

Transmuting Emotions

If you look through Louise Hay's book, *Heal Your Body*, you'll see emotions show up over and over again under the "probable cause" section for the diseases and symptoms listed. Most of us didn't have very good role models for expressing and working with our emotions as a creative energy source, so our bodies literally store these emotions until they can be used properly.

Too often in spiritual circles, people are encouraged to meditate their feelings away. A very important key to healing is to identify and accept the emotions, honor our feelings and transmute them into a power source you can use.

How were emotions, especially anger, handled when you were growing up? How do you handle your anger now? Take some time to write in your journal how you feel about expressing so-called "negative" emotions. When I'm doing energy work with my pendulum, which is called dowsing, I like to call these emotions non-beneficial instead of negative. The reason for this is because these emotions can be turned into beneficial energy, which is what transmutation is all about. Transmuting energy is about working with what you've got and making the most out of what you already have.

Have you ever noticed you tend to feel more anger toward the people you love the most? Get out a sheet of paper you can later burn for this exercise.

Close your eyes and take a deep breath. Allow your body to relax. Tell yourself that you are ready and willing to become aware of your emotions and honor them. Now, open your eyes and complete the following sentence on a loose piece of paper:

I feel angry atbecause.....

Finish that sentence three times. Notice where you feel anger in your body.

Now, take your pendulum with your chart and measure the amount of energy you are holding in your body. After measuring the energy, ask to neutralize the anger and take it to a zero. If you need a copy of a dowsing chart, I have attached Raymon Grace's chart.

Once you have neutralized the anger in your body, you have pure energy potential to work with, like a lump of clay you can sculpt. Ask yourself, what would you like to transmute that neutralized energy into? Take your time with this and get clear on your answer. Be specific and ask the pendulum to build that energy for you.

Example: I would like to increase confidence, turn that anger into CONFIDENCE and hold that power in my body. Please take the anger I have neutralized and turn it into

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confidence. (Feel free to take out the word confidence and replace it with the emotion you would like to experience and hold in your body.)

Let the pendulum work as long as it needs to, allow it to spin freely.

Now, finish this sentence on the piece of paper: I feel guilty because.....

Write that sentence three times and then close your eyes. Where do you feel guilt in your body?

Measure the amount of guilt you currently hold in your body. Take it to zero and neutralize. Now, replace the guilt with an emotional frequency you would rather hold.

What emotion would serve you better than guilt? How about WORTHINESS? You decide what emotion would fill the spot in your body where guilt has lived.

Guilt tends to take up space in my left breast for some reason. I can feel a certain pain in my left breast whenever feelings of guilt arise. Pay attention to your body so you can help it process these feelings.

And now, for the last emotion. Write on your sheet of paper: I feel fear that.....

Finish this sentence three times. Where in your body do you hold fear? Close your eyes and notice.

*I hold fear in my neck and chest. My neck will flare up and get red when I feel threatened. Wonder if nooses and guillotines from the past have anything to do with that? Hmmm. When this happens to me, I remind myself of my present circumstances and how peaceful and safe my current life is now. Next, it's on to the deep work of transmuting energy.

Take your pendulum and chart and ask, "How much fear am I holding in my body?"

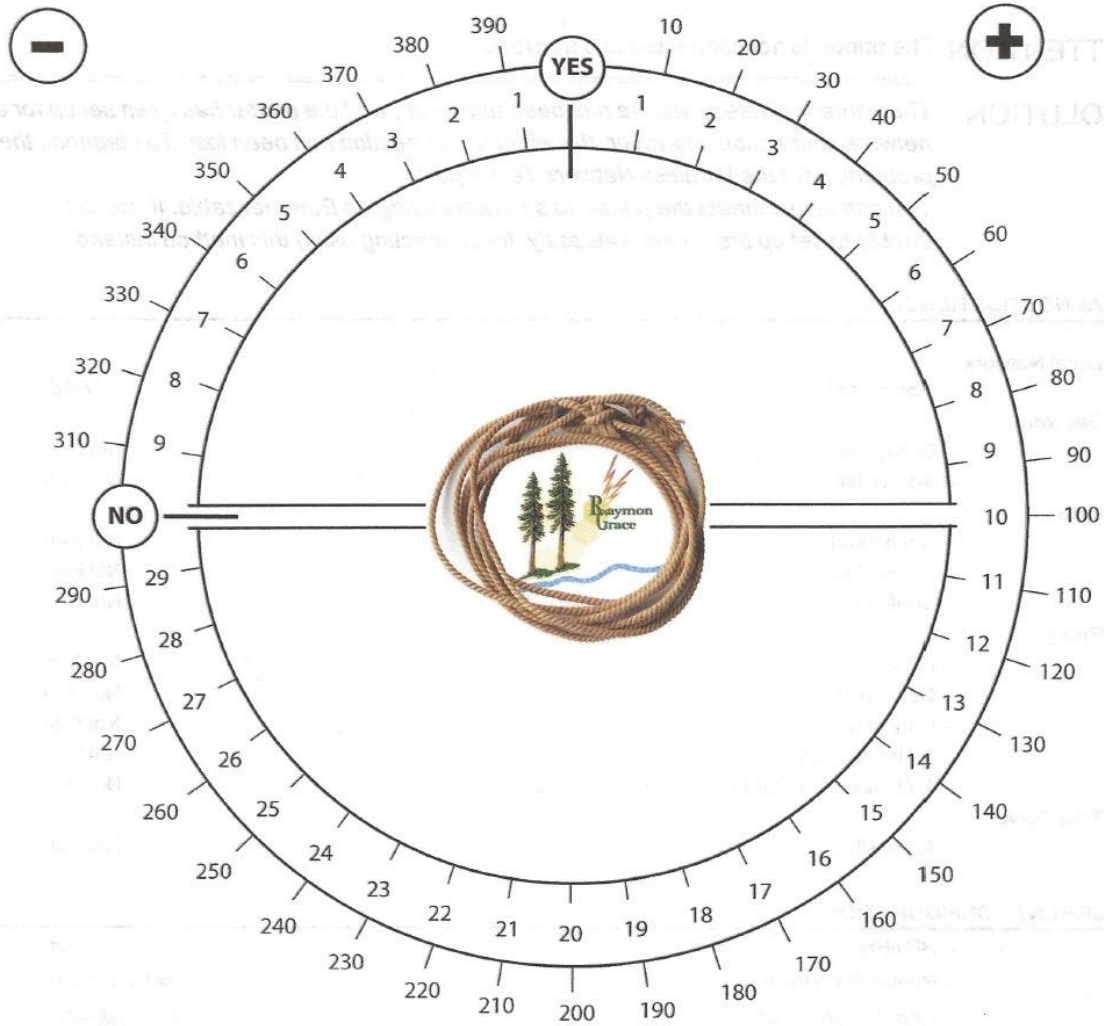
Measure the energy and then ask to take the level to zero, if it's possible to neutralize all fear in your body.

After the pendulum works with your intention to neutralize the fear, get clear on what you want to transmute fear into. I like to take fear and turn it into INTUITION but you can replace fear with anything you want and put in your own emotion here.

Ask to bring in the frequency of the new emotion. Ask to hold as much intuition as your body can transmit of that new frequency. Now, measure again: How much intuition do I currently hold in my body?

Finally, take your piece of paper and tear it into small pieces. Burn the paper and watch the emotions you wrote transform into another shape and form. This is a powerful step in your emotional healing process. Repeat often!

Dowsing Chart



Created by Walt Woods and adapted by Raymon Grace. Used by dowsers all over the world.

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