



How to Shift your Energy from Negative to Positive in Three Easy Steps

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In last month's article I challenged you to ask yourself some very important, perhaps even difficult questions:

1. **How are you limiting yourself?** What are your limiting thought, feelings and beliefs that keep you stuck in a dead-end relationship, a job you despise, or in addictive behaviors of drug or alcohol abuse, over-eating, addiction to chaos and confusion? Do you know?
2. **How have you allowed others to limit you so that you are playing small?** Have you taken the road of least resistance? Do you care more about what others think than how you feel? Do you love yourself enough to be selfish enough that your own needs get met first so that you can then help meet the needs of those around you?
3. **Why do you not believe and know that you are not just a child of God, but a God or Goddess yourself?** What limiting beliefs do you have around your personal power? Do you feel the presence and connection with the Divine within you every day? Do you know how much you are loved and supported by our Creator (or whatever name you choose to call the Divine)?

What feelings or beliefs came up as you pondered (and hopefully chose to journal about) these questions?

For me, some of those answers were: I'm not good enough. I'm afraid I can't support myself and my children. I believe(d) that a mother and father should be in the home (despite the fact that we hated ourselves and each other ,were profoundly unhappy, were not able to really be there for our children because we were so wrapped up in our problems!). I was terrified of being judged harshly and ridiculed. I believed that to be a great mother and wife, I was supposed to put all my needs last in order to support my husband and children. Heck, I believed in the great myth of perfect motherhood! (Talk about a real set-up to feel terrible about myself, because that just doesn't exist!) I felt angry, betrayed, resentful, less-than, and punished.

And if you had met me back then, you would have most often seen me with a smile on my face, saying that everything was "just fine." But in reality my life was spinning completely out of control and my



health was deteriorating faster than I knew how to cope. It was bitter, miserable, in constant pain, and felt completely hopeless.

Sound familiar at all?

I think we all have some version of this stuff running in our heads. I also believe that while our struggles help shape us and refine us, being so overwhelmed and sick and brutally unhappy doesn't absolutely have to be part of the equation.

There is a huge Spiritual, or Consciousness, awakening throughout the world. People from every country and walk of life are beginning to question the status quo. They yearn for something they may not know how to name. They know they can be or become some greater version of themselves, but may not really know how or even what that "something" is.

My purpose in life is to help people become very clear about what they want and how to achieve it. Often, that involves having to clear out and remove excess emotional baggage that gets in the way of our wants, needs and desires to become that greater person.

In my work, I use a three-step process called The Quantum Soul Clearing Process to help people release their emotional pain and the old stories they've told about themselves so that they can achieve their ultimate goals and dreams. These stories and limiting beliefs block our ability to get what we really desire: health, prosperity, loving relationships with ourselves and others, and align with our true life purpose. Sometimes these stories or beliefs are passed down and programmed into the actual cells of the body from our parents, grandparents and ancestors. Often they are absorbed and programmed into our bodies and minds by our society, friends, schools, churches and the media. There are thousands of ways we pick up and become encoded with negative programming.

Those negative programs, though, are **not** the truth of who we are. The truth is that we are magnificent, Divine, unstoppable, gifted, connected, Spiritual beings housed in these interestingly shaped human bodies. We've just forgotten for awhile who we really are. Now, however, it is time to wake up and transform - just like a caterpillar evolves into a beautiful, free butterfly as it emerges from the tight cocoon of its own making. I help people transform with the process I've been given by Spirit.

The Quantum Soul Clearing Process is a three-step process that aligns you with your true Divine Power. For most people, that spark of the Divine is housed in the solar-plexus area of the body - just beneath the ribs and above the belly button - and deep within the body. As you focus on this area, you can feel, see, sense or hear a light, a vibration, a feeling of warmth. If you sense something cold, dark, heavy or anxious, be patient with the process and go underneath that initial sense and look or feel for a small light or flame. Often people identify what looks like a tiny blue pilot light!



There is a link for the Connecting with Divine Core Center Meditation in my article in the August edition of the Tribal Woman Magazine. That meditation will help you access the Divine Core Center space and is a preparation for the first step of the Quantum Soul Clearing Process.

The second step of the process is a specifically encoded set of clearing statements that helps release the emotional attachment to the negative feeling or belief that has been causing you pain. These statements are detailed in my up-coming book, ***Quantum Soul Clearing - Healing the Scars Life Leaves on the Soul***. These statements are designed to work on our emotional, mental, physical and spiritual levels, as well as other life-times and dimensions we've ever lived or existed, as well as our environments and the systems we are all connected into. It is a very comprehensive healing modality and very powerful.

The third step of the process is the replacement piece of the puzzle. If we have had something filling a space and remove it, that thing needs to be replaced or filled with something else. Nature abhors a vacuum. So we always identify the frequency or emotion or thing we'd like to have or create, instead of what we've been experiencing.

For example if you were feeling shame, you would replace that negative frequency with self-love, acceptance, peace, joy, comfort, kindness, consideration, love, empowerment, being seen, heard and appreciated for who you truly are - and any other positive feeling you would like to have manifest in your life. This is the step where you actively work with the Universe to create the paradigm you want to experience in your everyday life. Frankly, it's my favorite part of the process, because I always experience such an explosion of joy as each of the positive feelings are downloaded to my body, mind and soul. It's an incredible feeling!

In fact, you can experience the actual process of clearing the frequency of shame by clicking here: www.quantumsoulclearing.com/clearing-shame

As you can see (and experience, once you listen to the Clearing Shame audio track), you no longer have to suffer through negative emotions, or hold on to painful experiences from the past. There is a simple, powerful way to move through the emotional minefield of negative feelings and beliefs. It has helped me heal my physical body and my life. And I know it can help you too.

To learn more about the Quantum Soul Clearing Process, how you can work with me individually or my new group programs, go to www.QuantumSoulClearing.com.

Here's to your awakening and transformation!



Michelle Manning-Kogler

Unwilling to succumb to a devastating diagnosis of rheumatoid arthritis, Michelle Manning-Kogler began her search to heal her body, mind and spirit. Her research, personal experiences, education and adventures into healing ultimately lead to the creation of the **Quantum Soul Clearing Process**.

This cutting edge Spiritual Technology helps shatter the self-created glass ceilings that are created by negative conscious and subconscious beliefs regarding wealth, personal empowerment, health, happiness, and loving relationships.

Michelle mentors professional business women as they shatter their financial glass ceilings and break through their subconscious limitations into the Million Dollar and Five Million-Dollar Clubs.

She is the best-selling author of, **Quantum Soul Clearing - Healing the Scars Life Leaves on the Soul**, and Founder of the **Quantum Soul Clearing Process**. She is a contributing author in two other books: **Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now**, with Jack Canfield, Marci Shimoff, Chris and Janet Atwood, et al; and **Ready, Aim, Captivate**, with Deepak Chopra, Jim Stovall, Ran Zilca, Suzi Pomerantz, Dan Janal and other international thought leaders.

Michelle is the force behind **The Explosion of Joy Movement**. Her audacious vision is to positively impact and change the lives of a billion people.

Michelle has been in the energy medicine and alternative healing field for over 25 years. Her approach to healing is multi-faceted and "whol-istic," integrating mind, body and spirit for optimal wellness. Her practice, **Infinite Potentials Health and Wellness**, serves people throughout the world.





Her innate, unique intuitive and psychic abilities, in combination with her education and training, allow her to deeply explore and understand her clients' individual challenges. She facilitates her clients as they focus on strengthening the emotional, mental, physical and spiritual and financial aspects of their lives in order to create greater wealth, increased self-confidence and empowerment, peace of mind and healthy relationships with themselves and others.