

Blue Room Healing Technique

What is a Blue Room Healing?

This healing technique can be used several ways. It can be used to deal with conflict, to resolve an issue such as with another person or with oneself. It is by accessing and working with one's higher self and addressing what the condition or trauma you are seeking to balance and become neutral.

How is this done?

Like any other form of relaxation method, and to get the best results, find a nice quite space or location that you won't be disturbed. You can do this anytime, either day or night. I've found doing this at night just upon going to sleep has been very effective. Either sitting in a chair or laying on a bed. Allow time to get yourself into a comfortable position. Find what's best for you.

Method

Step 1.

- ❖ Get yourself comfortable (in a chair, or lying flat) place your hands either on your lap, or across your chest (heart chakra)
- ❖ Close your eyes and slowly, start to become aware of your breathe.
- ❖ Take several slow, long breaths, and on the in breath, visualize you are pulling in the essence of the Universe.
- ❖ As you breathe out, with each breathe, feel yourself releasing any tension and feel yourself dropping deeper into a state of peace and calm.

Each breathe is a sacred vibration out to the Universe

- ❖ When you are ready (you will know) allow yourself to imagine, or feel you are in a room that is the colour blue (blue represents, calm, peace and truth)

Step 2.

- ❖ In this room is a table and 2 seats, in the corner of the room is a door. Beyond that door is whatever you are wanting to deal with. It can be a conflict, with another person, a stress or trauma.
- ❖ Imagine, feel, or see yourself walking towards the door, and when you are ready, open the door.
- ❖ Invite in the person or situation you are wanting to address and close the door.
(If you are addressing something for yourself such as a specific anxious /stressful part, visualize this as an item or shape, ie box, or ball, and your situation is that shape)
- ❖ Guide them/it to the table and offer them/it to sit directly opposite you in the chair.

Step 3.

- ❖ You are now going to start a discussion with the person/it
- ❖ Ensure that you dialogue the conversation to address the situation you are wanting to resolve/heal.

****Example 1****

YOU- *"I know we've had our differences lately, and you are feeling very upset and hurt. I understand your frustration/pain/anger. I'm sorry that words have been said that we both know wasn't meant to hurt one another."*

****Example 2****

YOU- *"I am feeling anxious about.... my job, relationship, chaos, fear of failing (whatever the anxious condition is)"*

- ❖ Make sure that you express your words and imagine, feel, visualize looking directly at them/it. Look into their eyes and feel your words being felt.
- ❖ Once you have finished your conversation with them, now it is time for you to ask the person/it to express what they are feeling in conversation back to you, though now you will **change** the conversation to the words that you would believe they would say if its to negate the anger, fear, anxious.

Example 1

OTHER PERSON/IT- *“Thank you for understanding and acknowledging that we’ve not seen eye to eye lately. I have been hurting and angry, but I feel so much better that we can talk and express our feelings. I felt you weren’t appreciating me, or whenever we talked it we always ended up arguing unappreciated, not supported and I didn’t mean to hurt you, I appreciate and acknowledge etc.....”*

Example 2

OTHER PERSON/IT- *“I no longer feel the anxiousness/fear/chaos/ and I’m feeling more confident and successful in my job, my relationships are healthy and loving, there is peace and calm in my life, I am confident in my abilities.*

- ❖ (If you are addressing about anxiousness, build the dialogue to suit your specific concerns)
- ❖ When you have completed and are ready to close your conversation, thank them for their time and then I recommend using the Spiritual Ho’oponopono statement.

(This is part of the Forensic Healing Spirit Karma Cleansing Pathway)

*I’m Sorry
Please Forgive Me
I Love You
Thank you*

Step 4.

- ❖ Getting up from the table, you can walk the person/it to the door, thank them again, open the door and allow them to leave, then close the door.
- ❖ When the process is completed, gradually become aware of your surroundings, some slow breathes again and then open your eyes.

If you would like to know more about the

Forensic Healing Natural Therapy System please visit:

[shonasoulsynergyhealing](http://shonasoulsynergyhealing.com)