

You don't have to go to the Airport To lose your Baggage

Now is the time to take an inventory of your life and what is happening to you. Are you feeling like everything is going faster and faster? Maybe you feel like there isn't enough time available to finish all the things that you have planned for the day or the week? Many people are having this same experience.

The question becomes how do you get through this time warp with the minimum amount of turmoil? Since everything feels like it is speeding up, is there something you can do to glide through your day with less drag holding you back? Yes, there is. It has to do with unloading the excess baggage that you are carrying around.

Imagine trying to swim wearing a full set of winter clothes. It would be very difficult to make any forward progress. You are curious about what is happening because you can remember when you were able to dive and swim and frolic through the water with ease when you were only wearing your swimsuit, and now for some reason you are held back. Could it be that along the river of life you picked up some excess emotional baggage, maybe even without realizing it, and it, like your sodden clothes, is weighing you down? If so, what should you do about it? Is there a way to conveniently leave it behind? Why would you want to drag all your old baggage with you anyway? Let's eliminate some mental and emotional resistance and get moving freely again!

The first step toward this freedom is to recognize that you have baggage. Do you know anybody who doesn't? I don't! What should you do about your baggage now that you recognize it? The best thing to do is to be willing to face it, own it, learn from it and eliminate it.

Think about what happens if you have a road block in front of you and you can't get where you want to go the way you used to. Now, either you have to change where you are going or you have to change the way you get there. The operative word is CHANGE. And change is

frightening for many of us. Change takes us out of our comfort zone and flips us into the unknown, which can be very unnerving. Often we remain in our discomfort, our busy-ness, our inability to accomplish as much, dragging along the excess baggage simply because we are familiar with the pattern. That may be good or bad, but it is what it is and we are willing to put up with it because it is a known commodity.

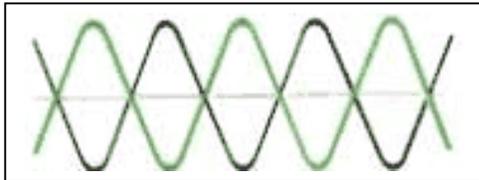
Wouldn't you like to find the actual origin of the excess baggage quickly and get rid of it once and for all?

I love those one-page-a-day calendars because I can read the saying or the joke for that day, then use it as scratch paper to make lists for later which allow me to read the saying or joke a second time. I found one that was so meaningful to me that rather than using it for my grocery list I put it up on my bulletin board beside my desk: "Bad things don't happen to us, we bring them to us so we can learn a lesson." Let's learn the lesson and understand how it is helping us to grow so we don't keep attracting the learning experience over and over. Once we learn the lesson, there is no longer any need to keep repeating it.

Have you ever noticed that the same patterns keep repeating? You date the same kind of person and expect a different result, or you change jobs and the same problems occur at this new job? This is a Life Lesson waiting to be understood. Your mind is a brilliant analytical device, and if you can figure out the lesson and harvest the gift from the behavior and use it to your advantage, you will be able to let go of that piece of "baggage" and move forward.

Inverse Wave Therapy is one exciting and effective new way to get to the core of emotional baggage quickly. It helps you change and remove the blocks that are keeping you from moving forward in your life. It helps neutralize major fears and phobias by tracing them back to the origin, whenever that was. This is done using relaxing touch, sound, and vibration, which all work together to trace the experience clear down into the soul level where you carry all of your past negative experiences. Life experiences are carried in wave form (vibration) in your cellular structure and emotional bodies. Inverse Wave Therapy works with the actual vibrational frequency of a past

event, not just with a memory. If you change the vibrational frequency, you change the memory. That way you don't carry it forward and keep repeating it. The basis of Inverse Wave Therapy is simple: Identify the vibrational frequency that is creating your reality (the problem) and expose it to the exact opposite vibrational frequency (the gift) to neutralize it.



Think of it this way: The waves have highs and lows. If the down is negative and the up is positive, they cancel each other out and open a neutral (center) space in which the healing can take place.

The same principle is found in sound cancellation earphones that so many people are wearing on airplanes. The idea isn't to block out all noise, it is to introduce the opposite frequency which cancels out the airplane noise and leaves a neutral space into which you can introduce the sound track of the movie. With Inverse Wave, you insert an empowering memory message to fill the vacuum.

We live in the illusion of linear time with a past, present and future. Who you are is determined by who you think you are going to be. That thought is a wave pattern waiting for you to walk into as you step into your future. Consequently, if you change the wave pattern or vibration of the past, the present and future naturally have to change also. When you rewrite or re-script a scene that originally created a memory, it stands to reason that because the past memory or vibration has changed, the future behavior surrounding that memory will change. It no longer exists as it did before. The event happened, but you have changed the memory of the way it happened so your attachment to it has changed and your reaction to it has changed. The key to making this change is to understand the gift or lesson in the past behavior.

As an example, "Barbara" came to me saying that she had always been the "Black Sheep" in her family, and that life had always been

difficult and filled with confrontation for her. In searching for the first instance of her sense of abandonment, she took herself back to the womb before she was born. She knew, even before she drew her first breath, that her parents were wishing that this child had never been conceived. Her mother was not married to her father, and her mother's family was unforgiving about the "bastard" child. As a youngster, her memories were all focused on the ways she was unable to please the adults in her life or to extract any warmth from her family. In searching for the gift in this series of truly tragic events, she realized that each of these rejections threw her back on her own resources, and as a result she had developed a much deeper sense of compassion for people on the margins of society, for the less fortunate, and for other abandoned children. As an adult, "Barbara" had developed a series of strong, positive mentoring relationships with young people in her church. She realized that she was able to be effective with these young people because she had developed a deep understanding of the dynamics that impacted their lives. Once she captured this gift and really understood how much emotional capacity she had built through her difficulties, she was able to renegotiate her soul contracts with some of the key players in her early childhood drama. In her soul conference, she asked her uncle to step into her life in a more prominent way as her champion. She negotiated a softer relationship with her mother. She saw her mother and uncle looking forward to the miracle of her birth in spite of the challenging circumstances. She was also able to appreciate that it was very difficult for members of her soul family to play these harsh roles in her life, but that they did so out of love for her, and a willingness to help her learn her soul lesson. She let go of her role as victim, and took hold of her power. Since gaining this insight, she has been able to relate to her mother and uncle in a much softer, more loving way, and they are beginning to respond in kind. She no longer applies negative labels to her role in the family, and has moved to incorporate her mentoring skills into her work life which is beginning to flourish.

In another case, "David" came to me because he wanted to get rid of his fear of escalators. Together we traced it back and discovered it came from a past lifetime when he was a soldier and felt that he was more skilled than his fellow soldiers. Apparently he was quite arrogant about his skill level and didn't treat his companions very

well. We explored the gift/lesson and realized the present fear of escalators and falling was to teach him humility that he didn't have in that particular past lifetime. In this life, his soul wanted him to be reminded frequently of how easy it is for the lofty to fall! He rewrote that script to reflect a greater sensitivity to his companions, a deeper humanity. In his soul conference, he agreed to be a better collaborator, and to share his knowledge rather than to hold it over his companions. Now that he has learned the purpose of the lesson, he can work on mastery of compassion. He no longer needs his fear of using escalators. That fear has been transmuted through re-writing the script of the past. As an added benefit, he has been able to make some great strides in working with a domineering boss, and he is getting along much better with his wife and children.

We all carry imprinting that we simply accept and stuff down inside, then cover up so we don't have to think about it anymore. There are many experiences we have all forgotten but they still have an influence over the way we think, feel, act and react. In this time of rapid evolution and quantum leaps, it is becoming imperative to understand and release all of the baggage we carry around. Fortunately, tools like the Inverse Wave are being developed to help us move quickly through our baggage so that we can be ready for our next big shift in consciousness. So stand back and be ready to embrace life without excess emotional baggage. And just think, by using some of the new methods available we truly can loose our baggage without a single trip to the airport!

Kathie Brodie is a Consulting Hypnotist and Inverse Wave Practitioner in the Seattle area. To learn more about her, visit her website at www.HarvestoftheHeart.com