



The Golden Pathway

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Healing From the Soul Level **Excerpts from the Presentation by Rev. Charlotte Mizzi** **October 4, 2015**

**“Our birth is but a sleep and a forgetting:
The Soul that arises with us, our life’s Star,
Hath had elsewhere its setting,
And cometh from afar.
Not in entire forgetfulness,
And not utter nakedness,
But trailing clouds of glory do we come
From God, who is our home.” William Wadsworth**

The soul is the living potential of God—the part of you that is mortal but can become immortal.

When you lose the wholeness of your soul you also lose the connection to God through you threefold flame that crystal cord that comes from the heart of God anchored at the spiritual levels in the secret or hidden, chamber of your heart. This is called the threefold flame or divine spark, a spark of sacred fire from God’s own heard kindled within you.

You lose fragments of your soul when you become angry, have excessive pride, or feel fear. Notice also when you feel passivity, procrastination, self pity, boredom, irritability, annoyance or speak with sarcasm, teasing or joking.

How do we heal our soul, especially when we are dealing with so much darkness in the world?

From: Marilyn Barrick’s book *On Emotions*, transforming anger, fear and pain and *The Story of Your Soul* by Elizabeth Clare Prophet.



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For example fear is the wounded aspect of our soul and spirit crying out to be healed. These feelings of fear and anxiety may be a remembrance of a traumatic happening and may be hidden in the subconscious and unconscious levels of being, experiences from an earlier life.

Dr. Barrick gives us these steps:

1. Take a moment to get in touch with your fear or sense of anxiety—that inner shakiness or sinking feeling in the pit of your stomach.
2. Once you get in touch with that feeling, take a few slow deep breaths, relaxing with each out-breath, and allow your intuition to guide you as you explore the feeling and allow it to intensify.
3. Ask yourself, “When have I felt this way before?” Make a few notes to yourself about the memories, thought and physical sensations that come to mind.
4. Give this mantra out loud: I AM loving, I AM wise, I AM strong.” Feel the words as you say them until you feel centered, focused and invigorated.
5. Set up an action plan for handling yourself in a scary situation. For example, you might take a quick time-out, focus on your heart and take a few slow, deep breaths, formulate a constructive response and initiate firm, positive action.

She says to replace fear and keep in mind that when you are having a good time or thinking about pleasurable experiences in your life, you feel happy and contented. That happiness and contentment is what we’d like to maintain to be balanced.

We experience different kind of fears, one is the conquering the Dark Side or our shadow self. Take courage to look into your subconscious and your unconscious to bring your shadow part to your outer awareness. Tune in to your scary dark side and:

Name it and write a page about it to yourself

Then choose a spiritual antidote to that point of darkness. Violet Flame decrees would be great.



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Finally,

1. Pray for the courage to speak the truth.
2. Muster up courage a second before the lie sneaks out.
3. Take a deep breath and speak the truth.
4. No matter what happens, congratulate yourself for winning a victory over your dark side.