Lesson #12

Own Your Power with Transformational Healing Technique

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Lesson 12: Own Your Power with Transformational Healing Technique

Well here we are at Lesson 12. It is hard to believe it has been a year since we started this journey. As I reflect back, I can certainly see that I have transformed over the past 12 months. This last lesson is a sign of my own transformation. I started out mostly teaching you the tools I had learned that had been helpful for me in my journey. The main exception was the One Minute Meditation which is a tool I developed.

Now 12 months later, I have acknowledged my own natural ability as a healer and am excited to teach you a healing technique that I developed. It is actually the most powerful tool I have ever used to date. To say it is mine is somewhat of a misnomer though. I actually feel like it was a gift. The start of this healing modality showed up in my body in a healing session that I was receiving from another healer. Yes, we all need help from other coaches and healers at times. So don’t worry if you are not able to clear everything yourself. There are plenty of us here to support you when you are unable to clear a block yourself.

I am going to ask you to reflect back on what your transformative journey has brought you over the past 12 months in a separate email, but first let’s get on with today’s lesson.

**Transformational Healing Technique**

This technique is based on 2 main principles: The healing power of the pyramid and the healing power of love.

**The Pyramid:**

When I first discovered this healing modality, the vision of a triangle appeared in my body – later I realized it was really a pyramid. I did some research on the internet to see if and how others were using the pyramid in healing. I saw lots of crystal pyramids to place in your home and large pyramids that you could place in your yard which people actually sit in to heal. But it occurred to me that since everything is energy, you should not need a physical structure of a pyramid to heal – but that we should be able to bring the energy of the pyramid to us through visualization. I have definitely found that to be the case.

In preparation for this lesson, I decided to do further research and I found more about the healing power of the pyramid which goes back to ancient Egyptian times.
According to John DeSalvo, PhD, Director of Great Pyramid of Giza Research Association, no one was ever intended to be buried in a pyramid in its original intent! No evidence of an original burial in any of the major Khemitian (Egyptian) pyramids has ever been found. Also no inscriptions or reliefs either depicting or stating that any king was ever buried in a pyramid have ever been found.

Ancient Egyptians used the term *Per-Neter*, for pyramid. When interpreted in alignment with the indigenous tradition, this means "House of Nature and/or House of Energy" One of the main purposes of the pyramid was to generate, transform, and transmit energy. I was so excited when I learned that as it is exactly what we do during Transformational Healing Technique.

**The Healing Power of Love:**

The power of love is a bit more widely understood than the power of the pyramid. Here are a few examples and quotes about the power of love.

- According to Dr Dean Ornish, MD, “Love and intimacy are at a root of what makes us sick and what makes us well, what causes sadness and what brings happiness, what makes us suffer and what leads us to healing”

- I am not a fan of animal research but I thought this story was worth repeating. Investigators at Ohio State University were researching the effects of diet-induced atherosclerosis in rabbits. All was going well—which, in this case, means the rabbits were getting diseased—in all studies except one. The researchers were able to induce atherosclerosis by feeding rabbits high-cholesterol diets, but one group inexplicably had 60 percent less atherosclerosis. The experimenters were baffled and tried to find the responsible factor. Nothing they tried proved to be it—not diet, not room temperature, not anything they could change and measure.

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  Finally they discovered that the particular researcher in charge of that group really liked rabbits. He would talk to them, pet them, give them lots of love. So the experimenters staged other experiments in which control rabbits were ignored while other groups were cuddled and talked to while all other variables were kept the same. Sure enough, in every case the rabbits that had been loved had at least 60 percent less incidence of atherosclerosis than those that were not shown affection. Atherosclerosis, by the way, is statistically the disease that kills the most Americans.

  The lesson here is that love is powerful medicine. Love and compassion are necessary to us all and can even affect research. Caring and loving feelings can reach out and affect diseases and create healing—even when you are experimentally trying to induce illness.

  Adapted from *Animal Angels*, by Stephanie Laland (Conari Press, 2005).
The healing power of love was highlighted in the movie, "What the Bleep Do We Know" which premiered in Feb 2004. One of the contributors to the movie, Dr. Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, and water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.

Let me highlight an experience of the healing power of love from my own life. During the first couple of years after I adopted my dog, Georgia, she adored my husband and was somewhat aloof towards me. She was not a warm, fuzzy kind of dog, like my other golden retriever, LB.

One day I intuitively laid down on the floor facing Georgia. I looked into her eyes and I sent her love. I kept repeating “I love you” over and over again for about 20 minutes. It was sincere and came from my heart. As I did this, she moved closer and closer to me until she had her head on my lap. It was very moving.

From that day forward, our relationship was transformed. Georgia was not only warmer towards me, she became my guardian angel and always watched out for me. The bond we had was incredibly strong – actually stronger than the bond with my other dog who had been with me longer. Georgia passed away this year, but I know she is still watching over me.

Combining the Power of Love with The Pyramid

Now that you understand more about the healing power of love and the transformational energetic power of the pyramid, you can understand how combining these two energetic tools could be incredibly powerful. And indeed they are.

How I Have Used This Tool With Clients:

I have used this tool (THT) to help clients transform their blocks to owning their own power, become their authentic selves, be able to focus in a room of people when before that seemed impossible, transform blocks that were keeping addictive habits in place, strengthen their health in individual organs in their body, speak up for themselves, gain the confidence to make a career change and much more. The uses for this technique seem to be endless. My coaching to you is to try it on everything. If you are unable to clear something yourself, then you may want to set up an individual session.

I had one client tell me that his therapist who does energy work had tried unsuccessfully for two sessions to clear the block in the way of him staying grounded in his own power. In one session using THT, we cleared three blocks including a shield over his heart, and he came
out of the session transformed and has since stood strong in many areas of his life where he
normally would have been mousy, jealous and lacking in self esteem.

**How to Use THT**

**Step 1:** Decide what you want to have a breakthrough in.

**Step 2:** Do the eye scan to get centered in your body

**Step 3:** From this centered place inside your body, scan for the tight or uncomfortable
place in your body that this block is held.

**Step 4:** Notice the size, depth, shape, texture and color of this block. (to the degree you
are able – don’t worry if you are not too visual you may just notice how it feels)

**Step 5:** Ask this part of your body some questions such as; What is your purpose? Where
did you come from? Are you mine? Are you from this lifetime? Listen to whatever answers
come. If you don’t get any answers, let that be okay. You can still transform it.

**Step 6:** Visualize a transparent pyramid over this area in your body.

**Step 7:** Imagine the pointed top of the pyramid stretching up through your body out the
top of your head (crown chakra) and up, up, up into the universe until you reach the light.

**Step 8:** Open the top of the pyramid just enough to allow the unconditional white light
loving light of the universe into the pyramid and allow it to pour down into the pyramid and
cover the block in your body.

**Step 9:** Allow this unconditional love to embrace this area in your body and love and accept
it just as it is.

**Step 10:** Continue to bathe this area in white loving light. See the word “love” stamped all
over the area. See that part of your body begin to allow in the love.

**Step 11:** As you continue to do this, this part of you, will begin to transform shape. It may
change shape all together, get smaller, lighter, bigger – just notice.

Continue to send it love until it has either transformed into a positive source in your body or
has disappeared.

**Step 12:** If it transformed into something positive, allow it to take that positive energy and
send it to every cell in your body.

**Step 13:** Check that area of your body to see how it feels now. If it is clear, then scan the
rest of your body to see if there are other tight areas. If so, repeat this process on other
areas.

You will want to use your intuition as you do this process. For instance you may have the
sense that the block is from childhood when the young child in you was hurt and they are
trying to protect you from being hurt again. In those cases, you might want to let the adult part of you dialogue with the younger child until they feel safe again and ready to let go of that need to protect. This will not always be necessary. Just notice if you are intuitively led there.

Please note that this technique is very powerful. After doing a session, drink lots of water. You may also want to take probiotics and/or take an Epsom salt bath to draw out the toxins. Otherwise, you could get sick.

Just like anything else, there may be several layers to your issue. Give this process a week to integrate before doing another session.

Let us know what you notice.

**This Month’s Assignment**

1) Pick an area of your life that you still feel blocked in. Rate the intensity of this issue on a scale of 1 - 10

2) Go into your body to find the block and use the Transformational Healing Technique to transform it and any related blocks that may be there.

3) Check back in and rate the intensity of this issue again.

4) Drink lots of water and take an Epsom salt bath that evening.

5) Allow the work to integrate over the next week.

6) Observe yourself in life and notice where you are responding differently.

7) Share what you notice on the Forum and ask me any questions about the process on the Forum as well.

**Coming Up in the Future...**

I will be sending you follow up emails summarizing the 12 tools you have learned over the year and give you an opportunity to look back and report on your own transformation.

As a graduate of Life Transformation Tools, you will also have the opportunity to make money by sharing this program with your own team or list or even personalizing it to meet the specific needs of a group.

More to come...I am going to be ramping up my programs in the coming year and will be working with Soul-preneurs (entrepreneurs who run their businesses in alignment with mind, body and spirit and are doing something that feeds their soul ) to show you how to fine tune and accelerate the attainment of your goals while staying true to
Wishing you the best in living out your dreams,

Stacey Mayo, The Dream Queen
Master Certified Coach and Publisher of Life Transformation Tools & More

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