

RE-PROGRAMMING

RE-DESIGNING YOUR MIND
TO RE-DESIGN YOUR LIFE



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THE OVERALL SECRET IS THE LAW OF ATTRACTION

**WHAT YOU FOCUS ON WILL INCREASE
THIS MEANS YOU SHOULD FOCUS ON WHAT YOU LOVE
AND WANT MORE OF IN YOUR LIFE
SO PRACTICE THE ATTITUDE OF GRATITUDE**

HOW TO FIX MYSELF WITHOUT TOO MUCH HELP FROM SUSAN

HARDWARE / THE BODY

SLEEP Sufficient Uninterrupted Deep 7-8 hours

DIET Regular Healthy Low GI Keep blood sugar steady

EXERCISE Moderate Fun Sun

BEHAVIOUR Walk slower Be on time Smile Do what you enjoy Fake it till you make it

BREATHING Deep Slow Diaphragmatic (Expand stomach with inhalation) Make it a habit

MEDITATE Twice a day for at least 10 but preferably 20/30 minutes

Breathe Inhale 3 seconds Exhale 4 seconds Pause 3 seconds = 6 Breaths per minute

Observe and forgive accept love and even celebrate the flow of thoughts and feelings without trying to control them 10 minutes

Visualize an image or symbol of how you want to feel (flower/white light/calm lake) 10 minutes

MAKE RELAXATION YOUR RELIGION

SOFTWARE / THE MIND

WHEN PAINFUL EMOTIONS ARISE

Remember you are not your emotions Your childhood blueprints / Erroneous core beliefs are causing the painful feelings

Don't defend (fight / flight / freeze) Painful emotion is just energy for change Use the energy to change the perceptions / beliefs that cause them

Observe Accept Forgive Love Bless the Emotions Yourself for having them & The situation / person that activates them

Allow the emotions to complete (perhaps a few waves) Open the folder and allow memories and baggage to come to the surface and release

Draw in higher truths / positive mature beliefs - preferably in symbolic form

AT NIGHT WHEN YOU GO TO SLEEP

Breathe and relax

Visualize positive beliefs / how you want to feel so your unconscious can continue the work of changing neuronetworks during sleep

MAKE RE-PROGRAMMING YOUR OPERATING SYSTEM A PRIORITY

IDENTIFY WITH THE VALUES YOU HOLD RATHER THAN WITH YOUR THOUGHTS AND FEELINGS

WORDS OF POWER

I empower every area of my life.

I acknowledge that I already have – in some form – what I am seeking.

I am a unique expression of all things – good and bad, happy and sad, great and small.

There is a divine perfection in the universe, and I see it.

I awaken to the perfect order, the sacred beauty, the great glory of the universe.

(Dr John F Demartini)

HOW TO REPLACE NEGATIVE CORE BELIEFS WITH A MATURE AND POSITIVE BELIEF SYSTEM

PREVIEW

If you want to change your life, you need to change your mind. We begin with a functional **diagnosis**. This means that your dilemma or issues are formulated concisely in the form of a one-page **analysis of the dysfunctional core beliefs that cause your problems**. The assumption underpinning this approach is that it's not really your circumstances which cause your problems, but rather that it's your perspective on yourself and life that's at the root of all your problems, whether you're anxious, stressed, depressed, angry, or in a problematic relationship or unfulfilling job.

In solution-focused therapy the emphasis is of course much more on the solution than on the problem. Hence your negative thought-patterns – usually unconscious and originating in your childhood – need to be **replaced by more resourceful, powerful and enlightened beliefs**. The second step is therefore to assist you in formulation a mature and coherent system of happiness and peace producing beliefs which are congruent with your existing religion or philosophy.

But you may have already noticed that even if you have a well articulated and positive belief system, your actual feelings and behaviour are not necessarily in harmony with these beliefs. So the third step is to **get these positive beliefs integrated into the unconscious part of your brain where emotion and behaviour are actually controlled**.

For the kind of deep re-programming of your unconscious mind that will result in a radical change of your emotions, behaviour and life, **special techniques are required**. These techniques may include repetition, prayer, meditation, visualization, neuro-linguistic programming, regressions and hypnosis, depending upon your needs and preferences.

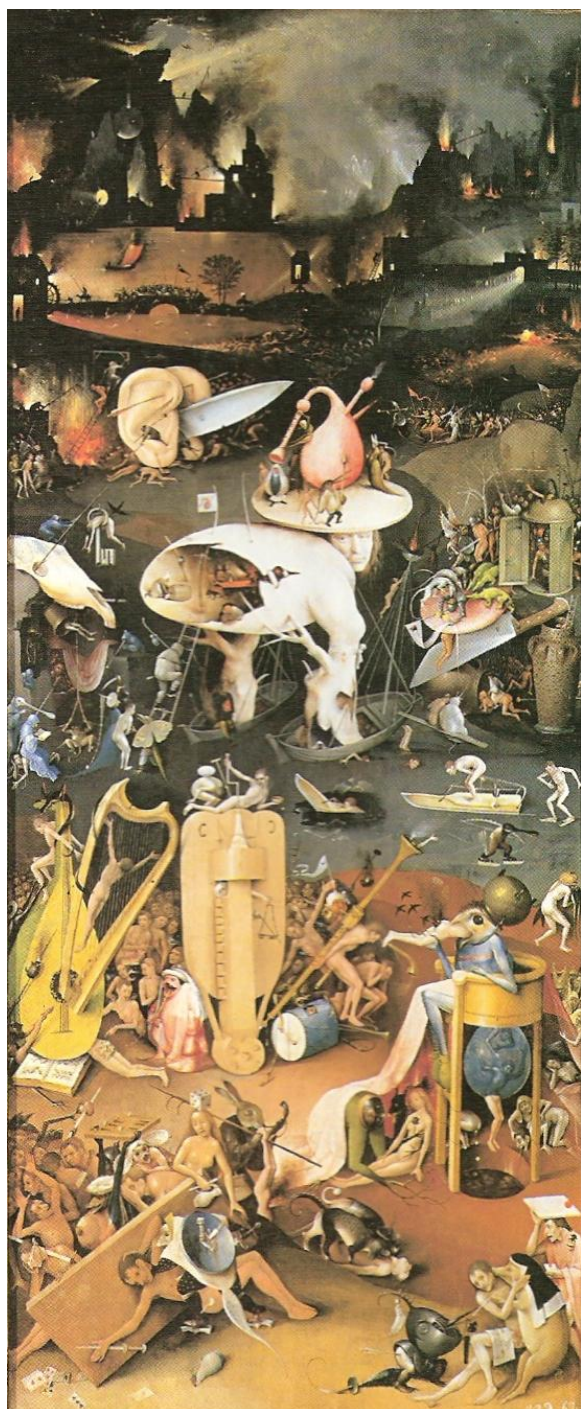
These procedures are implemented **during your therapy** but you should ideally practice at least some of them **at home as well**. I'm going to describe and explain a few of these techniques in the following pages, especially those that you can easily do on your own. This will also give you some idea of what you may expect in therapy sessions.

Broadly, the techniques are classified under two headings: “the positive way” and “the negative way”. The **via positiva** boils down to positive brainwashing, e.g. repetition and rehearsal of your desired positive perspectives, beliefs, and behaviours.

The **via negativa** is also necessary because the complete solution can never be to merely pour pink paint over past wounds. Your pain also needs to be acknowledged, worked through and released. Indeed your emotional pain can and must be used as a force which has the power to bust your limiting perspectives and transform your negative beliefs.

Relaxation training (neuro- and biofeedback therapy) is always an indispensable component of therapy. Learning to control your own arousal or stress levels – mainly through **breath awareness and breath control** – is already a key to a happier, calmer, more productive and creative life. A relaxed brain is plugged into its own guiding intuition and natural wisdom. A relaxed central nervous system is able to produce its own natural antidepressants, sedatives and feel-good chemicals. This component of your therapy is more fully explained in other handouts.

But your ability **to relax deeply** is also the **prerequisite to the deep reprogramming of your unconscious core beliefs** that is the heart of effective therapy and a fundamental transformation of your way of being.



IS THERE HOPE?

If where you are is hell – whether your ass is rare, medium or well-done – you want some pretty slick answers. You want to stop feeling the way you do, and you want it now! Even if you're not quite roasting but where you are just isn't optimal you still want to know how to improve your fulfilment whether personal, emotional, intellectual, financial, spiritual, individual or corporate. Whatever the magnitude of your present obstacles, these are the short-cuts to the heaven of health, wealth and happiness – wellness. You want your share of the pot of gold at the end of the rainbow of our nation.

You've considered your fair share of solutions. You've tried a life coach / personal development seminars / religion / New Age philosophy / your blood-type diet / exercise / anti-depressants / a holiday / finding yourself / your life purpose / your soul mate / emigrating / changing jobs / astrology / seeing a psychic / reflexology / even meditating. Oi vai...!

“Is there hope?” “Can I change?” When I'm asked these questions I sometimes answer “No, you're just wasting your time and money here.” Just kidding! **Evolution, transformation, and transcendence** are **why** you're on this planet. You're here to use the confusion, the obstacles and the challenges of the

earth-bound experience to wake up from your limiting beliefs and become luminous with a Higher Truth.

Your genes, strummed by your hormones, may throb either “Yes!” or “No!” Your internal mother chirps “Sweetheart, just don’t get hurt!” while the father voice growls “From this you make a living?” Your heart sighs “But I love...” While reason reprimands “No ways!” society demands “Conform” and the Church dictates “One Way.” Often it feels like a TV money game. The host asks “Deal, or no deal?” and the audience yells “Bank!”

In the background the clear trumpet of your soul sings “My Way.” What’s out there? Dangerous waters? Is it temptation, disaster, or opportunity knocking at your door? Is it the universe, or God, lovingly inviting you to wake up and fulfil your purpose? And amidst the welter of voices within and without, the greatest of all the mysteries remains: **Who are You anyway?**

It’s exactly from the heat generated by the competing voices inside and outside and by the friction between the different forces of your being – instinctual, biological, emotional, rational, financial, social, and spiritual – that the light of your Luminous, True and Whole Self is sparked. Eventually you learn to dance with what’s out there. Then you discover in the deepening stillness between the notes and the steps – inside and outside are one and the same. All that is, including me and you, express the Song and the Dance of Existence. All Is One.

QUICK QUICK START

Here’s the Really Quick Quick Start, nutshell version:

- **RELAX and BREATHE. STOP STRESSING. This is the LAW of COMFORT.**
- **RE-ASSESS where you are. See the GIFTS and OPPORTUNITIES. This is the LAW of PERFECTION.**
- **RE-TRACE your STEPS. How and why the bleep did you GET HERE? This is the LAW of INSIGHT.**
- **RE-FOCUS on your PURPOSE. Where do you WANT TO BE? This is the LAW of ATTRACTION.**
- **RE-INVENT YOURSELF by USING the DISCOMFORT. This is the LAW OF TRANSFORMATION.**

STEP ONE: DIAGNOSIS

We start your therapy with a **functional diagnosis**. A diagnosis is more than merely describing your problems by using fancy terminology. For example, if a toaster is not working, it doesn’t help a whole lot to say that “this electrical appliance is dysfunctional.” You know that already – that’s why you brought the damn toaster to the repair shop in the first place. In the same way, if I told you the oversensitivity and moodiness you suffer from means that you’re a “borderline personality disorder”

or “bi-polar”, it doesn’t really help. All I’ve done is given your complaint another name.

In the case of your broken toaster, it would be much more useful if I told you that your toaster’s fuse has blown. That’s a proper diagnosis in the sense that the remedy is immediately implied in the way I’ve diagnosed the problem. You simply need to replace the fuse. That’s what diagnosis (originally a Greek word) means: to “see through or understand a problem in such a way that the solution is apparent”.

So our first step is to diagnose your problem in terms of what’s wrong – your **erroneous or distorted thinking patterns** that cause your moodiness, depression, anxiety, anger, relationship problems, whatever. This is exactly what needs to be replaced in order for you to feel the way you want to feel – relaxed, confident, connected, joyous, inspired and peaceful.

Core beliefs acquired during your childhood will manifest as realities in your adult life. To establish what your core beliefs are, it’s necessary to look at what’s happening in your life at the moment. If you create unhappy relationships, your blueprint may be, “Nobody will ever love me,” “I’m not lovable,” or “I have to sacrifice my humanity to be accepted.”

Another way of realising what your core beliefs are, is to listen to what you say to yourself when you’re on the point of giving up: “It doesn’t matter how hard I try, it’s never good enough,” “There’s something wrong with me,” “Everyone I love deserts me.” This is a necessary step in the growth process. It requires you to take responsibility for what you create.

UNCONSCIOUS BLUEPRINTS

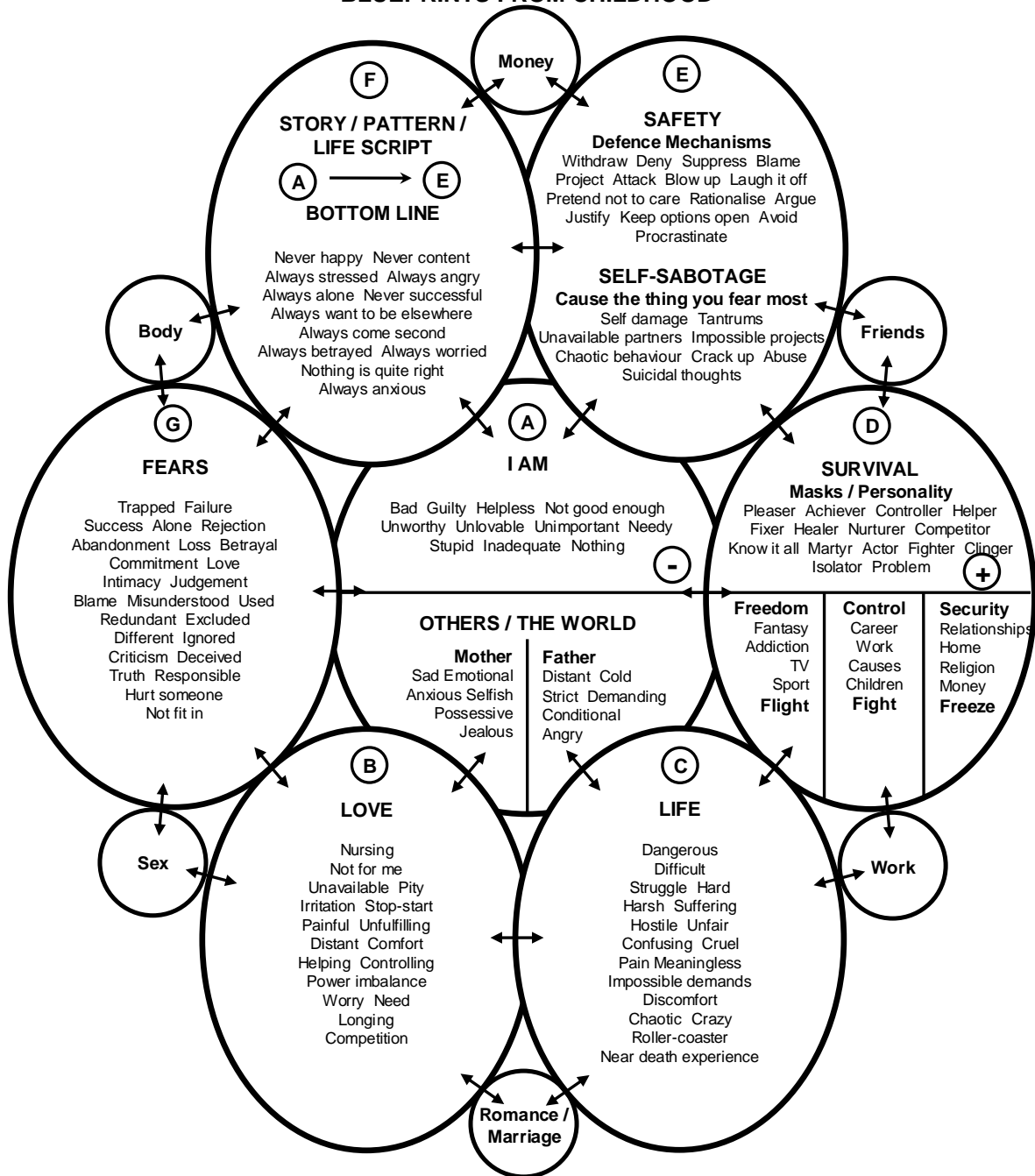
The following figure is an example of a diagnosis. Read it from A to G. It’s really all about **A** – your most negative **unconscious core beliefs** about **yourself, people, and the world**. These beliefs shape your basic perspective and colour all your thoughts, attitudes, expectations and feelings. These core beliefs naturally determine your basic beliefs about **love** (B), **life** (C), **survival** (D), and **safety** (E). These **blueprints** string together to form a story which is the basis of your **life script** (F). Your unconscious life script, with its inbuilt and inevitable **bottom line** is endlessly repeated and re-affirmed in your life as an adult.

You’ve been carrying these distorted and limiting beliefs around with you since you were a little child, when you were **in truth** helpless, needy and less powerful, less intelligent and less competent than everybody else. **These distorted baby conclusions were engraved into the emotional control centre of your brain and fused with your instinctual and genetic survival blueprints. They operate much like the operating system in a computer.** They are the beliefs that sponsor your conscious beliefs. These conclusions were caused by how you subjectively experienced **your parents’ behaviour** towards you.

Mostly these core beliefs – like “I don’t belong,” “I’m unworthy,” “I’m unlovable,” “I’m not good enough,” “bad,” or “guilty” – were not really caused by your parents’ actual

feelings towards you, but were the result of **your immature little brain's attempts to make sense of what you couldn't understand.**

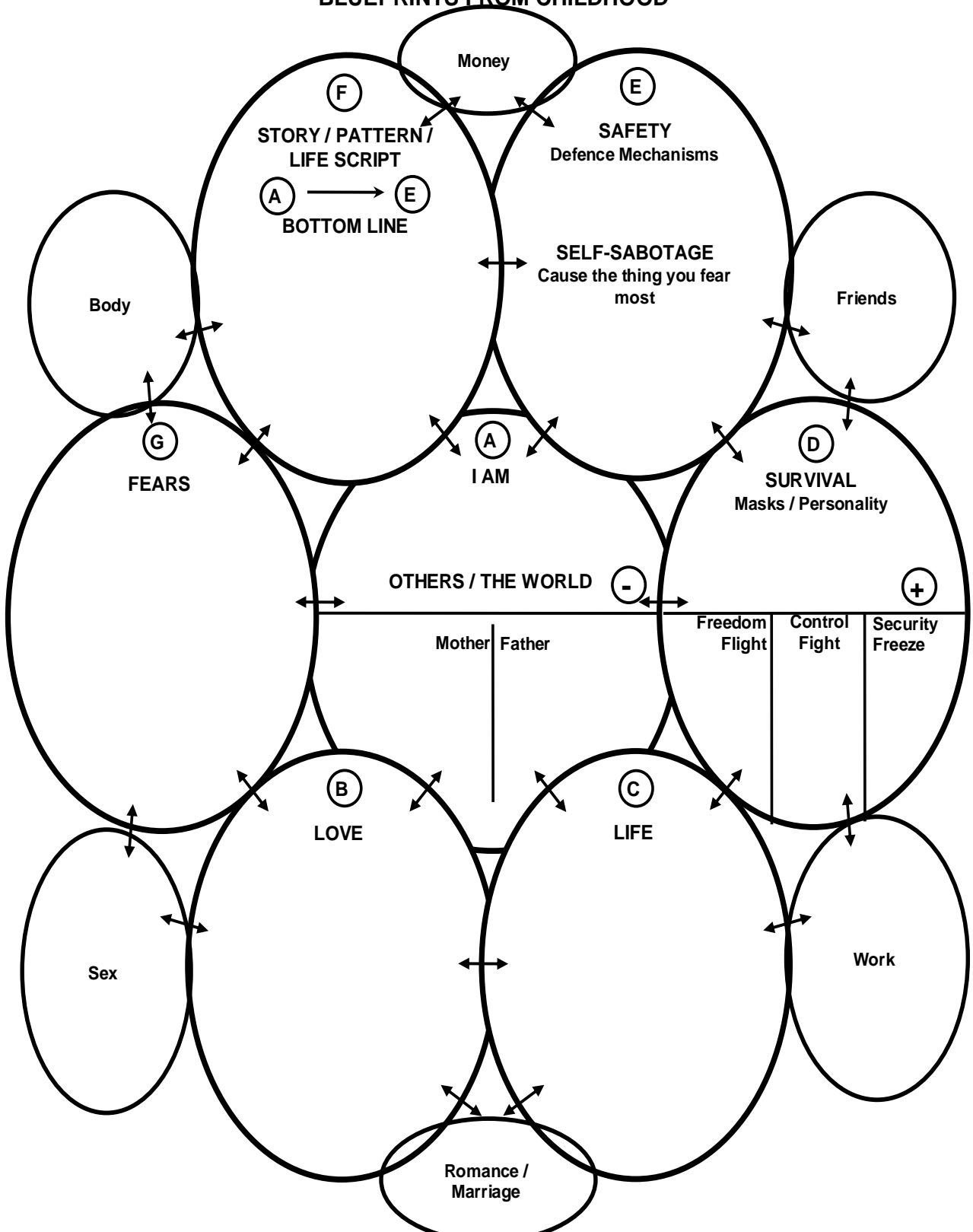
**UNCONSCIOUS NEGATIVE CORE BELIEFS:
BLUEPRINTS FROM CHILDHOOD**



DARK LAW / ADDICTION
Thou Shalt Never Be Happy / You Will Always Be Angry / Depressed / Anxious

Use the blank blueprint on the next page to write down your own blueprint.

**UNCONSCIOUS NEGATIVE CORE BELIEFS:
BLUEPRINTS FROM CHILDHOOD**



DARK LAW / ADDICTION
Thou Shalt Never Be Happy / You Will Always Be Angry / Depressed / Anxious

Your mother was perhaps an anxious or inexperienced first-time mom, fretting about your feeding problems, suffering from post-natal depression, busy trying to appease your older sister who was a difficult two-year old toddler, or distressed about her relationship to your father who was feeling neglected and working his but off to try and provide for his growing young family, and you came to these horrifying and far-reaching conclusions.

Based on your childish interpretations of **love and life** (B and C), you formed **survival strategies** (D) intended to get you the acceptance, approval, attention, security and freedom you needed as a child. You became the little pleaser / goody two shoes / achiever / class captain / seducer / performer / manipulator / isolator / clinger / compromiser / controller / competitor / genius / problem child / sick child / rebel etc. that you essentially still are. As an adult you've found many ways of defending, explaining, or rationalizing this collection of **masks** which form your **personality**. These are your **defence mechanisms** (E). "I'm a Virgo," "This is just the kind of person I am," "It's just normal and everybody feels this way," "I can't help the kind of person I am," etc.

Because your unconscious core beliefs are so powerful, they create your unconscious **expectations**, which are then inevitably **confirmed by your experiences** in life. Thus a vicious circle is formed and re-affirmed over and over again. In time, your dysfunctional defence mechanisms degenerate into **self-sabotaging** and self-defeating strategies, causing the very thing they were originally intended to avoid. For example, if you've been using withdrawal, temper tantrums or suicidal gestures to try to avoid the pain of rejection or abandonment, these behaviours will begin to alienate the very people you actually want to draw closer to you.

Your core negative blueprint (A) is also protected by your **fears** (G). You're not actually afraid of failure, rejection, abandonment, etc. The real fear is to re-experience the original **conclusions** you came to when you had those experiences as a child, e.g. "I'm bad / unlovable / not good enough" and "The world is a sad / fearful / cold / conditional place."

The **bottom line** of your life script becomes a kind of **addiction** because it rests on the holograph of your combined unconscious beliefs. It operates like an unconscious "**dark law**" or "**first commandment**" for your existence. If the "law" under which you live dictates that you're not ever allowed to be happy or that you should always be stressed or angry, that's pretty much how it's going to be.

The minute you're actually happy or content, a profound discomfort kicks in and you implement your unconscious **self-sabotaging strategy** to make yourself unhappy, guilty, stressed or angry again.

The realities that appear on the TV screen of your life – in the areas of **sex, romance, marriage, children, work, money, friendship** and **health** – are really the printouts of your basic blueprints and life script. The bottom line will always reflect and bring you right back to where you started – "I'm not good enough" and "The world's a pretty nasty place."

STEP TWO: THE REMEDY

Can this be changed? Of course it can and it must be. This is the **real reason** why you're on this planet! You're here to learn your life lessons and evolve towards enlightenment. A large part of your life purpose and your soul's destiny is actually to **unlearn** the wrong perceptions and behaviours you unconsciously absorbed from your childhood and social conditioning.

Fortunately, along with those self-limiting misperceptions, you also carry the **universal truths** in the depths of your being. They were created into you. Another meaning of DNA is **Divine Natural Awareness**. This is why when you hear a timeless truth; it's more like recognition than like a new discovery. It's like remembering something you've really known all along.

RE-WRITING YOUR LIFE SCRIPT

The second step in therapy is to assist you to explicitly formulate **how you want to feel**. This is a new (or ancient) **freedom or "Light Law."** In other words, if you desire a new bottom line or chosen destiny, you'll need to **re-write your life-script**. You'll need to build it up from the inside out, as illustrated in the next figure. We begin by deciding **what you want to believe about yourself in the core of your being (A)**. That's really the basis of your whole life, all your relationships and your career success. As the saying goes, "Tell me your life and I'll tell you who you think you are."

Part of that is to replace the unconscious voices of your **childhood parents** by new voices of your own choosing. We may call these the **inner voices of the Higher Power or perfect Goodness / God, i.e. your Higher Self**. Love speaks to us in a soft gentle voice, conveying care, blessings and forgiveness (the motherly aspect of the universe, or the **divine mother**) and equally as the masculine call to discipline, growth, courage, strength and heroism (the **divine father**).

However you choose to formulate them, reconnecting to the deepest and highest truths of your heart and soul opens you up to your forgotten wholeness, your lost potential and the possibility of an authentic existence as a mature, powerful, loving, free and fully alive human being.

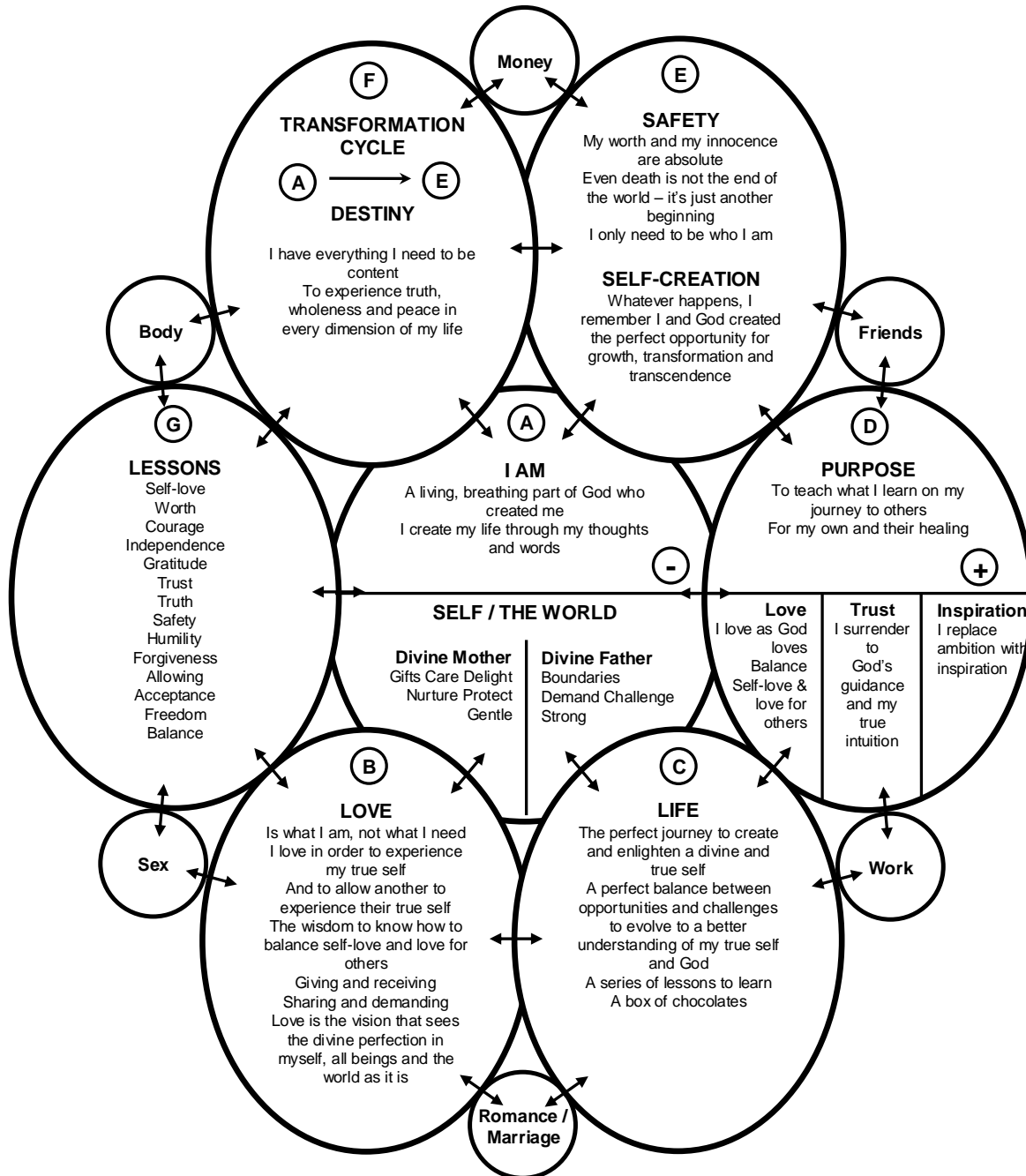
Your ability to "mother" and "father" yourself from within opens you up to a **more mature, balanced and true understanding of love (B) and life (C)**.

You can also begin to see that everything that you used to think "happened to you" from the outside is really profoundly motivated by your great and loving Higher Power who is "colluding" with your own Higher Self to support and challenge you in your evolution towards **discovering and fulfilling your life purpose (D)**.

When you're freed from your limiting childhood beliefs, you're liberated from fear. Mere survival is no longer your driving force and you can begin to live from the level of **peace and gratitude, conscious choice, loving intention and divine purpose**. Ambition is replaced by inspiration, stress by relaxed awareness, pity by

compassion, and escapism by trust in the goodness of life. You can drop your fear-based defence mechanisms and live from a space of **peaceful and courageous surrender** to a higher power and the divine right order of the universe (E).

POSITIVE BELIEFS OF MATURITY

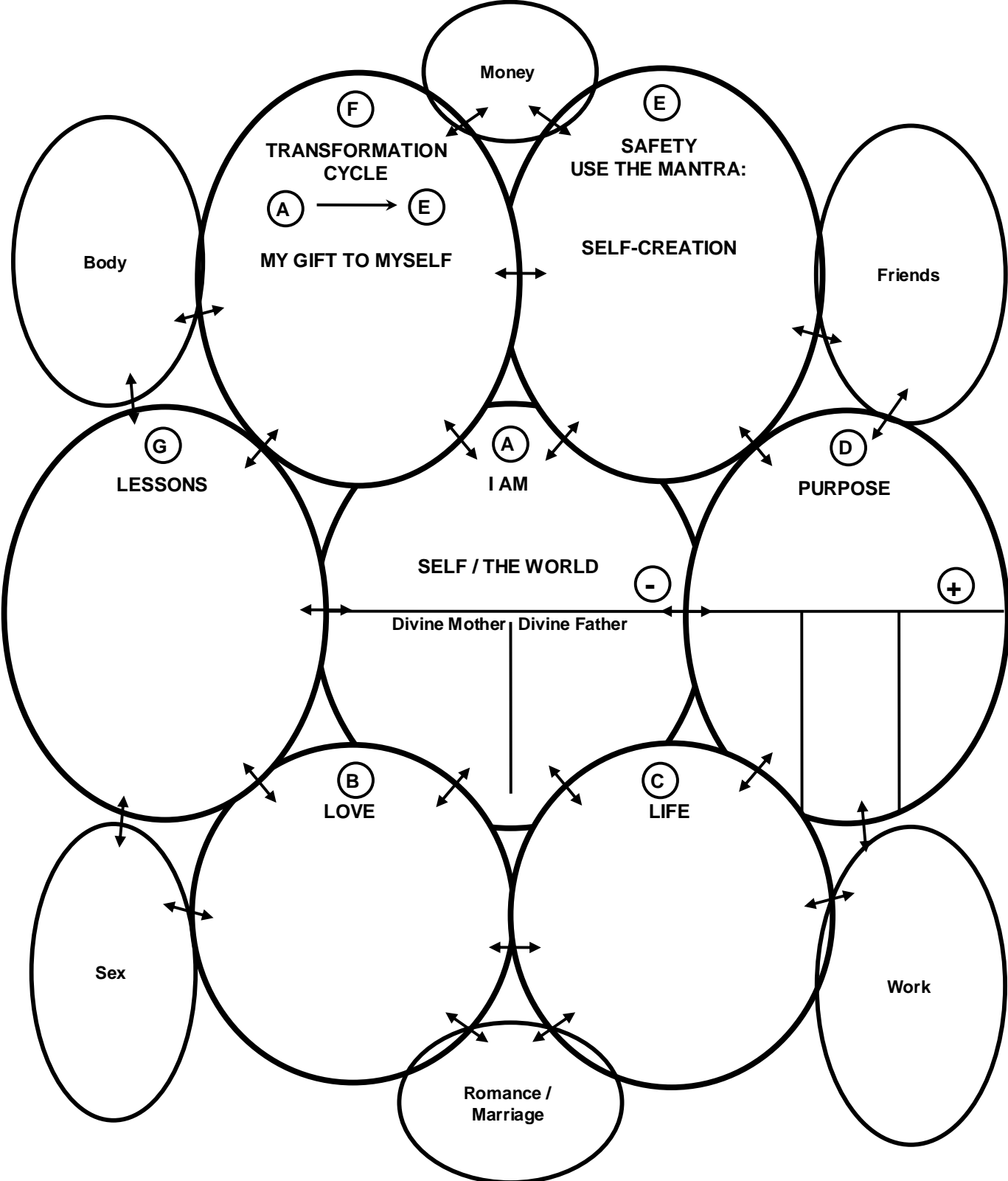


LIGHT LAW / FREEDOM

God, the universe and all beings support me to be true, whole, contented and enlightened

Use the blank template on the next page to write down your own positive beliefs.

POSITIVE BELIEFS OF MATURITY



LIGHT LAW / FREEDOM

Self-sabotage by way of knee-jerk compulsive behaviours can be replaced by a **self-recreating transformation cycle** based on mindful awareness of your life purpose. Your previous bottom line is replaced by your **destiny** (F) and your fears by focus on the **lessons** you've come to learn (G). The above figure is an example of the truths you might choose as the ones you want to base your life upon.

GETTING CLEAR ABOUT YOUR VISION

Another way of formulating your new positive beliefs is by writing a LIFE VISION statement or a vision statement concerning a particular area of your life, e.g. WORK or RELATIONSHIP VISION. The following are examples.

LIFE VISION

I AM A PERSON OF HONOUR, LOYALTY, HONESTY, SINCERITY AND
INTEGRITY

I AM A CONTRIBUTOR, A LEADER, A MENTOR, A NURTURER AND A CREATOR
OF OPPORTUNITIES

I BUILD STRUCTURES FOR THE TRANSFER OF KNOWLEDGE, STYLE, SKILL
AND EMPOWERMENT

I CREATE FOR OTHERS
AND DESERVE IN RETURN AN ABUNDANCE
OF REWARD IN MONEY, FREEDOM, PEACE AND HAPPINESS

MY HOME IS A SPACE OF SAFETY, COMFORT, PEACE AND JOY
A HAVEN WHERE I CAN SHARE MY LIFE WITH THOSE I LOVE AND WHO
CHERISH ME

MY PAST IS PERFECT
IT MADE ME INTO THE BEAUTIFUL, WISE AND STRONG PERSON I AM
I FORGIVE EVERY PERSON WHO EVER HURT ME OR DISAPPOINTED ME
I FORGIVE MYSELF FOR ALL FAILURES IN LOVING MYSELF
AND ALLOWING OTHERS TO LIVE WITH ME IN WAYS THAT WERE NOT
SACRED

I SEE EVERYTHING THAT MAY HAVE BEEN DONE TO ME OR WITHHELD
FROM ME, THAT I THOUGHT I NEEDED,
AS PART OF A FAR GREATER PLAN AND GIFT
HAVING FORGIVEN, ALL HUMILIATION HAS BEEN TRANSFORMED INTO
TRIUMPH AND DIGNITY

I FEEL ONLY GRATITUDE AND APPRECIATION FOR ALL THE BLESSINGS AND
GOOD TIMES
AND A HUMBLE PRIDE IN WHAT I HAVE GIVEN AND ENDURED
IT REVEALED MY INNER GOODNESS AND MAGNANIMITY

MY PRESENT IS PERFECT
IT IS FILLED WITH POSSIBILITIES AND OPPORTUNITIES

FOR FURTHER GROWTH, RE-CREATION AND FRESH BEGINNINGS

I REJOICE THAT WITH ALL MY EXPERIENCE, WISDOM AND
ACCOMPLISHMENTS AT THIS JUNCTURE OF MY LIFE
I HAVE THE HEALTH, VITALITY, BEAUTY AND OPTIMISM
TO SEE THE YEARS TO COME
AS GLORIOUS
KNOWING THE BEST IS YET TO COME

DEAR GOD I COMMIT THIS VISION TO YOUR GRACE
MAY YOUR POWER AND YOUR LOVE
HELP ME TO MAKE IT TRUE
FOR EVER AND EVER
AMEN

WORK VISION

I AM THE LIGHT, THE LOVE AND THE GLORY OF THE LORD GOD OF THE
UNIVERSE
TEMPORARILY RESIDING IN A HUMAN BODY-MIND-PERSONALITY

I HAVE A HIGH AND HOLY PURPOSE ON THIS PLANET
WHICH IS TO LIVE MY LIFE WITH HAPPINESS
AND RADIANT WITH INSPIRATION AND JOY

I AM ALSO ON EARTH TO SERVE, INSPIRE AND ENLIGHTEN OTHERS
MORE SPECIFICALLY IN MY WORK
WHERE MY MISSION IS TO BE GRATEFULLY ABLE TO PROVIDE AN
EXCELLENT AND EFFICIENT SERVICE TOWARDS THE HEALING AND
BETTERMENT OF THE LIFE QUALITY OF COUNTLESS PATIENTS,
TO EASE THE WORK OF DOCTORS AND NURSES
AND TO DECREASE THE STRESS LEVELS IN THEATRES
THROUGH MY CALM PRESENCE AND MY EXPERTISE

I AM DEEPLY INTERESTED IN AND CHALLENGED BY WHAT I LEARN AND
TEACH
I LOVE EXPANDING MY MIND, MY CAPABILITIES AND MY BEING THROUGH
GIVING MY BEST IN EVERY WAY I CAN
I AM EXCELLENT AT EXPLAINING
AND I ENJOY TEACHING
THAT IS THE NEXT LEVEL WHERE I AM LOGICALLY HEADED

I AM PRIVILEGED TO BRING A POSITIVE ENERGY, UPLIFTMENT AND
INSPIRATION TO THE TEAM I WORK WITH
I WORK FOR AND WITH PEOPLE WHO SHARE MY VISION
WHO LOVE, SUPPORT, RESPECT AND APPRECIATE ME AS I THEM

I AM ABUNDANTLY REWARDED IN WORK SATISFACTION AND COPIOUSLY
REMUNERATED IN MONEY AND WONDERFUL PERKS

IT IS AN ABSOLUTE PLEASURE TO BE ME DOING MY WORK
FOR WHICH I AM UNIQUELY SUITED AND GIFTED
AND SO IT IS
SO IT ALWAYS HAS BEEN
IT HAS NEVER BEEN ANY OTHER WAY
FOR AS LONG BACK AS I CAN REMEMBER

RELATIONSHIP VISION

I AM COMPLETELY DIVINE
I AM PART OF GOD AS GOD IS THE PART OF ME THAT IS REAL
I AM LOVE, LIGHT AND THE POWER OF INFINITE CREATION
INCARNATED NOW IN THE TEMPORARY FORM OF A HUMAN BODY, MIND
AND PERSONALITY

I AM THEREFORE ALSO COMPLETELY HUMAN
I ENCOMPASS ALL THE DARKNESS, "SINS" AND LIMITATIONS OF EVERY
HUMAN BEING I JUDGE, REJECT OR ABANDON
AS WELL AS ALL THE MAGNIFICENCE, TALENTS AND POSSIBILITIES OF
EVERY HUMAN BEING I ADMIRE, ENVY OR FALL IN LOVE WITH

I AM WHOLE AND COMPLETE
I AM ENOUGH, I DO ENOUGH, I HAVE ENOUGH
THERE IS ABSOLUTELY NOTHING I NEED OUTSIDE OF MYSELF

I AM THE CREATOR OF EVERY ASPECT OF EVERY RELATIONSHIP IN MY LIFE
SOMETIMES I CREATE LOVE IN THE FORM OF NURTURANCE, SUPPORT,
UNDERSTANDING AND ACCEPTANCE
THIS IS TO TEACH MYSELF TO RECEIVE

SOMETIMES I CREATE LOVE IN THE FORM OF NEGLECT, ABANDONMENT,
MISUNDERSTANDING, CRITICISM AND ANGER
THIS IS TO TEACH MYSELF TO FORGIVE
AND TO CORRECT MY MISPERCEPTIONS OF LOVE
AND MAINLY TO TEACH MYSELF THAT THERE'S NOTHING I NEED
THAT I AM TOTALLY ABLE TO LOVE, NURTURE, SUPPORT, UNDERSTAND
AND ACCEPT MYSELF
AND TO NOT BE THOSE ENERGIES

MY COMMITMENT IS TO MYSELF
I REMAIN MARRIED TO MY HIGHER AWARENESS AND MY HIGHER SELF
NO MATTER WHAT IS GOING UP OR COMING DOWN IN MY RELATIONSHIP
WITH MY PARTNER

I EMBRACE AND DANCE WITH THE SHADOW IN MYSELF AND THE SHADOW
IN MY PARTNER

I KNOW THAT PART OF OUR SOUL PURPOSE WITH EACH OTHER IS TO
ALLOW THE DARKNESS IN US TO EMERGE INTO THE SPACE THAT OUR
LOVE CREATES

I RENOUNCE MY NEED TO CONTROL OR MANIPULATE IN ANY WAY FROM MY
EGO'S ILLUSORY NEEDS MY PARTNER'S THOUGHTS, FEELINGS OR
BEHAVIOUR

I ALLOW HIM THE FREEDOM TO BE WHEREVER HE IS AT EVERY MOMENT
ALSO REMEMBERING THAT I PUT HIM UP TO IT IN THE FIRST PLACE
AND THAT THERE IS ABSOLUTELY NOTHING I NEED HIM TO THINK, FEEL OR
DO TO MAKE ME HAPPY OR COMPLETE

ULTIMATELY I LOVE HIM AS GOD LOVES ME
MY WILL FOR HOW HE CHOOSES TO LIVE HIS DESTINY IS JOINED WITH HIS
WILL FOR HOW HE CHOOSES TO LIVE HIS DESTINY

AMEN

VISION BOARD EXERCISE

A third way of formulating what you want in your life is to use the following VISION BOARD exercise. It's a wonderful way of exploring and articulating your core values. This exercise also helps to build your happiness and enlightenment vocabulary. The outermost circles are for concrete action plans, e.g. things you might **do** to make your visions come true like exercise, meditate, etc. Here's a list of helpful words:

A is for abundance, accomplishment, adventure, affirmation, angels, alive, allow, assertiveness, attract, awaken, authority, awe, astonish, adore, amaze, and appreciate

B is for belief, becoming, barefoot, beloved, beauty, breath, birth, bless, benefit, bliss, being, behold, boundaries, blossom, bright, balance, brave, bubble, bare

C is for contemplate, change, clarity, courage, courtesy, caress, challenge, contentment, choice, create, cherish, connect, calm, contribute, celebrate, character

D is for delight, dare, desire, decide, divine, discipline, direction, dedicate, detachment, discover, dream, devotion, dance, detox, destiny, depth, develop

E is for enthusiasm, enable, expand, endear, effortless, energy, embrace, enjoy, eternity, encourage, example, ecstasy, evolution, enlightenment, express, endurance

F is for friendship, fulfilment, fresh, fortitude, focus, flow, forgive, freedom, flexible, fabulous, fantasy, fly, firmness, faith, fun, fascinate, fragrance, facilitate, festive

G is for guidance, glorious, glow, game, gratitude, goals, give, goodness, God, giggle, grace, garden, growth, gifts, gorgeous, grandeur, gentleness, garden, glide

H is for hope, health, heaven, honour, hospitality, honesty, holy, happiness, hero, heart, hum, heal, hear, harmony, humour, high road, hug, habit, honey

I is for imagine, independent, inspiration, insight, integrity, inquisitive, improve, immortal, impeccable, innocent, illuminate, intimate, intention, intense, intelligence

J is for juicy, joke, joy, jumping, journey, jubilation, journal, join

K is for kindness, kick-ass, knowledge, kingdom, kindred, kinky, kiss, knowing

L is for let go, laughter, love, listen, learn, legacy, live, light, liberate, limitless

M is for meaning, magnificence, mystery, miracles, motivate, manifest, moderation, ministry, marvel, mastery, magic, moment, move, meditate, maturity, massage

N is for nurture, natural, nap, nourish, nurture, neat, naked, now, non-defensive

O is for outrageous, opportunity, openness, organize, ownership, optimism, oneness

P is for priceless, productive, practical, perfection, prayer, peace, pamper, persevere

Q is for quality, quietude, quest, questions, and quiescence

R is for revelation, reality, remember, relax, responsibility, release, rest, radiance, reconcile, renew, respect, romance, rich, restore, rapture, restraint, rectify

S is for splendour, safe, sing, satisfy, sparkle, savour, spirituality, surrender, spontaneity, sensual, strength, smile, significance, service, simplicity, support, sexy

T if for transcendence, truth, togetherness, trust, time, tickle, transformation, touch, treasure, talents, thoughtfulness, taste, treasure, tenderness, temperance, totality

U is for understanding, useful, unconditional, unity, utilize, undulate, uncoil, us, unexpected, untroubled, ululate, unique, untamed, unify

V is for vision, validate, voice, vitality, virginity, value, visualize, voluptuous, voluminous, vigour, victory, voluntary, virtue

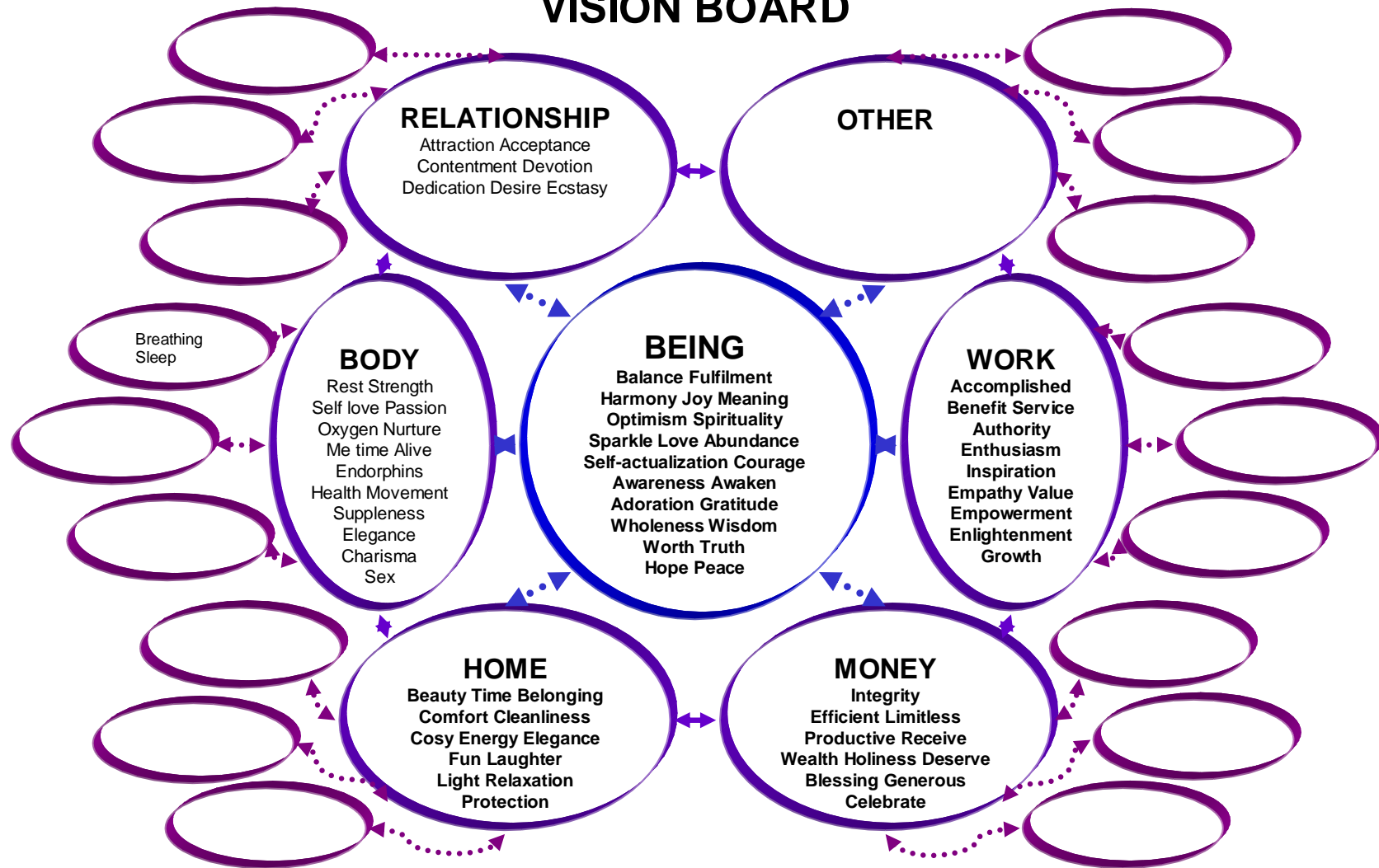
W is for water, woman, water, wholeness, whistle, wealth, wisdom, wine, wonder, work, welcome, witnessing, willpower, wow, window, world, whirl, wide, waking up, wild

X is for xxx (kisses), x-factor

Y is for youth, yes, you, yoga, yodel, yearning, yummy

Z is for zany, Zen, zest, zero-point, zone

VISION BOARD



STEP THREE: MAKING THE MEDICINE GO DOWN

You will notice that we spend **much more time, and focus much more attention on the remedy** than on the diagnosis. Of course I'm here to help you, but you won't get out of the doldrums you're in if you don't work on yourself in between sessions as well.

You must compete with the old, well-entrenched and often rehearsed thinking habits. So the trick is really all about **consistent focus, repetition and the discipline of sticking to it**. It really won't help you much in terms of real emotional and behaviour changes if you become a walking encyclopaedia of psychological terms and insights into why you feel and behave the way you do.

You must literally **starve thousands of neuron networks in your brain through neglecting to use them**. So when you catch yourself thinking the same old thoughts, ask yourself these questions:

QUESTIONS TO STARVE THE OLD NEGATIVE BLUEPRINTS

Breathe deeply, relax and gently ask yourself:

1. Are you sure you really want to go forward with this thought pattern / emotional habit?
2. What desire / purpose does it serve? (Perhaps an unconscious desire to obey your Dark Law and be unhappy or self-sabotage your relationship?)
3. How would this kind of thinking and reacting solve the problem? (That's a no-brainer!)
4. Are you even certain you want to define the situation as a problem?
5. How would this thinking / feeling / behaviour serve my evolution / enlightenment? (Well, that's another no-brainer!)
6. How is the situation a setup by my Higher Self / my Higher Power to serve my evolution / my learning / my life purpose / my enlightenment? (Now that's a really useful perspective.)

RELAX AND MIND YOUR BODY

In general, cultivating a more relaxed and healthy lifestyle will be extremely helpful. The childhood blueprints are imprinted into the survival reflexes in the primitive or lower parts of your brain and automatically lose their power when you're more relaxed. So before all else, make relaxation your religion.

HOW TO HEAL YOUR BODY, BRAIN AND EMOTIONS WITHOUT MEDICATION – TOP TIPS

(See ENDING STRESS – available at reception)

Behaviour – play; smile; laugh; hum; do what you enjoy; don't procrastinate; do it now; pretend to be happy – fake it till you make it

Breathing – relaxed belly; drop diaphragm on inhalation; exhale fully and then pause; 6 breaths per minute – DO THIS ALL THE TIME AND FOCUS ON BREATHING ONLY TWICE A DAY FOR 10-20 MINUTES

Choose – the middle road; simplify; kindness; see innocence, goodness; positive focus, beliefs, people; use affirmations

Decide – to be happy; to seek joy; to be in the moment; to renounce adrenalin; to make inner peace your religion

Diet – less junk; more fruit, whole grains and leafy or root vegetables; three meals and healthy snacks in between; keep blood sugar steady; take your time; savour tastes; bless your food

Exercise – your brain waves; your mind; your body – moderate, regular; walk more; fun and sun; yoga; tai-chi; make love; dance

Listen – to what life / your body is telling you; to constructive advice; to relaxing CD's; uplifting music; to birdsong; to silence

Meditate/Pray – (deep breathing) twice a day (20 minutes); connect with peace; don't change the world – change worlds

Mindfulness – change your focus; notice your breathing, your arousal level, nature, what you can't change; the bigger picture; remember your dreams; watch your thoughts

Nurture – yourself; touch; pamper; massage; bubble baths; give and get hugs, kisses, treats; sex; love; respect your needs, feel your emotions; make me-time

Relax – posture; hands, shoulders, eyes, jaw, tongue; walk slowly; be on time; tell the truth

Select – sensory input; see beauty; hear good news; read truth – garbage in – garbage out; open your focus

Sleep – 7-8 hours; relax fully before you sleep; drool on your pillow; sleep late sometimes; nap often

TECHNIQUES FOR RE-DESIGNING YOUR MIND

All techniques work better while you breathe and relax. This makes the brain receptive to deep transformation of existing neuronetworks and beliefs, and allows new beliefs to penetrate into the midbrain and brainstem where emotion and behaviour are controlled.

THE VIA POSITIVA: FOCUS ON THE POSITIVE BELIEFS YOU WANT TO INTEGRATE

1. Repeat your chosen positive beliefs silently to yourself or out loud as often as seven times seven every day. We want to literally infiltrate the brain through repetition as well as creating as many folders and files as we can in different

parts and levels of the brain. Create quiet times where you can relax deeply and focus.

2. Also remember **to use those times when your brain is naturally highly receptive, e.g. when you're drifting off to sleep and mornings before you're fully awake**, when you're relaxing in the bathtub, or even while you're making love. An extraordinarily useful time to integrate positive beliefs and images into your body and into your cell and muscle memory is during **massage**.
3. You can use these deliberate or spontaneous periods of relaxation / meditation to **listen to therapeutic CD's with recorded guided visualizations** (available at the practice) or to rehearse / repeat your desired new programmes of truth, fulfilment and peace.
4. To be able to utilize those periods of natural receptivity, you need to **know your self-designed re-programming material by heart**. For example, if while you're drifting off to sleep you need to **think** and try to remember, you arouse the thinking brain and disturb the naturally receptive state you're in.
5. New positive beliefs only begin to have real power to change your feelings and behaviour when they become **part of who you are**. That means that they must literally change the **physical structure of your brain**:
 - The reprogramming infiltrates the part of your brain where you do **abstract associative thinking** when you repeat and contemplate your POSITIVE BELIEFS OF MATURITY.
 - The part of your brain where you create and store knowledge in the form of **sentences** (your inbuilt **encyclopaedia**) is infiltrated when you rehearse your LIFE VISION.
 - The part of your brain where you create and store unrelated bits of information in the form of words (your inbuilt **Thesaurus**) is infiltrated when you rehearse your VISION BOARD, thus increasing your **vocabulary** for happiness and enlightenment.
 - The part of your brain where you store and create **visual images** is transformed when you vividly **imagine** the desired realities created by your new POSITIVE BELIEFS OF MATURITY, your LIFE VISION and your VISION BOARD.
 - When you combine rehearsing new thoughts in whatever form with **movement** (e.g. walking, running, yoga or gym exercises) you infiltrate the **motor cortex** of the brain.
 - You create fruitful **connections** between your new thought patterns and different parts of the brain, e.g. if you're **saying your affirmations out loud while walking**, you build an association between **movement / muscle memory and the vocal as well as the auditory parts of the cortex**.

MEDITATION EXERCISE TO INTEGRATE POSITIVE BELIEFS

Begin by closing your eyes. Relax your belly and slow down your breathing. Breathe easily and deeply. Allow the space after the exhalation to become longer with each breath. Breathe relaxation into your body, and breathe away tension. Allow tension to flow out and away.

Allow the muscles of your face to relax. Relax your forehead, eyelids, lips, throat, and jaws. Take a minute or two to relax your tongue – especially the back of your tongue and your palate. Allow the relaxation to flow down your neck and shoulders. Down your arms, all the way down to your fingertips. And down through your chest, back and spine.

Letting go even more with each releasing breath. Allowing your stomach to relax. Letting the relaxation flow down your hips and pelvis, and down your legs, all the way to your feet and toes. Allow your inner organs to relax. Even the bones in your body, your veins and sinews. Experience your whole body and being as completely relaxed.

Allow your brain to relax. But don't try to stop yourself thinking. Just observe the stream of thoughts as if you're watching somebody else's thoughts. Don't judge, simply witness. Where do they come from? Where do they go when they disappear? Where do they happen – inside your head behind your eyes, or in front of your eyes?

Relax your tongue even more. Let your mouth hang slightly open. As you exhale, allow your tongue to relax even more. Let it float freely in the cavity of your mouth. Observe it lengthen, shorten or thicken as it relaxes.

Observe the thought stream calming down. Spaces are beginning to appear between the thoughts.

Send your awareness outside into the environment. Become aware of all the external noises. Listen as if you're hearing for the first time. As if you're an alien from outer space and you've just walked into the body of a human being on planet earth. Sense the atmosphere, the energies and the movements around you. Try not to label what you hear. Simply be aware of the sounds.

Now gently withdraw your focus into yourself. Become aware of the sounds, sensations, movements, and energies inside your own body. Don't judge, simply observe as if you're that alien who is quietly fascinated with the discovery of how it feels to be inside a human body for the very first time.

*Now finally withdraw yourself from your body into a place inside yourself where there is stillness – into your centre. Indeed the real you is an "alien." You **are** that place of stillness.*

Your true Self is that stillness, silence, and peace. Find the place inside that is quiet, and allow yourself to rest in that place for a while.

Anytime a thought comes through, relax your tongue and return to the place of stillness.

In this sacred still place at the core of your being, focus on and repeat the positive beliefs you wish to integrate, whether in the form of your POSITIVE TRUTHS OF MATURITY, YOUR LIFE VISION, A VISION FOR A PARTICULAR AREA OF YOUR LIFE, OR YOUR VISION BOARD WORDS.

Imagine, see, feel, hear, taste and even smell these visions as realities already manifesting in your life.

As you prepare to return to the outside space, very gradually begin to be aware of what you're experiencing – the feeling of relaxation in your body, the contents of your mind, and once again be aware of the place of peace and stillness inside.

Open your eyes gently and keep your focus wide. Gradually narrow your focus to a single point – perhaps a spot on the carpet or the wall.

You may wish to find a few keys for what this feels like, to help you return to this state of consciousness more easily and effortlessly next time. These keys or landmarks might be a body sensation, a colour, a word, an image, or even a sound.

KEY WORDS EXERCISE

One of my own favourite ways of re-programming is to use a few words from my VISION BOARD as the focus of meditation. Remember that words are the keys that unlock the doors to any experience or creation that you can imagine or envisage. Select the words that describe the kind of experience you desire in a particular area of your life. For example:

KEY WORDS FOR SUCCESS

CALM
CONTENTMENT
CONFIDENCE
CONGRATULATIONS
CELEBRATIONS
FREEDOM
UTILIZE
GENIUS
EFFORTLESS
PERSPECTIVE
PERSEVERANCE
MATURITY
INDEPENDENCE
SUCCESS

STEP ONE: Close your eyes, breathe as in the previous exercise, and relax completely.

STEP TWO: Roll your eyes four or five times to the rhythm of your breathing to promote Alpha brain waves.

STEP THREE: Repeat the first word out loud or silently in your own mind for the duration of three breaths. If you're imagining the sound of the word, hear it said in different voices. Imagine you see the word written in your own handwriting, then in different kinds of script that reflect its meaning. Use your imagination – see it written in suitable colours and on different backgrounds, perhaps golden letters on a scroll, in huge white fluffy letters against a clear blue sky, as tiny shapes inscribed on your DNA, as shimmering reflections in water....

*STEP FOUR: Now that you've unlocked the door through using the word, enter into the space created by the meaning of the word. Sense, feel, visualize, hear, taste, even smell the experience of that word **as if it were already a reality in your life.** Do this for the duration of three breaths.*

Repeat steps one to four for all subsequent words.

End your meditation by repeating all the words and their meanings for you, feeling and experiencing them all simultaneously.

Repeat this procedure twice a day. Mornings before you open your eyes and evenings just before you fall asleep are the times when your brain is most receptive. Also do this exercise in the shower or the bath. You can also do it while you're driving or doing some other activity that doesn't require your full attention, but then you shouldn't close your eyes!

THE VIA NEGATIVA: USING PAINFUL EXPERIENCES FOR TRANSFORMATION

All of us have developed dysfunctional or self-defeating behaviours that we use to try and cope with unpleasant or stressful experiences. People don't like the consequences of their destructive coping mechanisms, but they've learned to rely on these old habits and reactions for comfort and protection, and hang on to them even when it becomes apparent that they're a major cause of suffering and pain – a great example of the cure being worse than the disease.

In essence all the self-sabotaging defence mechanisms (remember **E** in the first figure?) boil down to variations of the primitive fight / flight / freeze reaction. Using the defence mechanisms are ways of keeping yourself stuck in your childhood blueprints. So **what you should not do is:**

Fight

Contrary to popular belief talking, getting it off your chest, or letting off steam are not useful for changing your thinking or your life. Crying, justifying, rationalizing, complaining, whining, arguing, throwing a tantrum or your toys, breaking down, breaking plates, putting your fist through the door, kicking the dog etc. are all ways of temporarily averting the need to change the way **you think**. Even if you succeed in getting other people to change **their minds** by any of these strategies, you've probably only gotten yourself a little reprieve. The relief won't last. The same situation or issue will come up again and again and somewhere along the line you're going to have to begin to use negative emotion for the purpose it's really intended for – **your own growth**.

Flight

Not facing the issue at hand by avoidance, denial, suppression, procrastination, or in any other way escaping won't serve your evolution either. It's really tempting to storm out of the house, get into your car, go to the bar or the casino, visit a friend, have an affair, shop till you drop, or distract yourself by watching TV or porn, gardening, reading your emails, doing some extra work, playing with the dog, having a drink, popping a pill, sniffing glue, smoking weed, talking about the weather, the stock exchange or the crime statistics, reading a book, or fantasizing about your dream lover. Still, there comes a time when you have to **really face up** to the pain of what's going on in your life and **listen to what it's trying to tell you**.

Freeze

Shutting down and crawling back into your shell won't do the trick either. Saying leave me alone, don't speak to me, don't touch me, deleting their number from your list, closing the door, drawing the curtains shut, taking a sleeping tablet, rescue remedy, an antidepressant or a sedative, curling into the foetus position in your bed, slinking off into your little corner behind the wall you've built, giving them the cold shoulder, thinking about sleep therapy or suicide are all ways of trying to make the pain stop. But the pain is really **caused by your own blueprints**. And paradoxically, the very pain you're trying to shut out **has the power to bust, explode and transform those blueprints and open you up to new ways of thinking and being**.

HELPING YOUR BRAIN TO REWIRE ITSELF

When you settle down and relax into your painful shit it will be **a lot easier for your brain to rewire itself in more peace producing ways if you've fed it some useful thoughts, concepts, images or symbols** e.g. the work you've done in formulating your POSITIVE TRUTHS OF MATURITY, LIFE, WORK OR RELATIONSHIP VISION and VISION BOARD.

This is where religion can come in quite nicely. This is why we intuitively turn to religion when things go really "wrong". There's no need to feel guilty about that. But if you've taken the trouble to adopt or construct and nurture a coherent philosophy of

life or a system of higher beliefs while things were going “right”, **the emotional brain has something to work with in times of trouble**. It will select what it really needs to re-organize itself on a deep level from your higher beliefs and affirmations and from your vision of what you intend for your life.

If there are some productive thinking strategies floating around in the rational mind, they can be utilized when **the brain is searching for new ways of organizing information and experience in moments of discomfort or pain**. It’s exactly the same principle whatever issue you’re struggling with.

When you punch an emotional, intellectual or creative problem into the keyboard, take a deep breath and relax, your brain will search through its total database for the relevant knowledge to combine with the concepts that are most useful to come up with those really astonishing solutions.

Whenever a transformative thought is distilled from the kiln of the problem solving process the brain rewards the body with a surge of dopamine and endorphins. And then there’s that wonderful sensation of release and peace.

The Buddha taught that pain is an unavoidable part of life. Suffering, however, is a choice. **Suffering is the unnecessary distress caused by our resistance to our pain and to the nature of the world.**

Within the Christian faith, it is enlightening to interpret the biblical concept of “**sin**” as the flawed or **erroneous childhood thought patterns** that cause distress, rather than **wrong or bad actions to be punished by God**. This is what “original sin” really means.

Our ignorance is born of the following basic misunderstandings, each of which follows logically from the previous:

- Ignorance of what is really true / what life is about
- Ignorance about what / who I am
- Ignorance about our needs – obsessive desires
- Ignorance about what should be avoided – obsessive fears
- Fear of death

SIX PHASES OF CONSCIOUS GROWTH

These are various techniques or methods of using emotional pain for transformation. All of them rest on the same principles or phases. Basically these are: becoming aware; identifying the source of the pain; focusing and owning responsibility for it; changing the beliefs that cause the pain; releasing; and integration or re-programming.

1. Relax Into the Discomfort

The first stage of growth is when you become aware that a part of your world picture is being disturbed. This begins the process of change to a way of thinking that is more harmonious with reality.

If parts of your blueprint of reality, or self-concept, that were previously unconscious become conscious, you experience stress, discomfort or confusion. Do not at this stage begin to search for security or solutions; your ability to **relax into the question**, to welcome ambiguity, mystery and paradox, is a prerequisite for growth.

Albert Einstein once answered a question with: “How do I work? I grope.” This understanding is the beginning of the end of your ability to go on living with thought patterns that no longer work for you. **The discomfort is a result of the fact that you associate your old way of being with security, and are thus afraid to let go of it.** As you’re pushed towards the threshold of your current comfort zone, you come closer to the possibility of a new, higher threshold. You are now almost at the point where you’re ready to start seeing and doing things differently. Don’t talk. Remember:

The opposite of talking is not listening. The opposite of talking is waiting.
(Fran Lebowitz)

As soon as you realise that you’re beginning to feel upset, become still and calm, breathe deeply into your stomach and relax completely. Practise this until it becomes a conditioned response or habit.

First emphasize the **inhalation** – it’s a symbolic gesture to show that you’re willing to experience the full intensity of the emotion, without resistance. Exhale completely and wait a few seconds before breathing in again. The quiet **pause** between breaths is symbolic of your receptive waiting for new inspiration (the literal meaning of inspiration is breathing in).

Relax the tongue, the jaw, throat and vocal chords – this helps the language areas of the brain, where the old thought patterns are stored, to become relaxed and fluid.

2. Identify the Source of the Pain

The second phase is when the physical sensation, feeling, thought or emotion becomes too intense to be contained, ignored or denied. Now you can more accurately **identify what you’re feeling** (“I’m angry”, “I feel sad”, or more accurately, “I feel resistance”).

You can now identify the **physical sensations** as emotion – emotion usually manifests in the body and can feel like tension, an empty hole or symptoms of sickness (headache, neck spasm, sore throat, muscle pain, stomach ache, nausea).

In her book, *YOU CAN HEAL YOUR LIFE*, Louise Hay gives examples of which physical symptoms are usually caused by certain emotions. So headaches are usually associated with self-criticism and fear, infections with irritation or rage, pain with guilt, muscle spasms with rigidity, etc. It's important at this stage not to lapse into denial.

It's very healthy to be able to say, **“This distress is not something that happened to me from the outside, it's a response that comes out of me.”** Remember: **“Damage” is a subjective reaction, not an objective phenomenon.**

“You can choose to experience ‘damage’ to yourself out of any encounter or phenomenon, but that is entirely your decision.” (Neale Donald Walsch: *CONVERSATIONS WITH GOD*). This honesty with yourself prepares you for the next step.

Ask yourself in an open and even curious way: **“How can I think about this situation / how can I see it, so that it brings me peace, instead of pain?”**

To stabilize yourself, it's very useful to listen, passively and alertly, to all the sounds in your physical environment – this helps you to remain relaxed, and is also a symbolic expression of your readiness to **let the world as it is form you; a release of the practice of trying to force your perceptions onto the world.**

3. Focus and Take Responsibility for It

In this stage, the energy of the feeling, thought or emotion is intensified and experienced fully. Remember, all stress or fear is caused by resistance to (possible / anticipated) future pain. Sadness, guilt, anger and shame come from **resistance** to past and present pain that have not been processed (flowed through the system and pushed to transformation).

Past, present and future pain must be worked through by the imagination. Keep on breathing deeply and relax. Keep your lips, tongue, jaw, throat and voice box relaxed (we're trying to still the inner chatterbox, or the “crazy monkey” as I call it), to ready yourself for reprogramming.

Keep an eye on your feelings, sensations and thoughts from the Witness – notice where the “mind screen” is; some people experience it inside their head; for others, it's outside the head at about eye-level. Notice the location of the higher Self / the Witness – for some people it's inside the head, between the eyebrows, at the third eye; others experience it just above and behind the head, as if the Self is watching the thought screen over your head. The Witness looks “down” into the body and “sees” the emotions: border, texture, mass, intensity etc.

Deep diaphragmatic breathing, or breathing into the stomach, is an expression of your willingness to release old perceptions and change the way you think and live: you're willing to let breath, energy and life flow freely through you, without any resistance or obstruction, to nourish, surprise, enchant and transform you.

All the numb, stiff parts and tensions in the body are physical blockages in the nervous system – where you try to protect the ego-blueprint and resist life. This is a critical point in the process.

It requires **total acceptance of responsibility**: “**This is my anger. I’m not the victim of some power outside of myself. I’m experiencing this feeling, this reaction, as a result of my inner thought processes, my previous programming.**”

This is where you let whatever is happening be okay. Put up no resistance. Just watch what is happening. Maintain focus, or you might let go of your consciousness or start using your usual avoidance techniques, like food, TV, drugs, alcohol or sex.

Rationalizing is very counterproductive and blocks the growth process, e.g.: “Oh, I know she didn’t mean it that way,” or “He couldn’t help it, he’s sick.” It works the same as too much thinking during sex – it prevents the climax and release.

4. Change the Beliefs / Blueprints that Cause It

Now you can **become aware of the core belief, the premise that underlies all of your reactions**. Because you’re observing events with objective interest, **your consciousness can expand and you can generalise on the grounds of previous experiences and possible future scenarios**.

Many people think that the point of hypnotic “regressions”, where experiences from childhood, birth and even previous lives are recalled, are about remembering repressed memories so that you can eventually know **why** you feel the way you feel and act the way you act. But it’s actually not so much a hunt for a secret in a forgotten experience, but rather a **conscious acknowledgement of previously unconscious core beliefs**.

For example, the purpose of letting memories of the shock of birth, which you’re no longer conscious of, flood through the adult mind, is so that you can see that it didn’t kill you – it was just a transition and the beginning of your life! **In the light of an adult consciousness**, you can now become aware of and **change those conclusions and generalisations** that fear and anxiety burned into your infant mind.

Now you can come to other more **liberating and productive conclusions** about various things that happened to you, including abuse, molestation, abandonment, betrayal, neglect and all the other things that engraved twisted self- and world-perceptions in you during your childhood.

Generalisation and extension also progress if you **open your mind to the millions of people on the planet dealing with the same emotions** as you, or worse. You are not the first or only one in the world struggling with your dilemma. Even if you’ve lost a child, it helps to remember that there are people who lost all their children in one day.

Think of the ways in which **you cause the same pain for other people**, now and in the past. The question is not **whether** you do it, but **how**. We all hurt each other, and the “crimes” committed against you are always the crimes that you yourself committed against others.

It’s Karma, one of the energy laws of the Universe. Now you can **see patterns and notice how you caused pain for yourself** in this “issue”. Remember that your mind is very resourceful and can easily come up with the “truth” to justify your previous existence. Remember, as Richard Bach says, “Argue for your limitations and, sure enough, they’re yours.”

Remember, responsibility does not here imply blame. It just means that you realise that your unconscious programmes, not some external factors, are responsible for your experiences.

Naturally, external events act as triggers for your emotions. **But if you take responsibility, you can stop being a victim.** If you stop seeing yourself as the victim of circumstances beyond your control, if you don’t lapse into dysfunctional symptoms, you can take an honest look at the core beliefs that underlie it all. That which was once unconscious, must be made conscious before it can lose its grip on you. In other words, unconscious parts of you will be experienced as being outside of you, as “fate”. (Carl Jung)

5. Climax and Release

Now you can experience the feeling, thought or emotion in its full intensity as a climax, but in a relaxed way and with full consciousness. Your old world- and self-image have reached the point of chaos and can spontaneously reorganise on a higher level.

The replacement of an outdated way with a new, more resilient way of functioning happens as a result of a basic rule of life: It’s impossible to carry on with something that is bad for you while you’re fully conscious of it. Unproductive habits can only survive as automatic, unconscious reactions. If it’s dysfunctional or destructive, once fully seen in the light of consciousness, it will fall away and be replaced with something that works better and feels more comfortable.

This principle is also used in the training of fighters, for example in Kung Fu. The student punches his hand against a wall until the blood flows, but if he relaxes and breathes slowly and deeply, the brain – which really doesn’t like pain – will release the idea that this action causes pain, and the pain disappears. In this way, the fighter’s pain threshold is steadily raised. A low pain threshold develops just like most others. When you were small, your mother formed your blueprint and your threshold for physical pain. Every time you fell, she anxiously ran towards you, picked you up and asked you if you’d hurt yourself while she stuck on a plaster. You heard the words, “Watch out, you’ll fall!” a thousand times. If your dad walked around with you on his shoulders, she called out, “Watch your head!”

Thousands of blueprints of what you can “take” and what is dangerous were engraved into your mind. Your comfort and happiness – the peace in your inner-kingdom – are determined by the sum total of your specific and general blueprints / thresholds. The key to the kingdom of undisturbed inner peace is therefore to rid yourself of all your learned blueprints!

Wait for the release – it will come. Don’t force it. Maybe you can gently ask yourself if you are prepared to let go of everything, or how else you can think about the situation to give yourself peace. Remember that the brain can process literally **anything** and be **okay**. Also remember that this is not a rational thought process we’re talking about here.

Positive thoughts or beliefs that you have in the rational part of your brain may be used or ignored in the phase of transformation, which is an organic reorganisation of millions of synaptic and chemical links between the emotional and rational parts of the brain. The neurochemical architecture of the brain is literally redesigned and that **POSITIVE BELIEF, VISION, KEY WORD, affirmation** or Bible verse that you once had to consciously repeat to yourself, becomes part of your reflexive, automatic reaction pattern, like the way you no longer have to think about how to drive a car.

You will realise that this – the miracle of a **fundamental shift in perception** – has happened when your thoughts become still and you feel a total relaxation and liberation in your mind-body. **Suddenly, or sometimes gradually after a few repetitions of the process, everything is just okay.**

I’ve seen this happen countless times in the chair in my consultation room: the client visibly relaxes, heaves a sigh of relief and his/her face becomes symmetrically beautiful with peace, as if there has been a clear, soft sunrise inside them. This neurochemical process happens together with a massive secretion of endorphins (the chemical molecules of happiness). You’ve felt this ecstatic electrochemical waterfall through your body before; it happens when you discover something new or suddenly solve a problem you’ve been struggling with, or when you feel the joy of creativity flowing through you.

This is why we push through our limitations, why composers compose, dancers dance and singers sing. It is why I’m writing this book. This process of pushing through our previous thresholds or boundaries is deeply ecstatic. Often, the cathartic moment, the breakthrough to an ocean of peace, comes only after a period of waiting, which is experienced as a dead, empty emotional “place”.

It’s what’s called emptiness, nothingness, “the void” (Brandon Bays: **THE JOURNEY**). It’s the desert through which Moses had to journey, the Mordor that Frodo had to cross (**THE LORD OF THE RINGS**), the Machine City that Neo had to brave with blind trust (**THE MATRIX**).

Be patient, stay focused and relaxed and wait. Don’t struggle, don’t block, don’t distract yourself. Your patience will be rewarded and give new meaning to the saying that from the greatest adversity is borne the greatest triumph.

6. Integration and Reprogramming

The last step is integrating your new vision into your internal world map. What was once a source of pain now becomes a gift and a source of power. You no longer see it as a tragedy to be avoided, and you no longer react automatically in ways that just cause more problems. They are replaced with responses that are more conscious, intentional and innovative.

Spend a few minutes **contemplating the new ways of being, thinking, feeling and behaving that are now available to you with your new insights. Imagine the liberated you moving through life and how others react to the changed you.**

According to the ancient Buddhist “Tong-Len”, or Compassionate meditation, after this personal liberation you may consolidate and extend your healing by tenderly **thinking of all those people who are stuck in the same pain**, without comfort or hope. Breathe out gently, as if you’re sending them your peace, love and empathy with every exhalation.

It takes time to learn to recognise your feelings, to take responsibility for them and to let them work for you. With practice, you can learn to stand back and observe your emotions, and to decide how to respond to them. This is the **change from unconscious reactor to conscious responder, from psychic sufferer to curious observer.**

The key to all this is to **RELAX, BREATHE DEEPLY, FEEL THE PAIN, OBSERVE THE THOUGHTS AND ASK YOURSELF (without a fixed idea of the answer), “What could I think that would make me comfortable / happy / peaceful / joyous with the situation as it is?”**

DEALING WITH RESISTANCE TO CHANGE

The real problem in re-programming is resistance to change. You need to become consciously aware of the unconscious reasons you’re clinging to your misery and your self-sabotaging behaviour patterns. No matter how uncomfortable you’re making yourself, there must obviously be pay-offs that outweigh the price you’re paying. **Letting go of the pay-offs** are often the crucial steps in the re-programming process. The most common reasons for holding on to unproductive beliefs are:

The Safety of Familiarity

Perhaps you’ve gotten so used to the “you” who is unhappy, stressed, angry or whatever, that it’s hard to imagine a different way of being. There is indeed a kind of safety and **comfort in the discomfort zone**. You need to spend time imagining your new self and the life you’ll live when you adopt more positive beliefs in order to help your mind to get familiar and comfortable with new ways of feeling and behaving.

Negative Attention

Hard as this may be, you need to give up all the attention you get from being a person with a problem. No doubt it's comforting to get special care, to have people worry about you, to be pitied and to be the **centre of attention and concern**. But remember that – unless they're your mother or addicted to rescuing helpless victims, i.e. co-dependents – even while people are listening to your latest woe, they're probably already making plans how to get out of the pity party and find a more happy person to spend their time with.

Control and Power

Being out of control is often a way of being in control of others. Perhaps you derive the comfort of revenge from making the people you openly or unconsciously blame for your problems uncomfortable in turn. The question is always: **“Who else is suffering along with me?”**

Excitement and Drama

When I begin to explore the possibilities of happiness and peace with a client, they're often repelled by what they perceive to be **a boring life**. Happiness is equated with **ordinariness**. You may need to give up your addiction to being special, even if your specialness is just that you're somehow different from other people because you're so fucked up. Indeed, you need to make your own choice in this regard.

The Peter Pan Syndrome

Nobody really wants to take responsibility and grow up. It's much easier to postpone your life and hope you'll be happy, productive, peaceful, successful or whatever one day, if or when.... At least, till you really grow up, **pretend to be a grownup person and an enlightened being, not a helpless victim**. Psychological spine transplants are not covered by your medical aid. Quit asking “Why me?” and “Why now?” Start asking “Why not me?”

GIVE UP YOUR ADDICTION TO NEGATIVITY

You need to make a really courageous decision. To give up your addiction to unhappiness, drama, crisis, chaos, worry, stress, self-pity, indignation, blaming, pleasing, over-achieving, over-reacting, self-righteousness, self-wrongeousness, anger, fantasizing, whining, complaining, attention-grabbing, freaking out, cracking up, denial, and being right.

The only place I know of where complaining gets you anything is at Woollies, where it will get you a compensatory gift voucher of R50,00. Give up your addiction to manipulation. Have you noticed that the people who're most helpless to change themselves always have this illusion of omnipotence when it comes to thinking that they can make **other people** change?

The good news is that you're not actually sick. **It's grossly inaccurate to think of stress, depression or anxiety and other manifestations of emotional distress as physical diseases of the body requiring medical treatment.** The bad news is that change is necessary.

The good news is that it's not your circumstances or other people that need to change. The exception is if you're being physically abused, you need to get the hell out of those circumstances, immediately. But even then, you still need to think about what got you into that relationship in the first place. It's the way you think about yourself. **Show me your circumstances and I'll tell you not who you are, but who you think you are.**

Don't just change partners. Or companies. Or countries. Chances are that if you don't deeply change the way you think about yourself, you'll find yourself in the same kind of circumstances again. All you ever really need to change your life, is to **change your mind. If you want to redesign you life, you need to redesign your thinking.**

If you want to redesign your mind, you've got to master your mind. Fish your little flashlight out of your pocket, even if it feels like you're buried and half-dead already. If you want to change your life, you need to **change your outlook, your perspective.**

A CINDERELLA STORY

The universe is set up in such a way that you always have exactly what you really, really need. This is what Cinderella discovered when she stopped feeling sorry for herself and took another look at what was in the kitchen. There was an old pumpkin, a few mangy rats and a whole troop of mice.... If you're pissed off because your spouse isn't giving you the support you want, look around you. Maybe the criticism is exactly the support you need but don't want.

But the love and the support are always there – only not necessarily in the form or from the person you'd prefer. If you're not getting it from your wife / husband / boss, you're getting it from your children or your friends.

Or perhaps what you really need is that something you're addicted to has to be **taken away.** So that you can discover a healthier need or nurture an inner resource.

Also, nothing can ever be lost. Many tales of magic try to teach us that things don't stop existing – they merely change form. **Whatever seems to end or die has just changed form.**

WHO DO YOU THINK YOU ARE?

You're here to **experience your full humanity** – the good, the bad and the magnificent. And your whole life is a perfect set-up to help you to open your eyes and see that you're fully human, and in that recognition, to realize that **your real Self**

is fully divine. You're here to experience the light and the darkness, the success and the failure, the acceptance and the abandonment, the fortunes and the misfortunes. And properly viewed, they're all **blessings**.

You're here to grow and to learn to glow in the dark. To let your inner light shine through the darkness. And in that light to see that the darkness was just an illusion all along, because its purpose was love. Its purpose was to invite you to turn up the intensity and the strength of your light. Through the experience of the rich and perfect tapestry of infinite opposites of life you can discover, expand and express your true and magnificent being, which is beyond all the dualities or bipolarities.

Your true self is not bi-polar – regardless of what your psychiatrist told you. When you understand and accept that the **perfection of life is in the existence of the opposites of experience**, you will attain a **higher order of happiness**. It's called **Enlightenment**. It's the bliss that's independent of circumstances – the peace that passes understanding.

I'm talking to you here as if you're an enlightened being. And the truth is **you are!** You just have to **remember** that you are. You have to stop forgetting who you really are. **Your true nature is magnificent divine light and love. Magnificent means great light.** You're a divine being, created in the image and likeness of the Limitless, Loving and Intelligent Power that religious people call God.

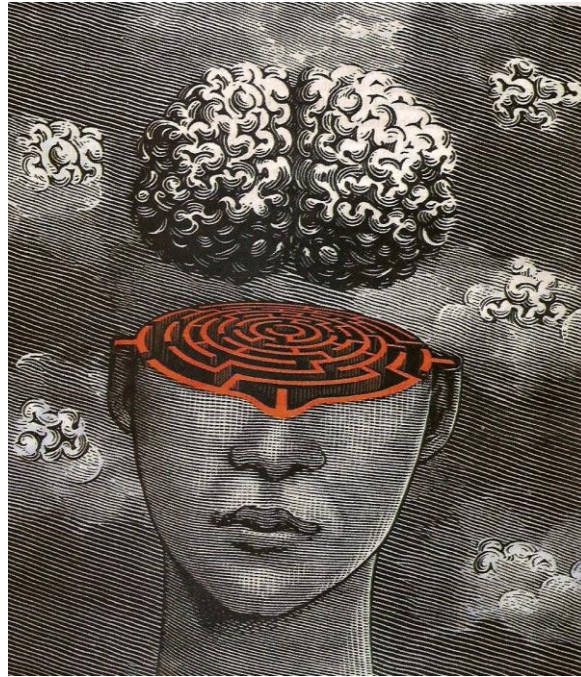
Deep inside, perhaps hidden by the grime of your traumas, the fool's gold of your unrealistic expectations and the glamour of your false identities is the eternal spark of pure consciousness. It contains your unconditional love and your astounding wisdom. It contains the knowledge of your true **mission and purpose** on this planet.

Your destiny is to be happy. But not in the way you originally thought. Happiness, like success, can't be attained by wanting it. **It's the natural by-product of a purposeful, inspired and meaningful life.**

THROUGH THE LOOKING GLASS

The truth is that **there is a divine perfect order in the universe.** It's not outside of you. **It's part of you because you're part of it.** Wherever you are now, whatever is happening in your life, in a strange way **it's all perfect.** Just open your eyes to see it. Don't pray to God to change the situation – pray to God to **change your vision** so that you can see the perfection and the goodness which are already present in the situation and in you.

The part of you that's part of the Higher Power has brought you to this experience, this moment of awareness. Look around you – the situation or the relationship you're in is a **perfect mirror to show you the untruths about yourself and the illusions about life that you need to correct.** The situation is perfect because it contains information.



In fact the whole of life is **divine in-formation** – God in the process of manifesting as form. So the world and everything in it, including you, are God’s perfection in the **process of formation**.

Those who reject or abuse you are the mirrors to show you how little you really value yourself. Those that you hate and judge are the mirrors to show you the character traits in yourself that you deny and still need to learn to accept and love.

The pain you’re in is not a disease to be cured; it’s a signal for change resisted and growth postponed. The magnitude of the discomfort is a direct indication of the magnitude of the transformation that’s possible. Growth is actually not change defined as linear progression.

Growth is expansion. Expansion of your being to include more and more aspects of your humanness and your godliness that you previously thought of as “not me”. Expansion of your radius of experience to include more and more aspects of the world that you previously resisted.

TAKE ANOTHER LOOK

There’s another way in which the situation you’re in is perfect. You can’t be unhappy if you’re not on some level **comparing your present situation with a better situation**. This ideal situation might in some cases be a fairy tale, but mostly if you take the time to focus on your imagined better alternative, it provides some invaluable information. It provides **a glimpse of what could be**. Even if it’s an unrealistic fantasy, it’s still a vision that can give you hope and important **clues to your true values, calling and divine purpose**.

That perfect job or that loving partner that you imagine would **make** you happy, are indeed at least indications of an attainable heaven. They contain clues to the character muscles and the spiritual wings you haven't yet learned to use.

Perhaps your image of that **perfect soul mate** is a portrait of the person that **you** are capable of becoming. And don't forget that if you do get that perfect loving person, the package will inevitably include a dark side – perhaps in the form of a dreadful mother in law, and/or a bitch of an ex wife, and/or brattish children. If your company achieves that mythical bottom line, there's bound to be a hostile takeover bid.

The person who's broken your heart **had** to dump you so that you can discover that those wondrous qualities that you thought only **they** possess, have really been **part of you** all along. That slut with the red push-up bra who's having an affair with your man is a perfect indication of the direction in which **you** should be uplifting your act. And I don't necessarily mean you've got to literally run to the mall to buy an identical bra – the change required may be more subtle! Perhaps you need to develop your sensual, joyous and sassy side.

Perhaps that promotion you didn't get provides a hint of your future CV, or a description of **what you would really love to do**, although in a **different form** from the one you've got in mind.

You need to see how all your real needs are actually already answered. This change of perspective brings you to the state of **gratitude**, which is the springboard for any really constructive change.

Perhaps you're getting impatient. If you're still reading this, you've asked a frustrated or even a desperate question. And you want an answer. The question was probably something like:

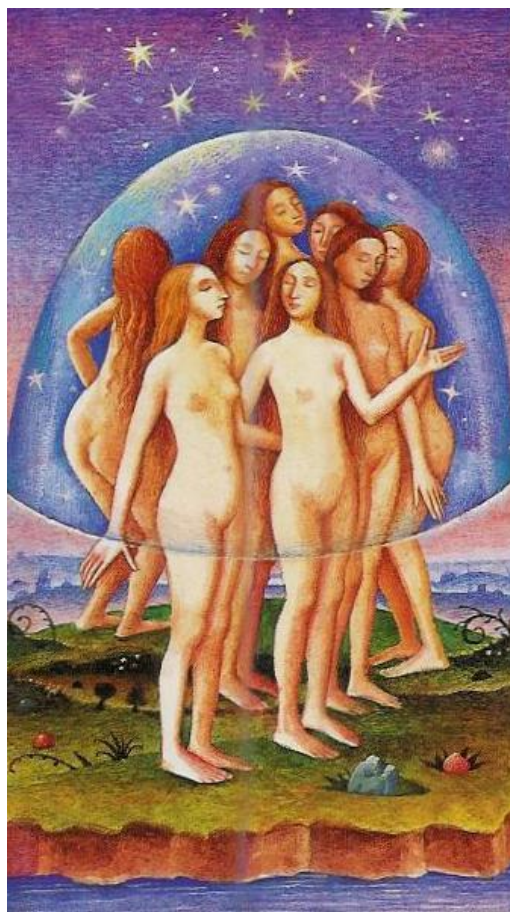
- *How do I get out of this hole?*
- *How do I change my life?*
- *How do I feel better about my self?*
- *How do I get rid of this anxiety?*
- *How do I end this depression?*
- *How do I get out of this relationship?*
- *How do I find a partner who loves me?*
- *How do I end my financial self-sabotage?*
- *How do I stop feeling not good enough?*

There's a very simple answer. **Focus inward**. Your salvation is not in any thing you can do, achieve, possess, or have. Stop struggling, wake up, grow up, let go, and surrender. **Everything you really need is already here. Cry all you want to, relax, breathe deeply, stop whining, and look for the gift** that's already within you and that can be revealed by the circumstances. No, you say, you've tried that already. You've already given up hope and lain on the couch for days watching TV and eating chocolates or drinking beer.

WHAT I BELIEVE

That's not exactly what I mean. To wallow in self-pity, depression or drink won't do it. When I talk in this way, people have said to me, "Do you want me to become a hobo?" "How can I be successful if I don't stress?" "Moet ek nou Gods water oor Gods akker laat loop?" (Must I let God's water run through God's garden?) Perhaps the latter is not the worst option you can try.

Remember, however, that it's all a question of balance. Stop thinking in **black or white**, all or nothing terms. Life is much more complex and interesting than that. Get rid of your addiction to extremes, crisis and drama. **Choose peace** above drama. To summarize, here's what I believe:



ALL THAT IS...

Is love. Nothing real can be threatened. Nothing unreal exists. God is Love and God is all there really is. Love is the Source of all there is. Nothing that is, is not of Love. I do not acknowledge any other Power. Everything and everyone are only Love appearing in another form. Sometimes the Love appears in the form of gentle blessings to nurture and delight me, sometimes it is disguised as obstacles, disappointments and losses to guide me and wake me up to my strength. The universe is a flawless physical manifestation of a perfect thought in the mind of God.

There is always perfect right order in the universe. Nothing else is real. What appears to be unholy is merely that: an appearance.

I AM...

Part of the Power that created me. I am a living, breathing part of God. My divine essence is an eternal extension and a perfect manifestation of the breath of Love. My humanness includes all the frailties and errors, but also all the magnificent possibilities of all humanity. If God stops thinking the thought that appears as me, I do not die, but return to my original form in the heart of God. As I exist in God, I share the power to create my world through my thoughts and words. I have the freedom to create any world I choose. The reality I create is a reflection of Who I think I Am. Even if it only shows me my erroneous thoughts so that I can correct them, my world is always perfect, whole and complete.

LOVE IS...

The vision that reveals the part of God that is in everyone and everything. In Love we are One Being appearing in many forms. Unconditional love is the vision of sacredness and perfection in all beings, even if they have forgotten who they are. Love is not something I need, it is Who I Am. Love manifests as the expression of the gentle divine mother and the guiding divine father, balanced in perfect proportion and mediated by wisdom. When I love, I celebrate, liberate, nurture, discipline, encourage and support my True Self even more than the One I love. I love in order to experience my Self as Who I Am and to remind another of Who They Are.

LIFE IS...

The perfect opportunity to awaken to Who I Am. I am here to experience my Self as the Light in the darkness. I welcome the darkness as the perfect opportunity to experience and express Who I choose to be. I welcome the light in the world and in others as a reminder of my Source and Destiny. I rejoice in the good and the bad; this is how I evolve. Obstacles and setbacks teach me courage, endurance, strength and compassion for others and awaken the hero and the healer in me. Gifts and blessings teach me to be grateful, joyous and generous and remind me of my precious worth. Every crisis is an opportunity for a miracle; every loss an invitation to expand my being and ascend to higher truth. I love my enemies as my teachers of life's lessons; God sends me nothing but angels.

TO SURVIVE...

I need only Be Who I Am. I wear the mask and cloak of my body-mind-personality lightly, knowing that I am more than my learned survival strategies, habits, behaviour, thoughts, opinions, emotions, successes or failures. On the deepest level I can relax and surrender, knowing I'm always lovingly cared for. The Love in my heart resonating with events guides me to do and say the right things. The state of my inner Being naturally attracts situations, relationships, and people into my world which increase abundance, peace, and love. My gratitude is a magnet for more situations for which I can be grateful. I relinquish ambition and embrace inspiration; for me success is a life lived miraculously.

MY SAFETY...

Is in my defencelessness. I need never defend my innocent Self; that would only serve to make real what doesn't exist. I stand serenely as a messenger of a Love

which is not of this world. I accept criticism; this is how I develop humility, honesty, courage, and integrity. I live and love passionately; the only failures I avoid are those from which I do not learn. The worst that can happen is death, and when I go Home that's not the end of the world.

MY STORY...

Is the unfolding of my soul's destiny, which is infinitely more magnificent than the human story-line. My purpose is self-mastery, peace and enlightenment; this is my higher agenda every day of my life; past, present and future. My real story is my journey into Christ Mind. I only truly exist in the eternal Now, where time does not even exist. The bottom line is that everything is exactly as it should be and all is, was, and will be well.

FEAR...

Is never necessary. If there is anything at all to fear, it is that I might forget Who I Am and Why I Am here. If I fall into fear, I can welcome the fear as a reminder to remember my life's lessons.

Perhaps you don't agree with me. There are plenty of things in the world which seem to contradict what I believe. Terrible things happen and often they happen to innocent people; this could make you think that something is wrong in the world.

Actually I have no idea whether what I believe is true. Reality, and even the Bible, is open to many different interpretations. The point is that I choose to believe what I believe, because it makes me feel good and brings me what I really desire – joy and peace no matter what happens.