

This section is based on The Emotional Clearing Process by John Ruskan and elaborated in his 2003 book, Emotional Clearing: An East/West Guide to Releasing Negative Feelings and Awakening Unconditional Happiness.

## Activating Healing Energy And Entering The Witness

### The Actual Process

#### 1. Breath Relaxation (Blocks in the breath reflect blocks in the chakras) (about 2 minutes)

*Feel* the connection to your body. Allow yourself to come into the moment, through sensing your connection to the body. Drop all sense of striving. Drop all intention to achieve anything, even in these exercises. Come more and more into the moment, the place where healing occurs and where the Witness resides. Begin a gentle connected breath, with a 1:1 ratio of inhale to exhale. Breathe easily and smoothly. Watch the breath as it comes in and goes out. *Feel* it in the body. Again drop all sense of striving, of needing to make anything happen. Allow everything to be as it is. Gently keep breathing, with the conscious connection of inhale and exhale. Allow the breath to take you to deep alpha levels of relaxation and quiet in the body.

#### 2. Aura Strengthening (about 2 to 5 minutes, maybe less)

Continue the connected breath without paying attention to it. Let it find its own level. Visualize your aura around you. See a sphere approximately six feet in diameter with colorful, charged electrical particles inside. As you inhale, visualize a beam of luminescent, silver-white light shining down from the sun, entering the top of your head, and going down to your solar plexus, where it forms an energy ball about one foot in diameter. See the light as dazzling and powerful; burning away any negativity it encounters. As you exhale, visualize the energy ball at your solar plexus expanding outward to fill the entire space inside your aura. Visualize the particles extending to the edge of your aura, where they form a shell. Visualize (see and *feel*) the shell as strong and impenetrable. Visualize vibrations outside the shell being deflected as they try to pass through. See your energy inside being retained. *Feel* deeply the archetypal, yang, masculine qualities of the light, and your relation to them: strength, protection, assertiveness, will, competence.

#### 3. Grounding (about 2 to 5 minutes, maybe less)

Continue the connected breath. Remember to both see and *feel* as you visualize. Visualize an earth link from the center of the earth **to** your 'Survival Center', located at the base of the spine (same place as the first chakra). As you inhale, visualize blue-green earth energy coming from the center of the earth along the link, touching your 'Survival Center', and filling up your entire body. Experience the energy as vibrant, warm, nurturing, loving. Visualize/Create a second earth link; **from** your 'Survival Center', located at the base of the spine (same place as the first chakra), back to the center of the earth and all her selves. As you exhale, visualize the blue-green color of the second earth link absorbing negativity, turning to a reddish-black color, and being pulled by the earth through the 'Survival Center' (at the first chakra), back to the center of the earth, where it is transmuted and neutralized. See it being neutralized and dissolving into the earth. Invoke the presence of the archetypal, yin, feminine by simply inviting her. Allow the qualities of the feminine to come forward, and *feel* them deeply: softness, caring, receptivity, compassion, nurturing, sensuality, unconditional love

#### **4. Entering The Witness** (about 2 to 15 minutes, maybe less)

Continue the same breath. Keeping your eyes closed, look up with the physical eyes to the Third Eye point. This point is between and above the eyebrows, on the forehead. Strain the eyes slightly, looking up as far as possible. Look into the blackness with the physical eyes. Keep straining as long as comfortable – it is the straining that activates the psycho-physiological response.

Visualize both yang (masculine) energy coming from above and yin (feminine) energy coming from below, meeting at the Third Eye as you inhale. As you exhale, visualize the energies spinning clockwise or just being still in the Third Eye, whichever *feels* best. You may want to use only one of these energies, depending on which you need most.

Invite the Witness to come forward. *Feel* the qualities of the Witness: detachment from the Lower Self body, detachment from thoughts, and detachment from *feelings*; disidentification; choicelessness; unconditional happiness.

Just sitting still gives the subconscious the opportunity to bring its suppressed contents to consciousness. Allow the *feelings* just to be.

A suppressed *feeling* will come up. This occurrence is distinguished by the emergence of emotion, sometimes strong. This is what you want. Recognize that healing and clearing is happening. Stay with the *feeling* and with any associated thoughts or images, such as interaction with another person, group or situation. Move into a processing mode – own (welcome), accept, experience, witness, process and allow the *feeling/emotion* to heal, transmute, release and integrate. Allow the *feeling* to remain in your consciousness until you *feel* a shift – until the *feeling* starts to link to another related *feeling* or diminishes/dissolves..

#### **5. Closing**

Ground down to the earth one final time through the second earth link **from** your 'Survival Center' to earth and disperse all negativity. See the negativity being absorbed and neutralized/transmuted by the earth.

and at the same time

Bring in more white light from above for yourself and all of Earths selves and more blue-green earth energy coming from the center of the earth along the first earth link, touching your 'Survival Center', and filling up your entire body. Experience the energy as vibrant, warm, nurturing, loving. *Feel* it as joyous and powerful, filling any dark places that have resulted from negativity releasing.

#### **6. When you are done you may open your eyes.**