



New Beginnings? Or is it really New Endings?

by David Franklin Farkas

It happens every year. It's a new year. And tradition requires New Year's resolutions. New goals. Looking forward and imagining our future. Making plans.

But all healing is really about endings. All forward motion requires letting go of the past.

Letting go. Freeing yourself. Taking back parts of you that you left behind and are holding you back. Releasing the brakes.

You can only take action in the present.

But, how can you be 'present' if part of you is still living out another time and place? And, what if you don't even know that's what's going on? What if, these connections are like computer spyware?

Spyware are programs that are surreptitiously installed on your computer when you visit an infected or malicious web site or download something that seems innocuous and safe. Once installed it has it's own agenda and uses your computer resources. It disrupts the work you are trying to do and slows down the performance of your computer. Sound familiar?

You call an experienced geek to fix your computer and they use various special software programs to search for and remove viruses, spyware and other 'malicious code.' When the cleaning is done, magically, your computer works faster and is more stable.

So, if you, like your computer, have spyware running, who has programmed you?

Everyone you trust. Your parents. Your spiritual tradition. Your schools. The government. Advertising. Media.

In most cases they believe that what they are telling you is true and important for your safety. They all mean well. They, too, have been lied to, but they don't know it so they pass along their beliefs, unexamined and unconsciously. And, of course as a child you don't question what you are told by those you trust or are told to trust.

All of this becomes the programming running in the background as your beliefs about how the world works, how to live and what to think. It's the elevator music of your life... always there playing in the background and, therefore unnoticed.

Many of these programs / thoughts / memes are about safety, which is really about instilling fear and controlling behavior and about conforming. Like malicious code on a computer, some of these beliefs have been carefully crafted based on decades of psychological research into how to control people. As Rob Breznsny says *'the world is composed of rival bands of hypnotists.'*

Some of this information, these fears, and the required behaviors based on them, are actually important to your safety... or at least to the safety of a child. But, unquestioned and running in your subconscious, they do their job unencumbered forever... unless you find and release them.

Some of the worst ones have to do with family secrets and shame. The skeletons in the proverbial closet. The sins of the fathers and mothers visited on the children. And because of the secrecy they are passed down

from generation to generation unexamined. Addictions, abuse, prejudice and pain live in that unspoken darkness but are transmitted nonetheless.

You even program yourself. When you talk (or think) about yourself your subconscious takes in what you say and believes it. The subconscious makes no judgement. It assumes what it hears and sees is true and acts accordingly.

Of course what you think / say is based on the old programming... and round and round it goes. How often do you say I AM, followed by some negative thought?

In most shamanic traditions there is the method of 'soul retrieval.' The concept is that whenever a situation or emotion is not fully experienced and accepted we leave a part of ourselves behind... holding our place there and complaining about it. This part nags us about what we disliked or how we were mistreated and colors everything we do.

Every indigenous culture has a way to retrieve soul fragments. Many forms of psychology work toward ferreting out these old patterns, but it's a slow and arduous process.

So what can you do? Right now. Today.

Well, if you pay attention you may notice feelings and thoughts that make no sense in the present context of your life and find a healer to help release them. For me, catching feelings like that led me through two years of deep shamanic work which eventually allowed me to remember abuse that happened when I was very young. It was a life changing process.

But there are tools and techniques that can let you undo this spyware without knowing what it is. How cool is that? I'll share my personal favorites...

Ho'oponopono...

Ho'oponopono is Hawaiian for 'Making Things Right.' It is an indigenous healing technique that has been brought to wider awareness by Joe Vitale who learned about it from Dr. Ihaleakala Hew Len in Hawaii.

As I understand it, ho'oponopono assumes that whatever exists in your experience is 100% your responsibility.

And, since it was attracted into your experience by part of you, only changing yourself can change the outward events and experience. As above, so below. As within, so without.

Anything that does not work or causes you pain is assumed to be something from the past that is still running and keeps you from being present and connected to what Dr. Hew Len calls Divinity. (Divinity also goes by the names Source, Spirit, God, the Universe or higher power, among others.) This separation is the source of the pain and the reason you attract these experiences.

So you 'clean' yourself by saying... to Divinity...

I am sorry. Please forgive me. Thank you. I love you.

It is so simple, but so powerful. Release what blocks your connection to Source and what exists in your experience changes, including the people, circumstances and events that have always been problems in your life. And, it works whether you 'believe' in it or not!

Every time you think of something that is not working for you. Every time you think of something you 'don't like.' Every time you see something in your experience, or in the news, or something you fear or something you are being told to fear... just say these key phrases until you feel complete for that moment.

Wash, rinse, repeat. Just keep cleaning and watch things change.

Tapis Acupressure Technique...

My other favorite spyware removal tool is the *Tapis Acupressure Technique* or *TAT*.

My experience is that it is simpler and more powerful than other methods based on acupuncture meridians.

In TAT you hold your hands in specific positions on your head. They are hard to describe so I'll give you a link to instructions on line... but with three fingers of one hand you hold three points... next to the eyes, and on the 'third eye.' The other hand is held across the base of the skull on the back of your head.

All the meridians cross at the third eye, so that point is especially powerful. The other two points relieve anxiety and help you to be present. In effect, the 'pose' amplifies whatever you say, think and intend.

You then go through a series of statements of intention. You acknowledge that something happened that needs to be cleared, and you are clearing it for yourself, your childhood selves, your past life selves, all your ancestors and all future generations. But, you don't need to know what *it* is or find out what *it* is to clear it!

In turn you clear the places it is held in your body, mind and life. It's sources, origins and beginnings. You apologize to those that you hurt because of it. You forgive those that hurt you. You clear the parts of yourself that got something out of holding onto it. You affirm and intend how you want life to be now and you even clear anything that is left that has not been named.

TAT includes elements similar to Ho'oponopono and soul retrieval, an indication of how deeply it is grounded in metaphysical principles.

Since TAT was originally developed to heal the trauma of abuse and rape, one disclaimer on their web site suggests that you NOT do the process if you still have to give testimony about the events. It is common that the details of the events fade as the emotions and energy are released!

TAT takes practice to learn and takes a few minutes of quiet focused attention each time you use it. But, ho'oponopono can be done in the

moment, silently. In my experience, they are a powerful synergistic combination.

You need to do continuing maintenance to keep spyware off your computer. Now you have spyware removal programs for your life. As you 'clean' yourself your life will transform to conform to who you are now... and now... and now... And as you change, you will change the world.

More info...

I created a page on my web site with a collection of information about Ho'oponopono including a video of Joe Vitale speaking about it and an audio of Joe being interviewed. You can find it here...

<http://www.househealing.com/ho-oponopono/>

For more about TAT go to their site www.TATLife.com . This link drops you into the 'store.' On the right in the 'Products' list find the link to 'Free Downloads' to get a free manual for doing the TAT process.

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David Franklin Farkas is a professional house healer and ghost rescuer. He provides remote healing and clearing for real estate, people, business and situations including travel and negotiations. Please visit the recently launched www.HouseHealing.com version 2.0.

David is an amusing speaker focused on practical metaphysics. His signature talk is titled '*Is Everything You Know About Ghosts Dead Wrong?*' (Available on CD and soon as a download and an interactive teleseminar. Or arrange for a local presentation)

He is a featured speaker at the Life by Magic Conference in Toronto Canada in March 2010. Details at www.LifeByMagic.com

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