

Letting Go Of Core Issues: The Process

Notes and description by Keith Scott-Mumby MD, MB ChB, PhD

From a program originally entitled “The Power Of Choice” by
Bob Ross.

NLP elements added by Jerry Colette to create:
“Finding Inner Peace”

SECRET

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Imagine your life with more inner peace.

What would that be like?

Imagine it as fully as you can.

Feel it BOTH emotionally and in your body.

In the InnerPeace process, you will face up to some of your deepest fears.

You might consider this a mild form of "intentional suffering" in which you face your "worst case future" NOW to free yourself from EVER having to suffer that way in real life.

Another way to understand this is that it is similar to the "Scared Straight" approach, in which wayward youths are taken into prisons to meet hardened criminals. They get a sense of what their future would be like if they were to continue on the path they are on.

Just as the youths are not left in the prisons, InnerPeace does not leave you in your worst case future of what would happen if you were to hang on to your issues. From that worst case possible future that you will visit in steps 2, 3, and 4, InnerPeace then takes you to your best case future of what happens after you let go of these issues in steps 5, 6, and 7.

Then you choose which future you want to create and figure out how to do it.

InnerPeace is an exciting process.

Get ready.

Take three deep breaths, exhaling each one fully before taking in the next.

Feel how ready you feel.

Then proceed when you feel ready...

Part #1

Theory and Background

Introduction

This process was originally created by the late Rev. Bob Ross. He called it "The Power Of Choice". I modified it, with experience of the results. I named my version "Letting Go Of Core Issues". Then Jerry Colette added in a lot of bells and whistles, from NLP (neuro-linguistic programming). The resulting technique is a very powerful one. He called it "Finding Inner Peace".

As a personal note, I ran it on my first wife, several years after she left so precipitately (by then the guy she went with had moved on but it was too late for us). She got a very rapid change and within five minutes was in floods of tears and very, VERY sorry for what she had done, she said. I mention this only because nothing much had ever seemed to "bite" on her case before.

To me, struggling with the disaster of an unwanted and unexpected break-up, anything which could produce that result for her was powerful stuff indeed.

I told the story on the sales page of a guy in Granada. In case you missed it, I'll reproduce it here:

Back when I lived in Spain I ran this process on a person, sitting in a coffee bar in Granada (after the Alhambra tour! It was a guy having trouble with money. We ran what I have called the Core Issues Peace Process and he came to realize something very interesting indeed: because of his poor financial condition he had been saying to creditors "Go ahead, sue me! I have no money. You are wasting your time!"

Nobody had sued him, years had gone by, and he had developed the strong belief that this was a safe position to be in. He had learned to be scared of more wealth, because then it WOULD BE worth suing him! As soon as the process dug out this buried destructive belief he felt enormous relief and realized that was hold him back financially.

That night, when he went home to Marbella, there was a gleaming silver Mercedes-Benz saloon for sale at a ridiculous price RIGHT OUTSIDE HIS OWN APARTMENT, LIKE IT WAS PARKED THERE FOR HIM! (the owner was German, had driven it down to Spain, and wanted to leave it behind).

He bought it and started his rapid road to recovery. Today that guy is looking at

\$250,000 a year or more.

That very process, called "**The Core Issues Peace Process**", is available to you, both as this book and an online process, through a script called "Finding Inner Peace".

Secret

You think I'm kidding? You need to keep this powerful information under your hat. Share it with no-one. Just use it wisely.

Bob Ross, first developer of the "Power Of Choice" Process, on which Finding Inner Peace is based, had some very unnerving experiences in his researches. These are Bob's own words:

"In 1997, I heard of an article published in *Scientific American* magazine, issue of March 1950, pp 38-43. This seemed tremendously important to me. It was by Jules H. Masserman, and entitled "**EXPERIMENTAL NEUROSES In which (1) cats learn complex patterns of behaviour (2) are subjected to contradictory influences and (3) develop neuroses which are relieved by psychotherapy**".

"I discovered this article after I had come to realize the importance of choice. So that I saw the choices given to the cats, which I had not particularly recognized before. That helped me to understand the dynamics of neuroses and therefore of alcoholism and thus enabled me to design several specific processes to relieve alcoholism and other common neurotic problems very rapidly.

"I considered that article very important for several reasons. First of all it had been printed in a prestigious publication. Secondly, it supplemented a movie made by Jules H. Masserman, at the University of Indiana fifty years earlier, in 1948. which I had seen in the summer of 1953, when I participated in a *General Semantics* Seminar at Bard College, New York. That seminar included a showing of a film entitled "**Neurosis and Alcohol: the induction and cure of Alcoholism in Cats.**" This film had been made as part of the doctorate thesis of Dr. Jules H. Masserman, M.D. Psych.

"This film showed cats being made neurotic: it showed the development of a wide range of neurotic symptoms from mild to severe (uninterested in normal games and sex play up to and including a case of waxy catatonia); it showed the cats being introduced to alcohol; it showed cats preferring spiked milk to plain milk; It showed

cats who began each meal by lapping up a small amount of milk spiked with alcohol;

“And it showed some cats who would drink only spiked milk until they fell over dead drunk, i.e. confirmed alcoholics; and finally the film showed the cats being forced or persuaded to confront the contradictory (pain or fear plus the smell of tasty food) stimuli. Seven different methods were shown to get the cats to confront these contradictory stimuli, ranging from brute force to gentle persuasion. Fully confronting the contradictory stimuli taught the cats, that though initially frightening the extra stimuli were merely scary, like a roller coaster ride to a child or adult. At that point the cats ceased to exhibit neurotic symptoms and ceased to be alcoholics.

“As soon as I heard about this magazine article, I phoned my nearest big library at Pasadena, California, asking whether they had a collection of Scientific American magazines. A librarian told me that they had Scientific American on microfilm. I rushed to the library, but when I got there, I found that the reel of microfilm containing the March 1950 issue was missing from the file drawer. The Pasadena librarian was extremely helpful and phoned the Glendale Public library for me. A librarian there said they had Scientific American issues on Microfiche. But, when I got to the Glendale Public library, and was handed the microfiche for that issue, I could not find the article on Experimental Neuroses. The index for that issue, said that it was on page 48. But I could not find the article itself. Eventually I spotted a notation on the microfiche itself, that stated that pages 38 - 43 were missing.

“I did not give up, however. I continued my search by calling libraries, further and further away, from where I lived, and eventually found a library that had a collection of original issues of the Scientific American. I then was able to copy the article in question from that issue of the magazine.

“I came to the conclusion that this was not random theft, but intended to suppress knowledge of the existence of this article. It seemed to me that someone didn't want anyone, public or professional, to know that alcoholism was not a disease but merely a symptom of a curable neurosis.

“As I say, though, I already knew most of what the article was about, reading this printed version, **after I had discovered the importance of choice**, enabled me to spot the exact mechanism involved in creating and then curing a neurosis. The

moment I understood this mechanism I was immediately able to recognize which typical human experiences gave rise to human neuroses. And instantly devised two sets of questions to ask clients in order to help them recover from neuroses.”

You are now being privileged to share this article. Clearly someone has dark views of what it reveals. Again, I ask you to keep circulation of it to yourself entirely [K S-M Ed.]

Very Human Cats

In 1950 Dr. Jules H. Masserman, MD Psych, Associate Professor of Nervous and Mental Diseases at Northwestern University, published a highly significant article in Scientific American magazine (March issue, pp 38-43). Entitled ***“EXPERIMENTAL NEUROSES In which (1) cats learn complex patterns of behaviour (2) are subjected to contradictory influences and (3) develop neuroses which are relieved by psychotherapy”***.

Masserman’s paper sheds a great deal of light on the question of choices --and the disastrous results of misinformed, contradictory and conflicting beliefs which are buried within our psyche. It will help the reader understand neuroses better and also alcoholism. It could enable practitioners to devise intelligent and specific programs which rapidly solve anxiety, compulsive behaviour, neurosis and alcoholism.

In fact addictive and neurotic behaviour of all kinds.

The Scientific American article supplemented an earlier film ***“Neurosis And Alcohol: The Induction And Cure Of Alcoholism In Cats”*** made by Masserman as part of a doctorate thesis, at the University of Indiana in 1948. Bob Ross, developer of the Power of Choice programme, saw the film in the summer of 1953, as part of a seminar on Korzybski’s *General Semantics* at Bard College, New York. This could be said to be the beginning of the programme proper.

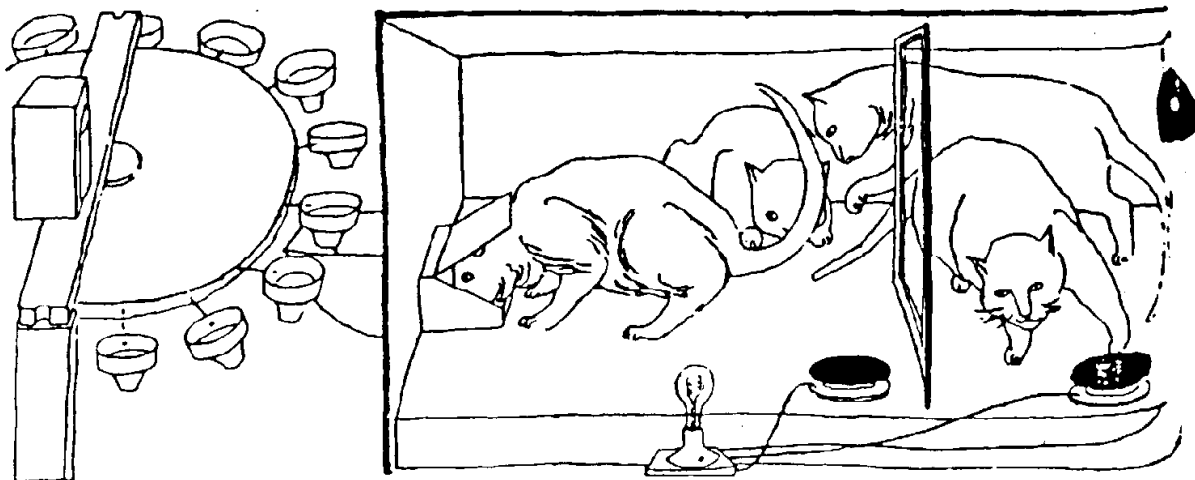
Masserman’s film showed cats being made overtly neurotic by crushing and confusing their power of choice: it showed the development of a wide range of symptoms and behaviour change, from mild to severe (uninterested in normal games and sex play up to and including a case of waxy catatonia); it showed the cats being introduced to alcohol; it showed cats preferring spiked milk to plain milk; it showed cats who began each meal by lapping up a small amount of milk spiked with alcohol.

And it showed some cats who would drink only spiked milk until they fell over, dead drunk, i.e. the equivalent of confirmed alcoholics; and finally the film showed the cats being forced or persuaded to confront the contradictory stimuli (pain or fear plus the smell of tasty food).

Several different methods were shown to get the cats to face whatever it was they could not confront, ranging from brute force to gentle persuasion. Fully confronting the contradictory stimuli taught the cats that, though initially frightening, the extra stimuli were merely scary, like a roller coaster ride to a child or apprehensive adult. At that point the cats ceased to exhibit neurotic symptoms and ceased to be alcoholics. In other words, their choices improved.

Experimental Method

The magazine article tells a fuller story. The cat experiments described by Masserman were performed in a glass cage. At the left end of the cage was a food box with a hinged lid. The cats quickly learned that they could lift the lid and obtain a pellet of food in the box. Provision was made for an inexhaustible supply of replacement pellets, which were automatically dropped into the box as soon as the lid was closed from the previous pellet. The cats were trained to lift the lid only in response to a signal such as the flash of a light. Later they learned to manipulate switches and set off the signals by themselves. Finally, they learned to obtain food by more complicated patterns of behaviour, such as pressing switches in various positions (fig 1).



If the training of the animal was too rapid for its age and capabilities — and cats seem to vary in intelligence as much as humans do — the animal sometimes became recalcitrant, inept and resistive (a lesson here for human educators?)

If however the training sessions were adjusted to the individual cat, its behaviour was efficient, well-integrated and successful. So much so, that Masserman remarked that pussy presented every appearance of a happy animal, as indicated by her eagerness, avidity for the experiment and sonorous purring while she worked for her reward.

Unfortunately, this was not to last. The scientists began to subject the cats to various frustrations. For example it was arranged that depressing the switch to summon food produced little or no reward. The animals would instead develop a tendency to push down upon other objects in the cage, or even fellow cats, in the hope that something was forthcoming.

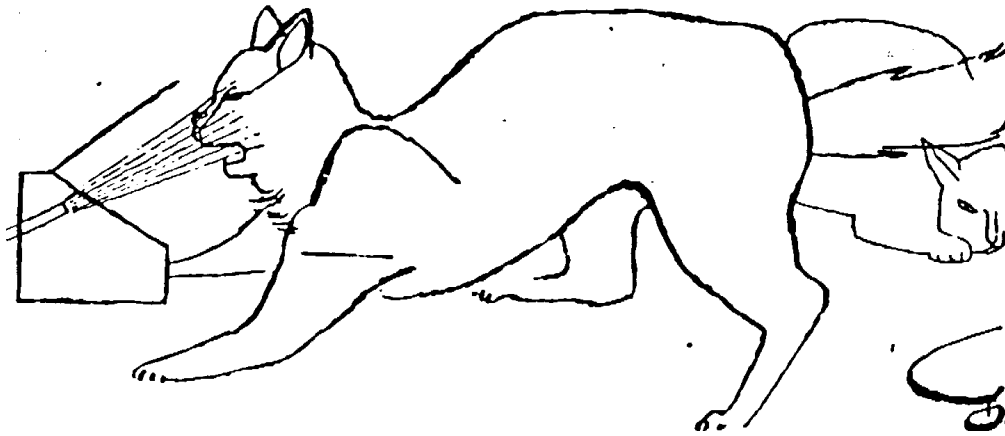
Subject to even more stress, some cats became what Masserman termed 'masochistic'. After being trained to accept a mild electric shock while retrieving food, the intensity of the shock was then steadily increased to 5,000 volts, yet the cat still pursued the aim of obtaining food by triggering the mechanism.

Even when the food reward was discontinued, the cat would continue to hurt itself pointlessly, by pressing the switch for the 'substitutive' experience of a painful shock.

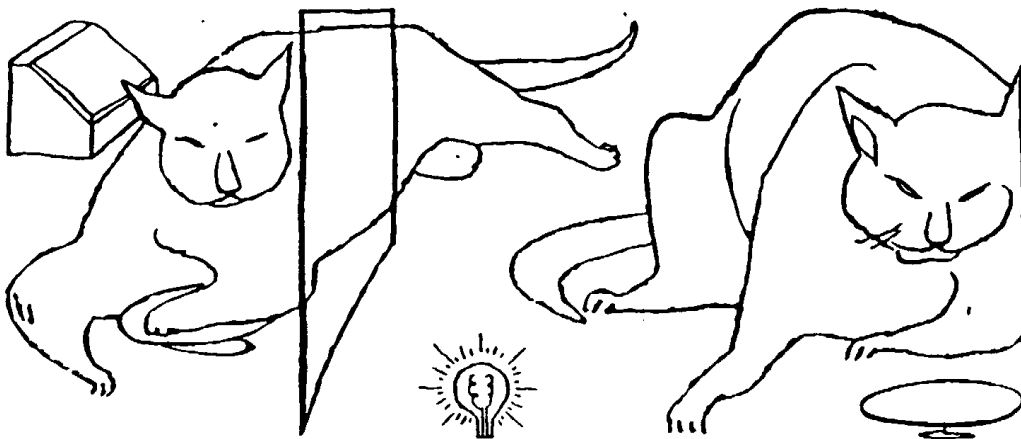
Shock and Unpredictability Introduced

Cats in a group would develop hierarchies of feeding and effort. Some would compete, others behave submissively. Enterprising cats would even work together, to obtain food by cooperative actions, one triggering the switches to feed the other and then taking turn about. Interestingly, this phase usually ended in one or other cat becoming tricky and refusing to cooperate but benefitting at the expense of the other animal, which became in effect a kind of servant.

The deliberate provocation of feline neurosis was carried out by establishing a nice safe feeding routine over an extended period and then breaking it in various unpredictable ways. When pressing the reward switch the cat might be subject to a sudden startling blast of air, or an electric shock (fig. 2).



The cats began to show a anxious indecision about approaching the switch. Hunger usually won in the end. But when the reward was made random, the cats became even more aberrant in behaviour. Torn between the desire for food and possible pain, but without even the certainty of food as a reward, the test animals experienced a telling crisis of CHOICES. Some cats simply caved in and sat kittenish and helpless. One cat tried to hide its head in the feed box; another tried to climb out of the cage; a third tried to shrink into the walls of the cage (fig. 3).



Other cats displayed aspects of aggressive and anti-social behaviour, threatening or attacking other cats which approached the feeding mechanism. Physiological signs showed clear evidence of continued tension and worry.

Many animals showed extreme startle reactions to various minor stimuli and became irrationally fearful of harmless sounds, light flashes and closed spaces.

In short, the animals displayed the same stereotypes of anxiety, phobias, hypersensitivity, regression and psychosomatic dysfunction commonly observed in neurotic human patients.

As Masserman reported, in nearly every case these neurotic patterns rapidly permeated the entire life of the cats and persisted indefinitely, **EVEN AFTER THE STRESSFUL EXPERIMENTS WERE DISCONTINUED**. Once maladjusted, the cats remained that way, unless treated by special 'therapy' procedures. The treatment, in effect, was to educate the cats that they could make effective new choices and that those conditioned by the past were no longer operative.

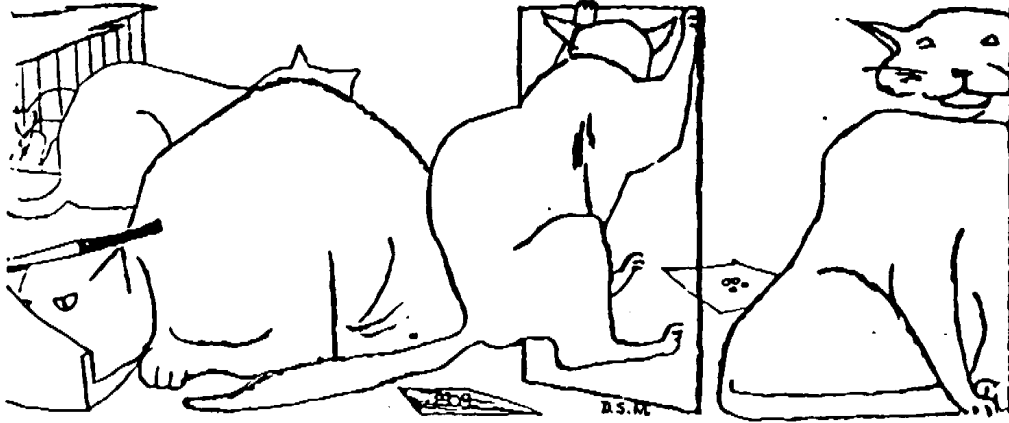
Once assured that there nothing new to fear, the cats made a good recovery; but they seemed incapable of working out that contemporary conditions were no longer troublesome without outside help.

Frustrated Choices Lead To Alcoholism

In one variant of the studies, animals were drugged with alcohol and experienced relief from neurotic tensions. Later given the opportunity to choose between an alcoholic and non-alcoholic drink, about half the animals developed a quite un-feline preference for spiked drinks and were happy to be in a semi-stupor. In fact in most cases the preference was so marked as to be labelled an addiction.

This laboratory-induced dyspsomania lasted until the animal's underlying neurosis was relieved by the recovery therapy. Masserman observed that cats inebriated by alcohol-spiked drinks were relatively immune to emotionally traumatic experiences.

It need hardly be pointed out in this context that many a human being has been know to take a 'bracer' before bearding the boss, flying a combat mission or getting married, and that temporary escapes of this nature often lead to chronic alcoholism (Fig. 4).



Commentary

One must be careful of drawing too sharp a parallel between human behaviour and what Abram Maslow, founder of his own Humanistic Psychology, called derisively 'the psychology of desperate rats'; he could see little relevance to humans in watching what animals did when starved, electrocuted, bewildered and miserable. But to the degree that humans also feel pain, confusion, bewilderment and frustration, I think it is allowable to make certain connections, where the demonstration is compelling, as in this case. The neurotic responses were so typically human that one is justified in deriving valid inferences.

What we need to do is extend the view, to make it more applicable to human psychology. It is clear that these experimenters, in the tradition set by Pavlov, looked at the animals as stimulus-response machines rather than as reasoning, thinking feeling beings, who were not quite as smart as humans.

The experimenters clearly did not recognize the degree to which these animals had been worrying about whether or not to push the button. In fact the issue about just HOW intelligent the cats were is irrelevant; a human subject, similarly confined, would have had exactly the same choices as the cats. It is unlikely that most people would have shown any different response.

This brilliant and seminal investigation is presented in some detail because it is really a study about **choices**. The fact that the experimenters didn't see it this way is beside the point. If you put yourself in the place of the cats, it should be clear that they were not

merely reacting but thinking. They faced worrying and contradictory alternatives. The cats for example became worried about whether to push the button or not and so to choose hunger or relief. It seems plain that many cats thought the air blast or shock were things to avoid, even if it meant going hungry. They made a **choice** in this respect.

Eventually hunger caused them to try again. It drove them to re-evaluate their choices, though with no additional certainty of the outcome. Add to that the fact that the scare stimulus was random, not every time; the animals had no clues as to when they would be air-blasted or shocked; and so felt anxious all the time, *because they had no apparent choice in the matter*.

The **Finding Inner Peace Process**, in the end, is also about choices, as you will see.

Recovery

Then to restore the animals to normal the experimenters used either persuasion or force to get the animals to experience the scary stimuli and so discover that it was not harmful. In other words, they had to be taught to establish new choices. When we look at this in terms of human experience and human dynamics the scary stimuli reminded the animals of past moments when they had been hurt. Humans too become very wary when they encounter a situation, which may contain hurt. This applies at all levels and all societies and I defy researchers to produce an exception to show that humans might somehow be different. In this respect at least, we are as the beasts and behavioural psychology, for all its weaknesses, provides a telling explanation of human woes.

The animals were anxious about an unknown danger. When they discovered that the stimulus that had frightened them was not in fact painful or dangerous they were able to re-evaluate their feelings of the general dangerousness of the cages. And, their neurotic symptoms promptly disappeared.

Drinking alcoholic drinks was their solution to tremendous internal tension just as it is for people of both genders. So we can say that the alcoholism rode on top of the neurosis. When they ceased to fear the cage, they ceased to be tense and had ceased to be alcoholics for they had no more need for alcohol

In human life we are not confined to a cage and given other people set choices. But we do meet countless situations in which the “shall-we shalln’t-we” complex is inevitable. Thus an

infant might fear to ask for food or help from an ogre-ish adult. A child at school may learn that asking for clarification is probably going to lead to derision and humiliation and so asks no questions and flunks out at study. A wife may dread to approach her husband with a concern (health, money, worries, household etc.) for fear of the unpleasant reaction she has encountered on previous occasions. An employee would like to suggest improvements at work but has learned to keep his mouth shut, for fear of the rat-pack consequences.

Satisfying Needs

It is clear therefore, that keynote psychology, to help anyone break free of past limitations, has to address episodes where they had a need but it was accompanied by a fear of trying to satisfy that need.

We could ask such questions as:

"What have you been afraid to ask for or reach for?" and "What has been a source of both love and pain in your life?", "Tell me something you desired but also felt you had to leave alone" or (more generically) "What has been both helpful and hurtful in your life?" or other forms of these questions

Also, any other questions that direct attention to moments of stress, tension or indecision leading to fear and or anxiety: *"Do you feel guilty over abandoning someone in order to help yourself?" or some variant of this.*

Another batch of situations that could produce anxiety would be a wish to fight or have revenge together with fear of the consequences of doing so.

Theoretically there could also be moments when a person wanted to get away or complain but was afraid to do so for fear of attracting even greater scrutiny and possible punishment.

MASSERMAN'S OWN CONCLUSION

"Our observations of the causes of aggressive behaviour among animals support the clinical and socio-biological conclusions of Karen Horney, John Dollard and others, that hostilities among human beings also spring from the frustrations and the anxiety-ridden inhibitions of their persistently barbaric culture - not, as Sigmund Freud believed, from an inborn, suicidal

'death instinct'. If aggression is truly innate, we should perhaps join Freud and some of his disciples in resigning ourselves, with apocalyptic erudition, to our inevitable self-destruction. But if aggression is simply a blindly destructive reaction to misconceived threats, then it could be dissipated by the abolition of the tragic wants and anxieties that underlie the individual and mass neuroses and psychoses of mankind".

Part #2

Core Issues Handling

FAST PROCESS FOR TRANSCENDING YOUR CORE ISSUES

This is the one I used for years.

1. GOAL.

The goal of this process is simple: for you to let go of all your core issues, NOW. Yes - it is as easy as it sounds.

1.1 WHEN TO DO THIS PROCESS.

When would be a good time to transcend your worst fears, barriers, and limitations and get yourself free? How about now? If not, WHEN WOULD BE A GOOD TIME?

Go for it!

1.2. OVERVIEW.

The process addresses your core issues and allows you to let go of them. There are two main approaches to this process. One is based on your experiences and your reaction to them. The other is based on your beliefs and decisions and the results they have produced in your life.

Using the **Experience-Based Procedure**, you will explore key portions of experience where the issues were present. Using the **Decision-Based Procedure**, you will explore issues by comparing the pluses and minuses of issues by comparing them to the pluses and minuses of their opposites.

Both procedures share the same **Ending** where you let go of the issue as a controlling factor in your life. You become free of its powers over you. If, at first, you can't let go of an issue, you will be shown how to find the underlying issues in the way and let go of them, in sequence.

1.3 DETERMINING WHICH PROCEDURE TO APPLY TO AN ISSUE

If the issue seems to have resulted primarily from your continued disturbed feelings about events of the past, use the **Experience-Based Procedure**. If it seems to result from decisions, beliefs, assumptions, or ideas, use the **Decision-Based Procedure**. You can always use BOTH procedures to work on an issue.

1.4 WRITE IT DOWN

Write your answers down, even if you are doing it 'solo' - that's very powerful. Psychology research makes it very clear that writing things down accesses the limbic system in ways which other modalities do not.

The Experience-Based Procedure Overview.

For issues which seem to come primarily from experiences, examine times when apparent 'perpetrators' initiated efforts which then caused the 'victims' to experience the issue. Both these identities are in quotes because, as you will see, there are no victims. One chooses to experience something and we ALWAYS contribute to events that befall us.

One finds a time when one experienced the issue, for example 'feeling deprived'. The next step is to drain it of as much bad energy as possible. We then acknowledge our contribution to the event, giving credit for our own involvement. This takes the sting out of it.

One then assesses how many times this has occurred in our life and duly takes credit for those too.

Finally, we look for the EARLIEST time it happened to us and clean that up, as before. But that may not be enough to release it. There are many more steps, using what we call 'flows', which are explained below. Eventually, enough bad energy is drawn off that we can free up our thinking, recover control of our feelings and finally let go.

It is simple but very powerful in changing lives.

2.1 'VICTIMS' AND 'PERPETRATORS'

This process is not about guilt, innocence, blame, shame, forgiveness, or any concern of who was right or wrong. 'Perpetrators' means simply those who initiated the action or whose stimulus caused it to take place. 'Victims' are those who experienced the issues, that is all.

As you recall incidents from the past, you will notice that 'victims', rather than 'perpetrators', actually created the issues for themselves. When an issue won't go away it is because you are not admitting your own authorship - or, alternatively, you did exactly the same thing to somebody else but you have buried it. Either way, you have to own up!

'The truth shall set you free'. That's the key to release!

2.2 EFFORTS AND RESISTANCES

The key to success is bleeding off the locked up energies. This is done by feeling (again) what was present at the time. Simply feel, notice, or be aware of the efforts and resistances of both the 'perpetrators' and 'victims', especially the 'victims' efforts to cope. Just open yourself up to the sensations and be glad to have them vaporize. This is NOT regression-type analysis. God forbid.

Describe for yourself (write it down) what that would feel like.

Focus on what would feel bad or negative to YOU if you were to continue with the issue and it were to go ON and ON and everything were to get WORSE and WORSE.

Feel it BOTH emotionally and in your body. Assume no rescue or recovery on this step. We want "worst case scenario".

If a rescue or recovery presents itself and things seem to improve a little for a while or even appear to just stay the same, feel what would happen after that were over and the issue were to come back, STRONGER than ever.

Imagine the WORST case scenario if everything were to get worse and worse.

Imagine what that would feel like to YOU. Feel it BOTH emotionally and in your body.

What would and would not happen?

What would life be like?

How would you feel?

Consider the end result.

Take this to its ultimate conclusion.

Go all the way to 'crash and burn.'

How do you feel?

FEEL it all, as specifically as you can.

You will know that you have reached the end of this step if you really feel what "crash and burn" would feel like and you cannot imagine feeling much worse.

Imagine how an eternity of that would feel to YOU.

This is suffering that would have to be lived. Prevent this suffering from ever having to be experienced in real life by facing it now.

2.3 GIVING CREDIT/ASSIGNING AUTHORSHIP

Give the 'victim' credit for as much causation as you can. For example, you might be able to give the 'victim' credit for more than just experiencing the issue, he or she may have attracted or created it.

2.4 GUILT OR SHAME

If you notice any guilt or shame, give whoever initiated it credit for evoking it and give whoever felt it credit for feeling it. If guilt or shame are encountered a lot, address them as issues.

2.4.2 BLAME

Give credit, not blame. Don't assign blame or take unnecessary responsibility for the past in this; just reclaim your power NOW. You will soon realize you did most of it to yourself! Address blame as an issue if it comes up a lot.

2.5 NUMBER OF TIMES

When assessing how many times an issue occurred, you need not do an exact number. A rough estimate will do. Most of the time, hundreds, thousands, millions, or even 'lots' are adequate answers for this step.

2.5.1 EXTRA INCIDENTS

Occasionally, when you ask how many times an issue came up, an extra incident of that type will pop into view. Just run it, feeling the efforts and resistances, give the 'victim' credit, etc., and then add that incident to the total number of times to get a rough estimate of the number.

2.6 PATHWAYS OF EXPERIENCE

You will not only examine times when you were 'victim', you will also explore times when you were 'perpetrator' and even times you were an observer of the issue. There are five main pathways of experience. Each path is described here, with an example of the first command for each, supposing the issue is 'feeling deprived'.

INFLOWS. This is what most people think of first. Someone or something causing YOU the issue; efforts come in at you from outside yourself. 'Find a time someone or something caused you to feel deprived.'

OUTFLOWS. You causing another the issue; your efforts go outwards from you. 'Find a time you caused another to feel deprived.'

CROSS FLOWS. Another causing someone else (besides himself or you) the issue; efforts external to you go between two others. 'Find a time another caused another to feel deprived.'

EXTERNAL BOOMERANGS. Another causing himself or herself the issue; efforts generated by others are directed back at themselves. 'Find a time another caused himself or herself to feel deprived.'

INTERNAL BOOMERANGS. You causing yourself the issue; efforts generated by you are directed back inwards on yourself. 'Find a time you caused yourself to feel deprived.'

ENDING. Both procedures share this ending bracket.

For example:

CONTINUE: What would happen if you were to continue feeling deprived?

LET GO: What would happen if you were willing to let go of feeling deprived?

WILLING: Are you will to let go of feeling deprived?

CAN: Can you let go of feeling deprived?

INVITE: I invite you to let go of feeling deprived!

3.1 THE 'CONTINUE' QUESTION.

Focus on what is negative about continuing with the issue. It will surely get worse and wreck things. Feel that! You want the motivation to let go!

3.2 THE 'LET GO' QUESTION.

Focus on what is positive in response to the question 'What would happen if you were to let go of (issue)?' If you can't yet envision letting go, an alternative question would be 'What would happen if (issue) were to disappear?'. If there is still no positive answer, ask yourself 'What is in the way of seeing this as a positive outcome?' **Then use what you find as an issue and handle that, before coming back to the present issue, which should then resolve.**

3.3 REALLY LETTING GO OF THE ISSUE.

Be sure to actually transcend each issue or a major piece of it, so that you recognize that you are beyond having it be a controlling factor in your life. As you let go of each issue, bear in mind that just mouthing the words is not enough. Notice the tone of your voice, your demeanour, and how you feel. You will know that you have gotten past the issue, because you feel different, brighter and more cheerful.

3.4 CONGRATULATIONS.

After you recognize that you are willing and able to give up the issue and you accept the invitation to do so and are really beaming, congratulate yourself and give yourself credit for

letting go of the issue.

The Decision-Based Procedure Overview

If the issue resulted primarily from a decision, belief, assumption or idea, examine pluses and minuses of the issue and its “exalted” opposite (good state), like Ben Franklin would, starting with the desired state first. For example... let’s say “feeling deprived”:

Why would somebody want to feel fulfilled?

Why would somebody not want to feel fulfilled?

Why would somebody want to feel deprived?

Why would somebody want to feel deprived?

4.1 THE EXALTED OPPOSITE

First you will find an opposite of the characteristic of your issue, a good exalted one. For example, one opposite to feeling deprived would be feeling satisfied but feeling FULFILLED would be an even more exalted opposite and would work faster.

4.2 GET ANSWERS.

Be sure to get an answer to every question. For example, if you could not think of a reason somebody would want to feel deprived, then you would imagine (conjure up) somebody who could make up a reason to want to feel deprived. Another way would be to ask yourself, ‘What kind of person might want to feel deprived?’

4.3 APPARENT REDUNDANCIES.

It may seem like some of the questions are redundant. However, they do approach from a slightly different angle. For example, the advantages and disadvantages invite comparisons. If nothing new comes up, nothing new comes up. Just carry on.

4.4 THE 'HIDDEN' QUESTION.

The question 'What has been hidden in connection with (issue)?' could be approached several ways. For example, you could either answer what has been hidden from you or what you have been hiding. If nothing comes up at all, you could ask yourself, 'What kind of person would believe there was something hidden in connection with (issue)?'

4.5 THE 'INSISTED' AND 'ASSERTED' QUESTIONS.

Something can be insisted or asserted by anyone. It does not have to be right to be insisted or asserted to be right. Often indeed the opposite is the case. It just has to be insisted or asserted to gain power and get stuck to you. Pull it off!

Obstructive Issues Handling

If you find that you are not willing or able to fully let go of an issue, find out what is in the way. Sometimes you have to explore a little to get the real issue that is underpinning the problem. For example, I asked myself what was in the way of my letting go of overeating and it was that I liked it too much. So, I asked myself, how would I feel if I was forced to give up overeating. The answer was that I would feel deprived. Feeling deprived was the underlying issue and it ran beautifully.

5.1 ALTERNATIVE PROCEDURES.

As an underlying issue reveals itself, use the alternative procedure on it. For example, if you address overeating with the decision-based procedure, then for the underlying issue of feeling deprived, use the experience-based procedure.

5.2 NO OBVIOUS UNDERLYING ISSUE

If you cannot fully let go and no underlying issue is obvious, simply explore further. Ask yourself intelligently what could be blocking it? For example, you could ask what, if anything, is in the way of the result you stated as a desirable if you did let go of the issue. If you still get nothing, address the stuck issue with the alternative based procedure.

5.3 CONFIRMING EARLIER ISSUES

After you have let go of an underlying issue that was in the way of an earlier (first-encountered) issue, go back and check the first issue with the Ending bracket.

6. TURBO SPEED ISSUE TRANSCENDING

After you have let go of a big issue and are really beaming, carry on with more issues. You will be in a very good state, having just seen clearly that your worst issues are your own creation. You may find that you will be able to let go of several more issues, all at once, merely using the Ending.

That will often be all you need. You can sometimes use just the Ending with little things, too. If they do not lift with just the Ending, fall back to the decision or experience procedure.

7.0 WRITE YOUR ANSWERS DOWN

Even if you are doing it 'solo' - that's very powerful.

It has been shown in scientific studies that enhancements of the brain learning pathways are much more significant, if you write down **IN YOUR OWN HAND**, what your thoughts are.

In that sense, typing a word document on the computer doesn't do so much good!

Aspects Of Procedure Running

7.1 Even if you get upset, keep going.

Robert Frost invented a famous saying: the way out is the way through! You have to get to grips with it to release it. In fact one can say that the whole reason it retains influence over you is that you have not faced all or part. Looking at issues in this way may feel uncomfortable for a time but eventually this will ease off.

7.2 Expect your view of things to change as you run.

It will. That's the whole point. If you see a newer and better perspective on the problem, or something underlying which is closer to the REAL issue, switch to that.

7.3 Use Your Judgement.

This procedure is not about following rote commands. GET THE RESULTS. Sometimes you just plough on and it comes out right in the end!

7.4 START NOW.

There is no need to suffer any longer. This is a simple process to get you beyond your worst fears. Use it NOW. '... the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us' (ROMANS 8:18)

Be courageous NOW. Go for it NOW. Have it NOW.

7.5 SHARE THIS PROCESS WITH OTHERS.

Take a couple of hours some evening and show others how to do this process on themselves. Then, you'll have a team to inspire each other to transcend any barrier that life may present. Who else could benefit by this process? Remember, once taught, twice learned. You will benefit yourself too by teaching others.

Part #3.

The Full Commands

This is how you do it, in detail

Experience-Based Procedure Commands

8.1 INFLOWS

Find a time someone or something caused you (issue)

Feel the efforts and resistances.

Give yourself credit for (issue).

How many times did someone or something cause you (issue)?

Give yourself credit for (issue) all those times.

Find the earliest time someone or something caused you (issue)

Feel the efforts and resistances.

Give yourself credit for (issue),

8.2 OUTFLOWS

Find a time you caused another (issue)

Feel the efforts and resistances.

Give him/her/them credit for (issue).

How many times did you cause another (issue)?

Give them credit for (issue) all those times.

Find the earliest time you caused another (issue).

Feel the efforts and resistances.

Give him/her/them credit for (issue).

8.3 CROSS FLOWS

Find a time another caused another (issue)

Feel the efforts and resistances.

Give him/her/them credit for (issue).

How many times did another cause another (issue)?

Give them credit for (issue) all those times.

Find the earliest time another caused another (issue).

Feel the efforts and resistances.

Give him/her/them credit for (issue).

8.4 EXTERNAL BOOMERANGS

Find a time another caused himself or herself (issue)

Feel the efforts and resistances.

Give him/her/them credit for causing him/her/themselves (issue).

How many times did another cause him or herself (issue)?

Give them credit for causing themselves (issue) all those times.

Find the earliest time another caused himself or herself (issue).

Feel the efforts and resistances.

Give him/her/them credit for causing him/her/themselves (issue).

8.5 INTERNAL BOOMERANGS

Find a time you caused yourself (issue)

Feel the efforts and resistances.

Give yourself credit for causing yourself (issue).

How many times did you cause yourself (issue)?

Give yourself credit for causing yourself (issue) all those times.

Find the earliest time you caused yourself (issue).

Feel the efforts and resistances.

Give yourself credit for causing yourself (issue).

GO TO ENDING...

The Ending

Use this ending when you have finished each procedure. Whatever you have been clearing, come to this at the end of each run.

You can also use it by itself on more issues than you may imagine. Face the issue as it is now and judge how you feel about it when asking the following questions:

9.1 CONTINUE

What would happen if you were to continue (issue)?

9.2 LET GO

What would happen if you were to let go of (issue)?

9.3 WILLING

Are you willing to let go of (issue)?

IF YES AND CONVINCING, go to 'CAN'.

IF YES BUT NOT CONVINCING OR DON'T KNOW, go to 'IS'.

IF NO, go to 'WHAT'

9.4 CAN

Can you let go if (issue)?

IF YES AND CONVINCING, go to 'INVITE'.

IF YES BUT NOT CONVINCING OR DON'T KNOW, go to 'IS'.

IF NO, go to 'WHAT'

13.5 INVITE: I invite you to let go of (issue)?

IF YES AND CONVINCING, go to 'CONGRATULATIONS'.

IF YES BUT NOT CONVINCING OR DON'T KNOW, go to 'IS'.

IF NO, go to 'WHAT'

9.6 CONGRATULATIONS

Give yourself credit for letting go of (issue).

If the issue was under an earlier one, go to 'WILLING' with the earlier issue.

If all earlier issues are done do next issue turbo speed... (page 26)

9.1 UNDERLYING ISSUES

Is there anything in the way of letting go?

IF YES, go to 'WHAT'.

IF DON'T KNOW, explore further.

IF STILL DON'T KNOW, switch to alternative commands with same issue.

Decision-Based Commands

Once you have identified your issue, go through the following steps, thoroughly and conscientiously.

What is the opposite of (issue)?

Is there a more exalted opposite of (issue)?

Why would somebody want (exalted opposite)?

Why would somebody not want (exalted opposite)?

Why would somebody want (issue)?

Why would somebody not want (issue)?

What could be desirable about (exalted opposite)?

What could be undesirable about (exalted opposite)?

What could be desirable about (issue)?

What could be undesirable about (issue)?

What could be some of the benefits of (exalted opposite)?

What could be some of the drawbacks of (exalted opposite)?

What could be some of the benefits of (issue)?

What could be some of the drawbacks of (issue)?

What could be some advantages of (exalted opposite)?

What could be some disadvantages of (exalted opposite)?

What could be some advantages of (issue)?

What could be some disadvantages of (issue)?

What is obvious about (exalted opposite)?

What is hidden about (exalted opposite)?

What is obvious about (issue)?

What is hidden about (issue)?

What has been insisted in connection with (exalted opposite)?

What has been suppressed in connection with (exalted opposite)?

Have you ever been suppressed in connection with (exalted opposite)?

What has been insisted in connection with (issue)?

What has been suppressed in connection with (issue)?

Have you ever been suppressed in connection with (issue)?

What has been asserted to be right in connection with (exalted opposite)?

What has been asserted to be wrong in connection with (exalted opposite)?

Have you ever been asserted to be wrong in connection with (exalted opposite)?

What has been asserted to be right in connection with (issue)?

What has been asserted to be wrong in connection with (issue)?

Have you ever been asserted to be wrong in connection with (issue)?

GO TO ENDING...

Part #4

Find Your Core Issues

Warning - this part will cause you to face your worst fears. Do not read further without both part 1 (theory) and part 2 (commands) to do the process. If you get into any trouble, seek help from the contact at the bottom of this sheet.

10. TRANSCEND YOUR HOT NEGATIVE ISSUES FIRST.

Find a hot issue, a major fear, negative emotion, or barrier that blocks your success and/or happiness and address it NOW using the preceding COMMANDS.

10.1 GET YOUR CORE ISSUES.

Here are some easy ways to get your hottest core issues. As a game, imagine Satan or Bog Brother will torture you with your worst issues if you do not transcend them NOW. Handle your hottest issues first. As you find any major, awful feeling, address it NOW using the preceding COMMANDS.

10.1.1 ATTACHMENTS.

What do you create in your life? Who or what are you, what do you do, what do you have? Out of all these things, what are you most attached to? It does not have to be something you are proud of. For example, one thing Bob Ross was very attached to was overeating, even though he (sort of) wanted to give it up. What ingredient of your life would be hardest to part with? This is where your biggest attachments are. What about family and loved ones? Imagine Big Brother or Satan has taken away

what you are most attached to and you can never be, do or have that again --- ever. How would you feel?

10.1.2 UNATTAINED GOALS.

What do you strive, struggle, or strain for? Where are you stuck? The beauty of looking here is that underlying an unrealized goal is usually a major fear. Imagine Big Brother has decided that you can never realize that goal — ever. How would you feel?

10.1.3 NEGATIVE EMOTIONS.

What makes you feel irritated, bothered, annoyed, aggravated, hostile, angry, upset, furious, resentful, bitter, afraid, anxious, nervous, worried, fearful, panic, terror, exasperated, frustrated, grief, regret, sorrow, woe, misery, sad, bad, shame, guilt, unhappy, depressed, withdrawn, or any other negative emotion? Imagine Satan has cursed you with it, to be far worse than you have ever imagined it could be, to suffer it forever. How would you feel?

10.1.4 MOST HORRIBLE MEMORIES.

Recall one of your most horrible memories. Imagine you are forced to relive it, far worse than you imagined it to be, over and over again --- forever. How would you feel?

10.1.5 HORRIBLE FANTASIES.

Imagine your most horrible fantasy. Imagine Satan curses you to live it, worse than you ever imagined it could be— forever. How would you feel?

10.1.6 CONTROL.

What do you control? What do you try to control? What do you control especially

well? If you lost all control of these issues and situations, how would you feel?

10.1.7 RESISTANCES AND AVOIDANCES.

What do you resist, oppose, endure, hate, despise, deplore, detest, dislike, dodge, avoid, run away from, or sidestep?

10.1.8 REPRESSIONS.

Is there anything that could have made you feel bad if you let it get the best of you? If your power to hold back that feeling was taken away from you and you were forced to feel that feeling--- forever, what would you feel?

10.1.9 DENIALS.

Is there anything that could have made you feel bad that you deny, hide, or don't admit? If Big Brother took away your power to deny that feeling, so that you suffered it forever, what would you feel?

10.1.10 DARK SECRETS.

Is there anything you think, do or have done in the past that you don't dare tell anyone about under any circumstances. If you were made to do this over and over, forever, what would you feel about the deed? About yourself?

11. GAME RULES.

Neither Big Brother nor Satan would torture you in any way that you would be glad about, so don't fake it. For example, don't imagine that you would be grateful if they took away your cigarettes. Imagine they took away only what you enjoy about cigarettes but you had to smoke them anyway, hundreds a day, with all the disadvantages, everything you hate about them and what they do to ruin your life magnified ten times over!

12. GAME OVER.

You don't need Big Brother or Satan to torture you with your issues, do you? Until you transcend them, your issues will torture you all by themselves, won't they? They are like computer viruses, sabotaging your programmes in the background, blocking your way to a happy, balanced and successful life.

The full power of positive thinking, manifestation or the "Law of Attraction" won't come to you properly until you start transcending these stuck issues.

Start NOW. Just do it!

13. CHOOSE YOUR FIRST ISSUE TO ADDRESS.

Whichever issue you would like to overcome first is usually the best one to take up, even though you do not have any practise. The only way to do this programme wrong is to not do it.

Killer question: If you could pick ONLY ONE fear or barrier to transcend, right now, which one would it be? That's the one to start with. Address it using the appropriate procedure. Even half dismantling it is better than not to look or try. Go for it.

14. FEAR OF LOSING YOUR NEW STATE.

If you are concerned that using such a fast process may get you to function as if you are beyond your issues, but that the issues may not really be gone and could come back to haunt you, try this: Imagine that you get to where you really want to be, beyond all of your fears and barriers, and then they were to all come back on you, hard. How would you feel? If it is some kind of major, awful feeling, address it using the appropriate procedure. Fear paralyzes action. If something is blocking you, get what it is that is making you worry about success.

15. TOP 20 ISSUES

Here's some help in finding issues and getting your thoughts stirring. These are the top 20 issues that come up, time and again.

1. fear of success
2. fear of failure
3. self doubt
4. worry about health
5. resentment toward another
6. anxiety about money
7. sadness over a loss
8. anxiety about a relationship
9. worry about the future
10. fear of death
11. fear of being wrong
12. fear of pain
13. guilt over a wrong
14. fear of rejection
15. anger over a wrong
16. regret over the past
17. blame toward another
18. feeling deprived
19. anxiety about time
20. fear of God

16. BEYOND YOUR NEGATIVE ISSUES.

Don't stop there. You can use the same approach for polishing up good things in life. After you get past all your hot suffering-type issues, turn the guns on what is preventing that gorgeous bright future you want. Ask 'What do I want to be, do, have or improve next?'

Alternatively, ask 'What is my ideal future?' Get a good vision of it and then ask: 'What is in the way, stopping me from achieving this?' Try the Ending procedure. If you are not beaming and congruent, use the appropriate procedure. Remember that if there is a

mountain between you and where you want to be, the mountain is not is what is stopping you. You want to transcend the barriers inside of you that stop you going over, under, round, or through the mountain, or just moving it!

'Be ye not conformed to this world; but be yet transformed by the renewing of your mind'

16.1 BEYOND THE IDEAL.

NOW. Imagine your ideal future. Now ask 'How could it be better?' Then ask, 'What is in the way of this?' Handle it. You could also ask, 'What is in the way of my manifesting that NOW?' Then manifest it.

Part #5

Finding Inner Peace Process

You will be given full instructions and guidance when you use the innerpeace.org software. The link to it is in the members' area.

Basic Steps

There are two major halves of the Inner Peace process. The first half is the Issue Let Go Process, in which you let go of an issue that interferes with your inner peace.

The second half is the State Creation Process, in which you create a state that supports your inner peace. Each half has twelve steps, which are almost the same in each half. The twelve steps are broken into five sections.

At any step, if you cannot complete the step, ask yourself, what's in the way. Look for a fear or a belief. Take that as an underlying issue and begin over at Step 1, then return to where you left off.

Issue Let Go Process

Section I - Identifying

Step 1 - Identifying the Issue - Identify an issue that lessens your inner peace. If more than one issue seems to be interfering with your inner peace, narrow your focus to one issue now. You can deal with the other issues later. For bigger issues, break them up into manageable chunks. Fill in your own issue.

Section II - If You Continue with the Issue

Step 2 - Impact on You - FEEL what would happen to YOU if you were to continue with the issue: [issue]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

Step 3 - Impact on Others - FEEL what would happen to OTHERS if you were to continue with the issue: [issue]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

Step 4 - How Continuing Would Feel - Having explored what would happen to YOU and OTHERS if you were to continue with the issue: [issue], DEEPLY FEEL how you would feel if all that were to happen. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

Section III - After You Let Go the Issue

Step 5 - Impact on You - FEEL what happens to YOU after you LET GO of the issue: [issue]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

Step 6 - Impact on Others - FEEL what happens to OTHERS after you LET GO of the issue: [issue]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

Step 7 - How Letting Go Feels - Having explored what happens to YOU and OTHERS after you LET GO of the issue: [issue], DEEPLY FEEL how you feel as all that happens. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

Section IV - Letting Go of the Issue

Step 8 - Willingness to Let Go - Using a scale of 0 to 100, how much of the issue: [issue], do you sincerely FEEL that you are WILLING to LET GO?

Step 9 - How to Let Go - As you LET GO of the issue: [issue], what do you create first, a picture, sound, or a feeling? Establish the formula that works for you. Then test it with the question: Now that you have discovered a workable letting go sequence, using a scale of 0 to 100, how much of the issue: [issue], do you sincerely FEEL that you are ABLE to let go?

Step 10 - Let it Go - I invite you to LET GO of [*]% of the issue: [issue], NOW.

* Use the amount common to your answers to Steps 8 and 9. For example, if you are willing to let go of 90% and able to let go of 80%, 80% is the common amount. Confirm how much you did let go with the question: Using a scale of 0 to [*], how much of the issue: [issue], do you sincerely FEEL that you DID let go?

Section V - Closure

Step 11 - Credit - Give yourself credit for letting go of [total amount let go]% of the issue: [issue].

Step 12 - Gratitude - Feel gratitude for letting go of [total amount let go]% of the issue: [issue].

Handling Any Remainder - If there is any remainder of the issue not let go, return to Step 8, and use 0 to [remainder %]. If that does not work, return to Step 2, only ask what would happen if you continue with the remaining [remainder %] of the issue. If it still remains, check if anything is in the way.

State Creation Process

Section I - Identifying

Step 1 - Identifying the State - Identify a state that supports your inner peace.

Choose a state that has an opposite quality to the issue: and would act as an antidote if the issue should ever try to reassert itself.

Section II - If You Let Go of the State

Step 2 - Impact on Self - FEEL what would happen to YOU if you were to let go of the state: [antidote]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

Step 3 - Impact on Others - FEEL what would happen to OTHERS if you were to let go of the state: [antidote]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

Step 4 - How Letting Go Would Feel - Having explored what would happen to YOU and OTHERS if you were to let go of the state: [antidote], DEEPLY FEEL how you would feel if all that were to happen. Describe what that would feel like. Then what, then what, etc., to

crash and burn and feeling it.

Section III - As You Continue to Create the State

Step 5 - Impact on You - FEEL what happens to YOU as you CONTINUE to create the state: [antidote]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

Step 6 - Impact on Others - FEEL what happens to OTHERS as you CONTINUE to create the state: [antidote]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

Step 7 - How Creating the State Feels - Having explored what happens to YOU and OTHERS as you CONTINUE to create the state: [antidote], DEEPLY FEEL how you feel as all that happens. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

Section IV - Creating the State

Step 8 - Willingness to Create the State - Do you sincerely FEEL that you are WILLING to CREATE the state: [antidote]? Note: no percentages are used. Just check for certainty.

Step 9 - How to Create the State - As you CREATE the state: [antidote], what do you create first, a picture, sound, or a feeling? Establish the formula that works for you. Then test it with the question: Now that you have discovered a workable sequence, do you sincerely

FEEL that you are ABLE to CREATE the state: [antidote]?

Step 10 - Create the State - I invite you to CREATE the state: [antidote], NOW. Confirm that you did with the question: Do you sincerely FEEL that you DID create the state: [antidote]?

Section V - Closure

Step 11 - Credit - Give yourself credit for creating the state: [antidote].

Step 12 - Gratitude - Feel gratitude for creating the state: [antidote].

Handling Any Remaining Issues - If the issue was taken up because it was in the way of a previous issue, go back and finish the unfinished issue. Otherwise, find and handle another issue.

"Be ye not conformed to this world, but be ye transformed by the renewing of your mind." Romans 12:2.