

You Can Pull Yourself Together!

-How to be Your Own Internal Therapist

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Disclaimer: The techniques described in this book are intended to help the reader make profound changes for the better in emotional health and well being. Please take full responsibility for any changes experienced. Anyone considering changing any drug regimes should consult their prescriber. These techniques are not advised to be used by people suffering from a psychotic or dissociative illness.

Introduction

This self help book offers advice for permanent stress reduction, personal development and good mental health inspired by a combination of the best from the conventional psychology, alternative, new age and traditional well being worlds.

It has deliberately been kept compact and to the point to satisfy both the curious and impatient, without leaving out essential information! For those who are even too impatient to read this small amount, they can skip to the Appendices and simply work through them and still experience improvements. For the even more impatient, as well as the patient and impatient people who have read the book, there are recordings of the Appendices available to work with from the same supplier. The book is split into Parts 1 and 2. Part 1 is generally about dealing with emotional difficulties and Part 2 is about a specific problem emotion.

It's often assumed that the mind is too complex to be handled by someone other than a therapist or psychiatrist, or that we have to understand how it all works before we can sort it, but it is perfectly possible to have a basic understanding of how to best use our minds like we would a car before we drive it, or a computer before we use it. Please see this book as an instruction manual for good mental health and, therefore, a great life!

Acknowledgements

Much appreciation and credit is given to Grant Connolly, the creator of ZPoint Process™. This is the main self help energy therapy this book describes. It is not essential to use this to make improvements, but it is highly recommended as this will make the improvements more rapid, easier and longer lasting. The ideas in this book are not necessarily the same as his. More information can be found on his web sites: www.zpointprocess.com and www.zpointforpeace.com.

There have been many other influences in the content of this book, some conscious to the author, and others now unconscious! Some are known personally to the author and some not. Some are still alive and some are ancient history! Many of the readers will be able to resonate with the ideas from our collective inner wisdom or common sense! Grateful thanks go to all of these influences.

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Part 1

Overcoming Emotional Difficulties

Chapter 1

Mind Pollution

Emotional difficulties are like pollution or grime in our mind. They get in the way of us having access to the good emotions, and tend to hold us back and stop us thinking clearly, objectively and positively.

In our homes, we need to clean up and dispose of rubbish just to maintain order and it's obvious to most of us what needs to be cleaned and cleared out. When our home is clean, and when we feel ready, we could tackle cupboards and store rooms and throw out stuff from the past that serves no useful purpose any more.

In the same way, our minds need maintenance and clearing out to maintain order. We often, though, are not that aware of what needs to be cleared, and how to do the clearing. We are so used to living in the swamp! In fact, most of us don't realise that we are more than our minds, but we can learn to step back and look at our minds.

Often, it takes a crisis such as an illness or threatening relationship end for us to admit that things need to change.

Emotional difficulties such as anger, fear, anxiety and sadness are signs of the pollution in our minds. Like physical pain in our bodies, this emotional pain can be seen as a signal that something is wrong. If we feel burning pain when we put our hand into hot water, we quickly remove our hand. Strangely enough, we don't do the same when we experience difficult emotions. We tend to try and fight them by saying, 'This should

not be happening', or analyse them by looking for the reason for them. We also get very good at avoiding them by not doing things that bring them up.

Expression and Suppression

When we do feel emotional pain, we tend to do one of two things. We can express it. This helps us rid ourselves of it very quickly, but it isn't always best for others around us, especially if it's anger or fear! That's like throwing the rubbish out into our neighbour's garden for them to deal with. Suppressing it is very common, but can lead to our holding on to it till later, and expressing it, often to the wrong person. When we suppress, we carry on being tense at whatever has triggered us, and thinking negative thoughts, but then we control our behaviour.

Repeated suppression will lead to body tension, and mental and physical illness.

Letting Go

However, there is a third way to deal with emotions that bother us. This is called 'letting go' or 'detaching'. We do this automatically a lot of the time anyway, especially if we get so used to a stressor that we can 'rise above' it. If we start to have an awareness of our 'mind pollution' signals, such as difficult emotions, as they come up, we can make a conscious decision on the spot to let go. This means simply releasing tension on the signal. If we make the intention to let go and calm ourselves in some way right at that moment, that's like disposing of our rubbish or 'clearing' from our minds in the correct bin.

What we are probably doing is replacing tension in that moment with a relaxation response that will be learned by our brain and repeated whenever we come across a similar stressor again. We are creating a new response to that situation. Instead of 'dumping it in our neighbour's garden' by expressing it, or 'keeping it in our own house' by suppressing it, we send it off to the correct disposal service as it

dissipates to nothing! If we let go at the point of pain, our behaviour will not need to be controlled to protect others' feelings, because we will be much more calm and balanced. Calmness always makes us think straighter.

Solving Problems

It might look from the outside that we are ignoring the problem, hoping it will go away, but we are actually putting ourselves in a calm position to make a better and fairer decision about what to do. The old idea of counting to ten before we proceed is a perfect example of letting go. Some may feel that we need a bit of tension or fear to help keep us safe, but we can still be careful without the tension, and be in an even better position to make good safe decisions.

Life is...?

Life allows us to do all three: expressing, suppressing and letting go. Sometimes it will be appropriate to express to release the tension, and sometimes it will be appropriate to suppress, which will teach us to put up with pain. Letting go happens automatically as we become familiar with discomfort, which means we become more resilient or 'change', as we get outside our comfort zone. This is the difference between someone who has 'got over' a trauma, and someone who hasn't. This is what most behavioural therapists rely on when they 'expose' people to the things they fear. We also rely on this when we say no to a child. What we are doing here in this approach is taking this a step further to deliberately let go more often, in fact, as often as we can. The more often we let go the more progress we will make.

How to Let Go

This might seem like an impossible task, and to begin with, like learning to ride a bike, it feels hard. It simply means making the definite intention, and using a technique to calm and replace the tension we feel with a relaxation response.

We can do this by deliberately diverting our attention back to the task at hand in the 'here and now'. For example, if we are feeling tense in the supermarket, we deliberately focus on the shopping, or if we are nervous about an interview, we look around for something to take our attention. We do not get angry with ourselves for having the emotion or try to analyse it. This is similar to advice for meditation. When we find ourselves thinking instead of watching our breath, we are advised to gently bring our attention back to the breath.

We can also use common relaxation techniques then as well, like focusing on breathing or relaxing our muscles.

We can simply say to ourselves, 'Let go!' as a reminder.

We can sometimes detach by smiling to ourselves like we would to a child we love when they are behaving badly.

Often we can convince ourselves to let go by changing the way we think about the situation, by asking ourselves, 'Is this emotion serving a purpose?'

When the tension comes back, we do it again. Again, we do not add to the tension by beating ourselves up for feeling bad, analysing why or saying to ourselves, 'This should not be happening!' This is just more mind pollution to add to it.

What follows in this book are letting go techniques that make this so much easier and longer lasting.

Mind Pollution Signals

We can start to have an awareness of these signals and stop seeing them as the enemy, but as an opportunity to do some clearing out. These take the form mainly of negative thoughts, painful emotions and body tension. Some people will be more emotional and others will do more thinking. Often these signals are missed, and we only realise something is wrong when our behaviour is affected. Often, even then, our behaviour is so habitual that we can't see anything wrong with

it, and it might take others' behaviour towards us to make us take notice. This build-up in awareness is as essential in managing our mind as looking at traffic signs and listening to the car engine is for driving. Often similar habitual thoughts, emotions and behaviours have been repeating at different points in our lives in similar situations. Real change can only come when we 'let go' internally, like taking our hand out of the hot water, rather than by 'solving' the problem by changing outside circumstances again. It's like cleaning our house ourselves instead of getting in the cleaners, or moving out every time it gets too dirty!

To begin with we will probably miss lots of our signals, so we must be kind to ourselves if we miss them, as it's not our normal practice to look for them. As we become more practiced, we can notice more and more subtle signals, like resistance to an idea or avoidance behaviour, like we might if our car made a slightly different noise from the usual.

Conscious and Subconscious Mind

Our conscious mind is that part that we are aware of, and the part we make decisions and intentions with. Our subconscious mind makes up a much larger part of our mind, and is where all our memories, beliefs and past decisions are held that have often been forgotten by our conscious mind, but are still active in creating our present thoughts, emotions and, therefore, behaviour. One job of psychotherapy and counselling is to explain why we experience certain emotions by bringing into consciousness that which may have been unconscious. However, though it might help explain, we still have to 'let go' or 'clear out' to really make changes and stop habits repeating, and the pain returning. Some of the pain may be from inherited traits, or be due to very early trauma that we may never remember, let alone want to look at. Some past trauma need not be revisited for us to be able to see repeated patterns and stop them. If we look for signals in the 'here and now', we don't need to have knowledge of our subconscious mind to be able to let go at the point of pain and dispose of them from now on.

Beliefs and Prior Decisions

What we believe about ourselves, the world, life and happiness are both present in our subconscious and conscious mind, as are decisions made, particularly at a traumatic time in our life, or taken on as a result of what others have told us. These beliefs and decisions affect our thoughts and emotions hugely by creating a sensitivity, tension or alertness to specific events or triggers. An example might be someone who believes they are stupid having self deprecating thoughts and feelings of embarrassment and shyness in many different situations, but paying no attention to someone who praises them. It doesn't matter where the belief came from, but if that person starts to recognise the mind pollution signals, they can clear out or let go as soon as they feel the embarrassment.

Progress: Going Deeper

Letting go or detaching is great for the 'here and now' in everyday maintenance of the mind, but this can be taken much further by 'tuning in' to feelings thrown up when we focus on memories, people or situations in the past, or hypothetically in the future, and use a technique to let go in the present. This gives us a chance to open up the 'cupboards' and 'store rooms' of our minds and start clearing them out.

Past and Present

We can't reverse our past, but when we come across our mind pollution signals, we can see them like weeds that surface in our garden or driveway. We can get rid of them by pulling the roots up or we could just cut them as soon as they surface, and every time they surface. If we did this with our pain signals by letting go every time they surface, we wouldn't need to examine the roots. We don't need to know the reasons for the physical pain felt when we put our hand in the fire, so if we can just let go when we feel emotional pain and get instant relief, we don't need to know why we feel it. Roots will die if they don't have any shoots to feed them. Giving our pain

attention by fighting against it every time it comes up will keep it alive. Letting go will cause our pain to die and give us more energy to enjoy the good things in life.

Chapter 2

Sabotage

None of us escape this! Many of us will be feeling the effects of this right now as we read this, in the form of negative doubting thoughts, or confusion about what we have just read. It's the 'devil' on our shoulder that is telling us there's no easy way, or it can't be that simple, and giving us a million other excuses for ignoring this advice.

Most often the sabotage comes up as soon as we make an intention to improve. They are due to long held beliefs and prior decisions, often sitting in our subconscious minds, which show up and put a brake on our progress. No matter how serious and sincere we are about our self improvement, whether it be an intention to lose weight or stop another bad habit, manage stress or anxiety, reach any goal or improve a relationship or our confidence, these saboteurs create the 'one step forward, two steps back' effect. They should not, however, be seen as the enemy, but as being there to be recognised and let go of like the handbrake in our car.

The Healing Switch!

Supposing a mental health expert or God (they are not the same!) gave us a switch that we could use to turn off every time we felt emotional pain! Of course, we would use it, wouldn't we? What's fascinating is why we wouldn't! The reasons for this are the same ones as for sabotage! Their roots are the inherited traits, beliefs and prior decisions that show up as thoughts, emotions and behaviour that discourage progress towards our goals.

Recognising the Sabotage

Again, it is not important that we figure out the roots of the sabotage, but just when the shoots are showing, and see them as such, and let go at that point and quickly get back to

working on our goals. These shoots are especially good at disguising themselves as valid reasons for stopping going down our intended route, as all sabotage is! All we need to know is that they do indeed stop progress towards our goals. That may not always be a bad thing, as we may need a break from the unrealistically fast pace we have set ourselves, for example, if we have intended losing too much weight or we have too many goals to work towards in a short time. We may then have to decide to prioritise or change our goals. We may need to be more honest with ourselves about what we really want.

Examples of Sabotage:

Denial

The number one cause of sabotage is denial, either of the need to change or the possibility of change. These are backed up by beliefs like, 'I'm sick', or 'I'm too damaged', or 'It's everyone else that needs to change', or 'I will find a way through this like I've always done'. This makes us dismiss all advice as no good or label it as unscientific, wacky or a waste of energy. One of the main thoughts that may repeat is, 'Why should I?' or 'No' or 'What's the point?'

Fear of Change

The number two cause of sabotage is fear of change. Fear of failure is often thought to hold us back, but fear of success does so even more as it is a completely new experience, and often needs a lot more effort to take on new responsibilities. There may be such a change in us that our relationships change. Not all of our relationships are based on positive things! We may also be afraid of the next step, and feel that change may uncover more difficult things to deal with or other, more difficult emotions. This fear will manifest as all sorts of behaviours that divert our progress, like studying to satisfy the need to have an explanation of how it all works or if it has been proven to work; all sorts of procrastination and reacting to negative thoughts and closing off from the present task, or

identification as a sick person or another disadvantaged group member. How many of us have started the job of cleaning a cupboard and were diverted by the fascinating old photographs we found there, or went on the internet to find something, and ended up wasting four hours following links to other sites that take our fancy?

Guilt

The number three cause of sabotage is excessive guilt. Guilt, of course, has its positive uses in that it stops us behaving too badly towards others, so this one might need to be weighed up a bit more than the previous two causes when deciding to let go of it or not. However, it can be, for some, the biggest saboteur of all. We can often decide to punish ourselves for doing something bad in the past by saying, 'I'll never forgive myself.' Many of us have been brought up to be 'model citizens' with a large helping of guilt being fed to us daily! However, we also know the effects on humanity of too little guilt and taking personal responsibility for our actions. The idea that we have an innate knowledge of right and wrong is a nice one, but if we hold on to a lot of anger and feelings of injustice, this may cloud our judgement in favour of being cruel. In letting go of guilt, we need to be careful that we also let go of anger, but in this approach, the idea is to let go of all pollution in our minds. The way that excessive guilt manifests is usually in thoughts such as, 'I'm not good/clever/interesting enough' or 'I don't deserve anything better' and self denying behaviour. People love us, but we never seem to really get what we want because we don't like to ask for it, or only ask for what we think we deserve, or we get it too briefly then give more away. Some people who are largely attached to a belief like, 'I'm no good' can, without intention, spend their whole life sabotaging every attempt to better themselves. It might not occur to us, but punishing ourselves doesn't only make us suffer, but we pull others around us down too, which can make us feel even guiltier. The only way to get out of this cycle is to forgive ourselves, which means watching out for the guilt signals and letting go when we experience them. They often come when we say 'no'.

Attachment to Our Story

Another cause of sabotage is attachment to our own sad story, which we will recognise if we have one that we repeat to lots of people. It might be something like, 'Things are too expensive these days', 'My depression is bad today', or it may be about a past trauma. For some, this attention provides positive reinforcement, but retelling an event from the past often retraumatizes so should be done with great care. The energy therapies described later have proven to be useful because they only go forward with this when the person has let go and is in a calm state, but it is still advisable to leave it to a good therapist to handle.

If we are struggling to ignore or overcome these saboteurs, it is often useful to remind ourselves of where we are now, and the reasons we are unhappy.

Letting Go of Sabotage

Our first task is to be on the look-out for the signals that we are sabotaging. Look for anything that stops our progress, and realise what we are doing, then we can let go and get back to the task at hand. Getting annoyed with ourselves or analysing why only adds to the sabotage, so we need to let go of the habit of doing this too. Alternatively, seeing the sabotage as gifts of communication about what needs to be cleared, gives us the opportunity to clear a bit more of our mind pollution, rather than getting upset about it. It's like coming across another closet in our mind that needs cleaning. It's better to use the energy we would have used to complain about the dirty closet to get it cleaned!

Another way of cutting down the potential sabotage is to make an intention to let go of the beliefs that cause it. As mentioned before, we don't have to identify every one consciously. What follows in this book and in the recordings that compliment it are exercises that take this into account. Unless we do clear these saboteurs, there will always be obstacles that get in the way of our progress. It is best to clear these regularly as

we work on different areas of our life, and take on new experiences and challenges.

Example

Let's suppose that we want to lose weight. As soon as we start to diet, we become obsessed with food, and develop cravings for all that is bad for us. We then end up in the cycle of starving and bingeing, and, in the end, can even put on weight instead! This is due to sabotage. What we need to do is let go of the underlying sabotaging beliefs to get rid of the obstacles. What usually would happen then is that we would only feel hungry when we need to eat, and be attracted to healthier food. We wouldn't beat ourselves up for eating fattening foods, so we could still enjoy our treats, but the chances are that we would not binge to excess on them.

For many of us, the main problems are really only the sabotagers, so this might be enough to be working on as it takes so many causes of our pain signals into consideration. Letting go of these will give us not only a clear path, but a clear view of what is important for us to aim towards.

Sabotage Clearing Script in Appendix 2

Chapter 3

Self Help Therapies

There are a growing number of very effective self help 'energy' therapies in the alternative and new age field. Many of these work well on both the mind and body as they recognise the link between emotional suppression and body symptoms, as does many traditional medical systems. Although this book concentrates on Z Point Process™ (1), the letting go process can also easily be applied to other popular quick relaxation techniques, and to EFT® (2), TAT© (3), Ho'oponopono (4) and The Sedona Method® (5). Those alternative therapies that deal well with emotional pain, such as homeopathy, acupuncture, and hypnosis can be likened to 'getting the cleaners in' because they help clear the mind pollution, but they are expert outside help.

Drugs and Addictions

Conventional drug therapy, such as antidepressants, and self administered street drugs and alcohol, as well as all our other addictions, tend to suppress the emotional pain, rather than clear it out, so we never really get free of it. However, what they do that is useful for some is enable us to live with our emotional pain at a level that is bearable. Then we can still use the techniques in this book to make internal changes, and, in doing so, we will feel in a better position to reduce and come off our drugs and addictive habits.

ZPoint Process™

This book gives emphasis to the use of ZPoint Process. This is a very effective and easy to use self healing technique that, once it is learned, can be used on the spot in many difficult situations, or, with the use of the accompanying scripts and recordings can be used very easily for specific problems. It involves simply 'installing' a 'cue word' by the reading of or listening to a simple statement once (Appendix 1), then this

cue word is repeated over about 5 to 10 seconds or longer whenever we intend to 'clear' a feeling that is troubling us.

The 'Off' Switch

This process is a way, like many of the new self-help energy therapies, of quickly letting go, because it creates a very fast relaxation response while concentrating on a difficult feeling. Because it does this fast, it can quickly be repeated until we feel completely at peace, so the clearing is much more thorough than just creating the intention, talked of up till now. Having and stating the intention to let go can be likened to sweeping up with a brush, but using ZPoint process, is like having an energy saving device, such as a vacuum cleaner that 'sucks up' our painful emotions, acting like the 'healing switch' mentioned in Chapter 2. Because its intention is to deal with the underlying causes as well, without having to know them all, it's like pulling up the roots of the weeds as well.

'On the Spot' Clearing

This self healing process can be used incredibly easily on the spot when we feel bad in many different life situations. It requires us to be aware of our difficult emotions, and face them full on, and make a statement, 'I clear all the ways I feel this feeling', then repeat the 'cue word' several times for five to ten seconds. Each feeling has its own 'flavour' or 'signature', that we habitually feel, and intending 'clearing' this and repeating the cue word helps to dissipate it amazingly quickly. There are a few more statements that can be added to this first statement to make the clearing more thorough (Appendix 3). This sounds too simple to work, but the repetition of the cue word is said to access the subconscious mind or our 'inner wisdom' quite deeply, and help make amazing changes. While it does this, we may get insights into the reasons for feeling the way we do, and some memories may come up, but they won't have the same emotional pain connected with them as this is what we are clearing. We become our own personal therapist!

Preventive Background Clearing: Going Deeper

Once we realise we can release emotions on the spot, we can start working away in the background on issues that come up for us often, like sadness, anger, anxiety or a whole bunch of emotions about past events or people that still bother us. In doing this, we will prevent the patterns of pain repeating. The ZPoint scripts and recordings are designed to scan these feelings by making statements that help us tune into them, then making the intention to clear them. We may not resonate with some of the statements if we feel they don't relate to us, but it is worth repeating our cue word anyway as there may be a deeper unconscious part of us that does. For other statements, we may feel that we really resonate with them, so we can spend a bit longer saying our cue word to these, or we may decide to do some more work on that specific aspect by taking that statement and repeating the long version in Appendix 3, replacing 'this feeling' with our statement, till we feel better. The scripts and recordings work best if repeated a few times, particularly at the start; maybe daily for a week. They can be alternated with others like the sabotage one and revisited from time to time to reach deeper aspects or 'roots'. We can slow down or speed up the process as we please. They can be used like a crash diet over a short period of time, or like a 'healthy eating plan', as a new way of being over a long period. Once the benefits are experienced, this is how many people use ZPoint and intentionally letting go.

Tension Release

We can often experience yawning as a result of clearing, and this, though not necessary, can be seen as a good sign of deep tension release. After a clearing we may feel different, like we've been meditating for a time.

Deep Rooted Habits

Some feelings and their origins will be more difficult than others to clear, sometimes because of sabotage, but sometimes because they are so habitual and deep rooted.

Then the 'off switch' we have turns into a 'dimmer switch', but often if we persevere with the process these feelings become extinct too. Even if they don't, we can learn to accept and live with them with more ease, and make decisions about what we want to do in our lives to minimise them.

Persistence

Sometimes too, we may clear some difficult emotion, and it comes back to surprise us much later. It may be tempting to become despairing and judgemental of the whole process, but please remember to just clear it again. In fact, having the attitude of welcoming it as an opportunity to clear is best. This goes for all things difficult in our lives, even if we don't feel like welcoming them! This doesn't mean we have to put up with difficult people and situations in our lives, but we can still decide what to do more objectively once we've let go. This might still mean choosing not to be around that person or situation, but we won't be making that choice to avoid painful emotion this time.

The scripts and recordings with this book are designed to make this whole process as easy as possible. If they are used as intended, they will make big internal changes.

It Can't Harm!

Most situations we look at have both positive and negative aspects. One of the things to remember is that the feelings, thoughts, beliefs and decisions we clear are only those that block our progress and not the positive ones. This is because we are calming ourselves, which always leaves us in a better position to think more clearly and positively. That leaves us with plenty of energy to meet new challenges and work towards getting the best out of life. In fact, the visualisations and positive statements in the scripts and recordings are there so we can release any objections we have deep down to them by changing that deep down tension to relaxation.

Just Think!

Clearing our mind pollution means the patterns stop now! We won't take them into the future, and to future generations. Just think how it would be if everyone did it! However, getting others to do it tends to happen if we start with ourselves first.

Further Reading on Self Help Energy Therapies

- 1. ZPoint Process™: www.zpointprocess.com and www.zpointforpeace.com.**
- 2. EFT® (Emotional Freedom Technique): www.emofree.com.**
- 3. TAT© (Tapas Acupressure Technique): www.TATlife.com.**
- 4. Ho'oponopono: www.hooponopono.org.**
- 5. The Sedona Method ®: www.sedona.com.**
- 6. Energy Therapies Article: www.stressalternatives.co.uk.**
- 7. Global Coherence Project: www.glcoherence.org.**

Chapter 4

Planting the Flowers

Just doing what has been advised so far to ‘clear out’ the mind pollution gives us space to allow the positive areas of our lives to shine through more. Once we stop dwelling on the negative, amazing things start to take root and flower.

Positive Affirmations

We can speed up this process by planting some flowers of our own, so there’s even less chance of the weeds taking over again. A lot of self-help advice concentrates on this aspect by advising the use of positive affirmations or statements about all sorts of things in our life. It is possible to change our attitude and beliefs by bombarding ourselves with positive statements. The idea is that our true positive self will hear them.

How they may Work

The reason they have to be repeated so much is that our negative side has to be beaten into submission by the antidoting positive statements. If we say them often enough, we stop fighting against them and start to accept them as fact.

When we first start to say positive statements to ourselves like, ‘I love you’, ‘I am calm and peaceful’ and ‘I am increasing my income’ all our objections come up straight away because a large part of us is stopping this truth. A lot of us give up because we can’t be so dishonest with ourselves. However, these are the polluted parts of us or the ‘weeds’. Every time we say or think something we ‘want’, this ‘wanting’ or objection gets in the way. It creates a ‘tension’ or ‘energy’.

If we carry on saying the positive statements to ourselves, we are ‘letting go’ of the objections or the feeling we are lying to ourselves bit by bit till our conscious part and our truth are

saying the same. That takes hard work and determination, but it does work.

However, if we use energy therapies at the same time as thinking about what we want, we take away the tension or 'weeds' much more quickly. The ZPoint clearings in this e book take this into account in the circle visualisations and the 'What if' statements.

Taking this Further: Gratitude

It's said that happiness is not 'getting what you want' but 'wanting what you've got', in other words, being grateful. This attitude is known to draw good things to us. We are taught to give thanks from our childhood, but not often that the good feeling of this will benefit us too. When we are genuinely thankful, maybe for nature, or the innocence of a baby or for a gift that someone has given us, not feeling obligated by it, we have a really good feeling that surfaces.

'Taking things for granted' can become a habit caused by the 'weeds', so we can't see what there is to be grateful for. It can take a lot of effort for us to think of things to be grateful for as the negative stuff gets in the way. There will be things all around us to be grateful for from the moment we wake up, but we can't see them. How much happier we could be if we could see them clearly!

Letting go of sabotaging beliefs such as 'I don't deserve' will help to kill off the weeds, but starting to look for things to be grateful for is like planting flowers, and giving them attention is nurturing the good feelings and making them bigger. If we also let go of our objections with an energy therapy or quick relaxation technique, we will quickly kill off the weeds. What if we could start off our day with those great feelings? It would be hard not to smile!

Doing this as a Routine Exercise

Appendix 4 has an exercise that can help start us off and make this easy. As time goes on, we will lose the objections

and will be in a better position to think up things specific to us that we are grateful for.

'It's All Good'

Once we go down this route of clearing out and planting the positive, then we can see why we could even be grateful when something apparently 'bad' happens to challenge us. It can always be seen as a message to us and an opportunity to let go if we choose this way of thinking.

Global Gratitude

There are a few projects around the world (e.g. global coherence project, web on p22), as well as many religious teachings and practices that use this concept of 'praise' or 'counting our blessings'. There's good reason for this. It's not merely a 'new age fad'!

Mental Habits and Addictions

What if what we do with our minds is just habitual? What if we have just created familiar pathways or 'grooves' in our mind that are difficult NOT to go along once they are established in our early life or after a trauma? Even if they are painful, they are familiar and we identify with them, like the usual route we take to work in our car. Some of these routes will even give us relief from tension, for example, the angry or sad thoughts that we express. They could actually be likened to an addiction if we do them often enough. The more we do them, the more addicted we become to them. That groove we have created in our mind 'route map' can get pretty deep and feel impossible to get out of. We would first have to stop going down the old route, then create a new route. This is what we are doing with the techniques described in this book. Letting go is stopping ourselves going down the old route, and inserting positivity and gratitude is creating the new route. It's our choice what route we take, once we have this awareness. Taking the decision to try a new route is the first powerful step, and

reminding ourselves to keep on the new route stops us falling back into the groove.

Appendix 1

ZPoint Process™ Cue Word Installation

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The ‘cue word’ can be any word, but preferably one with no strong emotional connection, and probably not someone’s name. ‘Yes’ is a nice short positive word, but sometimes it’s best to go with (a sensible) one that pops into our head. At any time the cue word can be changed by saying to ourselves, ‘I change my cue word to.....’ There’s no need to go through the installation procedure more than once, as our subconscious mind will remember it.

Firstly, decide on a word then read the following statement and pay attention to what is written.

‘I hereby set a powerful intention within you, my subconscious mind, to effect the best of all possible outcomes by this clearing, and that each time I notice a pattern or patterns I wish to eliminate, as I say or think my cue word, you will eliminate all such patterns and components of patterns completely and safely, and each time I repeat my cue word in sequence, you will access deeper and deeper layers and all parts and all aspects of my being.’

Now all that is required is that our cue word is repeated several times over five to ten seconds, whenever we need to clear on the spot or with the clearing scripts included in this book.

Appendix 2

Sabotage Clearing Script

This is a Z Point script to help address our issues around sabotage. Sabotage in our life is due to lots of factors, but all of us do it. Whenever we try to make changes for the better these saboteurs often quickly turn up in our lives. They are a large part of our belief structure that repeat over and over and show up as thoughts, emotions and behaviour, and affect others behaviour towards us as a result. They are the discouragers and the doubt makers that put a brake on our progress and create the one step forward, two steps back effect. They should not, however, be seen as the enemy but as being there to be recognised and let go of as part of our past that we don't need any more, and unless we do let them go there will always be obstacles on our life journey. This is a deep clearing, but a necessary one. This script will be one that will be best revisited regularly as new aspects come up as we work on different areas in our lives.

So now to begin. All that is required of you is that you read the script to yourself, repeat your cue word over 5 to 10 seconds after each statement and trust in the process.

Firstly, two statements to start with and please repeat your cue word after each of these.

I am open to the possibility that my intentions to clear will not be blocked by some part of me wanting things to stay the way they are now.....cue

I accept things are the way they are just now and forgive myself for my feelings, past and present.....cue

Now some general statements and just repeat your cue word after each of these please.

I clear all the ways and reasons I resist change in my life.....cue

I clear all the ways and reasons I deny the possibility of improvement in my life.....cue

I clear all the ways and reasons I feel life is hard.....cue

I clear all the ways and reasons I feel life is hard for me.....cue

I clear all the ways and reasons I feel nothing works for me.....cue

I clear all the ways and reasons I feel I've been through too much.....cue

I clear all the ways and reasons I feel I don't deserve a better life.....cue

I clear all the ways and reasons I feel I'm not good enough.....cue

I clear all the ways and reasons I feel I need to be liked.....cue

I clear all the ways and reasons I'm scared of change.....cue

I clear all the ways and reasons I feel I can't do it on my own.....cue

I clear all the ways and reasons I feel I can't trust.....cue

I clear all the ways and reasons I am attached to my own sad story.....cue

I clear all the ways and reasons I feel powerless.....cue

I clear all the ways and reasons I don't see the point in life.....cue

I clear all the ways and reasons I blame others.....cue

I clear all the ways and reasons I get angry and resentful.....cue

And now some statements to help us tune into the feelings: repeat your cue word after each of these please.

As I think about achieving my potential, I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about changing habits, I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about what I have to gain if things improve, I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about what I might lose I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I compare myself to successful people I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about what effort it might take to change things I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about taking full responsibility for change I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

When I think about death I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about how others have treated me I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about what I want I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about trusting I feel.....cue
I clear all the ways and reasons I feel this feeling.....cue

As I think about what I deserve I feel.....cue

I clear all the ways and reasons I feel this feeling....cue

As I think about receiving from others I feel.....cue

I clear all the ways and reasons I feel this feeling.....cue

When I think about ambition I feel.....cue

I clear all the ways and reasons I feel this feeling.....cue

As I think about me I feel.....cue

I clear all the ways and reasons I feel this feeling.....cue

As I think about my life I feel.....cue

I clear all the ways and reasons I feel this feeling.....cue

As I think about my place in the world I feel.....cue

I clear all the ways and reasons I feel this feeling.....cue

As I think about happiness I feel.....cue

I clear all the ways and reasons I feel this feeling.....cue

And now I would like you to imagine if you will, a circle in front of you of white light, and in this circle I would like you to imagine yourself on a journey, and it's your life journey, and you have certain aims and ambitions for that journey. Small daily things, but also longer term ones, maybe overcoming fears, changing bad habits, improving relationships, making more money, letting go of past trauma or improving your health, and everything is set for your journey and then up comes the obstacles, and these obstacles are actually created by your beliefs about yourself and your abilities, about the world, about others, about happiness, about life, and they have all been created in your mind by your experience and what others have told you. For example, 'I never succeed, I don't deserve it, I'm not good enough, I'm scared of change and the unknown, I don't need to change, Its too much effort, I'm too damaged, I've invested so much in being who I am, I can't change that now', and your subconscious mind will remember experiences and will put all the others in if you intend it to. And so, back to our journey, its one step forward and then

these beliefs take you on a diversion route, and if you are really attached to these beliefs your whole life can be about the diversion route, so how great it would be if we could intend them to go away and give us a smoother ride through life, and the times that we slow things down are through our own choice. So lets do it now, and as we count from ten to zero we will intend that we just let go of all these obstacles. Repeat your cue word after each number, beginning with ten (cue word), nine (cue word), eight (cue word), seven (cue word), six (cue word), five (cue word), four (cue word), three (cue word), two (cue word), one (cue word) and zero (cue word).

And now if you will, imagine in front of you another circle of white light and this circle is our 'circle of progress'. Put ourselves in that circle again and also what we really want in life and intend that we get a clear view of this, and when we aim for it, the obstacles that we just talked about are just not there any more, and we take our life journey like a tourist in a new country looking at every experience with a fascination as the first time we have ever come across it, and we allow true inspiration and intuition to be our tourist guide, and we just trust that everything will be okay, and lets, as we count down from ten to zero, let go of any objections we have to this image, beginning with ten (cue word), nine (cue word), eight (cue word), seven (cue word), six (cue word), five (cue word), four (cue word), three (cue word), two (cue word), one (cue word) and zero (cue word).

And now for some positive statements, and again please repeat your cue word after each of these.

What if I stopped listening to my own sabotage?.....cue

What if whatever happens to me could be seen as a gift?.....cue

What if life flowed much more smoothly from now on?.....cue

What if I really am good enough?.....cue

What if I loved myself the way I am?.....cue

What if I trusted that my diversions were of my choosing?.....cue

What if I could look forward to the ups and the downs?.....cue

What if every day I was more certain of my life's purpose?.....cue

What if I no longer wasted energy on the diversions?.....cue

And finally

What if it was time for me to start really living?.....cue

Appendix 3

ZPoint Process General Clearing Statements

These are for use either when already in a situation where we are experiencing a difficult feeling when our mind pollution signals showing, or if we think of a situation to tune into the feeling. We can choose either the short version and repeat this till we are at peace, or the long version that will access deeper 'roots'.

Always repeat your cue word for five to ten seconds after each of these statements.

Short Version

I clear all the ways I feel this feeling.....cue

I clear all the patterns connected to all these ways.....cue

I clear all the emotions connected to the patterns.....cue

Long Version

I clear all the ways I feel this feeling.....cue

I clear all the ways I feel this feeling because.....cue

I clear all the ways I feel this feeling whenever.....cue

I clear all the ways I may feel this feeling if.....cue

I clear all the ways hidden and unconscious parts of me don't want to let go of this feeling.....cue

I clear all the ways these parts may get a benefit from holding on to this feeling.....cue

I clear all the ways these parts wouldn't feel safe if I let this feeling go now.....cue

I clear all the ways these parts wouldn't know who I was if I let go of this feeling now.....cue

Appendix 4

Gratitude Script

This script is designed to create a feeling of thankfulness for all that we have in our lives, by releasing all our objections and blocks to having that good feeling. This will lift our mood and make us more open to receiving other good things, as well as making it easier to give thanks and appreciation.

This can be carried out using any relaxation method, the ZPoint cue word after each statement, or with any other energy therapy such as EFT. These will release any uncomfortable feeling that is brought up by the statements.

This exercise would be a great start to any day.

Firstly, a couple of statements on your behalf. Just imagine that you are saying these to yourself.

I am open to the possibility that all parts of me will embrace this change.

I forgive myself for any feelings, past and present and accept how I feel right now.

Now for some statements about life, and please use your own energy therapy or relaxation method while reading these:

Life is good....

Life is amazing....

Life is a fascinating journey....

Life is worth living to the full....

Life is fun....

Life is love....

I love life....

I am life....

Now statements about things we enjoy:

I enjoy the beauty of my life....
I enjoy my connections with people.....with nature.....with art and music....
I enjoy my solitude....
I enjoy my rest....
I enjoy conversation....
I enjoy laughing....
I enjoy intimacy....
I enjoy being entertained....
I enjoy being outside....
I enjoy being warm....
I enjoy falling asleep....
I enjoy waking up....
I enjoy tasting....
I enjoy sensing....
I enjoy giving....
I enjoy receiving....

Now for some statements about being thankful:

I let go of feeling I SHOULD be thankful....
I am thankful....
I am thankful for my home....
I am thankful for the location I live in....
I am thankful for the things in my home....
I am thankful for my family....
I am thankful for my upbringing and parents and siblings....
I am thankful for people close to me and their love....
I am thankful for good people in my life....
I am thankful for my job and my income....
I am thankful for my security....
I am thankful for transport....
I am thankful for nature....
I am thankful for my good neighbours....
I am thankful for the food I eat and access to it and its abundance....
I am thankful for the people who grow, farm and sell the food....
I am thankful for clean water....
I am thankful for my country....

I am thankful for the time in history I'm living in....
I am thankful for access to medical care....
I am thankful for technology, computers, the internet and media....
I am thankful for music and art....
I am thankful for books and the written word....
I am thankful for my beliefs....
I am thankful for my skills, abilities and gifts....
I am thankful for others' abilities that I benefit from....
I am thankful for my teachers....
I am thankful for peace and the organisation of government....
I am thankful for my local government services....
I am thankful for my health....
I am thankful for industry....
I am thankful for my clothes and shoes....
I am thankful for my leisure time and fun....
I am thankful for all my possessions and shops to buy more....
I am thankful for heat, cold, sunshine and rain....
I am thankful for free choice....
I am thankful for all that I have....
I am thankful for all that I receive....

And now lets imagine we're going on a trip, to a place we have felt really amazed and grateful in the past. It could something as simple as a sunset or blue sky, or an experience with a baby or child, or listening to a fantastic piece of music or a theatre performance or a time we tasted something astounding. If you can't think clearly of a time, just imagine what it must be like.

Now tune into that feeling, and just notice what your body is doing. Now imagine that feeling expanding all over your body then beyond to the room or locality you are in, and then getting even bigger to the places you go. Imagine that feeling touching everyone you love and mixing with their energy. Now imagine that feeling expanding even more to include all of the earth, and give thanks for the planet we live on and how it nurtures us. Now be amazed at the sun and the moon and the rest of the universe that we have little awareness of usually, and draw your own nourishment from this. And now take your awareness back to our own planet, then your own locality, then your own body, and the organs and cells that make it up.

Send them all a vote of thanks for being available to us, and now take this feeling to the time we are in now and the time we have spent up till now, and that which we have still to spend, and the experiences we still have to meet and the living we still haven't done. Take some time here to use our relaxation method to reinforce this feeling.

Now feel this feeling and remember we can access this at any time we like. If we want, we can touch a specific part of our body to remind us, perhaps squeezing our little finger with our thumb, and from now on this feeling is available to us when we do this. And now bring our awareness back to the here and now, and take a deep breath and let it out.

Further Reading Suggestions

General on Alternative Healing

***'Vibrational Medicine for the 21st Century', Richard Gerber, (Piatkus 2000)
ISBN 0-7499-1963-9***

***'Planet Medicine, From Stone Age Shamanism to Post-Industrial Healing',
Richard Grossinger, (North Atlantic Books) ISBN 0-938190-65-2***

New Age

***'Full Catastrophe Living- How to Cope with Stress, Pain and Illness using
Mindfulness Meditation', Jon Kabat-Zinn, (Piatkus 1996) ISBN 0-7499-1585-
4***

***'The Secret', Rhonda Byrne, (Beyond Words Publishing 2006), ISBN 978-1-
58270-170-7***

'The Power of Now', Eckhart Tolle, ISBN 1-57731-152-3

***'Until Today- Daily Devotions for Spiritual Growth and Peace of Mind', Iyanla
Vanzant, (Pocket books 2000) ISBN 0-671-03766-8***

Self Help Energy Therapies

***'The ZPoint Process for Instant Emotional Healing- A Transformational
Process', Grant Connolly (2006) (From Web site)***

***'The Sedona Method- How to Get Rid of Your Emotional Baggage and Live
the Life You Want', Hale Dwoskin (Element 2005) ISBN 0-00-719777-2***

'The EFT Manual', Gary Craig (Free from Web site)