



HOW TO CLEAR THE SUBCONSCIOUS MIND THROUGH SHAMANIC JOURNEY?

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A stepwise shamanic journey exercise on how to clear your subconscious mind. The number of traumas and overloads over multiple lives are so much for an individual to work alone that it is advisable to take the help of spirit and animal guides.

- Sit and relax, taking several deep breaths. You will be giving clear commands to your subconscious, so it helps to be as relaxed as you can be.
- Focus on the pull of gravity over your whole body. Feel how it makes you heavy. Allow gravity to do what it does to your body with no resistance.
- Shift your attention to your imagination and to your mind, where gravity has no pull whatsoever.
- Now imagine that you are entering an elevator, and that you are going to go down from the tenth floor to the ground floor. Feel the elevator lurch and begin to go down: ten, nine, eight, relaxing, going deeper, seven, six, five, letting go, relaxing even more, four, three, going down, two, one, deeply relaxed and ready.
- Let the door to the elevator open and step out into a natural landscape of great beauty. Before you is a wise old man or woman, smiling and beckoning you to come nearer.

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- Say to this wise person: “Thank you for being here. I came to ask you for help with clearing my subconscious mind of all extraneous baggage and limitations that are holding me back from growing and transforming. I know you can and will do this because I am using my free will to ask for your services. Begin to dismantle all retaining walls in my mind that are holding me back at this time. As I breathe each breath, the retaining walls fall away along with thousands of years of programming, worry, fears, and self-deprecation, including self-imposed blocks due to guilt and shame. Remove all guilt, all shame, all lack of forgiveness. Remove all anger, vengefulness, grief, and remorse. I no longer need any of these things for my progress forward.”
- Now say: “I am already feeling lighter, freer, transformed into my essence self. Thank you, thank you for helping me even when I am not consciously aware of it. From now on, you and I are partners. I know you want me to be ultimately successful in this endeavor and I will not resist or fight your efforts to assist me. I am that I am. I am the open door that no man can shut. I am on my way.”
- Now return to the elevator, enter, and close the door. Push the button and begin to rise up one, two, three, feeling lighter and more focused, four, five, six, clearer and more in your body, seven, eight, better and better, nine, and ten, all the way into your body and feeling great. Open the elevator door and be where you are.

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