

Amma's Primary Teachings

For the spiritual adventurer...

YOU CAN HEAL YOURSELF

BUILDING YOUR
HEART SOURCE

CALL IN YOUR
HEALING TEAM

RELEASE
YOUR JOY!



MOVING INTO YOUR HEART SOURCE

Accessing Your Personal Power



BUILD YOUR HEART SOURCE

1. Enter your heart center from the front and go deep within.
2. Now bring your awareness to the back of your heart center and feel yourself go deep within the back of your heart center. Notice that even though you're going in from the front and the back, the two don't really connect because you're accessing two different dimensions. This brings you into multi-dimensionality.
3. Stay in the front and back of your heart center, and go into the front of your third eye. It's at the center of the bony ridge in the back of your head. Move your awareness up or down a little bit and you'll find the spot. Go deep within. Now you're in three dimensions.
4. Now go into the back of your third eye. It's at the center of the bony ridge in the back of your head. Move your awareness up or down a little bit and you'll find the spot. Go deep within. Now you're in four dimensions.
5. Now form an image of a beam of energy connecting your heart to your third eye.
6. Now send that beam of energy straight up, all the way to the Center of the Universe. Don't try to figure out where that is. Just have the intention to go to the center of the Universe.
7. Now bring that beam of energy all the way down to the center of the Earth.

Congratulations!

You are now in your Heart Source.

By learning to live from your Heart Source you have strengthened your energy field. In addition you have opened your intuition, increased your psychic protection and ability to self-heal.

When in your Heart Source, you have a deeper awareness of what Truth is. If you want to know if a politician, a friend, or someone else is telling you the truth, listen to them from your Heart Source. This doesn't mean they are lying. They may believe what they are saying, but what they are saying is a misperception on their part.

Do You Have Your Spiritual Healing Team?

YOU ARE NOT ALONE!

Believe me when I tell you there are spiritual beings appointed to assist you in becoming who you truly are.

Why should you believe me?

Simple. I have my own team and have helped multitudes of people bring together their own healing team.

Remember, you are a spiritual being who came down here to have human experience. You were created from love which means you are Love Incarnate.

You were not just dropped here on this earth without any support. You have a great deal of support, but you need to access it.

Learning to live in your Heart Source is a crucial step in accessing your spiritual support system. In addition, you can gather together your own healing team. Although you can call and anyone you wish to be on your healing team, Amma identifies three groups of beings who work for us.

These are not listed in any priority order.

You have your **Encodement Technicians** who work with your Encodement system. Then there are your **Soul Healing Angels** who assist you in repairing your inner wounds. The last group of beings are **Amma's Healing Friends**.

To gather your Healing Team, go into your heart, and request that they come. It is that simple.

Ask them what you may call them. If you don't hear her since an answer, simply give them a name.

Now that your Healing Team is assembled, call upon them and request healing from them. You may do this at any time. Spend 5 minutes a day asking for healing of emotions, wounds or behavior patterns.

You may also call upon them right after an upsetting event, when you are waiting in line, or if you find yourself engaged in negative thinking.

Your Healing Team wants to help you. That is their mission. They have great joy assisting you. Don't worry, you can never wear them out.

WORK WITH AMMA

Many people prefer to have me connect with Amma and guide them through a Personal Encodement Intensive.

If you've never had one, you'd be surprised and delighted at how much healing occurs in a half hour.

I have a limited number of spaces available. Please go to:

AmmaTheDivineMother.com to select the Personal Healing Intensive Package most appropriate for you.

Cathy@AmmaTheDivineMother.com

Reflection for Healing

I Remain in My Heart and Follow My Inner Knowing

When I remain in my heart I am at peace. My thoughts are calm.

Everything becomes easier.

I can be my best when I am in my heart. I feel at ease and know I am contributing as much as I am able. Even when I don't succeed, I know staying in my heart assists me in getting back on track.

I release worries knowing they are a useless expense of energy.

Anxiety clouds my mind and lessens my productivity. I focus on the positive and look for the easiest solutions.

I take steps to manage daily stress. My days include time for meditation or quiet reflection. I listen to soft music or get a massage. I do something positive for myself.

I release the pain from wounds of the past.

Releasing old wounds frees my mind..

I trust in my inner knowing and skills.

My past successes reinforce my confidence. I know how to prepare for what could be a difficult situation.

I focus on the present moment.

I decline to dwell on the past or negative possibilities for the future. I enjoy the

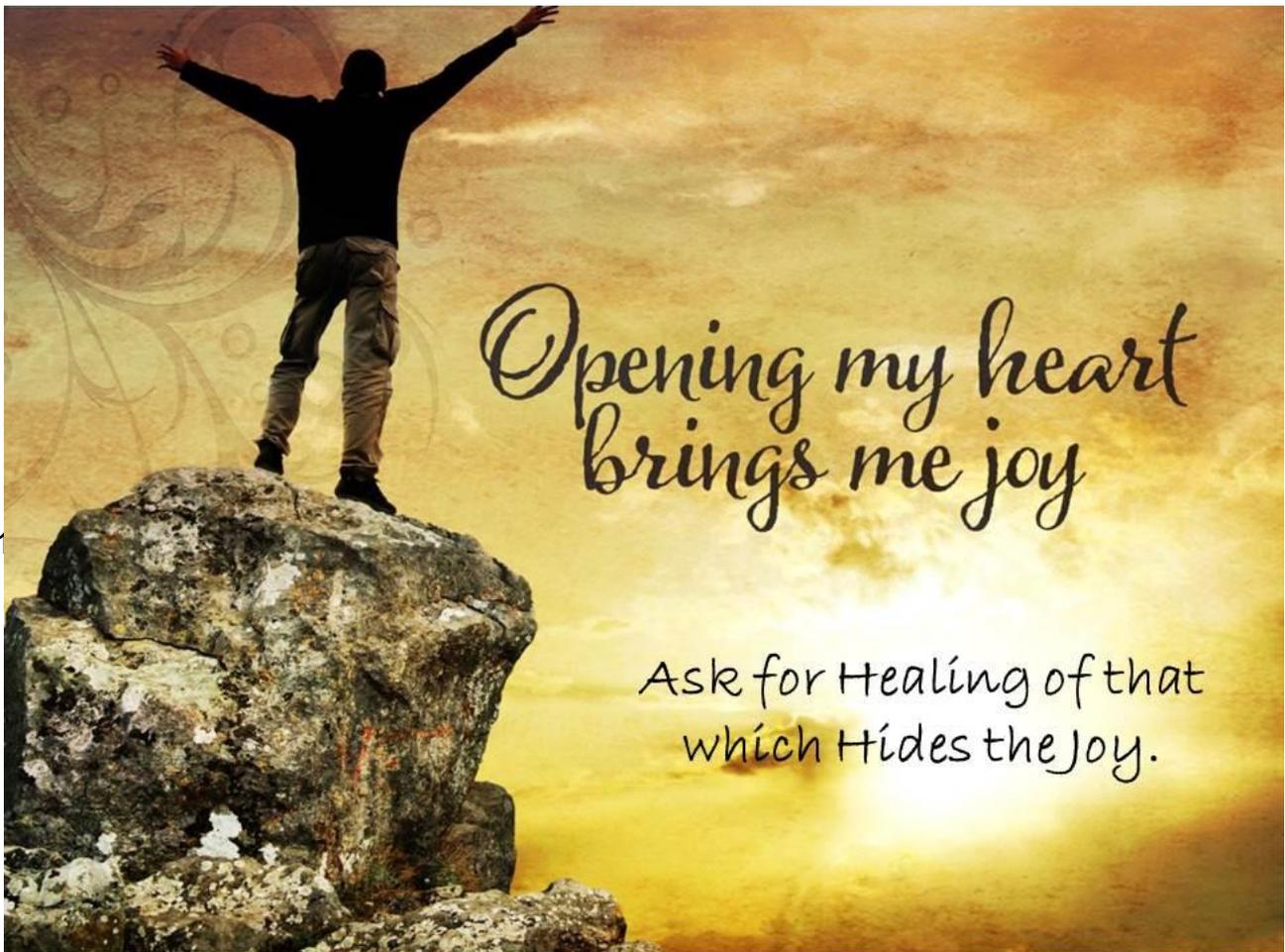
small daily activities of life.

Today, I keep peaceful thoughts in my mind. They keep me calm and positive.

Reflection Questions

1. What activity can I eliminate which will lead to a more peaceful mind and heart?
2. What strategies can I use to remind myself to stay in my heart or Heart Source?
3. What person am I most grateful for today?
4. What skill of mine am I most grateful for today?





Emotional healing happens when you repair the source of the hurt.

Each time you heal you remove feelings which are hiding your Joy from you.

Sometimes you need to make decisions to remove yourself from negative influences. These can be tough choices.

Some sources of negative may be the people closest to you! It's going to be tough separating from them. Your emotional health is important . You will need to find a way to distance yourself emotionally and physically from those who continually hurt you.

You may need to see family members less often and choose different friends.

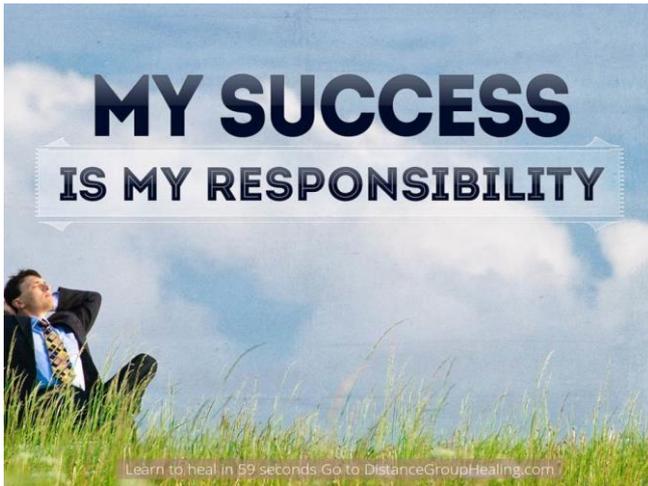
It's also crucial to accept responsibility for your own actions. When you face your own faults and foibles you'll be able to change negative and limiting behavior patterns.

Ask for healing... Always ask for healing from your healing team. They are here to help. Make use of them.

This is who you are!

You were created from Love. You are Love.

You are Love Incarnate.



Live according to your moral code.

You have a set of values you live by. Keep them in your awareness when making decisions.

Abandoning morals is the easiest way to lose your way in life.

No one can pull you away from your personal values. How you live is your decision. Sometimes you need to make the choice to not fit in, to be different.

When this is difficult, this is when you call upon your Healing Team to assist you in being true to yourself.

There will be times you will need to forgive yourself when you do something you're not proud of. When that happens, face and learn from it. Don't let yourself be swallowed up by guilt and shame.

Return to your heart and be true to yourself. Congratulate yourself for being honest. Make a commitment to be more aware of when you are losing yourself.

Make corrections in your path as needed.

Live in Joy!

Remember Who You Are:

The Power and
Presence Of God

You have a choice in how you want to live your life. Every day you have choices in what to say, think, feel and do. Yes, there are influences, but you are the one who makes the final decision.

Ask your Healing Team to be with you right now. Ask them to heal the wound which most interferes with you being true to yourself.

Now ask them to heal the wound resulting from when someone hurt you when s/he did not adhere to his or her personal values.

Healing occurs in layers. Repeat the request for healing as often as you feel necessary. Each healing will reveal the true you, the you who is Love Incarnate.

I Am Love Incarnate

You Are Love
Incarnate