

Releasing Negative Thought Forms

A thought form is a projection of energy that forms in the aura. Our thought forms are our perceptions of what we believe is real for us whether they are conceptions or misconceptions. A negative thought form occurs when we are unhappy with ourselves or someone else. This is concentrated energy and exists as a focus of negative thinking. These negative thought forms can be viewed within the aura. The color and intensity depends upon the energy the individual has bestowed them with, but usually appear just above a person's head as a small grey cloud.

We all recognize when people are upset or in a dark mood, they tend to walk around very tense and everything about their body language screams that they are miserable – or you can just feel their unhappiness. There are ways to release these negative thought forms.

TWO EXERCISES FOR RELEASING:

1. THE PINK BALLOON

Visualize a pink balloon above your head. Now feel all your negativity, anger and frustration rising up into this balloon. This may take a few minutes. Then say out loud:

“It is my free-will and choice to remove and release all negative thought forms from my aura. I call upon my Higher Self and the Universal Healers and ask that this negative thought form be disconnected from me and that the energy be turned into positive energy and returned to the physical plane for planetary healing.”

Take a nice deep breath and relax. Visualize the balloon above your head with a thick white cord connecting the balloon to the top of your

head. Take a pair of silver scissors and cut through the cord. Take a nice deep breath and as you exhale, feel the balloon filled with negative energy floating away from you and off into the distance and finally out of sight.

By using this simple technique regularly, we can keep negative thought forms from building up.

WASH BROW CENTER IN WHITE LIGHT

Close your eyes and focus on your brow center. As you're focusing, feel the pressure building up – as you maintain your awareness, the pressure should continue to increase. Now wash white light down through your crown and through your brow center, or third eye, and take a nice deep breath. As you exhale, feel the pressure of the energy that was building up at the brow releasing. Use your breathing to help you release any stored energy that is built up at the brow level. You should have a feeling of lightness as you release this energy. Now take the energy to the top of your head, to the Crown Chakra. Feel the energy there, building up once again as you focus on it. Once more take a deep breath and as you exhale feel yourself blowing your top as you release the energy that is built up there. Feel it releasing in a steady stream as you exhale.

Now take your awareness above your crown center, take a deep breath and as you exhale, feel yourself releasing energy. There should be a sensation of lightness about your head. Now take a moment to relate to the difference that you feel in the aura from one area to another. If your focus doesn't go into any particular area, and it feels very light, like a cloud and your awareness just moves through it, then you do not have a negative thought form. If you have a negative thought form sitting in your energy field you will find as you focus on lightness, that your awareness goes to a particular area of energy in your aura and this energy will feel heavy or dense. Repeat bringing down the white light through your crown

and into your brow center. See the white light wrapping around the dense energy and say:

“I call on my Higher Self and the Universal Healers to help me release and clear all negativity within my aura. I ask that my Higher Self and the Universal Healers remove this negative thought form and turn the energy into positive healing for all Beings in the Universe. I now thank my Higher Self and Universal Healers with Love and Gratitude.”