

Given that most people do not accomplish the things in life they would love to achieve is it appropriate to ask the question why not?

### *Feeling patterns lock in habit patterns.*

How many times have you decided you no longer wanted to do something only to find yourself doing the same thing over and over again a couple of days later? Do you get a bit peeved when you catch yourself repeating behaviours you don't want? Have you ever tried to understand the psychological and emotional processes that are at work here? Or do you just knuckle down, bury the past and try to reform the behaviour again only to find yourself in a repetitive process of three steps forward, two steps backwards?

In the normal course of events, we sometimes recognise various emotions as they come into our awareness and often these emotions cause unhappiness, especially if they are painful. Have you ever thought about why some emotions cause pain and grief while others cause a sense of pleasure? Sometimes when we are really pissed off about something, we feel like just giving up. To hell with it, it just isn't worth it we say as the emotion of *Apathy* wells large into our awareness and we become distracted by its energy.

Perhaps over the course of time you have recognised the emotion *Fear* as it crept into your awareness and you didn't know how to release yourself from its grip. As you reflect on these observations ask yourself how many times you've recognised *Lust* and/or *Desire* as emotions that directed your behaviour towards an outcome that you later regretted?

And what about *Anger*, how many times has it surfaced when you least expected it to? How many times do you seem to snap at something that later seemed insignificant? Or how many times have you expressed *Anger* when you didn't get your way, when someone didn't listen to you, or when others violated '*your*' rules without realising they had done so.

Emotions are energy fields to which we attach labels for ease of understanding and communication. Labels help us describe these energy fields as feelings. When certain feelings well into our awareness, there's a capacity within us to become addicted to them because each emotion produces neurotransmitters, or chemicals, that enable us to feel what we're feeling and it's these emotional chemicals that we often become addicted to. As a result, as much as we'd like to do things differently, we find ourselves doing the same things over and over again no matter how much we want to change our behaviours. In other words, we keep returning to our 'familiar', the feelings we've become conditioned to feeling no matter what we do.

If emotions are energy fields why is it that some emotions cause pain while others cause pleasure? What's the difference between them? Perhaps the difference is in the way we choose to interpret our emotions. Why is it that some people seem to hang onto painful memories more than they hang onto pleasurable memories? It's just a choice of what memories you hang onto isn't it? Why is it that some people undertake behaviours which ultimately lead to negative and ineffective results?

Why is it that some people hang onto pain so tightly that it causes every organ and cell in their bodies to suffer the kind of fatiguing stress that often leads to chronic degenerative diseases? If pain is simply

energy in motion, why is it that pain controls people instead of people controlling pain? Is it possible to simply just 'let go'?

Well, yes it is but we've got a problem here because the addictive nature of feelings often lock us into patterns of behaviour which, through years of conditioned responses, become so habitually ingrained in us that we accept them as part of us, we learn to identify with them as being part of who we are, part of our identity. In truth, they're not us and it's only our ego's need to hang onto them that causes the distress. The ego thinks it's the only way that it can 'feel'.

In his book, *A New Earth*, Eckhart Tolle discusses the notion of the pain body and its addiction to unhappiness. The pain body is an energy field, a storehouse of accumulated emotional pain from the past which almost everybody carries around from year to year.

The past lives in us as memories, notes Tolle, but memories by themselves are not the problem. It's only when these memories begin to consume us that they become a burden by forming themselves into a pain body. When negativity is not immediately dealt with as it arises, it always leaves behind a remnant of pain. As time progresses, each remnant attracts other remnants and they eventually join together to form an energy field that lives within the cells of our bodies.

As the pain body grows, it needs increasing amounts of energy to maintain itself and the only way it can get this nourishment is from energy that vibrates at a similar frequency. As such, the pain body continually seeks to nourish itself through the experiences of more pain. Because the pain body cannot nourish itself through happiness, which vibrates at a different frequency, it uses any emotionally painful experience it can get to secure its existence.

The pain body has designed itself to thrive on drama, especially the drama of relationships and negative thinking. Its so sensitive to drama that it can use even the most insignificant event as a trigger to feed. The pain body sees pain as pleasure. It feeds on the very energy of negative thoughts and it can only feed on negative thoughts because the vibrational energy of positive thoughts is indigestible to it. Happiness is simply not compatible with the energy of the pain body.

Freedom from the effects of the pain body can only be gained through awareness and responsibility. Its gained through being consciously aware of what's going on and by learning to be completely responsible for your inner state. Freedom is gained by letting go of old patterns of behaviour, by developing an ability to be present and alert enough to notice the pain body in yourself and others. When you're alert to the functions of the pain body, it can no longer pretend to be you. When it can no longer pretend to be you, it can no longer live and renew itself through you.

Recognising that you have a pain body is the first step towards freedom. Its awareness, a conscious presence that breaks a person's identification with their pain body. When you become aware that you have choice over what things mean to you, when you become aware that you can control meaning instead of unconsciously accepting the meanings of convention, the pain body can no longer control your thinking. When the pain body can no longer control your habitual thinking, it cannot continually renew itself by feeding on your thoughts. For a fuller understanding of how this might work, you might like to read "*A New Earth*".

## ***Awareness***

In order to stimulate a different perspective on things, its useful to begin by asking questions. However, as you'll see, not all questions are useful and some questions are better than others. Have a go at musing about the following questions and see where they lead your thinking.

Could it be that there are things beyond your conscious awareness that are preventing you from achieving your goals? Could it be that you have not adequately addressed the underlying motivators that underpin your habitual actions and reactions? Could there be invisible forces actively working against you achieving the success you say you want?

Is it possible that you just can't 'see' what you want to see because the way you were brought up is now colouring the way you see the world? Perhaps your view of different situations is so strong that it filters in only what you're prepared to see and filters out anything that doesn't fit within your model of the world. Could it be that you are hanging onto conditioned responses so tightly that you don't even recognise them as discomfort anymore because you have become so conditioned to those responses?

How come the stuff people get in life never seems to be enough? If growth is the natural state of the universe and the natural state within nature, have you ever thought about why you might not be experiencing as much growth as you'd like? People often ask, "Why isn't my life filled with material wealth, an abundance of energy and an unfailing sense of peace and wellbeing? What possible answers could you come up with? Have you ever thought about why so many people unconsciously choose to live in a way that causes so much emotional, spiritual, physical and psychological lack?

Why do we experience frustration? Why do we experience impatience? Why do we experience a sense of anger or confusion on such a constant basis, especially when things don't go our way? Why are we quick to criticise or judge situations when we don't really understand what's going on? Why do we instantly jump to defend our views when they're challenged by the different views of others?

Why do we often fail to listen to the voices of successful people and yet pay so much attention to the voices of scepticism, cynicism and those who have never made a success of anything other than fearfulness and contraction? Why is it that we're so willing to use excuses and pass blame onto others for our failings? Why is it so difficult to take responsibility for our own actions and feelings in any given situation? Why is it that we listen so closely to the voices of reduction yet we fail to seek out voices of experience and expansion?

Why are we so willing to be led but we're not willing to lead? Why do we feel as though time is running out and yet there doesn't seem to be an urgency to get things done? What are the 'other than conscious' blocks that hold us back from achieving what we want for ourselves? Why do we often not feel confident, calm and in control of any given situation? Why do most of the emotions we experience on a daily basis have limiting effects underpinned by a deep sense of being afraid? Why is it that most people cannot clearly state their goals or, if they can, why is it that they don't seem to achieve them? Why can't I tap in to the natural successful self I experienced during my childhood? Why is it that I don't even know about my natural successful self anymore? If I still have one, how can I get back in touch with it?

Why is it that I can't simply 'let go' of all the things that inhibit my journey of succeeding?

As you reflect on these questions let your thoughts entertain the notion that they may in fact be ineffective questions which will only ever satisfy your ego and your pain body with self serving justifications as to why things are like they are.

Answers to the above questions can all be traced back to the underlying motivators that drive our 'other than conscious' behaviours and feelings about any given situation. And surprisingly these motivators can be grouped under three categories of human endeavour which are:

1. The seeking for, or wanting, control/dominance.
2. The seeking for, or wanting, approval/recognition.
3. The seeking for, or wanting, security/survival.

## ***Control/dominance***

Wanting control is driven by our 'other than conscious' sense that we are out of control, a sense that we need to make things happen in a certain way. As a result we begin to subtly manipulate things in order to get our own way. Sometimes we begin a tug of war situation where we attempt to pull things towards us or shove them away. In many cases we enter a tug of war with our partners, our children, or people we associate with. Throughout life we enter a never ending tug of war with our internal self because we can never really work out what things mean to us. It's almost as though we are in a state of unrealised or suspended confusion. Ultimately it's the frustration borne of confusion that causes so much pain and stress.

The wanting of control/dominance is associated with negativity and feelings of not being listened to, or wanting to be right or not getting our own way. Anytime you feel anger or frustration towards others because they are not seeing what you want them to see, or they're not taking action in the way you want them to, or they're not behaving in the way you want them to behave, or they're not seeing things according to your model of the world, you have issues with control/dominance. Impatience with others is a symptom of the need for control.

If you are bonded to the particular outcome of events, and you want things to happen in a certain way, you have unresolved issues with control/dominance. If you have a high need to get the final word in, or win your way in arguments, you have issues of control/dominance. If you are frustrated because your friends won't come on a journey with you, you have issues with control/dominance.

Control/dominance issues are often reflected in groups of people whose opinions and views differ from each other. Such issues destroy marriages, families, friendships and communities. The ultimate expression of control/dominance is found in the uniquely human characteristic of being prepared to kill for control/dominance in order to defend differences of opinion. All wars are fought on aspects of economic, political, religious, philosophical or cultural control/dominance issues.

Control/dominance is reflected in relationships whenever one or each of the partners seeks to change the other into the person they want them to be rather than loving and accepting each other as they are. It's strange but we often accept our best friends as they are but in our closest relationships so much tension comes about from wanting to **change** the other person. It's possible for people whose perceptions are based on entirely different models of the world to happily coexist with each other providing each person gives permission to the other to be who they want to be and that they can live with that. If not, control/dominance kicks and the demand for change becomes a larger than life issue.

Control/dominance is associated with inflexibility and 'resistance' especially resistance to change and progress. Becoming somebody new is an uncertain activity and if you have a high need for certainty in your life then you'll subconsciously resist all attempts at change that take you out of your familiar zone. As soon as your familiars are threatened you'll feel out of control and you'll find a plethora of reasons and excuses to justify staying where you are. If you can justify resistance, you'll feel in control of your destiny. In fact the opposite is true.

## ***Approval/recognition***

The wanting of approval/recognition is associated with 'other than conscious' feelings of not being liked by others or that people don't care about you. It's connected with the wanting for love or the wanting for admiration or the wanting for esteem. The wanting for approval has a 'give me' feeling, or a 'what's in it for me' feeling linked to it in a similar way as the desire for significance does.

Anytime you feel unloved or unappreciated or that you are not taken seriously, that you are not thanked in the manner you would like to be thanked; you are probably experiencing issues with approval/recognition. Feelings of not being enough, of not having things done for you, of not feeling special, or feeling sad when you're let down, or feeling as though you're a lower priority than others arise when the pain body needs a feed. It feeds off underlying motives of approval/recognition not being satisfied.

Perhaps you had expectations that someone would do something for you but when you got home. Or when you got to the office, you found that things were not done in the way you wanted them. People often feel remorse and unappreciated when they discover that no special efforts have been made for their benefit. In relationships, people often fall into the mistaken belief that their partners are mind readers and realise when you need to feel special. The fact that they are not mind readers often causes tension. If you recognise where such feelings come from you can address your wanting for approval/recognition either by asking for approval or by simply 'letting the need go'.

## ***Security/survival***

The wanting for security/survival emanates from a threatened feeling. It's a feeling of insecurity, a lack of confidence and comes from a sense of low self worth or low self-esteem. It also emanates from the

need for certainty and surety that everything is in place, everything is achievable, everything is predictable and everything is planned down to the last detail. If there's uncertainty it takes on such unfathomable proportions that it's resisted at all costs.

The need for security/survival also comes from the fear of having to start all over again or the fear of loss of what you've got, or the fear of being out on your own and having to fend for yourself. The wanting for security/survival numbers among the dominant reasons why people never venture outside their familiar zone, or their *'I'm not uncomfortable enough to make me want to change'* zone. Even though you may not like where you're at, a little voice inside your head says, "Better the devil you know!" and you play by its rules.

These three wants underline most everything we feel and experience. When you can recognise these feelings, and begin to 'let go' of them, their underlying wants and all the issues you've been working on start clearing up. The funny thing is that once you consciously start 'letting go' change takes place rather rapidly. One of the reasons is because subconsciously you have already decided to change and when it gets to the stage where you have a conscious recognition of the need for change, you have already done the 'other than conscious' work.

Every feeling you experience is related to one, or all three, of the dominant wants and as you begin to let them go, all the motivators underneath them – eg feelings of Apathy, Grief, Fear, Lust, Anger, Pride begin to be released. As you 'let go' of the wanting of control/dominance, approval/recognition and security/survival the results you achieve in life come much more rapidly.

As soon as you can begin to recognise your pain body and where different feelings might be coming from, you'll begin to recognise that control/dominance, approval/recognition and/or security/survival might be dominant issues for you. If you can undertake a 'letting go' procedure so that the underlying motives cease to have their effect upon you, then you're on your way to freedom.

Wanting control/dominance, approval/recognition and/or security/survival are whole belief systems and whole ways of seeing the world. They are paradigms that determine how we view the world and how we operate through the rules of these paradigms. In many cases, people unconsciously operate from all or any of the energy fields of Apathy, Grief, Fear, Lust, Anger, Pride and yet they don't realise it. These paradigms form the framework of thought patterns which, in turn, form habit patterns of behaviour which determine the results we achieve in any field of endeavour.

To see how well you might be going in anything you do, all you have to do is to check your results. What's your weight like? Check your results. What's your health like? Check your results. What's your fitness like? Check your results. What are your finances like? Check your results. What are your attitudes like? Check your results. What are your relationships like? Check your results. How happy are you? Check your results.

As most all of human behaviour emanates directly from wanting control/dominance, approval/recognition and/or security/survival your challenge is to recognise and release these wants. When you can do this, you become more aware of your thought patterns and the habits of behaviour that result from them. As you cue yourself into becoming aware of these patterns, it becomes easier and easier to 'let go' of the motives that subconsciously underpin them.

As you increasingly recognise that the feelings, thoughts and actions underneath the energy attractors of Apathy, Grief, Fear, Lust, Anger, Pride are associated with the wanting of control/dominance, approval/recognition and/or security/survival, you increasingly develop strategies for 'letting go' of ineffective motivators and blocks to success. Anytime you don't like the way you're feeling, or you recognise that you are experiencing frustration because of what somebody else has said or done or hasn't done. Any time you recognise that things aren't going your way, your challenge is to recognise what is happening so that you can become conscious of it and decide to 'let go', of your current stressor.

Anytime you feel driven by comfort food, or the need to over eat, or the need to be right, or the need for certainty, or any of the thousands of emotional feelings that block progress, simply recognise them, become conscious of them and 'let them go'. It really is that easy. If you don't want to 'let go' ask

yourself what the pay off for your discomfort is? If you fail to 'let go' will you continue to be controlled by your issues? Will you continue to be controlled by the events surrounding the situation that the feelings are associated with?

As you begin to consciously recognise that you may be driven by control/dominance, approval/recognition, and/or security/survival in any given situation, there is a part of your mind that gets activated and says, "I can now understand what's going on and I can now see it more clearly." Once you can make these observations, you can start to release and discharge the feelings associated with them. This is when it becomes easier to 'let go' of things in general. From here we can release ourselves from the invisible bars that bind us to our habitual results and concrete positions.

None of the wants associated with control/dominance, approval/recognition, and/or security/survival are inherently bad in themselves and there is nothing wrong with being in control of any given situation. There is nothing inherently wrong with wanting to change things that need changing. There is nothing wrong with having love or approval and there is nothing wrong with being safe and secure. And there is nothing wrong with wanting to change your life and wanting to control your responses.

The problem arises when you get stuck in *wanting to change* but do nothing about it. Or *wanting to control* and never moving beyond it. Unfortunately what we don't like about ourselves will persist until we can 'let go' of the underlying motives that feed them. When our need for control is so great that it dominates our lives and the lives of others, it negatively impacts every aspect of our being and we fail to progress.

The results we get in life are those that reflect our needs for control, approval, and/or security. The desire for control is a symptom that we lack control. The desire for approval is a symptom that we lack confidence and self-esteem. The desire for security is a symptom that we lack safety and reassurance. Unless change takes place, we will never be able to achieve the things in life we desire because the mind can only deliver what it focuses on. Because your 'other than conscious' mind is focused on what you lack, it achieves the very thing it focuses on.

When we develop 'letting go' strategies, and use them to good effect, we're 'letting go' of the sense of being out of control or the lie that we lack control in our lives. We're 'letting go' of the sense that we lack approval or the lie that we lack security. The word want is the equivalent of the word lack. Anytime we find ourselves 'wanting' something it's because we feel as though we don't have it. Think about it. I know it sounds a bit simple but would you rather want something or would you rather just have it?

Would you rather want good health or would you rather just have good health? Would you rather want financial freedom or just have economic and personal freedom? Would you rather want a good relationship or just have a good relationship?

As soon as you recognise that 'want' equates with 'lack' and you 'let go' of the wanting, especially the wanting of control/dominance, approval/recognition, and/or security/survival, you start to attract different energies into your life because now there's space for them. As you 'let go' of the desire for security you begin to feel more secure. As you 'let go' of the need for control, you begin to feel more in control and as you 'let go' of the need for approval you begin to feel more loving.

## ***Let go of Stressors***

As all human endeavour has the common goal of understanding or influencing human experience, such influence can be gained through either externally applied exploitative force, such as physical force, or internally driven energy attractor fields which result in certain feelings and behaviours. The problem is that many people use low negative energy fields which attract stressors into their lives. Just in the same way that energy fields from magnets attract iron filings, human energy fields attract *'like'* energy fields back.

Ongoing emotional, physical and psychological stress is generally the result of the net effect of things, events, perceptions or conditions you're attempting to resist, escape or change. Stress is the body's reaction to unresolved issues because nothing has power over you to create stress unless you give it this

power. Only you have the power to decide how to deal with anything in the external world. Only you can choose to react in a positive way – thus leading to a fruitful outcome or act in a negative way and attract more of what you say you don't want. While it might seem difficult to accept at the moment, but in one way or another, we either continually choose to remain a victim of external processes, take things personally, hang onto negative perceptions, traumatic results and toxic stress or we choose to set ourselves free of such influences.

When it gets down to the real nitty gritty, you can't have things both ways because we're either at the mercy of the accumulative effects of our pain body, or we're free of them.

Any of these actions can impact on goal attainment so when you release from your 'other than conscious' motivators, you release yourself from the hidden attractors that conflict with your goals for success and happiness, for love and connection, or for economic and personal freedom. In this way you'll place yourself in environments of awareness where change can happen.

Allow yourself to work with the following process as much as you can because the more you do it, the more easily you'll 'let go' of what's holding you back. The more you 'let go' the faster you achieve your desired outcomes.

To get yourself into a state of constant succeeding you need to explore the underlying motivators which generate the feelings you experience on a day-to-day basis. The more you undertake these processes, the more you get to examine the underlying motivators for the direction in which your life, business, relationships, finances, health and lifestyle are travelling.

## *Strategies for letting go*

Just imagine somebody placed a pebble in your hand when you were young and told you that it was so special, that it had magical properties and that if you ever lost it, it would cause great pain and bring shame to your family. As a result you clenched your fist so tightly that nothing could shake the pebble free. At such a young age it was such a large responsibility and no doubt you experienced certain emotions such as the fear of loss, or the fear of what might happen, or the fear that you might experience pain. As a result, you decided not to lose the pebble.

As the years went by, you went about your daily life and the pebble remained firmly locked in as though it was just a natural part of your hand. The pebble's shape fitted perfectly within the shape of your fist. In fact it seemed as though you were made for each other, you were one and the same.

And as you got older, you didn't give a second thought to the pebble because it had just become a natural extension of yourself. While at first things may have seemed a bit clumsy, you found ways of doing things with your hand while holding onto the pebble. Even though you had so much more potential, you just learned to develop strategies to compensate for your lack of dexterity. Although you seemed to function okay, you had no idea that the pebble was actually preventing you from using your full potential. As you looked around you noticed that people you associated were all doing comparable things and hanging onto similar pebbles. You did not question your observations because everything looked normal to your eyes.

Suddenly, one day something happens and you came to realise that hanging onto the pebble so tightly is causing you pain so you begin to wonder what you could do about it. As you continued to wonder, a voice from deep within your 'other than conscious' mind answered, "Nothing because the pebble is part of you!" And, because the pebble has been with you for so long, you believe what your inner voice says. As a result, you dismiss the alternative voice and continue doing things in ways you have always done them. After all, it's only natural because you believe that the pebble *'is'* part of you and that it controls everything you do with that hand.

Just imagine reading a book or listening to someone who points out that the pebble is not you, nor is it part of you and, in fact, has nothing to do with you other than it being something you choose to hang on to. It doesn't have to guide your life, or shape your fist, or control the way you behave unless you choose to give it this power. This person shows you how to begin opening your hand and as you learn

new skills, you instantly feel the release of tension in your hand. After a while you notice the stress and pain have gone and you begin to wonder why you had held on to the pebble so tightly all of your life.

And yet this is what people do with the pain of past events, the pain of unhappy relationships, the pain of not being enough, the pain of uncertainty, the pain of being wrong, the pain of insecurity, the pain of lack of approval and the pain of lack of control. They hang on so tightly that they think the pain is them and that's their lot in life. Somehow they cannot separate themselves from the choices they make and as a result the pain remains. Their discomfort controls every aspect of their life. They can't move forward because that's called growth and they've become so good at disguising their pain with more acceptable euphemisms like 'comfort zone', instead of its more accurate label '*not uncomfortable enough to make me want to change zone*'. They hunker down instead of expanding out. Sadly most people never get to the stage of recognising that they're hanging onto their pain by choice and, as a result, they can never let it go.

However you are different and as you get used to seeing your hand in an open position you notice that the pebble is still there. As you move around a bit you notice the pebble rolls around in your hand. And this is where you make a most startling discovery. ***The pebble is not part of you and it does not control you. In fact you discover that you can control the pebble!*** As you hold the pebble in your outstretched hand, your friend says, "Quickly turn your hand upside down." As you do, the pebble easily drops away and it's no longer there. Just like taking a pebble out of your shoe, when you can release your emotional pebbles, they have no further impact on you.

Now your mind quickly flashes back to all the years you have wasted believing the pebble was part of you and that you had to hang on so tightly so as not to lose it. But your friend points out that the past is the past. It's gone and all you are doing is hanging onto a memory of it so you can feed your pain body. They explain that every cell in your body replaces itself on a regular basis and that over the course of a year all the cells in your body have replaced themselves many times over. The only thing that remains constant is your memory of pain.

Think about it. The only things we hang on to so tightly are painful memories of past events. And because we hang on so tightly they attract negative energies back into themselves. Even though we describe our situations by various euphemisms of comfort, they all describe the pain in which we live. What would it be like if we held onto pleasure as tightly as we choose to hang onto pain?

With pleasure we seem to be able to let it come and go without a second thought. When we remember pleasure we experience feelings and emotions of joy but we are not saddened when pleasurable memories fade from our awareness. Because we do not hang on to them, they are not suppressed and are free to come and go and well into our awareness on a regular basis. These memories bring feelings of delight when they're present and leave pleasant memory traces as they fade from awareness. Wouldn't it be good to let go of our pain in the same way we let go of pleasant memories? Wouldn't it be good to let go of our wanting for control/dominance, approval/recognition, and/or security/survival in the same way we can let go of the pebble? Well in fact we can.

## ***Letting go***

***'Letting go' of the root causes of negative emotions is as easy as letting go of the pebble if you can recognise that it is you who is hanging onto the pebble so tightly that nothing can shake it from your grip. The pebble is not glued to your hand, it is not a part of you and it does not control your behaviour unless you choose to be controlled by it.***

People who want to hang onto their pain will simply dismiss the above statement and that's their choice. What would they experience if they made a different choice and choose to believe that it's true. All that would remain, is doing the work of letting go.

'Letting go' means releasing yourself from all your internal reactions or feelings towards events, people or circumstances that you experience in life. It means letting go of your attachment to outcomes.

Not that outcomes are bad in themselves, it is just that your dogged attachment to them, to being right, to competition and winning, to getting things your way, and to hanging on to beliefs, attitudes, habits and models of the world might be impeding your progress. In many cases defending what you need to hang on to causes the greatest amounts of pain.

If you are not wedded to the outcome through a deep sense of wanting and lack, more often than not, you get the outcome you have set your sights on.

While there are three basic strategies you can use to 'let go', my preferred method is as I have described the letting go of the pebble – simply turn your hand over and 'let it go'. While it is actually this simple, I don't wish to dismiss anybody's experience of simple to say but difficult to do. In our Money Mastery Programme, we actually have an annual award that's given to the person who makes the most significant shift towards what they say they want. We call it our 'Letting go of the Bar' award!

If you find letting go difficult, you might like to try the following strategies. The following three methods were developed by Lester Levenson. In 1952, in his forty-second year of life, Lester was told to go home and die because there was no hope for his medical condition. But rather than give up on life Lester determined that he was going to find the secret to good health and life's vitality so he studied everything he could about what controls the mind. His research led him to cut through his conscious mind and find all the answers he needed. He found the ultimate tool of personal growth is to 'let go' of inner limitations. He used his new techniques over a three-month period and his body became totally healthy again. From here he entered a state of complete peace that stayed with him for the rest of his life. Lester lived for another 42 years and died in 1994. He developed the following techniques:

1. Focus on an issue you might be having and look deeply into it
2. You can welcome the issues and feelings you are experiencing
3. Become aware of your issues and feelings and simply 'let go' of them

### ***Focusing on your issue and looking deeply inside***

Just imagine your mind comprises the world's most powerful microscope and you can magnify things several billion times more than any other microscope on earth. Now, in your mind's eye, consider that you can take the densest rock you can find and place it under your microscope.

Through the power of magnification you peer deep into a cross section of the rock's structure and as you go through the layers you continue to increase the magnification until you enter its very core. As you approach the centre of the last remaining molecule you continue the magnification process. Deeper and deeper you go into its atoms, then its quarks, then into its quasars, then into its neutrinos until you get to the point where there is only one neutrino left. And as you peer deep within the neutrino you realise that there is nothing there. It has no mass. It's just empty space.

If you can do this process with your mind. You can develop the skill to peer deep into any feeling or emotion you might have about any circumstance you might be facing. When a feeling surfaces into your awareness, whether positive or negative, you have the ability to focus on it in the same way as you did with your mind's microscope. Focus on your feelings, issues, or emotions as they surface and go deeper and deeper and deeper into them. Keep going, use your mind's power to magnify things and go deeper and deeper into your feelings. You can do this while you are relaxing but it's best if you can do it the moment emotions well into your awareness. This way you can dissolve them so that they don't feed your pain body.

Just stop what you are doing, welcome your feelings and say it's perfectly okay for me to be feeling like this at the moment. What you don't want to happen at this point is to give into your feelings so that they continue to control your behaviours. If you do this, your pain body will grow.

Use your mind's power of magnification to look deeper and deeper into your feelings and try to get to their very core. Keep asking, "What's causing this feeling? Why am I upset here? What was the trigger? Is my pain body simply trying to feed? What does this feeling make me do? How is my body reacting, am I in protection or growth? What keeps me locked into this feeling? What are the wants I am

attempting to satisfy here? What's at the core of these feelings and when did they first go in? What happens if I go deeper and deeper into these feelings, what will I find?"

Once you can realise that ultimately there is nothing in the feelings themselves, other than your interpretation of them. Once you can realise that your discomfort is caused by the pressure of your grip on the pain that is causing the knot inside you, you can simply choose to 'let go'. Just like the empty spaces in the densest rocks, it can only ever be **you** hanging onto emotions that cause their density. As you enter their core, you will discover there is nothing there, just empty spaces where you can relax and be at peace.

## ***Become aware of your issues and simply 'let go' of them***

The second strategy developed by Levenson is to welcome your feelings in the same way you might welcome the presence of an old friend. Feelings are neither good or bad, they just are. It's your interpretations of your feelings that determine your chemical and physiological responses.

Just think of the way you welcome feelings of joy into your being. As soon as they arise, you welcome them and you enjoy the sensations they create. And because you welcome them they do not control you. They come when you least expect them and they go without a care. Because you do not interpret pleasurable feelings in the same way you interpret pain, you allow them to just drift in and out of your awareness as you go about your day. You do not allow them to control you nor do you hang onto them as tightly as you do the pebble.

When you can allow yourself to welcome your feelings as you might welcome a long lost friend, or a familiar companion, you can just sit back and enjoy their company and allow them to slip in and out of your awareness of their own accord. In this way you will not be hung up on the feelings themselves and you'll be able to shift your focus to their underlying causes. Once you can make conscious connections to your feelings you can just observe them and allow them to drift away as interesting observations.

## ***Welcome the issues and feelings you are experiencing***

This is a more meditative process and a little difficult to do because it's hard to be meditative when you're feeling like crap. However it works wonders. Simply allow yourself to become aware of whatever emotions or feelings you're experiencing and just allow them to be there. It's important to allow them to be there because most of us live in the past or the future but find it very difficult to live in the here and now. And yet it's only in the 'present' that we're able to accomplish anything in life.

So allow your feelings to be in the present and then ask yourself the following question. "Is it okay for this feeling to be here?" It doesn't matter if your answer is yes or no, because what's really important is to simply acknowledge your feelings. Reflect on your question for a few moments and then ask yourself another question. "Could I let this feeling go?" Again your answer can be either yes or no and again it doesn't matter what your answer is. Reflect on your answer for a few moments but don't get into any debate as to why you arrived at the answer you did.

Just accept that your answers are what they are and continue with the process. Even if your answers are 'no' in both cases just keep going and don't try to analyse anything. After a few moments reflection, ask yourself, "Could I let go of this feeling?" Reflect on your answer and then ask yourself, "When?" When you use the word 'when' in this way, it becomes an invitation to 'letting go'.

Whenever you become aware of your emotions you can undertake the strategies above and just keep repeating the procedures until you have let go of the feelings and their underlying motivators. If you choose to use the last method, just keep repeating the sequence of questions until you arrive at a point where you are free of the feeling. While at first your results may be subtle, the more you use these processes, the more you will come to realise that what you have let go of will be gone for good.

While it might seem strange, the more you 'let go' of a good feeling the more it gets even better. The reason for this is because our infinite sense of who we are is tied to our limiting emotions of Apathy, Grief, Fear, Lust, Anger, and Pride. These emotions are finite even if they seem overwhelming at times, whereas Courageousness, Acceptance and Peace have no limits. So the more you let go, the deeper the feelings of Courageousness, Acceptance and Peace and the further you go.

You must find ways of releasing yourself from the inner motivators that are causing you to do things that you later regret – like over eating, smoking, poor financial habits, ineffective thinking, automatic response behaviours, judgemental attitudes, the need to be right, the need to debate and the seeking of *control/dominance, approval/recognition, and security/survival*. When you can let go of these feelings and the underlying motivators that drive them, you'll have an inner calm that brings with it the wisdom to experience inner freedom and peace.

Remember that it sometimes takes a twelve-month journey to change the cycle of unconscious choices we make throughout the day. Step by step we dig the foundations and put in the building blocks that begin to attract an abundance of wealth and health into our lives. The more we progress, the more we break our reliance on negative attractor fields and the more we focus on positive attractor fields. Succeeding requires some serious study and reflection on yourself and your personal processes.

The whole principle of change is based on the capacity to interrupt patterns so that they can no longer be repeated, or have a negative effect or control over you. The patterns we need to interrupt are those, which have formerly repelled economic and personal freedom, love and connection together with belonging and acceptance from your life. And if you use the techniques described above sooner or later, as I have done, you will begin to attract positive energy fields and abundant wealth into your life.

Remember that what most people do in life are not the results of conscious decisions; they're the results of unconscious choices. Most people do not consciously repel wealth from their lives just like they don't consciously repel health from their lives. What I mean by this is that most people don't consciously sit down and decide to be unhealthy yet they choose to eat fatty foods, eat too much, be overweight, maintain poor diets, smoke, drink the equivalent of half a cup of sugar in each can of soft drink, consume too much alcohol and do no exercise.

Such people devalue themselves and have such poor self-images that they are able to continue doing things, which are detrimental to their health. Eventually time catches up with them as well as a diagnosis of degenerative disease. Just as the frog cooks in a pot of cold water that's slowly brought to the boil, people are conditioned to hang onto the pain of negative energy fields that attract negative energy back to their lives. You can choose to hang onto your pebble and fumble your way through life or you can choose to 'let go' and begin accessing our full potential.


Remember also that society colludes in, and supports, the lack of growth in our lives. The most highly paid people on the planet are entertainers because they possess the skills to regularly distract mass audiences from their pain. The longer you can distract people from their pain, and the more people you can distract in one sitting, the more you are worth. Lose the ability to distract and you lose your financial worth to society.

The journey of change is designed to enable you to be more effective in terms of everything you do in life. What we're ultimately aiming for is to belong to a supportive community filled with abundant energy and an unflinching sense of peace and wellbeing.

The journey of change is designed to give you access to information you need in order

for you to become more effective in terms of creating your life's circumstances rather than continue to allow life's circumstances to impact upon you. Remember the outcome is not that important because, if you focus on the cause, the outcome will take care of itself. What you need to focus on is the process because without the process the outcome you want has little chance of success. You take care of the process and the outcome will take care of itself. Concentrate on growing the tree and the fruit will be there. It's the natural consequence of becoming a tree.

If you set goals and can let go of the *'need'* or the *'want'* to achieve them, then you can concentrate on the processes that will cause them to come into your life.



**I hope these thoughts have been of value  
to you and thank you for sharing  
your time with me.**  
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