

## The Lower Self Meditation Technique: To Remove Negative Emotions



### Step 1

Sit upright in an undisturbed location. Close your eyes and take three deep breaths to relax your body and your mind. Focus on a negative feeling. This may be a feeling of hurt, anger, fear, hate, sadness, grief, despair, guilt, etc. For the next few minutes, simply meditate on this negative feeling within your body and observe what it feels like—just like a scientist would observe cells in a Petri-dish. Allow yourself to feel this negative feeling fully.



### Step 2

Link the negative feeling with a memory or image related to your past, your present or the future. Focus on the memory or image and replay it in your mind while you are feeling the negative feeling. If it is an image in the future you fear happening, imagine the worst case scenario unfolding and replay this in your mind while focusing on the feeling of fear.



### Step 3

Speak your truth to each person significant in the memory or image, or to God, articulating why you are feeling the negative feeling. Imagine what the other person or God is saying back to you. Then respond to what you have imagined each person or God saying to you and continue the conversation. This conversation will likely bring up strong and powerful emotions, and it is important to give each of these emotions a voice and not over-look or by-pass them as being insignificant. Replay the memory or image in your mind and express any remaining negative emotions until you feel inner peace and forgiveness.

# The Lower Self Meditation 90 Day Challenge



You are your best doctor, who can monitor better than anyone the level of *dis*-ease in your mind—which is simply the absence of ease or inner peace—that over time manifests as *dis*-ease in the body. By healing the mind you will heal the body, and so the power to heal rests in your hands. You can begin right now to heal your mind and to monitor the daily release of psychological and emotional *dis*-ease during the Lower Self Meditation 90 Day Challenge. You will achieve remarkable results, if you TAKE THE TIME and spend 30 minutes each day for your own self-healing.

As you begin, simply monitor and record below the size of your emotional “pain body” out of 100; 100 being acute unbearable psycho-emotional pain and stress, and 0 being nil observed psycho-emotional pain and stress. Your emotional pain body is the sum total of all stressful and painful emotions and your scores may fluctuate during this 90 day period. For example, one day you may feel a strong amount of observed psycho-emotional pain and stress and register a high score of 80. Another day it may drop to 55. And another day it may go up to 70. Try to be as honest as you can with your feelings when monitoring and scoring them out of 100; and record the size of your emotional pain body each day prior to your meditation, and immediately upon completing your meditation.

You may also wish to purchase a journal and record a short paragraph detailing the daily release of toxic negative emotions. While the initial release of painful emotions will likely feel overwhelming, there may occur a thought “I can’t do this anymore”, but this is when you should carry on more than ever. For it is at this time you know you have struck gold—for as each feeling of pain surfaces and is felt FULLY, the energy of this emotion is finally released. Like a good detective, you are encouraged to weed out ALL negative emotions that lay dormant in your heart, for even a lesser emotion can be a doorway to a gold-mine of pain that is waiting to be discovered. KNOW: THERE IS ONLY A FINITE AMOUNT OF PAIN RESIDING IN YOUR EMOTIONAL PAIN BODY. And as each week passes and more and more pain is released, you will struggle to find any *dis*-eased emotion strong enough to fuel cancer.

## Notes

DAY 1	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 46	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 2	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 47	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 3	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 48	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 4	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 49	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 5	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 50	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 6	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 51	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 7	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 52	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 8	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 53	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	
DAY 9	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:		DAY 54	100 being the most, the size of my emotional “pain body” today is: After the meditation, the size of my emotional “pain body” today is:	



