

Questions You May Want To Ask Yourself (Self)

Tables below are by the author. Some questions are Shirley MacLaine's from *Going Within* and some are his.

Caused by your judgment towards or fear **for someone you know.**

If you have a friend or loved one who is sick, depressed, etc., do you feel helpless in trying to help them? Do you disapprove of their choices and life style? Do you feel they are giving up and adopting a negative attitude toward life and their situation? Are you despondent about their future? Then it occurred to me that maybe I had created them in my life for a reason.

Question (Be specific if you wish.)	Answer Before Clearing	Answer After Clearing
Person's Name if someone specific in mind. (_____)		
Do I feel helpless in trying to help a friend or loved one? (<u>name</u>)		
Do I disapprove of their choices and life style?		
Do I feel they are giving up and adopting a negative attitude toward life and their situation?		
Am I despondent about their future?		
Is this a mirror for me?		
Have I decided to perceive this person or situation as a 'teacher'?		
Do I realize that the person(s) or organizations involved have interrupted their own growth and have I thanked them?		
Do I need to learn in this unpleasant manner any longer?		
Am I still learning in this unpleasant manner?		

Why have I created this and brought them into my life?	
What am I learning from this?	
What am I learning about me?	
Why am I drawing this unpleasantness to me?	
Why have I drawn this person into my life?	

**Caused by someone you know who is judging you in some way
or is fearful for you.**

In some way that I am unable to explain in words you are responsible for energizing or accepting this.

Do I have a friend or loved one who feels helpless in trying to help me? Do they disapprove of my choices and life style? Do they feel I am giving up and adopting a negative attitude toward life and my situation? Are they despondent about my future? Have they created this version of me in their life for a reason.

Question (Be specific if you wish.)	Answer Before Clearing	Answer After Clearing
Person's Name if someone specific in mind. (_____)		
Do I have a friend (<u>name</u>) who disapproves of my choices and life style?		
Do I have a friend (<u>name</u>) or loved one who feels helpless in trying to help me?		
Do I have a friend (<u>name</u>) who feels I am giving up and adopting a negative attitude toward life and my situation?		
Do I have a friend (<u>name</u>) who is despondent about my future?		
Have they created this version of me in their life for a reason.		
Is this a mirror for me?		
Have I decided to perceive this person or situation as a 'teacher'?		
Do I realize that the person(s) or organizations involved have interrupted their own growth and have I thanked them?		
Do I need to learn or teach in this unpleasant manner any longer?		
Am I still learning in this unpleasant manner?		

What am I learning from this?	
What am I learning about me?	
Why am I drawing this unpleasantness to me?	
Why have I drawn this person into my life?	

Releasing Emotions And Excessive Concern For Others

Third Chakra

Questions	Answer Before Clearing	Answer After Clearing
Person's Name if someone specific in mind. (_____)		
Am I overly concerned for (_____ name _____) to the point of possessiveness or trying to help too much?		
Am I overly concerned because of <i>my</i> fear?		
Am I overly concerned because I think I know better?		
Do I feel helpless in trying to help him or her.?		
Is there something I disapprove of in their life or the choices they make?		
Do I feel they have adopted a negative attitude toward life and their situation?		
Am I despondent about their future?		
Have I released (_____ name _____) from his/her pain or life's challenge by releasing my fear, judgment, need to 'fix' and allowed them their own path?		
Have I turned the person's (_____ name _____) challenge over to Great Spirit and (_____ same name _____) as is best?		
Am I assisting as is best?		
Have I released the need to 'fix it'/them?		
Have I released all excessive concern for the person (_____ name _____)?		
Am I allowing the person (_____ name _____) their own path and their own opportunity for their soul's growth?		
Are my emotions in relation to (_____ name _____) balanced as best?		

If I had created the pain and the healing in my body, was I also creating the pain and the healing in every area of my life?

Question	Answer Before Clearing	Answer After Clearing
Do I know and accept that I have created my own pain. (physical, emotional or mental)?		
Have I created my own pain?		
Do I know and accept that I create the pain and healing in every area of my life?		
Do I know that I created the pain in every area of my life?		
Am I ready to heal the pain in my life?		
Am I ready to let go of the pain in my life?		

Yin (Feminine) And Yang (Masculine) Balance

Question	Answer Before Clearing	Answer After Clearing
Do I allow my lower three chakras to operate basically with yang (masculine)energy, the energy of those issues that relate predominantly to the physical, Earth plane of existence?		
Do I allow my higher three chakras to operate basically with yin (feminine) energy, which relates predominantly to issues of the spirit?		
Is my fourth (heart) chakra open and fully balanced with masculine and feminine energy so the energy is androgynous and allows all the other chakras to work together in harmony and balance?		
Do I allow the masculine and feminine energies to be complimentary to each other in perfect balance?		
Do I need to be assertive because I fear annihilation from passivity and gentleness?		
Do I need to control for fear of being controlled?		
Do I allow others to control me in order to avoid taking responsibility for myself?		
Do I dare listen to the whispers of intuition rather than the loud demands of the intellect?		

Tipping Point (Critical Mass) Of Mankind's Consciousness

Question	Answer Before Clearing	Answer After Clearing
Do I know and accept that information acquired by and beliefs accepted by a certain number of any given species acts like a flash point and tipping point?		
Do I know and accept that if enough people practice and learn LOVE, LOVE will somehow become a tipping point for all mankind and the world be a LOVING place?		
Do I know and accept that if enough people practice and learn fear, judgment, anger and hate, the negative thoughts, words and actions will somehow become a tipping point for all mankind and famine, earthquakes, tsunamis, global warming etc. will be more severe. We may even destroy ourselves and our planet?		
Do I all too often go into fear and judgment?		
Have I chosen LOVE and almost always or always practice LOVE?		

Skeptics Effects On Sensitives

Question	Answer Before Clearing	Answer After Clearing
Do I know and accept that we are each in tune with ourselves, and we significantly affect the attunement of others?		
Do I know and accept that when we are seriously out of "sync" with ourselves, we also disrupt, disturb, and distress others, even at a distance?		
Do I know and accept that someone who is aggressively skeptical can affect or even distort the effectiveness of "sensitives"?		
Do I know that I can, with the assistance of Great Spirit, be immune to people who are aggressively skeptical?		
Do I know that if my work is being negatively impacted or made difficult by someone who is aggressively skeptical it is ok to leave or ask them to leave?		
Do I fear and judge skeptics and energies I perceive as negative or dangerous?		
Do I know that I am fully protected by and with LOVE?		

Primary Mission Of Spiritual Healing

Question	Answer Before Clearing	Answer After Clearing
Do I know the primary mission of spiritual healing is not the elimination of physical ailments, instead, it is to promote inner awareness, a sense of spiritual attachment, and a personal fellowship with Great Spirit/God?		
Do I know and accept that it is ok to 'cure' physical, emotional, mental and life's ailments as long as the 'cure' is in harmony with the primary mission of spiritual healing?		
If the pain or ailment stems from a karmic cause or serves another purpose, I know that I can work that out myself by aligning with the God energy more fully during and after surgery or other forms of intervention?		
Do I know and accept that sometimes "curing" someone will interfere with thier souls growth and highest good?		

Need For Physical Proof

Some say the body is only an illusion; the *physical* being only the manifestation of one's thought.

Question	Answer Before Clearing	Answer After Clearing
Is it necessary to understand why miracles and healing happens to affect a healing?		
Is it ok if a patient needs to "see" he was operated upon, for the healing to be more profound?		
Do I know and accept that the body is only an illusion when perceived from a higher perspective and the <i>physical</i> is only the manifestation of one's thought?		
Do I believe that if I let go of the need to see physical proof and accept that true healing is energized at some un-namable upper realm I can be healed without physical proof?		
Have I let go of the need for physical proof?		

Self Healing

According to both science and many new age thinkers, the physical dimension becomes real only through the consciousness of our thoughts and intentions. Many of these thoughts and intentions come from our Subconscious and Superconscious minds.

Question	Answer Before Clearing	Answer After Clearing
Do I know and accept that disharmony, dis-ease and life's unpleasant challenges are caused by feelings of fear, anger, unworthiness, hatred, self hatred, etc?		
Do I know and accept that harmony, health and a joyful life are somehow energized by LOVE, as well as feelings of love, self worth, inner peace and a strong connection to Divinity/Great Spirit?		
Have I admitted to myself that I am afraid or angry, or <i>feel</i> rejected, undeserving or unworthy?		
Have I forgiven myself for being afraid or angry, or <i>feeling</i> rejected, undeserving or unworthy?		
Have I reconnected with spiritual harmony and God as is best at this time?		
Does reconnecting with spiritual harmony and God benefit my physical reality and body for the best in some way beyond words ?		
Am I doing what is best as a human being here on earth in order to fulfill my life's purpose and soul's growth and to heal physically in harmony with LOVE?		

Go within and literally 'ask' your Higher Self,
 "Why I am manifesting (_____ a particular physical or life problem _____)?
 The answer almost always, or always, relates to some fear, rejection, or feeling of
 "unworthiness."

One's Responsibility In Exposing Others to Spiritual Concepts

If you expose a person to invisible truths and forces of nature which, by their very existence, defy scientific explanation or the person's existing beliefs, it is possible to unintentionally knock the traditional pins out from under his or her support system. Confronted with something inexplicable in terms of present empirical knowledge, even an intelligent, caring, and rational person can be forced to take responsibility for more than they can handle and you may just confuse them.

Question	Answer Before Clearing	Answer After Clearing
Do I want to share because of my ego?		
Is the person ready for what I have to share?		
Am I willing to learn from them?		
Will sharing with them assist them on their souls journey?		
Will sharing with them interfere with their soul's journey or life's purpose?		
Will what I want to share make the person uncomfortable?		
Is it best they are made uncomfortable?		
Will what I want to share confuse the person?		
Will what I want to share put the person in a genuine philosophical quandary that will interfere with their path?		
Will what I want to share force the person to take responsibly beyond their wisdom and ability?		
Will exposing the person to phenomena that is foreign to them upset their personal sense of reality to their detriment?		

Tables above are by the author. Some questions are Shirley MacLaine's and some are his.