

Triple Welcoming

Triple welcoming from Hale Dwoskin and the Sedona Method, goes like this:

We are going to welcome three things.

1. **WELCOME the issue or problem itself that is bringing us discomfort, pain or suffering.**

Most often we do the exact opposite. When we welcome something we allow it to be what it is. And this doesn't mean we have to put up with it. We merely stop resisting it which only makes us more uncomfortable!

2. **WELCOME resisting the problem by trying to fix it or do something with it or about it.**

Welcoming what we are doing anyway. We stop fighting it which just perpetuates the problem or issue. Fighting anything just keeps it alive. Take for example the war on drugs or cancer, just to name two things that have gotten far worse from our declaring war on them.

3. **WELCOME identifying with the problem or issue, as if it is personal, about us, or that we have some personal involvement in it.**

We often take things personally, so why not just go for it? Allow ourselves to go with the force of what we are taking personally anyway. This way we don't try to push it away or tell ourselves we shouldn't take it personally. We head right in and through any resistance. Hey, this is the way I feel. I embrace it!

When we welcome things that we normally resist, the problem or issue starts to unravel. And through continuing to welcome it all, things will eventually dissipate and dissolve back into the nothingness from whence it came.

