

# Emotional Release: **The Heart Path**



*By Rev. Melissa Leath*

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# Welcome!

Welcome to the most self-empowering concept you will ever find! And thank you so much for choosing to read *Emotional Release: The Heart Path*

It is always my desire to empower people and I am very grateful to be able to share this metaphysical/spiritual tool with you.

## Here is What You Will Learn from This E-book:

- Self-Healing of Your Spiritual and Emotional Imbalances
  - How to Boost Your Energy Field
  - How to Work Through Your Problems
    - How to Relax
  - How to 'un-do' Emotional Upsets
  - Breathe Through Your Challenges
    - Lower Your Stress Factor
- Deal with issues of productivity or performance, such as, taking tests, public speaking.
- Emotional issues, such as, rejection, loss/grief, anger, guilt, lack of self esteem or confidence, anxieties, jealousy.
  - Stop self-sabotage and taking control of your life

Please contact me if you have any questions or I may be of help to you. My email is: [mypath1@hotmail.com](mailto:mypath1@hotmail.com) or you can visit me at one of my websites:

<http://www.123SpiritualGrowth.com> <http://www.MeditationWarehouse.com>  
<http://www.OutrageousLiving.net>

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# 1. Introduction

The Heart Chakra plays a very large part in our lives. This class explores the difference between Feelings and Emotions, and how the Heart helps us to release emotional issues that have become implanted in our auras.

Rev. Melissa shares several scenarios that routinely take place in our lives. Then offers specific exercises we can use to help recognize the emotional upset and release it so it does not become physical dis-ease in the body.

We all have high hopes and special intentions in our lives. But those intentions may be sabotaged by past experiences and subconscious prompters. There are many things that are part of our energetic make-up that can be limiting us from happiness and accomplishing our goals.

We do not hold these limiting ideas in our energetic fields, consciously. However, when we experience trauma, or can't seem to get past disappointments or hurts, our flow of energy becomes stuck or tangled. This becomes part of our make up even though we may not realize it.

By implementing Heart Path Emotional Release, the positive flow of energy is untangled, and the mind/body system is able to immediately correct itself.

It will restore any missing or misaligned frequencies to the electro-magnetic system. This is a way of creating a perfect environment for transformation.

*Emotional Balance Techniques* include guided breathing, visualization. Polarity statements will address the emotional areas for the session, to correct the reversed emotion.

The emotional energy fields, as well as the physical body, are addressed because our emotional issues become attached to us in a physical way. This will interrupt the emotional to physical, physical to emotional feedback 'loop'.

Have you ever experienced these emotions?

- Anger
- Frustration
- Envy or Jealousy
- Hostility
- Resentment
- Depression
- Intimidation
- Fear

Many healers refer to these areas as energy attachments. We will look at these ideas and offer simple ways of clearing the emotion.

## 2. What are Feelings and Emotions?

A feeling is a sensed action to a life experience. It is a totally honest response.

In an attempt to control feelings, the most common tendency is to continue to think about the experience over and over again, to the point of obsession. Irrational thoughts come about and 'emotional' re-action takes over.

### *Emotions or Feelings*

Society has misunderstood the meaning of these two words. Most people think of 'feelings' and 'emotions' as meaning the same thing. I believe they are different.

'Feeling' is a sensed action to a life experience and a totally honest response. It is something that is meant to be realized, or acknowledged, through our physical existence. Perhaps, it is even an awakening to understand a situation much more deeply.

Feelings should never be denied. They need to be experienced, looked at, worked through and released.

'Emotion,' on the other hand, is something much different. And for lack of a better understanding, we accepted emotion and feeling as one meaning. Allow me to explain:

### The Second Energy Center (Sacral Chakra):

Many things are connected to the second chakra. This is the section of the lower material energy centers that receives Feelings. It is the first response connector.

We experience through the lower half of the body---in the areas called the physical, emotional and mental energy centers (chakras). This area represents and controls the third dimensional aspect of our whole being. It is actually called the seat of the emotional

body, with its contents being: feelings. Hence, 'emotional body' actually should be called 'feeling body', in reference to the physical portion of our being.

### The Fourth Energy Center (Heart Chakra):

The fourth chakra is the first center of the astral body and bridges or cushions the physical and spiritual aspects of our energy bodies. It contains 'second feelings', which gives us another chance to look at and evaluate the first response feeling. Another ingredient in this chakra is 'transformation'.

The heart chakra, being the next level beyond third dimensional existence, is the first chakra of the astral body. It actually cushions or bridges the material and spiritual worlds. According to Rosalyn Bruyere, in her book, *Wheels of Light, A Study of Chakras*, the heart contains 'second feelings', which are quite often different than the first. It also contains transformation. The heart area of our astral body, which connects the physical and spiritual realms, gives us a second chance to look through the eyes of the Creator, with love for the Universe.

The only true emotion in this life is that of Love. Universe created the Spirit through pure love. And that is the only driving force of life---Love. There is no such thing as 'unconditional hate' or 'unconditional envy.' All prophets and great spiritual leaders taught love not hate. When a small child is asked about God, he will say, 'God is Love.'

The heart has long been the symbol of love. But it is more than a feeling for our parents or spouse. It also includes joy, ecstasy, compassion, happiness, satisfaction and honor. These are all cousins of love.

## 5.Love

For all intents and purposes, Love and its cousins (joy, ecstasy, compassion, happiness, satisfaction, honor, etc.) is the only True Emotion. As we allow our experiences to be

seen or felt through the Heart Energy (Love), we can it can be put into proper perspective and allowed to be taken care of by Creator.

### The Universe Experiences through Our Experiences

The reason to honor experiences and feel them properly is for the Creator or Universe to experience the physical world through us to become All It Can Be.

We are all part of the Whole of the Universe. Universe is always growing, expanding and becoming All It Can Be. Spirit Beings in human form (us) are set into place to share life experience with the Universe. Creator can not experience life on Earth as a physical form in any other way. We are that extension of Mother-Father God.

The human experience is connected to Creator by a pure silver cord of love. This is the only way life experiences can be directed back to the Universe---through love. It's the only language that Spirit understands. The love emotion is the only way to put all earth experiences and feelings into correct perspective. Whenever we experience life actions, those feelings need to be pulled up into the heart, seen through love, and released.

Love helps put everything in order. It softens the feeling and the degree of intensity. Universal Creator then easily assists in resolving the situation. Through love, there is surrendering and allowing God to have it. All obstacles seem to move out of the way. The resolution appears.

## 4. Side Effects of Emotional Living

- Physical Dis-ease
- Mental Confusion or Malfunction
- Spiritual Disorientation or Muddled Auras

*Dis-ease from Emotion*

Many people do not know how to regulate feelings through the heart. Sadly, society has used misdirected emotional issues to control feelings. The only gain this can bring is division and manipulation.

As a result, many children are raised, in an unfeeling atmosphere, laced with only fear, anger, intimidation or unworthiness, by many aspects of our society. When these feelings are not experienced with love, but encouraged to become emotional, they are pulled too close to the physical body and it becomes manifested as dis-ease.

Feelings are a natural response to the situations in our lives. It's normal to be angry about someone pulling their car out in front of you. But when that anger is allowed to build up, then it becomes emotional. It becomes more difficult to think about it rationally. Soon, rude remarks and judgment cloud the real issue. Negativity is added, and the result of action is lost or hidden behind emotional energy.

Emotional energy begins to control the mental, spiritual, and sooner or later, the physical bodies. A large portion of the population is living life through the emotional energy of feelings, never allowing the element of love to filter that feeling into the proper place. The mind is not able to make rational decisions, the body may become sick due to dis-ease and the spirit actually is suppressed by muddy auras and unaligned chakras.

After many years of this abuse of human feelings, your body, mind and spirit suffer greatly.

You must tend to the physical by activating holistic practices; the mind has trouble functioning and needs psychological self-help groups to muddle through to the root causes; and, the spirit needs much work to rectify all the damage. There is a much better solution: prevention.

## 5. Prevention is the Best Solution

The best way to deal with any negative problem or disruptive situation is to let the situation just go on by after the result of action is felt. If it builds up and not released, it will become emotional. Action is not possible, only re-action. That is losing control. It gives power to the situation.

### ACT INSTEAD OF RE-ACTING

The best way to live an outrageous life is to take charge of the situations we are in. Not controlling them, but being aware of how they feel and act accordingly.

Emotional recognition is knowledge of how we feel in circumstances. We can know the difference between emotion and feelings.

Experiencing feelings to life's experiences gives us a chance to act within the situation. Becoming emotional about it keeps us from understanding in a deeper way what it is all about. It robs us of our personal power and the ability to respond in a reasonable way. This is when reaction to the situation takes over instead of acting within the situation.

One is empowering and one is un-empowering.

We all become angry or upset during the day. Some situations take us to hostility, resentment and emotional upset. But holding onto anger, fear and hatred can be a very dangerous thing to do. There are ways of seeing and correcting it before any damage is done. It's all right to feel experiences, and learn from them. Then they must be released.

### *Releasing the Emotion*

The best way to deal with any negative problem is to let the situation just go on by---- after the result of action is felt. If it builds up, then the emotions get in the way. Action is not possible, only re-action. That's losing control. It gives power to the emotion.

There are several ways to release the emotions that may be ruling you, to put the feeling in the proper place. These emotional cleansings can be facilitated by creative visualization. Eventually, the negative emotions can be eliminated from life experience.

- Relax and close your eyes. Imagine you are sitting on a beach. The waves are rolling in, washing over you and then rolling back to sea. As each wave comes to you, see it as a certain upsetting situation you have experienced recently. The situation washes over you. Acknowledge it, feel it, but do not hold on to it. As you see the water move back into the sea, release the experience from your thoughts. You may have to do this several times until you are able to really visualize it. Continue experiencing it over again until you really feel able to release it.

- Another visualization you may want to try is this: As you hash over a frustrating day, play a special selection of music. Make sure that the tone or rhythm of the music fits the frustration. Start feeling the situation and allow the vibrations of the music to drift the feeling into the 'feeling' body. When the music ends, know that the frustration is released. Every time you think of the frustration, play the music and allow it to take the feeling to the correct level. After a period of time, you will reprogram the placement of that feeling.
- Visualize a cleansing by blowing it into perspective. Bring back the feeling into your vision. As you think of the pain, take a big breath through your nose into the lower abdomen.

Hold the breath and the feeling in your solar plexis for a moment. Then blow the air and the feeling out of your solar plexis, straight out into the 'feeling' body. There it can commune with the heart and astral body, to evaluate and deal with it.

- You may also use the Pink Bubble of Love. Simply see the person or situation that affects you and blow a pink bubble-gum bubble around that person. Just seeing pink all around the person is a way of seeing love all around them. When there is love, there can only be harmony. All is seen in better detail and understanding.

The best time to do each exercise is just as the situation happens. But if your day is too busy and hectic, then be sure to take 10 minutes out at the end of the day. Do the Emotional Cleansing Techniques with all honesty. Go through the entire day's events and clear all emotional upset from them.

After implementing these cleansings, you will take control of your life again. Your mind, body and spirit will find new life and vigor. You will be living outrageously.

Portions are taken from Release and Let Go Article, *DreamWeaver Magazine*  
<http://www.dw-magazine.net>

## 6. Other Valuable Emotional Balancing Techniques

### Balanced Breathing (total time: 2 minutes)

1. Cross your left ankle over the right.
2. Extend both arms in front of you.
3. Cross your right wrist over the left.
4. Rotate your hands to interlock the fingers.
5. Rotate your hands down toward the stomach.
6. Continue moving inward so that your hands are close to the chest and pointed up.
7. Focus on an idea of balance, such as harmony.
8. Visualize a balanced symbol like the heart shape.
9. Inhale through your nose with the tongue on the roof of your mouth.
10. Exhale through the mouth with your tongue relaxed.

### Polarity Reversal Procedures

Chest Acupuncture Point: Above heart, 3-4 inches off the center line. Place your fingers in that sore spot and rub to release blockage.

Under Nose Acupuncture Point: Just under your nose tap with one or two fingers.

Under Lip Acupuncture Point: Just under the bottom lip tap with one or two fingers.

## Affirmation or Declaration of Belief

Once you recognize why that part of yourself is reacting the way it did, you have the opportunity to change it. Maybe a better term would be to reform that thought.

The main objective is to help the subconscious mind recognize what the truth really is. The subconscious mind picks out certain patterns of thought according to the level of emotion and presentation at the time. It then decides to believe that statement.

It may not be a true representation of reality. But because of the emotion evoked at the time it was presented, the subconscious says, “Wow, we better put that thought into action.”

So statements like, “What’s wrong with you, do you think money grows on trees?” and “We just don’t have enough to get those shoes for you” could become part of your subconscious belief system.

What your subconscious mind believes basically is your belief system and is exactly how you live your life. You don’t realize it consciously. You may not even believe consciously what your subconscious is playing back into your life.

The subconscious kicks in when you aren’t even looking to ensure the emotional aspect of these statements becomes truth.

So the thing to do is somehow overcome those unwelcome prompts. Over the years, I tried everything possible to overcome the subconscious mind that kept getting in the way of my prosperity. Everything I learned makes sense.

There are many metaphysical techniques I have come to know over the years that help to set a certain thing into motion in my life. But here is my favorite:

Belief Declaration: A valid statement, bringing a sense of truth or positive thought to your mind. Louise Hay has written much about the use of affirmations to help change thought form habits. I prefer to call them ‘belief declarations’.

You must create a believable statement. Sometimes you may have to use a sequence of statements to take you to a believable place.

You just have to believe what you say to yourself.

## Rapid Relaxer

Hum a tune that just pops in your head. Or make up something in your head. The mind disengages from fixating on your problem or stress.

## Etheric Clearing

Everything that happens in your physical body occurs first in the etheric body. Pain and disease is usually caused by imbalances, blockages, negative thought forms and/or repressed emotions which manifest as a last resort in the physical body. Etheric Clearing assists in literally cutting blockages and imbalances out of the etheric body, thus assisting in achieving whole health in both the physical and etheric bodies.

Through life's experiences, and even prior to incarnation, people acquire energetic structures in the etheric body. These structures can cause physical problems like chronic pain and stifled energy flow. Often, they are associated with your defense mechanisms and are created as "protective" shields.

Other times they are the result of a crystallized energy pattern that holds a memory of some past traumatic event, or precedes the manifestation of a new physical ailment. The structures present are unique to each individual and must be treated on a case-by-case basis. By removing such structures at the appropriate time, a person may feel a sense of relief, release of tension and pressure, and a renewed sense of freedom.

Etheric Clearing removes and repairs the energy in your aura, which will then filter down into your physical body. By repairing holes, rips, etc in your etheric body, healing can then occur in the physical body.

Unless it is removed, negative energy can stay in the etheric field for decades, causing unhealthy patterns to repeat frequently and even causing physical illnesses.

In fact, approximately 90% of all physical illnesses come directly from the negative energies held in the etheric field! Removing these negative energies allows you to move forward in life with fewer repeats of old patterns as well as with a healthier physical body.



Other great resources for more information about feelings and emotions: *Ecstasy is a New Frequency* by Chris Griscom, *Wheels of Light, A Study of the Chakras* by Rosalyn Bruyere, *You Can Have It All*, by Arnold Patent.

## About the Author

Rev. Melissa Leath, BA: Metaphysical and Personal Growth Counselor/ Teacher, Lecturer, Author, and Visionary. Melissa has been teaching meditation for about 20 years, and has been meditating herself for the past 30 years.

When she was in a class to study this art of bliss, many of the things she learned was by trial and error. And she hopes that you will not have to experience all the error she experienced, but will learn from it instead.

After a long series of on-going lectures with the Whole Life Expos and other Conferences on Basic Meditation, she has gained a wealth of knowledge as to what beginners want and need to empower themselves. Meditation Maven Melissa Leath blows the lid off all the Meditation Myths you have heard.

In her website <http://www.MeditationWarehouse.com> you will find all the answers to any question you could possibly think of. She believes you should be able to have many sources to look at, read and research so you can be informed.

It has links to many different sites, information on music, techniques, groups, schools and retreats, different cultures and philosophies, so you can expand on a style you might be interested in.

With this website and the ability to share information with many groups, Melissa hopes to give you some information about the ease of meditation. It is important for everyone to have and use this wonderful tool for living.

Melissa Leath has spent a lifetime following a spiritual way. She is Certified as a Spiritual Medium in the state of Ohio in 1983. She was a founding board member for The Circle of Light Church, in Springfield, Ohio. She was later ordained there in 1997 and is licensed in the state as a minister. When she is not traveling, she still works with The Circle.

Being a published author, she has written *The Go-Between: Bridging the Gap*, and *Meditation, Plain and Simple Workbook*, soon to be released *Outrageous Living: Tips & Secrets to Thriving in the 21<sup>st</sup> Century* (with her husband Charles) and is a regular columnist for *DreamWeaver Magazine* <http://www.DW-Magazine.net> . She is in much demand for her inspirational Guided Meditations, and has recorded a Guided Meditation CD, called *Soul of the Universe*.

Published written articles have also appeared in: *The Edge Magazine*, *Passages Magazine*, *Threads (Sewing) Magazine*, *PersonalGrowthPlanet.com*, *OfSpirit.com* and *SelfGrowth.com*, as well as numerous articles in her own *Spirituality e-Newsletter*.

She has been interviewed on Radio and Television including: stations in Chattanooga, Tennessee and Rapid City, South Dakota, regular guest on WCLL-TV, Columbus, Ohio, "Jill and Friends" of Wisdom Radio Network, and Public Access Television in her local area.

Rev. Leath is an Energy Healer and Teaching Reiki Practitioner, and teaches healing techniques, meditation and parapsychology at Clark State Community College in Springfield, Ohio. Melissa is also the Director of the Orange Blossom Center for Enrichment (soon to be an on-line class source) and is dedicated to teaching basic meditation, inner strength and personal peace within the family and world communities.

Melissa has been a continual student in spirituality and metaphysics. She is in the Doctorate Program in Metaphysical Sciences through the University of Metaphysics in Los Angeles, California, and has received a Bachelor's Degree. Leath has lectured, given workshops and private reading/consultations internationally for over 25 years. She has become a very much sought after presenter because of her ability to share information with an audience or group.

If you would like The Meditation Maven to speak at your event, please contact Melissa Leath at 937-323-5346 with your details, or visit her main website: <http://www.123SpiritualGrowth.com>

*NOTES:*