

Supernatural *Business* INCUBATOR

Collarbone Statements

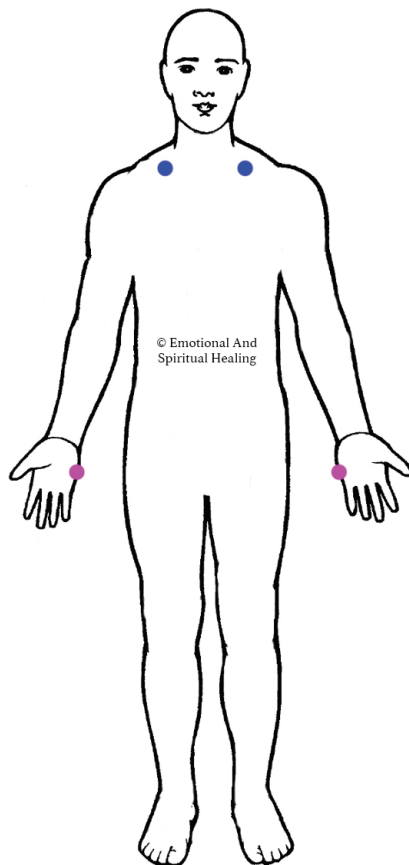
The tricky part about trauma, is that most of it hides in your subconscious. Your subconscious is a catalogue of everything that you've experienced, and a lot of what happened to your ancestors, apparently. But, we're sticking with more recent memories here.

I use the word trauma very broadly to mean anything negative that's happened to you and that your system stored. Often what happens to us when we're young is very traumatic even though it doesn't seem traumatic when we're looking back.

Collarbone statements help you to communicate truth from your conscious mind to your subconscious. They are energizing as well as soothing and can also help to prepare your subconscious for even deeper work to come.

The procedure is simple. Touch the tender spots about an inch under each collarbone. Gently rub while saying a statement such as, "I am safe to do this work" at least three times. When you're finished, tap the karate chop point three times to set the statement in your subconscious.

You can do these as often as you need to, with as many different variations of the statement you need as you like.



Here are some sample statements that can give you ideas where to start.

- I am free to be who God created me to be.
- I am free to do what God called me to do.
- I can trust my intuition and the desires of my heart.
- I am willing and able to recall the words that have been spoken over my life.