

HOW TO CLEAR RESISTANCE TO SEEING TRUE PERFECTION & BEAUTY

OUR VISION CAN BE COLORED BY OUR UNHEALED PAST EMOTIONAL WOUNDS, OUR ANGER, FEAR, UPSETS, AND JUDGMENTS. ADDITIONALLY, THE FEELINGS, BELIEFS AND PERCEPTIONS OF OUR PARENTS, AND OTHERS CLOSE TO US CAN ALSO AFFECT OUR VISION. WE CAN USE THE FOLLOWING PROCESS IN ORDER TO REMOVE OUR RESISTANCE TO CLEARING OUR EMOTIONAL WOUNDS AND PAST PROGRAMMING IN ORDER TO FIND FORGIVENESS, LOVE, AND A CHILDLIKE INNOCENCE OF VISION IN THE WAY WE REGARD PEOPLE, PLACES, EVENTS, AND THINGS IN OUR WORLD.

(It is recommended that you do this process out loud, where no one will hear you)

Step 1: Ask ... On a 0-10 scale, “if 0 = not the slightest resistance to seeing total perfection and beauty in _____, like Romeo and Juliet have no resistance to seeing total perfection and beauty in each other (see below), how much resistance do you have to seeing the total perfection and beauty in _____, at his / her / it’s worst.

Then rate the level of resistance you have to seeing total perfection and beauty in your subject = X, be it a person, place, or thing -- either in the present moment in front of you, or at a “worst –case” moment in time, which you can either recall from the past or create and imagine in your mind.

Step 2: Repeat over and over what you feeling using this sentence:

“I’m feeling a X resistance to seeing total perfection and beauty in _____, I’m feeling a X resistance to seeing total perfection and beauty in _____, I’m feeling a X resistance to seeing total perfection and beauty in _____” ... etc.

*Stay present to all your resistance to forgiving and/or letting go of all that is upsetting about your subject, including everything about your subject’s appearance and experiences which you may have had with your subject. If you are imagining a particular worst-case moment, occasionally refresh the image of your subject in front of you when it fades. (Concentration on our feelings is most important since most of us are not able to hold a steady image). Repeat this sentence over and over, until either at least a minute to a minute and a half passes, or until you feel a distinct perceptual change. ****

Return to Step 1: Continue with these steps until you’re happy with how much your vision and feelings have changed, or until you truly see total beauty and perfection in your subject.

... It may be helpful to remember the adage ...

“The resistance I am willing to feel will heal...
The resistance I am not willing to feel stays real!”

A Spiritual Solution

We may ask why should I endeavor to see beauty and perfection in all people, especially those who have hurt me or others? Why should I try to see perfection in a world where wars, starvation, famine, greed, pollution, and devastation to nature are happening all around me?

When we use such a process as this, something beautiful and mysterious may occur inside of us ... We may find that old wounds are healed, forgiveness dawns, insight arises, and love and understanding take the place of past pain, fear, and confusion. Some say the world and people around us are our mirrors. If so, granting forgiveness to others, and seeing perfection and beauty in them and in the world around us, may actually heal something deep within ourselves.

May we gain great insight, taste true forgiveness, joy, and ever-increasing freedom by watching those around us and the world transform through the practice of this process, and the daily use of our spiritual tools and clearing methods



***** HELPFUL HINTS:** At the final stages of your clearing, on the 0-10 scale, the rating system typically can be continued below a level '1' rating as follows --

"I'm feeling a 'half' resistance to seeing total perfection and beauty in _____"
... a 'quarter' resistance to seeing total perfection and beauty in _____"
... a 'tenth' resistance to seeing total perfection and beauty in _____"
... a 'trace' resistance to seeing total perfection and beauty in _____"

After a finishing with a 'trace' resistance, you may finish the processing by saying ...

"I'm still feeling some resistance to seeing total and perfection and beauty like Romeo sees in Juliet..."

"I'm still feeling some resistance to seeing total and perfection and beauty like Romeo sees in Juliet..." , etc.

You may repeat this sentence journaling until your resistance fully dissolves!