

Letter 2-O -- Oneness, Openness to change



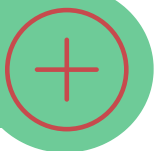
During your lifetime, you are exposed to many different types of experiences. Many of the experiences are positive. However, some are negative. The negative experiences add negative layers of energy to you as a person.

Each negative experience you encounter, especially if the experience was painful for you or caused you some type of physical, emotional, mental, psychological or sexual harm or abuse, creates another "negative energetic layer" that you carry around and that ultimately defines who you are, how you react to your own reality and how other people observe and interact with you. These negative experiences also become part of your "story" that you tell over and over to anyone who will listen and create separation.



These energetic layers of negative experiences also act as erosive forces that separate you further and further from the energy of a higher power that is identified by many different names including the energy of the Creator, Source energy, Divine energy, energy of the Universe and the many different names of God as defined by the religions of the world, etc. I am going to identify this energy as the energy of the Creator.

The more separate we become from the oneness of the energy of the Creator, the worse we feel and the more likely we are to experience negative emotions such as fear, anger, sadness, guilt, shame, embarrassment, etc. on a daily basis.



The less separate we are from the oneness of the energy of the Creator, the better we feel and the more likely we are to experience positive emotions such as love, joy, happiness, hope, optimism, confidence, etc. on a daily basis.



In the picture above, the sea stacks with their multiple layers have been separated from the coastline by the forces of water and wind erosion. Even though they have been separated from the coastline, they are still connected to the coastline by the ocean of salt water.



Like the sea stacks, no matter how much separation you have created for yourself, or think you have created for yourself, you are always connected to the energy of the Creator by an ocean of positive, loving energy.



So how do you reduce your separation from the energy of the Creator and lessen the impact of multiple energetic layers of your negative experiences? Consider the following 4 steps to reduce your separation and make a positive impact in your life.

Identification:



Identify each negative experience that have caused you to create a negative energetic layer for yourself. This step may be difficult, but is necessary. When you identify something negative in your life, it has less power of you. Write, then say "I am identifying _____."

1

Acknowledgement:



Acknowledge the existence of each negative experience you have identified. You cannot change what has happened to you. The experiences are already in the past. However, you can change how you react to the negative experiences you have encountered right now and moving forward. Write, then say "I acknowledge _____."

2

Gratitude:



Be grateful you were able to identify and acknowledge your negative experiences. They have in part, made you the person you are right now. We live our lives by contrasts. By identifying and acknowledging your negative experiences, you understand what you do not want, more negative experiences of the same or similar type. Therefore you can now focus in on what you do want, more positive experiences of all kinds. Write, then say "I am grateful and thankful for _____."

3

Release:



There is an old saying, if you are hanging onto something, you must have a need for it. Since you do not need any of these negative experiences or their associated emotions, or their layering upon you, release the need for them. When you release the need for your negative experiences, you lessen their energetic impact on your life and allow more positive energetic experiences to enter your life. To begin to release a negative experience, write, then say "I am releasing the need for _____."

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