

I Had A Deathwish (Gulp!)

by Oceana del Fuego

The psychologist asked me a series of questions and based on my answers told me she thought I had a deathwish pattern. I was skeptical. When she proceeded to tell me it came from a past life time when I was the leader of a spiritual community and I felt I had been betrayed by God, I didn't know if I had gone crazy or if she had. I was relieved however when she said she could assist me to quickly heal this deathwish with a methodology called Healing From the Body Level UpSM or HBLU.

I went home and pondered on what she said for a few weeks and realized how stuck I was in my own healing process. What if she could actually help me? What did I have to lose by trying?

A deathwish pattern occurs when there's a part of you that doesn't want to live. Feeling suicidal would be a deathwish in its most extreme form. For most people the percentage that wants to die is much smaller, but it's still enough to wreak havoc on health, happiness and success.

Clearing my deathwish, the strongest and most extreme type,

took 3 sessions over a six week period. Following that many things began to change in my life easily and effortlessly. What I needed appeared, sometimes before I even realized I needed it! Somehow I had stepped into the flow - the flow of energy, life and abundance.

I am committed to healing myself and functioning at the highest level possible. To me, this means experiencing life fully and using my unique skills and talents as I navigate this life being fully who I am. I am also dedicated to assisting my clients as they strive to heal themselves and be whole. Once I had experienced the power and simplicity of HBLU I knew I had to add it to the healing work I do with my clients.

HBLU was developed by research scientist and Immunologist Judith Swack, Ph.D. of Boston, Massachusetts. All results are lasting and reproducible. No hit or miss here. Before Judith teaches a protocol she replicates it numerous times and does extensive follow-up with each client.

One of the outstanding features of HBLU is that it incorporates and addresses the body, the conscious mind, the unconscious mind and the soul/spiritual level. It's the focus and alignment of these layers that lends such power to this work. "Cleared at all four levels, body to soul, through all time, levels and dimensions" is the phrase we use to describe it. So once something has been cleared, it is truly cleared. None of this returning to the same scene over and over again.

When you arrive for an HBLU session the first thing we do is check your energy field and correct it, if necessary. Then you establish a goal, which can be physical, mental, emotional, spiritual or a combination. From there we map out what exactly is interfering with your achievement of this goal. We then clear the interferences in order of their priority based on information directly from your body/energy system through muscle testing. So with HBLU your deepest wisdom is the expert, not the therapist. I have seen this feature of HBLU alone really empower my clients.

Some patterns like the deathwish form a huge umbrella over a persons life. So when it's cleared, the changes are seen in many different areas in the person's life.

There are diagnostic questions that gently unearth the patterns. I always hesitate a bit (on the inside anyway) to tell a client she or he has a deathwish. However, once I explain the pattern and how it plays out in our lives virtually every client who has one understands and agrees with it. "I have that", they say. The overwhelming majority of my chronic pain and/or illness clients have a deathwish. Sometimes clearing the deathwish heals the ailment. If it doesn't heal it directly, it makes a significant enough change that other modalities begin to work when they didn't before (naturopathy, chiropractic, medical procedures etc.)

Another wonderful feature of HBLU is the menu of techniques for clearing supernatural interference. Supernatural interference occurs when an outside source or energy is preventing you from achieving your goal. The outside source could be anything from an entity such as a ghost to a contaminating energy such as a curse. The way this shows up real-time is usually something along the lines of "It seems to me that I have to put in such a huge amount of effort to get a tiny result while other people get results so easily." HBLU also

provides a framework for clearing ancestral patterns. This is important because some of the patterns people get stuck with were passed to them through their family system.

Sabotage programs are beliefs that no longer serve you. HBLU gently unearths these beliefs and gives you the opportunity to change them to something more productive and life-enhancing.

Unlike other modalities, you rarely re-experience trauma in HBLU work. Emotions are energy and when energy is trapped, it causes symptoms. This work is designed to release the emotions energetically, which means quickly and easily.

I use the techniques in my life regularly to ease the ups and downs of daily life. In fact one of Judith's goals is to educate the public to use these techniques on their own, especially with children. Imagine a world where a child's trauma - getting a shot, a nasty fall or being humiliated at school - is cleared in 5 minutes by an aware parent!

HBLU is a clearing process that moves you more completely into who you are naturally. It is a very new tool that works to heal

holistically. It has depth and breadth along with scientific precision, which is a rare combination.

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