

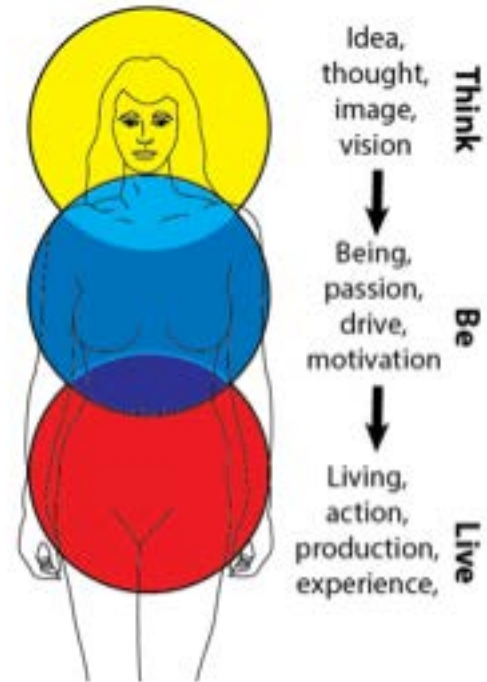
You are a Creator

- You were created in the image of the Creator, so you are also a creator
- God gave mankind dominion over this plane of existence
- You have within you the power to bring things into being
- In fact, you are creating the life you are living right now
- Most people are creating unconsciously, which means they maintain the status-quo



The Creative Process

- The ideas, image, vision you hold in your mental world is the where creation begins
- Your emotional heart world controls you desires, what you want to create
- Good ideas and goals create a burning desire or passion to see them brought into being
- Bad ideas bring negative emotions
- Either way, thought merged with emotional energy controls the way you live and act, which determines your experience of life



Understanding Faith

- “The substance of things hoped for, the evidence of things not seen.”
- Faith is the ability to conceptualize or visualize something that has not yet been created
- All creativity, including scientific invention, begins as an act of faith
- Thoughts are seeds, which grow when watered and nurtured by emotions



Beliefs

- Beliefs are mental ideas labels that are attached to emotions
- Beliefs are held in the subconscious mind
- Because they are linked with emotions, beliefs control our actions, while opinions do not
- In other words, thought + feeling = belief and belief motivates action (hence E-motion)



Beliefs Limit Awareness

- Our beliefs filter our ability to see reality
- They are like the water a fish swims in, they are part of our inner environment
- We often perceive our beliefs as facts, and defend them vigorously, even when they don't serve us

Beliefs Blind Us

- Once we've accepted an idea as true (through belief), we tend to find ways to reinforce and strengthen our belief
- We do this through
 - Selective attention
 - Selective perception
 - Selective retention
- In other words, we let in and retain data that conforms with the belief and reject and forget data that contradicts our belief
- This is why belief becomes "self-fulfilling prophecy"



Isn't Faith Good?

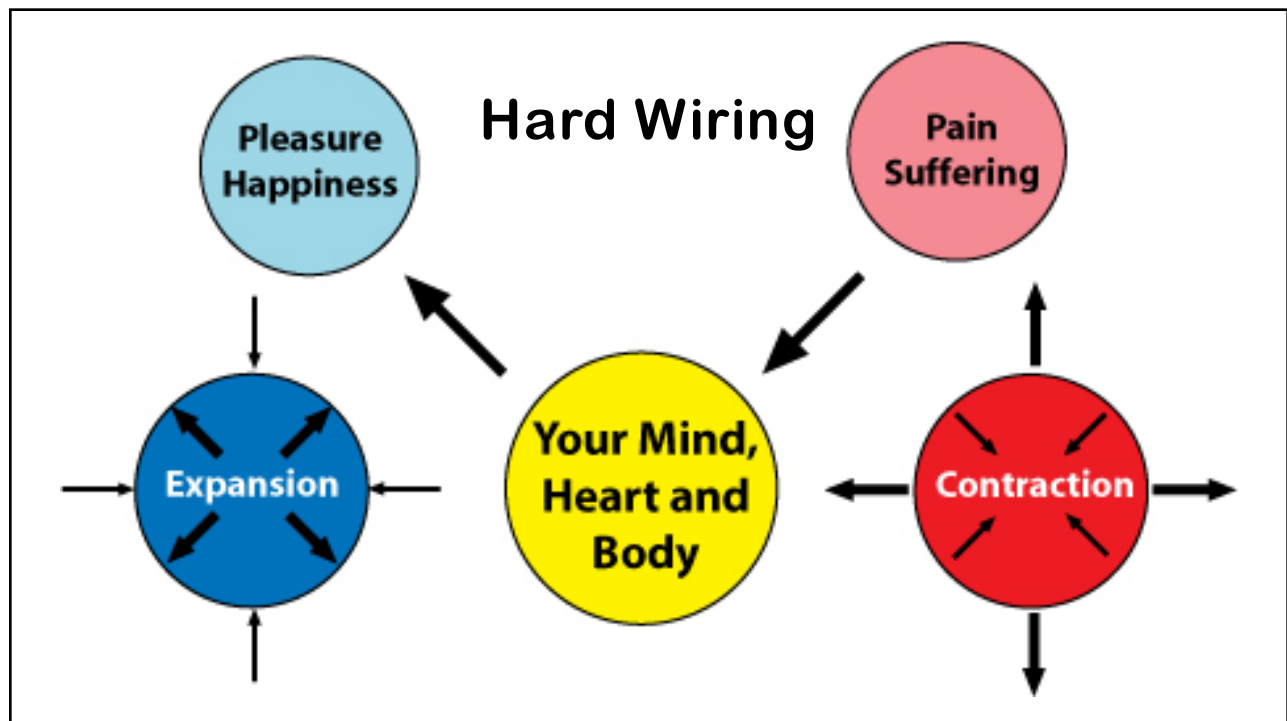


- An openness to the truth, no matter what the consequences, no matter where it leads you and when you don't even know where it's going to lead you. That's faith. Not belief, but faith. Your beliefs give you a lot of security, but faith is insecurity. You don't know. You're ready to follow and you're open...you're ready to listen.

• [From Awareness by Anthony de Mello]

Belief is More Than Passive Acceptance

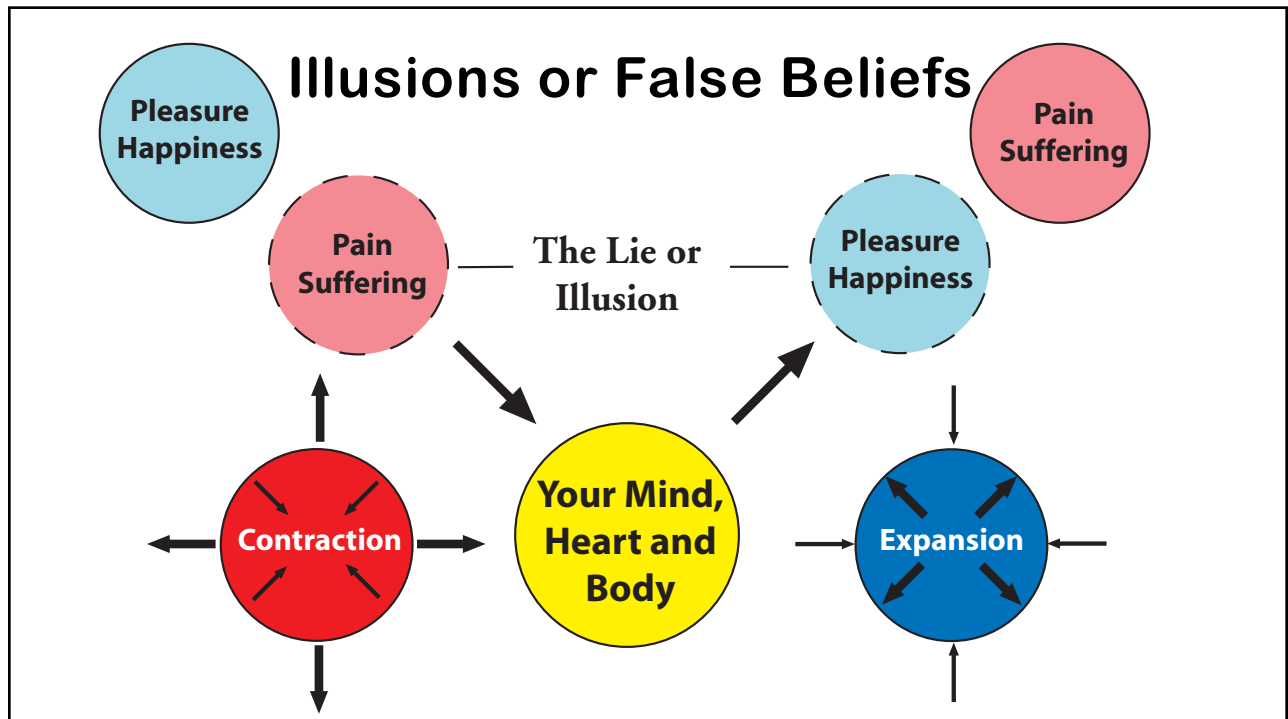
- “What the mind of man can conceive, and believe, it can achieve.” (Napoleon Hill)
- “Jesus said unto him, If thou canst believe, all things are possible to him that believeth.” (Mark 9:23)
- “If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.” (Matthew 17:20)



Our Power of Discernment

	Attraction	Repulsion
Mind	Light (Truth)	Darkness (Falsehood)
Heart	Good (Happiness)	Evil (Suffering)
Body	Sweet (Pleasurable)	Bitter (Painful)

“Woe unto them
 that call evil good, and good evil;
 that put darkness for light, and light for darkness;
 that put bitter for sweet, and sweet for bitter!” Isa 5:20





Dragons

- I call our illusions or false beliefs “dragons”
- Our dragons are the unresolved emotional issues in our heart
- These emotional wounds create illusions of perception (false beliefs) that filter our perception of reality
- Dragons live in “darkness” or “denial” as we seek to avoid them
- They “die” in the light of awareness, which happens when we confront them

Examples of Dragons

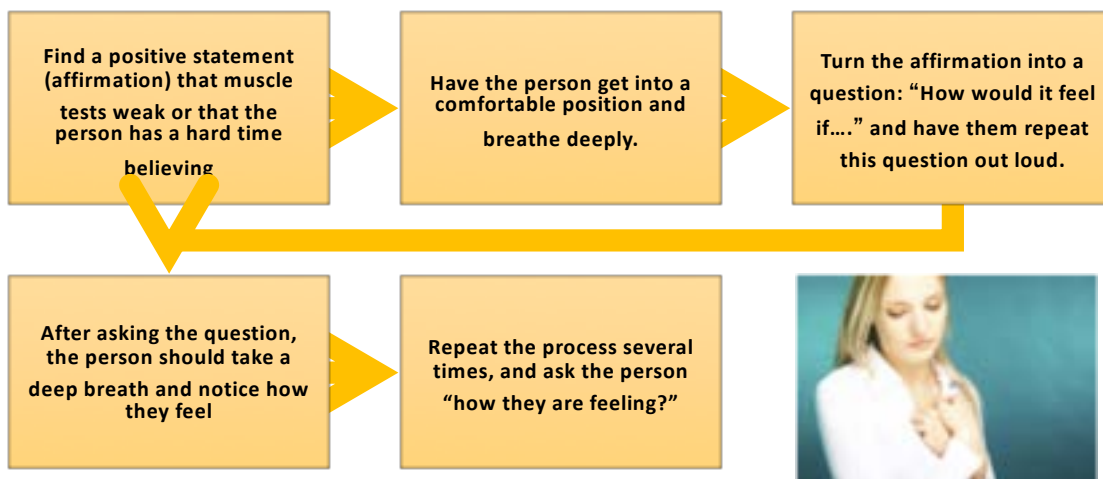


Awareness is the Dragon Slayer

- “How long will it take me to solve my problem,” asked the disciple
- “Not one second longer than it takes you to understand it,” replied the Master
 - [From *Conversations with the Masters* by Anthony de Mello]

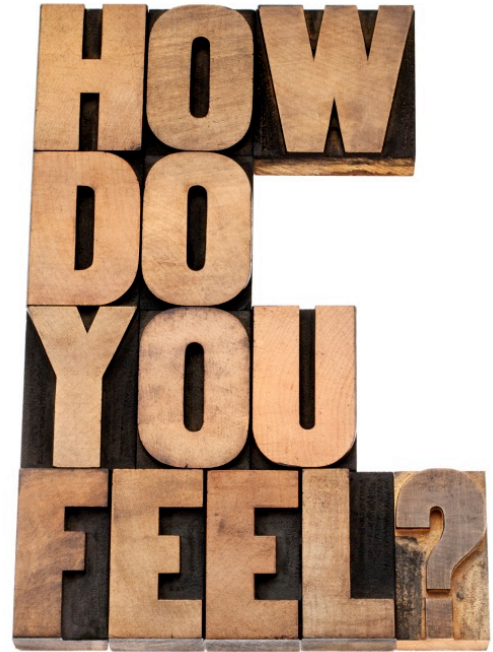


Question-Affirmation Technique



Tuning into Feelings

- If any “negative” feelings come up, encourage them to feel the feeling by having them place their hand over the area where they feel the feeling and breathing “into” it
- Be sure that the person is tuning into their feelings and not just voicing their thoughts
- It can be helpful to directly ask, “How are you feeling?” or “What are you feeling?”



Question-Affirmation Resolution

It may be necessary to alter the question several times during the process, based on what comes up

When the person starts to feel good about the question, ask them if they would like to feel this way.

When they respond positively have them turn the question into a statement and repeat it at least three times. It helps to have them say, “I chose...” in front of the statement.

Again, ask them how they are feeling and if they are feeling good, you are done with that issue

Examples

- I am safe and secure
 - How would it feel to be safe and secure?
 - Response: I feel afraid. Have them breathe into the fear and experience it.
 - I chose to be safe and secure!
- I have all the love I need
 - How would it feel to have all the love I need?
 - Response: I feel sad. Have them breathe into the sadness and experience it.
 - I have all the love I need! OR I chose to have all the love I need!

Adding the “Dragon”

- Question: What would it feel like to be thin and beautiful.
 - Response: I’d feel afraid of being molested.
 - New Question: What would it feel like to be thin and beautiful and be perfectly safe (or NOT be in danger of being molested)?
- Question: What would it feel like if it were alright for me to stand up for myself
 - Response: I don’t want to hurt other people
 - New Question: What would it feel like to stand up for myself and still be kind to others (or NOT be hurtful to others)?

Q/A Technique for Forgiveness

- Muscle test the person on the statement: “I have forgiven everyone who has wronged me in my life.”
- If weak, identify possible individuals who the person may need to forgive and test the statement: “I have forgiven _____ completely.”
- If it tests weak turn it into a question-affirmation, “What would it feel like to forgive _____ completely”
- When good feelings arise turn the question into an affirmation: “I forgive _____ completely.”

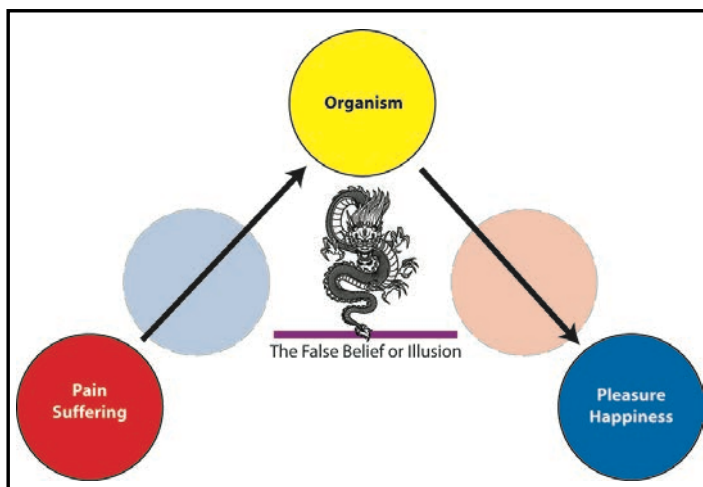
Feelings Not Thoughts!

- It’s about the feelings, not the thoughts!
- Never try to make a feeling “go away,” instead encourage a person to breathe into the feeling and experience it
- The dragon clears when the person sees that the “negative” consequence of a good thing isn’t real
- This process can create instantaneous changes in people that are permanent, unless they deliberately chose to go back to the “darkness”

Getting to the Emotions

- An explanation (in words) from the brain is not an answer to a question affirmation
- The answer is a feeling in the body
- Deep breathing is an important part of the process, people hold their breath to avoid feeling things
- This works best with eyes closed, when the person opens their eyes they are running away from their emotions
- When there is no emotion in the person's voice they are also dodging their feelings and trying to stay in their heads

Question-Affirmations Help People See “Through” Their Illusions



Reality Destroys Dragons

- Since “dragons” are an illusion of the mind created by mental conditioning, they “disappear” when reality is seen
- The “cure” is instantaneous and permanent, unless the person deliberately chooses to recreate new illusions

