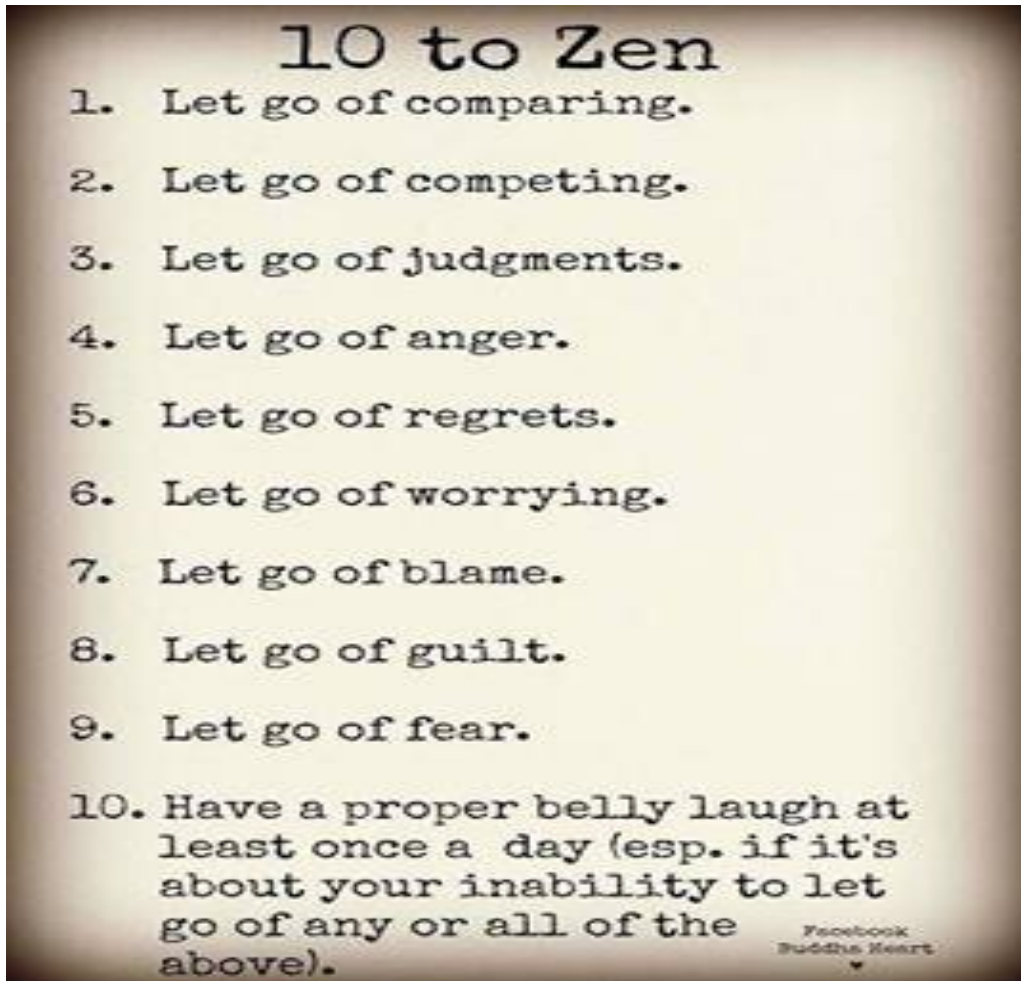


# Notes & Quotes on the Issue of Addiction

From the Office Board of Stephen P. King



## THE **DETACHMENT TECHNIQUE**



Stephen (Steve) King has a B.Sc. degree in Health and Human Services and is a Registered Clinical Counsellor. He was an avid runner, race-walker and triathlete who has held six national age group records, has raced at Ironman and Ultraman triathlon distances and has been a member of Canada's national 100km team. In 2001 he became only the second Canadian ever to complete the grueling Badwater Death Valley 135 mile run and he put together a photo journal of this challenge on YouTube, accompanied by his own rendition of the song 'Road to Hell'.

Steve was the publisher of 'Tri-Fit Quarterly', a national triathlon magazine, author of a triathlon training log and CBC's color commentator for the sport of triathlon. He has been the race announcer for many sports events including Ironman Canada (now Challenge Penticton). He has an avid interest in healthy balance and wholism and in 2012 he was inducted into the BC Athletics Hall of Fame and was honored by local businessmen who produced a bobblehead likeness of him. He has also been honoured with a plaque in the Walk of Fame at Frontrunners in Victoria, BC.

Steve has worked in stockbroking, as a private investigator, in hospitality management, as a Justice of the Peace and, since 1989, at Pathways Addictions Resource Centre in Penticton. He is the author of four books on energy psychology and, with Dan Cumming, he co-edited 'Running in the Zone' and is a contributing writer to 'Gin & Platonic and Other Short Stories with a Twist' and 'Triathlete in Transition'. He is the originator of The Detachment Technique, which is designed to collapse the impacts of PTSD and has produced an online course on this technique. <http://www.detachmentechnique.com>

Steve recorded a 16-song CD dedicated to his wife Jean entitled 'Songs for Jean', which can be heard by visiting <http://www.cdbaby.com/cd/steveking1>. Steve's website is <http://www.steve-king.ca>

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Other titles by Stephen P. King

*Rapid Recovery: Accelerated Information Processing & Healing.* 2004

*The Book of Existential Questions.* 2016

*12 Steps to Authenticity.* 2016

*TRI-FIT Training Log.* 1986. Steve King.

[\*Running in the Zone: a Handbook for Seasoned Athletes.\*](#) 2005. Editors Steve King and Dan Cumming.

Contributing Writer

[\*Gin & Platonic and Other Short Stories with a Twist.\*](#) (Margaret Ann Hayes) 2008.

[\*Triathlete in Transition: An Inspirational Common Sense Guide for the Novice Triathlete.\*](#) (Ray Fauteux) 2009.

## Office Board Statements + Collected by Steve King

Aspire to Inspire before we Expire.

**Sage** = Sensitive and sensible, with **age**.

Guide on the side or sage on the stage?

The issue of 'traumatised sensitives' - seeking removal, respite or resolution.

Mentor of Tormentor?

The role of Entrenchment.

Non-judgemental curiosity and fascination.

Alcohol is a very effective dissolving agent. It dissolves families, marriages, families, friendships, jobs, bank accounts and neurons but never problems!

We are an experience not an experiment, a verb not a noun.

Health is the acceptance and appreciation of the moment to moment unfoldment of the Self.

"First – do no harm". Maybe it should read "First – do actual good!"

"Alcohol gave me wings to fly then it took away the sky."

Having an affair with the addictive substance or process.

Like a TONIC (take Off Now In Case) for what ails you.

Gratefulness- gratitude – grace. The difference between a healthy and an unhealthy tonic.

Drink and/or Drugs are driving and they don't care if they drive you off a cliff!

Addiction = form of slavery – forfeiting of personal freedom.

Become a substance slave or a process slave.

Booze can become like being in a bad relationship – bondage/slavery.

Booze/drugs – substance or process has become one's hobby.

Disease – Did-ease – Disorder (AUD)

Using something that, in the end, controls you - to get away from your out-of-control life!  
Ironic.

If you are ‘bottling’ something up, the bottle will always support you in doing so.

The toll on your soul.

Good vs. Evil or Joy vs. Misery

Lust vs. Lustre vs Lucre.

Booze betrays boozer and the benefits of boozing.

Booze hurts those the most that love it the most.

Alcohol - ` spirits` - spiritual.

Spiritus (Latin for alcohol)

It is the ‘social lubricant’.

Being “pickled” vs. being ‘in a pickle’.

The gift of shift.

It is both an affliction and a crutch. (James Baldwin)

It provides the illusion of a warm glow of meaning.

It is used for both solace and celebration.

It is a diversion. A desire to mood-alter.

Tranquilizer -anaesthetic.

Comforter- nurturer.

We can get the satisfaction/comfort of nurturance by nurturing others

It’s a con-man/con-woman.

Soul-sucking.

Having a low tolerance for frustration.

The use of 'substance as a surrogate'.

Guilt – Feel need to hurt/punish self – I made a mistake

Regret is the great healer, guilt is the great wounder.

Shame – Soul murder/death – non self-acceptance – I am a mistake

Rage – Emotional anger – Fear - Death

Guilt, blame and shame are all products of the meaning we placed on childhood events.

Attachment to these beliefs is the root of suffering, as is aversion – they create stuckness.

Our desires and efforts to control pain, fear and fear of more pain become our coping strategies, but they end up blocking our feelings.

Shame and guilt keeps you alone in isolation. Don't give energy to the 'fantasy' of your shame – don't remain alone with it. It keeps you separate from love, care, healing, liberation and recovery.

Fight/Flight/Freeze – hypothalamus – pituitary – adrenals. Stress activation.

What if the bear comes home every night?

Adverse Childhood Experiences questionnaire (ACE's)

By stepping beyond the meaning we gave to our past, we then are able to liberate ourselves to live and be in the present.

The pain of paradox and separation can be healed with compassion and the today's choices, including the lens with which we view the historic events and of the Self.

Dismayed, disenchanted, disillusioned, disappointed, dispirited. Good/bad feelings etc. only have the meaning that we ascribe to them.

Deflect, Defect, Reflect, Reframe, Reference, Re-Do.

You want to do it – you enjoy it - but afterwards you know you are going to regret it – so why do you want to disappoint and disgust yourself?

Addiction, dependence, habit and temptation.

The roles of negative thinking, self-doubt, procrastination and resentment.

The roles and energy of depression, despair, apathy and ‘disappointment’.

The desire for a state of Grace often sets people up for situations that create a state of Disgrace.

A/D can equal Cheap Grace – Dis-Graced! Embrace the good Grace.

Sobriety is not a Greek tragedy!

Boredom – the cure = Buy tickets!

The Cycle = action - reaction - frustration - resentment.

Letting oneself be defined by the addiction (or other issue) is self-defeating and perpetuating of the same behaviour as that is what is expected by oneself and by others.

What’s the use? Feeling of futility, guilt, inadequacy, self-rejection

Avoidance of suffering leads to more suffering. People drink alcohol excessively to avoid that pain, thus causing more pain. Neurosis is the avoidance of legitimate suffering!

Remaining a hostage to your historical hurts

Heavy cloud – Acid rain

Critique vs. criticise!

How smart are you?

How are you smart?

End the trance – transcend!

Overcoming the world really means overcoming the self-discouraging voices in your head, put there by conditioning and programming.

Are you remaining a hostage to your historical hurts?

Stubborn victim or tenacious survivor?

Victim of history or a master of destiny?

How willing are you to apply your intelligence?

What rules or requirements does addiction have of you in order to keep its hold on you?



Worrier vs. Warrior?

A warrior sees everything as a challenge rather than as a blessing or a curse. (Castenada)

What is the Impact, Toll, Price you pay?

Every behaviour has a positive intent!

All behaviours are in pursuit of a goal. What is the goal behind the behaviour?

The four F drives that all animals respond to: fight, flight, feeding and fornicating.

Alleviate the pain or add resources.

Aggressive acting out for 4-16 year olds is usually a sign of depression – to distract family from other crisis!

View emotion (i.e. anger) as a commodity – what do you do with that? The use of Emotional Word Pictures to help another understand or make a point.

Misinformed norms.

An inadequate behavioural repertoire.

Learned helplessness vs. learned optimism.

If you are feeling helpless – help someone – it provides immediate relief.

Goal – to take on the therapist's voice – ala Milton H. Erickson.

To develop a 'therapeutic alliance' with the Self.

To just be yourself – everyone else is already taken.

Surrender to win.

Process = progress. Processing is progressing.

Sometimes we need to lose what needs to be lost in order to find what needs to be found.

Maladaptive stress reactions.

Stumbling blocks or stepping stones?

We're taught to resist things that don't feel good.

Emotions are a record of the past and the body is living in the past.

Negative thoughts dysregulate our system.

Chaos at the atomic/molecular/cellular levels.

Symptom = sign or signal of chaos.

Trauma is tattooed in the recesses of our grey matter – in the molecules.

Overwhelm is like ‘blowing a fuse’.

“Most people would rather stagnate in the security of the known than evolve in the creative uncertainty of the unknown.” (Linda Kohanov)

“Some would much rather complacently survive in a rigid hierarchy than thrive in the ambiguities of freedom.” (Kohanov)

The need to remember, grieve and purge the injustices of the past through the process of emotional resonance – like curing like! (homeopathy – abused horses!)

Zen states that one can reduce suffering by letting go of attachments or desires that obstruct seeing and accepting reality. Seeing reality without delusion and accepting reality without judgement. by focusing on the current moment.

“The practice of Zen is forgetting the self in the act of uniting with something”. (Yamada Roshi)

We are often caught between two thieves – regret for the past and fear for the future.

Wherever this is a human being, there is an opportunity for kindness.

Optimism + safety = ability to learn.

HOPE – Hold On Pain Ends

Procrastination – ego protection, but not NOW in your best interests. The need to ‘force yourself’ – to get out of your head, past your feelings and outside of your comfort zone.

Cooperation vs. competition.

Mindfulness, Choices, Decisions, Action, Consistency, Openness.

Deflect – defect – reflect – reframe – reference.

Success is not final, failure is not fatal; it is the courage to continue that counts.

“Are you a slow learner?” – lawyer

We will often attract people into our lives that reflect how we feel about ourselves – because ‘we are singing from the same hymn sheet’!

Need to stop pathologising natural reactions!

Helping someone deal and process low self-esteem is like ‘dismantling a bomb’ and needs to be done gently and at a safe pace.

Whatever the mind dwells on the body reveals.

An unknown path is not contaminated by your expectations.

The body does not thrive in chaos but in harmony, self-esteem, endurance and integrity.

Co-dependent – one who has let another person’s behaviour affect him/her and who is obsessed with controlling that person’s behaviour.

Can always find a co-signer to the BS!

Placebo vs. Nocebo – Placebo shows us that the mind can change the character of health.

One third of all healings are via the mind. 70% of thoughts are negative or redundant. The subconscious mind is therefore running the show.

Perception – Interpretation – Beliefs - Operating system.

Perception – evidence – time.

The adversaries in your head – need to let them go.

Continue to free your world by constantly cleaning and clearing so that it doesn’t become an army.

Now depression is really just an attempt to avoid feeling emotions that we deem to be unacceptable or too difficult for us to deal with. So we just put a lid on our feelings. And the effort to keep a lid on our emotions takes a lot of energy, so much in fact, that we feel depressed from the effort. (Note: This is true for those depressions that center around specific life experiences, like the death of a loved one, the loss of job, etc. But this is not true of those depressions caused by chemical imbalances in the brain.)

What are the disempowering assumptions that you are operating under?

The brain is looking for something to confirm the beliefs!

We behave in ways that confirm our beliefs!

The subconscious is a more powerful processor than the conscious mind.

The subconscious is a tape player and it gets stuck. The programming is the source of the problem!

We need to be able to press the Record button as opposed to just leaving it on Play.

Genetic? The gene is a blueprint – it is a pattern, not an action – it is read or not read. The mind reads the blueprint - it is about how it gets expressed. The gene is not the limiting factor – the mind is!

The placebo reaction is a confirmation of the expectation that people have the capacity to heal. Norman Cousins (Anatomy of an Illness) cured himself of the medically incurable ankylosing spondylitis. He stated that the placebo is an “emissary between the will to live and the body.’

The term ‘spontaneous remission’ is used to explain recoveries from diseases that are not treatable, curable or able to be explained.

Disease of lost selfhood.

Don’t negotiate your integrity – not betraying the self.

Healthy vs. unhealthy compromise

Who are you seeking approval from today – could be someone living or dead?

We’d rather be loved than love what we do!

Imprints from early life/most Impressionable.

Imprints form the cornerstone of a person’s person/ability.

Often a negative and rigid core belief system – deep and complex.

Beliefs are based on subjective not objective reality.

What we perceive we believe.

We are often the victims of our parents’ disturbances.

Recover (Discover) or repeat. Fight or flight. What we repress- we obsess. Resist/Persist.

“A need to remember, grieve, and purge the injustices of the past through the process of emotional resonance.” (Kohanov)

Family legacy – Information – Choices.

Your struggle is not your embarrassment, it is your honour. It is your success.

Persecutor – Rescuer - Victim

Family Belief System – Intellect/Conditional love/Survival

Personal Belief System – Intelligence/Unconditional love/Living.

Regarding severe abuse – the goal is liberation from a painful dependency (possibly on parent(s)), not necessarily reconciliation. (Alice Miller)

Know the difference between the container and the contents.

Intellect – Rationalize – thinking – past and future.

Intelligence – Present, become open, therefore able to learn.

To move from injury to renewal/rebirth

Stop “wriggling in the crushing grip of reason.”

The mind is a centre of divine operation.

Miss Congeniality/Mr. Nice Guy/Happy/ Mummy’s little girl-Miss Prissy –but all scared.

Family Roles – Hero, Scapegoat, lost child, clown/mascot, placator, caretaker.

Obligation vs. Desire.

Consume vs. getting consumed/to avoid feeling consumed.

Reframing of meanings – Love, trust, respect, choice, anger, friendship, money, A/D.

Grief – Shock, Protest, Despair, Detachment. Denial, Anger, Bargaining, Depression, Acceptance.

Rules – Don’t Trust, feel or talk.

The ‘old files’ contain phantom/ghost energy of beliefs/triggers.

The Soul is louder than the body

Stop living with the problem, start living with the answer.

Stop catastrophising and focus on solving the problem.

Anger usually meant: hurt, beaten, cursed, ridiculed, shamed, belittled, violence.

We live behind masks and act out performances based on scripts we never wrote.

Our role is to “Accentuate the ambivalence”.

Accepting compliments.

The body is the last (perceived) vestige of control.

I could, should (I shouldn't, have to), want to.

Depression = Anger you do not feel that you have a right to – hopelessness – dark, blank screen/inability to `see` pictures (future).

**S.O.B. Everything's Real.**

**Stop, Observe, Breathe, Expand awareness, Respond.**

**H.O.W. Honesty, Open-mindedness, Willingness.** A willingness to move from superficiality to authenticity.

Addiction = the reversal of intent. Hasn't yet found the means.

Dependency = consciously choosing to continue to use, despite knowing the consequences.

What we don't feel we can't heal.

Acknowledge what is i.e. the feeling, appreciate what it is – to feel it – is there a pattern to it?

How old do I feel? (soul retrieval)

Anxiety tranquilliser

**Pyroluria?**

Brain Deprived Neurotropic Factor!

3 boxes – Boulders, Bridges, Pool of resources.

What's your greatest gift?

Boundaries, Resentments, Abandonment, Family secrets, Control (lack thereof)

Impair or Repair.

Abuse Imprisons, Grief releases, Expression heals.

Enter into the mystery of what is being born into your experience.

Insight into a sense of meaning.

What are we here to contribute as a result of our knowledge/lessons.

Humility awakens the kindness of our hearts.

The heart has to be healthily selfish regarding blood – to keep the rest of the body and organs alive.

What you appreciate – appreciates!

Attend and befriend – yourself and others.

Intimacy begins with a compassionate presence.

Emotional resilience.

Goal can be to de-condition the trance of unworthiness, the story of the defective self.

Your thoughts can be the enemy.

“What would life be like if you didn't think something was wrong with you”?

We need to “stop dialling up the pain”.

To become an emissary of healing.

To be able to express the love you dreamed of, instead of rejecting your own insight, wisdom or knowledge.

Need for ‘positive stamina’.

Goal is to turn the ‘inner critic’ into the ‘inner coach’.

A state of Blissipline - Happiness on the job.

Alcohol/drug dependant -.to A/D independent.

Hit the bottle and it will always hit you back.

Patterns – Playgrounds/playmates/playthings.

Addictions provide predictable relief and power in an unpredictable and painful world.

Alcohol drowns sorrow. Drug addiction turns lows to highs. Compulsive overeating fills our emptiness. Obsessive work replaces insecurities with a sense of accomplishment. Sexual addiction mimics adventure and intimacy.

Addicts feel shame for trusting in addictive behaviour that made the problem worse.

Pleasure is a filler, shame is a killer.

Pleasure is a distracter; shame is an assassin.

Shame deadens ones longings for relationship.

Addictions are attractive because they appear to provide predictable doses of relief and power in the midst of pain and helplessness. The real effect is always self-destructive bondage.

Addictive urges have promised joy but have delivered bitterness.

Giving in to urges has caused betrayal of true values and disregard for true goals and often shame, guilt and isolation and more life stressors – chaos and crises.

The road to hell is not paved with good intentions, it is paved with lack of intention.

(Gabor Mate) Must desire to disengage from maladaptive habits of thinking or acting.

There is an initial promise of delight that flows from the activation of the brain's incentive-motivation and attachment-reward circuits. The suffering is delayed, rather than immediate.

Addiction and OCD are rooted in malfunctioning brain circuits and in implicit stories and beliefs that do not match reality. That is the core problem in addiction because the development of the brain and the mind was negatively affected by adverse early circumstances.



It's not a real, objective need but a false belief. It is only a dysfunctional thought. The brain is sending you a false message.

It represents a dopamine or endorphin 'hunger' on the part of brain stems that, early in your life, lacked the necessary conditions for their full development. It also represents emotional needs that went unsatisfied.

It is only a thought, an attitude, a belief, a feeling arising from an automatic brain mechanism.

"Hello old brain circuits, I see you're still active – well, so am I."

They will persist for a long time, but only as shadows of themselves. You will no longer have to be their marionette/slave.

"A spiritual void is always at the heart of any addiction."

We can be conditioned to 'avoid the void'.

"The endemic something in the human condition that leads so many to become addicts has been called 'weltschmerz', world-weariness, melancholy and in India, birch or longing. It is the pain of being human, no more, no less, the pain of having the chaotic self-awareness of human consciousness chained by its attachments to the mundane." (William Pryor – Survival of the Coolest)

You no longer have to obey and can exercise your "free won't"

"It's not how you feel that counts; it's what you do." (Dr. Jeffrey Schwartz-Brain Lock)

Where love and vitality should be, addiction roosts. Need to embrace the healthier sources of dopamine and endorphins.

(Addiction) -"It is simply an adaptation that has gone awry." (Marc F. Kern)

"Leading life in a meaningful way requires embracing the empty spaces, the blanks, the vastness. Living in the gap, we find ourselves." (Laura Berman Fortgang)

The Impartial Spectator (Independent Expert Observer) means having the capacity to stand outside oneself and watch oneself in action, i.e. mindful awareness.

Look at your thoughts/urges rather than from them.

Utilise Acceptance and Commitment Therapy (ACT)

Tao = the Way.

Tapas – the observation of. (Buddhism) the Four Noble Truths – the Diagnosis, the Cause, the Recovery, and the Treatment. The Middle Way avoids the two extremes of self-indulgence and self-torment and consists of cultivating virtue, serenity, and wisdom and is further elaborated as The Noble Eightfold Path, which is about the perfection of Understanding, Intention, Speech, Behavior, Work, Effort, Conscious Awareness and Meditative Concentration. (What is Buddhism? Ajahn Chandako)

Having ‘compassionate curiosity’ toward the self.

The question of why these desires have exercised a powerful hold over you can be answered by “Because they are deeply ingrained in my brain and because they are easily triggered whenever I’m stressed or fatigued or unhappy or bored.”

Although you were not responsible for the stressful circumstances that shaped your brain and worldview, but you can take over responsibility now.

The need is for spiritual help to recover sanity, sobriety and self-control.

Physical obsessions cannot satisfy our deep longings for satisfaction, security and significance.

Addiction robs people of relationships, dignity and future.

Pain may not go away but the need is to find ways to endure it with courage, hope and even joy.

Pain does not have to drive one into the arms of addiction.

Addictions are gods that have no empathy for us or those we love.

The immediate pleasure and satisfaction temporarily dulls deep feelings of disappointment, rejection, and anxiety.

Heroin, morphine, and other opiates take the place of endorphins and enkaphalins and create unnatural euphoria

Alcohol causes production of tetrahydroisoquinolines (THIQ`s), which produces effects similar to morphine and heroin

Hating oneself in the morning only makes one more susceptible to using substances for another **painkilling** experience.

Biggest stressors are; fear, pain, and fear of more pain.

It is impossible to have a strong emotion while you are physically relaxed.

Failure = feedback.

Need to break the cycle of patterns.

No point in “changing seats on the Titanic”.

FEAR = F—k Everything And Run or Face Everything And Recover.

“I did the thing I feared the most,

“Forgive me while I cheer, for all I lost in doing it, was just my foolish fear”.

The ability to voluntarily shift one’s perceptions (shifting).

What is the downside of positive change?

Listening to the voices – parts of self – committee of assholes (unhealthy planning committee) – the invited guest – unwelcome intruder – mocking bystander.

Develop an “Inner Wellness Committee”.

Develop a positive “Mission Statement”.

To become a master manifestor.

Spirit is energy, Soul is the Sanctuary of the Self. (the Self-Centre)

True Self – fidelity to self.

Intention + attention + Love.

Fear and faith cannot co-exist at the same time – on the cusp of the two = courage.

Fear – Confidence – the bridge to get from one to the other is courage.

Faith gives substance to things unseen (words/thoughts)

Faith is the pin that deflates the balloon of fear and anxiety.

Faith doesn’t grow in the house of certainty.

If you wish to profit from the partnership with God, you cannot be an idle partner.

God will provide the food but he won't cook the dinner!

Worrying is praying for what you don't want.

Praying for what you want as opposed to being preyed upon (re worry).

Worry – original meaning - to choke or strangle. Chokes creative power and creates paralysis. Strangles the joy of living. It provides illusionary content.

Worrier vs. Warrior.

Catastrophising – awfulising – dramatizing – mind-reading – fortune-telling.

“Must”urbation – feeling obligated or compelled to do (or not to do) things based on irrational thoughts. (Ellis)

Faith is living with an invisible means of support.

“God is the central value that provides order, meaning and purpose to everything else we do.” (Gorski 1989) If a person has made alcohol, drugs, food, grief, guilt, shame, sex their god, then the goal is for the addict to redefine their God – towards being a more constructive, helpful and forgiving entity.

Major Emotions – Fear, Anger, Grief, Jealousy, Love.

Triad of Health vs. Triad of enemies – Fear, anxiety, discouragement.

How willing are you to apply your intelligence?

Rational Behavior Therapy (Dr. Maxie Maultsby) the 5 questions;

1. Is my thinking here factual?
2. Will my thinking here best help me protect my life and health?
3. Will my thinking here best help me achieve my short-term and long-term goals?
4. Will my thinking here best help me avoid my most undesirable conflicts with others?
5. Will my thinking here best help me feel the emotions I want to feel?

Three “no’s” constitute an irrational thought or belief.

Did you or do you try and get attention by being the Best or by being the Pest?

MP3 – My Pleasure, My Passion, My Purpose.

What is the fear that's holding you back?

Commit to find out what it is that you are afraid of.

Thoughts – words – actions – habits – character – destiny.

In the absence of clarity – take action.

Look for a moment at the recent future. (Kohanov)

The further back you can look, the further forward you can see.

If you had the clarity, what would it look like?

If I knew, what would the answer be?

Do you believe you deserve ----- (whatever your goal is)?

My heart longs for -----?

I don't care what people think, I just want to ----? (Philip McKernan)

The 'addictive voice' that overrides one's better judgement.

“How would you prefer to think about that?”

“What would love do here?”

What would your life look like if everything was working?

We all need some sense of worthiness and deserving.

The client needs to come up with the solution. Accountability. Make the solution the client's own idea.

How can I serve?

When we are dying – we are incapable of BS!

Higher Power – God – Creative Force.

Getting clear provides inspiration.

Your data dictates your experience. Could be perfect but we hang around with garbage (data). It is you and divinity or you and garbage. Let go and let God.

“I’m a fallible human being who has made mistakes in the past, is likely to make mistakes in the future and is trying to learn from them now.”

“Doing bad things makes me a person who has acted badly, but not a bad person.”

“I will not use drugs or alcohol today, **no matter what!**”

Tears are the heart’s way of trying to express itself.

The `L` rules – Limits, Law, Lover, Liver.

Religion is for people trying to avoid hell – Spirituality is for people who have been there.

Religion is a sugar-coated neurotic crutch (Freud)

What we all need is a sense of hope!

DNA = God’s signature – no counterfeits or forgeries!

Beings are made up of 7 things; Water, Protein, Carbs, Vitamins, Minerals, Fats & God.

Permanent increasing pain vs. intense temporary pain.

The illusion of a warm glow of meaning.

You’ve got to want sobriety more than the booze.

You need your heart to be engaged in it.

You’re using booze to fight booze.

You hit the bottle and it will always hit back.

Karma – Attitude – hard-wired propensities.

You have to command your Spirit to leave that addiction.

A willingness to move from superficiality to authenticity.

Blessed are the flexible for they shall not get bent out of shape.

Bored – no meaning – no fascination.

Perfectionism leads to procrastination – leads to paralysis.

APATHY – A perfect asshole that hinders you.

Goal is to walk away from your dependant nature.

Those who anger you control you.

Life force in full voltage.

Capacity to not have private agendas i.e. unconditional love.

“If onyls” or “the promised land syndrome”

Happiness is an inside job.

“The healthiest of all human emotions is gratitude.” (Selye)

Having an advanced case of ‘stinking thinking’.

“Gain control by letting go of control.”

When you try to control everything, you enjoy nothing. Relax, breathe, let go, and just live.

“How good can you stand it?” – limiting beliefs.

Is there something about a sober way of living that excites you enough to create positive motivation and take the necessary steps?

Reconciliation.

What choices are you making that keep you from being excellent?

TRUST – Tomorrow’s results ultimately start today.

TEAM – Together everyone achieves more.

Serenity vs. Stimulus.

Clean to be Serene vs, False/Cheap Grace.

“Man is born broken. He lives by mending. The grace of God is glue.” (Eugene O’Neill)

The benefits of sobriety have to outweigh the costs of using.

Volunteering is correlated with improved recovery for many disorders.

The solution to human suffering is caring for others.

Thirst for wholeness, an innate drive toward self-actualization, a response to a lack of meaning and purpose, or a natural desire to transcend the suffering itself. (Geoff Thompson – A Long Night’s Journey into Day)

To transcend self-consciousness.

As a means of transcendence. “Malt does more than Milton can, to justify God’s way to man.” (A.E. Housman)

Addicts live to use and use to live.

The crisis/chaos makes up in intensity what it lacks in purpose.

The state of perceived meaningless existence.

The act of acceptance allows the individual to transcend the suffering self.

Suffering is inevitable as part of leading an authentic life.

Booze provides a counterfeit transcendence as it degenerates into misery and bondage.

The metaphor of drunkenness to describe the feeling that arises from the oceanic blending of the individual with the universe. (Nietzsche)

The yearning for ecstasy, vitality and energy – the power of a god. (Euripides – Dionysus)

Latin for alcohol is ‘spiritus’- the thirst for booze is a thirst for spirituality.

The alcoholic is looking for religion in a bottle (Bill W.) A substitute or pseudo-spirituality.

An attachment to Source, i.e.,”ET go home”.

All spirituality is about relieving suffering. (Buddha)

Going down a path approved by society but personally unsatisfying – leads to an inauthentic life and neurotic anxiety – anger, depression, or addiction.

Existential anxiety – knowing death is inevitable – we can choose our attitude and its meaning. (Yalom) the three other “ultimate anxieties” are;



Freedom – awareness that we are authors of our own lives – the “What ifs”

Isolation – awareness that we are fundamentally separate from all others.

Meaninglessness – Knowing all this – why bother getting up each morning

Living in an existential vacuum.

Moving from egocentricity to an understanding and awareness that one is not the centre of the universe, i.e. awareness of a Higher Power + humility.

All men are ordinary, the extraordinary men are those who know it!

Addiction is a crude but effective method of avoiding suffering – suffering sucks!

Living for self only is a recipe for misery.

The scourge and suffering of sensitivity.

Addiction is not in the drug, it’s in the addict. Neurological evidence shows that only those predisposed to addiction can become addicted.

Suffering is a means to meaning.

The human yearning for transcendent experience.

Experiences can move through you without getting stuck – the idea is to use them for their catalytic value.

Finding consolation in a community spirit borne of shared misery.

Love allows the individual to transcend his fearful, self-conscious self.

The suffering self can find transcendence only through caring for others.

Acceptance of being the author of one’s life.

Hope is; willpower – the will to live, survive, recover, learn + having Hope in something (the way) and Action – acting even “against all hope”.

Faith and Fidelity.

The duty to navigate through life rests with the individual – i.e. choosing one’s attitude is the essential feature of recovery.

Forgiveness is “a willingness to abandon one’s right to resentment, negative judgement, and indifferent behaviour toward one who unjustly injured us, while fostering the undeserved quality of compassion, generosity, and love toward him or her.”

Forgiveness transforms the person who was wronged from victim to victor through the voluntary act of replacing resentment with compassion.

There is a major correlation between forgiveness and recovery as one of its more powerful effects is to overcome anger, blaming, and hostility, all of which are known to trigger using.

The poison of bitterness becomes like a **parasite** that eats you away from the inside

Colin Tipping ‘Radical Forgiveness’ concept.

Forgive = Give for ourselves the freedom from this condition.

When I forgive, I refuse to be further damaged by the wrongdoing of others.

If I hang on to resentment, I harbour a thief in my heart.

There is inevitable suffering because of a natural tension between the individual’s potentiality and his actuality. (Sartre)

The first step in overcoming suffering is to accept reality.

Reversal and self-sabotage mean not having the “Freedom to succeed.”

One of the biggest wants of the subconscious mind is to avoid change ... to maintain the status quo.

Goal is to move from tragedy to transcendence.

Drunkenness merely drowns the Self.

Tragic optimism – finding meaning in the worst possible circumstances (Frankl).

Acceptance of reality is the defining characteristic of tragic optimism. + Faith.

The manifestation of acceptance, affirmation, courage and faith is self-transcendence.

A defiant human spirit that refuses to accept we are insignificant expressions of some force beyond our control.

Transformational change = redefined identity and new way of relating to the world - finding no benefit in the drug-induced altered state of consciousness.

Sobriety is a consequence of transformational change and not a prerequisite for it.  
(White 2004)

Combined attitudes of commitment, control and challenge constitute the best available operationalization of existential courage. (Maddi 2002)

The view of addiction as a chronic, relapsing brain disorder.

Addicts brains are deficient in GABA, which exerts an inhibitory effect on neurons, telling the body to stop instead of go. A drug called Vigabatrin stimulates its production.

Elan vitale – vitality – vibrancy – vivaciousness.

It is feeling that imparts vitality to thought.

Existence without vitality – a meaningless, monotonous and boring life.

“Vitality shows not only the ability to persist, but the ability to start over.” (F. Scott Fitzgerald)

Relapse is always possible, but it is never inevitable. To argue otherwise is to deny that treatment can be empowering. This eliminates hope – and it is hope, grounded in self-awareness, that is the best safeguard for recovery we now have. (Newsweek Feb 23<sup>rd</sup> '08)

Become an enthusiologist.

Pain will impact you but should not define you.

See with the brain and not with the eyes. Seeing and reading through the skin, including the tongue. Eyes are just dataports!

Positive progress list.

Do a personal eulogy.

Seek out stray bits of contentment.

Risk more, reflect more, do something that will live on.

When all is said and done what would you like to be said and done about you.

Define your destination before someone does it for you.

If you give to live, you will live to give.

SERVE – Select Enriching Rewarding Valued Endeavors.

The 95 year list – What do you want to Be, Do, Have, Help, Leave (legacy).

“Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements.” (Napoleon Hill)

Daren Wride – Release ([www.adventureofthesoul.com](http://www.adventureofthesoul.com)) = Capture the momentum of your past, Gain clarity about your future, Use each day to move toward your dreams..

- 1) Harness your History by Processing your Pain, Embracing your Encouragement (what others recognise in you), Admit your Ability, Live within your Limits.
- 2) Focus your Future by Defining your Destination, Owning your Dreams, Picturing your Purpose.
- 3) Master your Moment (taking responsibility for the dreams and opportunities) by establishing your Goals, Developing the Habits, Doing so with a Partner.

Emotional intensity is the key to the addict’s life – molehill mountain climbing! Soap operas.

The addict substitutes living intensely for living meaningfully.

All flash and no substance.

Being drunk is not so much an escape from life as it is the attempt to satisfy the impulse to connect with a greater reality. (Bill W.)

Living a life that is infused with personal meaning.

When addicts in early recovery face the reality of their lives – without a framework to absorb their pain – they have only three options; suicide, insanity or relapse (O’Neill)

The healthy person affirms even the harshest suffering provided they see a reason for it.

Life is worth living in spite of suffering. “Have a good day, if you choose to”.

Our role in part is to help others discover how to live personally meaningful lives – to fill their “existential vacuum”.

Drug use is a response to living in an “existential vacuum”.

The more tolerance you have, the closer you are to death.

Choice is about deciding to respond (rather than react) to pressure or choosing to let it go and replacing it with something more powerful.

Choice puts you back in the driver's seat.

The more you avoid, the less you learn, re - regulation.

Cutting – physical pain to cover psychological pain – pulling attention away – then becomes shameful and self-hating.

Tension Reduction Behaviours.

Suffering is nothing but resistance to God. (Don Miguel Ruiz)

In the depth of depression, that desert place of nothing, we need to celebrate anything and take minute steps towards the oasis.

Use grace, mercy and tenacity to see the patterns of your parents, to let their negatives go and to destroy the lattice of deceit.

Illness can be a perverse friend and a badge of honour'

Need for a glimpse of hope and peace as without hope, depression is your death.

Delusions of grandeur in mania can kidnap great religious figures into one's psyche.

Your spirituality should improve the quality of your life.

There is a magnificent gift in each of the things that has happened to you.

Look for and find the gifts that you have received from each and every horrible experience.

You will discover that the gift is the real reason for the horrible experiences/adversities.

To fully open your gift you have to embrace the mundane aspects of everyday life.

What good things do you get from subconsciously needing to revisit the chaos?

The harder you work for something, the sweeter the taste.

A lack of control is not freedom.

Babying the ill to stay ill and be a dependant patient.

Caretaking – out of a need I have – means to impose self. Do I need to be needed? Can create resentment/anger, for later and one becomes the grumpier older person you wouldn't wish to be.

Caregiving – comes out of my gift – get asked. Do I have value? Do I perform for it or embrace this is who I am?

Relationship is a heart connection - ability to be present in the emotion – listening and hearing is the biggest part of the relationship.

Deception is the deal breaker.

Pride is not power.

Some people come into your life for a reason, some for a season and some for a lifetime.

One's inability to sort out a problem in a sane mind might drive one into insanity in order to find a solution!

Develop a hope chest of fullness – i.e. coaching notes and other items of what to do to get better.

Change the past by changing the way we think and talk about it.

Can you choose joy and contentment?

You can't help someone when you don't feel good.

Disease is the absence of health.

Selfish – Self-full – Solutions.

Resist, resent, repeat, - no resolutions – reframe.

Blame is where victims live. Poverty or victim thinking.

Need to make peace with where you are. Try thinking positive when you are feeling powerless.

Put the feeling into a place of observation (Tapas) to become your own witness.

Others may need you in a down, needy place where they can help you and be comfortable. They are not able to move on from a care-giver role.

Illness is a comfortable old coat that can keep us warm and cosy in a twisted way.

Triumph is 'umph' added to try.

Happiness is health. The idea is to allow health.

Anger is feeling the discord of whom you are not being.

You must make a conscious decision that you want to feel good and not care about what others think.

Life force is full of love and benevolence.

There will only be solutions and no problems rather than vice versa.

Attitude and Aptitude. Confidence and Competence.

Mind Fitness – PSY to keep FIT.

When on your path you will find people with outstretched arms waiting to help you.

Rotation and moderation – staying connected to the seasons and nature.

Becoming a rebel of discipline with self-knowledge. Becoming a monk athlete.

Using your issues as an excuse will make your whole life an excuse.

The Earth is a living organism and yet we treat it like a store.

Forgiveness can allow shame to shrivel and dry up.

“Forgiveness grows out of the wisdom of the heart and forgiveness is the heart of for-ever-gives.” (Michael J. Tamura)

Forgive yourself, but don't be lazy – recovery takes work.

“If you judge people you have no time to love them”. Mother Teresa

Laughter is often a signpost that someone is returning to sanity.

Change your way of seeing things and you will modify their reality and effect on your existence.

“Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us.” (Stephen Covey)

We can contaminate or illuminate!

“Sometimes it is the artist’s task to find out how much music you can still make with what you have left.” (Itszak Perhlman)

Weakness is simply the absence of power.

Knowledge will not apply itself.

“Forgiveness is the fragrance left by the violet on the heel that crushed it.” (Mark Twain)

The best revenge is to lead a healthy life.

Success is the consistent pursuit of a worthwhile dream.

“When a ton of manure suddenly falls out of the sky onto them, lucky people tend to see it as not manure but as fertiliser, and look around for something to plant and grow in it”

The only way to keep from going backward is to keep going forward. You must first have the knowledge of your power; second, the courage to dare; and third, the faith to do.

The Law of Attraction is another name for love. The law of love is the creative force behind every manifestation.

Spirit/Spark – shut down/anhedonic.

Spirits – **dopamine** – spiritual – feeling **loved** and **attached**. **Love releases dopamine!**  
Dopamine = reward and the message “Save this one.”

The new information re dopamine and fibromyalgia – Mirapex (Parkinson’s – dopamine deficiency) Ropinirole (restless leg syndrome). Chronic Stress disrupts the normal hippocampus function.

Whatever we think about and thank about we bring about.

Opportunity follows perception, action follows inspiration, growth follows knowledge, eminence follows progress.

The idea or soul of money is service.

If we wish a change in conditions, all that is necessary is to change our thought. This will in turn change our mental attitude, which will in turn change our personality, which will in turn change the persons, things and conditions – the experiences – with which we meet in life.



The intention governs the attention.

If we wish to change the form of manifestation we must change the polarity. This is the principle of causation.

Growth is understanding what we have not yet been able to conceive, feeling what we have never felt, doing what we have never done before. It is daring what we have never dared. ...it obliges us to leave our own comfort zone – to progress into the unknown, to face the tremendous impact of our Self. (Pierro Ferrucci - What we may be)

A powerful man can lead with no wisdom and a wise man can lead with no power.

Suicide is a problem for us but a solution in the client's view. What problem would it solve? If we could find another solution to your problem – would you be willing to live? Usually connected to 1. Hopelessness. 2. Poor problem solving. 3. Cognitive rigidity. Revolves around 1. General life issues. 2. Pain relief. 3. Just punishment for being evil! What could earn forgiveness?

Empathy and action leads to hope.

Goals need to be specific, agreeable and stated in the positive.

Each of us has a unique depression fingerprint.

Motivation does not always precede behaviour.

With recurrent depression, the two most common underlying assumption themes are perfectionism and dependency.

If you don't do something perfectly then-----.

If I do something perfectly then-----.

If someone doesn't love/like/approve me then-----.

Usually has flexibility with others but not with oneself.

Core beliefs happen at the end points of a continuum, but life is what happens in between.

Stop trying to please the unpleasable.

Using reframes.

Make plans but not the outcomes of those plans.

Live by design and not by default.

All you have to do to win is rise up each time you fall.

You can't have a better future if all of your beliefs and reactions are based on the past.

STRESSED – Staying Tense Relentlessly Every Single Second Every Day.

Structure is the antidote to chaos.

Taste your words before you speak them!

Alcohol stops REM sleep, which is when the brain processes information.

Failure is fertilizer for success.

The eight factors for success – love, focus/concentration, work, pushing, good ideas, persist, serve others and continue to improve.

Workafrolics – doing the work but having fun.

The need to eliminate the distractions.

Crash and learn vs. crash and burn.

Copytivity – creativity.

Only work on the weaknesses that will hold you back.

You can outsource your weak areas.

CRAP – Criticism, rejection, adversity/assholes, prejudice.

Life is hard by the yard but by the inch it's a cinch.

Quitophobia – an intense fear of quitting.

Dr. Gabor Mate – 'When the Body Says No'.

Fear of disappointing others is a killer.

Emotions are not luxuries.

What is desirable, nourishing and welcome or vice versa?

Immune system and emotions are to protect your boundaries.

Cortisol often required due to depressed levels.

Stop trying to be who you are not and know who you are and be who you are.

Osteoporosis – fear of letting someone down, depression and emotional isolation.

Rage clots blood and constricts.

Bulimia – hormonal imbalance.

Duty, role, responsibility – feel the need to blend in with the environment.

Job – listen/educate – function over feeling.

Coping – rest, rotation, exercise, debriefing, support.

“Cortical inhibition”.

Crisis intervention – symptom stabilization, reduction, establish functional capacity, further assess and refer.

West Coast Trauma Retreat

Onsight Academy (Massachusetts) – Trauma Recovery Center.

If you don't have a plan, it won't work!

Barriers/boulders/bridges – tools – pool of resources.

Beliefs and griefs prevent growth if unattended and unprocessed.

Coalition = expedition of excellence + collaboration.

Mediation – response – resolution – solution.

Cohesion – congruency.

Customer/client – not consumer/patient – a shift in service attitude i.e., focus on the service delivery = best practice.

Prevention, Intervention, Post-vention

Pupils dilate, muscles tighten, blood pressure, triglycerides, increased protein levels, loss of mental efficiency, not retaining new information, guilty, fantasy thinking, “fogging”, loss of sense of humor, dissociate, lack concentration, easily distracted.

Mothers who are stressed/depressed – their children are more likely to have asthma.

Adrenal/cortical – stress hormones – internal stress regulation mechanism.

Something has happened to the stress mechanics i.e. MS/Lupus.

The parents emotional states program the physiology of the child.

No craving in OCD – Addiction has the craving element.

Depression/anxiety/PTSD/Phobias/ADHD – major risk factor for addictions and gambling. More focused with cocaine if ADHD and poor impulse control.

It decouples the pain from a sense of suffering – opiates.

Endogenous morphine-like substance (endorphins) – opiates.

Placebo = endorphin effect. Pleasure and reward.

Mother/infant – endorphins – molecules of love.

Heroin can feel like a “warm, soft hug”. “A warm blanket, chicken soup and a hug”.

Dopamine = vitality, motivation, incentive, curiosity. Cocaine releases dopamine by 300%, Crystal Meth by 1200%.

Prone to addiction – diminished number of dopamine receptors to begin with, i.e. through childhood – a lack of stress regulation.

Predisposition = interaction with the environment (first 3yrs brain @ 80% but physical just 19%)

Needs – Non-stressed emotionally attuned caregiver.

Issues of commission and omission.

Autism, ADHD – Ritalin – parental depression or adverse childhood experiences.

Adverse childhood experiences 6x increase risk of intravenous use 46x.

Shopping addiction is the experience of acquiring.

Others lost connection to the nurturing aspects of their life – the tribe/community and instead connected to peers i.e. their nurturing structure shut down and moved into young peer situations of put-downs, peer pressure and lost ‘authentic’ self and ‘need’ more stimulation as are ‘bored’.

Loss of vitality from nurturing adult contact – ‘bored’.

They can’t be still with themselves or with others.

Need for sense of possibility – some taste of victory and the possibility for more.

This can come from a counsellor/clinician etc.

The war on drugs is ‘cultural schizophrenia’ – our minds are split.

Compassion + mindfulness + authentic self is needed from the counsellor/clinician to help provide healthy shift and possibility.

Sick in heart and soul and mental process – need for the ‘conditions’ for healing.

Dislocation + residential school (+ Sugar?) = addictions issues for First Nations.

Addicts have pain but also have a higher tolerance, should be given what they need, as it is for the pain.

ADD – “Scattered Minds” by Dr. Mate. Dexedrine, Ritalin, stratera, bupropione.

Antidepressants are not addictive but can create physical withdrawal.

Gabapentin for neuropathic pain.

ADHD is not a disease, therefore it is reversible – needs the conditions for development.

We’ve pathologised normal reactions.

All three below are ‘plastic’ - breathing, spinal cord, primitive sensation and pain.;

Hypothalamus – instinctive behaviour regulation.

Amygdala – emotion/anxiety – processes same.

Hippocampus – short term and long term memory.

Frontal cortex – analysis, reason, intuition (frequency analyser), cognition, rationalisation, communication, processes information – interprets.

To Limbic system – emotions stored, given a feeling – held/formed.

Hypothalamus – fight/flight/freeze – basic drives, threat/challenge/change – the bridge to the body from the brain. Temporary, control, arousal, stress, chemical – sugar, cortisol, adrenaline/noradrenaline.

Serotonin – mood stabiliser. Endorphins – inhibit the pain response, normal, necessary, life sustaining when there has been a threat to life. Triglycerides – energy – fuel for muscles, cholesterol – constant firing and fuelling.

In suiciders, their serotonin levels are very low.

Spontaneous remission from illness means a return to wholeness and is always associated with a loss of the fear of death. (Deepak Chopra)

In trauma there are three things needed to recover; Safety, Expression and Integration.

Ongoing highs (i.e. work - stimulation) and lows (i.e. home – depression) create chaos.

Suicide Status form - Psychic pain, pressure, perturbation.

To raise your Eye-Q – to see things through different lenses, which will raise you IQ.

The mind does not care what you plant in it.

If you had ONE MORE DAY. How would you spend it and with who – embrace it now!

Michael Phelps W.I.N. What's Important Now.

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

Huna philosophy - The Seven principles;

The world is what you think it is.

There are no limits.

Energy flows where attention goes.

Now is the moment of power.

To love is to be happy with – love is the only ethic needed in Huna.

All power comes from within.

Effectiveness is the measure of truth.

**Goal** - How do you want to be, and how would you know when you are there?

What dreams did you have as a child that you have given up on?

Who do you wish you could be like?

What would you like to do that you haven't been able to do yet?

What would you do/attempt/be if your success was guaranteed?

What **legacy** of self would you like to leave behind?

How good can you stand it?

What do you know that you are not admitting to yourself yet?

What choices are you making that keep you from being excellent?

If I were to begin to have a new and better experience in life, what would it look like or feel like?

Who am I being with my life – rather than what am I doing?

You don't have a soul – you are a soul.

The populace is a symphony and we, as individuals, are the notes.

There is no B.S. from the dying.

Ho'oponopono – Dr. Ihaleakala Hew Len

Mornah Nalamaku Simeona “Divine creator, father, mother, son as one... If I, my family, relatives, and ancestors have offended you, your family, relatives, and ancestors in thoughts, words, deeds, and actions from the beginning of our creation to the present, we ask your forgiveness... Let this cleanse, purify, release, cut all the negative memories, blocks, energies, and vibrations, and transmute these unwanted energies to pure light... And it is done.”

“I'm sorry” “Please forgive me” “Thank you” “I love you”.

Zero Limits – Dr. Joe Vitale.

A return to a clean slate, prior to the introduction of any beliefs or physical limitations, state of neutrality – Divinity – God. State of Grace and Love.

ZPoint Process – Grant Connolly – “I clear all the ways I feel this feeling” then repeat cue word, i.e. “Yes” for 10 secs.

Zero Point - Matrix Energetics – Dr. Richard Bartlett.

Turn attitude into action.

Your attitude determines if you are on the way or in the way.

Gratitude beats complaining on an energetic level any day.

State of being graceful = state of being grateful.

Gratitude is not only the greatest of virtues but the parent of all others. (Cicero)

Great attitude = Gratitude.

Gratitude is where memory is stored in the heart, not in the mind. (Lionel Hampton)

Gratitude is a condition whereby you stop resisting, stop fighting, with life, with yourself.

Unconditional acceptance – a positive response to the passive act of acceptance. It is an acknowledgement that you, in your omnipotence, have created precisely the conditions you find yourself in. That you have created a world which perfectly reflects all that is beautiful, and also all that is not so beautiful in your soul. (Apollo Pampallis)

Learn to separate non-judgemental, inner gratitude from judgemental, outwardly directed gratefulness, then you will unlock the key to your own power, first to deal in a life-enhancing way with the painful experience you have endured, and subsequently, to open the way to creating, this time with conscious awareness which is in turn reflected in ‘better’ life circumstances.

The opposite of gratitude is victimhood – the state whereby you deny your own responsibility, both in creating, by reflection, the life condition you have attracted, and your response-ability, rather than reflex, unconscious re-action to it. Or put another way, not being the consciously causative agent/author in your own life, but living in the effect of your unconsciousness.

Stubborn victim or tenacious survivor?

In the life-raft but not at the helm. At the mercy of the winds!

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it." - Martin Luther King, Jr.



“If you are depressed, you are living in the past. If you are anxious you are living in the future. If you are at peace, you are living in the present.” Lao Tzu

Maxwell Maltz made reference to rational understanding and reasoning when he wrote that, "You cannot harbour a torture chamber in your imagination and live a positive life. Would you employ a confessed poisoner as your cook?" (p. 62)

Buddha was asked, “What have you gained from meditation?” He replied, “Nothing!” However, Buddha said, “Let me tell you what I lost: anger, anxiety, depression, insecurity, and fear of old age and death.”

Hugh Culver: Continue to learn. Have new relationships. Still have goals. Goals. Create Intention. Serve others.

Where can you exert more influence at work?

Judgements, values, assumptions, history.

We look for things to confirm our beliefs.

Clear your windows (beliefs) that don't serve you.

“The world's greatest lie is that we are governed by fate.” (The Alchemist)

Start something new.

“If you fall flat on your face, you are still 6' further ahead.”

Have a 'To Do' and have a 'To Stop Doing' list.

Learn from lessons.

Dr. Bruce Lipton – The mind creates coherence with our beliefs and our experience.

Life is a printout of our subconscious

Genes = potential.

Goal is to change the gene readout.

Our environment declares our destiny.

The subconscious mind is a recording, hence someone can 'push your buttons'. The subconscious mind is not creative, whereas the conscious mind is.

We are ‘victims’ of our environment’

A change of perception and a change of lifestyle changes the genes.

Paradigms power perception and perceptions power emotions.

Every cell is like a miniature person.

Law of dissipative structures i.e. caterpillar/cocoon/butterfly.

We have theta brainwave states until 6yrs (also ego-centricity) and that accounts for the ability of young children to learn three languages simultaneously. The learning state.

This is a downloadable state of mind.

The major questions are of our sense of deservability at the subconscious level.

Spontaneous remission = change of belief and a shift from victimhood to masterhood.

James Ray on Harmonic Wealth. **Spiritual Harmony Integrating Totally.**

The Five Pillars – Mental, Physical, Spiritual, Relational and Financial.

A dynamic dance whereby some energy needs to be used on each all the time, but not equally.

If you want to love God, love his creations.

All breakthroughs are preceded by a breakdown as per “dissipative structures”.

We need to look at getting joy, adventure and providing value.

Mastery is seeing the gift in the moment, even if it is a job loss or relationship breakdown.

The Three questions;

How could this serve me?

What could I learn from this?

How could I use this learning to move forward and have a better life and future?

“To be invincible, become defenceless.” Surrender completely to the gifts that life has to offer.

“We shall not cease from exploration

And at the end of all our exploring

Will be to arrive where we started

And to know it for the first time.” (TS Eliot 1940)

### LIVE A LIFE THAT MATTERS

Ready or not, someday it will all come to an end.

There will be no more sunrises, no minutes, hours or days.

All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you owed.

Your grudges, resentments, frustrations, mean spirit and jealousies will finally disappear.

So too, your hopes, ambitions, plans and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from, or on what side of the tracks you lived, at the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin colour will be irrelevant.

So, what will matter?

How will the value of your days be measured?

What will matter is not what you bought, but what you built.

Not what you got, but what you gave.

What will matter is not your success, but your significance.

What will matter is not what you learned, but what you taught.

What will matter is every act of integrity, compassion, courage, love or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence, but your character.

What will matter is not how many people you knew, but how many will feel a lasting loss when you are gone.

What will matter is not your memories, but the memories that live in those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident, it's not a matter of circumstance, but of choice. Choose to live a life that matters. (Author Unknown)

Behave as though Karma is the rule

Plan as though the universe is indifferent

Live as though you could die of TB within a year. (Jef Mallett - Inside Triathlon Oct '08)

Be committed to Do what it takes to Have what you want.

Need - purpose, structure/discipline, community.

What would love do?

Leverage – loverage.

Core Belief questions;

Why do I believe that?

Is it true?

What might I be concerned would happen if I did not believe that?

Give without any expectation of return.

What would you do if you thought like God?

It is a gift of love we are giving back to the Universe in gratitude and appreciation for our gift of life.

Whatever you answer to the following, that's where to give;

Where were you reminded of your divinity?

Where were you encouraged to go for your dreams?

Who makes you feel glad to be alive?

The secret in giving is not caring if it comes back – Integrity is what you do when no one is watching – not caring about who gets the credit.

“The life in me is inseparably connected with all the life that exists, and it is entirely devoted to my personal advancement.

Five ways to awaken;

Study with a master – be in their presence.

Spiritual discipline.

Path of sacrifice.

Trauma and tragedy.

Path of bliss.

Key points for recovery;

Massive action – needed to prevent relapse.

Ask for help – seek treatment – surrender fully.

Prioritise recovery as the most important thing in your life.

Get honest and communicate your feelings.

Seek holistic growth to overcome complacency.

Holistic growth includes;

**Emotionally** – becoming more stable, changing up the relationships in your life, forgiving yourself etc.

**Physically** – getting into shape, quitting smoking etc.

**Financially** – getting out of debt, learning to manage your money better etc.

**Mentally** – getting more education.

**Career** – advancing in your job, switching to a new field etc.

**Spiritually** – strengthening your connection to a Higher Power, helping others etc.

(Excerpted from [www.spiritualriver.com](http://www.spiritualriver.com))

What would I do if success were guaranteed?

The use of ‘Mind Movies’ regarding the Law of Attraction/Visualization.

Dr. Morty Lefkoe on changing beliefs.

Integrity is whereby ones thoughts, feelings and actions are all in sync.

Dr Ed Josephs

Need for new pathways.

All pain has an affective component.

Dr. Bob Scaer `The Body Bears the Burden` + Bob Post.

The trauma is in the nervous system, not in the event.

Flooding is what we see as symptoms.

Alarm - reticular activating system - is on the brain stem.

Emotions are labelled from sensations i.e. fear/excitement feeling same

"Tell me when you first knew you were safe?"

Don't believe everything you think.

Induced by blocking ability to run or fight, if not able to then it will freeze.

Undissipated energy goes into the nervous system.

Dysfunction comes from not discharging.

System has sensitivity to initial conditions/accumulation of activation.

Polyvegal - more than one sympathetic nervous system.

Amygdala holds emotional memories - does assessment to the trauma.

Hippocampus holds explicit memory i.e. colours/shape - `real` images.

Kindling = quick startle - exaggerated hypervigilance.

Kindled = upped charge to point it doesn't go back down to base line (charge activation)

Quenching.

If, when all is said and done, you still choose to use, make it a reward, not your `job`.

There are people for reasons, seasons and for a lifetime.

Delay, deep breathe, drink water, distract re – smoking urges and cessation.

Sobriety is not a Greek tragedy!

Esther Hicks on getting into the Vortex/Portal

You can't rid the world of things that bother you – you can only change your vibration about it. – give attention elsewhere to things you want to do.

Be aware of what feels “off” to you.

Don’t try to control what is uncontrollable, including other people’s thoughts and feelings.

Be a recipient of a “hurricane of grace/wellbeing”.

“Vibrational advanced announcement of who you have become.”

Powerlessness, revenge, anger, frustration, overwhelmedness, pettiness, and then hope.

A belief is only a thought that I keep thinking, usually around the issue of deservability/worthiness.

Many have been living by or under false premises.

Eldon Taylor – Ego is just another word for Self, but it designates the self that seeks to be accepted and loved. Life is our gift from God; what we do with that life is our gift back to God. “You are your parents’ donation to human evolution” (Robert Ornstein)

Egoless is the suspension of the urges of the id in favour of the needs of others. It’s a transcendence of the ego state – a rectified ego, meaning that this part of us is in perfect balance. The ego no longer seeks anything for its own purposes; it doesn’t feel the need to win or to prove anything. From this perspective, it serves others not as an ego per se, but rather as one who shares with empathy the plight of all.

“When you know the difference between the container and the contents, you know all.”

When the asking of questions ends, the game is over! Life is about wonder, and the meaning is often in the question, not the answer! When we have all the solutions, there’s no reason for the game to continue. Life is a journey and the meaning of life is the pathway. Success is a journey, not a destination. The questions we ask along the way become the tools that assist us in navigating a course, as opposed to drifting asleep at the wheel.

Saliva compared to dry mouth – yet wouldn’t drink our own saliva! – the reality of cigarettes – change the context! One is a slave – focus on the taste – ugh!

The zero-point field is the unifying force that underlies the potential and existence of the universe.

Forgiveness is the most powerful and absolute prerequisite mental shift necessary to empowering our potential.

Forgiveness is about letting go of another person's throat.

To release yourself from something that will eat you alive, that will destroy your joy and your ability to love fully and openly.

There is more power in love and forgiveness than in hate.

Forgiveness does not create relationship.

Humanness is more a matter of what inspires us – the stories that touch us, the creativity that excites us, the adventures that motivate us, the passion that drives us to do better, the joy and awe that lead us within.

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.” (Buddha)

Thesis followed by antithesis provides insight into synthesis.

Normal awareness = beta, lightly modified is alpha, deep sleep is theta, comatose is delta

“Change behaviour and you change thinking. Alter thinking and you alter behaviour. Experience a positive feedback from change and you reinforce it. Shift the focus of change from the self to giving service to the world, and what follows incorporates the best of the individual and of society at large.”

We develop tactical strategies to protect our self-image and well-being, but from compensatory actions to self-mutilating behaviour, they're always essentially diversions.

Use “and so what?” questions to establish the realization that worry will accomplish nothing. Beyond worry is hope – it can put a laugh into the so-called problem.

Be grateful, stay in awe, stay involved – use language like “up until now” re negative beliefs.

Heisenberg's uncertainty principle re both the observer and the observed being fundamentally necessary to each other re the mind as a force re the mind field or zero point energy field.

VERA – Visualisation, Emotion, Repetition, Action.

At every moment, you get to choose your identity. You get to appoint yourself and anoint yourself to be the person you want to be. You can literally reinvent yourself.

Stanley Banks (The Enlightened Gardener);



The three gifts - Universal **Mind** is the source of all intelligence. Universal **Consciousness** allows us to be aware of our existence. Universal **Thought** guides us through the world we live in as free-thinking agents.

Hanging on to old negative memories is psychological suicide. Give your mind too much manure and it will destroy it.

It is what you as a thinker do with them that is important.

Your thoughts allow your moods to exist.

Debilitating memories are kept alive by continuous digging through the rubble of the past. Thoughts will hold us prisoners of yesterdays and make our present existence unbearable.

Thought is not written in stone. It is fluid and can be molded to suit the day.

How we use our thoughts is up to us – we can use them wisely or foolishly.

Mind, when accompanied by Thought and Consciousness, is the master weaver that creates the fabric of cause and effect.

Wisdom is not learned – it is unfolded from within one’s own consciousness.

“All you have to do is realise that the past is now only a ghostly memory, kept alive by digging into the archives of your own stagnated memories.”

“Our eyes are the windows to the soul, and only when our eyes are free of yesterday’s scratches will we see today with any clarity.”

Memories are only phantoms kept alive by our own thoughts.

Happiness and contentment come when the human mind breaks the chains of yesterday’s bondage, i.e. forget the problems of yesterday, learn to count today’s blessings and you will be well-rewarded.

Your body is here, but where is your mind?

Living in the now is seeing what is instead of what isn’t. What isn’t is created from living in the memories of the past and contaminating the now.

“Going back into the past to fix yesterday’s negative memories is like trying to blow out an electric light bulb.” Unless you choose Process!

A psychological illusion is our personal interpretation – our conception of truth.

Ego is a self-created, insatiable delusion invented by the personal mind. “Feeding one’s ego is the equivalent to someone constantly eating chocolate to slim down.”

The brain is biological, whereas mind is spiritual. Just as a refrigerator must have electricity to function, so the brain must have mind as a power source to make it work.

“Ego is a delusion. It is only the mortal minds of humanity that live in a duality with the illusionary ego.”

Each one of us has to be like water (takes whatever shape it is poured into) and be prepared to change with the mold that life creates for us from day to day. But we must also be aware that our thoughts can profoundly influence the shape of that mold.”

Healthy marriage – respect, love, sharing, caring, understand idiosyncrasies and forgive them, not walk on eggshells, be aware of partner’s sensitivities, be each others best friends – which brings trust and harmony – forgiveness for unfortunate wrongdoings.

Mental Chatter – if we ignore it, it will rule our life.

You create your world with the mental chatter – live in a construct.

Knowing this is actually a liberating concept.

We have personally established a mental model of how the world is. The question becomes – does this model work for you now, better than what you have been using to this point.

It’s a ME centred universe, i.e. how am I impacted?

Causes therefore a lot of anxiety, depression, stress, overwhelm, rejection as a result.

Goal is to have a deep feeling of wellbeing – that all is okay.

We believe that we have to **get** something to **do** something in order to **be** something.

We want the universe to fit into our rigid model - but we really need to occupy a particular emotional domain – that is, if it happens – fine, if it doesn’t – that too is fine.

The actions are in your control, but the outcome isn’t.

Focus on goals for a sense of direction. Then do what you need to – invest in the process, not in the outcome. Then you will start enjoying life.

Then you are investing in the journey and that's all you have.

When it's all over, the question really becomes – Did you do the best that you are capable of – if so, the score will be to your liking.

Don't miss the journey. Will you see things as a major derailment or a minor bump.

God – made the quantum soup, of him/her/it self and therefore everything is God stuff.

What can I do to raise the consciousness of this person?

Have loving intention.

Be of service.

Be at that level yourself and it changes the interaction.

Then you will have spontaneous outbursts of fullness, i.e. burst into song etc.

Autonomy, mastery, challenge and making a contribution. – someone is then not 'profit-motivated' but greater things will be derived.

Three Major Life Questions that provide a 'blueprint to your soul';

1. Experiences – What would you like to do during the rest of your life. What would you want to experience if time and money were no problem?
2. Growth – How and in what ways would you like to grow. What new skills would you want to learn to be a more creative being, including character traits?
3. Contribution – What do you wish to contribute, i.e. your legacy. Which ways do you wish to contribute to the world - including family, friends, community, globally? (Tony Robbins/Vishen Lakhiani)

Crisis ignites evolution – genes control nothing.

Cooperation vs. competition.

Protein – behavior. Everything can change by perception.

DNA – long term memory. RNA is a copy of the gene – short term memory.

Seeking Heart/Brain coherence.

Epigenetic = control above the genes.

Environmental signals select and modify the genes.

Your mind is the government.

Chromosomes = 50% DNA and 50% protein.

The expression of the cells is a complement to the environment.

Cells adjust to complement the environment.

Remove the brain from an organism and you get – George W.!

Genes are blueprints. We have 50 trillion cells – community of cells.

Genes are the gonads of cells i.e. for reproduction.

Read ‘The Divine Matrix’ by Gregg Braden. Watch movie ‘Entanglement’.

Freedom exists on the other side of fear.

The goal is to move it from fear to excitement.

“Fear is excitement without the breath.” (Fritz Perls)

Your life is a printout of your beliefs.

Metaphorically recognise/treat your body as a garden.

Imagery – emotion – expectation.

Empathy, love, purity, humility, charity.

Purpose, passion, power.

Vision, values, vitality.

“When it comes right down to it, the secret to having it all is loving it all.” (Joyce Brothers)

Keep calm and carry on.

Love is the energizing elixir of the universe, the cause and effect of all harmonies. Rumi

“An enthusiastic heart finds opportunities everywhere.” Paulo Coelho

“It is not the mountain we conquer, but ourselves”. Sir Edmund Hillary

"Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant."

"Physiologically, it simply doesn't matter whether your anger is justified or not. The body doesn't make moral judgements about feelings; it just responds." - Doc Childre and Howard Martin

"Of all our infirmities, the most savage is to despise our being." - Michel de Montaigne

"Always do right. This will gratify some people, and astonish the rest." Mark Twain

"Striving for success without hard work is like trying to harvest where you haven't planted." David Bly

"Making a mistake and then judging ourselves harshly is like paying compound interest on a bad investment." Doc Childre and Howard Martin

"You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you." Brian Tracy

It's our CHOICE to live in the bright Rainbow of our Hopes and not the dark clouds of our fears."

Under promise and over deliver!

"The greatest mistake you can make in life is to be continually fearing you will make one." - Elbert Hubbard

A glass of gratitude, one cup of brotherhood, one glass of humility, one dose of love and two caplets of clear conscience.

If you plant honesty, you will reap trust.

If you plant goodness, you will reap friends.

If you plant humility, you will reap greatness.

If you plant perseverance, you will reap contentment.

If you plant consideration, you will reap perspective.

If you plant hard work, you will reap success.

If you plant forgiveness, you will reap reconciliation.

So, be careful what you plant now; it will determine what you will reap later.

A change of heart is the most powerful agent of growth and transformation.

Life is the flower for which love is the honey. (Victor Hugo)

"If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security." Gail Sheehy

"The more anger towards the past you carry in your heart, the less capable you are of loving in the present." - Barbara De Angelis

If you love life, life will love you back.

"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."- Judy Garland

Kind words can be short and easy to speak, but their echoes are endless. Mother Theresa

"Hold fast to dreams for if dreams die, life is a broken winged bird that cannot fly."  
Langston Hughes

"Kindness can become its own motive. We are made kind by being kind." Eric Hoffer

"Adopt the pace of nature; her secret is patience." Ralph Waldo Emerson

"The fragrance always remains on the hand that gives the rose" Gandhi

"The winds of grace are always blowing, but you have to raise the sail." Ramakrishna

"Our own life is the instrument with which we experiment with the truth." (Thich Nhat Hanh)

"Failure is the condiment that gives success its flavour" Truman Capote

"Smooth seas never made a skilled mariner."

"Difficulty is the excuse history never accepts." (Edward R. Murrow)

"If you are going through hell – keep going!"

"You either rise to your greatness or you fall to your weakness."

Sometimes the only thing left to hang on to is letting go.

"Everyone wants to live on the peak of a mountain, without knowing that the real happiness is in how it is scaled." Gabriel Garcia Marquez

"The more you experience living your dreams, the more your dreams become your living experience." Marelin Thornton.

“Now is the time to act. Why? Because it is too late to do it sooner!” (Swami Beyondananda)

“Your gratitude has the power to shift energy from negative to positive. It changes the chemical balance in your body from toxic to healing. Discouragement and depression cannot survive a powerful dose of genuine gratitude.” (G. Richard Rieger)

“Let your hopes, not your hurts, shape your future.” (Robert Schuller)

“What is uttered from the heart alone, will win the hearts of others to your own.” (Goethe)

“What step(s) would I take if I were brave?” (Jana Stanfield)

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it." Martin Luther King Jr

“Those who do not have power over the story that dominates their lives, the power to retell it, rethink it, deconstruct it, joke about it, and change it as times change – truly are powerless, because they cannot think new thoughts”. (Salman Rushdie)

“Mostly, people change not because they see the light but because they feel the heat”. (David Grudermeyer)

“Thought is the sculptor who can create the person you want to be”.

"In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy." - David Steindl-Rast

“Do ordinary things with extraordinary love”. (Mother Teresa)

A happy life consists not in the absence but in the mastery of hardships. (Helen Keller)

You miss 100% of the shots you didn't take. (Wayne Gretzky)

"Character consists of what you do on the third and fourth tries."- James Michener

"My message is always the same: to cultivate and practice love, kindness, compassion and tolerance." - Dalai Lama

"Keep me away from the wisdom which does not cry, the philosophy which does not laugh, and the greatness which does not bow before children."- Khalil Gibran

"Any one of us can be a rainbow in somebody's clouds."- Maya Angelou

"Love is the only sane and satisfactory answer to the problem of human existence." -  
Erich Fromm

"Dreams are today's answers to tomorrow's questions." - Edgar Cayce

"Spread love everywhere you go; first of all in your house. Give love to your children, to your wife or husband, to a next door neighbor. Let no one ever come to you without leaving better and happier." - Mother Teresa

"I feel the capacity to care is the thing which gives life its deepest significance." - Pablo Casals

Adversity is when a man gets introduced to himself.

"When a deep injury is done to us, we never recover until we forgive." - Alan Paton

"In the practice of healing, a kind heart is as valuable as medical training because it is the source of happiness for both oneself and others. People respond to kindness even when medicine is ineffective and, in turn, cultivating a kind heart is a cause of our own good health." (Dalai Lama, Ireland. Set 2007)

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." (Einstein)

Wisdom married with imagination is known as 'phronetic insight'. i.e., minute details to create practical actions with the desired outcome of good.

People should live spontaneously, with full commitment, and without concern for external rewards – a total autotelic experience which will lead to the liberation of will, transcendence, and "merging into a superhuman field of energy." (Chuang-tzu and Csikszentmihalyi)

"God sends the best students, the hardest lessons. So you can do something with it."

"If you die and they do an autopsy, and they tried to find the anger and the resentment you've been holding on to, where would they find it? Nowhere. Why? Because it's just energy, it is your thoughts in your mind creating this anger and feelings of resentment. You are creating it yourself."

"If you are having trouble letting go of the anger or the resentment toward another person, it is because holding on to it is serving you in some way."

"Letting go of the past, is giving up the hope that the past could have been different."



"Until you heal the pain from the past, you will continue to bleed."

"Right below the anger is the hurt; and right below the hurt is the love."

"Forgiveness is a gift you give to yourself."

"You don't manifest what you want, you manifest what you believe."

Don't die with your music still inside you – have no regrets.

Give up your personal history. Live in the moment – merge/integrate.

Treasure your divinity. Know you're connected to Source.

Wisdom is avoiding all thoughts that weaken you. – shift all thinking to thoughts that are empowering, neutral, divine, loving.

"It's alright to have butterflies in your stomach, just get them to fly in formation." Dr. Rob Gilbert

"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate." - Albert Schweitzer

"With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble. Courage is the foundation of integrity." - Keshavan Nair

Disillusionment, depression, and hostility, along with defensive pessimism, all form the constellation of traits that make up the cynic. Hallmark of a cynical personality is the sense that nothing one does in life really matters. "While cynical people are at no greater risk for depression, those who ruminate on their pessimistic thoughts are". (Michael Yapko)

"The site is a home for disgruntled idealists, subversive wits, professional misfits, skeptical jesters, curmudgeons, and misanthropes". (Rick Bayan – The Cynic's Sanctuary website)

"Happiness is probably not a state we should even try to pursue. It seems to emerge as a by-product of fulfilling activities." (Robert Epstein)

"The best moments usually occur when a person's body or mind is stretched to its limit in a voluntary effort to accomplish something difficult and worthwhile (Csikszentmihalyi)

"When we take actions on the things that truly matter deep in our hearts, when we move in directions that we consider valuable and worthy, when we clarify what we stand for in

life and act accordingly, then our lives become rich and full and meaningful, and we experience a powerful sense of vitality. This is not some fleeting feeling – it is a profound sense of a life well lived. And although such a life will undoubtedly give us many pleasurable feelings, it will also give us uncomfortable ones, such as sadness, fear and anger. This is only to be expected. If we live a full life, we will feel the full range of human emotions”. (Russ Harris MD.).

Once upon a time, a student was taking the entrance exam to study Philosophy at Cambridge -- a top UK University...The question on the exam paper was "What is courage?" What answer would you give? The student's two-word essay shocked everyone who read it... "This is!" he wrote.

THIS IS YOUR LIFE.

Do what you LOVE, and do it often.

If you don't like something, CHANGE IT.

If you don't like your job, QUIT.

If you don't have enough time, STOP watching TV.

STOP over analyzing, LIFE IS SIMPLE.

When you eat, appreciate every LAST BITE.

OPEN your mind, arms and heart to new things.

TRAVEL OFTEN, getting lost will help you find yourself.

Some opportunities only come once, SEIZE THEM.

LIFE IS SHORT, live your dream and share your passion.

LIVE EACH DAY as if it is your LAST DAY.

WAKE UP each morning to your TRUE CALLING.

Signs of happiness include;

Humming under your breath

Whistling a happy tune

Grinning the inner grin

Laughing at small things

Stopping for sunsets

Smiling at children

Not sweating the small stuff

Not letting the turkeys get you down

Realizing that there are no turkeys, there are no assholes, there are no buttheads; there are only people caught in their defenses

Staying open to the possibility of good in every situation

Living as if only the good is real

Figuring out what sucks and not doing that

Learning from your errors and getting on with it

Being loving and gentle with yourself.

Don't negotiate or compromise your sense of integrity – do not betray yourself.

The adversaries in your head – let them go – free your world (constantly) – clean and clear so it doesn't become an army.

Focus on building a life, not a career.

We need to clean and clear our minds regularly, in the same manner in which we do our physical bodies.

HUGS – Helping Us Grow Spiritually.

1. Wherever we go and regardless of whom we meet, we still seem to run into the same conflicts and experience the same negative reactions.
2. We blame others for their insistence that we serve their interests, when the real pain in such moments is our own resentment over a cowardly inability to just say no.
3. In spite of all of the pain it causes us and others, we still believe that we know what it means to be a winner in life.
4. Just because we have mastered hiding some character fault of ours doesn't mean that it has stopped hurting those around us.
5. We would rather have the company of known liars and betrayers than have to go through life by ourselves.
6. Crying for ourselves out of self-pity doesn't change one thing about the nature of the self that is the secret source of all these tears. (Guy Finley)

Digital detox may be required.

On being a mystical atheist.

Becoming both a go-getter and a go-giver.

Wabi sabi love/solutions. Turns desire for perfection into pure fiction. Won't work for bad behavior, abuse or addiction. Wear rose-coloured glasses and someone will rise to your level of expectation. Learn to love an imperfect person perfectly – including yourself. (Arielle Ford)

Be fascinated! Especially when you are learning something and feel any doubts about your ability or compare yourselves to others with more experience/knowledge on the subject.

The only place you start at the top is when you are digging a hole.

Levels of chronic stress and how the lack of love or meaning can impact same.

Realism is a socially acceptable form of pessimism.

Happiness/fulfillment + future vision/goals = flow.

Flow includes living in happy in present and having future vision.

Intention setting and visualization of a happy state + routine. State of Blissipline.

The greatest surprise you will ever get is realising you are pure light energy of the Universe and are here to express your love to and in and of the world.” Dr. Jeff Mullan

12 points of focus for being in the flow;

Health and fitness.

Intellectual life.

Emotional life.

Character values.

Spiritual life.

Love relationships.

Parenting/grandparenting.

Social life.

Financial life.

Career – create/build.

Quality of life.

Life vision – legacy.

(Vishen Lakhiani)

Four intrinsic rewards;

Sense of meaning/purpose

Sense of choice

Sense of competence

Sense of progress

Desire: When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.

Discipline: Discipline is the bridge between goals and accomplishment.

Determination: The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

Marianne Williamson quotes;

Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness.

2- Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle.

3- We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be?

4- Love is what we were born with. Fear is what we learned here.

5- The new midlife is where you realize that even your failures make you more beautiful

and are turned spiritually into success if you became a better person because of them. You became a more humble person. You became a more merciful and compassionate person.

6- The key to abundance is meeting limited circumstances with unlimited thoughts.

7- Joy is what happens to us when we allow ourselves to recognize how good things really are.

We are all addicted to something. Every single person on this planet is facing some form of addiction on some level. You may be addicted to a lifestyle, money, a person, a feeling like guilt or neediness, a memory from your past, a victim story, a repetitive thinking pattern, the high from caffeine, alcohol, sex, cigarettes, food or perhaps depressing thoughts about your life. Whatever you do, don't judge or criticize yourself for whatever you're addicted to. There's a zillion things that the mind can easily get hooked by, yet the real question is, "Are you willing to transcend it?"

What makes someone an addict versus a user (or abuser) depends on their level of avoidance to pain and their attachment to pleasure. An addict won't take a few focused minutes to dive into and through the hard stuck feelings they have inside. They'll find a happy distraction that lets them avoid their feelings. The TV, alcohol, pot or tobacco creates an entertaining escape which provides a temporary sense of relief. The addiction is then slowly formed from the habitual escape route of doing what does not allow you not to face those unhappy feelings which you want to ignore, fix or bury deep inside. The addict has found a comfortable velvet rut in the world of avoidance, and has accepted the idea that their habit is simply who they are. The addict stops reinventing themselves, and lives in a dead fixed ego paradigm that is not open to a field of infinite possibilities.

Once you find out what it is you're addicted to, ask yourself one or all of these questions every morning. They will help you to regain your awareness of the conscious sensitive being you truly are. Ask yourself, who am I without this addiction in my life? Who would I be if I were truly free from this addiction this weekend? What would I like to creatively do with this extra time, energy or money that was once spent on this addiction? When I'm free from this addiction what does my face look like in the mirror? How will my heart feel once it is liberated from this addiction? It may take weeks or months to find your answers, yet keep asking these questions over and over until your mind becomes crystal clear on what your personal answers are.

Freedom from addiction starts with being a warrior for the truth of who you are. You are not your addiction, no matter how bad it seems. The running water of a stream is not the old river banks which keep it flowing in the same direction. Who you really are is a

constant flow of energy and consciousness. It just so happens that your thoughts and feelings keep moving in this one particular repetitive pattern. If you really want to liberate yourself, start with finding out what your deepest emotional need is that you are not getting met. What feeling is your heart really longing to experience in life, yet is being masked over by this addiction? Make a list of what feelings, thoughts and sensations you MOST want to experience, and notice what its going to take so that they are actually the priority over your addictive habit.

If you have to have something (or someone) in this world in order to be happy, then that addictive thing, experience or person can only cause you to feel powerless in its presence. If you cannot easily say no and be at peace inside without it, then it is destroying your ability to manifest your dream life. The actual powerless experience is what you've become addicted to and is the real culprit. The physical substance is just a cover up hiding those not-so-happy feelings you are trying to avoid. The real saboteur however is the unconscious rut you're willing to live in every day.

If you try to push away an addiction without understanding the root of it, you'll only replace it with another "better" addiction or return to the old habit a few months or years later when a stressful life situation arises. The reason for this is that the unconscious mind is still associating pleasure with the addictive substance. It is only when you bring consciousness into your actual habit that you discover that you've already transcended it. You find this old repetitive pattern is just lowering your energy and actually not giving you the joy your heart is longing for. (Jafree Ozwald)

“What if they fought a war and nobody came!”

“What if you abandoned the battlefield, lived outside of the battle zone – where your welfare did not depend on the outcome of the war?”

Moving from mental management to life engagement.

‘Learned numbness’ will reduce pain – but eventually will cause more pain than it took away.

To move from reacting to responding = relax, remind, rewind, rewire and recover.

We all need something to do, someone to love and something to hope for.

Reactions to fear and panic. When panicking, people cannot see the logical flaws in their thoughts. (Catch the Scream, Johann Hari p.41 – ibid. to p. 287 below)

The need for release, relaxation, revelry and relief.

The Adverse Childhood Experiences Study (p. 160).

“Problem drug use is a symptom, not a cause of personal and social maladjustment”.

Addiction isn't a disease – it is an adaptation. It's not you - it's the cage you live in.

If your environment is like the rat cages – where you feel alone, powerless and purposeless.

Feeling dislocated from everything that gives life meaning and pleasure. If life has become an unbearable place and if one can't get out of it physically, one can do so mentally.

Instead of 'addiction' – bonding. Addiction is a disease of loneliness.

One will bond with a subculture as it gives an identity. It gives a life of highs and lows, instead of relentless monotony.

The subculture provides bonds with other human beings.

It's a lot better to be a junkie than to be nothing at all. The essence of the addiction – which is a subculture addiction.

Need to make people realise that what they are doing is boring! Was violent, intense and thrilling.

Addiction is an expression of despair.

The culture of terror will slowly turn into culture of tedium (if legalized)

The biggest drivers of addiction – isolation and trauma. Only 17% get a chemical 'hook'.

Harm scores: Alcohol 72. Heroin 55. Crack 54. Meth 32! (p.287)

CIRCA – Chunking, Ignore mental chatter (mindfulness), Reality check, Control check (serenity prayer), Attention shift (problem to solution)

We all have a 'conflict centre' in the brain.

Re-script and re-shape.

Beliefs drive behavior – which drives performance.

One has to watch out for the pull of the old and the fear of the new.



Grace, ease and elegance.

Stop investing in old stories.

Stop grieving for the person you could have been.

Get out of the cage of comfort.

Everything is created twice (in your mind and then in reality).

What possible good could come from this?

“We are all here because we are not all here.”

Dr. David Hawkins – ‘Power vs. Force’ (Also Orthomolecular Psychiatry w. Dr. Linus Pauling). Love, joy, peace and gratitude = 500+ vibration. Whereas shame, guilt, anger and fear keeps it under 500.

Bad news is that time flies. Good news is that you are the pilot.

“The secret of change is to focus all of your energy, not on fighting the old – but on building the new.” (Socrates)

“Happiness is not something that one can successfully pursue as an end in itself – but emerges as a by-product of our meaningful activities.” (Viktor Frankl)

“Begins as magic and ends as mayhem.” (SK)

We need to learn how to reconstruct our lives to accommodate for the losses and changes that will inevitably come our way. Adjustment and adaptation.

Therapy offers explanation – spirituality offers forgiveness.

Therapy may release from addiction but spirituality releases for life.

Therapy = feeling good. Spirituality = being good. (The Spirituality of Imperfection – Ernest Kurtz & Katherine Ketcham)

“Your overdraft is a limit – not a target.”

Assertiveness = Honesty.

Resentment refuses relationships, slashing at everything and everyone that comes close.

Sadness opens us to the need for unity and community.

To forgive and forget means to throw away dearly bought experience.

Pain is the touchstone of all drugs.

Reality is for those who can't handle drugs.

Resentment is the refusal, out of fear, to cross the bridge of sadness and let ourselves back into the impermanent world of relationships.

Opposite of resentment is forgiveness.

4H = Hugging, hurting, hitting, healing.

You alone can do it, but you cannot do it alone.

Humility is the willingness to remove oneself from the centre of the universe.

Resentment is the poison of the spiritual life, it reinforces the self as victim! It isolates us in an imprisonment in a painful past. (all above from Ernest Kurtz & Katherine Ketcham – The Spirituality of Imperfection)

Pathologizing a natural response instead of offering shelter from the storm.

Using inner dialogue re “false alarm” re anxiety/panic.

Why do you want to disappoint yourself? What does that do for you? Disappointment, disapproval and disgust – answer is to stop disappointing yourself. Your addiction is only your justification to feel a sense of disappointment and disapproval with yourself.

From the Buddhist philosophy, mudita is often narrowly translated as “sympathetic” or “altruistic” joy. It is the pleasure that comes when we delight in other people's well-being rather than begrudge it.

Mudita can be interpreted as the inner fountain of infinite joy that is available to each of us at all times, regardless of our circumstances.

Re one's own story – should have the ability to surrender to the miles you've already run. It is now time to master the expression of that life.

Are you giving the finger to your God?

Hurt people, hurt people!

Jaws of Life and Chores of Life – metaphor.

Before you speak, "**THINK**"!

Is it **T**True?

Is it **H**elpful?

Is it **I**nspiring?

Is it **N**ecessary?

Is it **K**ind?

Victory loves preparation.

Recovery is punishment.

Three basic psychological needs: Competence, Relatedness, Autonomy.

Choices/Chances/Changes. If you want to take responsibility for your life you must make a choice to take a chance or your life will never change. You have three options: remove yourself from the situation, change it, or accept it totally.

“Once you have identified with some form of negativity, you do not want to let it go and, on a deeply unconscious level, you do not want positive change. It would threaten your identity as a depressed, angry or hard-done-by person. You will then ignore, deny or sabotage the positive in your life. This is a common phenomenon. It is also insane.”  
Eckhart Tolle.

“To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation.” (Tolle)

“Boredom, anger, sadness, or fear are not ‘yours’, not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you.” (Tolle) “Every addiction arises from an unconscious refusal to face and move through your own pain. Every addiction starts with pain and ends with pain. Whatever the substance you are addicted to – alcohol, food, legal or illegal drugs, or a person – you are using something or somebody to cover up your pain.” (Tolle)

“It is not so much that you use your mind wrongly – you usually don’t use it at all. It uses you. This is the disease. You believe that you are your mind. This is the delusion. The instrument has taken you over.” (Tolle)

“We are all here because we are not all here.”

You are your first child – please treat yourself as such!

“Water the seeds not the weeds.”

“You’re better than that.”

Boredom is a matter of choice, not circumstance.

The Jaws of Life/the Chores of Life.

## **ADDICTION: IMAGINARY GAINS & REAL LOSSES**

Addiction is a bad bargain with imaginary gains (euphoria) and real losses (sickness). Euphoria is a false, fleeting sense of well-being that makes addicts feel “high” and masks the sustained sickness of addiction. Even worse, the euphoria and sickness of addiction are polar opposites that reinforce each other and trap addicts in a vicious cycle of Jekyll & Hyde mood swings that are unique for each addiction. For example:

1. Sugar creates the euphoria of feeling sweet, but the sickness of being bitter.
2. Chocolate creates the euphoria of feeling love, but the sickness of being lonely.
3. Vanilla creates the euphoria of feeling happy, but the sickness of being sad.
4. Cola creates the euphoria of feeling hydrated, but the sickness of being dehydrated.
5. Caffeine creates the euphoria of feeling energetic, but the sickness of being lethargic.
6. Alcohol creates the euphoria of feeling relaxed, but the sickness of being uptight.
7. Tobacco creates the euphoria of feeling aerated, but the sickness of being suffocated.
8. Opioids create the euphoria of feeling painless, but the sickness of being painful.
9. Hallucinogens create the euphoria of feeling wise, but the sickness of being confused.
10. Gambling creates the euphoria of feeling lucky, but the sickness of being unlucky.

Addiction is a deadly paradox. The more you know it, the more it fools you; the more you use it, the more it controls you; and the more you enjoy it, the more it hurts you. In short, addiction is hell you enjoy. To quote Virgil's Aeneid, "The descent to hell is easy."

## **BEWARE OF ADDICTION**

Linking addiction with affliction, and craving with raving, addiction is a poison pill that makes us ill with sinister sequelae that go right to our belly, turn our mind to jelly, and make us silly willy-nilly.\*

\*Craving is the hallmark of addiction, and the most common addictions are a slippery slope of sugar, honey, chocolate, vanilla, cola, coffee, tea, alcohol, tobacco, and drugs. The best way to quit alcohol, tobacco, and drugs is to quit sugar, honey, chocolate, vanilla, and cola. The sweet treats of childhood are the bedrock of deadly, adult addictions.

Egos do what egos do.

Self-Observation - “There’s an ego doing its stuff.”

Purge the urge.

Respect:

Be the last to speak.

Hold your opinion till last.

Be able to laugh at yourself.  
Let your actions speak louder than words.  
Say what you mean.  
See the good in all.  
Give credit where due.  
Give respect.  
Always strive to be better.  
Help others and ask for help.

Be present in the present to receive the present of now, so you can present your authentic self.

Sonia Ricotti – Bounce Back Instantly;

1. Reprogram conscious mind. (surrender to what is)
2. Reprogram your subconscious mind.
3. Increase your vibration above 500. i.e., Love, Joy, Peace, Gratitude - rather than shame, guilt, fear and anger.

Have an intention and declaration statement.

“You cannot change something until you accept it.”

“You don’t manifest what you want, you manifest what you believe.”

To be ‘wasted’ – the waste – time, money, body, possibilities, potential.

Gary Craig - For example, filling our bodies with sugar, tobacco, alcohol, drugs and other toxic substances will surely compromise our physical well-being. However, if you examine these poisonous practices in detail, you will discover that one of their purposes is to make us “feel better” or “relax us” by tranquilizing our doubt, fear, guilt, anger and other emotional upsets.

Fortunately, the findings from this highly complex science were summarized and beautifully portrayed in the 2004 DVD production known as “What the Bleep!?! Down the Rabbit Hole” (highly recommended). It included inputs from some of the most prominent scientists of our time, such as Dr. Candace Pert, Dr. William Tiller, Dr. Joe Dispenza, Dr. John Hagelin, Dr. David Alpert, Dr. Amit Goswami, Dr. Dean Radin and Dr. Fred Alan Wolf. Here are some of the central conclusions from that popular film. Note the common themes (emphasis added) that we are not separate — we are all One — and our senses deceive us.

- “At the most fundamental level of our being, we are all One and that Oneness is love. It is God. We are not separate from each other or from anything else in the universe. Our senses tell us otherwise, of course, but that is an illusion.”
- “All of our worldly problems can be reduced to the perceptual error that we think we are separate.”
- “The world, as we see it, is a projection of our own beliefs in separateness. We are conditioned to believe this because our limited senses deceive us. There is nothing outside of ourselves and everything our eyes ‘see’ is an illusion. We have

- projected our own beliefs onto the world's screen and are acting according to our own erroneous projections. There is no out there, out there.”
- “Time and space do not exist. They are merely creations of our own minds to help us make sense of our erroneous belief in separateness.”
  - “We are now realizing that this erroneous view of ourselves as separate is most destructive — it’s the thing that creates all the problems in the world. We are now realizing that that notion is all wrong — we are all One. We are all together. At the very essence of our being we are connected.”
  - “The deepest level of truth uncovered by science and by philosophy is the fundamental truth of unity. At the deepest sub-nuclear level of our reality you and I are literally One.”
  - “This interconnectedness — this timelessness — I think of as the beginning of a scientific understanding of spirituality.”
  - “There is one God self that is all of us. We grow from that. The whole Universe grew from it and each of the separate personalities that appeared has grown from it with the illusion that each one is a separate individual.”
  - “When people have a mystical experience, how they describe it is that they begin to lose the usual sense of material reality around them. In fact if they go far enough and achieve a sense of absolute unitary experience, then all of the material world as we typically know it basically goes away. What we are talking about there is just an experience of pure being, pure awareness, pure consciousness.”
  - “There is no real separation between us. So that, what we do to another, we do to an aspect of ourselves.”
  - “There is no place where we end and everything else begins. We are all connected.”
  - The most fundamental thing is that we are all connected by an energy field. We swim in a sea of light basically. You have to get away from the whole idea of separateness because separateness is the biggest problem in the world now.”
  - One then begins to see others as part of themselves. One begins to see that it’s best just to love others and not judge them, that what you do to build another actually builds yourself. You begin to see that you are connected, you are part of a large family.”

“What are you going to do with the one wild and precious life”?

Goal is to be both humble and confident.

“Know the songs and you don’t have to drink the medicine.” Or use the substance!

"Chronic remorse ... is a most undesirable sentiment. If you have behaved badly, repent, make what amends you can and address yourself to the task of behaving better next time. On no account brood over your wrongdoing. *Rolling in the muck is not the best way of getting clean.*"

I recall an old Zen master saying, "Your anger, depression, spite, or despair, so seemingly real and important right now; where will they have gone in a month, a week, or even a moment?"

"You are the keeper of your emotions, not the slave."

"I love you – I release you from limiting patterns and reclaim you as pure universal source."

Negentropic energy does not dissipate: it coheres – time reversed – reversal of disease energy!

If the voices in your head are of the pleasant variety, it tends to be easier to manifest useful and pleasant outcomes. (Richard Bartlett)

We can encourage our clients to ask themselves:

- \* What is the actual evidence for my take on this?
- \* If there *is* evidence, what can I practically do to improve things?
- \* If there is no real evidence, and it seems to be just my imagination working overtime, *what* is a bigger, more realistic way of looking at this?
- \* Is there enough evidence *yet* for my way of looking at this, or do I need to relax with not knowing for a while until real evidence emerges?

*"Most misunderstandings in the world could be avoided if people would simply take the time to ask, 'What else could this mean?'" - Shannon L. Alder*

*If that feeling were a thought, what would it be?*

*"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."*

*"To handle yourself, use your head: to handle others, use your heart."*

*"Anger is only one letter short of danger."*

The Four Main Intrinsic Rewards: A Sense of Meaning or (Purpose), A Sense of Choice or (Opportunity), A Sense of Competence or (Efficacy), and A Sense of Progress or (Achievement). ~ Kenneth W. Thomas

The need to be or remain curious, fascinated and active.

Be noble!

A balloon of belief not based upon today.

Should be used as a treat – not as a retreat!

That's why I live by my acronym: C.O.A.C.H. (inner voice of advocate)

**C**ommunication **O**bjectivity **A**ccountability **C**aring **H**onesty

Mark Tyrrell –

I abuse it ... it abuses me

Un-wine-ding

Hate what it is stealing from your life.

Karma = cause and effect

Takes you to a place of “Safe oblivion”

The escape route becomes the trap.

Self-deception, rationalization, and justification are the foot soldiers of self-sabotage.

The ritual of shifting gear – still needs to happen, albeit in a healthier way.

Loosen the patterns before shifting them for good. Disrupt the pattern.

Hidden beneath the cloudy surface of conscious awareness. In the depths of addiction, is a promise. Need to unmask that bogus promise.

One is trying to meet legitimate needs in ways which ultimately strip us of our humanity.

It promises what it can never deliver.

Is it a desperate unconscious attempt to “drink water by drinking oil”? Are they lacking intimacy, meaning, security, rest, excitement, connection to something bigger?

Chronic addictions seem to promise the completion of needs but, like a sweet-talking salesman, end up blocking the real completion of our needs – certainly the very real need to feel control and autonomy.

An offer to get you out of debt by giving you immediate cash is enticing, but not when you're locked into 1000% interest. It's a glimmering promise that obscures the depressing reality. (Mark Tyrrell)



As the Roman philosopher Seneca famously said, "Excellence withers without adversity."

If we remain coddled, eternally unoffended and unchallenged, we may weaken as individuals. And excellence may, as Seneca put it, wither and die.

No, we shouldn't insult or belittle - but if we are protected from any form of judgement, we may become super sensitive and find offence where none was intended. In the extreme, *everything* becomes offensive. If we are kept in a soft prison of comfort, then we risk *anything* becoming uncomfortable. The person full of presumptions and narrow expectations is the one most easily offended.

Not having the chance to toughen up, learn to tolerate diverse opinions, or take feedback may make us miserable in the long term.

It's through *being* offended and challenged that we find reserves of strength we may otherwise never have discovered. How much resourcefulness, strength, and heroism becomes buried for want of some kind of challenge or affront to assumptions?

No one becomes wise by simply being affirmed all the time.

Yes it's more comfortable to take the escalator - but it's less comfortable in the long term to be incapacitated through lack of exercise.

Balloon of belief not based upon today.

To treat – not retreat (move towards ones values rather than away from them)

“Addiction is rife because we are continually taught that we can fulfill ourselves, improve ourselves, advance ourselves with the acquisition of an external material object or through the validation or approval of other people. **Wherever you are on the scale, if you're using an external object as a tool to ameliorate inner malady, you're engaged in addiction.** Any behavior that you're engaged in that you want to change and when you try to change it or try to stop it, you can't, I think can rightly be referred to as an addiction.” ~ Russell Brand

To *just* be hedonistic, to *do nothing but* selfishly seek sensual pleasures is a dead end, a seemingly infinitely-rich-in-promise road leading inexorably to a cul-de-sac of addiction, disillusionment, chaos, infantilisation, fractured relationships and wasted potential. (Mark Tyrrell)

Things come to pass – not to stay.

“If you are going to open a can of worms – then you should plan to go fishing!”

Re – Optimal EFT – happening through you not by you.

Let go of the world and be in the loving expanse.

Learning and teaching become the same. In Quantum - No time, space or separation.  
CORE – Current Operating Reactive Expression

PRAY – Please Respond Accordingly Youniverse

It took courage to have come through the gate – now there is open space – what do you want to do with it. Authenticity follows trauma resolution and then comes Existentialism.

A scar of weakness or a mask of strength – reframing!



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