

Break Down the Barriers!
Release Your Blocks to Personal and Professional Success
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Write your intention for taking this workshop.

What you want to release or change:

What you want to achieve or attract:

With the power of your consciousness, energy, and internal spirit, you can shift energy blocks and transcend obstacles. It's important to bring your intention to releasing old blocks as well as bringing intention to creating new results. You don't have to identify each obstacle, but it's a good idea to consider the issues that could be holding you back.

A. INNER ENERGY BLOCKS HELD IN THE CHAKRAS

- 1) Difficult experiences and memories from the past;
- 2) Negative conclusions based on those experiences;
- 3) Karmic energies and emotions and encoded contracts;
- 4) Predominant emotional patterns;
- 5) Unhealthy and limiting beliefs, misinformation;

Meditative Process – Chakra clearing

Cognitive Process – Thought restructuring

B. OUTER BLOCKS - RESISTANT PEOPLE AND SITUATIONS

- 1) Hostile or competitive people;
- 2) Negative family or friends;
- 3) Shared consciousness patterns (including economic)
- 4) Environmental influences & logistical problems;

Guided Visualization to clear the road and move forward

C. OPTIMISTIC INTENTIONS

- 1) Conscious release and positive intention;
- 2) Affirmations.

Clearing Blocked Energy from the Chakras

The Chakras are the energy centers of the body. Many things can become stored there, including emotions, beliefs and encoded information from this or past lives, as well as physical problems and etheric memories. When energies get locked into chakra storage, it can be very difficult to balance your vibration and align yourself with the flow of Universal abundance. You don't need to know exactly what's blocked in your chakras, but certain signals can indicate where an issue or memory may be lodged.

Chakra & Common Color	Location	Central Issues and Emotional Signals
First Chakra - Root (Red)	Base of the spine	Issues: Survival, security, stability (even financial) Signals: fear for safety, feelings of insecurity, depression, financial scarcity.
Second Chakra (Orange)	Above the root-near sexual organs	Issues: Sexual issues, intimacy, creativity Signals: Fear of intimacy, stuck creativity, lack of self-nurturing.
Third Chakra – Solar Plexus (yellow)	Above the navel, below the sternum	Issues: Emotion, desire, life force, self-valuing. Signals: Scattered energy, low vitality, lack of purpose.
Fourth Chakra – Heart Center (Green or Pink)	Mid-chest at heart	Issues: Love, acceptance, hope, forgiveness. Signals: Hatred, anger, self-loathing.
Fifth Chakra – Throat Center (Blue)	Center of throat	Issues: Communication with self & others, self-expression. Signals: Inability to express or stand-up for oneself, fear of conflict, self criticism.
Sixth Chakra – Brow (Indigo)	Forehead between the eye brows	Issues: Sight, insight, personal vision, clarity of thought, intuition Signals: Confusion, lack of direction and clear thinking.
Seventh Chakra – Crown Center (Violet or white)	Top of head	Issues: Spirit connection, “door to higher self,” intuition, higher power Signals: Lack of faith or trust, feelings of isolation, issues of lack.

Intention: Powerful, vital energy is flowing through me now. My chakras are open to their perfect, healthy, vibrant state. I am free, flowing, and aligned with the blessings and beauty of the Universe.

The Seven Toxic Thought Patterns

All toxic thought patterns fall into one of two categories: Devaluing and Catastrophic thinking, which are the 1st two types of negative thought patterns:

1. **Devaluing** dismisses the value you could find in yourself, others, situations, or events. Signals of devaluing are judgment and criticism for yourself or others. This minimizes the worth of your life and creates a lack of appreciation.
2. **Catastrophic thinking** is the other major category of negative thinking. This looks at the “worst case scenario,” anticipating all the things that could go wrong – even if there’s a chance of things going well.
3. **Urgency** is a pattern of need and unrest. It comes from the need to be certain about how things turn out, and it leads to agitation, fear, and the need for control - all emotional vibrations that block receptivity.
4. **Comparing and competing** not only devalues you, it creates striving and envy, fragmenting your harmonic connections with others and the Universe. This blocks assistance and support from the Universe.
5. **Victimization and blame** will cause you to lose your power in your own life and in the world. It also causes you to focus on what’s wrong and fear more of the same in the future.
6. **Absolutes or all-or-nothing thinking** can be judgmental, like “I will always be fat,” or catastrophic like, “I’ll never get a job.” Negative absolutes do not represent your truth, and they block alignment and balanced energy.
7. **Time warping** is a form of catastrophic thinking that jumps back and forth from the past to the future. Time warpers constantly rehash old experiences, often engaging in self-recrimination, wishing they could have done or said something different in order to create different results. They also run future events and potential encounters through their minds, anticipating future events and worrying about their outcome.

Change That Thought!

Most of your negative thinking will come from one of the seven toxic thought patterns. They are important to know, because without identifying these sources of your negative energy, it will be difficult to break these mental habits. As a result, doing the thought restructuring sheets will be a vitally important part of making your energetic shift. The process itself is relatively simple:

1. Notice when you are having a difficult feeling. This is a sign of negative thinking. Describe the feeling and the situation that caused that emotion.
2. Identify your negative thoughts and write them down on the left-hand side of the page. After each one, write the number of the toxic pattern they represent.
3. Replace each thought with a more nurturing and self-valuing conclusion on the right-hand side of the page. You don’t have to be convinced of the truth of your optimistic conclusions at first, but you must write them down in order to consider them as real options in your cognitive process.
4. Write a new intention concerning the situation, one that will shift your focus and your energy.

Sample - Thought Re-Structuring Sheet

Describe the upsetting event and identify the negative feelings (such as: sad, anxious, angry, guilty, afraid, etc.)

Event: news of “downsizing” to come.
Feelings: angry, sad, and fearful.

Negative Thoughts	Positive Response
<p><i>What if the boss decides to let me go?</i></p> <p>Thought patterns: 2, 7</p>	<p><i>I can let release that thought. I work hard and I know that I am valuable. I choose trust and a peaceful attitude.</i></p>
<p><i>Others have a better chance. I always get the raw deal!</i></p> <p>Thought patterns: 4, 5, 6</p>	<p><i>I am just as good as anyone else. I deserve to stay, and I deserve my own respect.</i></p>
<p><i>I’m not smart enough. I’d better start looking for another job now.</i></p> <p>Thought patterns: 1, 2, 3, 4, 7</p>	<p><i>I am smart and capable. I can look for a job if I want to; but there’s no hurry. I live in trust and self-actualization.</i></p>
<p><i>I’ll never get another job if I lose this one.</i></p> <p>Thought patterns: 2, 6, 7</p>	<p><i>I can handle anything. No matter what’s going on, I can see things through. The Universe is abundant, and I am open to receiving all that it has to offer.</i></p>

Toxic Thought Patterns

1. Devaluing; 2. Catastrophic thinking; 3. Urgency; 4. Comparing and competing;
5. Victimization; 6. All-or-nothing thinking; 7. Time warping

New Intention:

I trust in the value that I bring to any organization. Whatever happens, I believe in myself and my abilities. I am strong and resilient. I am powerful, peaceful, and determined. I am blessed with spirit’s wisdom and guidance. All is well.

Positive Intention & Observation

Quantum physics brings the theory of observer created reality to your life through your thoughts. The Law of Manifestation insists that what you observe about yourself and your life will create your reality. So once you make the significant shift to conscious self-valuing in your beliefs and in your thinking, you will be able to break through old negative thought patterns and create a joyous emotional energy that will attract joy in return and transform all that you experience

Write a Positive Thought about:	
Myself	
My appearance	
My future	
My job/career	
My family	
My love life	
My social life	
My spirit	
My worthiness	
My possessions	
Money / the economy	
The world	
Our shared future	

Affirmations

Whenever you feel stuck, *at least think of what you can choose to release*. Acknowledge that you DO have the power to let go of all patterns of negativity. Release limitation. Think big. Think joyous. Think deserving!

- 1) Today I am practicing the energy of release. I let go of worry and choose trust!
- 2) As I go through my day I am noticing opportunities to release tension and relax. Every hour or so, I remember to take a deep, cleansing breath.
- 3) I release the need to criticize or devalue. I love and value my life and myself.
- 4) I release the need to blame others. I take responsibility for my own life.
- 5) I am free of the past. Everyday is a new day – every moment a new opportunity.
- 6) I communicate openly with myself and others. I affirm myself in a gentle, loving voice each day.
- 7) I am releasing urgency and living with trust. I value what I already have.
- 8) I know that I am strong, honest, confident, peaceful, and resourceful.
- 9) Abundant wealth and happiness flow through the Universe, and I am worthy of receiving all that I desire.
- 10) I am one with the Universe. I open myself to the flow of love and blessings all around me.
- 11) I release conflict. I choose peace.
- 12) Divine Love fills me up. My life is a meditation and a peaceful prayer.
- 13) With every tranquil thought I think, the energy of peace expands.
- 14) I walk and move at a leisurely and comfortable pace. I do everything in an easygoing manner - I am relaxed. I carry that relaxing energy to others.
- 15) I embrace a peaceful attitude. I let go of worry, hurry, and the need for control.
- 16) I release competition and choose to see people in a different light. Everyone is a blessing to me.
- 17) I enjoy the present and trust in the future. I see my life as an adventure that I myself create.
- 18) My life is full, flowing and fulfilling. I look for the value in every experience. I am free.
- 19) I release the need to worry about the future or relive the past. I focus on the present from now on.
- 20) I am a wonderful, valuable person, deserving of all good things.