

Dexter Gelfand

HONORING YOUR
SPIRITUAL COMPASS

Achieving Greater Self-Realization Through the Natural
Laws of Therapeutic Spiritual Counseling



Table of Contents

INTRODUCTION	5
1.1 Foreword	6
1.2 My Mission	6
1.3 The Success Stories of Therapeutic Spiritual Counseling	7
THE PERSPECTIVE OF THERAPEUTIC SPIRITUAL COUNSELING	12
2.1 Your Aspirations	13
2.2 The Magical Secret of Empowerment	13
2.4 The Meaning of Honoring Your Spiritual Compass	17
2.5 Integrating your fragmented soul	19
2.6 Magic and Mechanics	20
THE PRINCIPLES OF THERAPEUTIC SPIRITUAL COUNSELING	23
3.1 Presence	23
3.2 Your Game Spheres	24
3.3 Your Spiritual Compass, and the Four Negative Spiritual Architectures that Compromise Your Existence	26
3.4 What we mean by “processing”	28
3.5 The Overall Approach of Therapeutic Spiritual Counseling	29
3.6 A Magical Secret of Therapeutic Spiritual Counseling	30
3.7 Transcending the Ultimate Barrier	30

3.8	The primary importance of your goals, dreams and aspirations	31
3.9	The Relation of Quantum Physics to Therapeutic Spiritual Counseling	32
3.10	How pain, trauma and fear is most successfully relieved	33
3.11	The Perfect Functionality of your Spiritual Compass	34

CO-EXISTING AND ENGAGING WITH OTHERS 36

4.1	The Fascinating World of Your and Others' Game-Self Identities, and the magical techniques to liberate yourself from these	36
4.2	The Dynamics at work in relationships the magical techniques to liberate yourself from these	40
4.3	Successfully navigating your way through encounters and relationships	41
4.4	Unravelling the Perpetual Playing of the Same Old Games and relationships the magical techniques to liberate yourself from these	42
4.5	Games people play	43
4.6	Understanding Each Other: If we would only take the time...	45
4.7	Using your Magic	46

THE SPIRITUAL ARCHITECTURES THAT AFFECT US 49

5.1	Changing your life patterns:	49
5.2	How You Accumulate Negative Spiritual Architectures, and How They Can Be Resolved	50
5.3	The Liabilities of Defining Yourself by Your Painful Experiences	55
5.35	The Prime Importance of Addressing our Resistance to Disturbing Feelings Painful Experiences	56
5.4	The Moment of Shock	58
5.5	The Rigid Defensive Attitude	59

HOW TO USE AND EXPERIENCE THE TECHNIQUES OF THERAPEUTIC SPIRITUAL COUNSELING 62

- 6.1 How to process your energies in harmony with your spiritual compass 63
- 6.2 Simply “Take what you get”! 64
- 6.3 Have the Advantage of a Winning Attitude 66
- 6.4 How to know which technique to use when: 68
- 6.5 Expectations become projections and filters, compromising the purity of “Simply take what you get” 70

HOW TO USE AND EXPERIENCE THE TECHNIQUES OF THERAPEUTIC SPIRITUAL COUNSELING 73

- 7.1 An Amazing Technique: Spiritual Digestion 73
- 7.2 Procedural Elements of the Resolution Technique 75
- 7.3 The Resolution Technique 78
- 7.4 Release of Shock 81
- 7.5 Technique for Resolving a Stubbornly Held Protective Attitude 87
- 7.6 Harmony Restoration Technique 91
- 7.7 Mutual Presence: Restoring a Relationship 94
- 7.8 Removing Persona Projections 94
- 7.9 Stripping Away a False Self 98
- 7.10 Resistance Relief Technique 102

HIGHER GROUND: ADVANCED TECHNIQUES FOR GREATER REALIZATION OF YOUR SPIRITUAL PRESENCE 104

- 8.1 The Acceptance Technique: For daily “Spiritual Rebooting” 104
- 8.2 Spiritual Orientation 105

8.3	Healing a Rift	107
8.4	Serenity technique	108

INTRODUCTION

Dex Gelfand is a popular leader in the field of spiritually oriented alternative counseling and a pioneer in providing sessions over the internet, with clients and colleagues spanning the globe. His approach, Therapeutic Spiritual Counseling, is based on the principle that we are all endowed with our spiritual compass, which presents the exact mental/spiritual material that we need to address to unlock our chronic issues. Your spiritual compass, when invited to do so, brings to the surface those mechanisms, our individual and unique negative spiritual architectures, to then be addressed and resolved. Unlike some other more generic approaches, Dex's strongest conviction is that the practitioner's only valid function is to help the participant to accomplish that which he or she is impassioned to accomplish.

And that this is accomplished through recognition of the material that the spiritual compass is presenting, and providing the participant with the opportunity to safely go where their spiritual compass is taking them, with a willingness to simply effortlessly digest the energies of their negative spiritual architectures. It is also recognized that every undesirable condition is only relevant because there is always a corresponding underlying positive aspiration that is opposed by the negative condition, and that recognition and full restoration of the positive aspiration is essential to

1.1 Foreword

Dex has isolated, analyzed and defined the different types of negative spiritual architectures, or mental mechanisms, that bring about undesirable conditions and dysfunctions, and has evolved specific techniques for successfully resolving these.

Dex's work is divided between working with his participants from around the world, mentoring and training other practitioners around the world, and his ongoing research for these endeavors.

Dex can be contacted through his website, dexsessions.com

1.2 My Mission

There is a nature preserve that I have always enjoyed walking through. There I can sense the consciousness of all the life around me, and its awareness of me. The profundity of this experience inspires me.

There are so many cultures, religions, and people and groups that impress upon other people their concepts of spirituality, God and the nature of existence. We can find ourselves encumbered and lost in the indoctrinations, having our sovereignty subsumed without realizing what has happened.

I endeavor to help people to unburden themselves of their externally imposed and self-created spiritual architectures so that then maybe they can find the peaceful space from which to observe and connect with such essentials of coexistence on their own as they themselves find these to be, and regain all the peace, joy and serenity that is inherent in accomplishing these.

Love, Dex Gelfand

1.3 The Success Stories of Therapeutic Spiritual Counseling

“It was hard to find words directly after a session, it had to settle a bit. I found some decisions I made that I shouldn’t have. More thoughts are emerging, and more grief is dropping away. I found I have to change things. I realized that I had been suicidal for years, I remembered driving, and wishing the car would fall over the cliff, this has been ‘underneath’ in my mind for a while. Now I’m feeling better. Not so hopeless. I had been too depressed, with a terrible feeling of hopelessness.”

“It’s all starting to pull together. I will keep writing these things down, as more things are rolling off. After a session, I just wanted to run next door to the park and take a walk. Today I walked for hours. The sky looked different today, actually the earth felt different under my feet!”

“Thank you, Dex!”

D.S., Florida, USA

“Hi Dexter, I wanted you to know that our session on Friday was more powerful than I expected. I have had sessions with others before, but with you it was like going from crawling to flying. I remember such sessions being a very tedious long and tiresome process, however in our session it was like we were going full throttle. It was a great experience.”

“Thank you, Dex”

P. M., New York, USA

“I no longer worry about the future. I know everything will be alright. I feel a lot more clean and ethical. I am a lot more patient.”

“In terms of my physical health, I for the most part handled the condition that I wanted to handle which is severe heartburn after pretty much everything I ate.”

“And I continue to have new realizations between sessions.”

“Thank you very much for all your work, Dexter!”

M.P., California, USA

“I’ve never experienced anything like this. After articulating my great changes, Dexter did this special process, which enables you to keep and magnify your gains. You align your win to what you’re actually trying to do in your life. In my case, I’m a writer, musician, singer and composer.”

“Any kind of unwanted sensations, etc., can be traced back to times when you used your power to harm. I don’t think I’ll ever do that again. I feel energized, I can’t wait to create. Knowing my unlimited power, I will use it for good. I will have fun. Thanks so much to my wonderful counselor, Dexter. I don’t think I’ve ever been this stable before.”

T.L., California, USA

“One thing that I now have is that I have the feeling that I can make it in life. Although I am not totally there yet, I would say that just knowing that I can cope and handle whatever comes my way is a big stabilizing feeling. For the longest time I have been being quite “conservative” with life. Afraid to really stick my neck out there, as if I might get “hit” somehow. Now I am much more willing to stand out and be counted. To let others know who I am and what I stand for. I can better hold my position, because I am doing it as me, not some or other identity or persona. It is a really good feeling inside to know that I am not always wrong and if I am, I can correct it. I don’t need to beat myself up about it anymore. I am also able to let others be right.”

“There is a very interesting benefit that I have never gotten from sessions with anyone else. That is that I now feel that I have much more of an understanding of life and me, that I have never had before. I am not quite sure exactly what that is all about, but will say that my certainty of life and who I really am is much greater. I am OK with being me. I am sure that I am walking taller and with more certainty that I have in a long time. I feel like I am recovering my personal integrity. WOW! That is huge.”

“Unlike all of my previous session experiences with other counselors, with Dex I felt like I was actually taking the lead – ‘running my session.’”

“I recognized that I have built barriers up around me, in order to somehow protect myself from something, but inevitably, it has acted to limit my success in life and business. This is an extremely interesting revelation. I have never seen this before. But now I see that I have been limiting and actually stopping my own success. Sort of like, “the solution to a problem has now become the problem.” Guess I just need to find the original problem, huh?”

“I think the big win here is that I am actually discovering who I really am and the “armor” that I have surrounded myself in is being peeled away. A chunk here and a chunk there. What is interesting is that even a day after the latest session I can still feel that “armor” falling to the wayside, little bits at a time. I am sure more will be falling away tomorrow.”

“I am totally certain that I am now on the right track to where I want to arrive.”

TG, Virginia, USA

“Dexter, thanks again for last night’s session. I can’t thank you enough for the session, its awe inspiring, your ability to alleviate a being’s suffering, as you have done for me in just one session. You are worth every dollar. You are an amazing person. Thank you for making my day extraordinary in so many ways. And thank you for helping me to finally relieve my massive anxiety in last night’s session.”

K. D., Mexico

“I want to say a huge ‘thank you,’ Dex, for all that we’ve done in our sessions together. Therapeutic Spiritual Counseling has enabled me to quickly and easily resolve issues that years of self-help and other therapies, techniques, workshops and transformational courses weren’t able to fully address. I love how your techniques are simple and gentle yet so effective and deep acting. You have enabled me to overcome chronic personal blocks, to heal some difficult relationships, and to move forward in a new direction with my work that has eluded me for years.

I feel like I can now sell the vast library of personal growth books that I've amassed over the years, as Therapeutic Spiritual Counseling has made them all redundant! Thanks again, Dex, for who you are and what you do."

S.R., United Kingdom, July 2019

"I'm so impressed with, and grateful for, the training/mentoring I've received from Dex in his Therapeutic Spiritual Counseling techniques. I've worked in the field of personal growth facilitation for several years and have studied numerous techniques and modalities, and I have to say that Dex's techniques are superb. Therapeutic Spiritual Counseling works extremely well and it reaches a level that other techniques I've been using couldn't. I'm familiar with the concepts used in the techniques, so I can really appreciate how skillfully and thoughtfully Dex has developed and honed his techniques into processes that are so elegant and easy to use, yet so effective and deep acting. I feel like I've found the Holy Grail of therapeutic techniques, which I've been seeking for a long time, and I'm delighted to be able to better serve my clients now that I've learned these techniques. Thank you Dex!"

D. R., August 2019

"Many things are changing in my universe, fast! A completely new world is opening up in front of me, it's a dreamlike feeling! I feel a lightness now, and I've lost interest in criticizing other people. Thanks Dex!" —A.M., July 2019

**THE PERSPECTIVE OF
THERAPEUTIC SPIRITUAL
COUNSELING**



2.1 Your Aspirations

It is important to consciously have and connect with our essential, broad aspirations. They can serve to inspire, as a driving, motivating passion that carries you forward. One of mine:

“I may never be as God-like as I aspire to be, but I will always aspire in that direction.”

With love, Dex

2.2 The Magical Secret of Empowerment

The greatest and truest power is in empowering others, and, perhaps, the greatest satisfaction.

“Empowering” does not mean to allocate some of your power to another. That’s actually a very disempowering and condescending concept- “you haven’t much power, here, take some of my power, I’m a powerful source, your power is derived from mine, and so I’m above you.”

Empowerment is the expressed recognition of the innate power within another, and the encouragement for another to recognize and accept their own considerable power.

This recognition is an essential element of conducting a good counseling session, and in life, makes for better relationships with everyone.

Love, Dex

2.3 “Deserving to Suffer”, a False and Toxic Concept

There’s something the whole world needs to understand about guilt and suffering.

In my position as a therapeutic spiritual counselor, and in day to day life in general, I can’t help but notice the crippling effects of the mechanisms of guilt and “deserving to suffer”. These can be terrible conditions, a dark cloud and a burden some carry for the rest of their lives. This needs to be more closely examined, so as to correct the condition and allow for relief and happiness.

So, really, – what is “guilt”? The surface answer would be that it is feeling emotional pain and thereby suffering due to feeling responsible for causing or not preventing harm experienced by another. I get that, I’ve been there. I lost my older son to a terrible disease, and my pain was beyond description, so, even setting my own natural empathic feelings for what others experience aside, I know how that feels. I could not help but feel that I let my boy down, that I failed to protect him. This was with me for a long time, very intensely.

But, what did my son gain through my emotional pain? Not a thing; in fact, it was nothing less than one more difficult condition for him to bear. It didn’t relieve his suffering and emotional pain, nor did it prevent his passing. So where is the logic and benefit of guilt?

The true answer is, there is no logic in, and no benefit to, the pain and suffering of guilt over the idea that one has acted to cause or failed to prevent harm experienced by another.

So then, where does this unfortunate mechanism of burdening oneself with feelings of guilt come from? It comes from the most damaging concept and attitude that has ever befallen any society or individual: the very idea that there could be such a thing as “Deserving

to suffer”.

You feel guilt once you accept the artificially installed, indoctrinated attitude of “I deserve to suffer”. The idea is that you could somehow compensate for your “sins” through “suffering that is proportionate to the sins”. Well, that’s a “noble” thought, albeit ridiculous. Did guilt and suffering ever fix or make up for anything anyone has ever done that had a bad effect on others? Of course not. Nothing is made right by making yourself suffer for whatever harm you feel responsible for. It simply does not work. It only makes you suffer, and it makes you disallow yourself to enjoy what you should be able to enjoy in your life.

No good comes of it.

There’s something else, something within yourself that you are trying to solve through this mechanism of self-punishment, something more immediate than the harm to another that you feel burdened with. And this is what holds it in place: your own unwillingness to fully examine, have and accept your choices and the consequences they had. Instead of really looking, having, and spiritually fully digesting all the energies, emotions and sensations embedded in the painful continuum of whatever that particular experience is, the tendency is to try to escape that pain, and to do so by instead “feeling badly” (“guilt”) about the choices made, rather than just fully digest the consequences, and whatever did occur.

As we all are subject to religious and/or social indoctrination of “deserving to suffer”, “guilt”, on the surface, becomes a “convenient”, and “noble” escape and alternative to “the real work” of just fully taking what happened, without resisting the feelings, sensations and energies thereof.

It can be a nearly overwhelming challenge to take on those feelings, those memories

s and consequences; but it must be done, if we are to liberate ourselves from our self-imposed life sentences of suffering in failed efforts to compensate for what we are resisting within ourselves.

You may feel or find that you need help to get through the experiences. I can help. So can others. There is no liability and no shame in getting the help you need to do what you need to do. But your liberation lies in simply, and fully, accepting, rather than resisting, your choices, and the full spectrum of their consequences. Once done, it always turns out to be so much less formidable than what you have been imposing on yourself through the failed lie there being such a thing as “deserving to suffer”

The false concept of there being such a thing as “deserving to suffer” has plagued mankind for ages. It has become a popular tool for damaged people to inspire others to do terrible things to others, and has resulted in horrendous suffering and pain through the ages.

The sick attitude of vengeance is opportunistically challenged through “they must be made to suffer for their actions”. Wars, hard feelings, conflicting political attitudes that prevent us from really being present with each other, never-ending vendettas that go all the way back to biblical times, none of these could be without the instilling of the emotional, social and spiritual disease which is the idea that there is such a thing as “deserving to suffer”. Self-serving sociopaths learn to control others to do their misguided bidding, in the name of “making them suffer”.

No good purpose is forwarded by willfully, intentionally causing another to suffer. Sometimes a person who is too dangerous to others must be quarantined, for others’ safety. But doing so in such a way as to intentionally make that person suffer is inhumane,

unacceptable and inexcusable, regardless of how “acceptable” it might be characterized sometimes.

Recognize the cancer of the implanted “deserving to suffer” attitude and concept whenever and wherever it shows itself, in yourself and in others. Liberate yourself, and those around you make your life, and in fact, the world a better place. Make your own conscious decision to abandon the crippling game of applying “deserving to suffer”, however it might manifest, to self or to others, and let sanity, love (including of yourself), and connection prevail.

I would like to dedicate this writing to a friend who has suffered more than “enough”. Give yourself permission to be happy. Now.

With Love,

Dex

2.4 The Meaning of Honoring Your Spiritual Compass

Honoring your spiritual compass, in the context of the techniques and procedures of this book, is about learning to trust your own mind and spirit, and take what it gives you as the exactly correct thing to accept in the moment.

But in the larger scope of the philosophy and practice of Therapeutic Spiritual Counseling, it applies to those I train in the mastery of these techniques to facilitate the accomplishing of every participant’s goals for the sessions. Because to succeed to the heights to

which you aspire, you must fully be you, and not me, or anyone else. And so each practitioner trained by me is encouraged and expected to follow his or her own spiritual compass in what to do, what to say and how to say it, in administering the techniques in private sessions.

The techniques and the natural dynamics behind them are to be learned, and demonstrated to be learned well, and then the real brilliance comes in how each practitioner, having absorbed the information, integrates it into himself or herself, so as to be present and genuine in their own way of extrapolating and embellishing to truly be the person who guides the participant to relief and success on the level of miracles.

A practitioner of Therapeutic Spiritual Counseling will not indoctrinate you in how to think of yourself, your mind or anything that is part of you. They will not direct you away from what is on your mind. They are there to invite and encourage you to honor your spiritual compass, and trust yourself, and to reap the magnificent results that lie therein, not least of which is granting yourself limitless self-empowerment

There are parallels in all creative fields-and in the hands of anyone who is empowered to honor their spiritual compass, any field of endeavor becomes a creative field. In art, there is color theory, to be learned well, and then ultimately, a true artist, who by very definition honors his or her spiritual compass- breaks these “rules” to create something beautiful; equally true in music theory.

When you are fully present, you can fully honor your spiritual compass, and dispense with routines, policies and any set standard or pattern, to be in the moment, so as to accomplish the most perfect, beautiful, and/or successful result or condition in being in the

moment, in the context of any situation or activity.

Honoring your spiritual compass is trusting your instincts, it is being “in the zone”, and there is no better existence, condition or way of being.

And so, the more you allow yourself to honor your spiritual compass, the better life is. And in practicing and experiencing Therapeutic Spiritual Counseling, honoring your spiritual compass in terms of going with whatever thoughts and feelings your spiritual compass presents, so as to resolve those things that impede your aspirations of how you want to be, and what you want to accomplish, you will find that honoring your spiritual compass in general will come far more easily, and in trusting yourself, you will far more easily be yourself, and live the life you are meant to live.

2.5 Integrating your fragmented soul

Past, present and future are all actually “nows”, and if we aren’t too busy denying or resisting it, all of our connections are always part of us. We construct walls in our minds for separation from things that are unpleasant, things that seem to conflict with our present situations, things that we want to forget or keep hidden, but these accumulating “no fly zones”, in decreasing our wholeness, make us smaller, more restricted and more restrictive, cutting off pieces of our existence, tantamount to losing parts of ourselves.

All experience can be digested and absorbed, integrated within to make us whole, to be all that we are, and all that we can be. Greater happiness, and moving upward from fearfulness and resignation to a childlike wonder for all that can be encountered in life is restored through approach and deconstructing our walls, to assimilate, digest and integrate all that is part of our life continuum, to restore and regain the full expanse and regain full expanse and spectrum that makes each of us confident, optimistic, able to appreciate and

feel the joy of living, of having and living our passions, and as highly functional as we inherently are in pursuing these.

To be fully whole and alive, one must aspire and progress in the direction of tearing down the walls and integrating all that is us.

This principle also has relevance in recognizing our place in the community of all sentient life.

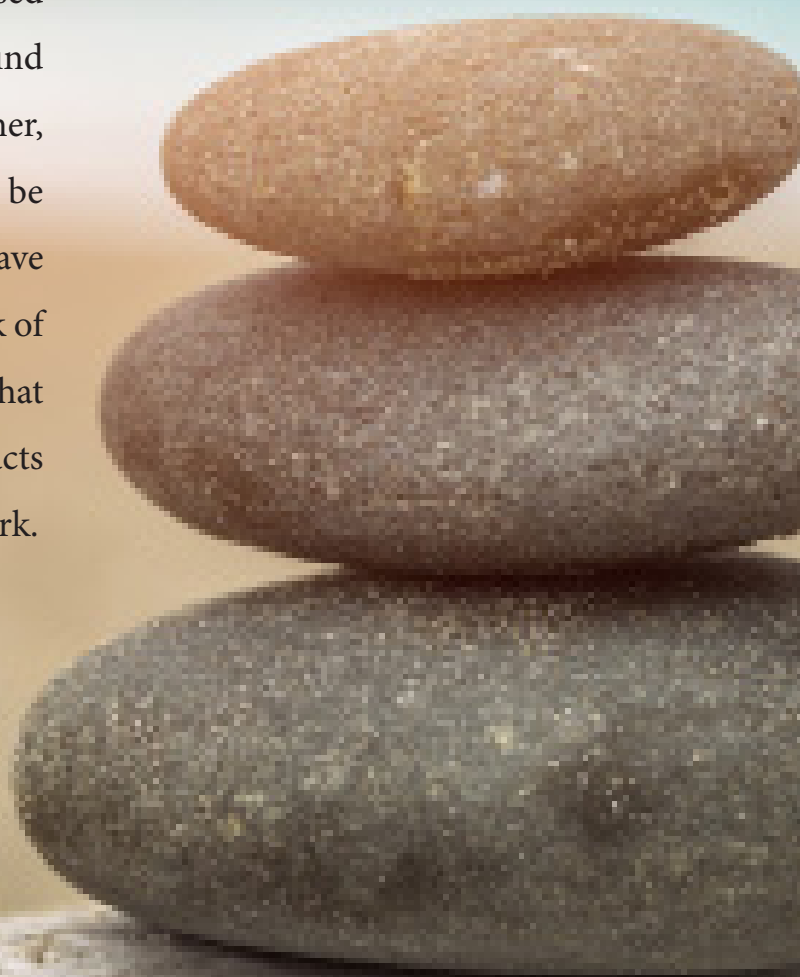
Love, Dex

2.6 Magic and Mechanicst

There are two basic approaches to life, and we all have a mix of both, in varying degrees: magic, and mechanistic. By “magic”, I mean, simply deciding what it is you really want to have or experience, envisioning that, and allowing it to materialize for you. By “mechanistic”, I mean the mechanics approach, i.e., “this would have to happen so that that could happen”. The magic approach: “I want to feel joyful!”. The mechanistic approach: “If I work and save, plan my finances right, and wait long enough, and can plan the logistics to take a trip to the vacation spot, have the right food and drink, I could then relax and enjoy myself” - see, mechanics= a series of steps, each which mechanically brings about the next step. It can be very complex, and require much thought and effort.

The mechanistic approach, from the mechanistic viewpoint, is “practical”; the magic approach, from the magic viewpoint, is simple and direct. We all employ some mix of both; the magic approach is often below conscious level, but it’s especially magical when practiced mindfully, as in “The Secret”, for this of you familiar with that book; “The Secret” also does employ some simple mechanics- as I said, we all employ a mix. Neither approach is

necessarily “better” or “right”, or “wrong”; they each can have their own beauty, and success, it might just be a matter of preference. I prefer to function as much as I mindfully can in the “magic” realm, and “magic” realm, and it certainly related to how I operate, not only in life, but in my practice. Simply knowingly deciding what will be for me, and allowing it to materialize. “Magic” - based people and mechanistic-based people may find that they aren’t very compatible with each other, or they may find that their differences serve to be complimentary to each other. You may not have thought of it this way, but every time you think of someone or something, and very soon after, that thing or person appears before you, or contacts you, that is a little bit of your own magic at work.





THE PRINCIPLES OF THERAPEUTIC SPIRITUAL COUNSELING

3.1 Presence

Every being, or creator, and every thing, or creation, emanates a self-energy, or presence. On a finer spiritual level, we all exist in an ocean of our collective and individual presence. The highest, most conscious and creative plane of existence, theoretical or otherwise, may well be to exist in full consciousness and ownership of this collective and individual presence.

The opposite of presence is resistance, or refusal of presence, typically under the guise of “self protection”. Every chronic unpleasant feeling is held in place by resisting its presence. When those energies expressing as such feelings are effortlessly accepted, rather than energetically opposed, the unpleasant feelings digest away.

This is the process of Spiritual Digestion: consciously owning the presence, I.e., the energies expressing as those feelings. When feelings are disturbing and yet inaccessible to digest, this is due to an attitude of resistance to those energies. When the presence of one’s resistive energies block the digesting of unpleasant feelings, the presence of those resistive energies must first be effortlessly digested, after which the presence of the unpleasant feeling energy is readily accessible and easily digests.

When a you are enveloped in one of your adopted or imposed personas, you are not being present; any persona taken on is a substitute presence, and an abdication of your own presence. Anytime you are withdrawing your own natural presence, the conditions you aspire to and envision for yourself are as out of reach as you have made yourself, and existence

is difficult. This is resolved through a means of digesting the presence, or energies, of the persona, and of the unpleasant energies that you sought to handle through that substitute presence.

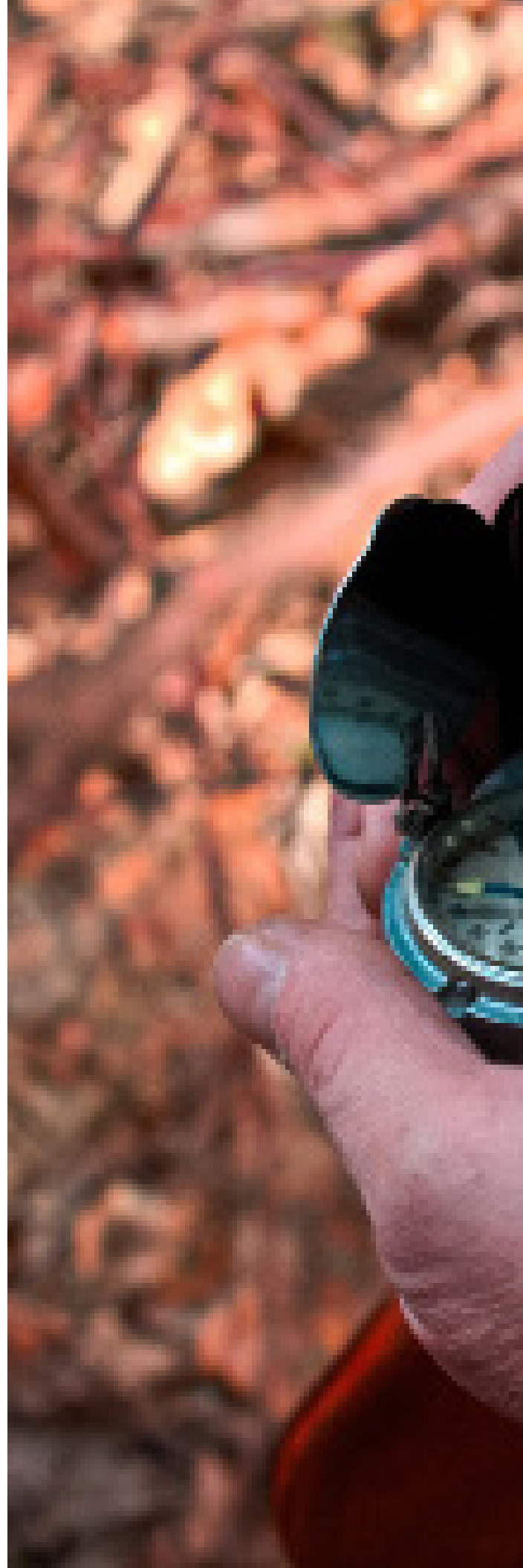
All roads to self-realization, and to greater consciousness and existence are in the direction of consciousness and owning of presences, to arrive at a higher degree of consciousness and ownership of our collective and individual presence.


3.2 Your Game Spheres

The “Game Sphere” is one of an infinite multitude of playing fields in life. Any game there consists of 3 essential elements:

(1) Assuming Identities

An identity is, most basically, a 3-dimensional spiritual energy construct that conveys a specific attitude, and manifests conditions specific to that identity. The essential purpose of each identity in any given game is to fulfill an aspect of function that creates and maintains that game.





The identities relate to each other in various ways: supporting another in their purpose, opposing another, redirecting another, separating one from another, etc. The spiritual architecture of each identity- appearance, attitude, powers, weaknesses, etc, will be in accord with its role in the game.

To enter into a game, one first knows, exists as and creates every aspect of the game at the spiritual level, but must then retreat into one particular identity within the game and thus suppress full consciousness of the balance of the playing field and all its elements in order to experience it as a game.

(2) Having and Forwarding Purposes

Every identity is created and assumed to fulfill one particular purpose, which exists within the game. The interactions experienced within the game bring about shifts of purpose and of identity, extending a trail of reflexive purposes, identities and interactions.

(3) Purpose-driven interactions between the identities

These interactions are exchanges of energies, ranging from coarse and brutal force to fine and light love or admiration, and the energetic responses vary accordingly; reception of admiration might be responded to by returning the admiration and/or obsessively seeking to maintain the reception of admiration, reception of brutal force might be responded to by creating a force shield to deny such further force, or returning force with force, etc, etc, in each case being driven by the purpose of that response to the energetic interaction, the first step of which is the creating/assuming of a fixed identity that would be the embodiment of that purpose, and then would function to enact that purpose in its manner and choice of energies then impelled.

The key to dissolving your patterns of ongoing interacting “game” or relationship conditions of undesirable feelings, attitudes and interactions is to allow within you the flows of every role in the game, including having both enacted and experienced the actions of every role, and allowing the energies of the attitudes and feelings of all perspectives effortlessly, to present and digest within you. As this is done, blame and guilt drop away and become meaningless, and fully done the game/condition pattern is no more.

3.3 Your Spiritual Compass, and the Four Negative Spiritual Architectures that Compromise Your Existence

As complex as a person’s mind can seem, all of the internal confusions, disturbances and entanglements fall into one of four categories of problematic mechanisms. These are our self-created spiritual architectures, brought into our existence and maintained with the idea that these will protect us from the things that overwhelmed us in some painful way

way, and/or that these will get us what we want.

The way to accomplish your goals and aspirations, and to maintain yourself in the face of challenging moments is to simply be present in the moment, rather than defaulting to any programmed response or to affect some false personality. And the more you can be present, the better your existence becomes.

These will be described and explained fully further in this book, but for introductory purposes, the four negative spiritual architectures are:

- (1) Unchanging recurring undesirable conditions
- (2) Moments of shock
- (3) Rigid defensive attitudes
- (4) The taking on of a false persona

For each of these for, you will find in this book a specific technique for deconstructing, resolving and removing that particular spiritual architecture:

- (1) The Resolution Technique
- (2) The Release of Shock Technique
- (3) The Rigid Defensive Attitude Unraveling Technique
- (4) The Persona Deconstruction and Persona Image Techniques

Each of these techniques has worked hundreds, if not thousands of times to do its job fully, in counseling sessions, given by myself and those I have trained.

The basis of Therapeutic Spiritual Counseling is to recognize what your spiritual compass is presenting in the moment, understand which of the four basic spiritual architectures is manifesting, and addressing it with the corresponding technique; this includes shifting mid-process as needed to address whatever pops up, and then completing accomplishing all the steps of each technique you begin to apply, in reverse order of the sequence in which each spiritual architecture emerged along the way.

For this book I have configured each technique so that it can be self-applied; you may not be as uniformly successful as a trained practitioner working with a participant, being that reading this book is not equivalent to my in-depth one on one training. How well you study and learn is a factor, and doing this yourself requires self-discipline to stay on course and follow through to a complete end result. You may not always quickly recognize when a specific negative spiritual architecture of yours has surfaced in you, and go to the appropriate technique, but the more you read over this book, and the more you apply what you read, the better you'll get. And in any case, you will almost certainly have more than enough success, self-enlightenment and magical changes to make this a very worthwhile venture!

3.4 What we mean by “processing”

As we go through our lives, things sometimes happen which are unpleasant, painful, shocking; in short, difficult to experience, and we tend to fend off, or resist, the fully experiencing of these occurrences any number of ways. The environments, impacts, perceptions and feelings go largely unprocessed. Processing everything associated with an experience is like digesting what you eat; ideally, you fully absorb in entirety, leaving nothing unprocessed. Anything in your system left undigested will create discomfort and distress, just as any painful or shocking experience not fully

processed by you as a spiritual being will leave you with some distress.

Processing, as a technique, is the action of mentally or spiritually digesting those experiences that hit us too hard too fast to experience fully, maintain ourselves as to process in the moment. The ideal condition would be to fully experience, and thus process, or digest, everything as it happens, a theoretical goal. Processing is the application of any technique through which one digests the undigested material that one has, to a degree, encountered over the course of their existence.

3.5 The Overall Approach of Therapeutic Spiritual Counseling

In experiencing any technique of therapeutic spiritual counseling, there is no “work”, no effort, no digging, no pushing or pulling. Take whatever arises in you through your spiritual compass in response to the question or direction. Just let your spiritual compass deliver whatever it will in response to the question or direction, to and through you, simply be an empty vessel to be filled with the content that comes to you. Feel, without effort, resistance or reaction, the energies that are released through you, like drinking a cup of hot tea, and feeling the heat flow through you and dissipate. Nothing that occurs to you will be random and unrelated to the subject at hand, so don't dismiss what you're getting, just take what you're getting. It will all prove relevant, as you simply take that ride. Uncomfortable feelings or sensations connected to the matter can occur and then pass, incidents and events can come to mind, one after the other, all carriers of the energies expressing as the same feelings, emotions and sensations. Simply let it flow through you, for as long as it may continue, until you no longer feel any presence of the energies of the feelings, attitudes or sensations are present. As these express and naturally spiritually digest, things will clarify, the disturbing material will no longer be, and you'll be left with such feelings as relief, serenity, joy, enthu-

3.6 A Magical Secret of Therapeutic Spiritual Counseling

Instead of trying to find some kind of “solution” for that condition, address what need that condition is intended to solve for you.

Your chronic conditions are actually a manifestation of something in you that decided that without them you would be either be without something you need, or you would be exposed to something devastating and ruinous. That part of you demands that they continue because they are intended to be a means of drawing a response or reaction from others that you consider to be desirable. Through the techniques of Therapeutic Spiritual Counseling, you can connect with this self-knowledge, re-examine that thought process and the results of it, and dispense with what doesn't help you or further your purposes.

In Therapeutic Spiritual Counseling, the disturbing and negative material to be resolved is primarily the solutions we take on and hold onto as an intended means to protect us from the things that bring on pain and fear, which in turn become our own internal oppositions, and become the very obstacles we need to deconstruct in order to regain access to our disturbing energies so that these can be processed and spiritually digested.

3.7 Transcending the Ultimate Barrier

Over the course of my life and work, I've come to see how we hold ourselves down, that something in us can withhold permission to have our dreams come true, to be too big, too powerful, to fly too high. There's a part of us that says that we are undeserving, or incapable. Or that we will abuse or waste such power, harm others, or fail. There is a part of ourselves that is afraid to ask for too much, the part that says “I should never be, or have, something that great”. There is no greater barrier to full self-actualization.

We all need to forgive, trust and love ourselves. We all need to recognize just how vital this is. Part of the journey is to recognize how and why we've fallen into a negative attitude about ourselves and what the consequences of this have been, so as to understand how damaging this has been. Then we can reconsider our choices and take on a winning attitude.

The techniques of Therapeutic Spiritual Counseling can help to get you there.

3.8 The primary importance of your goals, dreams and aspirations

Recognizing, articulating and focusing on the desires and ambitions that drive you, as these are your greatest asset. The main factor driving your success is the power of your intentions.

In life, focus on your goals; the barriers present readily enough. In therapeutic Spiritual Counseling, we take advantage of the understanding that the drive of your desires and aspirations brings to the surface those feelings and attitudes that get in furthering your accomplishment of your goals.



3.9 The Relation of Quantum Physics to Therapeutic Spiritual Counseling

The essence of quantum physics is “The observer affects the experiment”. And in Therapeutic Spiritual Counseling, you see this principle manifesting as follows: Time is seen to be a spiritual creation intended to lessen the perceived overwhelm of experiencing everything as happening without being apportioned as separate consecutively streamed events through the imposition of an orderly sequential continuum.

Counseling sessions are a means of breaking down and digesting those life moments that overwhelmed you. You are overwhelmed in encountering too much force to be experienced in the relatively quick, or short time span of that moment. The context of a counseling session is to make it safe and experienceable by providing the context of a continuum inherent in your spiritual compass, in which manifests the perfect amount of time in which to slow down the flow of the energies expressing in that moment, so as to allow you to completely spiritually digest them.

The time stream itself can be seen as something we create in an effort to mitigate, reduce or eliminate being overwhelmed by experiencing everything all at once. Time could be thought of as a construct created to organize experience so as to make it experienceable.

As stated in quantum physics, “the observer affects the experiment”, In other words, in experiencing life, we influence what happens and how things turn out. And this same spiritual ability, inherent in each of us, is what you utilize and demonstrate in regulating the passage of time through your own spiritual compass.

3.10 How pain, trauma and fear is most successfully relieved

The recounting of a traumatic experience, through any one of many techniques, is often done as a means of working toward relieving you of the pain, shock, distress, trauma, fear and dysfunction that such an incident can leave you with. It is intended to bring the energies expressing as these feelings into accessibility so that they may be digested.

But such a technique is relatively inefficient and limiting in scope, compared to directly addressing those energies expressing as those undesirable feelings directly.

Those persisting feelings and sensations are energies you have reacted to by resisting them, any number of ways and means of trying not to feel them. Resisting doesn't allow the pain, trauma, shock, and fear to ever be digested and processed, and so instead it will carry forward, along with your effort to push it back. Resistance may be a natural tendency, but it isn't a true solution. The problem only persists, never goes away.

To get relief, those disturbing energies must be successfully allowed to pass through, be passively and effortlessly absorbed, and thus be digested, at which point the pain and trauma are disintegrated.

There can be any number of ways to accomplish this, to lesser or greater degrees. What is best for you is whatever means provide for the accepting, absorbing and digesting of the actual energies, experienced as feelings and sensations, themselves. Recounting the experiences, through any number of means, is one path, but asking for experiences and stories is indirect, and also limited, because you are then only addressing those feelings in whatever incidents you are addressing, rather than directly opening up to the full body of those energies, wherever and whenever they have been present across your existence, and thus allowing you a much more pervasive change and relief.

3.11 The Perfect Functionality of your Spiritual Compass

Your spiritual compass is at the core of your being. It is your thrust and drive toward the goals, desires and needs that are important to you. It points toward, or presents, your goals, driving you forward, and when a goal of yours is being opposed by some condition or attitude, it points to and presents the things that manifest to interfere with your success in pursuit of your goals.

Anytime some unwanted and disturbing condition is getting your attention, it is something that is inhibiting you from some goal of yours, and it's getting your attention because your spiritual compass is pointing out to you that there is something you need to resolve.

All feelings, emotions and sensations are actually energies, expressing as those feelings. And all disturbing conditions and attitudes are composed of these energies. And we tend to expend energies against the energies expressing as those disturbing feelings. This creates an impasse, holding the disturbing feelings in place. Fighting your disturbing feelings ties up much of your energy, it's actually exhausting, and only makes you feel the pressure of the energies expressing as disturbing and unwanted feelings.

The way out of this trap is to effortlessly and unresistingly accept the energies expressing as unwanted and disturbing feelings, and let these spiritually be digested within you. This is the essence of therapeutic spiritual counseling.

Another facet of your spiritual compass is that when it is permitted to point to and express the energies of your unwanted and disturbing feelings, it dispenses these energies through you at the perfect flow rate to readily digest within you; it will not overwhelm

you with too much in too heavy a flow, and it won't minimize the flow in a way that would unnecessarily prolong the process.

Your spiritual compass is always functioning perfectly, pointing you toward your goals, and as needed, toward the energies of detrimental conditions or attitudes that are inhibiting your progress toward your goals.

Recognizing, honoring and working in accordance with your spiritual compass resolves and relieves unwanted and disturbing conditions and attitudes, and empowers you to happily and successfully gain the states of being, conditions and accomplishments that are meaningful for you, with relative mental ease, rather than feeling like everything is exhausting, hard work, and without doubting your worthiness, competence, skills and talents.

Therapeutic spiritual counseling is, essentially, allowing and staying in the flow of your spiritual compass, and you can learn such techniques here, and if you will, then miracles can and will happen for you!



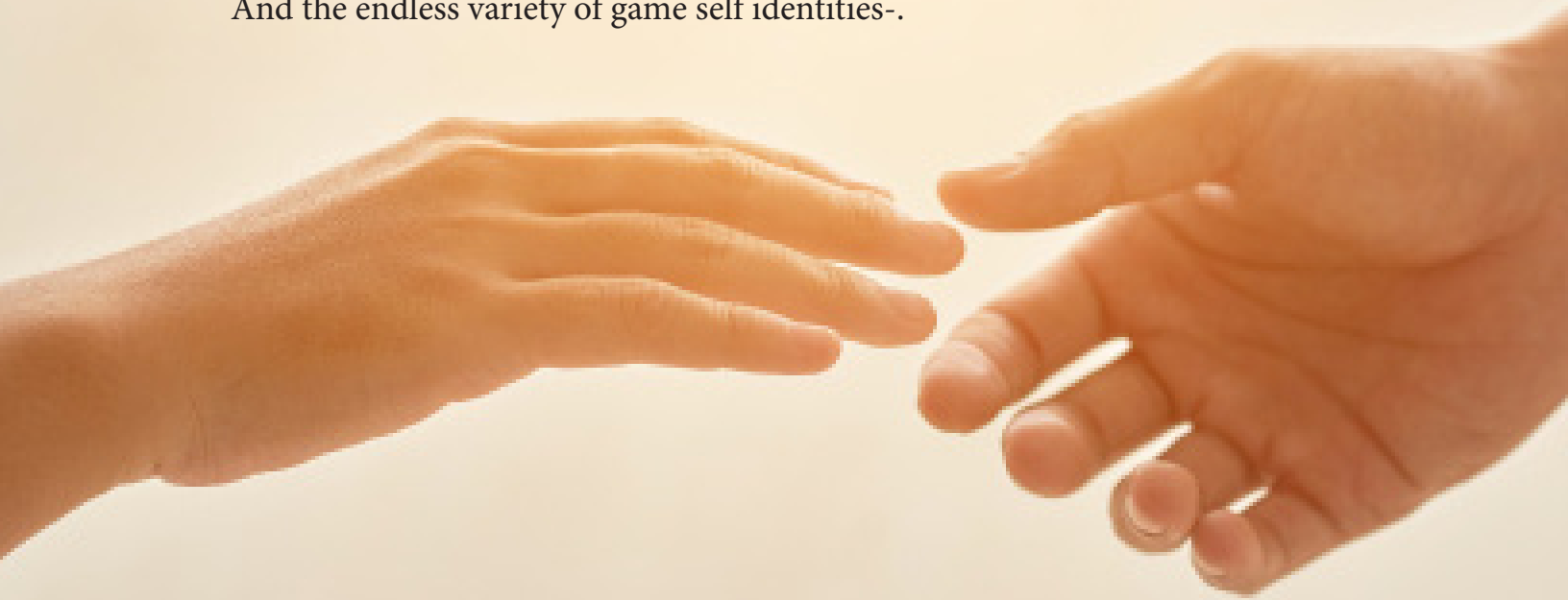
CO-EXISTING AND ENGAGING WITH OTHERS

4.1 The Fascinating World of Your and Others' Game-Self Identities, and the magical techniques to liberate your self from these

We assume the identities of our game selves in interacting with the game selves of others, to play the endless varieties of the games people play-

“get the most attention”, “make people fear you”, “be invisible”, “smartest guy in the room”, “shock people”, “get sympathy”, “get recognition”, “be mysterious and intriguing”, “dominate others”, “impress everyone”, “get the most accolades”, “make the opposite sex desire you”, “be safe”, and so on.

And the endless variety of game self identities-.



“tough guy”, “clever person”, “clown”, “aloof observer”, “witty person”, “downtrodden person”, “bully”, “abused victim”, “lonely guy”, “nasty character”, “loser”, “serious introspective philosopher”, and so on. Each of these is taken on to accomplish something, to make something happen, or to prevent something from happening.

Every persona shortly becomes automatically triggered rather than consciously engaged, and thus out of your control. We all tend to have quite a collection of strategic “game selves”, which are activated in the presence of the corresponding “game self”, the one that is engaged along with your game self in playing the game that both selves exist to engage in.

Once your game self identity is triggered, you yourself are no longer present and mindful; a game self is a substitute presence, thus suppressing your own presence.

Any game self identity can only accept, or understand things in terms of the narrow parameters of the filters of whatever that particular game is, and so has poor judgement, and is bound to react inappropriately to the actual environment.

And the ultimate liability of any and all of your game self identities is that in the end, they always wind up preventing you from accomplishing the very purpose for which they are adopted. They are all ultimately very effective self-sabotage. Through the techniques Therapeutic Spiritual Counseling for addressing game self identities, you come to recognize this time and time again, with each game self identity as they are addressed, and through the process, are deconstructed, restoring to you your own mindful presence, with which your purposes now can be accomplished, and you can enjoy being comfortable just being you.

No game self identity exists alone and independent of some game; rather it exists to interact with another corresponding game self identity. These continuing paired interactions perpetuate the game being played between them, and so the two identities, in interacting, reinforce each other.

Game self identities in being created are infused with a strong will to survive and persist.

And being that they primarily define themselves by the conditions and situations that distinguish them from others, anyone's game self identities are driven to display those conditions, so as to maintain their existence. The conditions and situations can be "taken advantage of by others", "righteous indignation", "knowing better than everyone else", "always going along with other people's decisions", "being hurt and betrayed by their partner", etc. Whatever the particular condition/situation of anyone's game self identity may be, they are driven to always display that condition/situation; any game self identity will attract, provoke, create or pretend whatever condition/situation gets them recognition as being the person with that condition/situation, and thus maintains the existence of that game self identity.

This is the reason why you see people exhibiting the same life patterns again and again. You see someone you know repeatedly suffering through their latest iteration of being mistreated by their latest romantic partner, or losing their latest job "unfairly", talking about the latest "idiot" that has them fuming, etc, etc. This is a game self identity of theirs asserting itself so as to continue to be.

There are many approaches and techniques in the world intended to resolve, unravel and deconstruct the spiritual architectures that are these identities, but few if any take into

account these 3 qualities:

(1) Differentiating between those identities that we take on and those that are imposed and projected onto us by others. These require different techniques to successfully and fully resolve.

(2) Addressing both the game self identity that comes to mind first, and then addressing the corresponding, interacting game self identity. The rarely if ever known fact is that in any game in which we have engaged, and thus worn an identity in playing, we have also within us and activating at other times both, or all, of the roles, i.e. game self identities within that game. And so any complete technique for resolving identities must address, one at a time all the identities within that playing field.

(3) The final step of addressing the game itself, after resolving the individual game self identities. Every time I've taken a participant through this step, the spiritual liberation and the positive, energizing changes that take place have amazed them. It is a profound and deeply life-changing experience.

Therapeutic Spiritual Counseling includes the techniques for fully accomplishing each of these steps.

4.2 The Dynamics at work in relationships

Every one of us is engaged in wearing various identities, as well as projecting these onto others. Identities are actually 3-dimensional spiritual energy constructs, emanations with all the attributes one perceives in or assigns to a person - behavior patterns, moods, goals, games, physical appearance and characteristics, attitudes, abilities, weaknesses, within a continuum of past, present and future.

Relationships in this world largely consist of projecting identities, to present ourselves so as to be perceived the way we feel will get the intended result from others, and also imposing, identities onto others to create them a certain way for our purposes. These identities can derive from past identities of self or observed in others.

In any relationship that develops between two beings, there are four basic identity projection activities taking place: each person's created 3-D holographic identity of him- or her- self that is presented toward the other, and each person's created identity of the other person, imposed on that other person.

Relationships can and should be loving, supportive, empowering and pleasurable. This can take place more readily when you understand the above information and take steps to be mindful of who we really are, set aside projecting judgmental characteristics onto others and allow ourselves to see others without negative filters or projections and grant them acceptance and admiration. It feels better all around. We all would be served well by any means of disposing of our tendencies to unconsciously replicate the attitudes and behavior patterns of taken on or imposed personae.

4.3 Successfully navigating your way through encounters and relationships

Five Fundamental Principles of Co-Existence:

When someone behaves badly or inappropriately, it is because they don't feel safe.

If you could understand the underlying reason why a person did what they did or said what they said, you could not be upset with them for that.

All positive interaction between people is based on love, and all negative interaction between people is based on broken, lost, or no love.

The basic underlying reason why a person feels unsafe is broken, lost or no love.

The basic reason why a person feels safe is a sense of connection with loving and being loved.

Understanding Anger

Bear in mind that where there is anger-hostility, hate, intolerance, there's an attempt to suppress, bury, cover up fear. Sometimes if somebody is being hostile to you, maybe you can connect with them and ask them what it is they're afraid will happen in that moment.

When you're feeling critical of someone for their behavior...

Have a look at when you've done something similar, and feel your balance restored in relation to that person.

4.4 Unravelling the Perpetual Playing of the Same Old Game-

All of us experience again and again the same or similar situations, and it can make you feel stupid or hopeless from time to time, because all of our efforts to resolve and change can still leave us with our moments of feeling that there is something that is “uniquely wrong and unfixable” within you- even when you’ve had moments and experiences that made you feel you might have finally succeeded.

The roots of such conditions and situations lie in the unconscious defaulting to the roles involved in acting out some old game with others. (A) The persona taken on, (B) the intention to get a particular reaction from others, and (C) the effects and results of interacting with other personas, these are the three principal elements of the ongoing, repeating games that trap us in our chronic conditions and attitudes.

The most primal feelings, driving all endeavors and behaviors are love and fear- more specifically, fear of loss of love. Anger is primarily an effort to bury or hide fear, and thus we have the rage of betrayal. The conflicts and oppositions inherent in the games we’ve engaged in contain such elements, and affect how we feel, how we see things, how we experience things, and how we act and behave.

These, and ultimately the entire game itself are unraveled through the processing of the identities, the purposes, and the interactions of the game, and then addressing the particular game itself.

This is accomplished through a procedure using the techniques of therapeutic spiritual counseling.

Here is what one participant shared upon reaching this spiritual liberation:

“Nothing I’ve imagined came relatively close to what I am experiencing right now!”

4.5 Games people play

Any “self”, “identity”, or, if you prefer, “beingness” you take on, or find projected onto you, by definition, has its own particular set of attitudes, conditions and circumstances. And, as a personality, albeit not genuine, is nevertheless driven to protect and maintain its existence, which is done by asserting those characteristics that define it as a distinct and thus a recognizable (or safe) persona.

“Tough guy Joe” has to have the circumstances that provide the opportunity to show what a “tough guy” he is;

“Righteously Indignant Mary” must have something to present “righteous indignation” about;

“Andy the Victim” has to present the scenario of how he is being victimized;

“Aloof Intellectual Ted” will repeatedly present scenarios of how dimwitted others are, and how he is “smarter”, and “above it all”, and on and on.

The guiding behavior of each of our personae (and we all have accumulated collections of these, to be triggered or enacted accordingly toward and with the persona we are encountering) is simple:

Any persona must display the conditions and circumstances that justify its attitude and its very existence. And thereby, any persona a person takes on, or has projected onto him, will attract, create, provoke, and/or fabricate the conditions and circumstances

that define the attitude of that persona.

“Tough Guy Joe” will pick a fight, or accuse another of “starting it”; “Righteously Indignant Mary” will go out of her way to find something to be outraged about, and/or paint a false picture of someone or something to play that role; “Andy the Victim” will somehow find someone who will take advantage of him, and/or paint a false picture of that happening, and “Aloof Intellectual Ted” will display that attitude at every opportunity, real or otherwise.

And so, people, engaged in their own particular personae, will exhibit the same circumstances over and over again.

No persona exists alone, in a vacuum; every persona is half of an equation completed through interacting with another, counter-persona. And so, engaged in a persona, we will seek out someone who can be provoked to take on the role of the counter-persona, one way or another, to be cast in that role.

With Therapeutic Spiritual Counseling, the techniques exist to help people resolve and deconstruct their personae, and thus not play this game in life. But simply understanding this can help you to be mindful of “not taking the bait”, that reacting is a choice.

4.6 Understanding Each Other: If we would only take the time...

I would like to share a personal insight with you that defined my life's path when I was 10 years old. One day, sitting in my room, this thought came to me: "If you could understand why a person behaved the way they did, you would not be upset with them."

We often react in anger with someone over something they've said or done, or not said, or not done. And in reacting, we tend to say or do hurtful things that stay with us, and fail to maintain being the best version of ourselves.

However a person behaves or expresses, there is something within them that is the drive behind their behavior; it could be their innate desire to make life better for self and others, it can be the after-effects of some disturbing or damaging experience that left them prone to irrational patterns of behavior meant to prevent or deny such an experience which for them seems to continue to exist where and when it doesn't. It could be "learned behavior" absorbed from some dominant personality they encountered.

But whatever the influences or path of thought may be that has a person acting in a way that can be taken as offensive, there are reasons for it. This doesn't make unacceptable behavior ok, but it does mean that to the degree that we can and will maintain this understanding about human nature, we can maintain our composure rather than become disturbed and upset, and we can all live and function better together in this world, and have a happier and more peaceful existence.

And the more willing we are to connect with and understand the mind of the other person, the more we can live in harmony with them. Most of us would be very surprised at just how well we can connect with others and perceive their thoughts and feelings when prompted or moved to do so. This is largely the basis of my Opposition Technique, which works miracles in repairing strained relationships.

4.7 Using your Magic

Sometimes, in a relationship (and by that I mean a relationship of any kind, intimate, familial, business, social, work, etc) the other person can, apparently inexplicably, insist on painting a false picture of something that has (or hasn't) occurred between you, and when you attempt to reason with or correct them, they only become more insistent, and more hostile.

It can amount to “gaslighting”- that is to impose on you a false reality that to some degree and for some length of time destabilize your certainty and your trust in your perception and even your sanity.

And you can find yourself desperately caught up in trying to undo the disturbance and confusion, exhausting yourself with the effort you put into trying to bring the other person around to recognizing the truth of the situation as it is for you. It can become extremely frustrating and disturbing.

What to do? Firstly, understand what has actually happened:

That other person is caught up in some condition or situation that they are struggling with, and trying to resist what is for them some unpleasant reality by insistently projecting

a different scenario, rather than what it is. They are throwing their construct at you, spiritually a holographic 3-dimensional false picture energy construct, meant to encapsulate you into their own ill-advised effort to “bury” something internal in them. It doesn’t really help them, and it sure isn’t good for you. You are now sitting in another’s projection, and it brings about great disturbance, frustration, confusion and upset in you. It is an enforced “reality” that isn’t truth-based.

The wrong thing to do is to fight, resist, insist, expend effort, push back, try to override with attempts to convey what actually did or didn’t happen, or to try to get the other person to explain how or why they’ve come to do this toward you. It will only deepen the bad energy for you in all likelihood. You might be able to forcefully overwhelm them, but that is only an escalation of a terrible game.

Simply recognize that a 3-dimensional energy-based environmental construct, a false living image, has been projected onto you, and recognize that it is not yours. Therefore, it is not yours to deconstruct, or to try to digest.

Having recognized and acknowledged this actuality, you now simply allow this “gift” to flow back to its creator and owner. In fact, as long as it is with you, the other person is burdened with having wrongfully dumped this construct on you. So you are actually doing them a kindness in relieving yourself, for now they can be relieved of the internal weight and pressure of having imposed their projection on you, and on some level, they will feel relief.

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them a kindness in relieving yourself, for now they can be relieved of the internal weight and pressure of having imposed their projection on you, and on some level, they will feel relief.

As for you, the effect will be magical. Once you complete the effortless action of allowing the construct to return “home”, and out of your personal universe, you will palpably feel the sensation of the weight of that burden lifted from you, will notice unmistakable feeling of soothing lightness and liberation.

Try practicing this, and see for yourself!

Try practicing this, and see for yourself!

Try practicing this, and see for yourself!



THE SPIRITUAL ARCHITECTURES THAT AFFECT US

5.1 Changing your life patterns:

The key to changing your life patterns is to transcend personas and the rigid protective expressions that you've bound yourself to. Undesirable conditions and behaviors are evidence of these spiritual architectures.



The key to changing your life patterns is to transcend personas and the rigid protective expressions that you've bound yourself to. Undesirable conditions and behaviors are evidence of these spiritual architectures.

The personas we take on are largely distinguished from others by the conditions they display. Any persona we wear carries with it the intention to be, and since the persona is identified by the condition it displays, a persona is driven to display that condition in order to be. Without that condition, the persona would be stripped of its identity, and thereby not exist. So being that any persona has the drive to exist, it is driven to display its condition.

Rigid protective assertions, taken on to protect you from something that seems too threatening or painful to experience, are expressions of what you “must” or “must not” have. And so your (compulsive) behaviors will reflect those compulsions.

In this book, you will find the techniques for resolving these spiritual architectures; it is quite liberating!

5.2 How You Accumulate Negative Spiritual Architectures, and How They Can Be Resolved

It is not uncommon at all to feel we are enveloped in a “bad energy cloud” of some undesirable condition of pervasive uncomfortable feelings. The bad feelings of the unwanted energies of traumatic experiences arise with us, and permeate our consciousness at times, or even, what seems to be, all of time.

Our natural reaction is to resist those energies of pain, depression, fear, shock and the like. Bad things happen in life, and they happen with a speed and force that overwhelms and dominates your state of mind. And so you mentally, spiritually “push back” with whatever

energy you can muster, put effort into changing your focus, think of something else, fight the feeling with another feeling, do something to try to put yourself in another place, figuratively and/or literally, you try to “solve” what happened, all to varying degrees of transient success or failure.

And usually, in the moment when such things happen, it is incumbent on you to resist, push it to the side to the best of your ability, to carry on in the moment to get through your day, and accomplish whatever you need to at the time.

But resisting the energies that build up within you actually creates an impasse that maintains those feelings, to varying degrees of background and foreground in your mind. You are generating force against force, and that is what follows.

To accomplish relief, the energies of any such condition persisting through the continuum of your existence must be thoroughly digested.

You are endowed with a spiritual compass, a quality of your essential self. One of the aspects of your spiritual compass is it can, in appropriate context of a therapeutic spiritual counseling session, pass to and through you the negative energies of your painful experience at the perfect rate of flow for your digesting of them. With good (and minimal) expert guidance, the relief this brings can be a life changing spiritual liberation.

The specific Therapeutic Spiritual Counseling technique through which troublesome conditions are addressed and resolved this way is known as the Resolution Technique.

From there, one can then go deeper, to resolve how and why it is that we can attract the conditions of our individual “chronic bad energy clouds”. It happens as follows:



First, something devastating overwhelms us with fear and pain, and/or other related “bad energy” feelings. In overloading you with more pain than you can bear, you may take on a personality relating to that experience, a personality that identifies with, and is identified by that traumatic experience. In effect, you become, for example, “the person who is crippled and wounded”, and/or whatever the effects of the condition brought on by that incident were. And once you become that, you are stuck with that as a chronic condition.

“The person who is crippled and wounded”, then, having assumed that as an identity, must then maintain itself as that, just as any person must do whatever it takes to survive, which is to say that any persona, once assumed, is driven to attract, create, provoke, or even fabricate continuing to have those same kind of experiences

5.2 How You Accumulate Negative Spiritual Architectures, and How They Can Be Resolved

that define that identity. “The Person who is Crippled and Wounded” will chronically be wearing “being crippled and wounded”; things will somehow keep happening to them that are of that character, and/or they will exaggerate or outright fabricate circumstances so as to give that “crippled and wounded” impression, and this, naturally enough, will keep them frequently immersed in the “bad energy cloud” of the conditions of fear, anxiety, pain, etc, that define that taken on persona.

And so, to resolve such things on a deeper level, one must have the means to deconstruct the personality that was taken on through the related traumatic experience. In Therapeutic Spiritual Counseling, such a means is readily available, and it is what we call “False ‘Me’ Deconstruction”.

There is another way that we become encumbered in a crippling “self” that is not who we really are, and that is through what others project onto us. It is remarkably liberating and relieving to rid yourself of this type of “false me”, and this is accomplished through the technique I have named “Personality Image Projection Technique”.

And then there are the more extreme and severe bad energy clouds, resulting from the most extreme and severe traumatic experiences, the “moment of shock”. These incidents pack such a strong punch, compressed into a singular particle of time, as to have the effect of collapsing and freezing you in that supremely stressful and overwhelming moment. Your moments of shock, once they come into existence, stay with you and generate an ever-present background anxiety.

Completely disintegrating the powerful compressed energy of a moment of shock brings about magnificent relief, and this is reliably accomplished through application of the aptly named Shock Disintegration Technique. It results in a true and joyful spiritual liberation that is not attainable through any other known means.

The other essential type of spiritual architecture present in various manifestations for all of us is the Rigid Protective Assertion. The Rigid Protective Assertion is an idea and attitude that one uses as a shield to try to protect oneself from the pain and fear of a bad energy cloud of traumatic experience of some type. Unfortunately, in setting these in place for protection, we are then driven to self-sabotaging and antisocial behaviors, and, more directly, holding in place a barrier from the energies of the pain and fear, thus making these bad energy clouds not accessible to be otherwise digested away through the techniques of Therapeutic Spiritual Counseling. When you seem to have successfully processed and digested some bad energy cloud of pain and fear, but then it reappears, that doesn't mean the work was unsuccessful; it means that we have encountered one of your Rigid Protective Assertions, that in effect demands that the bad energy cloud stay where it is. When one of your these mis present in a session, it is an opportunity to resolve it, through use of the Rigid Protective Assertion resolution technique.

5.3 The Liabilities of Defining Yourself by Your Painful Experiences

The basic means of transcending your pain, sadness, anxiety, etc, is to relax oneself and effortlessly allowing the energies of such feelings to be within oneself, to fully express, and to exhaust those energies in thusly digesting them. This can be routinely accomplished through Therapeutic Spiritual Counseling,

You can gradually improve your ability of allowing the presence of your energies so as to let them fully express and exhaust. It's really a matter of gaining trust in your ability to experience and withstand those energies successfully.

One thing that can make it very difficult is when you define and identify yourself as the person who has had some particular tragedy. We do this because there is so much emotional sensation we can capture and experience in doing that, and it actually feels good and soothing in some way. And it makes us interesting, and gets attention, and thus makes us feel admired, connected and important. But the identifying with the tragedy of the experience holds the pain in place, and will maintain it, on and off, until you shift out of defining self by that tragedy, and as the person in that tragedy. Dismantling self identifications is routinely accomplished through Therapeutic Spiritual Counseling.

Consider the idea of thinking, not in terms of otherwise identifying and defining yourself, but rather, simply being, rather than being something. And thereby, simply disposing of this identity that you've been being, as all identities taken on are limited in

identity that you've been being, as all identities taken on are limited in spectrum, and see and express only through the filters that define the identity.

There are many relative successive levels of increasingly, simply, being, as more and more deeply rooted identities are dismantled and/or discarded.

There are techniques that can help to accomplish these things in this book that you now hold in your hands.

5.35 The Prime Importance of Addressing our Resistance to Disturbing Feelings Painful Experiences

There is good reason for the things that disturb us to come forward in our consciousness. These are the things that block or impede our paths to our desires and dreams. We need to clear these from our paths to be how we want to be and accomplish our purposes and goals.

All feelings are energies. Each feeling could be said to be tuned to the frequency of that specific feeling. When we encounter the energies of some disturbing feeling, our tendency is to exert opposing energy, effort to resist the disturbing energy. We tense up, tighten up, try to ignore it, fight it, deny it, try to focus on something else, we try to do things to make it go away.

The essence of life breaks down to two things, creators and creations. That summarizes all that is. We are the creators. And everything we notice and feel are our creations. We create by projecting energies, in an infinite variety of configurations.

When we encounter the energies of a disturbing feeling and expend energies to resist those, nothing resolves, and we become more and more consumed with all the energies we are forever expending to resist the energies we are trying not to feel.

The only way to clear these out is to remain effortless, rather than engage in efforts to resist, and allow ourselves to notice, accept and feel the energies that are present, allowing them to naturally digest within us. That being said, there can be, and are, any number of ways to accomplish this. In applying Therapeutic Spiritual Counseling, this is done directly, just as described here, in what we call spiritual digestion.

The reason spiritual digestion doesn't fully take place in the moment that any disturbing feeling occurs is that we tend to fear feeling these disturbing energies, and so we react. And reacting is the expending of resistive energy. And so the energies of the disturbing feelings become wrapped up with our resistive energies.

And so often, in our Therapeutic Spiritual Counseling sessions, when applying spiritual digestion to the feelings infused in some undesirable condition, the energy of your expended resistance to those feelings blocks full access to those energies, getting in the way of the spiritual digestion process.

However, the solution to the presence of the resisting energies is simplicity itself. The basic principle of Therapeutic Spiritual Counseling is to simply "take what you get", that is, effortlessly notice, allow and feel the presence of whatever energies are present. And so, simply allow the energies of your resistance to express through you, along with everything else that presents itself, as part of allowing spiritual digestion of all that makes up the complete energy package of any disturbing feeling.

Fear energies will always be found in digesting the energies of resistance, for resistance is fear-based. Fear is the primal negative energy. And the primal fear is being unloved.

When we apply the Therapeutic Spiritual Counseling Technique for unravelling Stubbornly Held Protective Attitudes, we are essentially doing the same thing, tailored to the articulated attitude through which your resistance is expressing.

5.4 The Moment of Shock

The moment of shock is not merely a traumatic incident; it is distinguished by its intensity, and is far more impactful. A moment of shock collapses you, embedding you in the fear, pain, and anxiety. It continues to pervade your consciousness from the moment of inception, and then ever forward throughout your existence.

The moment of shock carries forward through time as an energized 3-dimensional environment of strong intensity that envelopes you.

An “ordinary” traumatic incident will surrender to the Resolution Technique, but a moment of shock is beyond the reach of most therapeutic approaches.

Successfully resolving a moment of shock requires a specific technique to disarm such a high-energy spiritual construct. It takes the Shock Removal Technique. It brings about a profound spiritual liberation. It is thoroughly successful in the hands of an experienced Therapeutic Spiritual Counseling practitioner. Done by yourself, you may or may not thoroughly dissolve it, but you can expect to at least dramatically reduce the intensity of the shock by applying the steps as given.

5.5 The Rigid Defensive Attitude

In psychology, there is the term, “defense mechanism”:

“Any of various usually unconscious mental processes, including denial, projection, rationalization, and repression, that protect the ego from shame, anxiety, conflict, loss of self-esteem, or other unacceptable feelings or thoughts.”



Doubtless this mind trap has been observable through the ages, perhaps most commonly as being “stubborn” or “obstinate”, which is as good a way of saying it as any. It is an irrational refusal or insistence, and can be about anything.

Your “stubborn attitudes” handcuff you and exasperate others. We all struggle at times with a variety of these mentally and spiritually crippling mechanisms.

Understanding the specific composition, function and mechanics of a Rigid Defensive Attitude:

First, there is the most visible, surface characteristic that identifies this expression:

It imposes an energy that resists connecting with and experiencing people and things.

It is a resistance to something, expressed essentially as:

“I will have no part of that”

Think of it as the sound of a heavy metal door closing; a formidable resistance, a firm, resolute “I won’t go there.”

It’s an unyielding knee-jerk response. When a Rigid Defensive Attitude is engaged, you are no longer present; you’re substituting an attitude in place of your presence. You simply are not there. You’ve seen this at times, in yourself and in others.

Just on the other side of this thought-energy shield sits a state of anxiety, pain and/or confusion. They can’t “go there”; they don’t dare, because something about that subject is related to something in that person’s mind that for them is dangerous and overwhelming.

The energy that powers the resistance in that Rigid Defensive Attitude is that of the pain and fear associated with the subject which is now being resisted through that attitude. It is important to understand this in deconstructing the particularly daunting spiritual architecture of the Rigid Defensive Attitude.

The technique for deconstructing a Rigid Defensive Attitude includes inviting you to recognize and consciously and rationally examine and re-evaluate the particular attitude. Through asking and answering the questions in the procedure, the forces holding that wall of resistance in place bleed out as expressions of the energy of the emotional pain and fear, which then allows you to spiritually digest the energy of those feelings leaving you free of the need to “protect” yourself from anything, enabling you to discard the attitude and be done with it. The apparent “solid wall” is successfully disintegrated.

Unraveling the structure of the Rigid Defensive Attitude can expose you to the energies of the underlying feelings of fear and pain, and so it is essential to address these as they become available in penetrating the “shield” of the protective expression. This is part of the

work to be done in deconstructing any Rigid Defensive Attitude.

And to go a step deeper, all negative spiritual material is such because it sits in opposition to a being's natural passion and drive of some positive aspiration. All negative spiritual architectures derive their energy from an underlying positive aspiration. All negatively charged spiritual constructs are in fact composed of the energy of one's positive drive, turned back against itself, and thus converted to the negative.



And so the final step in undoing the constraints, misbehaviors and self-defeating tendencies of any rigid defensive attitude is to reconnect with, rehabilitate and empower the positive aspiration you have in relation to the subject of that rigid defensive expression.

The effects of this particular negative spiritual architecture have exasperated all of us, even including all varieties of therapists, counselors, life coaches and healers of counselors and therapists, in their efforts to understand and resolve it. Now we have this very workable understanding and procedure, to apply as needed. It makes for great changes in the direction of full self-actualization and empowerment, and opens you up to those areas, things and activities that previously were off-limits to you.

A person is shown in a meditative pose, sitting on a wooden deck or pier. They are wearing a dark, patterned top and dark pants. Their hands are held in a mudra (gesture) with fingers interlaced. The background is a soft, hazy sunset over a body of water, with the sun low on the horizon. The overall mood is peaceful and contemplative.

**HOW TO USE AND
EXPERIENCE THE
TECHNIQUES OF
THERAPEUTIC
SPIRITUAL
COUNSELING**

6.1 How to process your energies in harmony with your spiritual compass

When using the techniques of Therapeutic Spiritual Counseling for yourself, there are instructions to execute, and questions posed to bring up answers, and this is always to be done effortlessly, no “work”, no forcing, no digging. You let the answers come to you, from your spiritual compass, and you simply take what you get, exactly as you get it. Sometimes you may think “there should be more”, or “there must be more”, or “that doesn’t seem to answer the question”, but all you need do is take what you get, let it develop and clarify as it will, and when you don’t feel any more coming, you’ve completed that step.

If you run into some kind of resistance within yourself to connecting with and opening yourself up to whatever may be there, you don’t “soldier through it”, which will be frustrating and exhausting, as well as unproductive. You still take what you get, including any apprehension or resistance you feel. That apprehension or resistance will be the very thing to address, as it will turn out to be either a Rigid Defensive Attitude, or some Persona of yours being triggered, and you smoothly shift to the technique that applies to this. It is, again, your spiritual compass pointing to the very thing you need to process, through the applicable technique, to then be able to proceed successfully through what you were processing before that specific blocking mechanism (the Rigid Defensive Attitude, or false persona) was flushed to the surface.

You don’t question the truth or validity of whatever comes to your mind through your spiritual compass, you don’t get caught up in any form of judgment about it, you simply take whatever you get, and allow it to present all that it presents, until there is no more of that material coming to you. Whatever thought or feeling comes to mind will always turn out to be relevant, even if it is as simple as to vanish the moment you notice it.

Unlike whatever assumptions you or others may have, or whatever you've been told by someone or indoctrinated to accept, your spiritual compass will never steer you wrong, so trust and value the process, and simply take what you get, and don't push or dig for anything beyond what comes to you.

6.2 Simply “Take what you get”!

Spiritual digestion is an effortless process of letting what is relevant find you. Effortlessness includes letting go of the drive to explain things or find answers. Seeking to attribute something in you to some circumstance or event, or needing to interpret what arises in you to conform with some preconceived or indoctrinated dogma can get in the way of simply and effectively processing your own internal energies as is.

As explained in quantum physics, “the observer affects the experiment”. What we perceive is colored by whatever we expect to see, beliefs assumptions, and any indoctrinations about things that we come to expect become filters of how we will shape and create how and what we see. If you expect to find your inner material to conform to some preconceived notion, then that will tend to affect and bias how we will perceive that material. Through indoctrination or other inclination, recognition of the material revealed and provided by your spiritual compass can be compromised by attaching filters of perspective and accepted narratives. And so Therapeutic Spiritual Counseling is best accomplished by projecting nothing at all, and just seeing and taking whatever comes forth. And so part of the work of Therapeutic Spiritual Counseling is to recognize, process and purify you of perceptual filters and biases.

Ultimately, all projecting, perceiving, or attributing of explanatory story, substance, shape or form of whatever condition one may be processing can be an impediment to



arriving at fully digesting and resolving of any material for what it ultimately is: a formless nothing.

While we are always best served by taking exactly what our spiritual compass presents, to fully succeed in ultimate resolution, we must remain mindful of dropping out of effortlessness and putting effort into “finding” forms, “logical explanations”, etc., and if and when this happens, simply returning to recognizing that we are merely penetrating layers of created forms, on the path to finding that point of “a formless nothing”, and thus the ultimate resolution of whatever had maintained some persistent form.

We need to address to digest and resolve compulsions to attribute negative conditions to some preconceived explanation, and anything that distracts us from purely processing things simply as they are.

And more importantly, rather than having what we encounter link our minds to something with some superficially similar content, it’s so much better to be able to see every moment and situation as the unique experience that every moment could and should be, and so be fully present in the moment, and thereby much more smoothly, lightly and successfully move through life.

6.3 Have the Advantage of a Winning Attitude

(1) Be mindful not to build up those spiritual architectures in need of dissolving.

Dissolving the energies expressing as such feelings as fear, helplessness, terror, pain, loss and defeat is accomplished through letting these express and permeate within you, your presence effortlessly accepting and allowing the flow of these, until the particular material is wholly spiritually digested. It is as easily accomplished as you are remaining effortless, without expressing any resistance to these.

Anytime you are projecting thoughts that paint the picture that the thing you are processing is strong, that it will “take a lot of work”, or “a long time”, you are actually investing more power in that material, projecting a form of resistance, and in that moment you have dropped out of effortlessness, and this impedes the process.

When you are inviting the flow of the energies of the oppositions within you, your effortless presence accepting the presence of these energies, they are as light, and as simple, easy, and fast to digest as you will allow them to be.

These feelings have manifested in your life as overwhelming and disturbing; that’s why we’re here, addressing them now, to accomplish relief and freedom from these. When they’ve manifested, in moments where you haven’t had the time, or the presence, or the tools of Therapeutic Spiritual Counseling, your tendency has been to try to resist them, which only really made them more persistent and more daunting.

In spiritually digesting these disturbing feelings, you can make and keep the process smooth and efficient by being mindful of any tendency to resist or project power onto these energies, and returning to your state and presence of effortlessly allowing these energies to

express and dissolve in you, letting these energies be light and insubstantial, rather than superimposing on them with the images of how you've encountered these feelings without the guidance of Therapeutic Spiritual Counseling.

(2) Value and respect what you have engaged in.

If you are using the techniques on yourself, grant and trust in yourself full capability and supreme confidence to know what to do, to continue forward through whatever happens to fully arrive at a place of resolution of whatever material of yours presents itself, regardless of any possible missteps that might occur, so as to add to your wisdom and experience along the way.

If you are working with a partner, teaming up to take turns guiding each other, or with a trained master, grant them the same.

(3) Recognize and honor the work, in how you approach it.

If you are using the techniques on yourself, maintain your progress by following through and keeping whatever schedule you set for your work. Don't marginalize the value of what can be accomplished by being lackadaisical about it, respect the work and yourself by maintaining your planned schedule, and allowing however much time it may require to fully complete what you start to the full end result. In a phrase, recognize and honor the process, all that is necessary to make it work, and yourself.

If you are working with a partner, teaming up to take turns guiding each other, or with a trained master, grant them the same. Take full responsibility to show up on time and prepared; if something occurs that will prevent you from making an appointment on time,

make it known to the other person as soon as you know about it. If payments are involved, take full responsibility to meet the payment schedule, and any other agreed-upon standards for the sessions. In a phrase, recognize and honor the process, yourself, all that is necessary to make it work, and the person working with you.

6.4 How to know which technique to use when:

An important facet of using Therapeutic Spiritual Counseling effectively is knowing which technique to use when.

It always comes down to what is relevant NOW. As your session progresses, different spiritual architectures can arise- a moment of shock, a dominant persona, a chronic condition, a Rigid Protective Attitude, etc.

Often, when my participant articulates an issue he or she is having, the first question I will ask is, “Does this resonate with you primarily as a condition you experience, or the attribute or characteristic of some persona you find yourself being?”

If the answer is that it resonates primarily as a condition, then the Resolution Technique would be the choice. However, it could also turn out that more specifically, your participant is describing a moment of shock, or it can start out as a condition to be processed, and then as you continue with the Resolution Technique, a primal moment of shock can emerge. If so, following the essential natural law of processing what is relevant now, you would shift over to the Moment of Shock Release Technique.

When addressing any chronic condition or moment of shock, any painful or fear-embedded material, it is always very possible to encounter a Rigid Protective Attitude that maintains such a negative spiritual architecture, and shields it from being permeated and

spiritually digested, in which case you need to identify and articulate that Rigid Protective Attitude and begin the Rigid Protective Attitude Unraveling Technique procedure.

In processing any Rigid Protective Attitude, you are going to encounter the condition for which the attitude was generated. Steps 3B and 4 of the procedure are designed to bring out this material so that it can be processed, but because the underlying chronic condition is always embedded in the attitude, it often emerges in what you encounter and voice as the Rigid Protective Attitude is being dismantled, poking holes in the shielding that allows the chronic condition to bleed through. And so, the Resolution Technique, to resolve chronic conditions, is used in Step 4 of the procedure of resolving a Rigid Protective Attitude.

Also, in addressing any RA, when you come to step 3D, there can be times when he or she is not ready or willing to dispense with the RA, in which case there will likely be another underlying RA that holds the first RA on place, and you will need to get that RA spotted and articulated, and resolved through the full RA procedure, before you can then successfully continue to help you to deconstruct the first RA item.

When a persona is evident, and thus is ripe to be addressed and deconstructed, the best thing to do is to ask yourself whether you took on the persona to deal with something or someone, or if somebody else imposed the persona on you. If it resonates with you as something you took on, then the correct course of action would be the False Me Deconstruction Technique; if it resonates primarily as something imposed on you by another, then you would identify who imposed it, and go through the Personality Image Projection procedure.

The Opposition Resolution Technique is a marvelous tool for resolving conflict in any type of ongoing relationship, and should be used whenever you are having such a situation

If your starting point for any round of processing is using the Resolution Technique to resolve some chronic condition, it is always wise to ask yourself if, through encountering that condition, you took on some persona; if so, you can and should address and resolve that persona with the False Me Deconstructing technique.

6.5 Expectations become projections and filters, compromising the purity of “Simply take what you get”

Spiritual digestion is an effortless process of letting what is relevant find you. Effortlessness includes letting go of the drive to explain things or find answers. Seeking attributions for internal material becomes a distraction, and a diversion from simply letting it all clarify for you.

As explained in quantum physics, “the observer affects the experiment”. What we perceive is colored by whatever we expect to see, beliefs assumptions, and any indoctrinations about things that we come to expect become filters of how we will shape and create how and what we see. If you expect to find your inner material to conform to some pre-conceived notion, then that will tend to affect and bias how we will perceive that material. Through indoctrination or other inclination, your recognition and digestion of the material revealed and provided by your spiritual compass can be compromised by filters of perspective and ingrained narratives. And so Therapeutic Spiritual Counseling is best accomplished by projecting nothing at all, and just seeing and taking whatever comes forth. And so part of the work of Therapeutic Spiritual Counseling is to recognize, process and purify you of perceptual filters and biases.

Any specific expectations that would define the essence or attribution of whatever condition one may be processing can be an impediment to arriving at fully digesting as it

ultimately is: a formless nothing.

While we are always best served by taking exactly what our spiritual compass presents, to fully succeed in ultimate resolution, we must remain mindful of dropping out of effortlessness and putting effort into “finding” forms, “logical explanations”, etc., and if and when this happens, simply returning to recognizing that we are merely penetrating layers of created forms, on the path to finding that point of “a formless nothing”, and thus the ultimate resolution of whatever has maintained some persistent form.



We need to address to digest and resolve compulsions to attribute negative conditions to some preconceived explanation, and anything that distracts us from purely processing things simply as they are.

And more importantly, rather than having what we encounter link our minds to something with some superficially similar content, it's so much better to be able to see every moment and situation as the unique experience that every moment could and should be, and so be fully present in the moment, and thereby much more smoothly, lightly and successfully move through life.



HOW TO USE AND EXPERIENCE THE TECHNIQUES OF THERAPEUTIC SPIRITUAL COUNSELING

7.1 An Amazing Technique: Spiritual Digestion

In sessions guided by me, or any of the practitioners I've mentored, this technique works perfectly to resolve any chronic unwanted feeling. My participants, having experienced it through my guidance, learn to apply this on their own, with at least partial, if not complete relief.

Any emotion, virtually anything that can be felt, is simply an expression of some type of energy. What makes one feeling or emotion different from any other could be said to be the particular vibrational frequency of that energy. And so the energy expressing as panic is of a different vibrational frequency than the energy expressing as irritation, or hostility, or apathy, joy, enthusiasm, etc.

This technique has proven to be very helpful in addressing physical feelings, such as those related to illness or injuries as well.

The natural tendency is to react to any unwanted feeling by trying to resist it. Resistance only makes things persist, and makes them stronger. Acceptance then is the solution. Spiritual digestion. As undigested material in your stomach will surely cause you discomfort, so will undigested feelings. And so, there is the need for a technique for digesting.

Step One: Identify the particular emotion or feeling that is disturbing you, in whatever terms best articulate it for you.

Step Two: Recognize and conceive of that feeling as, simply and only, energy expressing through you, that you have been reacting to by trying to resist it.

Step Three: Cease all resistance. Relax completely every muscle, head and body. Unclench your mind. Be completely relaxed, generate no effort of any kind; do not try to DO anything to, with, or about the energy that expresses as that feeling.

Step Four: Effortlessly allow that energy to freely express through you, to permeate, unresisted. Simply notice and feel the expression of the energy of that feeling, allowing it to naturally, spiritually be absorbed and digest within you.

Think of it like drinking hot tea, the heat passes through you and diminishes, disintegrates, fully expressed. Or like a person that has been demanding your attention, yelling at you, and the faster you walk away from them, the faster they follow you and the louder they yell, and so you stop, turn around, and let them have their say, without interrupting or stopping them; they have their say fully, and having done so, are done and it is over.

Don't "try to make it go away", or anything like that. Simply allow and accept the presence of what is expressing; don't try to make it diminish, instead let it diminish, through thorough, relaxed acceptance.

If you catch yourself resisting in some fashion, which means that you are generating energy against it, and thus strengthening it, just notice you've been doing that, and return to doing step four as given.

That's all there is to it!

7.2 Procedural Elements of the Resolution Technique

The Resolution Technique tends to be the most used and first used in effectively resolving any unwanted condition you find yourself experiencing. As you run this technique, you will be going through the sequence of steps 1-4, and if needed to accomplish full resolution of the issue, cycle through the steps more than once. Keep in mind that this technique has proven to get positive results with physical conditions, as well as other disturbing negative personal conditions, so make good use of it!

Preliminary steps:

(A) Articulating your disturbing negative personal condition:

Come up with a short phrase that resonates well with you as the essence of the condition you want to resolve. It should be broad in scope, rather than exclusively specific to the current manifestation of the disturbing condition, for instance:

“Being abandoned by my partner”,

rather than:

“I’m heartsick because Joe is divorcing me”

More examples:

“Terror of making a decision”

“I don’t want to be here”

“This is going to kill me”

“I can’t open my mouth”

The reason for this is that we want to open up to capture the energies of all the times you felt the feelings of this condition, and not limit it to the immediate manifestation.

It doesn't matter at all if anybody else would understand what the phrase means; it only matters that it hits the mark for you.

(B) Articulating your corresponding desired aspiration:

What makes something a disturbing negative personal condition is that it disturbs and opposes the way you want things to be. That desired aspiration is what is really important. Your goals and aspirations are what drives you, what you really want to accomplish; you cannot fully resolve a negative condition without connecting with and energizing the positive aspiration.

As you did with your disturbing and negative condition, applying the same principles, settle on a short phrase that expresses your corresponding desired aspiration, bearing in mind that it is not merely the absence of the disturbing negative condition; if the negative item is something like, "The sadness of existence", then the positive would not be "No sadness"; the positive would be a true positive, something like "the joyful enthusiasm of life".

Through the Resolution Technique, you open up the flows to connect with and digest the negative energies of your disturbing personal condition and connect and regain the presence of the positive energies of your desired personal aspiration.

On Step 1, you are addressing all that comes to mind about encountering your disturbing negative personal condition throughout your existence, entering your phrase for it in the blank spot of that instruction.

On Step 2, you are addressing all that comes to mind about how you've reacted to encountering that condition.

On Step 3, you are addressing all that comes to mind about encountering your disturbing corresponding desired aspiration throughout your existence, entering your phrase for it in the blank spot of that instruction.

On Step 4, you are addressing all that comes to mind about how you've responded to encountering that condition.

Throughout running the Resolution Technique, you effortlessly and unresistingly allow all the material that flows through your consciousness from your spiritual compass, you expend no effort to find or bring anything forward, or rush the process. You accept everything that comes to mind, and all of the energies expressing as feelings, emotions and sensations, and just let everything digest within you. Just as you don't put any effort into digesting the food you eat, and just as, when you drink a hot liquid, you simply feel the heat flow through you and natural disperse and diminish on its own.

Never cut the process short, remain with each step for as long as you feel the presence of feelings and experiences coming through. And once the flow ends naturally, move forward to the next step; you don't "dig" or "try to pull" more. When you no longer feel the presence of any of the energies streaming through, that's all.

The procedure is done whenever you feel completely relieved of the disturbing feelings, sensations and attitudes of that disturbing negative personal condition, and feel the good feelings, sensations and attitudes of your corresponding desired aspiration. That can happen at any point in the procedure, whether or not you've done all 4 steps, or done them more than once through.

*It sometimes happens that a person feels blocked and cannot connect with the

This is caused by a Rigid Protective Attitude that acts to block those feelings. If this arises, you'll need to unravel and resolve that RPE with the Rigid Protective Attitude Unraveling Technique. This also applies if those feelings are successfully digested and yet return shortly thereafter.

7.3 The Resolution Technique

For resolving an undesirable condition

Articulating both the unwanted (negative) condition, and the corresponding desirable (positive) condition that it opposes:

Settle on a phrase or term that articulates the condition well for you, and write it down. It should be broad enough to allow your spiritual compass to capture all the related material for you to digest, for example, “being alone and abandoned”, or “my partner left me”, rather than “Nancy broke up with me”.

All negative conditions are disturbing and relevant to the degree that they oppose and interfere with the positive drives of your passions and aspirations. Recognizing and articulating these is of prime importance in resolving the disturbing condition.

Both the positive and negative conditions should also be articulated in a broad sense, for example “Being in a loving, happy, exciting, lasting relationship”, rather than “keeping my girlfriend”. Come up with the phrase or term that articulates that desirable condition well for you, and write it down, just beneath the written phrase or the term for the negative condition, for example:

“Being alone and abandoned” (Negative condition)

“Being in a loving, happy, exciting, lasting relationship” (Positive condition)

These phrases are then used to open and allow your spiritual compass to flow you the related experiential material relevant to processing these two conditions, in the following steps 1,2,3,4. Do not rush any of these steps, accomplish them fully, to your satisfaction, but also, don't belabor them to try to find more than what your spiritual compass flows to you. Just take what you get, what is present for you in the moment.

1. Allow all the content of (the Negative Condition, as articulated), when and where it has been present, with all the feelings and sensations, to come up, wherever it has occurred over your existence, to express within you, until nothing more of it comes to mind. Then, allow these to be digested within you:

Spiritual digestion:

Recognize the specific emotions and feelings present in this condition. Feelings and emotions are expressions of specific energies. Now completely relax and open yourself up to fully accepting these energies, exactly as they are and where they are, within the space of your being, and simply, completely effortlessly, allow these to fully manifest, to be felt and naturally digest, and dissipate away in being fully allowed, without reaction or resistance, until the energies of the undesirable (negative) condition are no longer present. (You don't put any effort of any kind into this, you simply allow and digest whatever energies your spiritual compass delivers to you-you don't “dig” for any more than what presents without any “work” on your part, and when these are no longer present and expressing, this spiritual digestion is accomplished.)

2. Now have a look at all the ways you have reacted to (the Negative condition), let these reactions present themselves, along with the feelings and intentions involved; let your spiritual compass present these to you, from all the times and places where you found yourself reaction to this condition; then,

Spiritual digestion:

Recognize the specific emotions and feelings present in these reactions. Feelings and emotions are expressions of specific energies. Now completely relax and open yourself up to fully accepting these energies, exactly as they are and where they are, within the space of your being, and simply, completely effortlessly, allow these to fully manifest, to be felt and naturally digest, and dissipate away in being fully allowed, without reaction or resistance, until the energies that express as the feelings and emotions in (Negative condition) are no longer present. (You don't put any effort of any kind into this, you simply allow and digest whatever energies your spiritual compass delivers to you-you don't "dig" for any more than what presents without any "work" on your part, and when these are no longer present and expressing, this spiritual digestion is accomplished.)

3. Allow all the content of (the Positive Condition, as articulated), when and where it has occurred over your existence, with all the feelings and sensations, to express within you, fully; and then:

Full reconnection of these positive energies:

Recognize the specific emotions and feelings present in (the manifesting of this positive condition). Feelings and emotions are expressions of specific energies. Now completely relax and open yourself up to fully accepting and reconnecting with these energies- feel

these surge within you, and notice how you feel! Allow this experience to fully unfold and flower for you.

4. Now allow yourself to have a look at how you've responded to this positive condition, and what energies expressed as feelings are present in your responses, and:

Full reconnection of these positive energies:

Recognize the specific emotions and feelings present in (the manifesting of this positive condition). Feelings and emotions are expressions of specific energies. Now completely relax and open yourself up to fully accepting and reconnecting with these energies- feel these surge within you, and notice how you feel! Allow this experience to fully unfold and flower for you.

5. How does that (Negative condition, as stated) seem to you now?

If it no longer is something to worry about for you, and doesn't seem the same, then this process is completed. If not, repeat steps 1,2,3,4 as needed to arrive at this result.

7.4 Release of Shock

A moment of shock is overwhelming, devastating, paralyzing, and collapsing. Understanding this, an experienced practitioner should be able to detect shock manifestations in their participant, and thus know to address it immediately, with the appropriate technique. It may be addressed with techniques designed to resolve and process traumatic incidents or conditions, but unless and until it is addressed with the specific technique for the shock, it will continue to impose itself on one's consciousness with severe impact. It manifests a very

strong fearful reaction any time it emerges.

Ahead of articulating the steps of the Release of Shock Technique, it is important to understand the following:

Each question has to be answered subjectively, and not deductively. For example, on question 7A, asking for what the full length of time over which the shock has been being experienced is, you should not be calculating mathematically to answer; instead, answer subjectively, for instance, “10,000 years”, if that’s what it feels like for you, even if the shock occurred 3 years ago.

Each step is complete once you are satisfied confident that you have correctly and precisely gotten or done what the question or instruction calls for.

You must understand that the “Moment of Shock” exists as a holographic 3-dimensional personal environment, a very intense energy construct that envelopes you and dominates your consciousness.

Important: Sometimes the shock will be completely resolved and “gone” before having done all the steps of the procedure. Be alert for and cognizant of that, and when and if this happens, skip ahead to the final step, step 16, which is done to bring you back out onto the world as it is now, free of the shock.

The steps of the Release of Shock Technique:

Step One:

Understand the concept: The moment of shock manifests as a 3-dimensional holographic bubble environment, encapsulating you. Once spawned, it exerts its paralyzing energy on you, dominating your consciousness, sometimes noticeably, sometimes running in the background, always present, going forward through the continuum of your existence.

Step Two:

Find the exact instant in time of the shock, and notice your shifting into shock, and then, once this is accomplished,

Get the place, the exact spot, of the shock.

These are to be found to your complete satisfaction that you've got it. Again, this is completely subjective, not deductive.

Step Three:

Enter the shock, in that precise moment and spot.

Step Four:

Determine, to your satisfaction how big the shock is, how much space it takes up around you.

Step Five:

Get, to your satisfaction, the answer to whichever question resonates best for you: How much does the substance of the shock weigh?, or how much force does the shock impose?

You can answer with a comparison, such as, “as big as a house” or, “The force of a hurricane”.

Step Six:

Notice every color present in the moment of the shock.

Step Seven A:

Get your own subjective answer: What is the full length of time over which this shock has been being experienced?

(This is actually all the time from the moment of shock to the present moment; again, you are to answer intuitively- how long it feels- and not deductively, don't “do the math”- it isn't relevant- answer with how long the duration feels to be to you).

Step Seven B:

Get your own subjective answer: What is the length of the time of the actual inception of the shock?

(The difference between questions 7A and 7B: 7A would be comparable to the length of time you feel dazed after touching a live electrical circuit, and 7B would be the length of time of actual physical contact with the live electrical circuit).

Step Eight:

Feel the energy you've expended in trying to resist the shock. Effortlessly let that energy release and express through you, until it is no longer present.

Step Nine:

Recognize each and all of the sensations, feelings and emotions are present in the moment of this shock, and then effortlessly allow all of these energies to express within you, unresisted, allowing these to spiritually digest, until they are no longer present for you.

Step Ten:

Notice any and all intentions, yours or otherwise, present in the moment of this shock.

Step Eleven:

Are there any command phrases in the shock? If so:

Get the phrase(s) and newly create (not recall and play back, but newly create) the phrase, in the exact tone and mood, exactly as it is, over and over again, until the phrase no longer imposes any energy on you at all. It can be done verbally or non-verbally. Often, the phrase itself changes and clarifies in the process, and so you should, again, newly create the phrase, exactly as it is, now. Do this same procedure on every different phrase that came up in answer to the question.

Step Twelve:

Get your own complete answer: At that time, what is it that must not be experienced?

Step Thirteen:

Get your own complete answers:

- A. In the time leading up to this shock, what aspirations did you have?
- B. What was your underlying desire?

Step Fourteen:

Get your own complete answers:

(1) As a spiritual being, how big were you when you had those aspirations and desires?

B. As a spiritual being, how big were you after the shock?

Step Fifteen:

Now, effortlessly allow all the energy of the shock to express completely within the space of your being, unresisted, and allow it to be naturally digested within you, without your generating any effort at all, just feel it expressing, unresisted, until all the energy of the shock is completely exhausted and gone.

(Continue until that end result is completely accomplished to your complete satisfaction. When it feels like you're done, or it's "almost gone", check, and as needed, and continue, until there is no longer any presence of the energy and feeling of the shock.

(It sometimes happens that other, related shocks emerge. If so, each will need to be addressed with all steps. Leave it up to the client when to shift from the earlier recognized shock to the next recognized shock, but ensure that as needed, you go back to complete any undone steps so that all the energy of each shock is completely spiritually digested.)

Step Sixteen (Final Step): Reestablishing the presence that had been subsumed by the collapsing effect of the shock:

"Look around you, notice and feel the presence of everything" (Repeat this

instruction over and over as needed, until your participant feels bright and present in here and now).

7.5 Technique for Resolving a Stubbornly Held Protective Attitude

The basic sequence of this technique is as follows:

One: Notice or discover the manifesting of one of your Stubbornly Held Protective Attitudes

Two: Articulate and note down the phrase that best articulates the expression

Three: Spiritually digest the energy of the specific feeling or emotion that drives the attitude

Four: Articulate and examine exactly what emotionally charged condition you generated the Stubbornly Held Protective Attitude as a shield to protect yourself from

Five: Recount and examine the circumstances over your existence of that condition occurring, that would trigger the use of the attitude, thus processing and diminishing the intensity of the condition, so as to encourage and enable yourself to reexamine your perceived need for such a Stubbornly Held Protective Attitude to shield you from that condition

Six: Examine all the consequences of having used the Stubbornly Held Protective Attitude for protection from that condition

Step Three-A:

“What is (the Stubbornly Held Protective Attitude, as phrased) intended to protect you from?”

You may need a minute or two to arrive at the best articulation of the answer to that question. This is the key material behind this attitude, write down your final and concise answer for use in the following steps.

Step Three-B:

“From where and when over your existence, have you encountered the condition that would evoke in you (the rigid defensive attitude, as phrased) as your response?”

Allow your spiritual compass to present through your mind the energy of this negative condition, through any number of life experiences, for you to digest through experiencing and recounting, until nothing more comes up.

Step Three-C:

“What have the consequences been of using (the Stubbornly Held Protective Attitude, as phrased) to protect you from (the answer given on Step Three-A)?”

Continue to answer this question, over and over, until nothing more comes to mind and all your answers are exhausted. This will help you to reevaluate the worthwhileness of the Stubbornly Held Protective Attitude. All answers are to simply be accepted, positive and negative.

Step Three-D:

“How does using (the Stubbornly Held Protective Attitude, as phrased) to protect you from (the answer given on Step Three-A) seem to you now?”

You will likely now be recognizing that using the Stubbornly Held Protective Attitude is not helpful, and be ready and able to let it go and dispense with it.

If not, find the more basic Stubbornly Held Protective Attitude that holds this one in place, through answering this question:

“Is there some thought, attitude or idea you have that says that you must hold (Stubbornly Held Protective Attitude, as phrased) in place?”

And then get and do the full rigid defensive expression steps on that Stubbornly Held Protective Attitude all the way through, and then return to Step Three-D on the original rigid defensive attitude.

Step Four:

Is there a condition for which (the Stubbornly Held Protective Attitude, as phrased) has been your response?

Get this condition articulated, and run it with the Resolution Technique. It may lead to an underlying moment of shock; if so, switch from Resolution Technique to Shock Release Technique.

Note: This is the underlying condition or shock that so devastated you that you resorted to generating the Stubbornly Held Protective Attitude to be a protective shield. In some cases, it will manifest so heavily before getting to Step Four that you need to go ahead and do this step immediately, rather than waiting until after Steps Three-C, D and E, in order to relieve the energies of that condition or moment of shock, so that you can successfully navigate through all the steps to successfully deconstruct this Stubbornly Held Protective Attitude.

Step Five:

“Is there a positive ability or way of being related to the conditions connected to (Stubbornly Held Protective Attitude, as phrased) that would be good for you to adopt?”

Then, having gotten an answer to that question:

“Now get (answer given above), and envision this scenario in your life, and get the positive outcome, and how it feels”

And then:

“Now, effortlessly create (answer given above) in full dimension and volume so as to completely permeate the full expanse of your being, and fully experience it now”

Allow yourself to fully arrive at and express having fully arrived at the complete execution of that instruction, with a very positive feeling about it. This having been accomplished you’ve completed the full resolution of that Stubbornly Held Protective Attitude.

(7-5)

7.6 Harmony Restoration Technique

The Harmony Restoration Technique is one of several techniques in Therapeutic Spiritual Counseling that makes relationships better, but it alone accomplishes great changes. This technique can and should be run in the event of any problematic relationships.

Firstly, understand that whatever comes to mind in response to these questions, whether it immediately seems to answer the question or not, is exactly what needs to come up, regardless of whether it is something you, the other person, or somebody else, caused, experienced or observed. This is your spiritual compass at work, bringing to mind exactly what needs to be noticed. There is no such a thing as a ‘wrong answer’, accept and allow to flow forward whatever your spiritual compass offers, and as you continue, the relevance will emerge.

This is most commonly run with a preface to questions 1 and 3, naming the other person, such as: “In the interactions between your husband and you, ...”

Repeat 1-4 over and over to a great point of realization, relief and positive change of perspective about the relationship. Don’t discontinue at the first feeling of change of perspective, but rather run this technique for all it can do for you.

On the step 2 and 4 questions, avoid being deductive-“It must be this, based on that”. Instead, be intuitive and empathic- allow yourself to be open to the inner thoughts and feelings of the other person, and let these reveal themselves to you; it may sound unrealistic, but once you begin, these will come to you, and you will gain insight and understanding of the other person. Don’t short change the power of this technique by substituting deduction for detection.

You can ask yourself each question, or get the idea of me asking you each question, whichever feels smoother for you:

- (1) Has there been something that someone hasn't been willing to fully experience?
- (2) What problem was (person/people named) trying to solve?
- (3) Has someone caused something that was not easy to experience?
- (4) What problem was (person/people named) trying to solve?

An example of running the steps of the Opposition Technique:

(1) "In the interactions between you and your boss Jim, has there been something that someone hasn't been willing to fully experience?"

(answer) "Jim isn't willing to fully experience me coming to him to tell him what's happening in my department. He blows me off, cuts off the conversation, responds disinterestedly".

(2) "What problem has Jim been trying to solve by not being willing to fully experience you coming to him to tell him what's happening in your department?"

(answer) "Well, let's see, what I'm feeling in him.... Ok- he doesn't want to have to get bogged down in departmental matters himself, it makes him feel overburdened because he needs to keep up with his own responsibilities, and he wants me to take care of issues within my department."

(3) "In the interactions between you and Jim, has someone caused something that was not easy to experience?"

(answer) “2 answers come to mind- he was rude to me when I walked into his office while he was on the phone, and I guess I was disturbing him by standing there while he was talking on the phone.. I don’t think he was comfortable having that conversation with me standing there”

(4) “OK, one answer at a time;

What problem was Jim trying to solve by being rude to you when you did that?”

(Answer) “Hmmm..... he wasn’t prepared for me to hear corporate level business, he was very worried that I might have heard something he could be in trouble for leaking, and it was upsetting to him that he couldn’t continue speaking freely with me standing there. He felt a need to blow me out of there without disrupting his ongoing phone conversation as much as possible.”

(5) “What problem were you trying to solve by standing there and disturbing him?”

(answer) “Department production was being delayed because a needed replacement part for a piece of equipment still hadn’t arrived, and we were going to fail to meet the shipment date, and I wanted to mitigate the fallout from that by reporting the issue ahead of the delivery date”.

(And then, back to step 1, and continue through, until you have had a profound change of perspective and feeling about the relationship, feel no hostility toward the other person, and now appreciate them.)

7.7 Mutual Presence: Restoring a Relationship

A relationship can be considerably renewed by doing this deceptively simple exercise.

Comfortably sit across from each other, about 3 feet apart.

Be absolutely effortless and maintain your presence to encompass both of you, along with your partner's presence. Remain effortless in having the mutual space surrounding you both permeated by your partner's presence, and yours as well, feeling their presence mingling with yours.

Continue through to the point of both of you fully feeling your mutual presence, effortlessly, easily and comfortably, and maintain for as long as you like.

This can and should be done often.

7.8 Removing Persona Projections

Relating, as we know it, is actually the projecting and receiving of “personality images” of each other. Between 2 people in any sort of relationship, there are 4 “personality images” projected and received: Your projections of yourself and of the other person, which you impose on them, and the other person's projections of self and you, which they impose on you.

These projected “personality images” are 3-dimensional holographic energy constructs, and they hold in place the attitudes and feelings projected between the other person and you. These projected personalities are filters that color our attitudes

and perceptions to those of the projection, and deny us the ability to be present in the moment and to recognize every moment as the unique and individual experience that it is. Ultimately these can encumber and leave both people in a degrading state of damaging automatic behaviors; relationships become “toxic”.

And so we have this technique for deconstructing these ongoing identity constructs so that those involved can rediscover and regain the expansive underlying selves that had become obscured by the “personality images”.

The intended end result: Freedom and relief from the unwanted effects of the relationship, a restoration of self in respect to the relationship and the regained ability to recognize each experience with the other person as fresh and new.

Section One: Understanding the Principles

Identities express as 3-dimensional holographic personality energy constructs, with all the attributes one perceives in or assigns to a person - behavior patterns, moods, goals, games, physical appearance and characteristics, attitudes, abilities, weaknesses, within a continuum of past, present and future. They emanate outwards from a point in or around your body.

Relationships largely consist of projecting these holographic identity constructs, to present ourselves so as to be perceived the way we feel will get the intended result from others, and projecting our own constructs of the other person as well.

In any relationship there are four basic ongoing 3-D holographic identity construct projections to be processed:

Personality Image One:

Your generated image projection of you, sent by you to the other person, for him or her to accept as being you.

Personality Image Two:

Your generated image projection of the other person, sent by you to the other person, for them to accept as being them.

Personality Image Three:

The other person's generated image projection of self, sent by them to you, to be accepted as being them.

Personality Image Four:

The other person's generated image projection of you, sent by them to you, to be accepted as being you.

Section Two: How to process personality projections

Choose somebody you have some sort of relationship with, of any kind, that you would like to fix or improve, or somebody you have had a relationship with, and would like to “clean the slate” of any lingering ill effects or feelings, as the subject to address.

Then select, one at a time, which of those four 3-dimensional personality image projections, whichever sequence feels best, until all are fully processed, as follows:

A. Inspect and describe:

- (1) All facets and attributes of the personality image projection

(2) What game this projected personality image is playing with the other person in this relationship (them or yourself).

(3) What effect it functions to have on the other person, and

(4) All the consequences that have resulted, and are resulting through the ongoing existence of this projected personality image.

B-1,2: (Version for personality image projections one and two only, which you create and project to the other person):

Take the projection back from the other person as follows:

Accept this personality image energy construct back from where you've sent it to (name of the other person), back into the space of your being, spiritually absorb and effortlessly digest the energy that is its substance within you, accomplishing full deconstruction of what had been that construct.

Once this has been fully accomplished, find and recognize your answers to these questions:

What has your purpose been for creating and projecting that personality image?

How does that purpose, as a reason to create and project that image seem to you now?

B-3,4: (Version for personality image projections three and four only, which have been generated by and sent from the other person to you)

Follow the instructions and come up with your answers as follows:

Being that this projection is not your creation, simply send it back to (name of the other person) for him/her to own and process.

When this is accomplished, you will feel a magical, light feeling, being unencumbered of the spiritual weight you had been carrying.

Then find and recognize your answers to these questions:

What has your purpose been for accepting and acting accordingly with that projection?

How does that purpose, as a reason to accept and act accordingly with that projection seem to you now?

When all four projected personality images have been processed as given above, the successful application of this technique on this relationship is completed.

7.9 Stripping Away a False Self

There may be nothing that results in more meaningful and positive change than the disposing of the collection of rigid attitudes, behaviors and feelings embedded in any false persona that that subsumes your own essential presence.

Understand that these instructions and questions must be answered subjectively, and not deductively; for example, on question 5A, the answer could be “A thousand years”; Go by what feels like the right answer, whatever rings true for you.

Get, note and examine your answers to each question to your satisfaction, and follow all instructions.

The Steps of the Procedure:

1. Take up a particular persona that you find yourself taking on in life, and give it the name, descriptive (for example, “angry child”), proper (for example, “Joe”) or combination (for example, “nervous Annie”) that seems right to you.

2. The personalities we find ourselves wearing are essentially 3-dimensional holographic energy constructs, which project from a particular position relative to our bodies. With this in mind, ...

Where is (name gotten in step one), in relation to where you are, in or near which part of your body, in front, in back, above, behind?

Determine the exact spot or place.

3. How does it feel, and what is it like, to be fully engaged in (name gotten in step one)?

Thoroughly examine the make-up of the taken-on persona, asking for such things as:

Feelings, sensations, emotions, thoughts, energy level, how this “me” reacts to others, what attitude it has toward others, what is its facial expression, what sort of people it likes, fears, hates, dislikes, loves. What abilities and disabilities, strengths and weaknesses. What is its body language? Physical appearance? Tall? Short? Fat? Thin? Big? Small? Very present

and assertive? Or meek, or hiding? What are the characteristics that make this “me” distinct? How does it express itself? What problem is it trying to solve? What is it trying to protect? What is it trying to accomplish? How does or has it affected your body and appearance?

4A. What response does (the name for this persona) seek to bring about in others toward itself?

4B. Is there a particular person or type of person that (the name for this persona) works or seeks to get that response from?

4C. What have the consequences been of (name for this persona) seeking or working to get that response from (answer to question 4B)?

5A. How long has your persona of (named persona) been in existence?

5B. How long is (named persona) intended to be in existence?

6. Go through a-b-c-d over and over in that sequence, getting the answer newly in each moment you come to the question. A variety of changes will occur, until the identity is no longer present for you:

- A. Where is (named persona) ?
- B. Where are you?
- C. How big is (named persona)?
- D. How big are you?

7. Final Step: Mindfulness and conscious control of dropping into a substitute presence:

Repeat the full sequence until complete ease and consciousness of creating/adopting and uncreating/dropping the persona is fully realized, with a feeling of serenity in relation to this:

A. Get the idea of being (named persona), and be and remain completely aware of the shift.

B. Get the idea of not being (named persona), and be and remain completely aware of the shift.

C. Get the idea of being (persona), and be and remain completely aware of the identity, and its attitude and how it feels.

E. Get the idea of not being (persona), and be and remain completely aware of the lightness and effortlessness of no presence of the identity, and its attitude and how it feels.

F. Decide to be (identity), notice the shift, its attitude and feelings, and remain completely aware of the decision to be (persona), and the shift.

G. Decide not to be (persona), notice the shift, feel the lightness and effortlessness of no presence of the persona, and remain completely aware of the decision not to be (persona), and the shift.

8. Processing the False Self Identity:

From the answer you gave in step 4B, find and give at the most fitting name to the identity of yours that fits that description, and then do steps 1-7 on that identity.

7.10 Resistance Relief Technique

For general improvement of well-being, as well as to enhance the quality and effectiveness of all your work on yourself, spiritual digestion of your resistiveness is about as liberating an endeavor as you could possibly engage in.

Allow yourself to effortlessly open up to all your feelings and energies of “I must stop this from expressing” and let these resistive energies flow and release through you.

You’ll be surprised to see and realize what continuous and exhaustive effort you’ve been engaged in, and how draining and exhausting it’s been, like a headache you’ve had for so long that you’ve stopped noticing it.

The relief will be palpable, along with the increase in your presence and general comfort level.

This technique can be done repeatedly, to greater degrees of relief and spiritual liberation.

Love, Dex



HIGHER GROUND: ADVANCED TECHNIQUES FOR GREATER REALIZATION OF YOUR SPIRITUAL PRESENCE

8.1 The Acceptance Technique: For daily “Spiritual Rebooting”

We are constantly in a habitual condition of painting and projecting a biased picture of the people, objects and environmental elements we come across, subsuming our ability and opportunity to see every moment as fresh and new as every moment of now inherently is.

We could be experiencing life and people in and with the natural, unspoiled, fresh, positive, joyful perspective and attitude that we as children are commonly blessed with, but for the filters and attitudes we accumulate through both externally imposed influences, and those we choose to take on for protection.

This is an exercise in mindfully returning to the operation condition of true connection, rather than automatically projecting and substituting your own accumulated internal images, with life.

The technique:

Practice this in any place where there is some opportunity to encounter a variety of people, objects, environmental elements, and mindfully take these in, absolutely, without any preformed, existing, or instantly/compulsively generated idea at all about these, no

projected opinion, filter or view whatsoever. Simply take it in. It can be done as a 2-step process, first without encountering others, and then with.

Remind yourself as needed to connect with everything you encounter exactly as it is, freshly, in the moment, newly, regarding everything as being encountered for the very first time, without projecting, without pre-existing ideas or opinions, without any filters of attitude or previous experience. Simply connect directly, uncolored and uninfluenced by

8.2 Spiritual Orientation

Orientation as a Spiritual Being

This technique is designed to enhance one's sense of orientation as a spiritual being. It can be done routinely, or as desired. "The body" refers to your body, and "the environment" and "the world" are as inclusive and expansive as you envision them as being.

On each step, close your eyes and allow yourself to be effortlessly and completely invested in simply being in the flow of what transpires within and for you, and let the full journey of awareness of what is revealed express through you, until it settles out to a sense of completion.

Each step instruction/commend begins is prefaced with:

"Notice, accept and feel the energetic presence of _____"

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Each step instruction/commend begins is prefaced with:

"Notice, accept and feel the energetic presence of _____"

And then, in each step, fill in the blank as follows:

(1) R"the body"

(1) R"the body"

(2) "the environment around you"

(3) "the world"

(4) "the universe"

(5) "Action"

(6) "Existence"

(7) "Time"

(8) "Viewpoint"

(9) "Awareness"

(10) "Presence"

(11) "Creation"

(12) "Desire"

(13) "Nothing"

(14) "Effort to create distance and separation"

(15) "Fear of isolation, separateness, and not being loved"

(16) "Connection"

(17) "Mutual shared presence"

(18) "Love"

8.3 Healing a Rift

A simple and effective technique for healing a rift between yourself and anyone.

Open us up to the infinite ocean of love in life.

This is done effortlessly, letting lightly and easily fall away any objections that arise.

Take whoever crosses your mind first, and:

Let that person have and feel your full permission, and encouragement to fully recognize, have and feel their love for their self.

Let that person have full permission to fully recognize, have and feel others' love for them.

Let that person have your full permission to fully recognize, have and feel your love for them.

Let yourself have your full permission to fully recognize, have and feel your love for them.

Let yourself have your full permission to fully recognize, have and feel that person's love for you.

Let yourself have your full permission to fully recognize, have and feel your love for yourself.

Be mindful in having this take place with whoever arises to cross your mind.

Love, Dex

8.4 Serenity technique

Serenity technique is what it sounds like, bringing about your serenity. It is a specialized application of the spiritual digestion technique. It is simple.

Close your eyes, relaxing every muscle in your body, neck and head. Notice and feel your body breathing, and feel the particular emotion infused in your breathing. Let the energy of your emotion freely express through you.

Be and remain effortless as this emotional energy expresses through, eyes closed. Many moments across your existence may come to mind and pass through, as part of the process of the spiritual digestion taking place.

You will feel the intensity of the energy of the feeling diminishing as the process continues, until everything goes quiet, leaving you with an underlying feeling of serenity. This is your natural spiritual presence, yours to have.

Serenity technique can and should be used often. Even if you find yourself cutting it short of the full result, it will be noticeably beneficial. I easily guide participants through the process, and you can always avail yourself of sessions as needed or desired.

