

## Cut Negative Past Impressions from Senses of the Soul by GuruMeher Khalsa

Shame—any instance of feeling less than good and strong—is a call for cleansing. When you feel crappy, you need to eliminate not yourself but some belief about yourself that diminishes you. Every time you feel diminished and unacceptable, it is an opportunity to do the self-defining work that wasn't possible when your sovereignty was attacked in the past. Any wound to your self-esteem that was left by selling yourself out can be healed now by using what you didn't know then. Your consciousness has been patiently waiting as you have learned to walk in your grace. It can be helpful to recall the incident, but more important is to identify the belief and the feeling that took hold at that time. Then let go of those beliefs and replace them with more accurate, empowering images of your current self.

### ***Emotional Resilience: Cutting the Negative Thoughts***



a. Press your elbows into your ribs as you extend your forearms pointing in front of you, parallel to the ground. Tightly hold the ring and little fingers of both hands with your thumbs. Spread the straightened index and middle fingers into a “V.” Your palms should be facing each other, with the fingers pointing straight ahead.

- Fully open and close your fingers, like scissors. Do this quickly for 3 minutes. After 3 minutes, begin continuously pulling your most negative thoughts from your subconscious. You are cutting your bad luck, your bad thoughts, your misfortune, your everything. Even in spite of that, you will feel miserable. The faster and fuller you do it, the better the result will be. Keep scissoring your hands and cutting up those negative thoughts for 11 minutes.
- Continue moving the fingers and begin Cannon Breath through the mouth without rounding the lips. Do this for 90 seconds.

- Keep moving the fingers, but now begin to create a “Pa pa” sound with your breath. Don't speak; just form the natural sound from the movement of your lips. Continue to bring up negative thoughts and cut them as you do this for 90 seconds.
- Keep moving the fingers, but now imagine that you're abusing someone with your mouth and lips. Silently speak; become obnoxious and then abusive in your thoughts. Pull the negative, obnoxious, abusive thoughts up to the surface and release them for 90 seconds.
- As you cut, call on thoughts and feelings of shame; call on every memory, thought, and feeling and all your reactions to them. Just dig it out and let it fly. The pain in your fingers may help you access some anger about it all. Use that anger to cut and eliminate all your memories of anything that you feel bad about, any one or any thing that hurt you, your own smallness. Cut out all that's not serving you, all that is not your highest self. When the intensity diminishes—or in the final few minutes if it doesn't diminish—fill the space you created with all that you recognize as good, strong, and pure.
- To finish, inhale and exhale to relax.



- b. Remaining seated, clasp your hands behind your neck. Move your elbows in and out as you dance from the waist upward. Be forceful, angry, and wild while your lower body remains a solid base. Use some drum music. Continue this movement for 6 minutes. Really shake, release, celebrate, and exalt yourself.
- c. Inhale and immediately bring your arms straight overhead. Spread your fingers wide; don't let your hands or fingers touch each other. Hold this position as you do Cannon Breath for 60 to 90 seconds. Inhale deeply and



stretch up more. Exhale. Inhale. Stretch up even higher and hold for 20 seconds. Inhale. Stretch and do Cannon Breath quickly for 15 seconds. Exhale. Inhale. Hold the breath in for 20 seconds as you stretch and pull up every bit of you. Exhale and relax.

d. You can now feel your great intrinsic worth. There's no work to it; it just rises up for you to see and enjoy. Reside delightfully in it; sit and enjoy who you really are, without any thought at all. The

message of Shame from your Soul has done its job and will now retreat until needed again to further polish and clarify your essential diamond nature.