyone.

"Unless I have a context: I'm someone's sister, I'm a professional educator, or I'm a mother, I don't feel comfortable. My weight is a big issue for me. I feel I am not physically attractive and I can't imagine another person wanting to spend time with me. My experience has always been that my most positive relationships have been based on my meeting other's needs. I don't always know how to meet my own needs and when I do, or when I ask others to, I feel tremendous guilt. I am certain that I don't deserve to ask for what I want or to even get it for myself.

"I can't have a positive relationship with myself or with others in my personal life. However, I have a good relationship with those that I work with, my children, and my sister. But then I have a context. I don't have to be me. I can be the person that I am to them. Who is the person that I am to myself? I fear that I abandoned myself in order to make others love me!"

Annie's Core Belief:

"I am not worthy."

The Child Speaks:

The child does not want to talk.

The Adult Annie takes responsibility:

Annie's Life Issue:

"I can't have a happy relationship."

Q) Do you know how you created your life issue?

Annie:

"I have such negative self-talk that I can't have a relationship with myself. I don't trust and respect my feelings enough to believe that my thoughts are as worthy as others. I also have negative thoughts about others as well.

"Because of my negativity, I never choose to have a relationship but feel like I must wait for someone to choose me. I therefore give away my control of who I am with. If I can't even choose who the relationship is with, how could I ever get my needs met and actually be happy?"

Q) How do you precipitate your life issue?

Annie:

"I am the passive one in the initiation of a relationship. I indulge in too many passive activities such as TV watching, or reading and I don't pursue a relationship with myself. Therefore, I live vicariously through books, movies, my kids, or my sister."

Q)How do you perpetuate your life issue?

Annie:

"I am afraid of rejection so I stay away from people. Then I am always alone. When I am always alone, I feel like it is because I can't have a happy relationship."

Q)How do you allow your life issues?

Annie:

"I don't engage my warrior to battle my fears and to stand up for myself. Since I don't fight for myself, no one knows who I am or what I need. Therefore, no one can make me feel like I am in a happy relationship."

Q)How did your core beliefs protect you as a child?

Annie:

"I was wedged between Wonder Girl and Super Son. If I did not feel worthy than I did not have to enter into competition with them. Therefore, I could not lose. If you don't play the game, then you don't lose. My experience was that when my true self came out, and I opened up too much and become too active, or assertive, then people didn't like me.

"Therefore, I believed no one should see all of me. I had to control part of me because if I were free, loose, and open people wouldn't like me. Deep down, I believed that I was worthless and I feared letting others know. So, I withheld myself and become passive until people in my life told me what THEY wanted. Then I wouldn't feel unworthy."

Q)What is another way in which you can protect yourself?

Annie:

"I can let my child have her true emotions with a person who is loving and safe, such as myself. I can allow the child to have her dreams and desires and I can keep a sacred trust with her. I will not divulge her secrets to anyone until I know that they will be supportive. "

Q)Annie, would you like to talk to your child?

Annie:

"Yes, but I know that will have to assertively pursue my child. Actually, when I first go inside myself, I see two children. One is about three years old. She seems happy and open. The other child is older, maybe 6 years old, and is in a soft flowing dress. She has a softer appearance and is often hiding her face in the shadows or in the lines of her hair as it falls across her face when she looks down. They both stare straight ahead, watching me from the corner of their eyes, but the younger one occasionally meets my gaze directly. The older one shifts uncomfortably from foot to foot. Neither one of them trusts me. But, they don't want me to leave either.

"The 3 year old seems to represent the few times that I have been spontaneous and open. She seems to come out when I am angry or slightly drunk. Most of the time, however, I am more like the older child, timid and vulnerable. I show to the world and, usually choose to be, the older child because it is safer. The younger

child comes out like bursts of fire. But when the smoke clears, I am usually more comfortable with the older child's approach.

"I will talk to the 6 year old, as she is the one who needs me most. 'Hi. I am you all grown up.'"

The Child does not respond.

Annie:

"I know you are scared of me and I can tell that you wish that I would go away, but I want to be with you. Can I stay and talk to you?"

The Child does not respond.

Annie:

"Well, it's a good sign that you didn't move away. I want to get to know you better. I want to talk to you about your fears. I want to touch you and protect you. Can I stay with you?"

The Child does not respond.

Annie:

"It is okay if you don't want to talk. I'll talk if you like. But, I want you to know how special you are to me. I know that you're afraid to talk to me, but I hope that you will trust me soon. Nothing you say to me will be bad. My joy is in knowing everything about you, even the things that make you scared or angry or feel pain. Because I can feel that you have so much to say -- so much to give -- I will wait until you are ready."

The Child does not respond.

Annie:

"I won't go away. I won't leave you. I won't become silent or make you feel bad because of what you say or do. The more you give to me, the more I will love you. My love will grow with the weight of your gifts to me. All your ideas, thoughts, feelings, and actions are like breaths of clean air. I will breathe them in and fill myself with the love you give me. Everything you give me is love. Can you do that? It doesn't have to be all at once. It can come slowly or quickly. Give what you can, because I will always be here and I will always receive everything you have to give with love, appreciation and gratitude. I love you."

The Child Responds:

"I want to do what you say. I want to trust you. But, I don't know if I can. You say that you will love me, but I can feel when you don't. You might not say anything bad, but I'll feel it. I'll see it written on your face. You'll hate me or become bored or disappointed. I don't ever want to see you hate me."

Annie:

"I understand. You are what you have experienced and you have experienced the disappointment of hate from others. I know that you have a right to be distrustful of me, but I am not like the others. I am not carrying what they are carrying. I am you! I am what you can be when you are free to open yourself up to your own truth. You see you have only realized such a small part of yourself.

"I can see so much more of your light. But, it's hidden and you have had to protect it from the world. That is why I'm here. I want to be here for you. I want to see all of your light (the black and the white light) and embrace it for the goodness that it is. Because it is you, it is valuable. I can help you by being your partner. Please share yourself with me.

"In exchange for the protection that you get for believing that you are 'unworthy', I can offer my friendship so that you and I can have a relationship. Would you be willing to make that exchange?"

The Child Responds:

"I don't know. How can I trust you? Why should I trust you? How can I go against all of my training, all of my beliefs?"

Annie:

"What do you need from me so that you can trust me?"

The Child Responds:

"I need time and proof. I need a change of experience and I need your patience. If I give you a little, I need to wait and see what happens. Then maybe, I'll give a little more. I don't know. I don't just want to close my eyes and fall backwards without a net. Maybe you won't catch me. So, it is going to have to be slow."

Annie:

"I will give you all that you ask for.

"As I say this sentence, I see images of her testing me. She falls backwards and looks to see if I am there. She keeps falling or jumping off of a cliff to see if I will catch her. I keep catching her and she keeps jumping. She is not convinced.

"Dear child inside of me, I want you to know that I acknowledge how brave you are to take such risks and how careful you are in making a commitment. I will use those portions of yourself in my adult life."

The child responds with a shy look, but holds back.

Annie:

"It is a good first step. The child is glad I'm here and that we are sharing what she has gone through-what I have gone through as well. She feels better now that I

have acknowledged her strength and ability to take risks. I wonder if she wants more from me."

The Child Responds:

"Yes. I want what you promised. I want attention, acceptance, support, and unconditional love. I want you to acknowledge that I am valuable to you. I want ALL of that."

Annie:

"Yes, you shall have it all. And best of all, you shall have a new core belief. That belief is-NO MATTER WHAT, I AM ALWAYS VALUABLE - TO MYSELF AND TO OTHERS."

(Annie is now happily married. She and her husband have an intimate, communicative relationship. Between them they have five children.)

## LILLY

(When we believe that we must ignore the part of us that we like the best, we will NOT feel "good enough".)

Lilly grew up in a small farm town. She was an "accident" and her mother went away to "have her" and put her up for adoption. When Lilly was born, her mother returned home and left Lilly in an orphanage. No one adopted her. Then her grandmother brought her home. Lilly's mother married a man (not the father) so that he could take care of her and her baby. Unfortunately, Lilly had already spent her first few vital months alone and unloved.

Lilly's mother was not happy and broke many small town rules of behavior. The town watched Lilly VERY carefully to see if she would turn out like her mother. Lilly was the oldest of many siblings. Her father was loving, and kind to all of them, but was not able to provide much money for the large family. Lilly took on much of the responsibility of her younger siblings while she determined to prove to the town that she was "good enough".

Lilly's Core Belief:

"I am not good enough."

Lilly Speaks:

"I must sacrifice myself so that others can get what they need. I used to believe that I was unworthy, but now I believe that I am worthy, but I am just not good enough to get what I need. I grew up in a large Southern Baptist family in 'Podunck', Farmland USA. It was a 'sin' there for me to believe that I had LIGHT.

"When I was a child, I had many experiences of a great white light that came to me. When I described these experiences to other people, they ridiculed me. Gradually, I became afraid when the white light came thundering to me because

it made me feel too different. Therefore, when the white light came, I began to hold my ears and close my eyes so that I couldn't hear the loud noise or see the bright light.

"I thought that if the noise stopped and I couldn't see the white light anymore I would be accepted by everyone. But another side of me was angry for stopping the white light, and I lashed out at others and at myself. The conflict between these two parts of myself (the part that stopped the light and the part that was angry because I stopped the light) gave birth to a third me: the 'I'm not good enough me'. Then the angry me got really angry and said, 'I don't want to be not good enough.'

"The first me just wanted everyone inside my head to calm down and deal with it!! 'You can't have everything,' the voice said. 'If you invite the white light into your life you will be different and no one will want you.'

"However, when I kept the white light out, then I became VERY angry and no one wanted me that way either. Therefore, I had to keep the white light out and not even allow myself to feel how angry that made me. I learned that if I pleased myself, I displeased others. Then, of course, I believed that if I were 'good enough' I wouldn't have that conflict in the first place."

Lilly's Life Issue:

" I can't get what I want."

Lilly so wanted acceptance and love from the people in her life that she was willing to sacrifice the most important part of herself to get it. However, once she had sacrificed the most important part of herself, she did not have enough power to get what she wanted.

Lilly Speaks to her child:

Lilly:

"How do you feel about the white light? Not how others feel-how you feel?"

The Child Responds:

"The white light takes me traveling. There are beings of love and beauty aboard and I am comfortable and accepted there. I feel intelligent and creative in the white light. I feel strong, beautiful, and powerful, too. In the white light I feel like I have a purpose for existence. My purpose is joy and fellowship with all of life. It is such a feeling of freedom and security."

Lilly:

"Did you surrender your life purpose when you closed off to the light?"

The Child Responds:

"Slowly, but yes. When I got older, I would lie between the rows of corn planted on our farm and gaze up at the clouds. Then I could have the same feeling as in the white light. The birds and other creatures of nature also gave me joy. But, I stopped spending as much time with nature after I became an adult. I got married and felt that I had to sacrifice myself to make my husband happy."

Lilly:

"Dear child, are you aware of the fact that the white light chooses very special people who carry great love in their heart? These people are good people who are prone to living a balanced life. Don't you think, then, that being chosen by the white light is not only an honor but also a sign of utmost respect?"

The Child Does Not Respond:

Lilly:

"I know you gave up the white light because you thought you had to do so in order to be 'good enough' for the others who would judge you. You thought that you were protecting yourself from more abandonment and criticism. But maybe it was the white light that comforted you when you were all alone in the orphanage. Maybe you remembered the white light longer than the others around you did, because it was your only comfort when you were an infant.

The Child Does Not Respond:

She looks at the floor and plays with her dress.

Lilly:

Lilly pulls the child close to her and gently directs her face so that she may look into the eyes of her child.

"Honey, does the white light think that you are good enough?"

The Child Responds:

"In the white light, I don't care what others think."

The Adult Takes Responsibility:

The Adult Speaks:

"I CREATED my life issue of not getting what I wanted, because I did not believe that I was good enough to get what I wanted and make others happy, as well. I learned that from my mother. She had to sacrifice what she wanted to make my grandmother and me happy. Also, because of my early abandonment, I was afraid to have what I wanted for fear that I might lose it. I would get involved with a man and then I hold myself back because I believed that I was not 'good enough'. I believed that I had to sacrifice myself so that others could get what "they" needed.

"I PRECIPITATED my life issue because I wanted a man to take care of me financially. I think I wanted that so much because my father did not take care of my mother financially. But then I would feel guilty about wanting that because I loved my father so much. Therefore, I could have a man I loved - OR - I could have a man who provided money. Again, I would have to sacrifice something to get what I wanted. I didn't deserve to get both because I wasn't good enough."

"I PERPETUATED the problem by repeatedly picking a man who would make me feel bad about myself. Then I would hold myself back in my career to 'make him happy'. Therefore, I could not have enough success or money in my career because I was holding back. Then I would become disillusioned with my life. Since I sacrificed my white light so that "they" would not judge me, I felt like a failure. Then I would pick a man who agreed with my opinion of myself."

"I ALLOWED this process to continue because I had lost my power when I gave up the white light. Then I was powerless to change my situation, so I just allowed it."

The Child Responds:

"Are you saying that I am good enough to I have love, and a career, and still have a spiritual creative life for myself?"

The Adult Speaks:

"Yes. You can enjoy a mature relationship, but you will have to love who you are and what you do as well. Pull in the protection of the white light. Then you will not need the protection of believing that you are 'not good enough'. That belief never protected you any way. The white light will help you to remember your power. Then you can have love, money, a career, and a spiritual life. In fact, it is your spiritual life that will change your core belief. Would you like to choose another core belief?"

The Child Responds:

"Yes! I choose the belief that: I AM GOOD ENOUGH TO DESERVE THE WHITE LIGHT-AND ALL THAT IT BRINGS TO ME."

Lilly is now in love with someone from the hometown that she ran away from. In loving him, she is learning to love the part of herself that she believed was "not good enough."



### *AWAKENING BEAUTY*

Once upon a time in a far away land, Mother Earth and Father Sky lived happily with all the inhabitants of their kingdom. Their joy could only be improved by the birth of their wonderful daughter, Beauty. At her naming celebration the Fairy Godmothers Wisdom, Power, and Love, came to bless the babe. Each Godmother gave the infant a special gift.

Fairy Godmother Wisdom gave Beauty the gift of a mind that is free of limitation and self-doubt. Fairy Godmother Power gave Beauty the gift of the ability to know and trust her instincts.

However, just before Fairy Godmother Love was to bestow her gift, a dark cloud crossed over the sun and the glorious banquet room became filled with darkness. From the very core of this gloom materialized the forgotten Fairy Godmother, Fear.

It was, of course, easy to forget Fear because no one enjoyed her company. "Good Day," crackled the harsh voice of Fear. "I see that my invitation did not arrive at my abode. I, however, have eyes and ears throughout your kingdom and have thus learned of this grand celebration. Knowing that you would not purposely exclude me, I have come to give MY gift to the Princess Beauty."

Everyone in the palace was silenced by terror. The Queen rushed to the infant's crib, but found that she could not come closer than a few feet from the sleeping child. Fear laughed her wicked laugh. "Does my presence hinder your ability to protect your child?"

The Queen found that she was mute. Everyone, even the three other Fairy Godmothers, was frozen in position. It was as if time had stopped. Only Fairy Godmother Fear could move, and she was quickly advancing on the infant's crib. The mute Queen gasped in terror. "Do not worry, Dear Queen, I shall not harm your daughter, YET. I only wish to give her my gift."

"My dear Beauty," cooed the wicked Godmother, "enjoy your youth, for on your sixteenth birthday, you shall prick your finger on a spinning wheel DIE!"

Fear cackled her evil laugh, spun herself into a vortex of darkness, and disappeared from the great hall. As light came back into the room, everyone awoke from their stupor of terror. The Queen rushed to the now crying infant and held her close to her bosom. "No," sobbed the Queen. "How can my Beauty die?"

"Wait," spoke the Fairy Godmother Love. "I have not given my gift to the Princess. Perhaps I can ease Fear's terrible curse." The grateful Queen placed the infant back in her crib to receive Love's blessing. As Godmother Love approached the crib, the infant instantly ceased her crying and stared into the light of Love's eyes.

"My dear one," spoke Love. "I cannot change the entire curse of Fear, but I can lessen its severity. When you prick your finger, you shall not die. Instead, Beauty, you will fall into a deep sleep to be awakened only by the kiss of Truth. I command that somehow, dear Beauty, Truth shall find you and bestow upon you Unconditional Love."

Of course, every spinning wheel in the land was burned to prevent Fear's evil prediction. However, on the exact day of her sixteenth birthday, Beauty followed her "instincts" up a long narrow stairway without a single "doubt" in her mind and pricked her finger on the awaiting needle. Beauty's last thought as she fell off into a deep sleep was of how much she had loved her life and how much she would miss it. Sorrow that Fear's prediction came true was more than the kingdom could bear and the three Fairy Godmothers mercifully put the entire kingdom into a deep sleep until Truth's arrival.

The story of Mother Earth, Father Sky, and their daughter Beauty quickly spread to the surrounding lands. Following the tale was Fear. The story had, of course, been amplified in the telling. Beauty, along with her entire kingdom, was now believed to be dead. Fear had made sure that this alteration in the tale had taken place.

All who heard this tale ran into their homes and barred their doors against the evil darkness of Fear. All, that is, except one. He was a prince from a distant land and his name was Truth. "I do not believe that Beauty is dead," he said. "I believe that Beauty is just asleep, and I shall be the one to awaken her!"

Prince Truth had no idea how he could even find the princess, much less awaken her. However, he knew that he was Powerful and had the inherent Wisdom to seize whatever opportunity came his way. Therefore, he decided that he would make the journey to that distant land of Mother Earth and Father Sky. Along the way, he told everyone how he would rescue Beauty. Gradually, the Prince's great

confidence began to ease the hearts of the many that were afraid. These people chose to follow Truth to assist him in his rescue of Beauty.

However, even though many followed Truth to the Castle, few could enter the fearful brambles that now engulfed the entire Castle. In fact, for the final few feet through the brambles, Prince Truth was alone. Worse yet, as Prince Truth cleared the bramble bushes, Fairy Godmother Fear awaited him to fill his mind with images of all he had ever feared. For a moment Truth faltered in the face of his own fear. But then he remembered that Beauty needed him to rescue her, and he fought courageously.

Finally, Truth was victorious over Fear and the Prince banished her from the land forever—he hoped. Now nothing lay between Truth and Beauty. The Prince rushed to her bedside, pulled her into his arms, and gave Beauty a deep, loving kiss.

I would like to say that Beauty instantly responded to Truth's love and rode off with him on his valiant steed. However, this was not the case. The Princess, as well as her entire kingdom, had been asleep for a very long time. When Beauty first awoke, she did not think of Truth's kiss. Her first thought upon awakening was of how she had followed her "instincts" into the tower without a shred of "doubt" and touched the very needle that she had been warned against her entire life.

Beauty's instincts told her that Truth loved her, but she had learned to doubt herself. If she could not trust herself, how could she trust the Prince? After all, she had forced the entire kingdom to suffer a long sleep. How could SHE deserve the love of Truth?

"He must want something from me," she mused out loud.

"I want nothing, dear Beauty. My love for you is unconditional," the Prince proclaimed.

"Then," she queried, "will you love me if I don't go with you? Will you love me when I am old and not so beautiful? And will you love me even if I love another?"

Now these questions were very difficult for Prince Truth and he found that he could not find an instant reply.

"You see," continued Beauty, "This sleep and the brambles that you say you have parted for me, have offered me protection for many years. Why should I release this protection just because you—a total stranger to me—have asked me to? I cannot trust my instincts for they have led me astray before."

"Dear Beauty, I understand what you say. But I have traveled far to offer you my Love."

"How can I accept your Love when everyone around me sleeps? How can I abandon all that I have known just because you say there is something better?"

The Prince now understood Beauty's plight.

"Come dear Beauty," spoke Truth, "You and I shall awaken your entire kingdom together. Let us begin with the King and Queen."

"Hmm," thought Beauty, "Perhaps Truth's love is Unconditional."

However, before she could be sure, the Princess would need to heal her own self-doubt, so that she could again trust her instincts. After all, everyone had seemed to love her for her entire life, but no one was able to protect her from the curse of Fear.

Truth and Beauty then went throughout the castle awaking everyone from the slumber that had protected them from the pain of Fear's curse. Many awoke with the same misgivings as the Princess had, and it was many years before the entire kingdom was free from Fear's curse.

By then Truth and Beauty had learned to trust and love each other—UNCONDITIONALLY. Beauty had to learn through experience that Truth's love was Unconditional and Truth had to learn that Beauty was not someone to seek and rescue, but someone to listen to and protect.

You see, Beauty could not find her own Wisdom, Power, and Love until she had personally confronted her OWN fears. Truth could awaken her, but she could only accept his love when she could love herself.

The moral is, the sleeping child within you may not want to be rescued, at least not at first. Until you are willing to enter the kingdom of your child and awaken each subject from its long, fearful sleep, your child may not accept your "Unconditional Love."

In other words, if you want your inner child to trust you—you must earn it.



## *THE CHILDREN*

These children come from Heaven.  
Their wings are newly clipped.  
Their memories are awake still.  
Their halos have not slipped.

How long can they remember  
the places they came from?  
How long can Soul live in their hearts  
and warm them like the sun?

Can others that come near them  
know this child will lead the way  
then guide them to remain them SELF,  
so innocence can stay?

The glory of a newborn  
matures into a child,  
but as the child becomes adult,  
that innocence turns wild.

If we help them to remember  
the purpose of their birth,  
they'll know the meaning of their life  
and acknowledge their self-worth.

The leaders of our future  
have bodies very small,  
but if we listen with our hearts,  
then they can guide us all.

Love them with a love that's true  
and see their inner glory,  
then they'll know that they are safe  
to share their lives-long story.

For fresh in their remembrance  
is the truth we seek to find,  
but pain has made us deaf  
and fear has made us blind.

We'll protect them from the fate  
that we ourselves have suffered,  
then know that from the harm of life  
our love has kept them buffered.

We welcome all our children  
for they know much more of life  
than those of us who have been lost  
in illusions of our strife.

Lead us please, dear children.  
We follow now your light.  
We hear the vision of your words  
and see with your clear sight.

For, as these children take the lead  
their love will show the way  
to open up our hearts and minds  
to see a brand new day.

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