



Congratulations!...

on downloading this free report. The fact that you've taken this step means that you're ready to get serious and start changing the negative repeating patterns of behavior that have been causing you so much trouble. Making permanent changes in your life often means taking one step at a time, so by reading this report, you'll be off to great start to learning how you can start to tackle your issues. It also means that you're open to new ideas, which will be a big asset as you learn more about alternative methods of healing.

So who is Nancy Smeltzer and why should I listen to her?

I am a successful spiritual intuitive healer, and coach who has taught hundreds of people how to break free from issues that have been plaguing them often their whole lives. Not only do I teach these techniques, but I've healed myself around the need for prescriptions for chronic pain and depression, so I do practice

what I preach. I am continually being shown new processes by the Divine, as I do research in the unconscious mind and how stuck energy that is hidden there has a huge impact on all of our lives.

Having worked with a number of colleagues and mentors, I am skillfully trained to “see” what is needed for each client, and craft an individual strategy plan for them to meet their goals. I am grateful every day for the gifts that I’ve been shown, and I’d love to share them with you so that you, too, can move past whatever is preventing you from having the life of your dreams.

So are you ready to begin your own path to healing your issues? You’ll get the most from this report if you keep an open mind, as some of the concepts may or may not be useful. For myself, I interpret the visions that I’m given as metaphors or parables. It’s not so important if individual facts are true, but rather that if by using what I’m shown as a basis to start, changes take place in the present for my clients. I can see all kinds of things, but if they don’t make changes in my clients’ lives, then, for me, they don’t count. I’m passionate about seeing those desired changes happen for the people that I work with, and sometimes actually get tears in my eyes at the impact this work has on the quality of life for those I work with.

So are you ready, I mean really ready to let go of those old patterns that have been causing you so much pain? If so, then I again congratulate you on taking this step, because these techniques do work if you’re willing to practice them.

Much love to your heart,

Nancy Smeltzer, www.transitionportals.com

Overcoming Unconscious Barriers to Achieving Your Goals

by Nancy Smeltzer, MFA © 2012

We all have some version of repeating patterns of behavior that don't serve us well. Perhaps it's going on spending sprees, hoping your "luck" will change, or pursuing risky propositions that drain us. **Holding on to the need to control an issue is probably one of the most primal needs that humanity has and repeats over and over again.** When we hang on tightly to the need to control something, at best we are faced with frustration when what we think we want isn't realized. On the other end of the spectrum, holding on to having things your way can lead to tremendous, debilitating health problems, as the conflicts rage inside of you. Years of these physical ailments can eventually lead to death, as the various body systems get taxed beyond their ability to recover. Thus, surrendering control is probably one of the hardest lessons that mankind as a whole seems to have signed on to learn each lifetime. **In reality we only have the illusion of control and it takes being backed into a corner before some of us try and surrender to the Divine.** We (including me sometimes, too) give lip service to the need to quit trying to control something, and even succeed at times to relinquish some aspects of trying to manage a small piece of an issue. However, time and time again, in my healing journey, and those that I support for my clients during healing sessions, I find that there are often pieces that we cling to tightly.

Part of the problem is that we don't always know that we're doing this "holdin' on". **Much of our fears and anxieties are held at the unconscious level.** That part of our consciousness is the reptilian brain, or what I call the "body brain". It's a very primitive part of our physical brain, and on a metaphysical level has the rational capability of a two year old. Its' knowledge is created by associations, so if a trauma occurs, then stuck energy from that association is often tucked away deep in that aspect of ourselves. **This part of our consciousness has the mandate of survival and will do anything to insure that that basic need occurs.** The trouble is that the associations made by our unconscious selves aren't rational, so these unknown connections help explain why we say we want one thing but keep self-sabotaging and repeating the same less than optimal behavior over and over again.

These dysfunctional associations don't have to come from the obviously painful experiences of abuse or other serious traumas. "Benign" neglect can go as far at setting someone up for a lifetime of issues as years of physical pain and suffering. Let's say that a little boy, a middle child, is denied love and attention from an overworked, self-centered mother. When she feeds him, he can sense that she doesn't really want to be taking care of him. His reptilian brain associates that having his needs met means that somebody doesn't want to be with him. Later on in life, he constantly seeks the same narcissistic women in his life, to heal his mother issues. Time and time again, in each new relationship, he looks for the same character type. He learned at an early age, when a child is dependent on his mother for survival, that to get his needs met means that he must do without emotional support. That's not a rational association, but one

that is typical of our unconscious minds. Parents are “supposed” to love their children, so being denied emotional support is what love looks like for him.

To add to the dilemma that there are often factors going on behind the scenes that we’re not aware of, is the fact that some studies say as much as 95% of our decisions are made in this unconscious part of our brains. This unknown decision making is useful to keep our body functions going. How fortunate it is that we don’t have to remind our hearts to beat or lungs to breathe, as many of us would get too distracted to last very long. This unknown decision making capability is also a survival mechanism hardwired into our brains back when a rustling in the bushes might have meant a saber-toothed tiger was considering us for lunch, Rather than wait for a discussion with yourself as to what to do, fight or flight kicks in and you think about it later. **So if we have underlying blocks of stuck energy that we’re holding on to, that’s going to create obstacles to moving forward and having the optimal life of your dreams and you’re not even aware that those impediments are there.**

There are many people out there who are admonishing us to just surrender and “let go” of things. For myself, for a lot of issues, I had no clue as to how to just “let go”. I understood the concept, and depending on the issue could actually accomplish it. Yet, for many aspects of my life, (and I took on a whole bunch all at once when I first started on my spiritual path) actually doing the surrendering was for me, for most of my life, beyond my range of executing. It would have been about as useful for somebody to say to me, “Just flap your arms up and down hard, Nance, and if you really, really want to, you can fly”.

That ability to surrender evaded me until a mentor and fellow healer pointed out that surrender is not about holding your hands up in the air as if you're being robbed. Instead, he pointed out the reframe of considering of letting go of something so that your hands would be free to receive the gifts of the Universe. **Open your hands, let go of what you're holding on to, so that you can then enthusiastically embrace what's in your best and highest good. There is nothing you have to do to earn these gifts, just be willing to receive.** Using that concept, surrendering has been much easier for me.

To help you to allow yourself to surrender any issue that you'd like to work on, I'd like to offer a tool in the form of the following Gaia commands. In my cosmology, Gaia represents the Divine Feminine. She epitomizes Unconditional Love, and acts as an organic computer that controls the planet and life on it. Her words and phrases are given to us constantly while we're developing in utero, and continue on after we're born for those who are open to hearing them. **By repeating these commands over and over, you will heal any trauma that occurred the first time around before you were born.** If trauma happened, then there will be varying degrees of that stuck energy which is keeping you from being naturally being free of the issue. Later on, with more practice, you will be able to just go to this place of allowing and surrender, but in the beginning, Gaia commands are a great way for you to begin to learn your own way of intuitive healing.

There are sequences of Gaia commands for any issue or activity that you can think of. **I've put the commands and instructions on how to use these that are specifically for Surrendering to**

the Divine on the last page so that you can print out just that single page to use in your daily work. Given that this is probably the first time that you've done a series of phrases, mantras, or Gaia commands, **you will probably have to repeat the whole series a number of times to clear what is needed, especially if surrendering to the Divine is one of your core issues.** For information on knowing when you've cleared an issue, please go to a blog posting that I wrote.... "How do you Know when You've Finished Healing?" at <http://transitionportals.com/?p=438> .

Gaia Commands for Surrendering to the Divine

Center or ground yourself in whatever fashion you are used to using. For myself, I don't have any particular format, except that if possible, I like to be seated, have both feet on the floor to connect with the Earth, and my palms facing upwards on my thighs to feel energy coming in. Again, the important part here is to be comfortable and open to receiving.

Say each command until you feel that there is nothing left to say, the command feels cleared to you, or say it 25X, whichever comes first.

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1. **"Believe and trust, trust and believe"** – This command is about trusting and believing in the power of Gaia. It's not just believing in your mind, but believing down to the cellular level.
2. **"Know the Love/ be the Love"** - Gaia's infinite, unconditional love is there to help you heal.
3. **"Surrender to the knowing/ surrender to the power"** – Relinquish your ego and need to control the situation. As the result of giving up your need to have something, you stop sending out messages to the Universe that you need to keep that need. As a result, you end up getting what you desire or something that is even better than you expected. In Buddhism, this concept is called "non-attachment."
4. **"Honor and acknowledge / receive and live"** - This command is about honoring your old ways of doing something and letting them drift away. In return, you receive the infinite

Love and Power of Gaia. This command is probably the hardest one to clear in this particular sequence. If strong feelings arise, love yourself for having them and allow them to surface, rather than trying to squelch them.

5. **“Feel the connection/ know and give thanks”** – This command is about feeling the heightened connection you now have with Gaia and the Earth.

Are you ready, I mean really ready to make changes in your life and break free from those negative repeating patterns that have made you so miserable?

I’m glad that you took the time to download this report and read it. I hope that after practicing the Gaia commands, that you were able to begin to feel some changes in how you perceive your life. You may notice that you feel happier, or that things don’t bother you as much. I encourage to make these commands part of a daily meditation where you invest in yourself by rewarding yourself with the changes that are possible when you surrender to the Divine and receive Divine Love. The State of Grace that is possible to achieve has an amazing impact on my own life, and I hope that with practice, you will experience that sensation, too.

“My work is dedicated to teaching people how to clear the issues that have been preventing

them from living the life of their dreams. I want to see each and every person that I work with empowered to live the life they've always dreamed of. Unfortunately, so much of what prevents each of us from having it all is because of stuck energy hidden in the unconscious mind. If it's in the unconscious, most people don't know how to access it, and so they go round and round, repeating the same mistakes over and over. I want to show you how to stop that vicious cycle, so that you

can have the energy for your priorities, not those that the world seems to impose on you.

My clients:

- Finally release frustrating patterns and habits
- Stop allowing dysfunctional or unfulfilling relationships
- Overcome compulsive behaviors such as overeating, drinking, shopping, and other disorders.
- Alleviate chronic pain and other physical conditions
- Achieve more recognition and success in the workplace
- Experience more passion, inspiration, and courage in their lives

These are not just claims, but are actual outcomes experienced by my various clients. If this sounds like something that you'd be interested in, then I welcome the opportunity to work with you. I offer a variety of programs and healing/coaching services **specifically designed for your unique needs**. There's a program that I have that would be perfect for what you're seeking. For more information about what I can offer to make one of the biggest transformations of your life, then please contact me at nsmeltzer@transitionportals.com



and let's explore how I might help you finally break free from the issues that have been
plaguing you so that you truly can have it ALL!

Much love to your heart,

Nancy Smeltzer, www.transitionportals.com

(How do I get rid of this stupid line???)

