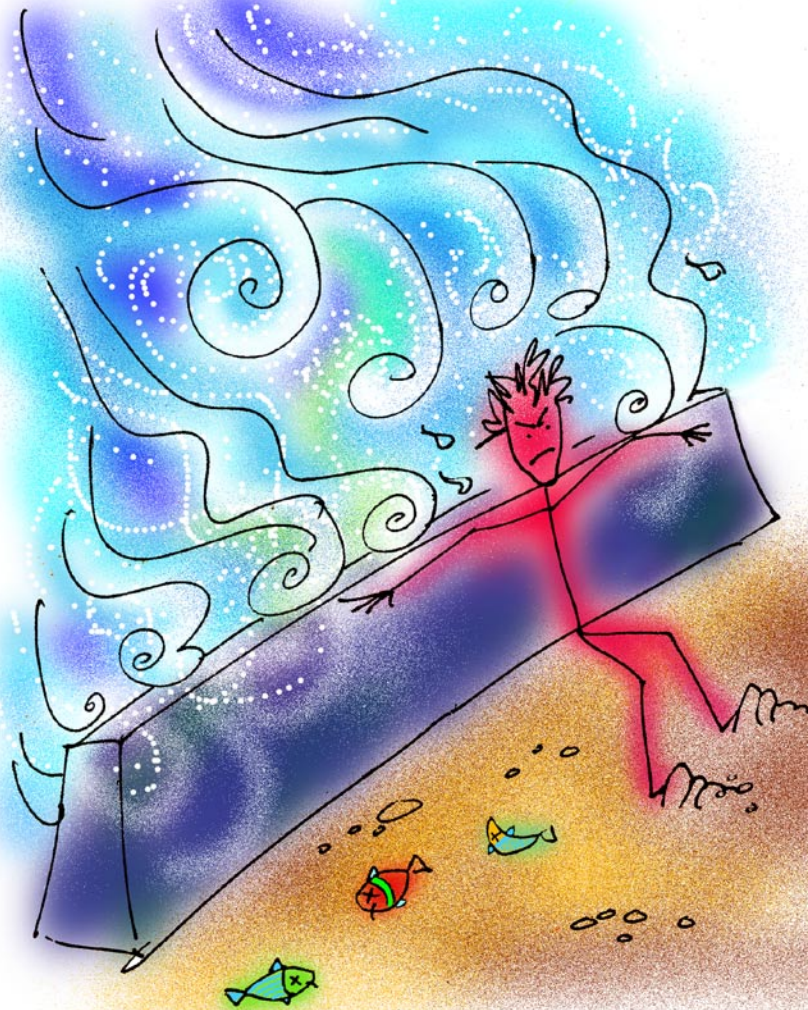


# The Top Five Flow-Stopppers



*And How to Release Them!*

*by Rebecca Marina*

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

## *#5. Having the Energy of HOARDING.*

*You can tell if you have this because* you have a lot of FEAR around losing what you do have. Hoarding energy often manifests and is perceived by others as “stinginess.” This is simply a matter of not being able to trust and feeling like there is not enough. In other words, for you to have plenty, someone else may have to do without and vice versa.

A client of mine came to me to work on relationship issues but somehow, the topic got around to her finances. She is an author and has written several really great books but none of them made it big. As we worked together, she discovered that she had unconsciously been operating from an old energy pattern of “hoarding.”

She was always coming from a place of “not enough.” As we worked to release this energy, and establish new energy patterns of “there is enough for all,” her business really started to accelerate and she enjoyed new-found notoriety.

## *#4. Not asking for help when you need it from Experts, Angels and Spiritual Guides*

*This can manifest itself in feeling unworthy* or simply being too shy to ask for help. I can tell you about this from my own personal experience. I have never had any problems asking for Spiritual assistance but I sure have had problems asking other experts for advice.

I used to feel like they might make fun of me for not already knowing what I was asking - how silly is that! Or, I would think, “Oh, they will just try to sell me something, they don’t really care about helping me.”

After clearing my own energy around this, I was happy to learn that many people in the position to help are really happy to share their experience and happy to be appreciated

## *#3. SETTING your GOALS TOO FAR AHEAD*

*It is good to have long range goals and* it is also good to have short range and mid-range goals. If you only have a long range goal, it is easy to get discouraged and feel like the Universe isn’t producing fast enough.

My client Brad took my *“End Money Worries”* [class](#) and called me two weeks later to complain: “Well, it has been two weeks since the class and my goal has not manifested - what could I be doing wrong?”

“Well, Brad,” I said, “what goal did you set?”

Brad replies, “I want to win the lottery, move to Hawaii and live a life of ease. I am doing the exercises you gave us to do but nothing is happening.”

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I worked with Brad to establish more short term and then mid-term goals and we did some energy therapy around the resistance. Setting ultimate goals is great for the long term, but it is just as important to set goals for tomorrow. If you reach too far ahead and your energy vibration is not aligned with that goal, you are setting yourself up for disappointment. Here comes a big excuse to throw in the energetic towel, so to speak, and say, “None of this stuff works.”

Get comfortable with accepting little improvements, be grateful for them and the energy of gratitude will attract more and more great things to you.

*The Universe will only  
bring you things at the rate  
your energy can handle them,  
and is  
aligned to receive them*

## #2. *ENVY and JEALOUSY*

*Having envy or jealousy towards a person* or group can be the very thing that keeps what you want at bay. Most of us never want to admit that we have such “unspiritual emotions” as envy and jealousy.

We much prefer to sweep this one under the rug and pretend we do not have it.

My own spiritual guidance brought it to my attention that this ugly emotion was blocking my flow. I realized who I had been envious of and used the energy therapies to release it and my own flow sky rocketed overnight.

My good friend Alice has a similar business to mine and had been really struggling financially despite a huge amount of energy work. I told her what this particular releasing had done for me and asked if she wanted me to guide her through the process.

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She felt desperate and was willing to try anything. Since this is such a hard emotion to admit, I asked her to do an exercise with non-dominant hand-writing. Writing with the 'other' hand connects directly to the right side of the brain and brings some very unexpected wisdom.

When I asked her to write who she felt envious or jealous of with her non-dominant hand, her hand wrote, JOE VITALE.

Well, anyone on the internet knows that Joe is one of the most successful internet marketers on the planet. Her 'other' hand further wrote that she felt jealous of Joe because he had achieved everything she was trying so hard to achieve.

Well, we explored every aspect of her feeling of envy and tapped them away. She got to the place where she was so THANKFUL to Joe for showing her a perfect picture of where she wanted to go.

Alice released this emotion and the very next day, her business picked up like crazy and has been just exploding ever since. The energy of envy and jealousy holds you separate: it says, "I cannot have that." Release it and you will be amazed at the good that flows to you.

You can read more about the fantastic Joe Vitale at [mrfire.com](http://mrfire.com).  
You can read more about non-dominant hand writing by the guru of the process Dr Lucia Capacchione at [luciac.com](http://luciac.com).

### *#1. The Energy of DESPERATION*

*Plain and simple:*

*You cannot heal coming from a place of desperate energy!*

This energy blocks everything and makes you feel hopeless. If you feel this energy, do the energy exercises to help you feel a little bit better, baby step by baby step and you will be opening the flow to better and better feelings. As Abraham says, ([abraham-hicks.com](http://abraham-hicks.com)) if you can feel a little better, then

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you can feel a little better, then you can feel a little better!  
See the energy exercise below to release these blocks!

### *INSTRUCTIONS ON RELEASING*

*To release all the above conditions,* we will be using 2 different energy therapies and some journaling techniques.

*EFT or Emotional Freedom Techniques,* created by Gary Craig, is based on the science of Acupressure and works with the body's natural electrical system.

It consists of touching, tapping or rubbing specific acupressure points. Using EFT works like crazy to relieve all manner of trapped emotions and patterns.

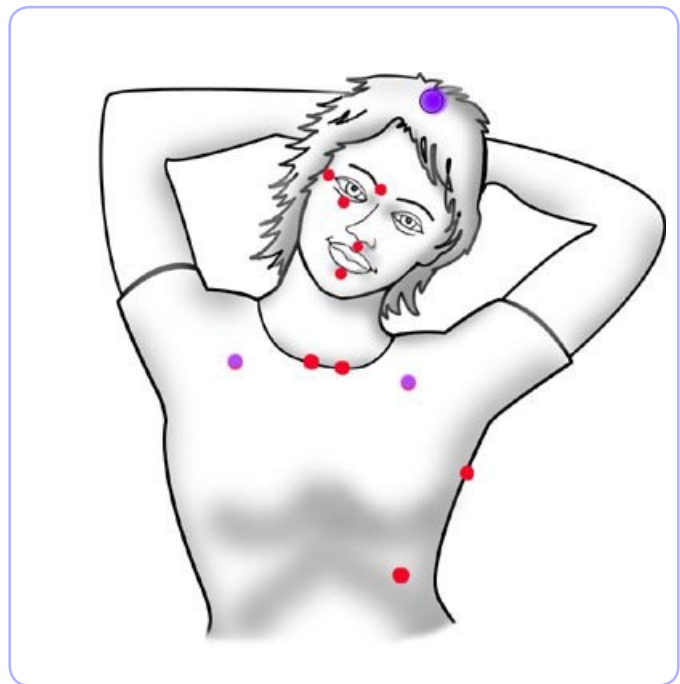
You can read all about EFT, plus you can get a free manual at [emofree.com](http://emofree.com).

*See diagram to the right for the treatment points for EFT.*

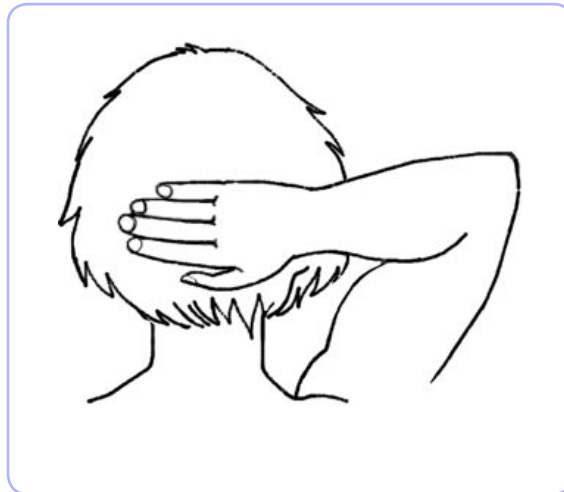
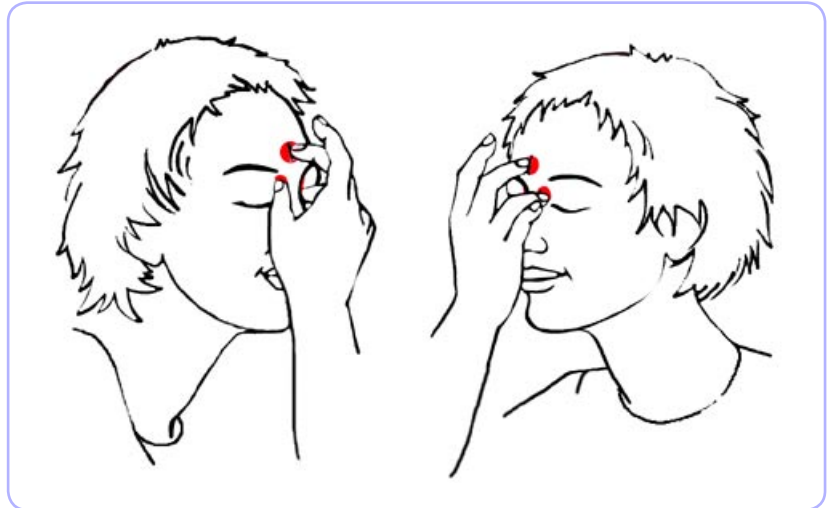
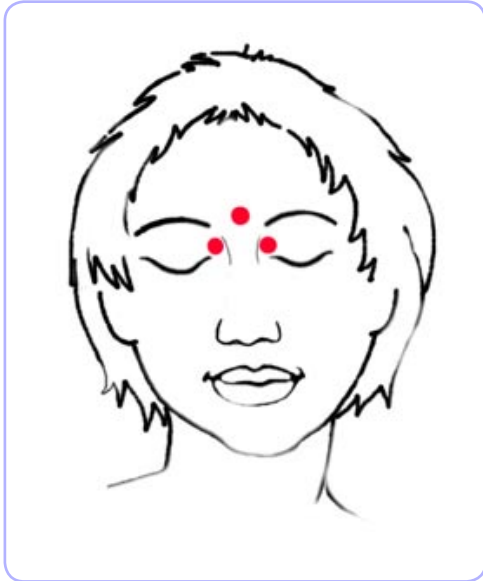
*TAT or Tapas Acupressure Technique,* created by

Tapas Fleming, a California

Acupuncturist. This is another fabulous energy therapy tool. It also works with the acupressure meridians, and consists of gently holding a certain position or "pose" while focusing on the problem. You can read all about TAT at [unstressforsuccess.com](http://unstressforsuccess.com)



*Here are the  
treatment  
points for TAT:*



### *Exercises for releasing*

the different blocks to abundance: you may not feel that all of them

apply to you but I encourage you to do them anyway just in case you have some unconscious resistance. After all, if we were conscious of things that were blocking our flow, we would have released them long ago. It is the unconscious issues that really trip us up.

## *#5. Releasing the energy of HOARDING*

*Phase 1: Focus on the feeling you get when* you feel there is “not enough” and you need to hold on for dear life to what you have. Where do you feel it in your body? How does it feel?

On a scale of 1-10, with 10 being very intense, and 1 being very low, gauge how high the intensity of this feeling for you. Write that number down.

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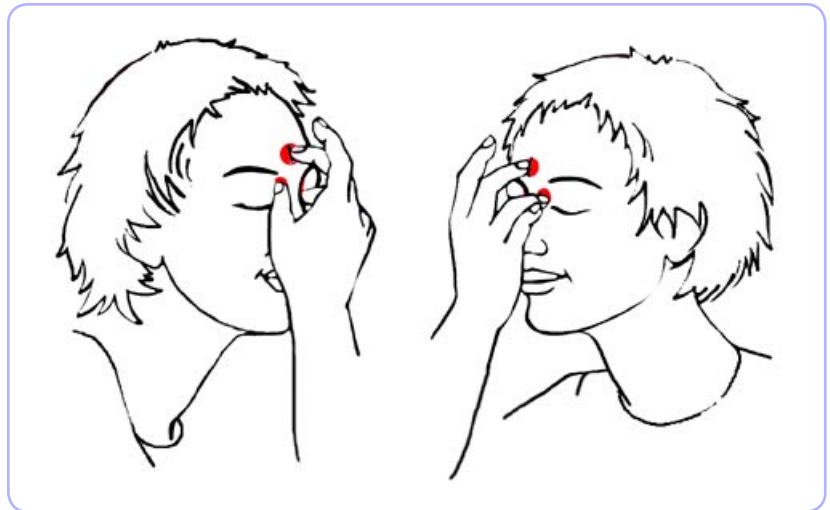
Now, put your hands in the TAT position and focus on these words as you close your eyes and say, “There is not enough”

Breathe into those words and let your mind follow the words.  
“There is not enough”

Hold the TAT position until you feel a slight shift, or it no longer feels true for you. You may see pictures or have feelings that relate to the root cause of this feeling for you.

Take your hands out of the TAT pose and just relax, breathe, and reflect on whatever guidance you received. Maybe, you did not feel anything at all, that’s OK - you can still release.

*Phase 2: Put your hands back into the TAT position* and focus on the following words (It’s Ok if you have to read them. And - here is where I like to ask for Divine assistance in healing the root cause of having this energy):



I ask you, God, to heal the very root cause of this feeling that there is not enough.

I ask your assistance in releasing blame of others around this feeling.

I am willing to allow your forgiveness to flood my being and release all blame.

I ask you, God, to heal all energy patterns set up around me feeling like there is not enough.

I ask you to heal all beliefs that I will lose what I have.

I ask you to heal all beliefs that I am not good enough.

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As I allow these patterns to be healed I ask you to fill in the wounds with healing light and new and healthy energy.

I accept healing in gratitude, Amen

Now take your hands out of the position and re-check your feelings. You will find the intensity is much less.

### *# 4 How to heal not asking for help when you need it.*

With your dominant hand, write this question:  
“Why can’t I ask for help when I need it?”

Take a deep breath in, switch the pen to your ‘other’ hand and let the answer flow.

Now, we will do some EFT around this answer you got.

Look at the treatment points of EFT.

Rub the sore chest spot in a circular motion while repeating this phrase.

Even though I don’t like to ask for help. I deeply accept myself.

Repeat this phrase 3 times while rubbing.

Now use your fingers to tap on the very top of the head and say,

“I can’t ask for help.”

Tap at the beginning of eyebrow and say,

“I can’t ask for help”

Tap side of eye saying,

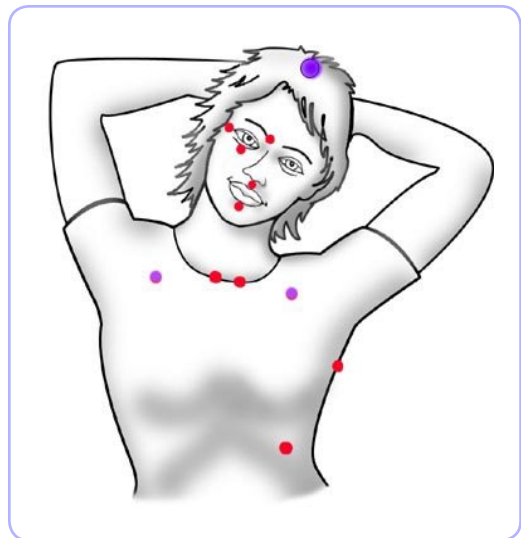
“I can’t ask for help”

Tap under eye saying,

“I can’t ask for help”

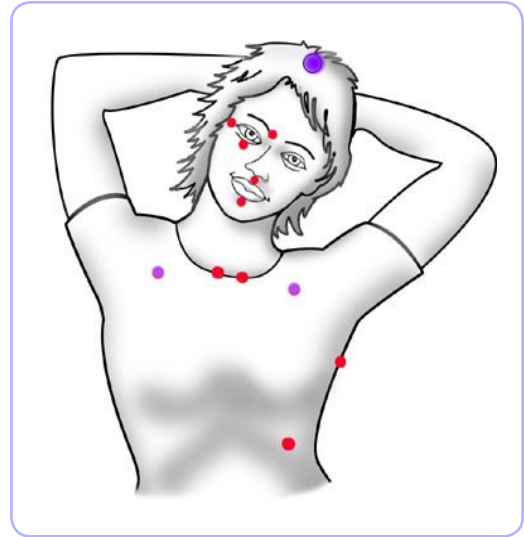
Under nose saying,

“I can’t ask for help”



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Under lip saying,  
“I can’t ask for help”  
Collarbone saying,  
“I can’t ask for help”  
Under armpit saying,  
“I can’t ask for help”  
Under breast saying,  
“I can’t ask for help”



Now bring in the “positive choice”, how would you rather feel instead? (See Dr. Patricia Carrington’s [Choices](#) tapping.)  
Wouldn’t you rather feel that it is OK to ask for and receive help?  
So, tap that in. Do the same tapping pattern as above but say instead:

“Even though it still may be hard to ask for help, I choose to release that feeling and allow new avenues of assistance.

### *#3. Healing Setting Goals too far ahead.*

*This is simple. Yes, go ahead and set* your ultimate goal of where you want to be eventually. However, in the meantime, set some easy ways to get closer to that goal.

In other words, where do you want to be tomorrow or next week?

How will you know when you are on your way to your ultimate goal?

It is important to set shorter milestones so you can acknowledge any little improvement and be happy about it; for it is those happy feelings that open the door to everything else in your life.

By being grateful to the tiniest bit of improvement, you are generating the most powerful attractor force in the Universe: APPRECIATION!

## #2. *Healing Envy or Jealously*

*Now, we are going to need a little help from* the non-dominant hand on this one. Write this question with your regular hand:

“Who am I envious or jealous of, and why?”

Now, switch the pen and let your ‘other’ hand answer. Make sure you let it tell you all the reasons why.

Now, put the pen back in your regular hand and let your conscious mind tell you all the good things this person is showing to you.

Maybe there are parts of them you want to emulate, maybe you just want what they have, be honest.

Now we will release with TAT.

Put your hands in the TAT pose.

Say: “I am envious and jealous of \_\_\_\_\_ .”

Hold the pose till you feel a little shift, you may even get some guidance on the root cause of your feelings.

Take your hands out for a moment and just breathe deeply.

Now for the releasing part.

Hands back in the pose and say this prayer:

“I ask Divine assistance in releasing this feeling,

I ask Spirit to heal the very core of this feeling, and

I ask help in forgiving anyone I blamed for this feeling.

I release all blame of anyone around this situation.

I ask Divine Light to flood my being and heal any resistance to my highest good. I ask new healthy energy to replace the old patterns.

I willingly release any good I may have gotten out of feeling envious

I ask the energy of peace to permeate every level of my being.

Amen.

## *#1. Releasing the Energy of Desperation*

Tune in to how desperate you feel on a scale of 1-10.

Place hands in the TAT pose and say:

“I am desperate; I do not know what to do or where to turn”

Hold this pose till you feel a shift, (it could be up to 4 minutes.)

Take your hands out for a moment and breathe deeply.

Put your hands back in the TAT pose and say this prayer:

“I ask Divine assistance in releasing this desperate energy.

I ask Divine Light to heal the very core of this energy pattern from the root of its first appearance whether in my own energy pattern or my ancestral energy pattern. Come forward and heal every level and layer of this pattern of desperate energy.

I forgive anyone I have blamed for causing me to feel desperate including you, God, for letting me get into this mess in the first place.

I release blame of anyone around this desperate energy.

I ask for peace to flood my being replacing healthy energy in place of the old.

I allow myself to release anything I may have felt I got out of being a victim. I allow peace.

Take your hands out of the pose and check in your level of intensity around feeling desperate.

You should be feeling much lighter.

Repeat these exercises as often as you like.

I find the envy one pops up every now and then for someone new and I recognize it and simply release it.

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Sometimes we do not want to release because we are unconsciously still getting something out of it.

Please check [CelebrationHealing.com](http://CelebrationHealing.com) often to see what is new and to choose what might be helpful to your situation!

Awareness is  
everything!

*Once you're aware of your  
RESISTANCE,  
it's easy to release it!*

Wishing you the best,  
Rebecca Marina  
[CelebrationHealing.com](http://CelebrationHealing.com)

