

MOVING BEYOND WORDS

Pippa King explains how 9D clearing can help you to experience present moment awareness

The body and mind are constantly sending the information gathered through the senses back to the soul; the soul then sends this back to the higher self and then the higher self sends back to source energy. We are not meant to hold onto our experiences. However, thoughts, beliefs and feelings associated with our experiences get formed and then stored in our system at an unconscious level. Our bodies literally store all these at a cellular level.

False, limiting beliefs or unresolved feelings that are formed from those experiences act like powerful magnets, attracting similar situations. Once conscious connection is made with these, it is possible to release them.

During the soul's journey, imagine how many of these beliefs each individual soul gathers along the way. These are all held on different levels – some are formed in childhood, some handed down genetically. The deepest individual-level beliefs are held at soul level.

Even deeper than these are the beliefs, feelings and agreements stored within at group soul consciousness levels. These are formed when we make agreements with other souls for the growth and progress of the soul group, in order to learn and grow from these experiences. With group soul beliefs, these can run very deep, because they are validated by each other. There is also more than one soul involved in the experience, so it can take longer to learn the things the soul group would like to learn.

Currently we are moving out of a group soul collective belief of control, struggle, fear, drama and lack. This group soul collective has a heavy dense vibration and it can't move into the lighter vibrations of health, wealth, ease, joy and flow. Therefore they have been surfacing now to be released to allow the whole of humanity to move into this lighter, more peaceful reality.



What to Expect

Each day on a 9D Clearing course, one of the five senses of sight, smell, hearing, touch and taste that allow us to experience our physical reality are overstimulated at high speed to allow the body to stir up and acknowledge all the experiences and beliefs stored through that sense. The overstimulation process consists of the five elements of wood, water, fire, earth and air for every sense. Because the elements are the way we experience all physical reality through our senses, this allows the body's wisdom to recognise and acknowledge all the limiting beliefs and unresolved experiences without the need for conscious recognition and verbalisation of the individual events. The purpose of stirring these up is so that they can be released.

Each sense is linked with a specific soul group, all of which are connected in different ways. Some groups are connected by shared goals; other groups are connected by shared interests or agreements. As the overstimulation process takes place for each sense, the body recognises and acknowledges the beliefs, unresolved feelings and agreements held at that specific group consciousness level. We also work with the six senses and silence.

After the sense has been overstimulated, we use a process that allows everything that

has been stirred up within the body to be processed and to disperse. This process of 'allowing' is a key part of the release process. By letting these sensations 'be' in the present moment without consciously having to re-live any of the events through thought or verbalisation, it allows them to move out and through without resistance, as it is resistance that usually causes us to bury, store or try to avoid them. We usually spend so much time living in the future or the past, we rarely allow things to 'just be' in the present moment.

We then carry out a meditational technique that briefly connects with the higher frequencies of the 9th dimension to release all that has been stimulated. The energy of the 9th dimension is so far beyond normal human experience that personal issues cannot exist there, which allows the release.

The purpose of all of this is so that you can experience present-moment awareness and live more truly in the now in every aspect of your life. But if you were to be fully in the present moment with all your limiting beliefs and unresolved feelings, it could be truly overwhelming. This is why we release them first, before receiving an attunement into the back of the brain which awakens a dormant part that aligns you more with present-moment awareness.

The next shift of consciousness is one that can only be made as a whole, so as we realise more deeply that we are all connected as part of one energy, we can all help ourselves and therefore humanity to move into the lighter, happier and more peaceful reality. ^{ks}

Find out more

Courses are held regularly throughout the year in Malta and the UK. For more details visit www.artandsoulcollective.com or email artandsoul2013@gmail.com Tell: 07843971537.