

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 1 : Powerful Clearing With Archangel Michael

Mentally say, "Archangel Michael please come to me now and take away all negativity and fear from my being." Archangel Michael is instantly by your side ready to clear you of negativity and fear. Archangel Michael always carries a sword that he can use as a sort of metaphysical "psychic vacuum."

Hot or cold flashes; tingling sensations Sweating Emotional symptoms of a phobia include: When confronted with the sight of blood or a needle, you experience not only fear, but also disgust. Like other phobias, you initially feel anxious as your heart speeds up. However, unlike other phobias, this acceleration is followed by a quick drop in blood pressure, which leads to nausea, dizziness, and fainting. Although a fear of fainting is common in all specific phobias, blood-injection-injury phobia is the only phobia where fainting can actually occur. On the other hand, if you have a severe phobia of crowded spaces, living in a big city would pose a problem. Consider treatment for your phobia if: As a general rule, self-help is always worth a try. However, if your phobia is so severe that it triggers panic attacks or uncontrollable anxiety, you may want to seek additional support. Therapy for Anxiety Disorders: Your Options Therapy for phobias has a great track record. Not only does it work extremely well, but you tend to see results very quickly—sometimes in as little as one to four sessions. Just having someone to hold your hand or stand by your side as you face your fears can be extremely helpful. Phobia self-help tip 1: But when it comes to conquering phobias, facing your fears is the key. While avoidance may make you feel better in the short-term, it prevents you from learning that your phobia may not be as frightening or overwhelming as you think. You never get the chance to learn how to cope with your fears and experience control over the situation. As a result, the phobia becomes increasingly scarier and more daunting in your mind. The most effective way to overcome a phobia is by gradually and repeatedly exposing yourself to what you fear in a safe and controlled way. The phobia begins to lose its power. Make a list of the frightening situations related to your phobia. Build your fear ladder. Arrange the items on your list from the least scary to the most scary. When creating the ladder, it can be helpful to think about your end goal for example, to be able to be near dogs without panicking and then break down the steps needed to reach that goal. Work your way up the ladder. If possible, stay in the situation long enough for your anxiety to decrease. If a step is too hard, break it down into smaller steps or go slower. The more often you practice, the quicker your progress will be. Go at a pace that you can manage without feeling overwhelmed. If you stick with it, the anxiety will fade. Facing a fear of dogs: A sample fear ladder Step 1: Look at pictures of dogs. Watch a video with dogs in it. Look at a dog through a window. Stand across the street from a dog on a leash. Stand 10 feet away from a dog on a leash. Stand five feet away from a dog on a leash. Stand beside a dog on a leash. Pet a small dog that someone is holding. Pet a larger dog on a leash. Pet a larger dog off leash. These physical sensations can be frightening themselves—and a large part of what makes your phobia so distressing. However, by learning how to calm yourself down quickly, you can become more confident in your ability to tolerate uncomfortable sensations and face your fears. Perform a simple deep breathing exercise. By breathing deeply from the abdomen, you can reverse these physical sensations and feel less tense, less short of breath, and less anxious. Sit or stand comfortably with your back straight. Put one hand on your chest and the other on your stomach. Take a slow breath in through your nose, counting to four. The hand on your stomach should rise. The hand on your chest should move very little. Hold your breath for a count of seven. Exhale through your mouth to a count of eight, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little. Inhale again, repeating the cycle until you feel relaxed and centered. Practice this deep breathing technique for five minutes twice day. Using Your Senses to Alleviate Anxiety Use your senses One of the quickest and most reliable ways to relieve anxiety is by engaging one or more of your senses—sight, sound, taste, smell, touch—or through movement. Movement — Go for a walk, jump up and down, or gently stretch. Dancing, drumming, and running can be especially effective at relieving anxiety. Sight — Look at

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

anything that relaxes you or makes you smile: Sound â€” Listen to soothing music, sing a favorite tune, or play a musical instrument. Or enjoy the relaxing sounds of nature either live or recorded: Smell â€” Light scented candles. Smell the flowers in a garden. Breathe in the clean, fresh air. Spritz on your favorite perfume. Taste â€” Slowly eat a favorite treat, savoring each bite. Sip a cup of coffee or herbal tea. Chew on a stick of gum. Enjoy a mint or your favorite hard candy. Touch â€” Give yourself a hand or neck massage. Wrap yourself in a soft blanket. Sit outside in the cool breeze. Meditation for stress and anxiety relief Meditation is a relaxation technique that can help to prevent anxietyâ€”and it can actually change your brain as well. With regular practice, meditation boosts activity in the area of the brain responsible for feelings of serenity, helping to quell fear and panic before they strike. The anxious thoughts that trigger and fuel phobias are usually negative and unrealistic. By writing down the negative thoughts you have when confronted by your phobia, you can begin to challenge these unhelpful ways of thinking. Many times, these thoughts fall into the following categories: All dogs are dangerous. The plane is going to crash! Use the following example to get started. Statistically, flying is very safe.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 2 : Phobias and Irrational Fears: How to Recognize, Treat, and Overcome a Phobia

The Miracles of Archangel Michael will help you feel safe, protected, and very loved! Preview this book Michael Clears Away Fears Phobias and Negativity.

For me, it was the end of anxiety forever! Have you tried it? Lac Erta May 21, at 3: But from time to time I am getting anxiety attacks related to the fear of future that force me to start acting in a way such as sending resumes, making enquiries, etc. The whole process is so unpleasing and the whole perspective of slaving yourself at a job that you hate is so depressing, too, that the only state in which I can force myself to function is the state of anxiety. It looks like an anxiety is an important part of the existence. At least, as a safety valve to protect us from laziness. May 21, at 3: You point out the classic workings of dualism. The mind is dualistic and thinks only in opposites. The mind says, with anxiety I am motivated, so without anxiety I will be completely unproductive! I have no anxiety at all! "no past, no future. I am far more productive than I ever was. There is no worry, no doubt" just intention and action. It has to be experienced. I call these fears the second obstacle. It can show up as intellectualizing a process that the intellect cannot possibly understand. Perhaps you or other readers can add to this list. Can we simply allow these fears, fully experience them, and let them go? In your case maybe you do your job application out of necessity not anxiety. Lac Erta May 21, at 4: When I am present, I realize how pointless it is for me to look for a job in an industry where I have worked for 20 years but at which being present and successful are mutually exclusive states. And you are happy. You are enjoying of being awakened. It is a wonderful feeling, a bliss. And the life goes on, and you have to pay the bills. And you have to start acting, otherwise! What I found, the only real stick that can make me moving is the fear of future that manifests itself as an anxiety. Otherwise I will not be acting. But then, the whole result acting is becoming spoiled because I acted out of anxiety. What a vicious circle! May 21, at 9: While awakening, I have gone through emotional turmoil and anxiety, and when I discovered how to release these, instantly, what was left was apathy and detachment. I think old drivers and motivation fall away, but natural intention has not yet surfaced. It does, and then action comes about very naturally. Brando McGregor February 25, at I have been dealing with anxiety on and off for most of my life. During the times when I am anxiety free I am completely in sync and functioning. When I am anxious though I become hyper aware of my body and begin to fill my head with very pessimistic thoughts. I become a prisoner of my body and my feelings. And I become annoyed by existence itself. A feeling like I just want to stay in bed and stop. I came up with something similar to the sedona method embracing the feeling and then moving on. I got this from various websites but this website really puts everything into wonderful perspective. I have been meditating a lot and have been realizing that I really need to love myself. My anxiety is trying to protect me from myself but it is actually imprisoning me. What I would like to know! Last time it took this many days to overcome. And if its not there! i tend to focus and focus like picking at a scab or scar until I feel it again. Then i go through the entire cycle of trying to conquer it again. How do i stop this cycle of anxiety, curing the anxiety, checking to see if its still there, recreating it and then fighting it all over again? I am meditating and learning about the flow of love. But i want to learn how to! February 25, at 1: When I had anxiety, I would usually experience it in the mornings intensely for an hour or so, and then at a little less intensely at various periods in the day. This method, and the Sedona Method and other release techniques work in the same way: We are not able to see that we can let these emotions go easily and completely because we are too busy resisting them. The intellectual mind and the ego want to understand. How is it that something that has caused me so much misery never actually existed? When you feel that way, allow it. What you may be feeling with it, is some fear that this may come back, and in that case, completely allow the fear and let it go. Yes, sometimes it is exhausting. Awakening is like that "it ebbs and flows, and sometimes the ebbs seem like real downers. As you have said: Love yourself, allow, be patient, continue to be aware meditate, continue to release.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 3 : How to Stop Obsessive Thoughts and Anxiety

Seeing Michael -- Hearing the voice of Michael -- Feeling Michael's presence -- Michael, the divine protector -- Human help from Michael -- Mr. fix-it Archangel -- Michael clears away fears, phobias, and negativity -- Archangels Michael and Raphael -- Calling on Michael on behalf of someone else -- Michael's help with career and life purpose.

Ametrine Clarity of Mind, Decisiveness Harmony of mind and Spirit to receive clear Guidance that will help achieve goals and manifest Divinely inspired ideas. Let go of indecisiveness and fear of making the wrong choice; take action and regain your power. Helps the mind to stay clear and on task. A great tool to use for losing weight or overcoming self-sabotage and procrastination. Amethyst Oneness with the Divine Surrender to your oneness with God and embrace your spiritual power. Spiritual union and communication with your Guardian Angels and Divine Guidance. Release addictive behaviors, habits and negative thought patterns. Become aware of your innate power, stop playing the victim and align your physical reality with your spiritual purpose. Great for those who feel disconnected to Earth. Invokes a sense of inner peace when meditating. Soothes the emotional body bringing about inner peace and spiritual healing. Relay information peacefully so that others will also receive the frequency of the angelic realm. Communicate with compassion rather than harmful words. Speak and walk your heart centered truth. Let go and move past anger, fear, old wounds and emotional patterns. Detach and clear the clutter within oneself and in your home. Accept diverse viewpoints people have in a calm and collected manner. Conquer any fear of speaking. Purify and transmute negative thoughts, worry, and feelings of being unworthy. Especially useful for those whose surrounding environments are stressful and demanding. Leave behind obsessive and compulsive behaviors. Bloodstone Spiritual Warrior The path of spiritual awakening and transformation can feel lonely until one realizes the Christ within and follows the hearts truth with courage realizing that we are never alone which strengthens our connection and faith in the Divine. Instills courage thru adversity to make the right choices as obstacles appear without becoming discouraged. Increase physical endurance and a zest for life. Feel independent and capable. Carnelian Manifest the Life You Desire Awaken your passion and power within, establish a deeper connection with God, allow Divine blessings to flow to your life. Lends courage, confidence, passion and power to take action. Awakens vitality and enthusiasm for life brings motivation to take a leap towards a new path. Conquer fear of doing the wrong thing, stop procrastination and take action; embrace change towards the transformation of a fresh new life. Excellent for those who have a strong desire to heal their life in order to be a clean instrument to be of service. Helps you to dive deeply into personal healing and inner work needed to dissolve blockages and assume your power when walking your true spiritual path. Purge inner negativity and unconscious fears. Fosters positive healing thoughts towards the Mother Earth and all beings. Stirs up and expands the heart, rising above past resentments and the ability to express and feel more love so one can approach new relationships thru the eyes of a child. Helps to understand the karmic patterns in relationships. Dig deep with resolve when blocks in the road appear to make the right choice and keep on the right track. Triumph over feelings of not deserving abundance. Awakens the imagination channel and challenges one to envision a better life. Only stone that can be programmed to desired intention. Eliminate confusion and instill clarity of thought by linking the heart to the mind. Exposes your Divine blueprint and what areas you have failed to be true to that design. Enables one to see the truth and forgive past experiences and those who pushed your buttons. Realize the positive lessons of negative experiences. Integrate and accept all aspects of self, good and bad. Sweep away self-destructive emotions. Fancy Jasper Tranquil Mind Helps center oneself making it possible for one to focus and think more clearly, elevating the development of mental power. Avoid getting caught up in the future or past and focus on issues in the present. Helps prevent procrastination Calms fear and worry caused by thinking too much and being distracted. Attend to everyday details with efficiency and a sense of humor. Quiet the mind from thoughts and an overactive imagination that can cause insomnia. Open your flow to Divine inspiration and creativity to live your life purpose with passion and enthusiasm.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Manifest Divine guidance through action. Dare to take a chance and listen to our hearts calling to live life fully, happily and blissfully. Spend quiet time in gratitude and loving God, not asking for anything. Helps clear confusion, cluttered and negative thoughts. Allows clear thinking and discernment. Garnet Expression of Love, Emotional Healing Connection with God that is felt at the core of the heart; enables one to give and receive love more openly. Strengthens the emotional body making it easier to hear the call of Great Spirit and to walk your spiritual path. Lightens and lifts the burdens of past hurts, guilt and shame. Intensify self-love, gain a sense of self-worth and increase self-esteem. Become aware of the small coincidences that come to us as inner guidance. Feel safe in letting go of past memories that no longer serve you. Helps hoarders release attachment to things. Counter the effects of stress on the body that leads to weight gain. Hematite Grounding, Integration Grounding, unity with your Spirit and the world. Helps to bring dreams and goals into reality differentiating true visions from fantasy. Resilience, determination and courage through difficult times, helping one to see the silver lining in every dark cloud and the light at the end of the tunnel. Jade Green Abundance Revel in life and all the blessings available to us from God allowing for flow to our lives. Represents harmony and happiness in business and family. Dispel blockages within the body and increase the flow of energy. Release yourself from a belief that suffering is holy. Be freed from scarcity thinking, fear of money, fear of poverty, greed and other symptoms of belief in money as a measure of worth. Bumps of life create walls around our heart and mind leading to blocks of resistance. Move into a state of joyous receptivity allowing the love and gifts of Divine to flow to you. A powerful healer of the emotional body for those who have blocked their heart and forgotten how to feel as a form of protection. High in its vibration the transmission of energy from healer to client is greatly enhanced. Let go of old recordings we repeat in our mind, emotional patterns and negative thoughts that create blockages in our body and auric field, create new habits and beliefs; allow energy to flow better and open to higher levels of learning. Kyanite Green Discernment, Connection Connect with the truth of the heart. Creates unity with the heart, bringing to light the truth, in support of discerning honesty, integrity and sincerity from the individuals who are in and around our environment without having to look anywhere else but within for answers. Offers spiritual purification and meditation. Release and bring balance to worry, stress, anxiety, fear, grief and depression. Respond in negative situations with calm without reacting. Learn to let go, slow down, relax, live in the moment, enjoy the gift of life; take notice of the beauty all around you. Diminish distractions to reveal hidden opportunities. Balance and unity between physical and spiritual values. Provides courage and strength in difficult situations. Offers sound decision-making and the ability to see all possibilities so that one can choose wisely. Encourages flexibility to accept change, providing a renewed desire for fresh experiences. Ocean Jasper Total Bliss Exude positive energy; create a peaceful, supportive environment. Stop thoughts and center yourself when meditating. Impels one to express love in daily actions and words. Make connections and gain power from past life experiences, turn past weakness into new strengths. Prehnite Heart Centered Connection Offers the ability to align with the heart and make decisions and choices in a calm reflective manner rather than from the ego mind. Facilitates heart centered connection with all of creation. Avoid unhealthy use of the imagination. Helps one communicate in a non-judgmental way. Release old wounds and allow tiny new hurts to wash over you, instead of becoming emotional sores. Get to the root of emotional trauma. Emotional balance and cleansing.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 4 : Conquering Fear, Anxiety, and Worry

Seeing Michael --Hearing the voice of Michael --Feeling Michael's presence --Michael, the divine protector --Human help from Michael --Mr. fix-it Archangel --Michael clears away fears, phobias, and negativity --Archangels Michael and Raphael --Calling on Michael on behalf of someone else --Michael's help with career and life purpose.

Tap below to see prayers from other visitors to this site. Sound peace of mind - Just want to pray for my daughter in law Stephanie to receive Jesus in her heart the peace the love the comfort and all the Surgery Prayer - Please pray a successful op on my wisdom tooth being removed soon. I need full anesthetics. Guidance and Direction and Confirmations!! That HIS Will would be done in this My children - Please, Jesus, guide my children to never lose track of what you did for them. Please guide them to always make good decisions. I need discipline - The devil has been attacking me alot lately and I have been struggling to keep my peace of mind lately and struggling to find joy Peace and prosperity - Dear Jesus I am at a turning point in my life Take away my pain - Please help me take away my daily and constant agonizing anxiety and depression. I put myself in a deep hole which is causing me to Lord I have sinned and My Love Forever, till we meet again - Forever in my heart, forever in my soul. I will never lose you, our love will only grow stronger, until we meet again in the I need prayer for success - I wish for prayer for success in my schooling. I pray for knowledge to successfully finish the class and to pass all exams. I ask for peace of mind, and soul - I ask for myself to be freed from my worried mind. In my anxiety has caused my intrusive thoughts to overcome my whole being and Moving with wife - We are planning on relocating when the lease to our apartment is up next summer. We will both have to find new jobs, and it Prayer for finances and peace of mind - Please Pray for me and my family for peace of mind and strength to cope with our financial problems. May God give us chance to My prayer is that God will put his healing hands upon us and our 2 teenage Stress - I need prayer for my family that I can provide for them to keep food on the table and for the health of my daughter Employment - I feel at my lowest. Please pray with me for strength. Pray for my daughter too. Her heart is heavy after an attending a job Family salvation health and finances - Please pray for the health I have diagnosed breast cancer last year everything is good so far let it stay that way. Anxiety about work - I pray in Jesus name that today I will not fear that I will make mistakes and that I will be made to feel as Deliverance from Fear anxiety depression - Please pray for God to heal and deliver me from crippling fear, depression, anxiety, and stress. I have missed many days from work, spent thousands No more lust or coveting - I pray in the name of Jesus Christ that i no longer have lustful or covetous thoughts. Cleanse my mind, heart, and soul and make Myself - Just pray that thing get better for me if I take to step forward it seem like something pull me back I keep having bad Help to have peace in my life - I need prayer to ease my loneliness financial concerns and grief over losing my brother Jimmy. Thank You in Jesus name. Help Me - I need help. I need to get out of here, get out of my mind. I want to be happy I need strength. Anxiety and worry - Please pray that I find peace of mind. That I can walk through faith every day knowing that God is with me and I do The Little things - I need prayer and release from survivors guilt to move on with my life. Harassment at work - I have been working on an estate as a housekeeper for 23 almost 24 years in November for a wealthy family in CT. Freedom from Financial Struggle - Dear God, I trust that you will free us from this financial struggle and grant us peace of mind. Fill my family with understanding, love Thanksgiving - Help me thanks God for His mercy and favour upon my family. To communicate well when I go to the meeting - Thy heavenly father I come to you with thanksgiving in my heart and praises to you. Hallelujah to the name of Jesus. Unjust Situation at Work - I am asking for prayer for, in my opinion, an unjust situation at work. I have been employed since and was hired with my Want to leave my country - Want God to help me out so I can leave my country to work for God outside my country. There lot of evils in my Work Visa - Please pray for my son Mark. He is waiting for his certificate of eligibility to come through to work in Japan. Anxiety and complete trust God - Pray so I dont fear death. Switch my mind to think positive and completely trust the Lord. Patience and inner strength -

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Father God, first I want to give you the most highest praise. Lord I ask that you give me inner strength, I ask in the Blessed - I had best friend who passed away 4 months ago. And i think about her everyday sometimes i cry an sometimes i laugh because we Also issues within my family. Get a house to live in - O Lord my Father, I need to get my own house to live in without the inconvenience of being housed by others. Deliverance from bitterness - I pray to God to be able to let go of things that have hurt me. Peace of mind - I need healing in my soul. I wanna truly forgive my father and aunt. Also I wanna be healed of low self esteem. Peace and deliverance - I would like to pray for peace and calm in my neighborhood or if the Lord see fit, I ask for deliverance from this neighborhood. Peace - Please pray for me ,i need peace,employment, and God in my life.. I want to walk in his name,not mines.. I want to get to know you Healing - Sometimes I feel anxious and and my breathing is so fast and I feel like I gonna pass out or faint, and my blood pressure Free My Daughter from Anxiety - Please Lord heal my daughter from constant anxiety that is disrupting her life. Lord give her peace of mind and body so that she can Emotional Healing - I have been deeply wounded emotionally by my pastor. He accused me of basically stealing from the church because I used vacation time I thought Education - Dear Lord give me strength to cope in school and wisdom to study. Anxiety - Feeling anxiety tonight Take away the mental attacks on me from the enemy and let me Peace for my mind body and soul - Lord my life has been hectic everything seems so uneasy. Am worried about things happen before they even happen. My soul is just not at Prayer for Wife - Please pray for my wife for peace of mind and trust in our Lord. That i keep the Prayer for miracles - Our Heavenly Father, please listen to my prayer, as I pray for my friends Phil and Olive for their situation. And any other person out there with the Rededication - I have recebtly rededicated my life to the Lord. I thought that I was already woken up because I did this about 3 years ago I pray that all goes well with us and that we have all our hearts desires Anxiety and health concerns - Pleas pray for me to have piece of mind and overcome my anxiety and for my health concerns to be healed.. A prayer for stress - Dear Lord, please take the burdens and stresses from my son and his family. He is a godly man but he needs your help Lord Please guide me in my new job, please give me wisdom and please bless my families needs. Peace of Mind - Prayers for peace in my mind, heart, body and soul. That my nephew has the peace that surpasses all understanding to guard his heart and Peace within - Mother Mary show us how to bear everything without grumbling on not getting anything in return A level of satisfaction in our heart..

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 5 : Archangel Michael Prayer

Bad, negative thoughts are a common symptom of anxiety, and unfortunately these bad thoughts tend to create more anxiety, making it harder to cure without help. This article explores the causes of bad thoughts and what you can do to try to stop them.

Maybe an unexpected event, or a flu, a broken heart or the death of a loved one, may have shaken your emotional stability and left the door a little open for the negativity to come in. Now the "evil eye" from your co-worker, the anger of your old boyfriend and bad wishes of your competitor may have a chance. As far as I know, when we work with Angels constantly, these things very seldom can affect you, but in cases, they may bother a little or delay things around you. I also passed through the "denial" phase, just like Doreen says she did, because we were both raised in the positive thinking and higher vibration concepts, which are very true. I do believe in protection, specially with Archangel Michael. I call him everyday, all the time to clear me and protect me. I also have his clearing prayer stuck on my shower wall, which asks to remove every kind of negative thought-forms that could harm me. I also carry black tourmaline, amethysts and sodalite crystals and minerals with me for protection all the time. I know the Angels and their crystals are protecting me, I have had a lot of proof of that. But I meet a lot of people in this work and I do sense once in a while someone sending me some bad things. But if you are emotionally vulnerable, even with all the protection, you may see some things happening around you. And if you are reading this right now, maybe your angels are telling you that you need one. After this clearing, you can expect: This Angelic Ritual can clear anything bad, not to be around you anymore, even if you are vulnerable. One of the best ways to check if you are with "foreign" negativity sent from someone else is to notice your thoughts. Try this clearing with archangel Michael and you will see the difference in the same day. The top crystal must be at North, as shown in the picture. You may use a compass for accuracy. In the middle, underneath the small black tourmaline or black obsidian, you may use: Place the tourmaline right on top of the picture or address. Place 6 pointed crystals, already cleared and charged, pointing to the picture. Dear Archangel Michael and your Legions of Light, come into action now! All black and grey atoms are dissolved in the Light and the debris are sent to this tourmaline obsidian now. Touch each pointed crystal quickly, starting with the top one North, and going clockwise, saying to each crystal: All this tremendous Light from the angels will banish all black and grey atoms to the tourmaline. You may leave the room or stay there if you feel guided to. Some people like to help the angels sending reiki to the crystals also. The Angels will work on the clearing for 1 hour. DO NOT let it pass from 1 hour, because it may cause more harm than good. These times must be exact. It sounds like a difficult task but the stone is very small, it is actually very easy to bury. This is just a symbolic act, setting the intention to the Universe that you are releasing the negativity and this will never bother you again. The pointed crystals can be cleared again and reused for healing, reiki, readings, etc.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 6 : calendrierdelascience.com: Customer reviews: The Miracles of Archangel Michael

Situational phobias (fears triggered by a specific situation) including the fear of enclosed spaces (claustrophobia), flying, driving, tunnels, and bridges. Blood-Injection-Injury phobia, the fear of blood, injury, illness, needles, or other medical procedures.

You were born a genius. You were born to be abundant. As a baby, you came into this world expecting to have your every want and need taken care of. And yet, somewhere along the way, you were programmed to believe the opposite by your well-meaning parents with mantras like: Then there is the role modelling of your parents, like: They would fight about the lack of money, perhaps blaming each other for their money troubles. They would lose sleep because they were worried about their finances. In " 3 Types of B. Right up there with those fear-based rules were fear-based beliefs around money. They came by it honestly. After all, their well-meaning parents did the same and so on and so on We have all been hard-wired for pessimism and fear because it was essential for survival since caveman times. In fact, research on mice has now shown that fear responses can be inherited, possibly through epigenetics or modification of gene expression. This inherited fear is present whether or not the offspring have contact with their parents. Fear is one of the biggest sources of B. Blocking Your Financial Success. The safety-conscious rules and beliefs in your programming have created all kinds of roadblocks and blind spots to block you from attaining the wealth and success you desire. Fear contradicts the belief that you can attain your financial goals. As we stated in " 3 Types of B. Blocking Your Financial Success " you must believe in your capability to attain a goal before you can see the best financial strategies to reach it. It all starts with belief. Lack of belief is the biggest roadblock to reaching your wealth vision. Before you create your wealth and finance vision, you must therefore make the choice to change your fear programming deliberately. And in order to do so, you need to be courageous and uncover your fears and beliefs. They form the bulk of your patterns and limiting B. The bad news is that you have some kind of negative or fear-based programming around finances and wealth The good news is that you have the ability to change your programming. Read on for 5 proven ways to either release old programming or write over it with a positive abundant mindset and operating system. Since we already delved into your limiting beliefs in " 3 Types of B. What fears are you experiencing around your finances and wealth? Examples of Money Fears: I stood in a check-out line recently, chatting with a well-dressed lady in front of me about the party she was hosting, and the food and wine she was buying for it. As we got closer to the cashier, however, I noticed that she started to fidget more and more. Her talking trailed off as she gripped her card tighter. When it was her turn to check out, she kept glancing at the amount ringing up. Her hands almost shook as she slid her card into the reader. Her sigh of relief was palpable as the charge cleared her account, and she swiftly exited the store. I felt for this lady tremendously. And of interest to me were the fears and patterns she exhibited. And yet, she was also dressed in expensive-looking clothes and buying non-essentials for a party. Perhaps, she was even more afraid of yet another fear Karl Albrecht , there are really only 5 main fears we experience: In primitive times, being ostracized from your community was a likely death sentence because it was almost impossible to survive on your own. Categorize your list of money fears into the 5 main fears above. Where did these fears come from? Are there significant memories and feelings associated with them? Awareness is most of the battle and allows you to see how your fears are blocking your financial success. Your Why also provides the power to barrel through your fear blind spots. Think of anything you really wanted and were likely afraid to do: What kept you going despite the fear? Even as a baby, you wanted freedom to move and explore on your own. As a child, your freedom and autonomy increased as you rode away on your bicycle because you could go so much further and faster. As a teenager, you desperately wanted yet more freedom and autonomy from your parents, and you envisioned it coming in the form of driving. In each case, your Why was that you wanted freedom and autonomy. What is your Why -- your purpose -- surrounding wealth and financial success? Do you want to provide for your family and ensure your children can go anywhere they

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

want for their education? Do you want to start a foundation to empower underprivileged youths create better lives for themselves? Do you want to travel and explore different cultures as a means of enjoyment and growth? Do you simply want a comfortable life where you can easily afford everything you want and need, unlike the scrounging your parents endured? There is no right or wrong, so just do it. You can always change it as you move forward. Rod Hairston has identified 5 "Abilities" that are important for growth and success: Accountability, Responsibility, Capability, Flexibility, and Vulnerability. You are Accountable to yourself and others to be the best you can be in this life. To believe otherwise is to short change yourself and the world. One of the fears you may have is ironically the fear of actually succeeding because loved ones might resent and abandon you. Of course, you have also been taught to play small by your family, culture and even religions, perhaps as a survival mechanism. In primitive times, it was best to keep your head down and out of the line of fire. You no longer live in those primitive times and it is time for you to step up and be the best you can be. Even though you may not have caused every experience in your life, you are Responsible for how you respond to those experiences and use them to achieve your vision. You can choose to be traumatized and victimized, or you can view the experience as a learning and growth experience that has honed you into the person you want to be. You are a born genius. You have infinite Capability in creating the wealth you desire. Flexibility is also key in attaining your wealth goals. All too often, you want to jump straight to whatever financial strategies and tips have worked for others. In fact, there are thousands of courses to teach you HOW to create wealth. Vulnerability is being ready to release the person you used to be, along with all of the patterns which no longer serve you, so that you can become the wealthy abundant person you want to be. Vulnerability is when you are willing to take that first step toward your vision, knowing that you need to change. The same holds true for your wealth. Find a like-minded community of people to support you. Become aware of how your fears and ingrained negativity show up in your self-sabotage patterns. Every time you start a new experience, whether it is starting a new job or setting high financial goals, your unconscious mind which is hard-wired for negativity and the need for certainty is going to give you push-back. Your unconscious mind uses 7 primary self-sabotage patterns to derail your efforts to change and grow. Because your fears are housed in your primitive unconscious mind, they make perfect fodder for self-sabotage. How are your fears showing up? This takes away their ability to respond to and change the situation. They are overwhelmed by everything they need to accomplish. For example, you know that completing paperwork and paying bills is essential to success and yet you get to the end of the day without having done even the bare minimum. Chunk all of your goals down to bite-sized actions, and just take on one at a time. For example, you may take all kinds of courses on HOW to become wealthy as you look for the magic bullet to success. Know that you have everything you need within you right now. And the most important is your mindset and belief that you are capable of attaining your wealth goals. For instance, you may be pretending that you have your life together when, in fact, you are struggling to keep up with life and work. Even if you are successful, you may feel like a fraud and that at any moment, you will be found out and humiliated. You need to love yourself more and forgive yourself for not being perfect. Understand that no one is perfect. Then give others the love and appreciation you want for yourself. Contribute in some way without others knowing it has come from you. For example, you will only take a job if you are guaranteed that you will be there permanently, with benefits and retirement package.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 7 : The Miracles of Archangel Michael eBook: Doreen Virtue: calendrierdelascience.com: Kindle S

Worry, fear, and negative thinking allow the mind to focus on things you don't want, so Mind Power teaches you to eliminate negative thinking. Train your mind to think about what you want in life, and avoid thinking about what you don't want.

October 24, We all have negative thoughts sometime, but when they cycle through your mind over and over again, they can cause problems and they can be a sign that you have a more fundamental problem for which you need to seek help. Recurring negative thoughts can be a symptom of both anxiety and depressive disorders. Science has recognized two different forms of repetitive negative thoughts: Worry is defined as having recurring thoughts that create apprehension within you and an expectation that surely something negative will occur in the future. Worry is worry about the future. You might worry about what will happen the next time you see that person you are interested in dating. Or you might worry about whether or not the shortness of breath you are experiencing is a sign of heart disease. For decades now, science has seen worry as a symptom of anxiety. But it definitely occurs in depression as well. Rumination is slightly different and is characterized as having negative thoughts about something that happened in the past. It typically involves thinking about how you were not as good at something as you would like to be. In rumination, you might think over and over again about how badly you played in that last tennis match; or how badly you feel about ignoring someone at the opera last night. Rumination has been seen as more of a symptom of depression, but it also occurs in anxiety. Worry and rumination are different, but they are also similar in that they are both form of repetitive thoughts that are unproductive. They both involve having intrusive, repetitive, prolonged and uncontrollable thoughts about future or past experiences. More than that, they often occur together in the same person. In other words, rumination and worry are both symptoms of anxiety. And they are also a problem that can be improved with treatment. Examples of Negative Thoughts There are many kinds of negative thoughts, and if you learn how to recognize them, it will easier to diminish them and the impact they have upon you. Here are some examples of negative thoughts: Worrying over and over about whether or not your boss will think that the presentation you are going to make tomorrow is good. Worrying that the weakness in your leg is a sign that you are developing multiple sclerosis. Worrying that you will have nothing of interest to say to anyone at the party you are going to this evening. Repetitive Negative Thoughts Create Negative Emotions There is an emerging stream of research that is showing that recurring negative thoughts can cause anxiety and depression. Try doing it consciously. Think about and remember a negative situation that happened to you recently – maybe an upsetting argument with a friend or someone in your family. Remembering that argument will make you feel bad. On the other hand, if you sit down and purposefully think positive thoughts – maybe you imagine the day of your marriage to the person you love, and that will make you feel happy and good inside. So your thoughts do play a role in determining your mood, and scientific studies have shown that there is an association between negative thoughts and anxiety and depression. In other words, people who have a recurring cycles of negative thoughts, are more likely to be anxious or depressed. However, if you think positive thoughts, you will be more likely to be happy. But what they do is this: This is a good reason to find a way to diminish the power your negative thought have over your life. You can either try to stop having negative thoughts, replace your negative thoughts with positive or most of all, to simply stop believing your negative thoughts. They are just like films inside of your mind. Or maybe a stream of thoughts will create a story in which criticize yourself for something you said to your boss the other day. Streams of negative thoughts also distort and tarnish the good intentions of your true self. Negative thoughts create negative stories, and you live in those stories instead of being your true self. Suppose, for example, you see a tourist being abusive and superior to a person who lives in the country he is visiting. He is ordering the local person around and criticizing them. You have the impulse – out of goodness – to stop this abuse. You walk over to the tourist, and in a kind and respectful manner ask him to be kind and gentle, and although he is a bit

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

abashed, everything works out just fine. The tourist realizes he is being unkind and stops. But suppose you are in the same situation and a stream of negative thoughts is running through your mind that depicts the tourist as a bad person who is typical of the people who come from his country, and you get angry. You march over to the tourist, and in the full flush of your righteous indignation you are haughty and critical with him, and he becomes resentful and defiant. Now he turns on you. In that moment, you were living in a story created by your negative thoughts and the anger they generated, and by acting out that story, you created another problem. This is a second reason to find a way to diminish the power of your negative thoughts. There are Good Techniques for Disempowering Your Negative Thoughts Recurring negative thoughts are a problem when you believe they are true. They will just float by in your stream of consciousness and dissolve. However, if you are not aware of your thoughts and they remain unconscious, then you do believe them. This is just the way the mind works. If you are not aware of your thoughts you believe. By the same token, if can be aware of your negative thoughts and you believe them too. In both of these situations, you sink into and get lost in your thoughts and the stories they create. If your unconscious thoughts are telling you that you are worthless, you believe them. The import of understanding that it is the act of believing your thoughts that makes them problematic and pathogenic is that most of the therapeutic techniques for treating and disempowering negative thoughts are techniques that help pull you away from believing those thoughts. One of the first things it does is create a situation in which you stand outside of, and become aware of, your stream of thoughts. In this situation, there are two entities present in your experience of your mind. There is your stream of thoughts, and there is the awareness " which is you " that is watching the stream of consciousness. It is akin to the experience of standing on a bank next to a river and watching that river flow by. By standing outside of your stream of thoughts, you remove yourself from the midst of those thoughts, and this gives your the opportunity to stop believing them. You can just watch them go by without believing them. This will both diminish and disempower your negative thoughts. Less negative thoughts will arise, and when they do arise you will have the option of not believing them. The first step in this process is to learn to meditate on an object and let your stream of thoughts go by without repressing or holding onto any of them. Next you can learn to identify the negative stories that your thoughts are telling you. And that sets you up to just stop believing that they are true. They give you the opportunity to get outside of your thoughts and get a more objective perspective on them. First you identify the contents of your negative thoughts, and then you write them down in your journal. This makes you aware of your thoughts, gets you outside of them and allows you to assess them and decide whether or not they are true. However, it is strongly recommended that you do this process with a therapist. Cognitive restructuring is a process in which you identify your negative thought patterns and then dispute them. In other words, cognitive restructuring is a process in which you investigate your negative thoughts and establish that they are not true. There are five stages to cognitive restructuring: Identify and Record - The first thing to do is to identify your negative thoughts and record them in a journal. Also record the situation in which you had each bout of negative thoughts and how the thoughts made you feel. This will start the process of separating yourself from your negative thoughts. Look for patterns in the themes of your thoughts. Do your thoughts create negative images of yourself? What are the negative images the create? Look to see what kinds of situations trigger your negative thoughts. Most of all, analyze the thoughts to see if they are really true. Critique your negative thoughts if you think they are not true. If you tend to think you are a failure, recall to mind times when you were not a failure. If you tend to think that you are always a failure in social situations, recall to mind occasions in which you and another person felt close to one another. Once again, this is about finding a way to stop believing your negative thoughts. Either you need to be great in everything you do. This kind of self image is a setup for negative thoughts. You will often be a failure in your own eyes, and this will give rise to negative thoughts. Develop realistic goals for your work life and your social life. This will lessen your negative self images and negative thoughts. If you judge them, you will only make more of them come. Plus, you will feel bad about yourself as a result of your judgments. Make friends with your negative thoughts. Accept them without judging them, and learn instead to stop believing them. This will only make more of

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

them come. Again, the essence of what you want to be doing with your negative thoughts is to stop believing them in one way or another.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 8 : ShiningLite Archangel Michael - Angel Communication, Oracle Readings & Spiritual Development

And educating your child about the event can clear up misperceptions as well as boost security. brim and to slowly let the air out of them as his fears go away.

Letting Go of negativity Through the course of any given day, we accumulate negative thoughts and feelings: What happens over time is this negativity builds if we do not find a constructive way to release it. In fact, we carry it around with us during our day, drawing in experiences that reflect the energy that is within us. It is always in our best interest to release these negative thoughts and feelings; otherwise, we will just have more thoughts and feeling that are similar. We all know how we feel, can change the course of our day and, cumulatively, it changes the course of our life. Here is how I used this transformational tool successfully many years ago: I was fuming about a client who was really taking advantage of me. This was a number of years ago when I working as an independent business consultant. It seemed I had gotten myself into a situation where I was not being compensated for all the work I was doing. Not only that, but my client was taking credit for everything that I was creating for her. This anger consumed me even long after I stopped working with this person. It was so insidious it would just creep in at the oddest moments: It was this lingering animosity that kept my attention focused on the past. I finally decided to do something about it. I took a piece a paper, drew a line vertically down the center and wrote on one side of the line, everything my past client had done to me and how I felt about it. There was ranting and raving, even a few curse words thrown in. This was everyone that needed to know about this situation so I could let it go. I then took that piece of paper and I asked Creator to transform all the negative energy on it, to love and light. And I burned it. Boy, did it feel good. I noticed right away a big weight had been lifted. So over the course of the next week, I did this a few more times. As I was writing the list for the third time, I started to observe that this situation had happened before in my life. In fact, memories flooded in of the times when I gave everything away just because I wanted to be liked. It seemed to have been a pattern that I was just now recognizing. This all came out on the paper. I realized I had not been clear with my client. I did not set any boundaries with her. I was the one that let her take advantage of me. This process helped me become aware of and take responsibility for my part in the situation. I forgive my client. Thank you, Creator for transforming this negative energy to love and light. I just let go of it. It no longer plagued my thoughts. I was completely neutral to my old client. As you can imagine this was such a relief. A few weeks later, something else miraculous happened. She preceded to tell me how much she appreciated the work I had done for her and really acknowledged my contribution to helping her build her, now, very successful company. This was enough proof for me to recognize that when we truly let go and forgive, we no longer block what it is we were wanting in the first place. I never had this situation happen again in my life. I actually broke the pattern! Now, I am going to show you how to use it but first let me explain. The second purpose is to become aware of the negative energy that we carry around with us that we may be unconscious about but it is still affecting us. Even experiences that have happened in the past can still affect us in the present. Many times we carry negative energy from years past and do not know it is affecting us and how to let it go. This allows us to no longer be triggered by similar situations. For example, we may become enraged when people cut us off in traffic. In fact, over time, it happens less and less. This is because once we are able to let go of any negativity associated with this; we will no longer attract others who draw out this negativity in us. The first thing you do is to get a sheet of paper. Draw a vertical line down the center of the page creating two columns. It is important to include absolutely anything that comes up: You want to allow yourself to get to the point where you are taking responsibility for anything you may have done now or in the past. When we do this, it frees us from holding on to the situation any longer and creating similar experiences in the future. Definitely you need to be on this side and any other parties that may have been involved. After you have completed the list, you fold it in half and write the following on it you can also create your own: Thank you Creator for transforming ALL negativity to love and light. Say this out loud or

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

silently to yourself. Your intention is to release this energy. The last step is you burn it or shred it. Complete this process in one sitting, do not leave this laying around the house for someone to find. This process is for you and you only. Feel free to repeat this process whenever you feel the need to rid yourself of negative energies. This is great to do on a daily basis because over time you have very little build up. Those reoccurring thoughts and feelings no longer plague your mind.

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

Chapter 9 : The Miracles of Archangel Michael - Doreen Virtue - Google Books

Through the course of any given day, we accumulate negative thoughts and feelings: fear, guilt, shame, blame, self-criticism, anger, regret We all do, even when we pretend we don't.

Archangel Michael clears negative energy when asked. Call out to Archangel Michael for his assistance whenever you feel negativity. He can clear negative energy from any space including your mind and heart –ask him to clear the energy in your home, office, car, etc. This is especially beneficial after arguments or other negative situations. You can ask him to clear your friends and family as long as you have their permission. Archangel Michael is who you call when you want to remove negativity and fear from your life. Layers of negative attitudes and limiting beliefs can be cleared and released energetically when you receive an angelic soul clearing. Below is a simplified meditation version of the angelic soul clearing with Archangel Michael. I recommend you try it! Before you enter a crowded mall or area, ask Archangel Michael to clear the negativity. He can take negatively minded people both living and deceased to the Light of God so that their minds can be healed. This is especially useful for very empathic people who tend to pick up on the emotions of people around them positive and negative. Cutting negative etheric cords is important because they can keep us connected to people that drain us. Some people complain that when they talk to certain people they feel tired and drained afterwards. This is especially true when people we love are constant complainers and those surrounded by drama, chaos and dysfunction,. Please cut all negative etheric cords of fear that are sapping my joy, energy and vitality. Once I gave a mediumship reading for a woman and her mother came through. Her mother was very funny and chatty. That night, hours after the reading, her mother was still chatting away. I realized I had neglected to cut the etheric cord to my client and after I did so, her mother was no longer chatting in my ear and I was able to sleep. Performing your own Angelic Soul Clearing with Archangel Michael Following is a simplified meditation version of the angelic soul clearing with Archangel Michael. Do this meditation if you feel negative and fearful and are ready to release it to the light. The meditation can take from 15 to 30 minutes depending on how thorough you want to be. You may want to read this into a tape recorder and listen to it with headphones on. Meditation Video Sit comfortably where you will not be disturbed. Begin by grounding and centering yourself. Close your eyes and imagine roots growing from your feet into the core of Mother Earth where they anchor you. Then follow this simple breathing exercise to relax your physical body: Tell your Ego-self to move toward your left shoulder. Ask your Angels, Guides and all that you desire to accompany you on this quest to clear now. Ask The Creator to send down a beam of protective white light. Watch it surround you in a protective glow. Now you are ready to release. Mentally say, "Archangel Michael please come to me now and take away all negativity and fear from my being. Archangel Michael always carries a sword that he can use as a sort of metaphysical "psychic vacuum. Go all around your head, your eyes, ears, nose, mouth, etc. This "vacuum" will remove all your fears and negativity taking it to the light where the dark energy will be cleansed and transformed into light. Then concentrate on the aura surrounding your physical body and vacuum all negativity and darkness. Notice what you see. As you clear the dark spots away, sense whether your guides and angels can relay any messages to you as what the darkness represents in your life. For stubborn negativity or shadow entities, ask Archangel Michael to throw a net of white light over it and immediately take it to the light. Thoughts of old painful memories may also pop up. Do your best to release it. Once you have vacuumed your entire body and your aura be thorough, check all your organs and extremities ask Archangel Michael to reverse the sword from a vacuum to an instrument that dispenses white light energy. Imagine that the light is dispensed like toothpaste. Make sure you take as much white light in as possible because nature abhors empty space and negativity and fears and negativity can creep back in. Keep absorbing the white light as long as you can--the more you take in the better. Sense it surround and penetrate your physical and ethereal body. This shield will assure that only love and positive energy can penetrate. A pink shield of light is also nice as it reflects love both outward and inward, sending love out to

DOWNLOAD PDF MICHAEL CLEARS AWAY FEARS, PHOBIAS, AND NEGATIVITY

everyone you come in contact with as you go about your day. Ground yourself again by remembering the roots from your feet rooted deep into Mother Earth. Now open your eyes.