

# **Introducing the H.O.P.E. Technique®**

## **Healing Ourselves for Peace & Enlightenment**

**You Are Invited to Fall in Love with Your Life!**

**Awaken Your Consciousness with this priceless gift from Jesus.  
The H.O.P.E. Technique® dissolves the only thing that blocks enlightenment –  
the unrecognized and unhealed pain and fear from our past experiences.**

**Do you know who you are without your ego-hidden pain and fear?** Find out using the *H.O.P.E. Technique®!* Spiritual growth soars when you heal your past hurts and the unconscious fears beneath them. Jesus tells us we are all meant to **perceive and experience our lives through the awareness of our soul.** This happens easily when we are free of fear and able to love fully.

### **Experience many benefits from the *H.O.P.E. Technique®*:**

- Increases awareness of your soul's perception of oneness. Induces the shift from ego consciousness (separation-based) to Unity consciousness.
- Heals past hurts, which dissolves fear, insecurities, worry, anxiety, depression, resentment, guilt, negative thinking, addictions and chronic pain. Problems fade away. Ease and grace enters into your life. Miracles flourish.
- Thoughts and feelings become less judgmental (separating) and therefore, behaviors naturally become more loving and less fear-driven. You can accept and feel the development of self-love. Inner happiness blossoms.
- Enlivens the inner qualities that come from the heart: love, compassion, joy, forgiveness, humility, trust, gratitude, inner peace and true fulfillment.
- Spiritual awakening emerges spontaneously. Your True Self comes alive. This is our natural state of awareness - God consciousness.

*Bypass the pattern of coping with life's problems.  
Go beyond problems by realizing the underlying cause of them all – our hidden fear.  
The H.O.P.E. Technique® is a simple tool for effective emotional healing!*

# About the H.O.P.E. Technique®

## From Jesus

*“Everyone on earth is meant to live a life of fullness and joy. The only thing that keeps you from feeling fullness and joy is the direct experience of knowing we are all one. Yes, you and I and Source [of all creation] are one. The only thing missing is your awareness of it. Even when you intellectually understand this concept, your awareness expands merely at a snail’s pace. When you become able to experience this through your heart, you experience enlightenment.”*

*“My goal is for everyone on earth to be healed from the only thing that blocks you from realizing that you and God are one. Throughout your lifetime, suppressed pain and fear accumulates within you. This is because you remain caught up in an unconscious pattern of avoiding and resisting unwanted feelings. These unhealed emotions act as magnets, attracting more situations which then create more of the same unwanted feelings into your life. Until these unhealed hurts, and the hidden fears that cause them are dissolved, you remain stuck in an unconscious pattern of creating a life filled with trials and tribulations, suffering, sorrow, sickness, lack and all other forms of struggle, dysfunction and limitation.”*

*“The H.O.P.E. Technique® breaks the hidden habit of unconsciously attracting what you do not want. I am sharing the H.O.P.E. Technique® with you now because it is needed and you are ready for it. You have been in a cycle of avoidance and resistance for a long time. Know it is not the circumstances in your life that causes you pain and suffering. It is always your resistance to it. I give you the H.O.P.E. Technique® now because it is time to transition from resistance to acceptance. It is time for you to grow.”*

*“Apply the H.O.P.E. Technique® daily to induce the experience of fullness of life. This is a state of awareness that some refer to as enlightenment – a oneness perception that is wholly loving and joyous. It is fearless living. With a bit of practice, this intentional process of removing fear, thereby expanding love, becomes automatic. Remember that you create these painful experiences unconsciously, yet purposefully. Pain grabs your attention to the fact that you are not in alignment with your soul’s loving nature. Pain or struggle is a wonderful guidance system, a natural communication which wakes you up. That is, if you allow yourself to hear it.”*

*“Through your willingness to honor and accept (face and feel) your fears, they will dissolve into nothingness. This is how I became a Son of God. This is how you will all become Sons and Daughters of God - the establishment of Christ consciousness that is available to each and every one of you when you are ready to choose it.” – from the consciousness (spirit) of Jesus*

*“When you weed out more fear, your True-Self awakens more and more from within.  
This is the presence of God. It is absolute love, joy, peace, comfort and fullness”.*

– Jesus

# The H.O.P.E. TECHNIQUE®

## Healing Ourselves for Peace & Enlightenment

1. What are you upset about? It will be a person(s) or situation.

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2. As a result of this situation, why are you upset? How does this affect you or your life?

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3. How does this person or situation make you feel? Identify the feelings involved in this. List the three most predominant feelings.

1.) \_\_\_\_\_ 2.) \_\_\_\_\_ 3.) \_\_\_\_\_

### Identify Your Fear-based Emotions

Abandoned • Abused • Angry • Afraid • Ashamed • Aggravated • Appalled • Betrayed • Bored • Broken Beyond Repair • Confused • Damaged • Discontent • Disappointed • Depressed • Devastated • Disgusted • Empty • Envious • Fearful • Frustrated • Grief • Guilt • Hateful • Helpless • Hopeless • Hostile • Horrified • Humiliated • Hurt • Loss • Insecure • Inadequate • Incompetent • Insane • Irresponsible • Irritated • Jealous • Joyless • Offended • Overwhelmed • Lonely • Manipulated • Neglected • Not Good Enough • Numb • Pathetic • Pitiful • Pressured • Rage • Regretful • Resentful • Rejected • Sad • Self-Loathing • Self-Pity • Shame • Sick • Stressed • Stupid • Terrified • Traumatized • Unappreciated • Unattractive • Uncertain • Ugly • Undisciplined • Unloved • Unlovable • Unwanted • Unworthy • Victimized • Vulnerable • Weak • Worried • Worthless • Other

Know that you have these particular feelings because these are your particular fears. Every time you resist feeling these specific fear-based emotions, they become stronger. This avoidance behavior actually creates (attracts) more of the same people and situations in your life. It is a never-ending cycle until you face, feel and heal them.

**4-A. From an earlier time, in what situation did I feel the same or similar feeling?**

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**4-B. From my childhood, in what situation did I feel the same or similar feeling?**

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**4-C. From my earliest memory, in what situation did I feel the same or similar feeling?**

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**5. Feel it now**

Spend a few moments to intentionally feel the specific fear-based emotions you have just identified. Sit with it a few moments. Remember how you felt during your earliest experience. Simply remember. Then allow yourself to experience those feelings all over again. Feel them as fully as you can. When the intensity of this feeling has peaked, it will then naturally subside. This dissolves resistance by allowing yourself to feel what needs to be healed.

**6. Statement of Recognition (say this out loud)**

I now recognize the unconscious pattern I have created in my life. I have been perceiving myself as someone who is \_\_\_\_\_ and \_\_\_\_\_. Because I have feared acknowledging and honoring these emotions, I have actually been attracting the same type of people and situations which cause more of these emotions to emerge, over and over again.

## **7. Statement of Awareness (say this out loud)**

**I am now aware** that the true cause of my fears do not come from any particular person or situation outside of myself. Rather, it is the other way around. I attract certain people and situations as a result of the fears I hold and continue to avoid facing. **I now realize** that all my fears are the direct result of one core fear – the fear of feeling incomplete and separate from my Soul’s love, from my Source, from God.

## **8. Surrender it now**

**Create Acceptance through Conscious Surrender.** Now it is time to bring acceptance to this specific issue. Consciously surrender the pain and fear to God. In your own words, ask God to heal it for you. Say something like this:

*“Creator of myself and all, the formless Life Energy that gives Life to all forms and all beings, I have adopted a false belief within me that I am separate from love. I realize this fear is an illusion, for I know you are within me always and that I am already whole, complete and fully loved. Yet, right now I do not feel this in my heart. I cannot heal myself without you. These feelings are bigger than I am right now. I am now ready to let go of this fear and all the pain it has created. I realize these feelings cause me to feel more separate from love. They cause me to feel more unworthy of your love and less able to love others. I am now ready to love myself and others more wholly, without this unhealed pain inside of me. So, I now give you this pain and fear and ask you to heal it for me. Thank you God. I love you and I want to grow closer to you”.*

## **9. Share it Now**

Now it is time to share this part of you with someone; a friend, a professional therapist, healer or *H.O.P.E. Technique*® partner - whoever you prefer. Choose a partner to read through each of your issues from the *H.O.P.E. Technique*® worksheet. This will help all to learn, heal and grow. This develops an open heart, compassion, trust, self-love, self-forgiveness and self-acceptance.

## **10. Live fearlessly!**

Now is the time to begin living with non-judgment and acceptance. Using the *H.O.P.E. Technique*® depletes the power behind your fears until they are no more. This process is to be used again and again, whenever you come to notice the festering of an uncomfortable emotion. **In time, feeling this specific emotion induces automatic acceptance of unwanted emotions. No more resistance – which is the true cause of all suffering.**

**Congratulate yourself for choosing this direct route to freedom!**

An important part of doing the *H.O.P.E. Technique*® is listening to a song that repeats Babaji's mantra, OM NAMA SHIVAYA for about 6-10 minutes, depending on the song (109 times). If preferred, you can also repeat it silently or out loud 109 times. Some prefer listening to a song that repeats it while doing step #5 - Feel It Now. Others prefer to say it silently before they do the *H.O.P.E. Technique*® or listen to a song while they are filling out the questions. Babaji and Jesus explain that the mantra helps to expel and release (heal) buried pain and fear and to repeat the mantra at least 109 times before or during the practice of the *H.O.P.E. Technique*®.

*"Listening to my mantra opens energy blocks in the body, allowing stored negative energy to rise and be expelled. You must be willing to feel the fear-based emotion that comes with this. Allow it to be. Honor it and it will become less and less. There does come a day when there is nothing left to heal". – Mahavatar Babaji*

There are many songs on Youtube that repeat Babaji's mantra. Following are some favorites:

**Om Namah Shivaya by Deva Premal**

<http://bit.ly/2k93yUk>

**Om Namah Shivaya – Avataran (Mt. Kailash and Manas Sarovar)**

<http://bit.ly/2Ajkiw>

**OM NAMA SHIVAYA by JaiMa James & Friends**

<http://bit.ly/2AH39PV>

**Om Namah Shivai**

<http://bit.ly/2neDOXF>

**Om Namah Shivaya (Peaceful)**

<http://bit.ly/2AhtKAj>