

Managing Our Mental and Emotional Systems:

There are many dimensions and aspects of refined and evolved intention, they are all of value, and understanding them well can help you manifest your intentions in the world. Passion is helpful to fuel any powerful intention we truly desire to accomplish. In the achievement of our intentions, our positive emotions and passion are excellent fuel, so I suggest you use them! In order to achieve any intention, we must have “the emotional want to”, and it needs to be properly, optimally and consistently channeled, focused and managed. When we are in a higher state of consciousness than our simple primal negative levels of emotion then our positive emotions become our allies. Learning to manage and release our negative emotions and to align our positive emotions with our conscious intention is empowering.

Of course, there are other types of energy at our disposal that can support attaining our intentions, including developing our physical vitality, receiving energy from spirit by choosing to align with spirit, and developing our personal life force or Qi. Effectively building, maintaining, managing, harnessing and consciously mastering our life force resources empowers us at all steps of our path of intention. When we are good managers of our mental and emotional resources we will not waste them or apply them unnecessarily. If we do waste our resources, we may then unwittingly and unexpectedly reach a point of incapacity to continue on our path of intention and development.

From the moment we set any intention there is the potential and even the likelihood for us to encounter social resistance to our plans or goals. When we manage and consistently resolve and harmonize this social resistance, we tend to use fewer resources since we are not wasting energy fighting resistance. All aspects of this resistance must ultimately be transcended, and this can usually be done by harmonizing with the resistance or healing some aspect of ourselves related to the resistance. It is generally not the case that we would be required to conquer the resistance, though many take this socially conflict-ridden path, to their detriment and the detriment of society. This conflicted path could be termed competition and although lauded by many as necessary to achieving goals it is a root of social and relationship conflict and division. Therefore, in the long term, it undermines our achievement of our chosen intentions.

Still in a practical sense we live in a world populated by many unconscious conflicted and competitive people, therefore it is important to be willing to shield and protect ourselves, our life vision and our precious intentions, while retaining our personal and spiritual integrity and impeccability. There is a degree and element of risk in all human endeavors; and managing risk is part of life, still this activity need not become an unbalancing preoccupation.

We all have individual priorities in life and a unique personal nature which influences how we arrive at our goals, and we have each been taught to prioritize specific aspects of our lives in different ways. If we want to manifest an intention, then learning to shift our priorities fundamentally and dynamically as we travel our life path is necessary. If we have “sacred cow” priorities, based upon erroneous subconscious beliefs, feelings, values or unresolved karmic patterns, they will limit our self-awareness, and thus limit our top end potential of achievement. Courageously reevaluating and reorganizing our priorities in an ongoing manner as we progress along our paths of intention is suggested for best results.

For those of us who choose very positive, high and powerful intentions, our intentions become the highest priorities of our lives, and in effect the cornerstones of and reason for our existence. As we develop and evolve we will become more and more empowered to choose and affect more powerful and sophisticated intentions, and in doing so create even more wonderful realities. In this practice it is essential to learn to balance and rebalance our priorities continually, patiently and flexibly. Retaining balance in all areas of our lives supports us in remaining less stressed and thus optimally effective and efficient in achieving our goals for the long run. For example, it is good to retain balance in regard to health, mind, body, spirit, emotions, relationships, work and recreation.

When we work to consistently balance our lives, then we are also on the road to the attainment of consistent internal harmony, inner peace and congruent alignment. This means we are learning not to allow any internal competition, conflict or friction between our priorities, emotions, values, beliefs, or our various subconscious ego-identity “parts”. In this way, we are actively learning to reconcile conflict in all of these areas. We accomplish this via consciously understanding, integrating, re-balancing and managing these components of our systems. Meditation is a great and necessary way to achieve this. In this way, we can proactively and preemptively manage life stress before it becomes a limitation, a problem, a resource drain, a distraction or an illness. (For example, we can make the positive choice to cease trying to either please or control anyone else. This choice tends to directly diminish our stress. We can choose to manage or eliminate our own self-expectations and expectations of others and thereby reduce the potential of “overwhelm syndrome” that is causing so many people life stress these days).

When we are focused, centered within ourselves (not self-centered) and grounded in this material world, we then gain the ability to make wise decisions and hold clear, constructive perspectives at every level of our perception and consciousness. Disciplined focus on our intention is crucial as it eliminates distractions and thus waste. People who are not well grounded and integrated at each level of their systems tend to, in some area of their lives, be unclear, flighty, unrealistic, unorganized, and incomplete in their understanding of self and life. So they are unable to move the mountains they want to move in a powerful and internally unified manner.

Remaining grounded requires self-awareness and discipline, plus basic understanding of the benefit of being grounded and specific meditative methods of grounding oneself. Many ungrounded people do not even realize they are ungrounded. Paradoxically optimal groundedness requires understanding the negative consequences of not being grounded. People who are not optimally grounded often have mental or emotional blocks, non-optimal beliefs or energy patterns in their root chakras, that they are unaware of. Many ungrounded people also operate from unrecognized subconscious fear or unresolved emotional pain or trauma. Yet these influences can be effectively identified and cleared.

In the act of attaining our intentions it is useful to be patient with ourselves. If we want to achieve extraordinary goals, we must patiently formulate and take the wisest steps and be willing to wait for necessary conditions of opportunities to ripen. Patience is not a condition of repressing any of our motivations or our negative emotions. Patience is a state of clearly understanding the benefit of only acting when we are fully prepared to act and when it is optimal to act, and thereby remaining at peace with ourselves in both action and inaction. Simultaneously it is also good to be courageous and even bold in the attainment of our intentions when it is time to take action. Both action and inaction are often driven by fear and this motivation undermines conscious attainment of goals. Managing our tendency to be patient with wisdom rather than fear is necessary. If we choose to continually transcend fear of all kinds, then we will move toward our goals more quickly and positively.

As we move along our paths of intention we can benefit by being willing to evolve, develop and consistently apply a conscious method or system of self-integration in relation to the various subconscious simulacra or “parts” of our systems. Integration of the many parts of your subconscious into a unified and aligned consciousness can be achieved via a mechanism called “Anchoring and Integration”, which is a Neurolinguistic Programming or NLP technique. There are numerous other methods I teach to achieve this internally integrated and harmonious state; however, they are outside the scope of this text.

High internal integration, alignment and congruency of the various levels of chakra consciousness in regard to our intentions empowers us. It is a support requirement of highly sophisticated intention and thus to high accomplishment. You cannot be or remain self-aware, holistically determined, centered, balanced, focused, and harmonious and grounded unless you are well integrated.

Our intentions work best when they resonate with our soul’s essence and therefore with God, since our souls are direct expressions of God. In their most refined forms our intentions represent pure expressions of

our deepest personal soul essence and our resonance with spirit. In this way, we move in an internally unified and congruent manner, with ultimate power, determination and commitment to ourselves and to our chosen intention. Our intention need not be something we want just for ourselves; however, it must be something we care deeply about attaining or achieving and find meaning in. This is true even if our intention is solely and unconditionally for the benefit of others or of the world.

The wisest intentions serve ourselves and humanity at the same time in a balanced way because we are all one and thus all beautiful, perfect and of value, all the time. Meaning you the reader matter far more in the grand scheme of the universe than you probably realize. You are a child of God, so how could the situation be otherwise? In order to choose and affect these types and qualities of highest intention we must choose to apply discerning willpower in all of the choices we make on the path to attainment of our goals. If we do not put our personal will behind what we want to do or manifest, then other influencing social and environmental factors in the world may distract or impede us. We must be willing to stand up for our most heartfelt intentions, and our personal will is the “backbone” of this process.

We all have some degree of innate creativity though we do not all recognize it, value it or know how to apply it. This creativity is the source of our greatest power, since it occurs most potently when we are in complete alignment with spirit. Applying flexible creativity and artistry to all moments of our lives means being willing to draw upon all aspects of our being, including both our male and female energies, all aspects of our worldly selves, and our “left and right brain” skills, abilities and perspectives. To create anything in life requires a blended balance of both male and female energies, whether we are creating a baby, a book, a company or a space shuttle.

Creativity occurs via the congruent, intentional consistent and dynamic interplay of our conscious and subconscious mind, and spirit. The creative process is fueled by our own positive emotions and the energy, power and love of spirit. Acting creatively in every moment of our lives is our natural and most optimal state and is the direct and simultaneous expression of God’s love for us and our own love for ourselves and each other. Self-love and profound and complete self-trust-driven decision-making, and intention building, are both healthy and fulfilling.

If we do not choose to love ourselves, we will not treat ourselves or others well on the journey to achieving our intentions. We may not even allow ourselves to achieve our intentions due to subconscious self-sabotage. If we do not fundamentally trust ourselves, our love motivated process of intention attainment, and all of our decisions and actions on our journey, then we will continually doubt or second guess ourselves. Self-doubt does not support taking decisive, effective, bold and consistent action.

It is useful for us to choose to be optimally self-supporting, self-reliant, self-accountable and self-aware. We are all, to a degree, interdependent (not co-dependent). Yet if we rely on others in an unbalanced way we may find too late that they will not support the achievement of our intentions exactly as we would prefer, and thus again we may reach a point of limitation in our journey. We must be willing to be self-accountable and to manage our interpersonal boundaries or we will not diligently hold our choices and actions to the standards and requirements which are necessary to achieve our goals. If we are not self-aware and discerning as we walk down our soul’s path of life creation, we will not even realize we are making unwise choices. Until it is too late. Nor will we accurately perceive the negative results of those choices and thus not learn the most that we can from our chosen experiences.

There are many tools we can utilize along the way to positively affect our intentions more directly; these include affirmations, mantras, meditation and prayers which can all facilitate the manifestation of our intentions. Another way to achieve this goal is to consciously and methodically design, construct and refine strategies of goal attainment which are action oriented and efficacious. However, I suggest being careful what we wish for and understanding well beforehand what we are working toward, because we may well get it. Therefore, I suggest we proactively evaluate and extrapolate what our life will be like after we achieve our intentions, before

we actually begin our efforts to achieve them. Many people have won the lottery and then found themselves penniless, miserable and stripped of their most valued relationships within a year or two. If we intend to manifest more money I suggest we first insure we are prepared to manage that much money energy consistently and constructively, otherwise it may overwhelm us. The same is true in the process of acquiring power of all kinds. Power magnifies the positive aspects of our nature as well as the negative, i.e. addictions, negative emotions, drama, karma, etc.).

Along the path of our intentions we must be willing to become aware of, consciously map and constructively confront and work with elements of our ego-identities. Our ego-identities and the simulacra recordings that make them up may not yet be prepared to support either the process of attaining our conscious intentions or living with our achieved intentions. If this is the case, and we do not know it ahead of time, we may spin our wheels for a very long time, not realizing how or why it is happening. We may also end up in a situation that is not felt to be as wonderful as we originally hoped. If this turns out to be the case I suggest forgiving ourselves immediately and acknowledging all that we have come to learn and understand on our previous path of intention. Then simply move on more wisely to achieve our next intention.

One potentially limiting facet of our ego-identity is the “recipe” or set of standards we each subconsciously hold to in regard to what it means to be a “good or nice person”. By the way, all of the standards we live by are in essence “artificial” in that we have made them all up as we go through life. None of our standards are any “more right”, real or better than anyone else's. Of course, there are many other aspects of our ego-identities that are beneficial to become aware of and to manage in relation to our intentions. The reason I mention this one issue is because if our conscious intention violates our personal subconscious definition of goodness or does not support our self-worth or self-image, and we do not realize it, then we will tend to fight ourselves unknowingly and we may even unconsciously defeat our own wisest intentions. At the very least we will slow our progress toward our achievements. Sage intention could be said to be an expression of spiritual maturity. Spiritual maturity is built upon a foundation of balanced mental, emotional, energetic and physical maturity, all of which require conscious effort and awareness to attain.

It is crucial to be willing to put an end to existing ego-identity and fear-motivated intentions and reactive decision-making styles. When this is achieved, we attain a state of conscious, graceful humility, calm and balance. Decisions made in fear are rarely optimal and often hinder significant progress. Therefore, I suggest rooting out those tendencies in our systems in a diligent, methodical, patient and determined manner. Methods of clearing fear and other non-optimal emotional states are listed at various points in this book. (A complete discussion of fear, and how to fully transcend its effects on your life and relationships, is available in a book titled “[A World Without Fear, By: John Jones](#)”).

If we choose to release these unnecessary emotional tendencies, we become capable of living in a sovereign manner in the now and can be fully consciously present at all times. (For example, we don't get lost in other “time zones” such as focusing on the past or the future to our detriment. Nor do we become lost in in any of the various aspects or projections of our child-selves which can powerfully influence attainment of our goals). If we live in fear, then we cannot be sovereign and access and apply own our power; these are mutually exclusive states.

Only by living in a self-sovereign manner in the now do we have true power and thereby optimally grow in our understanding of our experiences. Through monitoring and managing our thoughts, internal dialogue and emotional states we can determine which time zone we are subconsciously choosing to be in from moment-to-moment and make corrections. Setting and consciously managing our personal, emotional, social and energetic boundaries is also a key element of sovereignty. Whether we are talking about boundaries in the context of business, close personal relationships or any life or social situation, boundary management is key to staying on course to achieve our intentions.

We must willfully set and hold our own boundaries; otherwise others will tend to ignore them and potentially undermine our life efforts. This is not always done out of spite, it is often out of ignorance, their subconscious patterning or competitive zeal. However, none of these detrimental influences will serve the optimal attainment of our intentions. Paradoxically, although we are all spiritually one and cannot be otherwise, it is still possible, and best for our spiritual development, to function in this sovereign manner. Conscious boundary management makes this possible.

Accurately understanding the most likely implications of our choices, all along the way toward achieving our intention, is useful. This means analyzing, envisioning and projecting what these likely implications are, prior to making our choices, which then helps us to “precisely craft” optimal choices. If we have no willingness to “look before we leap” we could end up in either the frying pan or the fire. Clear awareness of these implications requires us to be mentally and emotionally clear so that unhealed elements of our systems do not distort or block our vision. In achieving this state, it is useful to let go of all past hurts, pain, jealousy, betrayals, desires for revenge and fears of all kinds. These unhealthy states will only slow us down or distract us. Ultimately none of these negative states will help us reach our chosen goals.

Precision, clarity and focus in execution of all steps and actions related to our intention is fundamental to our success. If we do a sloppy job of working toward our intention there is likely to be a lot of unnecessary re-working and back tracking, or we may “completely miss the mark” in attaining our intention all together. We could look at this mindfulness process as a sort of “quality assurance” in regard to one’s life. In order for us to be very precise, we must first cultivate and attain clarity of consciousness. Meaning that we must be clear about what our intention is and remain clear in our own minds and hearts about who we are and where we are at every moment in relation to the achievement of our intention. Optimally understanding what we are doing, why we are doing it, and remaining focused at every step of the way is key to achieving our intentions.

Intentions we choose when we are younger tend to evolve over time and this is as it should be, since we are all constantly growing in our understanding, knowledge and sophistication. Being willing to continually and consciously refine and evolve our understanding of our intentions is important. Doing so allows us to take advantage of changing conditions, such as new environmental resources, evolving technologies, and changing social situations and relationships. If we are learning constantly, and if we apply our innate personal style of learning to achieving our intentions, we will usually manifest them much easier and faster.

It is good to remember that intention is something that must be “formulated”. Intention formulas, like recipes, require forethought and ongoing refinement based upon evaluation of results, in order to achieve the best and most palatable outcomes, and they can always be creatively improved. Therefore, I suggest being willing to accept and adopt new and ever more pristine habits, methods, behaviors and values. In this way, we constantly unlearn and deconstruct old and no longer useful tendencies and transform ourselves in new ways. It may help to realize that most of us are, to one degree or another, trapped within prisons of old and non-adaptive beliefs, life stories, methods, expectations, emotions and lower states of consciousness, behaviors, habits, etc. Our freewill intentions and consciously applied personal power are the keys which can free us at any time. Constructive and timely adaptation to changing circumstances is therefore wise.

It is useful to realize that our souls have likely spent a long time on this planet, living many diverse lives. In that time, we have each grown in understanding, and while on our paths we have each developed a sort of “evolving soul guidance system” within ourselves. This guidance system is directly reflected in the karmic patterns generated from this and past lives. Meaning that our karmic process (or our current understanding of cause-and-effect dynamics) is simultaneously the map, the path and the vehicle of our life and spiritual development. This remains true as long as we remain unconscious to the process of karma. Meaning that there are ways of living life that transcend the somewhat simple cause-and-effect dynamics of karma. These attainable states of consciousness are beyond the scope of this book.

We can, on our path of life exploration, refine the accuracy of our karmic map. We can also add to the map by coming to more sage understandings that are only available as the result of healing wounded, ignorant or dysfunctional karmic aspects of our being. If we do so our karmic map and patterns will better support our chosen life intentions. Our karma can thereby effectively become the crucible within which our soul's intentions are developed, evolved and ultimately achieved. In this way we can transcend karma as our soul's developmental process.

A Process of Dismantling the Ego-Identity, In Spite of All Our Ego Defenses:

All individual human beings have many subconscious parts of themselves that we do not usually recognize the existence of in their day-to-day lives. For example, we can have a part of ourselves that feels that it needs attention from others or one that wants to avoid embarrassment or criticism. The operation of each of these parts of ourselves tends to occur separately from other parts of ourselves. For example, our desire for attention operates separately from the part of ourselves that feels that it is necessary to fight in order to protect ourselves from other people. Other separate subconscious parts of ourselves may have other intentions, such as to achieve success or to control others or to make sure we remain free of other's controlling tendencies.

These subconscious parts influence our decisions, our interpretations of life from moment-to-moment and our emotional reactions to events. These parts are often in conflict with each other, making it difficult to navigate our lives and relationships. This situation can be seen in situations where we want something in life very much and **at the same time** we feel guilty or selfish for wanting it and **at the same time** resent others for "making us feel guilty". These conflicted reactive emotional dynamics between our subconscious parts are a significant source of life stress. This is true since most people do not know how to fully understand and thereby be empowered to resolve the conflicts between their parts in a constructive way. It is necessary to dismantle these subconscious parts in order to attain inner peace and to transcend their undermining influence.

One of the main reasons these disparate parts create problems is that we often become highly identified with the feelings that each of these parts generates, and so we assume it is necessary for us to continue to feel what "they feel". The important thing to take away from this discussion is that although you may feel (often intensely) that these parts "are you" and that "you" are feeling a certain way, in regard to a certain situation, that this is not precisely what is occurring. It is your subconscious parts that are generating these feelings, that the conscious you then accept as yours, and then you live by them.

The composite of all of these subconscious parts and the dynamics of their interactions with each other and with other people's subconscious parts create what I would call social ego-identity dynamics. Until these parts are cleared from your system they will continue to create internal negative emotional reactions and interpersonal dynamics of drama and conflict. In order to clear them from your system you must make a conscious and determined decision to do so, and then work methodically to dismantle them.

There is a well-developed system of therapy called "Voice Therapy", which seeks to harmonize these conflicted or negative subconscious parts, by giving conscious voice to them. This therapy is not designed, in my understanding to clear these parts permanently and consciously. I suggest that the Voice Therapy technique can bring emotional relief. That said, only by completely clearing these parts from our systems will they cease to either limit or detrimentally affect you, your relationships and your future. Therefore, I offer the method of clearing subconscious parts of your mental or emotional system (simulacra recordings) and their associated beliefs described later in this chapter. It is very empowering to realize that you can clear any belief you have been holding very rapidly with this method. All that is required is to choose to and be motivated to accomplish this.

It is vital not to let any aspects of our ego-identity "regrow" once we have worked to transcend them. This is especially true if we have emotionally conflicted subconscious parts that keep us internally at odds with ourselves, and thus create indecision and inability to take constructive action on our own behalf. Therefore, we

must keep at the process of clearing these aspects of our systems consistently, so that we breakdown our ego-identity(s) rapidly enough that it cannot re-grow faster than we dismantle them. This process requires absolute willful intentionality, focus, consistent effort and discipline to recognize and dismantle all of the seeds of ego-identity, many of which we have been continually referencing in our interpretation of our life and relationship experiences.

It is useful to clear all simplistic, limiting and polarizing identity elements. (i.e. Any parts of ourselves that look at life in polarized ways. Such as safe and unsafe, right and wrong, win and lose, true or false, or parts that see ourselves as either good rescuers, bad perpetrators or innocent victims). These polarized parts support living life in a state of ongoing internal conflicted division of consciousness or “duality”.

These subconscious parts are constantly influencing our decisions, and thus directly creating our life results. These parts each have their own agendas, values, goals and beliefs and they are almost never aligned with each other in their goals, values, etc. These parts also have situations they want to avoid due to their fears or insecurities. Meaning we can have a part of ourselves that wants to avoid abandonment, and a separate part that wants to be in control of our lives. These parts can hijack our decision-making at any moment of our lives, if we allow them to.

We all reference the personal values that we each hold in our systems when we make decisions. In fact, we tend to directly base many of our decisions on these personal values. These values may be spiritual values or worldly values. We all tend to carry a mixture of both. Many of us hold values of:

Spiritual Values and Intentions of:

- ❖ Integrity and Truthfulness
- ❖ Spiritual purity
- ❖ Being consciously resonant with and surrendered to God
- ❖ Spiritual states of joy, bliss or inner peace
- ❖ Spiritual states of unconditional love for God and all of humanity
- ❖ Religious values, such as Godliness, being Christ like or Buddha like, or other specific values of our specific religion holds most sacred
- ❖ Non-dualistic consciousness
- ❖ Living in a state of consciousness in which we have released all attachment and aversion to all aspects of life and relationship

Worldly Values and Intentions of:

- ❖ Our family's and our own personal happiness, safety and security
- ❖ Money
- ❖ Social Status and Relationship Status seeking
- ❖ Security
- ❖ Control
- ❖ Power
- ❖ Sex
- ❖ Safety
- ❖ Personal self-worth and deservedness
- ❖ Time (having enough time and meeting our own and other's expectations of timely achieving goals)
- ❖ Beliefs we hold (it could be said that values, rules, roles and priorities are only specific types of beliefs about life that we have recorded)

It is true that holding and making decisions based upon positive values is important and in a very practical way useful in managing our lives. Still holding these values alone is not the answer to making wise decisions.

Many of our values can be in conflict with each other, even the positive ones. Other values must be balanced, such as spending time with family and the time it takes to attain money and security. At the same time, there are many things that we either fear happening, or feel insecure about. Each of these feared events, situations or circumstances creates a fear motivation within us, that then influences our perspective on life and our decisions. These fear motivations become a literal value (though not a constructive one) that we then balance against our other values, often without realizing we are doing so, in our decision-making processes.

These fear driven parts constantly influence our decisions, even more than our conscious set of values do. Therefore, our day-to-day decisions reflect a composite or mixture of what we want to happen, and what we don't want to happen or fear happening, simultaneously. This conflicted dynamic creates a great deal of internal stress, confusion, complexity and turmoil when we try to make decisions. It is all a result of fragmented consciousness. This state of fragmentation can be resolved if we work to clear these subconscious parts and their influence from our systems.

It is the process of fully dis-identifying with these parts, and the fears that are often associated them that ultimately frees you. Again it is not the wanting of anything in life that creates problems. Still it is often the attachment to wanting what we want that causes pain and suffering. Meaning that there is an ongoing fear stress of not having what we want, until we actually achieve it or gain it. The problems we experience are the result of the fear drive that underlies many of what we assume to be our conscious motivations.

Below is a method of permanently releasing these subconscious parts (or simulacra recordings, as defined earlier in the book) and their ongoing influence. This method requires us to ask ourselves a series of questions. The list of questions shown below are only example questions. They are designed to help you learn to find and then work with the parts of yourself that limit you, cause you difficulties, and that you want to clear, in order to bring peace and consciousness to your life. These questions all start with the three words "who is it". At the end of each question always ask why. An example would be: "Who is it that feels victimized by this situation and WHY?"

When you ask yourself these questions you are realizing that it is not "the conscious spiritually aware you" that wants, or feels whatever is being wanted or felt. It is a part of your subconscious that either feels, believes, fears or wants something, whatever that "something" is. Whoever the part of you is, that you are questioning in this process, is not the "true you". This process is designed to help you fully realize this truth and thereby to free you to resonate directly with your soul and God. The complete process is described after this listing of example questions.

Please review the list below. It can help you to get in touch with aspects (or parts) of yourself that you may not have realized existed or that were influencing your life results. These subconscious "selves" often run most people's lives, without their realizing it is occurring. In **Appendix 1** of this book you will find a categorized listing of these types of questions that may help you identify and resolve specific problems in various areas of your life.

Who is it that:

- ❖ Feels victimized?
- ❖ Feels misunderstood?
- ❖ Feels I am failure?
- ❖ Feels confused at this moment?
- ❖ Feels small and powerless?
- ❖ Feels empty and worthless?
- ❖ Feels lost and alone?
- ❖ Feels my grief will never end?
- ❖ Feels trapped in my life, career or relationship?

- ❖ Wants money, power, control, status, sex, success, attention, etc.?
- ❖ Fears not having money, power, control, status, sex, success, attention, etc.?
- ❖ Is confused about my sexuality?
- ❖ Worries about my future?
- ❖ Cannot let go of the past?
- ❖ Feels I have made many mistakes in my life?
- ❖ Feels I am always wrong?
- ❖ Wants to rescue others?
- ❖ Wants to be rescued?
- ❖ Worries about my children?
- ❖ Fears abandonment?
- ❖ Feels that safety equals power or control?
- ❖ Feels I cannot trust myself or others?
- ❖ Fears for the safety of my family?
- ❖ Feels I am only safe if others understand me?
- ❖ Feels that no one is listening to me?
- ❖ Feels my needs are not being met?
- ❖ Fears my needs will not be met in my relationship?
- ❖ Feels I am only safe if I remain dependent in my relationships?
- ❖ Wants to feel or be “special”?
- ❖ Wants to “be somebody” or that feels I am not already somebody?
- ❖ Feels uncertain in this present moment?
- ❖ Fears change, uncertainty or the unknown?
- ❖ Feels that it is unsafe to freely live my life?
- ❖ Feels it can only make decisions when it is completely certain of the outcome?
- ❖ Feels stressed in this present moment?
- ❖ Feels I am only safe if I perform well in my life roles (husband, wife, man, woman, teacher, worker, etc.)?
- ❖ Feels that I literally “am what I do” for a job or career (i.e. I am a plumber, a doctor, a manager, a teacher, a housewife / househusband, etc.)?
- ❖ Feels that I am my identity?
- ❖ Feels I am not the person that other people perceive me to be?
- ❖ Feels I am only the person that other people perceive me to be?
- ❖ Feels that I have to be what others want me to be?
- ❖ Feels I only have value, and am only safe, if I meet other’s expectations?
- ❖ Feels I have to be like others in order to be safe?
- ❖ Has an agenda?
- ❖ Feels abandoned by god?
- ❖ Does not know what I want from life or my relationships?
- ❖ Feels that I can never have the love and happiness I want, because I am bad, wrong, broken, imperfect and unredeemable?
- ❖ Feels that I can only be happy if I have what I want (i.e. The relationship, the job, the amount of money, the security, the status, the control, etc.)?
- ❖ That has regrets or is ashamed of my past?

- ❖ Feels they need to redeem themselves for past deeds, behaviors or feelings by being a “good person” or by helping other people?
- ❖ Fears misusing my own power?
- ❖ Fears other’s judgments of how I use my power?
- ❖ Worries and feels that I am not good enough and never will be?
- ❖ Feels I will never get to where I want to be?
- ❖ Feels I will never have what I want most?
- ❖ Sees this current moment as a problem?
- ❖ Sees my relationship as a problem?
- ❖ Is unwilling to forgive myself or others?
- ❖ Feels righteous judging and punishing others?
- ❖ Feels I do not have enough time?
- ❖ Feels I do not have enough money, and never will?
- ❖ Feels I can only be safe if I have provable value to others?
- ❖ Wants to present a social image of perfection?
- ❖ Fears not being perfect?
- ❖ Wants to be perfect?
- ❖ Feels that being perfect is the only solution to my problems?
- ❖ Holds ideals about self, relationships or life?
- ❖ Feels I do not truly know who I am?
- ❖ Feels that I am “my mind”?
- ❖ Prioritizes myself above others?
- ❖ Uses the appearance of being a spiritual person as social validation and a way of achieving social acceptance?
- ❖ Feels “this way” ... (whatever we may be feeling in the current moment, including anger, hatred, fear, shame, worry and guilt)?
- ❖ Believes or thinks that I am ... (good, bad, lovable, unworthy, not good enough, etc.)?
- ❖ Believes or thinks that other people, are ... (bad, against me, hate me, do not understand me, untrustworthy, will betray me, etc.)?
- ❖ Believes that I cannot ... (achieve my goals, face my fears, make a decision, understand myself, set a clear and effective intention, etc.)?
- ❖ Believes that I or others should not ... (behave as they are or I am, make choices as I do or they do, believe as I do or they do, wants what I want or wants what they want, etc.)?
- ❖ Wants this (whatever “this” is) ... (to hurt others, to become wealthy at the cost of my relationships, to control others, to live in fear, to be somebody, etc.)?
- ❖ Gets angry at seemingly minor and ultimately unimportant social or interpersonal slights, criticisms, insults or when I do not get my way?
- ❖ Feels I am right and good and that others are all wrong or bad?
- ❖ Fears that I do not really exist to others, and am not important?
- ❖ Fears being destroyed by others?
- ❖ Fears death?
- ❖ Fears being nothing and thus having no value?
- ❖ Feels it is necessary to give up your personal power to anyone for any reason?
- ❖ Feels I “have to” be afraid and worry in order to remain safe?

It is not always comfortable to face these parts of ourselves, and fully process them out; still it is vital to constructively deal with them in order to live fulfilled peaceful lives. Remaining limited or trapped by these internal influences, negative emotions and internal dialog is not freedom, nor is it a road to happiness or inner peace. It is useful to realize that if you choose not to work with these ego-identity elements, they will just continue to define your perception of reality, influence your choices, and create problems, pain and suffering. In fact, it is these patterns that hold suffering in place year after year.

The process of resolving and releasing all of these limiting feelings is simple, direct and effective:

Step 1:

Focus your conscious mind in the area of your body that “feels” whatever feeling it is that you want to clear and process out. For example, if you feel anger or fear, you will usually feel the feeling in a specific part in your body. You may even feel it in multiple parts of your body. If you feel it in various parts of your body or emotional system, then just focus on where you feel it most strongly. I would also suggest initially evaluating the intensity of the feeling or belief, and specifically rate its intensity, on a scale of 1 to 10. At the end of the process it is then good to re-evaluate the intensity of the feeling, and perceive the degree of reduction in the intensity you experience. For example, after applying the process you may experience that the emotional intensity has diminished from a level of “8” down to a “4”. In this way you can prove for yourself that you are making progress and better manage your process. You can continue the applying the process until you no longer have the feeling or belief at all.

A concrete example of this process would be seen if you feel anger, guilt, and shame in your system and you focus on where you feel it most in your body and rate its intensity level. Other examples you could experience would be if you hear your internal dialog or self-talk that tells you that you are not good enough, or that you are worthless or that others are bad and untrustworthy. If so, then focus on where you feel this internal dialog coming from in your system and initially rate the intensity of the feeling.

Step 2:

Next: Form a sentence in your mind that clearly reflects whatever the part of your system is “saying or feeling”, and that you want to clear. For example, form a sentence similar to: “Who is it that feels that I am worthless?” OR “Who is it that feels controlled by my mother/father?” OR “Who is it that fears being abandoned by my husband or wife?” or “Who is it that feels trapped in my life”, etc.

Step 3:

While focusing on the part of yourself that you want to clear or heal, begin repeating the statement you have formulated to yourself, over and over. It is your choice whether you vocalize the statement or simply repeat it to yourself. If you want to get optimal results you must focus **absolutely** on where you feel the feeling in your body as you repeat the question. This is necessary because the part of your subconscious will often try to hide from or escape your conscious questioning and focus. This is because each of our subconscious simulacra/parts has a self-defense system of sorts that tries to keep us from changing it. For example, if we are holding a fear that we want to clear we often feel safer living with the fear than clearing it. If we are angry at others we may feel safer remaining angry, or may feel better about ourselves remaining self-righteously angry, than releasing the anger and forgiving. It is common for parts of us to feel unsafe forgiving ourselves and others. We feel that if we do forgive, that we will no longer have the supposed control that judgmentalness gives us. So, please continue repeating the question until the emotion is fully processed out of your system.

To fully succeed you must face the feeling with as much intention as you can. If you do so, the part of your subconscious that feels negatively will process out of your system permanently. If you feel any resistance to repeating the statement, simply override it with complete focused determination. This experienced resistance

is only your subconscious resistance to changing your old beliefs or habits of thought, feeling and decision-making. Therefore resistance is actually a good sign of progress. Keep going!!!

Step 4:

Continue repeating the “who is it” question until you feel that the emotional part of yourself that you wanted to reconcile has fully changed and processed out of your system. (i.e. You no longer feel what you felt). Again, listen to any emotional or internal dialog responses you get as repeat the question, as these answers can be informative. That said, even if you get an answer to your questioning such as “me” or “my mother”, or “it’s all their fault”, do not stop repeating the question. It is the energy you want to process out fully. Simply getting an internal answer of any sort does not fully accomplish this goal. When the feeling is fully resolved, you will know it because you will no longer be able to feel it.

Step 5:

Check in with your system to see if there is any residue of the old feeling, internal dialog or belief left in any part of your system. If you find any residue of the part, then again determine what level of intensity it is operating at in your system and where it is now most intensely located in your system. Then continue repeating the statement until the belief, feeling or internal dialog is fully gone. If you are satisfied with the results of your process, then go onto the next belief or feeling you want to positively change.

In this process you may get many different internal dialog answers to the “who is it ...” question. For example, you could get the answer back in your internal dialog of “it’s my mother’s or it’s my father’s fault”, or you could hear the word “me” or you could hear “it’s all my fault”. You may also get no answer at all, and this is completely fine. In that the process works, and the processing occurs, whether you get responses to your questions or not. The reactive answers you do tend to get from your internal dialog are just bits of old recordings generated by the subconscious. Therefore, these answers are not always important.

One way these internal dialog responses can be useful is if they inform us in some new way about our past experiences or relationships. In this way they can help us to better understand ourselves, our lives and our relationships. It is common when clearing our most wounded or conflicted aspects of ourselves that our defenses to processing them out can even repeatedly scream the word “No!!!”, at the moment we begin repeating the “who is it” statement. This reaction is only part of the clearing, it is not “real”, nor is it a problem. Resistance is in effect a sign of progress in the processing of the emotions we most want to be rid of.

It is vital to continue working on whatever stuck feelings you are working to release until they are fully resolved. Though these parts may do everything in their power to distract you from facing and completely resolving them. In essence their fear driven defense systems only feel safe when they are operating in the previous dysfunctional manner that has become a habit. If you allow this fear driven process of distraction to keep you from focusing on the detrimental feeling or belief, then it will simply remain and continue operating in the previous manner.

Paradoxically there are emotional parts of us that can feel safer by continuing to feel bad, unhappy and wrong. They may even feel it is appropriate for us to remain timelessly in an unredeemable state of self-punishment or self-loathing, and of not having what we want in life. These feelings, although sometimes intense and detrimental, are only old recordings, and do not and cannot truly define us. Holding onto them for even a moment is not beneficial.

The result we are seeking by asking any “who is it...” question is the complete clearing of the prior detrimental behavioral tendency, negative belief, thought process, negative internal dialog, debilitating perspective or emotional state. It is useful to understand that the “who is it” method can be used to clear even our most deeply entrenched beliefs. Including beliefs that have been holding us back from achieving our most cherished goals. Beliefs tend to manifest reality, and positive empowering beliefs can help you to some extent. Limiting fear driven beliefs tend to hold you back from creating the life you want. So, if you clear all of the

limiting beliefs that you hold (whether positive or negative), then you are immediately empowered to consciously improve your life and to attain your goals. You are left with only consciousness, without the filter of any beliefs. Acting from any state of belief is to act unconsciously. Acting in a fully conscious manner is always our most empowered state.

This method of clearing ego-identity elements is very effective and works to process out any part of our systems that is conflicted or operating in a judgmental, dysfunctional or emotionally negative manner. It does not matter when, where, how or why the old emotion or belief was created and recorded in our systems. As long as we can either feel it as a feeling in our body, or hear it in our internal dialog, and truly want to process it out, it can be resolved in this manner. If you feel resistance to releasing the feeling they you can ask yourself “who is it that is resisting releasing this feeling or belief?”.

In applying this release method, we are required to put some distance between our consciousness and the dysfunctional or negative feelings that we have become highly identified with during the course of our lives. Once this distance is consciously perceived and it is understood that these feelings and beliefs are not ourselves, we become empowered to process out the recorded identity element that has been causing difficulties.

In effect this process helps and guides us to effectively and permanently dis-identify from perceived elements of our personality or ego-identity. Once this happens these elements cease to influence our decisions, emotions and interpretations of life events and relationships. This release process is derived from the work of the highly spiritually realized Indian teacher Ramana Maharshi. Ramana basically stated that we can ultimately achieve enlightenment by continually asking and ever more deeply answering the basic question “Who am I?”.

By asking “who is it that feels this or believes this?” we recognize that it is not our consciousness that is holding onto this feeling or belief. It is often a “child-self” or a misinterpretation of past experience which we have recorded.

Of course, who we truly are is an infinitely powerful child of God and aspect of God. Fully realizing this truth brings our ultimate empowerment, as well as our ultimate state of inner peace and joy. Clearing each subconscious ego-identity element is simply a step on this spiritually developmental path.

