

# Stop Suffering: Jump-start Joy!

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A popular religious belief is that suffering is good because it brings us closer to God. People on a spiritual path may voluntarily make a vow of suffering, wanting to help bear the burdens of the world to make life easier for others on the planet. These vows of suffering may then persevere into future incarnations, and spiritual people find their lives are filled with suffering at every turn. This breakout session provides a way to detect vows of suffering, as well as other related vows such as chastity, obedience, and poverty, and to rescind these vows and replace them with programs for joy, abundance, and love.

## Objectives

1. Name four kinds of vows taken with the intent of spiritual evolution that hold back the flow of abundance and joy in a person's life.
2. Center the energy field with simple self-help corrective exercises.
3. Find and rescind dysfunctional vows.

## Ideomotor cues:

Index finger: Yes

Thumb: No

Little finger: I don't know

Middle finger: I don't want to tell you

## Inventory of vows

\_\_\_\_Suffering

\_\_\_\_Poverty

\_\_\_\_Chastity

\_\_\_\_Obedience

\_\_\_\_Other limiting vows

## Get Centered

**Heart Massage:** Circle the heart chakra with the palm of the hand, going down on the left and up on the right, with affirmations, "I deeply and completely love and accept myself. I accept all my feelings about this lifetime, my ancestral lineage, and my soul's history. I accept all my gifts and talents."

## 5-Finger Quick Fix

from Touch for Health practitioners Elizabeth Barhydt, MS, MT, and Hap Barhydt, PhD

Put all 5 fingers around the navel and with the other hand tap

- Both collarbone points, then
- Under the nose (ending of GV)
- Under the lips (end of CV)
- Tailbone (beginning of GV)

### Clear Reversals

Muscle test for and clear any limiting beliefs (psychological reversals) around rescinding these vows. “I have at least one objection to releasing my vow of \_\_\_\_\_.” In past times, suffering was the fastest way to grow spiritually. This method still works, because pain forces us to go within and seek help from Source energy. But now we have another option: joy! If you have trouble identifying a reversal, muscle test the limiting belief, “Suffering is good.”

When ready, release each vow individually and replace it with something better.

### Vow Rescinding statements

**Place the right hand over the heart, state one’s full name, and make the wording appropriate to the situation. *Energize the statement with strong feeling!*** Examples are the following:

### SUFFERING

Sometimes a person vows to take on the suffering of other people to help carry their burdens.

**“I, (state your full name) \_\_\_\_\_, of my own free will do hereby rescind and cancel any and all vows of suffering I have taken in this lifetime, in any past lives, parallel lives, between life states, and in any existences in other dimensions and timelines.**

**I replace taking on the burdens of others as a way to help humanity with a new and better way to help by living a life in radiant joy and using Energy Therapies to heal, multiplying the benefits throughout the Universe, and also helping in other ways with things I know how to do. So be it!”**

*Repeat twice more.*

*Muscle test again to see how many vows of suffering are still written on the soul.*

### POVERTY

**“I, \_\_\_\_\_, of my own free will, do hereby rescind from all parts of my soul, from all lifetimes and dimensions, all vows of poverty. I will decide in each new lifetime whether to pursue the path of the suffering of poverty or the joy of abundance.**

**And I claim the abundance of the universe as a path to God. So be it!”**

*Repeat twice more.*

*Muscle test to see whether the process was successful.*

## **CHASTITY**

**“I, \_\_\_\_\_, of my own free will, do hereby rescind from all parts of my soul, from all lifetimes and dimensions, all vows of chastity. And I replace these vows with seeing sexual union between committed partners as a sacred path to giving God’s love to each other and increasing the amount of love on the planet!**

**I will decide in each new lifetime whether to pursue the path of chastity or sexuality. So be it!”**

*Repeat twice more.*

*Muscle test to see whether the process was successful.*

## **OBEDIENCE**

**“I, John Doe, of my own free will do hereby rescind from all parts of my soul, from all lifetimes and dimensions, all vows of obedience to an ecclesiastical order. So be it!”**

**“And I replace these vows with connecting directly to Source energy through my heart and mind and commit myself to following the guidance that comes from this direct spiritual connection. So be it!”**

*Repeat twice more.*

*Muscle test to see whether the process was successful.*

### **Evaluation:**

1. What are the three vows taken by priests and nuns in the Catholic Church?
2. Is centering the energy field necessary as a pre-requisite to getting accurate ideo-motor self-testing results?
3. In the model of reincarnation, can vows taken in previous lifetimes affect the current lifetime?

### **Bibliography**

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