

# *The Wizard of OZ Code*

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*Mich Hancock*



# **The Wizard of Oz Code**

**Mich Hancock**

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(Thank you, Dad!)**

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## **The Wizard of Oz Code**

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## About the Author:

Mich Hancock graduated with honors from St. Louis University, studying at both the St. Louis and Madrid, Spain campuses. She is certified in the Cannon Hypnosis Technique, a certified Holographic Sound Healer, Reiki Level II and Avesa Breath Practitioner. She has trained in several forms of breathwork, meditation, and energy work.

Currently, she is a Writer, Music Reviewer and Editor for Spirit Seeker Magazine ([www.spiritseeker.com](http://www.spiritseeker.com)). She has interviewed several top visionaries including Gregg Braden, Doreen Virtue, Marianne Williamson, Neale Donald Walsch, Gay Hendricks, and Dr. Masaru Emoto.

She lives in Hillsboro, Missouri with her husband, two children and two puppies.



## Forward:

This book is for your own personal experience. It does not matter how you read this book or why you are reading it. Perhaps you are a huge fan of *The Wizard of Oz* and are interested in a new and entertaining view of this cherished classic. Perhaps you are awakening to your evolutionary journey and are looking for inspiration. It does not matter; for every reader, and for every way in which it is read, is perfect and in order.

It is perfect and in order because it is all in and of God, just as we are all in and of God. At the same time we are each a unique expression of God. On Earth this uniqueness is most apparent. So much so, that we feel and think we are separate from God, as well as from everything else. But we are not separate, in fact, we are quite connected; we are simply not aware of it. We do not even have an inkling that what we do affects people over on another continent, as well as the caterpillar clinging to the window, the grand tree in the Russian forest or the star in a galaxy far, far away.

Oneness is simply what *is*; we are each a part of God and All That Is. And we are being called to feel and know this connection. We are being called to realize that we are connected to every single speck and particle; here and into the far reaches of the Universe, as well as in the many dimensions, vibrations and frequencies.

It might seem an impossible concept to grasp. Oneness may sound all airy fairy, we-are-the-world, mumbo jumbo, feel good stuff. It feels this way because we don't really get it. And we don't get it because we do not feel or know our Soul. We have some loose ideas about our Soul and we are all pretty sure we have one. But where is it, how do we access it, how can we feel our connection to it?

The aim of this book is to help us to connect with our Souls and see beyond the illusion of separation. The veils of illusion are lifting right now, so why not be conscious of it

and *get* what's going on? We are in the middle of our next human evolution and we are being called to awaken to Oneness. Feeling and knowing Oneness all starts with an inner journey that leads us to our Soul.

We have been provided with many hints about this awakening. Ancient cultures such as the Mayan and the Hopi provided us with *maps* to navigate these current times. But what if there is also a little bit more contemporary version of this map? I believe there is, and it can be found in *The Wizard of Oz*.

*The Wizard of Oz* points to the inner journey we can choose to take in order to understand what is going on in our own backyards. It is in Oz that we have the opportunity to redefine everything we know about ourselves and everything around us. It is a journey that leads us Home, to that part of us which is most realized in its connection to God, to our Soul, and to Oneness.

This inner journey is not the “righteous path” or the “moral way”, but an ego-less, non-judgmental, and gracious road paved in truth, simplicity and love. This road leads us to a wholeness of Self and Soul that can then be expressed as wholeness with All That Is. Within each of us is a cast of characters, each with a role, each with lessons and each providing an opportunity to mature, grow and expand.

Most specifically, we will follow along with the movie version of *The Wizard of Oz*, which so many of us have seen again and again, and with which so many of us have fallen in love. We love *The Wizard of Oz*, not only because it is a fascinating story, but because it is *Our Story*. It is the story of our current human evolution; where we transcend the limitations of Earth and live in an entirely new expression. It is a story rich with the language of our Soul; a language replete with imagery and symbolism. And our story is no less intriguing, adventurous, beautiful or amazing than that of Dorothy, the Scarecrow, the Cowardly Lion and the Tin Man.

## About the Wizard of Oz Code

In order to truly begin to understand what we can do to reveal our Soul to ourselves and live in Oneness, we must change our limited perspectives. We must open ourselves up to a completely new way of being.

As we journey through *The Wizard of Oz* we will look at how each part of the story points to and provides us with clues on how we can bring awareness and change of perspective to our own lives. It is through awareness that we develop the ability to live from a more conscious place and see how we operate in this Earth life; thereby giving us the ability to question, learn, grow and understand why it is we do what we do. The change in perspective comes as we begin to see our lives from the much higher vantage point provided to us by our Soul.

In each section of our story we will take a scene from *The Wizard of Oz*. We will then look at that scene and see how it may presently be playing out in your own life, thereby providing you with an **Oz Awareness**. This is then followed by a **Great and Powerful Change in Perspective** that can help you begin to live life with a sight that emanates from Soul level.

It would be most beneficial for you to keep an **Oz Journal**. This journal is your travelogue; it helps you to see where you have been, where you are and, most importantly, where you can go. In it you can jot down your impressions about each scene and how it applies to your life, then how you can begin to change your perspective and live from a higher plane.

There are no rules, your Oz Journal reflects your own personal and unique journey, and you decide and choose your journey. Also, there is no time frame to adhere to. Allow

yourself to unfold to changes and growth in a gentle and mindful manner that speaks to you. As you grow and bring new awareness and perspective into your life you will move from a contracted and diminished sense of self to an expansive existence.

And so I invite you to come with me as our story opens. Here we meet Dorothy and her dog Toto. The two are running away from Ms. Gulch, who as we find out later, is mighty peeved at Toto's garden antics and cat chasing ways.



## 1: Dorothy's Dilemma

Dorothy is off to let Uncle Henry and Auntie Em know just what is going on with the cranky Ms. Gulch. But when she arrives to the farm, Uncle Henry and Auntie Em have their own dilemma, they are too busy with an old incubator that has gone bad and are working frantically to save the baby chicks. They do not have time to listen to Dorothy's dilemma.

She then turns to the farmhands Zeke, Hunk and Hickory; who are quick with advice, though not exactly that of the helpful variety. Hunk, for example, suggests that she just quit going by Ms. Gulch's place; offering no alternative route. Zeke suggests that Dorothy simply spit in Ms. Gulch's eye. (Really, Zeke?)

Later in the scene, when Dorothy readdresses the issue with Auntie Em, Auntie Em tells her to "stop imagining things", to stop fretting "about nothing" and to find herself a place where she "won't get into any trouble."

### ***Oz Awareness #1: Our Dilemmas***

In our story, the word *dilemma* can be accurately described as *trauma*. We tend to view and handle our traumas in a similar sense. We diminish their impact upon our lives as a mere dilemma, when in actuality it is a trauma.

Sometimes our dilemma/traumas are handled by simply not handling them at all. Just as Dorothy does in the very beginning; she runs off to tell somebody else about it, in the hope that they will fix it and make it all better. Other times we handle our dilemma/traumas by applying a quick pop-psychology band aid, as is provided to Dorothy via the farmhand's suggestions. Still, at other times we simply disregard the dilemma/trauma all together, as there are more *important* matters at hand. And this is shown to us through the words and actions of Auntie Em and Uncle Henry.

If we were to consider any of the aforementioned dilemma/trauma handlings, we would most likely find similar examples in our own life. Especially from childhood, when the adults in our lives told us that our dilemma/traumas were imagined, or that we were making too much of them or we need to just get over them as there are more significant things to consider.

To an adult, such childhood events can seem, well, childish. Our adult issues are way bigger and far more important than the simple cuts and scrapes of childhood. But what we fail to understand is that our big adult issues stem from a long ago dilemma/trauma that was ignored, or brushed over or answered with a pat on the head and a lollipop. The adults in our lives did not give the credence that our dilemma/traumas deserved. As a result, they remain with us.

And how the dilemma/trauma was handled, be them handled by the adults in our life at that time or by us as a child at the time (and left to our own devices), affects how we continue to handle them today. The way in which they were handled created an energetic pattern and this pattern will never go away until the original dilemma/trauma is released.

The energetic pattern will continue to play out in our lives, so much so that we actually come to resonate with and attract similar energy patterns. This affects everything from the types of companies we work for to the type of company we keep.

It is through these energetic patterns that we build habits, behaviors and addictions. Each time we engage in the habit, behavior or addiction, the energetic pattern becomes ever more ingrained. We literally condition ourselves to handle similar dilemma/traumas in much the same manner, over and over again.

As time goes on we come to forget how all of this started in the first place and we begin to say things like, "That's just the way I am" or "I have always been this way." We take on the energetic pattern as if it defines who we are. And if we do not release the

original dilemma/traumas they continue to affect our lives and will grow to become ever more apparent.

As is the case with Dorothy, until she releases and heals, she will meet up with one Almira Gulch after another. Each Almira Gulch may look different, live in a different city and have a different name, but in Dorothy's future dilemma/traumas there is sure to be an Almira Gulch at its core. And it will become an ever more apparent part of her life, it will be as if Almira Gulch is following her and watching her every move.

We can continue to make the choice to ignore our dilemma/traumas. Or we can choose to see them for what they truly are, and for this we must be thankful.

### ***Great and Powerful Perspective #1: Gratitude for Our Dilemmas***

Consider some of the energetic patterns you have right now. Are you addicted to a substance, food or behavior? Do you have a tendency toward angry outbursts? Do you often fall into depression? Choose just one energetic pattern that you feel you are ready to take on today.

It is okay to start out small and test the waters; this energetic pattern need not be the *big one* just yet, go ahead and build up some momentum first. Then write about this energetic pattern in your Oz Journal.

Now see this for what it is, an energetic pattern; energy that has arranged itself into a pattern. Everything is energy. We forget this, but it is fact, everything can be brought down to an energetic level.

From the energy of the dilemma/trauma a pattern was created and this pattern is evident in your habits, behaviors and addictions. And we become so conditioned to it that we live with and from our energetic patterns in an unconscious manner. We can

change this by replacing the energetic pattern that was unconsciously created, with one that is consciously created and vibrates at a higher level; this being the energetic pattern of Gratitude.

From here on out choose to be aware of when the energetic pattern is operating in your life, and rather than berate yourself, choose to be in a state of Gratitude.

This can be challenging, as we have not been conditioned to be thankful for that which brings us pain. Traditionally, we have viewed our energetic patterns from a state of *density*; density here meaning that we feel cut off from All That Is. And because we do not feel the connection with All That Is, we forget who we really are and why we are really here; we forget our truth.

However, we can begin to know our truth by choosing Gratitude for our energetic patterns. For within each energetic pattern lies the innate opportunity for growth and maturity. And it is for this, that we must be thankful.

This is why you are here. You chose to be here, on this Earth, so that you could grow and mature. By dipping down into density, by creating *dilemm-ic responses* to your traumas, you set up your own educational program for amazing expansion.

Each time your conditioned energetic pattern starts up, be aware and be thankful. By doing so you are opening up to a new, more loving energy that will allow you to begin to change the pattern for your higher good.

It may help for you to first spend some time sensing what *your* feeling of Gratitude is. Close your eyes and think of something for which you are most easily thankful; a child, a house, a pet, a spouse, a recent raise in pay, whatever it may be. Feel what that Gratitude feels like in your body. Where do you feel it? What does it look like? Use all your senses to create a full, clear feeling picture. When done, open your eyes and make notes about the experience in your Oz Journal.

Also, practice being aware of when your energetic patterns are operating in your life; this in and of itself can be quite challenging. You are sure to go unconscious again and again even though you *know better*. That is all okay. Take it one day at a time: remember that you are not on some time schedule.

With practice you will be able to quickly determine when you have slipped back into unconsciousness. What does going unconscious look like? Going unconscious feels like you are operating on auto-pilot; just going through the movements or getting through the day. You will feel as if your energetic patterns are running the show and you have no say in the matter. You will be dragging yourself around, un-energized, unenthusiastic, numb, careless, and blah.

When you are conscious you feel that you have choices and that you are the master of your life. As the master of your life you can choose to be in Gratitude. With gratitude for you and everything within and around you, you feel awake and vibrant. So, all you have to do to bring yourself back to consciousness is to get back to Gratitude.

Be sure to write about your unconscious and conscious experiences in your Oz Journal. Make note of any conditions that you believe cause you to fall into an unconscious state; perhaps it is another person's energy or attitude, a smell, a food, a family situation.

Alternately, keep notes on conditions that help to keep you conscious; a certain time of day or place, a scent, a color, a memory, a feeling in your body. Whatever it is, write it down. By noting that which brings you to unconsciousness and that which keeps you conscious will go a long way in developing your ever expanding awareness.

Also, make special note of how it makes you *feel* when you do choose Gratitude.

It is absolutely fine if you experience feelings of frustration or annoyance; even when you choose the energetic pattern of Gratitude. Be thankful for these feelings as they are all clues that can aid you in your educational process.

Keep practicing Gratitude and magic will begin to unfold before you. The more you do so, the more you tip the scales in your favor and bring balance into your being.

Gratitude is your escape hatch from pain. Every time the unconsciously created energetic pattern comes up it is like receiving a call from your Soul saying, "Hey, this is still in here and creating pain, let's work on it now." And, if nothing else, you can at least be in Gratitude for this loving reminder.

Change your perspective from pain to Gratitude and you will change your energetic patterns; those created in density and darkness will change to patterns created from love and light.

## **2: Somewhere Over the Rainbow**

Auntie Em suggests that Dorothy go to “where she won’t get into any trouble.” That sounds like a fine idea, but Dorothy wonders if a trouble-free place exists. She asks Toto if he supposes there is such a place, but Dorothy cannot hear his thoughts on the matter. None the less, she decides that there “must be” such a place, and that you can’t get there “by a boat or a train.”

Instead “It’s far away. . .”

### ***Oz Awareness #2: Our Limited View***

As our dilemma/traumas and their resulting energetic patterns play out, we begin to believe in our limitations and view our lives from a very narrow perspective. We are conditioned to *know our limitations* and it is considered by our society to be *sensible* to know them and live by them. To think beyond society’s sensible limitations is but a silly girl’s dream. We believe and behave as if our dreams are beyond our limits, and live outside of us, existing Somewhere Over the Rainbow.

If we even dare to believe in a place where the skies are blue, dreams come true, and troubles melt like lemons drops, we are quite sure that we have not one clue on how to get there. But what we do have is a clue that this place exists.

It may exist in our dream world; it may be that place we go when we are lost in thought, or it may be what we call heaven. At the very least it is not a place that we believe we have the power to get to on our own accord. Instead, it is like an exclusive country club, meant only for those bluebirds born into the right family, or who are amazingly beautiful, or talented, or have an extremely high IQ. We do not have, nor do we know how to obtain, the Bluebird Club Membership Card.

Somewhere Over the Rainbow points to our *self-imposed* limitations and views. And we do not think we can move beyond these limitations for that would not be sensible.

Like Dorothy, we prove this to ourselves over and over again. When she ventures from the farm, *bad* things happen, Almira Gulch things happen. Try as she may, she cannot seem to escape the farm; it pulls her back each and every time. Even when later in the story she runs away, she is not gone very long before she finds herself running right back again.

But maybe, Dorothy is also being told that she need not ever leave the farm. That the rainbow she seeks is not as far away as she has deemed it to be.

## ***Great and Powerful Perspective #2: Limitless Existence***

Ideally, we would first see the beauty of this fine and perfect gift of limitation. For if we do not experience limitation, then how could we ever truly know, much less appreciate, our Limitless Existence?

When we experience our contracted existence and its resulting pain, we are being called to open ourselves up to the possibility of what *could be*. And when we open ourselves up to these possibilities, even more significant, when we open ourselves up to what we currently believe to be impossible, we begin to blur the lines of our self-imposed limitations and open ourselves up to making all things possible. We begin to experience our Limitless Existence.

We are provided with the opportunity to break through our limitations each and every time our dilemma/trauma arises, each time we say “I can’t,” and each time we see a small dull farm in a grayed out landscape and think “this is all there is?” These are each



examples of opportunities to break out and open up to the idea that Somewhere Over the Rainbow truly does exist.

Somewhere Over the Rainbow tells us that we can transcend our limitations. We have a sense of this truth, but we tend to look in the wrong place, we look for the rainbow *out there*, missing the fact that the rainbow exists right where we stand. We need not go anywhere outside our little Kansas farm to find it, we can stay right in our own backyard and begin to experience Limitless Existence in the here and now.

One of the quickest ways to bring awareness to your Limitless Existence is to give yourself space to do so and to refrain from anything that is telling you otherwise. Seemingly innocuous activities are keeping you in a limited space and place. These activities have really got your attention and they are conditioning you, on a daily basis, to experience narrow existence and further build your own walls of self-imposed limitations.

To begin with, consider your news and media habit. Do these things really enhance your life? They are filled with negativity, opinions, and judgments. They tell you how to act, feel, and look. They tell you what is important and what you need right now in order to be oh-so-happy. Does this promote authenticity? Does this promote a Soul focused life? At the very least, begin to question these sources and wonder at their truth for *you*.

Begin to also question any person, institution, or organization that is telling you how to behave, believe, think or be. Though they may not necessarily have mal-intent, they may not be speaking on behalf of *your* Soul. You are a unique aspect of All That Is, allow that uniqueness to begin to shine through and guide you. Write about any of your thoughts in your Oz Journal.

Once you have opened up this space and therefore opened up your awareness to your self-imposed limitations, you can begin to bring a meditative awareness to everything you do. Meditation is something that we do each day. It comes to us very naturally.

We tend to view our moments of meditation as “spacing out” or wonder “where we went” as we pull into our driveway with no direct recollection of how we got there. Realize that you were simply falling into a natural meditation.

Consciously setting aside time to sit in meditation is highly recommended. I do it every day, as do several other people on this Earth. When I first started meditating I was positive I was doing it wrong; I could not sit still without my grocery list popping into my head, or past occurrences playing over in my mind. But over time, as I continued to *practice*, it became something that I just do. I now fall into meditation easily.

If you feel called to learn to meditate, I highly recommend you do so. All it requires is a little bit of time and commitment. Do not force it, just sit and be quiet and keep sitting and being quiet and one day, you will have an awareness that you are meditating.

When thoughts pop up just let them go. If it is something you want to remember, see yourself placing it in a treasure chest or handing it over to your angels and know that it will come back to you later.

You may want to start with a guided meditation recording, and then go it on your own when you feel comfortable. You are looking for silent awareness, but at the same time please realize that meditation is not goal-oriented. There is not one place to get to, and that when you get there you are done. Just as in any, for example, athletic pursuit you can always go further, and each goal simply opens the door to another.

It can take some time to get to a point where you feel you are actually meditating. Remember that there is no time schedule. No one is counting the days for you to become an enlightened meditation master. You are the only one that can impose time limitations on your self, so just *do not do it*. Free yourself of this need.

You can also begin to practice a meditative life by bringing a meditative focus to a few things you do each day. For example, commit to a meditative focus when you cook dinner and when you brush your teeth. Then, before bed, you could perhaps light a candle and meditate on the flame for just five minutes.

While you cook dinner, brush your teeth or softly gaze into the candle flame, focus on that activity only. Do not listen to the news, do not obsess about what a relative did or said, do not plan the next picnic outing; simply focus on the activity at hand. Clear mind while cooking, clear mind while brushing teeth, clear mind while flame gazing. Feel free to write about any impressions and experiences in your Oz Journal.

As these activities become easier, choose more activities for meditative focus. The more you focus on what you are doing at any given moment, the more you allow your life to become Soul focused. Having this sort of focus takes far less energy and creates easy flow. It is in meditation that we meet our Soul. Plan to meet with it more often!

### **3: Almira Gulch**

Dorothy, fresh from lemon drop dreams in a trouble-free zone, is just about to meet a real sour puss face to face, and this is Almira Gulch.

When Ms. Gulch makes a visit to the farm to confront Uncle Henry and Auntie Em, she is steamed. Toto has had one too many romps in her flower beds and one too many run-ins with her cat. We also learn that Toto has apparently bitten her on the leg. That leg bite was the last straw and now Almira comes armed with a sheriff's order to take Toto away.

She literally wants to have Toto "destroyed," which sure seems a bit harsh. Toto is but a wee little dog, not some vicious junkyard behemoth. None the less, Almira's got it out for Toto and if the Gale residence does not see fit to cooperate, she threatens a "damage suit that'll take your farm."

Almira Gulch is not fooling around; she owns a good portion of the county, and feels that this ownership gives her the right to wield power and make over the top threats. Dorothy calls it like it is, calling her a "wicked old witch."

Whatever the case, Almira has her sheriff's order, allowing her to remove Toto. And since Uncle Henry and Auntie Em are upstanding, law-abiding citizens, they stand aside, allowing her to take Toto away.

Dorothy now finds herself without her beloved companion, Toto, while Uncle Henry and Auntie Em have been threatened with the loss of their farm.

### ***Oz Awareness #3: Our Viral Dilemmas***

We can only speculate as to how Dorothy's original dilemma/trauma could span out from here. We can guess that if Uncle Henry and Auntie Em were to lose the farm it would certainly affect the entire Gale residence, along with the farmhands and their families. Like a virus the dilemma/trauma will span out to the county at large and so on and so on.

We see in this scene how the original dilemma/trauma can become completely lost to us. As it makes its way through our life and the lives of others, layers and layers of dilemma/traumas result, one stacking on top of the other. What began as a puppy romp through the flower beds, is now threatening livelihoods.

As we talked about before, the dilemma/trauma has led to an energetic pattern that will not simply disappear. If left unchecked the energetic pattern will continue to become bigger and more apparent, affecting more and more beings, and leading to even more noticeable imbalances.

Our imbalances can show up in our physical body as a disease, for example. It can also show up as a mental disorder, angry outburst, poverty, addiction, or dysfunction in any area of life. Whatever the case, it is not something that affects you and only you. Eventually, it affects your family, then spans out from there; to your pet friends, the energy in your house, the water you drink, all can be affected by this energy imbalance.

Everything is connected to everything; therefore an imbalance in one creates an imbalance in all. This is difficult for us to see in our dense, third dimensional world. We may be able to see it on a smaller scale. For example, how an imbalance in a particular eco-system is affecting the plant life in that area, or how an alcoholic father is affecting his family and co-workers. But these are tiny little hints as to the greater ripple effect; what you do will continue to spread out and affect everything. We are not perceptive enough to know how we affect All That Is, but we do.

As we looked at before, we can choose a new energetic pattern of gratitude that is based in love and light. This will then begin to override the energetic patterns created unconsciously in density. There is yet another energetic pattern that can bring great freedom to us. And this is the energetic pattern of Forgiveness.

### ***Great and Powerful Perspective #3: Forgiveness is Freedom***

We have been conditioned to the denser views of Forgiveness. We believe that there are things that are absolutely unforgivable. Also, we may think that when we forgive we are somehow condoning the behavior or giving permission for the behavior to continue. Sometimes when we forgive, we may do so in an ego-ic way, feeling as if we are the better person and have sunk down to another's lowly level and forgiven them from our pedestal of all that is righteous and good.

From the perspective of our Soul, Forgiveness is freedom. When we forgive we free ourselves and others from the energetic ties that keep us dwelling in dilemma/trauma darkness. Forgiveness from the Soul says "I forgive you, and in this forgiveness I free myself from pain and allow myself to heal and live in a more expansive way."

We can forgive anyone at anytime and anywhere. We do not have to call them on the phone or write them a letter, we just forgive them. Be they now living on this Earth or even if they have since passed, we can forgive them; for Forgiveness knows no boundaries.

It can be as easy as saying, "I (your name) forgive (person's name) fully and completely." Or perhaps you would like to write it down. There is a practice that suggests doing as Jesus says to do, and that is to forgive seventy times seven times. Each day, for seven days in a row (no skipping days) you write the aforementioned

statement down seventy times. You can forgive anyone, including yourself, as well as anything; like food, religion, sex, etc.

We could take this a step further by simply forgiving ourselves *only*. When we forgive ourselves, we free ourselves. In this case say, or write down, "I (your name) forgive myself for (being angry with, feeling betrayed by, being jealous of, etc.) (person's name)." You may think that I am being quite cheeky for even suggesting this. If you were wronged, why should you even bother forgiving *yourself* for what another has done to you?

The short answer is, to free you from the energetic ties that hold you in a stuck pattern. The longer answer is that, on a level currently hidden from you, you called in the situation that is now calling for Forgiveness. You called it in energetically, and more than likely, unconsciously. Perhaps you called it in to heal something from your past, perhaps you called it in to create maturity and growth; there could be many reasons. And now it is being played out on your life stage and you now have a choice. You can wallow in it or you can learn and therefore heal from it.

Whatever the case, the energy of true Forgiveness works for you in your favor and in the favor of those around you, and it will continue to span out.

You will know when you have truly forgiven, as you will no longer harbor low vibrational feelings, what we may call negative feelings, for the person or feel that they owe you something. You will be able to think about yourself and the person without dark emotions welling up inside.

This works both ways, if you have done something for which you wish to be forgiven, please do apologize to whomever you need to. If they will not forgive you or even see you or talk to you, then know that you can forgive yourself on your own accord. By changing the energetic pattern to one of Forgiveness you can change the relationship, even if the person is not right there in front of you or willing to participate.

I offer past life regression to client's that come to me for healing. One client came to me and was upset about the relationship she had with her sister, they had not talked for over two years. During the session she was shown three past lives; each of these lives had been shared with her now current sister.

The day after the session, my client contacted me and was ecstatic as her sister had just called her, seemingly out of the blue. During the session, something was released and healed, leaving her and her sister with the opportunity to reconnect and begin anew.

I realize that you may not believe in past lives and may be put off by this. Please hang in with me here. It does not matter if you believe it to be true or not; what matters is that for this particular individual this therapy worked to bring a healing to her and her sister. It opened a door that gave her and her sister an opportunity to heal.

At the very least, be willing to consider that what we have come to *know* on Earth, from this most dense existence, does not provide us with the fuller picture that can be viewed from the higher vantage point of our Soul.

On your own you can repeat the Forgiveness exercises as often as necessary. Write down your exercises as well as your experiences of Forgiveness in your Oz Journal.

You can stop the viral affects of your dilemma/traumas within yourself and your outer world. Do not get caught up in who wronged who, and when and why. Bring freedom to you and others through Forgiveness.

**Are you ready to journey down your own Yellow Brick Road?**  
**Purchase a print or digital copy of [The Wizard of Oz Code](#) today!**