

Self-help techniques for personal growth

Charlotte

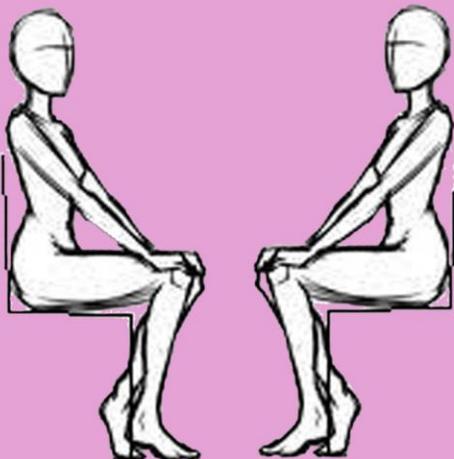
release negative emotions



Send me energy to remove my blockages



psychic healer



**SELF-HELP TECHNIQUES
FOR PERSONAL GROWTH**

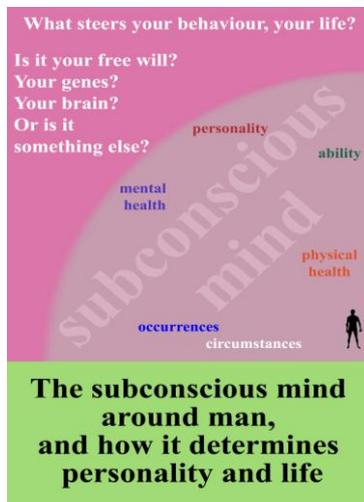
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Book about the subconscious mind and a distance healing technique: “The subconscious mind around man, and how it determines personality and life”. Author Charlotte.

Offer: 20 hours of free distance treatment

I offer some free distance treatment to anyone who reads this book. Distance treatment means that I work on your subconscious mind without you being present with me, or without us being in contact with each other during treatment. You can simply continue with your daily activities during treatment, there’s no need to allot time to it. It is possible to

receive 20 hours of free treatment (two hours a day for a period of two weeks), but there is one condition: you have to have read this book. In order for me to be sure that you have read and correctly understood the book, I will ask you some questions about its contents. If it is obvious that you haven’t read the book or if your answers are completely wrong, then you are not eligible for the 20 hours of free treatment.

When you qualify for free treatment, you have to send me a picture (preferably several pictures taken on several occasions) of yourself, so that I know who I have to work on. You also have to send me some information about yourself and the problems that you want to have treated. Then I will start with the treatment, and we’ll keep in touch in the course of the treatment.

It’s possible for me to treat several people from a distance simultaneously, that’s why I can offer this 20 hours of free treatment.

Foreword

There is no denying that there is a lot of misery in the world. According to my views, the origin of suffering is to be found in the subconscious mind.

Consequently, if changes could be brought about in people's subconscious minds on a large scale, both the lives of these people and the world would improve.

Here is some good news. It is possible to improve people's lives by removing negative programmes from their subconscious minds, which dictate their personality and lives.

One very interesting technique that can help to achieve this, is listening to certain sounds and certain music that have the ability to break down negative subconscious material. This will gradually result in the improvement of behaviour, the reduction of psychological and physical problems and the general improvement of people's lives.

This book describes six self-help techniques, of which the sound and music technique is the most important one. The reason is that it's a powerful tool for breaking down negative subconscious material, it can be accessed by everyone, it's free, the sounds and music can be played night and day at a low volume in the background, and it is not time-consuming. It can be played for the whole family, in the office, and for animals. Animals also have a subconscious mind and they need help too. It's advisable to interrupt the listening every now and then to spare your ears.

You can listen to these sounds and music on your pc if it is powered by a fixed internet connection, or you can make use of a radio that allows the use of a USB flash drive. Do not use headphones. Do not play these sounds and music on devices that use Wi-Fi. Look for another solution. I believe that Wi-Fi may harm your health.

The subconscious mind differs greatly from one person to another. Because of this, results will come much faster in some people than in others. If you don't experience many changes, then ask other people about their experiences. In order to stay motivated to listen to the sounds and music, it's good to hear of other people's changes. Even when results don't come easily for you, it's important to continue playing the sounds and music, because changes will come eventually.



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1

Overview of the techniques

This book describes five self-help techniques for removing negative subconscious material or 'blockages' in yourself and one self-help technique to ask for help in a psychic manner. Subconscious blockages are the source of anxiety, lack of empathic abilities, low self-confidence, obsession, addiction, bad relationships, concentration problems, prejudices, bigotry, sleeping problems, selfishness, clumsiness, being prone to bad luck, being prone to disease, etc. Removing this negative subconscious material gives rise to all kinds of benefits, for example, your personality improves (for example, you become more broad-minded), psychological problems diminish, your health improves, your ability and success in life increase, ...

Discharging emotions

Make a sentence that describes a certain emotion and repeat this sentence until there is a change. Then make another sentence.

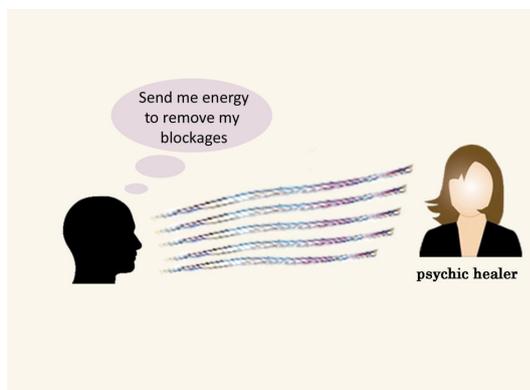
Sound and music

Certain sounds and certain music have the ability to remove subconscious blockages (by having them peeled off little by little). The only requisite is to play these sounds and music in the background as much as possible.

Two people facing each other

This technique involves two people facing each other and looking at each other for a while (for example for half an hour). However strange this may sound, this method helps to remove subconscious blockages. This can also be done on one's own whilst looking in the mirror.

Asking for energy



This is a psychic method. I am a psychic and a distance healer. With this technique, energies that are present in my subconscious mind are used to remove blockages in your own subconscious mind. This method can also be applied for the benefit of another person, for example your child, or for an animal.

Asking for help



This is also a psychic method. My psychic energies can be used to help and support you in a difficult situation or to find a solution to a problem. Not all situations or problems can be helped or solved in this way, but sometimes unexpected help is experienced or unexpected solutions are found.

Regression

This technique is about recalling things from the past in order to remove past negative experiences that still have an influence on the present. This technique is not always easy to perform. Not everyone will be able to apply this technique on their own. However, a number of people will find this technique to be useful.

Evaluation of results

It is motivational when changes are perceived as a result of the application of one or more of these techniques. However, it is not always easy to perceive all the changes that have occurred. It may help to write things down. You can either keep a diary or fill out the questionnaire (see chapter 5) or do both. If you are serious about applying some or all of these self-help techniques, I strongly advise you to at least keep a diary.



In doing so, write down what happens in your life, and how this makes you feel. Write down your behaviour, your thoughts and feelings. Write about your problems. Write about your fears, your obsessions, your convictions, your relationships, your work, your health, ... Write about how you treat others and how you are treated by others. Write down the things you do and the things you don't do, the things you should do that you don't do, and the things you shouldn't do that you do. Write down the things you are good at and the things you are not good at. Write down what you think of others. Write down your preoccupations. Write down the things you believe you do wrong, or the things you do well or the things you should do better. Write down everything you can think of concerning your personality and life.

My views of life

If you have strong religious views or if you are an atheist, you may not agree with the views expressed in this book. These views include the belief in the existence of the soul, reincarnation, the belief that the soul simply exists and was not created by a God, the belief in the existence of psychic abilities and a new view on the subconscious mind. If you have difficulty accepting these ideas, don't immediately abandon the use of the self-help techniques, because they are of great value and can really help you, whatever religious or philosophical ideas you adhere to. You don't have to believe my views of life for the techniques to work.

2

Two simple self-help techniques for peeling off small pieces of negative subconscious material

1) Formulate an emotion or a thought in a sentence

The technique described below aims to discharge negative feelings, thoughts, incidents or situations. Discharging means removing negative mental pain (feelings, emotions, thoughts, images). For example, when you have had an argument with someone, you may experience a negative or painful feeling when you recall this incident. If the incident has been discharged, it is no longer painful to think about. This is because the negative feelings or emotions, the negative thoughts or persistent images that lingered in your mind, have been removed from the incident.

A concrete example to illustrate this

Suppose you are afraid to speak in front of groups. Try to clearly imagine the feeling of fear. You can try to arouse the feeling of fear yourself. Or you can try to recall an incident in which you felt this fear and then clearly try to picture the fear that you felt at that time. Or imagine that you give a presentation in front of a group and in doing so, clearly imagine the fear that accompanies this.

Next, put this imagined feeling into words, into a sentence, as you would formulate the sentence for yourself in your mind, in the first person (so, using 'I' or 'me'). For example: 'I'm overwhelmed with fear'. It is very important that the sentence formed is the right one, otherwise, nothing will be peeled off. The right sentence is a copy of what is stored in the subconscious mind, and only when the contents of the sentence is an exact copy of subconscious information, small parts of it will be broken down. When you feel that it's not the right sentence, then look for another sentence, until you feel that it is the right one.

The sentence should be repeated while the fear is clearly imagined. In this case, the sentence is 'I'm overwhelmed with fear'. Continue to repeat the sentence until you feel a relief or you feel like forming a different sentence. For example, you might feel like forming this new sentence: 'I feel tense and insecure'. Or: 'I will fail'. Or: 'They will judge me'.

Continue to repeat the new sentence, while clearly imagining the feeling or the idea that goes with the sentence. Continue to repeat the new sentence until you feel there's a relief or until you feel like forming a different sentence.

When you feel that you have reached a final point, start all over again. So, again, imagine the fear you feel when speaking in front of a group. Make a sentence in the first person about the feeling as you would say it in your mind. Etcetera.

How to go about it

Choose a topic you want reduce the negative aspect of. This can be an emotion, an idea, a conviction, a situation, an incident that happened recently, an image or a thought that keeps lingering in your mind.

Clearly imagine this topic in your mind. If it is an emotion, try to feel it really good. If it is an idea, an image, a situation, an incident, then clearly imagine this idea, an element of the situation or an element of the incident and look for an emotion linked to this idea or this element and clearly imagine this emotion. If it is an image, look for ideas and emotions that accompany this image.

If you find it hard to imagine the topic, try to recall a memory related to the topic. If this doesn't work either, try to create an imaginary situation involving this topic.

For example, you want to tackle the topic of not getting much respect from others. Either imagine both this idea and the feeling that accompanies it, or try to recall a memory of a moment when you were not respected by others, or create an imaginary situation in which you are not respected by others in the hope that you can call up the right idea and feeling. When a situation includes several elements, choose one to start with. If you want to discharge a recently happened incident, then take one element to begin with. If you feel a relief with regard to this single element, then proceed to the treatment of another element. If you have to repeat a sentence for a long time without anything happening, then you probably haven't formed the right sentence. Try to find another sentence for the same topic or choose another topic. If you do it right, you'll notice that the topic, feels lighter after this technique has been applied (sometimes only temporarily, however).

Most people find this technique easy to work with. But others find it difficult. Some people experience that subconscious matter is being stirred up, without it being discharged, and as a result they are stuck with a negative feeling. If this happens only once, it's not a problem. Simply leave the technique be for a while, focus your attention on other activities in your life, and the negative feeling will disappear by itself. But if a negative feeling continues to remain when applying this technique, then try it once more with a completely different topic, or abandon this technique entirely.

This technique is simple, but powerful. If applied in the correct way, it can discharge more negative subconscious material within a certain time than in an equally long therapeutic session with a therapist. So, certainly try to work with it, don't give up right away. It may sometimes require some practice before you've mastered it, but once you've got the hang of it, you have a powerful, free technique at your disposal that can help you to fix problems in yourself and in your life. So, spend as much time on it as possible.

2) Repeating a sentence regarding something that is going on in your life.

This is a technique that peels off small pieces of subconscious matter, but it doesn't always work well for everyone. So, you'll have to find out if this technique works for you.

The subconscious mind consists of negative, light matter (blockages), and the technique described below enables you to break down small pieces of it. This technique doesn't peel off as much matter within a certain period of time as the other self-help techniques that I described, but it still peels off more matter than meditation techniques. However, this technique has the advantage that it's very easy to do. Unless you have concentration problems, because then it's more difficult to do. If you indeed experience concentration problems, then first choose sentences related to concentration. Another advantage of this technique: it can be applied for diminishing physical complaints and sometimes also pain.

How to go about it

Think of a sentence related to an issue that is going on in your life or related to something that you are concerned about. The sentence can be neutral, it doesn't necessarily have to express something negative.

For example:

I can't keep my mind to it (concentration problems).

I can't get this picture of that wounded animal out of my mind.

I have a lot to do.

I don't feel like doing that work.

I want to achieve much in life.

I feel ugly.

I have a headache.

There is black magic on me, which causes me to have many setbacks.

She always has to have her way.

She handles it the wrong way.

He bits off more than he can chew.

He hurt me.

The car is red.

The only thing you need to do is to repeat the sentence attentively. Make sure not to do it automatically. Every time you repeat the sentence, you have to be aware of its contents. Thoughts will cross your mind, but don't pay any attention to them, just let them pass by and keep on repeating the same sentence over and over again. Don't say another sentence, unless a different sentence is strongly forcing itself upon you and it is difficult to keep to the first sentence.

While you are repeating the sentence, you may sense certain things. For example, a long forgotten memory may occur. Or you may see an image from your life or from a previous life. You may have physical sensations, for example a tension in your belly, or a light pressure on your chest, or a tingling in your neck. You may have mental sensations, for example a feeling of nervousness, anxiety, anger, ... A certain thought may come to mind that has been activated by repeating the sentence (opposed to random thoughts crossing your mind). Don't let these phenomena distract you, but continue to repeat the sentence. The sensations you experience are an indication that something in your subconscious mind has been activated. By continuing with the technique that brought these sensations about, the things that have been activated, will be removed from your subconscious mind. So, for example, when you become nervous when repeating a certain sentence, this is because a piece of subconscious matter that contains this feeling of nervousness has been hit. When you continue repeating this sentence and don't quit because an unpleasant feeling has come up, then this piece of nervousness will be removed from your subconscious mind and the feeling of nervousness will disappear. The phenomena that occur are not the result of your imagination, but they are evidence of the fact that subconscious material has been activated. The phenomena don't necessarily have to be related to the contents of you sentence.

Repeat this sentence for five to ten minutes and sometimes for half an hour. Repeat this sentence until you feel that it is, often all of a sudden, completely gone from your mind, or

until it feels a lot lighter: the sentence is no longer as clearly present in your mind as before. When this phase has been reached, you no longer feel the need to repeat the same sentence. When this phenomena occurs that the sentence has gone completely (entirely or it feels much lighter), then you may be sure that a small piece of subconscious matter has been removed from your subconscious mind.

When the sentence is gone, it no longer spontaneously comes to mind anymore, and when you think back to the sentence, you can feel that the issue that the sentence was about, feels different. Sometimes only temporarily, because many layers of the same issue are still present in your subconscious mind, but you may feel a difference at that very moment. Next, you can form a new sentence related to this subject, or about a different subject. You may also choose the same sentence as before.

3

Sound vibrations for the removal of subconscious blockages



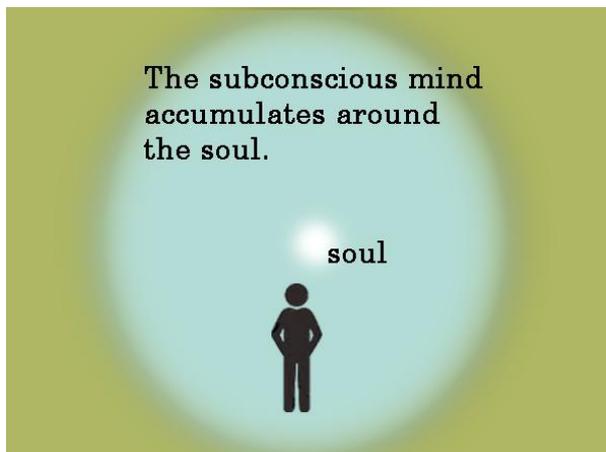
All kinds of sound vibrations have a positive effect on humans and animals and they can help improve personality, health and life in general. Please have a look at the explanation below, and have a try at the technique that is explained.

The explanation that follows is about the effect of sound on the subconscious mind (personality, occurrences, health). Sound may very well have an effect on the physical

body as well, but that's another discipline of study.

The subconscious mind is located around a person/the incarnated soul

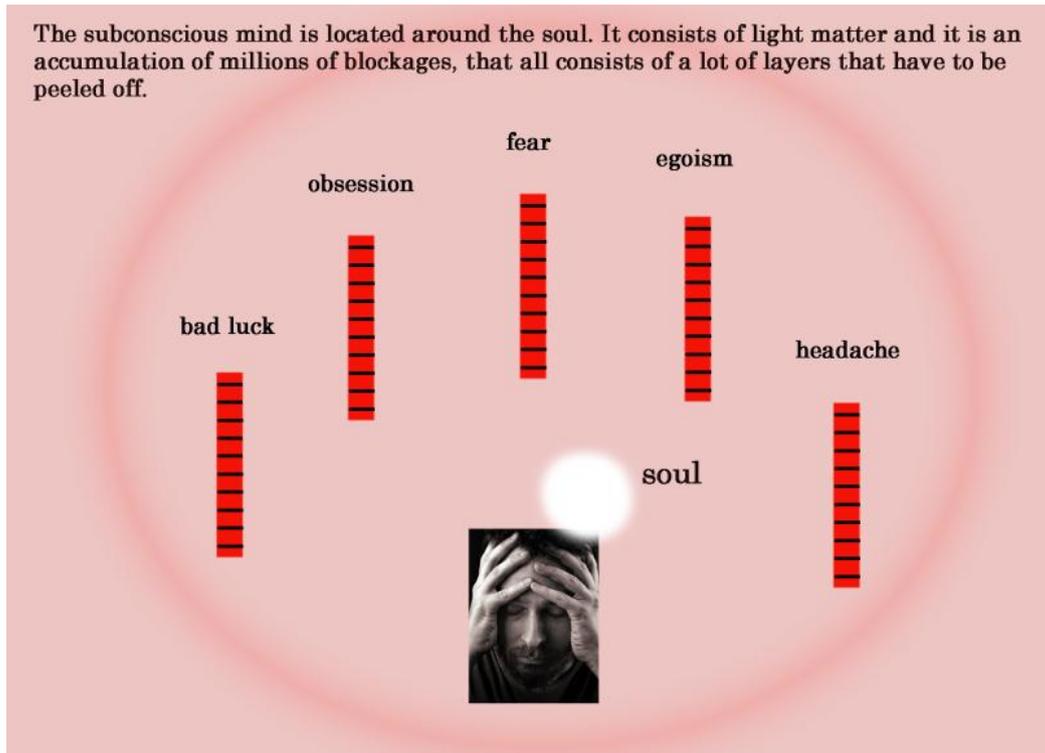
According to my views, both humans and animals are souls in a body. The soul hasn't been created by a God, but just exists. The soul is imprisoned in an eternal cycle of reincarnation. I don't know how the soul got trapped in this, but it's important for the soul to be released from it. It is believed by many throughout the world that the soul has many lives in order for it to be able to evolve, in order for the soul to evolve to a higher level of being, by learning lessons in every life. However, this idea is wrong. Apart from the fact that many people throughout the world believe this to be true, there is no single evidence that supports this idea.



There is no positive evolution per life, quite the opposite, the soul finds itself in a downward spiral of evolution. The difficulties that are experienced in every life, cause negative matter to build up around the incarnated soul. All negative experiences that happen in life accumulate in the subconscious mind of the incarnated soul, and are stored in the form of a light matter around the person/the soul. Therefore, the subconscious mind consists of light matter and is literally present around the soul, whether or not the soul is incarnated in a body. The soul is stuck in a negative spiral of evolution and degenerates a little bit in every lifetime, and there is absolutely no positive evolution per lifetime. The soul was originally free and very positive, loving, powerful, able, intelligent and its existence was enjoyable and interesting, free from worries, free from problems of any kind, there were no negative circumstances, it

didn't have any negative characteristics, and it was not trapped in a body, human or animal. But this was aeons ago. The soul has only degenerated ever since and still degenerates in every next life.

The negative subtle matter that accumulates around the soul as a result of negative experiences consists of a great many layers and constitutes the subconscious mind.

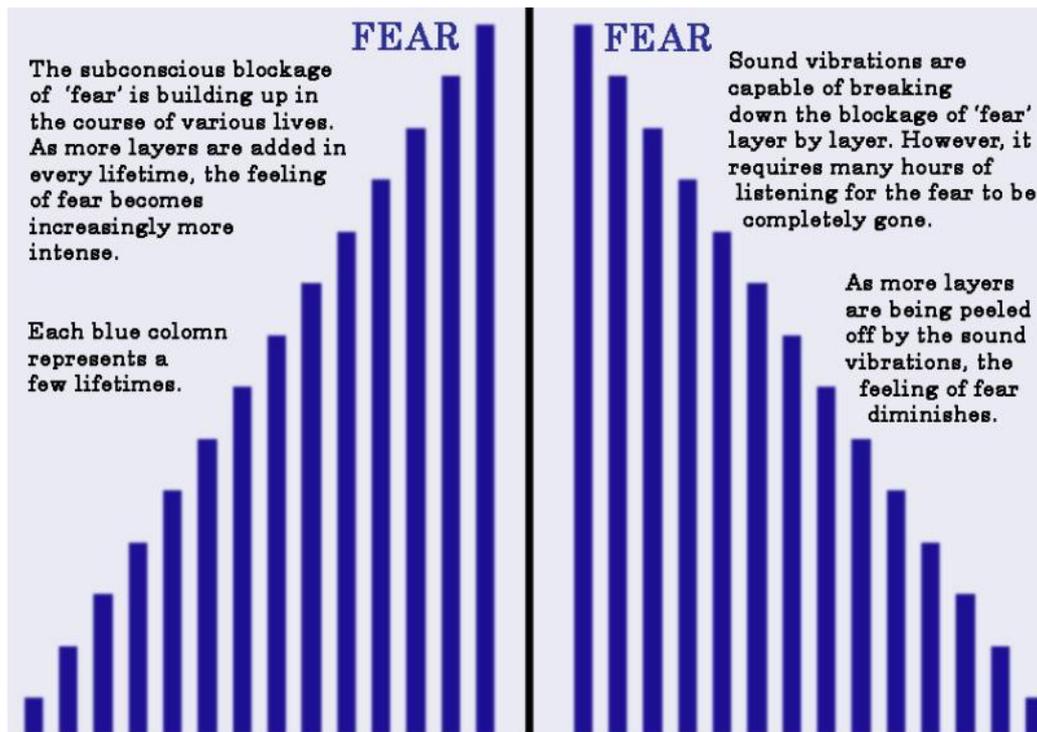


The subconscious mind consists of millions of various negative issues: fear, jealousy, feelings of inferiority, worrisomeness, nervousness, sadness, bad feelings, depression, obsessions, addictions, mental problems, egoism, lack of empathy, disease, physical ailments, setbacks, failures, difficulties, a life without friendship or love, shortness of money, lack of competence, being suppressed by others, suppressing others, religion, racism, intolerance, war, poverty, etc. These negative issues (or blockages) are present in and around the body.

Sound vibrations

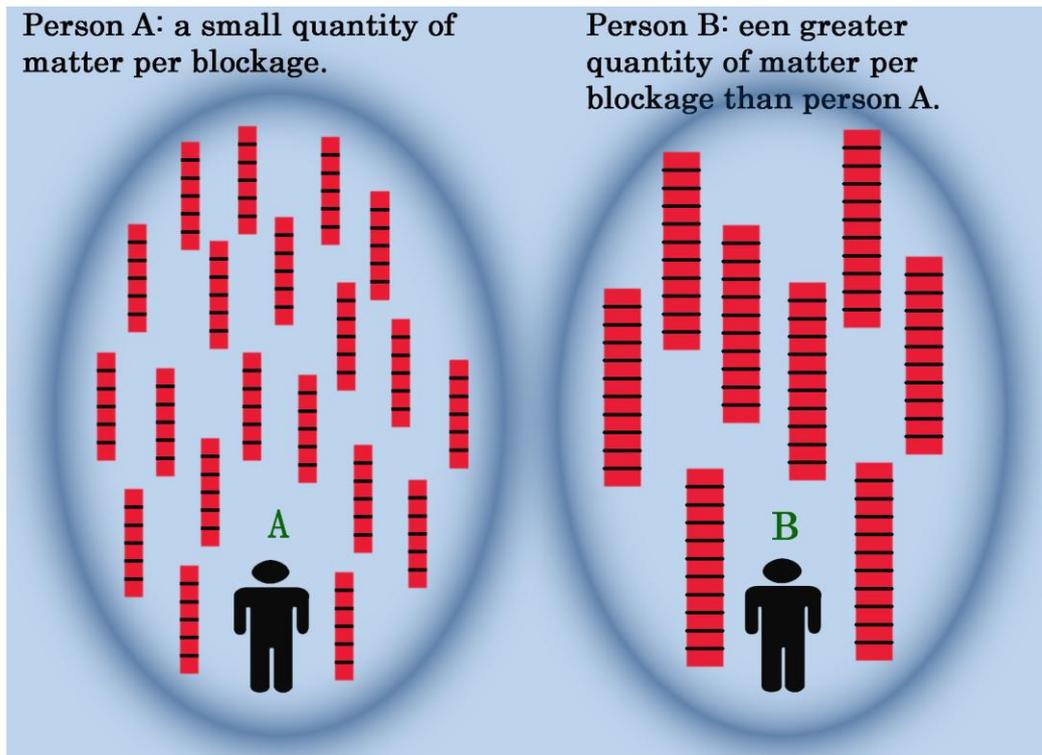
Some sound vibrations are capable of breaking down the light matter of the subconscious mind little by little. Therefore I have put videos with sound vibrations (sounds and music) which I found on the internet on the website soundsforhealing.wordpress.com. They can help you break down the negative matter in your subconscious mind.

With every unit of time spent on listening to these videos, some pieces of matter are removed from your subconscious mind, from various issues. It's important to listen to these sounds and music as much as possible.



Have the sounds and music play in the background as much as possible when doing your daily activities. You can also have the sounds play during meditation and yoga or some of the other self-help techniques that are described in this book. If possible, have the sounds play in your house in order for all the family members and animals in the house to enjoy the benefits of this method. It doesn't matter whether the volume of the sound is high or low, if you can hear it, even hardly, it's sufficient. However, it's important that the sound is of good quality.

By breaking down pieces of matter, or in other words, subconscious blockages, you'll notice things changing in your life. This can be regarding personality, or life circumstances, or things in life may work out better, your relationships may improve, you may receive more help from others. Or you might notice an improvement with regard to your health, your abilities (the fact that you have gotten better at certain things or that you tackle things differently, ...), or you might notice that psychological problems are less intense, etc. Some people will notice one or more changes quickly, whereas it may take longer for changes to occur in others. This has to do with the amount of matter that has accumulated around the soul. This amount is vastly different from person to another, it's so different like a puddle of water is different from the ocean. I don't know why that is, but it does not mean that people with more matter around them are worse off than others. But it does mean that results will come faster or much faster in some persons than in others. In order to have faith in this technique to yield fruit when you don't notice changes quickly, listen to other people's experiences, and don't give up, but continue with it. Don't give up, but spend as much time on this method as you possibly can. Even if you don't feel changes right away, nevertheless, also in your subconscious mind, pieces of matter have been removed.



When listening to the sounds, you may experience (negative) emotions, (negative) thoughts or (unpleasant) physical experiences, for example, nervousness, anxiety, the belief that you will not find a solution, a pressure in the chest, a tingling Or memories from the past may come to mind. This is because these sounds affect subconscious material. When you feel something like this, it's important for you to continue listening to the sounds. When you listen for long enough, the light matter in your subconscious mind that is affected, will be broken down, and the symptoms you had, will go away. For example, when you felt anxiety, and when afterwards the anxiety is gone again, you will know that a piece of the subconscious matter that contained this feeling of anxiety, has been peeled off. If the symptoms are too intense to bear, you can stop listening to that particular sound or music and you can try a different sound or a different music, which don't give rise to these symptoms. However, it may well be that you are able to listen to the sounds and music that caused these symptoms at a later point in time.



I advise you to keep a journal from the start of this method onward. Write about your behaviour, your feelings, your thoughts regarding all kinds of things and people, the way others treat you, the things that happen in your life, the way things go in your life, your health, discomforts or illnesses that you suffer from, things you are not good at, things that go difficult, your convictions, religious convictions, etc.

Write down anything you can think of regarding your personality, your life, your health. When you will read the things you have written down at a later point in time, this will help you to evaluate the results.

Whenever you notice a change, write it down immediately, because these changes are easily forgotten.

This is a free technique to become a better person, have a better life, a better health (both physically and mentally), better relationships. The world is a terrible state, and if a great many people applied this method, it could contribute to give a positive turn to the negative direction the world is heading towards.

Website with powerful sound and music videos for peeling off negative subconscious material: **soundsforhealing.wordpress.com**.

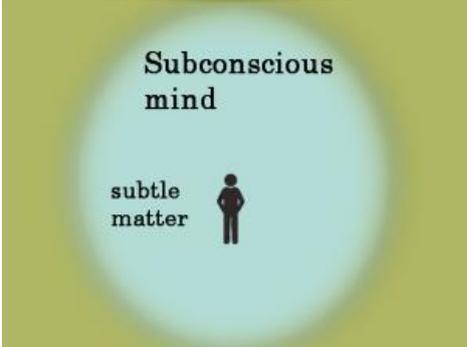
On my website (soundsforhealing.wordpress.com) there is a video with another explanation about why listening to sounds and music is beneficial.

This is the text of the video.

In this video, I will try to explain why certain sounds and certain music have a positive influence on our personality and life. In my opinion, our personality and the problems that we have in life, are determined by the subconscious mind. Certain sounds and certain music have a very positive influence on the subconscious mind, as a result of which our personality and the problems that we have in life, can improve.



Humans are widely known to have a subconscious mind, but the actual nature of the subconscious mind still remains unknown. My name is Charlotte. I have psychic abilities that enable me to perceive a subtle matter around humans. This subtle matter is the subconscious mind, which is not to be confused with the aura. These are two entirely different things.



I will try to explain some of the knowledge I have on the subconscious mind, based on my psychic perceptions. The subconscious mind consists of a negative substance (a subtle matter), which accumulates around the person (actually around the soul) in the course of one's life.

With every negative experience the negative matter in the subconscious mind grows bigger.



With every negative experience, the negative matter in the subconscious mind grows bigger.

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