

Sorrow

All humans have experienced sorrow. The first experience of sorrow was the time you came out of your mother's womb. There is immense grief and trepidation before one is born.

The fear of disconnecting from the very source of life is frightening to the baby.

But it feels helpless, as it knows intrinsically that, it is being pushed out and the baby will bring forth this sorrowful energy into the world. Since it is the most powerful energy the baby experiences first, it will become a strong imprint in the baby's memory bank.

This powerful energy has a great influence on the Chakras and it underlies all emotional feelings one experiences in one's life. Sorrows can be divided into two categories. Inborn sorrow brought to the earth when you are born. Collected Sorrow from outside of ourselves.

These two intermingle and it sets a pattern in our life in which we are always trying to create scenarios in which only joy or happiness is produced. So, the underlying theme in our life is How to avoid Sorrows.

Just for a moment - imagine that whatever you do is coming from a place of pure joy and you are creating it for the pure joy of Creation itself. When you are creating from this space, it is not coming from a place of the deep held sorrow and in this, there will not be EXPECTATIONS.

Creations based purely from the joy of Creating, is coming from a place of your Divinity and Soul and all other creations coming from the mind has an underlying theme of sorrow attached to it. This you call the Fear of Failure.

Many do not even attempt to create anything out of this deep fear stemming from the original sorrow. Can human beings move out of this deep embedded energy? YES.

Try the following exercise for the next forty days. Forty is a magical and mystical number. In many traditions, forty days is considered a time span required to fully change one's deeply held beliefs and energies and transform oneself into a new reality - first and foremost in their mental body and thinking.

Exercise:

While bringing your attention to the back of the skull, imagine a beautiful rose quartz crystal on the back of the skull area. In most births, it is this part which first protrudes out of the womb of the mother. This part of the head feels the sorrow of being pushed out the highest and it transmits this energy through the stems of hair, and it lays there as an ever-present memory. Since rose quartz is a mineral, it will start affecting the brain structures and the hair. Now consciously bring this rose quartz-energy into your sternum area and rest it there. Breath into the two spaces - back of the head where you imagine the rose quartz where you placed it first and then into the sternum area and see this crystal vibrating.

In a short span of time, you will release the original energy of sorrow and when this happens, you will slowly also release the energy of Fear of Life and Fear of Death.

You will become your Natural Self once again.