

The Hidden Soul Secrets

(What we keep telling ourselves)



By Burt Harding

A woman, referring to a Louise Hay's book on affirmations exclaimed to me, *"I have found that affirmations don't work. I have tried them for years and never experienced any results I wanted."* I replied that not only they work but we are a result of what we have affirmed all our lives. We are an exact replica of what we have affirmed – our personality, attitude, thinking and behavior are a direct result of what we have been telling ourselves.

To see clearly what you have been telling yourself is not easy because those affirmations (what you have strongly affirmed) are not only hard to spot but they are how you feel about life, the world and yourself. And, how you feel is what is real to you.

How real is real? Do you get the gist of this? What we make to be real is the fiction of the mind. Our soul evolves in accordance to our authentic drive to what is true in us.

There are three kinds of people and they are divided into **intellectual, emotional & doing** soul types.

Intellectual people try to solve life's problems through thought; thinking about it and trying to figure it out and then reach conclusions based on that premise.

Feeling people, although they usually have compassion, are tricked into believing that what they feel emotionally is real and reach conclusions based on that premise.

Doing people are the action type and they move according to what seems to be happening. The internal type of 'doers' escape too much emotion from another by suppression or go into their 'cave.' The external type blow-out and project.

There are nine drives that create soul blockages known as perfectionism, pride, deceit, envy, greed, fear, gluttony, lust and laziness. Each soul automatically carries one of the above vices as an unconscious thought/feeling affirmation. These vices are the result of past memories that have not been explored. In other words, every human soul has one of the above vices as a result of believing in being a separate individual. When we start facing the world we are confronted by the conditioned belief we are separate individuals trying to make it in the world, and, until we wake up to the truth of who we are, we are subject to this condition.

Perfectionistic soul affirmations: There is the feeling that nothing is as it should be. This is an addiction to anger. They are always dissatisfied and must work hard to improve any situation. Furthermore, because other people are not doing their share, they feel the lurch with more than their fair share of responsibilities.

These people are usually socially charming and groomed clad in emotional armor and move through life cleaning up the battlefields others have left in disarray.

Pride soul affirmations: They affirm that you need them but are unconscious of their own need for you. Their focus is completely outside themselves and respond to situations in which they can be care-givers but don't know what to do when someone offers a mutual relationship. They affirm their one-way relationship. Women who affirm this are rarely happy being married as they often find fault in their spouse.

Deceit soul affirmations: They affirm their appearance and self-image. They affirm that their image is reality and they base their inner world on this deceit. They believe that only through achieving and accomplishing that one is worth anything. They are usually well-dressed in fashionable clothes and look good.

Envy soul affirmations: These are individualists and highly emotional. They are so conscious of others' good qualities and possessions that they do not see their own strength and often affirm weakness, envy, not being loved enough. They compare themselves to others and thus affirm pessimism about themselves.

Greed soul affirmations: They use their energy gathering information, becoming wise and protective of their privacy. They often feel inadequate as human beings and so have a greed for knowledge and time alone. They believe that knowledge about life is equivalent to living it. This greed results in, "How come I know all this but don't live it?"

Fear soul affirmations: They live with a low-level anxiety about life, a vague apprehension that leaves them wary, cautious and often incapable. The world is often a threat to them and believe they must protect themselves against 'others' who might take advantage. They become over-responsible and protective.

Gluttony soul affirmations: These are dreamers who want more and more of whatever makes them happy. This need often translates into food, drink and sex. They are optimists and lovers but are often jack-of-all-trades.

Lust soul affirmations: They have a ravenous appetite for life and experience, and they intend to satisfy their passions through power and control.

Laziness soul affirmations: They are preservationists and they are determined to preserve their status quo rather than accomplish goals. Their laziness is a humble acceptance of life. This soul affirmation suffer anger towards self-examination of their feelings. There is hidden resentment and anger.

The question arises, *“Now that I know which soul type affirmation I am and what I have been telling myself, what can I do about it?”*

There is something very simple you can do about it, but if you have expectations of becoming perfect, then watch out for blocking yourself further.

Each soul has a strong affirmation of limitation because it believes it is a separate person unaware of its oneness. This affirmation of limitation is in everyone who hasn't realized their egolessness.

If you believe that you will overcome this limitation completely then you are deluding yourself. It is a lifetime job. When we realize oneness completely and there is no longer an ego then the question will no longer arise or mean anything. However, as long as you have a form and living on earth you have something to work with and that's being realistic.

So many people have emailed asking, *“I keep being aware of my limitations, judgments and fears and forgive them but they keep coming back. Am I doing something wrong?”*

If you feel clean after your awareness-and-forgiveness 'practices' then that's all you need to 'do.' These limitations are bound to keep repeating because the subconscious never forgets what you had invested for such a long time in your affirmations. How many times have you told yourself you are a John or Mary? How often have you told yourself, *"I am this body!"* *"How many times have you affirmed you are stuck or something is wrong with you or feeling-less-than or that you are missing something?"* However, every time you forgive these limitations and replace them with love, you grow in your awareness. And, what is wondrous about this 'practice' is that you'll start getting inspirations, insights, realizations and expansion of consciousness leading closer to the 4th dimensional state.

The following is the "4-step-practice" that you can 'do' for 2 or 3 minutes once or twice a day (or more). Once you start doing this 'practice' daily then it becomes a way of life and that's when wonderful surprises in your life start happening.

1. Start by quieting the mind by listening to all the sounds around and about you. Listen detached without labeling good or bad. For instance, the slamming of a door becomes another sound like good soft music; The song of a bird equivalent to the roaring of a car; All just sounds. This quiets the mind through total acceptance of what-is.
2. While in a state of internal quiet and listening mode, start saying inwardly, "I love you!" "I love you!" "I love you!" focusing it on the totality of you – inner and outer! Invoke it with feeling and meaning. It will gain greater meaning after you have done it for a while.
3. Then, having awakened some loving feeling of oneness, say, "I forgive the judgments (the particular vice that has been with you ever since you

remember). Forgive every slight limitation that did not express love. In fact, forgive everything that did not contribute to peace and joy.

For instance, if you see in your partner's manner some act or thought of limitation then take responsibility for it since you 'saw' it. It was in your perception.

(for greater clarification of this get the free booklet, "There is only YOU!" which you can find in the website www.burtharding.com and print it for reflective reading.)

4. Finally, say softly with meaning, "Thank you!" "Thank You!" "Thank you!"

"How do I use my particular affirmation?"

Having found your strong vice then just be aware every time it rears its head until you come to the point where you see it practically everywhere in everything you do. Some people believe that they are increasing in their vice and going backwards, but actually it's the opposite – they are becoming aware of how prevalent it was in their life. In fact, when you start seeing it in practically everything you say or do then you know you are 'progressing.' This is awareness of your limitation. It is here that real 'progress' is made towards your egoless state.

"How often do I need to affirm "I love you"?"

Every time you go out or start work in the day. Every stranger or friend you meet. Every time you start eating anything. Every time you go to bed or get up in the morning. Say it inwardly, silently until you start feeling it becoming alive in you.

How often do I need to forgive myself?

Practice the 4 step 'practice' at least once a day. However, forgive yourself every time you judge someone or feel upset,

unhappy, angry or controlling. In fact, every time you judge anyone at all for anything, be aware and forgive it. You might find yourself forgiving all the time and that's when you know you are taking a leap towards your divine Self.

What shall I focus on every day?

Focus on love and cleaning yourself from all judgments and fears that pollute that love.

It sounds like a tall order?

It only sounds like it because it is still foreign to you. It will, in time, replace every fear, guilt, shame and judgment into a glorious peace, joy and aliveness. After a while it becomes your regular affirmation having replaced the old destructive ones. You'll be free in your divine essence.

Any further questions send to
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