

Start life anew. 4 steps to a new reality

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That's everything. Now let's start living happily .

Introduction. Who's this book for?

This book is for those who want something in their lives which they haven't managed to achieve. And for those who are prepared to make the effort to change something for the better.

That means that, if you consider yourself to be a martyr of fate, bad karma or a failed government, then you don't need this book. All you need to do is wait for the next Saviour to come along and sort out your problems.

This book is for those who wish to change something and are ready to act. But don't know exactly what needs to be done.

No doubt you've long since already tried all available means, but haven't achieved the desired result. You're not affluent enough, you don't have love, or good relationships, self-respect, a good job, satisfactory health or something else which is important to you.

All these things exist, but it's always other people who have them.

Is it possible for you to acquire them? Of course it is. You only have to change something.

What should we change?

Understandably, you want to change the world around you; on the whole, that means your immediate environment. Parents are often dissatisfied with their children - they have a strong desire to change something in them. Children are dissatisfied with their parents and dream of finding ways to change them, whether slightly or radically.

Wives dream of making their husbands conform to a desired image. Husbands dream of correcting their wives' personalities.

If people are not yet or no longer married, they all dream of finding husbands or wives, so they can then set about correcting them.

A boss dreams of turning the people he's taken on into hardworking and effective employees. Employees dream of finding ways of transforming their boss into someone they find satisfactory. And so on.

Unfortunately, **there is no device which enables you to correct other people.** To be more precise: there is one, but only one, and that's universal: fear. That's why governments impose harsh penalties for any transgression – people only behave well for fear of punishment.

Of course, one can try controlling people through persuasion – which is what, for example, politicians do when they appeal to potential voters. But persuasion is a protracted and very expensive way of doing things. Intimidating and coercing people to do what you want is much simpler and quicker.

This is precisely why some parents shout at their children and even administer corporal punishment (Of course, this is not something to be approved of and is even forbidden in many countries, but it still goes on).

Married couples row with each other quite often, shout at each other and try to force one another to do what they want.

In the work-place many things happen which arouse your indignation or even rage. Perhaps, by virtue of laws or established rules, you can't allow yourself to raise your voice, and you restrain yourself and employ other means to put pressure on people who don't behave correctly (e.g. you take them to court); but inwardly you're still trying to threaten them, and that will only make matters worse for you.

It is characteristic of human beings to respond to situations with emotion, which they may or may not conceal, but it's precisely emotions which cause us a multitude of problems.

Is it possible to do anything about them? Yes, it is.

We'll change ourselves

In this book you will acquire the TECHNOLOGY OF SELF-TRANSFORMATION.

What sort of people could make use of it?

People who are prepared to admit that **they themselves are in some way responsible for the current problems**. That their relationship with themselves, their wife or husband, their boss or employee has been CREATED by them.

In other words YOU YOURSELF ARE RESPONSIBLE FOR WHAT YOU ARE TODAY – for your health, your income, your relationships and everything else.

And if you've been strong enough to create a mass of problems for yourself, what's preventing you from creating something different for yourself? Something more pleasant or useful?

It's obvious that you've created all your problems from THE BEST OF MOTIVES. You have conflicts with other people (audibly or to yourself), because you **sincerely want them to become better**. If you're a woman, you've obviously tried to get your husband to stop drinking, stop being unfaithful, help you with housework, look after you and the children, and so on. You SINCERELY WANT TO IMPROVE HIM, don't you?

In exactly the same way, your husband, parent or boss is in conflict with you, because they want you to IMPROVE - to be more responsible, caring, considerate, sexual and so on.

The result is a **world-wide campaign to improve the world**.

An orgy of insanity. With the best of intentions.

In this book I won't be teaching you how to correct other people – that would just contribute to the prevailing insanity.

I'll suggest to you **how, in this insane world, you might create one more haven of harmony and inner peace, of success and joy; how to start living harmoniously and joyfully in that space where you find yourself today.**

And if AFTER THIS you're still not happy in your space, then you will create another space (family, job and so on) which is more compatible with what you're striving for.

Moreover it's possible to do this very quickly, literally in a month or, if you're in a really bad way, three to four months. Assuming, of course, you make a reasonable effort to carry it through and don't just read this book.

An example of rapid changes

You don't believe it? Here's a real-life example of someone who took part in my seminar (which took place via the internet) "Start your life anew":

Here's the first letter from a participant in the seminar. It might seem a bit wild or unreal, but things like this happen:

"Hello Alexander Grigoryevitch!

I forgave myself and my husband using EF (Effective Forgiving – auth.), and everything went well, but three days ago we had a huge bust-up and fight, my husband pulled out a clump of my hair, and I bashed him on the head with a frying pan, then we smashed all the crockery in the kitchen and destroyed our new television; this all lasted two hours, then I yelled out that I hate my husband and he yelled out that he loves me. Now I don't know what to do, whether to keep going with the EF, but then, after all this, I'm afraid that next time I'll kill him or he'll kill me.

(Explanation: when there are husband-wife conflicts in our country, the police are very rarely called out. People assume that if couples are rowing, that means that they care about each other)

When I carried out EF on myself and my husband, everything went OK, only it was difficult to breathe. But then I started doing forgiving of money and in the first few minutes I fainted, what happened there? Now I'm afraid of applying EF to money as well. Can you advise me what to do next? Your sincerely, N."

Naturally, I told her to stop doing the EF, because the energy boost it gives her is so powerful that she is not able to control it and that the negative emotions accumulated in the past are impairing her ability to control herself; and I recommended that she use gentler techniques.

Apart from that I recommended that she did a bit more about removing her “Inner Man” and activate her “Inner Woman”.

Here’s a second letter:

“Hello Alexander Grigoryevitch!

I’m going to write down for you which positive changes have taken place in my life.

Last week you told me not to use EF after the fight with my husband. From last Sunday I simply started writing down in my notebook the forgiving of my husband; this was also very difficult for me : I howled and wrote, and have already filled up 48 pages of the notebook. I haven’t rowed with my husband for a whole week. And if he started rowing, I kept quiet and smiled.

But then on Saturday morning my husband was having breakfast when by chance he spilled a cup of coffee on my very expensive, new, snow-white table-cloth. He was shocked, but instead of yelling at him, playing hell and humiliating him (I carried out the exercise of aggression reduction), I simply said: “If you had a salary of one hundred thousand a month, you’d be able to buy me a hundred table-cloths a month!” He was lost for words, and I took away the table-cloth and put it in the washing. Of course, in the bathroom I mentally called him a “clumsy oaf” and was a bit worried now that I am a woman and can’t row or fight with him. It’d have given me pleasure to punch him on the nose because of that table-cloth. I came out of the bathroom as if nothing had happened and my husband even apologized to me. But the most interesting thing happened after that.

My husband himself volunteered to go down to the shops, even though on principle he hadn’t gone shopping for 2 years, as I’d always yelled at him for not buying the right things or for not buying things of the right quality or from the right manufacturer, etc. He had always ignored my orders to go shopping, but now he was volunteering himself. But the main thing was that he brought me back a flower from the shop - well, like a flower, but a single crooked rosette, but at that moment I was virtually paralyzed, because my husband hadn’t given me a SINGLE present for 10 years after the last argument about a present. I was really happy!!! He’s now moved back into our bedroom and we sleep together. We’d been sleeping in different rooms for half a year, but on Sunday morning he even brought me coffee in bed, just as he used to 10 years ago.

Alexander Grigoryevitch, you are a magician! A huge thank you!

And here I am now after reading my notebook on forgiving and I don’t feel anything, I simply read it as if it was someone else’s story about human stupidity; at certain moments I even laughed. Advise me as to whether I should do more EF on my husband or continue writing, although I’ve already virtually written everything in this notebook.

Yours sincerely, N”

Such miracles happen, dear ladies, if you work on yourselves with present-day techniques of forgiving. And of course the same applies to men, since the mechanisms whereby emotions accumulate and are eliminated are the same for both sexes.

Which things can we change?

If you correctly carry out the process of self-transformation, then you can change a great deal.

For example, you can change character traits: become less aggressive, less arrogant, less easily offended, less mistrustful, and so on; or increase your self-confidence, self-sufficiency, ability to stand up for your interests, toughness, benevolence, sexuality, and so on; to stop feeling fear and to clear away all types dissatisfaction with yourself.

To develop in yourself a liking for those types of activity which formerly you had an aversion for: for example, a love of commerce or management of money or creative work, etc.

To develop the ability to manage other people or build relationships of good will and much else.

Of course, it's not simple. Past technologies for bringing about inner changes require huge amounts of time (years), and their effect is either short-term or restricted to a small number of people.

In this book a more effective **Technology of Self-transformation of Personality** (i.e. you) is proposed.

This technology produces the desired effect in the overwhelming majority of cases – assuming it's applied correctly over a period of between one and six months.

Decide who you are with

That's actually all of the introduction.

If you want to change something in your life – continue reading and **APPLY IT STRAIGHT AWAY**. This is not a book just for reading, it's an **INSTRUCTION ABOUT HOW TO MAKE A TRANSITION TO A NEW REALITY**.

If you are not ready to change something, if you just want to stay in your hole and moan on about how “nothing can help me”, “my situation is different from everybody else's”, “I haven't got the strength to do anything” – then stay there and moan. In any case, this servitude you call “life”, which **YOU YOURSELF HAVE CONDEMNED YOURSELF TO**, will come to an end in at most thirty to fifty years.

And you will have abandoned that world in which you COULD HAVE LIVED JOYFULLY AND HARMONIOUSLY, and instead chosen unremitting conflict with yourself or other people; in other words, a dog's life.

This **will be YOUR CHOICE AND NO ONE ELSE'S.**

But everyone else I invite to embark on the journey to a NEW REALITY.

1.1 Who is it we want to change?

If you want to change the world, become that change.

Mahatma Gandhi

Let's negotiate

If you've decided after all to try and make the transition to a NEW REALITY, then the first thing we should do is discuss the question: who is it we want to change?

Of course, you want to change yourself. But who are you? A slave of God, a self-moving parcel of flesh and bones or an immeasurably complex divine being with an array of astral, causal and other bodies, which are impossible to understand in one life-time?

Maybe so, but we can't really do anything with that.

So we choose another, **simpler and more comprehensible model of the "structure" of a human being** – a simplified model, which doesn't explain ALL the events which take place in our complex lives, but is a convenient way of explaining most (but not all!) of what happens in our lives and understanding the instruments we use.

Who controls us?

If we leave on one side the idea, which we can neither verify nor subject to our control, that our lives are governed by external forces of some sort, then reality turns out to be quite simple.

Most of the actions of a human being are carried out under the influence of three conditional "organs of control". These are Reason, Emotions and Instincts.

Let's look more closely at them.

Who is controlling you now?

At this moment, as you hold this book in your hands (or read it on a computer screen, notebook or other device), your body is being directed by Reason.

You are more or less calm, you identify the text, you partially assimilate it – these are all functions of Reason. Your Reason is controlling your behaviour, you don't run or shout or hide – there's no need for it. It's giving your body the command to behave calmly and read this text.

But how does your Reason know how one should behave when reading a book? From past experience, when you were in your first class and your teacher explained to you how good children behave in lesson time.

In other words, your teacher **INSTALLED A BEHAVIOURAL PROGRAM IN YOU DURING THE LEARNING PROCESS**. And you're applying it now.

Where is this program stored? Probably somewhere in your memory. Moreover, it's possible you don't remember when and how you learned it. But you still use it.

For this reason **we'll assume that ALL THE BEHAVIOURAL PROGRAMS INSTALLED IN US are stored in our SUBCONSCIOUS in a place especially reserved for it.**

This is all wonderful, but suppose that you've read something here which clearly contradicts your knowledge and past experience. How will you behave in that situation?

If you're a highly educated person, you'll simply close the book and chuck it in the bin (the paper version of course). But inside you'll still feel irritation towards the author – clearly a complete idiot.

If your level of education is a bit lower, you won't restrain your emotion and you'll, for example, jump up, rip up the book and blurt out your opinion of it, the author and the publisher.

What'll be directing your behaviour at that moment? Reason? No, Reason is very rational and doesn't carry out unnecessary and thoughtless actions.

EMOTIONS will be directing you. **It's precisely they which take over the control of your body and force you to carry out actions** (indignation, rage, outrage), **which you might deeply regret later on**. But that's later, when your emotions have "cooled down" and Reason has regained control of your body.

In other words our Emotions constitute an organ of control over the body, on a par with other such organs, and competing with Reason.

Let's continue with this idea. You're sitting and reading, and suddenly you smell smoke. What do you do? Probably you'll put the book aside and run to have a look what's on fire. If it's a serious fire, you'll start rushing about trying to put the fire out. If that's impossible, you'll set about saving yourself.

Who's controlling your body at this moment? **This "organ of control" of the body is called "the instincts"**. We have three instincts in all, but each of them has

a powerful influence over specific areas of our life, and force us to carry out actions which we consider natural. And these are indeed a manifestation of our Instincts. We'll return to them later.

Thus, we are controlled in turns by Reason, Emotions and Instincts.

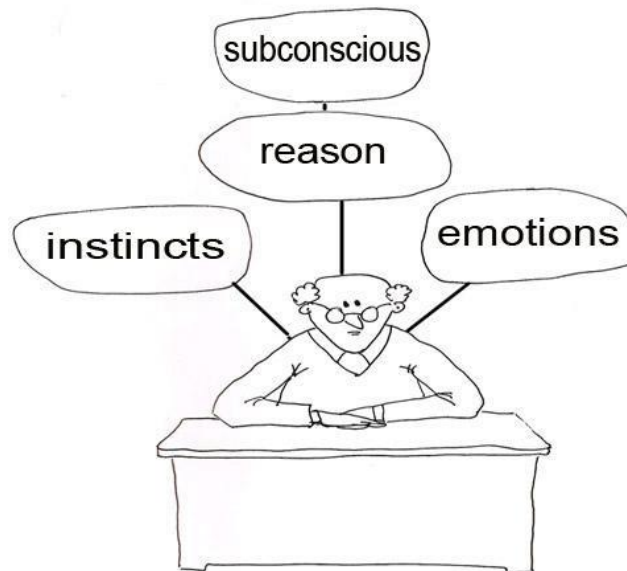


Fig.1 Three organs of control of our body

At different moments of time one of these organs “takes over” control of our body, edging out “competitors”.

Each person has a predominating organ of control.

For highly rational people it's Reason.

For impulsive and highly emotional people it's the Emotions.

For people who live in a dangerous environment, it's the Instincts which enable them to survive.

The suggested model of control over a human being is not just an abstraction; each of these organs is represented in our body.

It is accepted by neurophysiologists that our cerebrum is made up of three brains:

- **the Reptilian brain**, responsible for reflexes and instincts,
- **the Limbic brain**, responsible for feelings and emotions,
- **the Neocortex, or new brain**, responsible for consciousness and intellect.

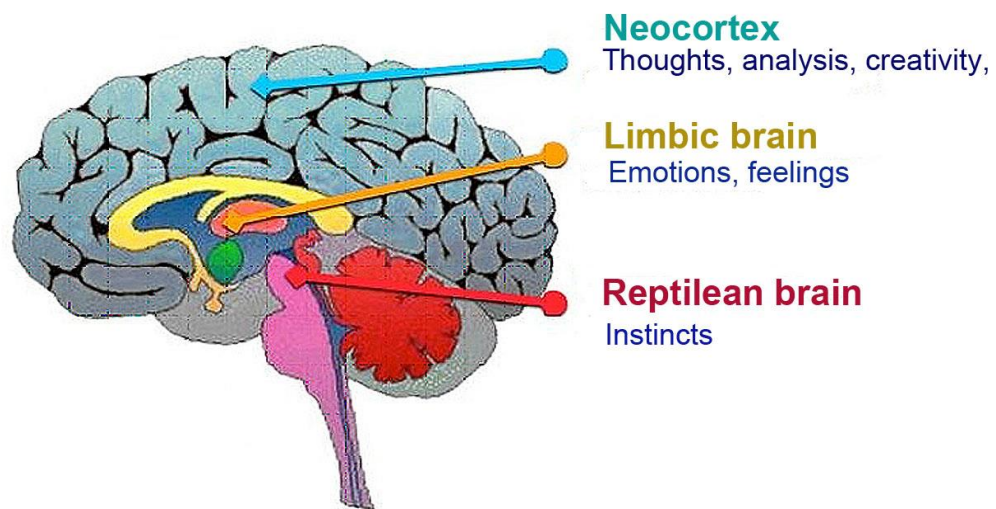


Fig.2 The Structure of our Brain

The most ancient brain is the Reptilian; it's millions of years old.

The youngest is the Neocortex, which is roughly 40 thousand years old.

So if we accept physiology, the three main organs of control over the body have their counterparts in the cerebrum.

But physiology does not concern us, so from this point we'll only be examining the functions of these brains: Instincts, Emotions and Reason.

We'll be examining each of these "organs of control" in more detail later on, but for now we'll return to the Subconscious.

What does the Subconscious consist of?

What structure does the Subconscious have?

First and foremost, **it has an Active (Operational) part**, which interacts directly with Reason, providing it with required information and prepared decisions.

And a **PASSIVE part**, which is a kind of Storehouse of all our knowledge, convictions, ideas and everything else.

In the book "Open Subconscious" I examine in detail the functions of Reason and the Subconscious, their structure and much else. Here we will use the complete model of the Subconscious which I constructed there and which can be illustrated by the following image.

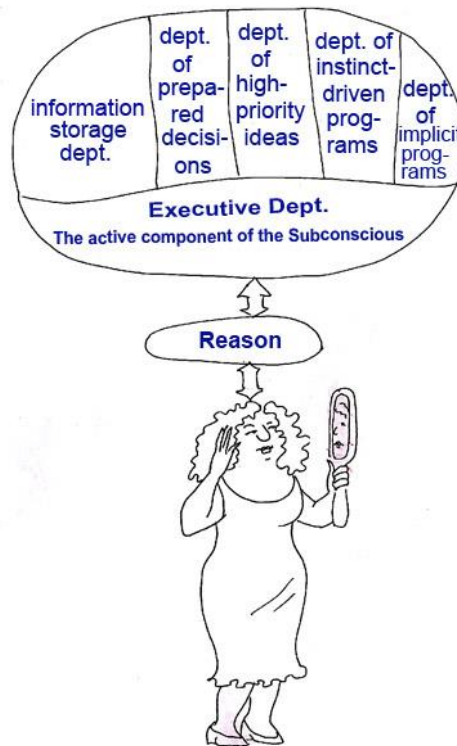


Fig. 3 The Structure of Man's Subconscious

At this point we're interested in that part of the Passive part of the Subconscious, which we've called **THE DEPARTMENT OF PREPARED DECISIONS (DPD)**.

This is a very important part of the Subconscious and in the main that's what we'll be working with. For that reason we'll be examining it in more detail.

What's stored in the DPD?

What's stored in the department of prepared decisions? Those **behavioural programs which we blindly execute, like biorobots, at virtually every moment of our lives.**

Where do these programs come from?

The sources they arise from are numerous. Let's examine some of them.

1. The very first is the belly of a pregnant mother. More precisely, the belly is the place where the future person is stored and where he (she) **listens to what's happening around him (her) and draws his (her) conclusions.**

If the child is wanted, and the mother feels happy, then the infant, not yet taught through words, draws its own conclusions: *"the world is safe, the world outside wishes me well, they're waiting for me there"*. The child is born with a good character.

If the mother's pregnancy was unplanned (she was drunk, her partner wasn't able to interrupt the sex act in time, etc.), and now she doesn't know whether to keep it or have an abortion; or if throughout her pregnancy she was simply rowing all the time with her husband or her parents, then the child draws its own conclusions: "*The world is dangerous, I'll have to be on my guard all the time, no one's waiting for me there*". And the child is born with those inner attitudes, which manifest themselves as character traits such as unprovoked aggressiveness or being closed off to other people and so on.

The mother has literally "brought about" such character traits in the child, who is then burdened with them for the rest of its life. It is said that such a dreadful character is "given by God". Indeed this "God" is close by, but he pretends he's not there.

In other words, it is often the case that character is nothing but unconscious attitudes about how one should behave in the external world, which are formed in the child at the very beginning of his life – when the first programs are being installed in the DPD.

The present author doesn't know how to deal with them or change them.

2. The process of birth. As is well known, some births are easy, some are difficult. When the birth is easy, the child will not suffer any significant after-effects – apart from the stress of leaving the watery world of the womb for the world outside.

But then if the birth is difficult, the child will draw a series of conclusions such as "*no one's waiting for me here*", "*living is painful*", "*I've got to be on my guard*" and so on. These are also convictions which are installed in an as yet almost empty DPD and create undesirable character traits.

3. The life of the infant from the moment of birth till when it learns to speak and understand human language.

The mechanism whereby inner convictions are created is the same here. If the child is loved and cared for, he grows up into an open, self-confident, positively oriented human being.

If he grows up in an atmosphere of conflict, violence and other human "delights", he will acquire the conviction that in this world "*you can only get things by using force, you don't get anything for nothing, you need to be able to defend yourself*", "*In my life I'm never going to put up with anything like that (i.e. conflicts, violence)*" and so on.

All this will exert an influence on the model of his future behaviour, which will also be installed in his DPD.

4. The influence of authorities. Next the child starts to understand how his parents and other adults around him communicate with each other and about what.

As he **grows up, he listens to the adults and forms his picture of the world; that is, installs in his Subconscious convictions about how he sees himself,** what he may do and what he deserves, how he should behave in this or that situation.

As a result of this the Department of prepared decisions in the Subconscious is steadily filled up.

Below are some possible examples of negative programming of the Subconscious.

4.1 The pupil of inadequate parents. Possibly the parents are weak, timid people who don't believe in the possibility of changing anything independently. They're afraid of everything; the main motive for their behaviour is to be inconspicuous, to be like "everyone else". Perhaps that's how they feel most comfortable in their impoverished little world; they've adapted to it, having drastically lowered their expectations. They pass on this "picture of the world" to their child. As the parents are the people with the most authority for the child, **he perceives their convictions as the sole correct ones and is then guided by them.**

Inadequate parents usually produce psychologically inadequate children.

4.2 Victim of domestic terror. One of the parents (or grandparents) has an authoritarian personality and starts "forming" the child from an early age, completely suppressing his will and independence and turning him into an obedient robot. Such a child is convenient for the parents, as he doesn't behave thoughtlessly or get into hooliganism. He'll only do what his parents have given him permission to do.

For a girl this is not a bad quality to have when she grows up, if the parents find her a husband. For her it's very difficult to make a choice; she's simply not able to make decisions.

For a boy it's a catastrophe; he finds it very difficult to progress in the harsh male world and achieve a worthy position in that society.

4.3 Children disabled by doting parents . Another case is one where the family is completely benign. Parents don't waste any time sorting out their own relationships (or do, but with time to spare). Instead **they devote all their time to the child, smothering him with their all-encompassing attention.** Such parents don't leave their child alone for a moment, whether it comes to the kindergarten, school club, school society, checking up on his lessons, accompanying him to and from the kindergarten or school, and so on.

On the surface everything seems fine, but in reality the child doesn't have a free moment to do anything independently – to find friends to his taste (not that of his parents), to fight, to arrive at and stand up for his own point of view. Everything's decided for him by his caring parents.

As a result he doesn't develop the capacity to make independent decisions. So he grows up into a good, well-looked-after and completely dependent adult. For a girl (already a young woman) this might not be a bad thing if the man she loves cares for her and he doesn't establish a petty tyranny over her (which happens, albeit rarely).

But socially the young man is always second or third in the pecking order, since he has no inner leadership qualities – he has simply had no way of acquiring them.

When is the Subconscious full up?

When do you think the process of loading up the Subconscious of a person with new convictions is largely completed?

When stable convictions about all possible situations in which the person might find himself have been formed.

Every single space in the storehouse of his inner convictions has been taken up; there's no space for new convictions. The person starts to "take on" other people's habitual program-sermons.

This seems to take place in precisely that age-range which it is customary to call "transitional", that is, 13 – 15 years old.

At this age the Department of Prepared Decisions already contains convictions for all life-situations, and the adolescent starts to stand up for them – he considers them to be the only possible and the only correct ones. It never enters his head that there might be others and that it's possible to change them.

An example from an actual consultation

I receive a letter from a young woman asking for advice about how to continue with her life. She's in love with a young man, they love each other passionately, but they can't live with each other, so they're thinking of committing suicide together (their ages are 25 and 27 years old).

The problem is that she's a Muslim and he's a Jew. And they seriously believe that it's impossible for them to live together. So they're prepared to renounce the life in which they, supposedly, can't be together.

What is religiosity? It's a set of convictions and behavioural programs, instilled into the child from a very early age. They're so deeply instilled into the Subconscious that the person considers them to be the only true ones and not subject to change.

They may choose to die rather than change something in the “software unit” of their biocomputer.

I did manage to get them to think again about their picture of the world, and they started looking for alternative ways of living together. Naturally it took a lot of courage on their part to oppose the opinion of their families, who clearly condemn them and defend the families’ picture of the world.

Obviously after the age of 15 – 16 people will meet many more authority figures who will convey their system of convictions to them. Not the whole system, of course, but many elements of it.

Or they may find themselves in an environment in which new rules of behaviour are literally forced on them and in time accept them as the only possible ones (they are registered in the DPD).

For example, an ineffectual youth who knows nothing about “real” life ends up in the army. In this harsh male environment, where he has to be tough enough to defend himself, his instincts are quickly activated, and he starts fighting in defence of his interests. When he returns home after a year, no one recognizes him. Instead of the former mummy’s boy, they see a self-confident, active and cynical young man with a new system of values and a new “picture of the world”. The behavioural programs in his DPD have been completely revised under the pressure of external circumstances. It happens.

5. Personal experience. Another powerful source of our inner convictions is **personal experience, successful or otherwise.**

Positive experience gives rise to convictions about great or even limitless personal opportunities.

Unsuccessful personal experience engenders convictions which warn you against trying to succeed in such and such a situation, in case it leads to problems later on.

When lovers have an acrimonious break-up, the one who has been rejected suffers huge stress and **an inner program is generated which warns against intimate relationships in the future.**

If such an experience is repeated several times, the person will come to the definitive conclusion (a severe inner behavioural program), “no more love for me, I’ll get by without it”.

This program is registered in the Subconscious (in the DPD), which starts to execute it i.e. to protect the person against the possibility of finding new love; although at the conscious level (at the level of Reason) the person might dream about

it and even carry out actions with a view to achieving it. All to no purpose: the attitude to yourself which you've adopted at some point defines your present reality.

All of this could be applied to money as well. Very strong feelings connected with money (you've been deceived, robbed, "hammered for interest", or weren't able to pay back a debt or get back what you've loaned) can create in your Subconscious a harsh conviction that "it's best to stay away from money in future".

As a result, all of your future efforts to develop a business or career might be undermined by your Subconscious, to which you yourself have at some point given a command to avoid dealing with money and the difficulties which go with it.

Does all this seem like fairy-stories to you? If so, there's little point my spending time trying to convince you otherwise – **inner attitudes/ convictions/ beliefs which have been installed in your Subconscious at some point are not susceptible to disproof using any amount of EXTERNAL INFORMATION.**

Only you yourself can change your conviction by giving yourself a command to change it. Of course, only if you wish to do so. But then you have to go against yourself, against your experience and knowledge. Only a quite small number of people make up their minds to do this. In the main it's people who've had harsh life-experiences and who are prepared to do whatever it takes to change their present reality.

This book is intended for just such people.

6. **HMB.** There's another source of the behavioural programs which go into our DPD.

Namely **Habitual Models of Behaviour (for short HMB).**

These are not distinct convictions of the type "money is the root of all evil" or "Just anyone dare keep me down!"

HMB's are quite **complex programs of bodily actions which don't use Reason.** They function and control our bodies without Reason knowing about it.

What is meant by this?

Think about how you get to work, especially if you travel there by car.

The first ten times you did it, you were CONSCIOUS. That is, you were constantly working out how to keep to the shortest route, where to turn off, what to go round and how, etc. You were occupied with the journey. You were in the HERE and NOW, as Eastern gurus say.

What's happened after a couple of weeks?

You've stopped paying attention to the road, in the sense that you no longer concentrate solely on the journey. You turn the ignition key, press the accelerator

pedal and ...that's it. You've moved off, but **all the processes required by the motion have become automatic and no longer require your attention.** A separate program, whose execution leads you to travel to and from work, has started to control your body (an HMB). And your consciousness (Reason) has been freed from the necessity to continually pay attention to the road and the situation on it.

You can think about the past, plan the future, listen to music and so on. And your eyes-hands-feet become an automated system keeping track of the situation on the road and taking you to your destination.

And only when a non-standard situation arises (a big traffic jam, for example) **do you switch your Reason on and start thinking about how to deal with it.** You'll be conscious up till the moment when you get back on your usual route, at which point your HMB will take over the driving.

What happens if during the journey you have to call in at a Pharmacy or shop? Probably you'll **go past it a few times**, as this visit is not registered in the HMB for the journey to and from work. To call in at that place, you'll have to "switch off the HMB" and **be conscious for the whole time of the the journey to the place you want to get to.** As soon as you're distracted – that's it, the HMB will be switched on again and you'll go past it.

Has it ever happened to you? Clearly yes.

Remark. *And now imagine the most supermodern computer capable of driving your car in a dense flow of traffic in bad weather. What features would it have to have? Obviously at least as many as the car itself. Also lots of computer programmers would have to have spent a lot of time working on the programming. But with you all this happens as if of its own accord, even if you've only had three years of education. Can you imagine the power of the processor contained in your head? And we stuff it full of the craziest ideas. And we get worked up because it doesn't work properly! Come on...*

At the physiological level the HMB can be thought of as a new neuronal configuration, whose function is to carry out specific tasks. The more recurring tasks, the more neural configurations we have.

Of course, there are many other sources which generate our new convictions and behavioural programs, but we'll confine ourselves to these, the most important ones.

Now let's try and draw up the RESULTS for 1.1.

Results

1. *It is proposed to use a model according to which the body of a person is controlled by competing “organs of control”, namely, Reason together with the Subconscious, Emotions and the Instincts.*

2. *When Reason is used in the making of decisions it employs knowledge, personal experience and prepared behavioural programs (convictions, attitudes, inner programs and so on) accumulated over years of life. These convictions are stored in that part of the Subconscious we call “The department of prepared decisions”.*

3. *In the department of prepared decisions are stored the tools for dealing with the majority of life-situations. In a situation where a decision has to be made, Reason turns to its DPD, from which it receives a reply, which is considered to be the sole correct one.*

4. *For each possible situation only ONE conviction is stored in the department of prepared decisions – **the one which was installed first** and took up a free space. Other convictions relating to the same situation are immediately rejected by Reason to avoid inner conflicts.*

5. *Replacement of behavioural and attitudinal programs in the DPD by others might take place under the influence of harsh external circumstances (ending up in the army, prison or a war) or as a result of the conscious actions of the person to bring about inner self-transformation.*

The simplest example of such conscious actions is the learning of new skills in business-training sessions. For example, someone has got a job as manager of a company which sells by ‘phone, but panics when ringing people he doesn’t know. If in the business-training he conscientiously makes 15-20 practice ‘phone-calls, his attitude to them will change drastically and he’ll start making ‘phone-calls without getting tense. As a result of the training he has developed a new HMB.

6. *The model presented here provides an understanding of the hidden mechanisms which govern the processes of decision-making; and allows us to see some obvious strategies for independently bringing about inner changes we desire.*

The task for the chapter

1. Try and evaluate which “organ of control” is the dominant one which controls your body when you’re awake— Emotions, Instincts or Reason. Decide what percentage of the time each of them is in control.

2. Try and understand how those of your character traits **which you don’t like** might have arisen. For example, how the feeling of lack of self-confidence, guilt, over-sensitivity, or irritability might have come about.

Find out from your parents what your birth was like and see if it ties in with your character. What were your infancy and childhood like, could they have had an

influence on your behaviour now? **But don't even think about looking for guilty parties or starting to make accusations against anyone.**

Praise yourself for finally having a some idea how the character traits which you dislike might have arisen.

And record them so that you can go on to replace them by others with the help of the 4-step technology of self-transformation.

1.2 It all looks straightforward. But what about results?

Now that we have an understanding of who controls our behaviour and how, we should be able easily and quickly to bring about the changes we desire by replacing particular convictions by others in the Department of Prepared Decisions in our Subconscious.

It all seems straightforward

Suppose for example that you're a woman and that in your Subconscious in the DPD are stored convictions which have been instilled in you since childhood such as *"I don't amount to anything, no one loves me, no one needs me"*. It's a conviction which has been poisoning your life for many years - you're not able to build a personal life, you don't consider yourself entitled to demand a decent wage for the work you do, and so on.

You'd like to change everything; that is, become a clever, self-confident human being who can achieve the goals you've set yourself.

What do you have to do to achieve this?

Not much, apparently: all those convictions stored in your Subconscious which say you're worthless just need to be cleared out and replaced by other convictions about your potential to succeed, independence, attractiveness and so on.

That is, **bring about a rebooting of the programming block in your bio-computer and install new behavioural programs.**

This idea is perfectly obvious and majority of people try to put it into practice one way or another. Psychologists, trainers, politicians, experts in advertising, public figures and religious leaders all engage themselves in this task.

And, as we can see, without much success, since there are far more people in the world with anxious, frustrated faces than those who look satisfied and well-adjusted. Or maybe they've got a smiling face, but inside they've got lots of problems which require constant help from a psychologist.

What results have been achieved recently through “rebooting”?

Politics

Politicians, public and religious figures are quite successful at directing the opinions of the majority of people. They throw certain of their ideas at people and **if they do it with sufficient energy and conviction**, people around them will start to accept those ideas. In other words, people assimilate the ideas and start thinking of them as the only correct ones.

This is how religious ideas are disseminated - recall how convinced the prophets of the new religions of the last millennium were of the truth of their beliefs; and how hundreds of millions of people came to share that conviction.

Let us recall the founders of the ideas of communism, Marx and Engels. Their ideas were taken up by the more dynamic amongst us; as a result our planet has been plunged into turmoil for the last half- century.

In the last decade people have made active use of electronic and print media, the Internet, to promote their ideas (i.e. external programming).

In other words, these ideas reach us in our homes, bombard us remorselessly day and night, day after day, year in, year out. Buy that, wear this, look like that, weigh so much, strive for this. There is no respite from this external programming.

Our experience of these processes of outside influence is particularly acute in the run-up to elections, for example. Or in the run-up to religious festivals.

These devices work very well on people who don't feel themselves to be separate individuals, but merely part of a crowd; and only exert a weak influence on people with a positive self-image and a high level of independence.

Manipulation by threatening people's lives

The most effective way of “reformatting” people's behaviour is to threaten their lives – this results in mechanisms being activated by the instincts and new programs, aimed at survival, being rapidly installed in the Subconscious (remember “mummy's boy” joining the army).

But the potential of such new programs is very limited, as you will understand. With such programs it's impossible to open your heart to love and new relationships, you can't develop your self-sufficiency, discover creative abilities, hit on a business idea and watch with exhilaration as it's being realized, amongst many other possibilities.

Skills training

Quite good results can be achieved by installing new models of behaviour into the Subconscious by developing new HMB's i.e. what business-trainings use to develop new skills.

Motivation through fear is also used in these trainings: if you don't learn to smile at the clients all the time or talk correctly on the 'phone, you'll lose your job; but not as blatantly as in the army or in prison, of course. As a result, the new skills are assimilated less effectively: inwardly, because he's not committed to his job, the trainee will have no problem resisting the demanded changes.

The downloading of new models of behaviour by means of the development of new skills is sometimes used in training sessions aimed at personal development. With this we “put on” the new, desired model of behaviour and make a determined effort to “keep it on” for a certain time until the new HMB is formed.

For example, to improve his self-image or increase his self-confidence, the participant in the training has to repeat several times actions which he would previously have considered completely impossible or inadmissible for him. For example, going up to several passers-by on the street and introducing himself, asking them for money (or sometimes handing it out), and so on.

As a result a new conviction is automatically registered in the Subconscious that it's perfectly admissible to carry out these actions. Previous convictions about the inadmissibility of such actions are supplanted by new ones, and quite often the old attitudes disappear for good.

When you assume the character of the person you want to be and stick to it for several weeks, your Subconscious automatically develops in you a new HMB (Habitual Model of Behaviour).

And once it's habitual, you'll feel positive and comfortable with it.

And all the attributes of the new way of life will follow automatically. With your participation of course.

It all looks simple, but try and fall in love when there's not even a hint of an actual lover on the horizon; or feel yourself rich, when you have to count every cent; or you're constantly plagued by doubts that all these activities are not just self-delusion.

No special recommendations are necessary here, just take them and use them.

Meditative practices

Meditative practices are very popular with certain people: through music and the voice of the spiritual leader the subject calms down the rush of thoughts in his head and conjures up images given by the leader of the meditation such as “...*imagine you're walking across a field...birds are singing, the peals of distant thunder are*

audible...you see a mysterious object in front of you...it turns out to be a jug full of gold...you are filled with joy, you feel yourself to be a rich man...this state will remain with you forever, you are rich”

Such techniques are quite effective at discovering inner sources of love and gratitude in people who are drawn to spiritual or religious practices.

But for solving the usual earthly problems of repairing relationships, finding love or increasing your income they're virtually ineffective. Beautiful, interesting and useless. You'll understand why later.

Working with Affirmations

In the last few decades **methods of installing desired behavioural programs in the Subconscious by means of the frequent repetition (whether by writing down or singing) of new positive convictions, which the subject would like to be guided by**, have been widely used.

In other words, instead of the inner conviction, which was installed in childhood, “I don't amount to anything” you attempt to install in yourself a new conviction such as: “I am a divine creation, I deserve the very best!”.

To achieve this you repeat this new conviction several thousand times and if you put in the necessary amount of effort, it really does establish itself in your Subconscious. And your sense of self will really change. And of course you automatically change your reality. Foreign and Russian authors have published thousands of books about the rules for working with new positive convictions (these are the affirmations). Many millions of copies have been sold.

Numerous training centres carry out training sessions for the reprogramming of the Subconscious with the help of affirmations.

Unfortunately it has to be said that most people are not prepared to devote a lot of time to working with affirmations. So real changes do not take place in more than 10% of the people working them. The rest return to their former model of behaviour after a short-lived euphoria.

Why this happens you will understand later.

What has to be done?

Thus there are lots of systems for downloading into the Subconscious attitudes (ideas, convictions, values, life principles and so on) that we or other people desire. But they don't always work.

Is it possible to do something about this?

Of course it's possible. But it turns out that to do this, you first of all have to understand the significance of our EMOTIONS.

But this is the subject of the next chapter; at this point we will draw up some intermediate results.

Results

1. There are many ways of downloading into the Subconscious new convictions to replace those already there.

2. The most widely used method of installing new convictions in our Subconscious is indoctrination using instruments of propaganda and agitation, for example, electronic mass media.

3. We're only interested in methods which allow the person to download the required convictions independently.

4. The widespread method of downloading new convictions in oneself through meditation or the frequent repetition of them has a low success rate. You only get good results if you devote a lot of time to it – in effect you have to work at it for several years to guarantee a result. Most people “pack up” much earlier on.

Task for the chapter

1. Take a look at your past. In what way was the system of convictions you now have formed? Do you have inner behavioural programs which were formed under external pressure from your environment (parents, teachers, etc)?

2. Have you had experience of work with affirmations or participation in business-trainings? What percentage of the knowledge and convictions which you acquired from it still remains? If it's not very high, why do you think that is?

1.3 Let's talk about the gloomy side of this.

In other words, our emotions.

To move forward, we need to come to an understanding of what our emotions are and how they might undermine our efforts to reboot our Subconscious.

The subject of our emotions is examined in detail in the book “Open subconscious: how to influence yourself and others”; here we'll repeat its basic ideas and supplement them with what is essential for this book.

What is emotion?

For a start, we'll dispense with the idea, popular amongst psychologists, of digging around inside different emotions. We'll look at them from a totally different angle.

What is emotion? It is nothing more than **the process occurring in us when we are reacting to some external events or to our thoughts.**

Our Subconscious does not distinguish between events happening in the external world and our ideas of them, and reacts in the same way to both. For it external events are nothing more than the information about them which we receive through our sense-organs. In other words, the set of signals we receive from our eyes, ears, sense of touch and so on.

But you can create just such a set of signals by representing a given situation in your imagination. And our brain reacts to it in exactly the same way as it does to real events.

These signals are processed by our inner computer and transformed into a certain image, to which our Reason responds. Or, if the situation demands a very rapid decision, the Operational part of our Subconscious takes it.

Operational reaction – our Instincts

Let's elucidate how the Operational part of the Subconscious works.

For example, you're driving along a road and suddenly you come across an obstacle. You haven't yet succeeded in identifying what it is, but your foot has already pressed the brake pedal. Has that ever happened to you?

In other words, your slow-acting Reason hasn't yet processed the information and identified the obstacle, but you've already reacted – your fast-acting Subconscious has already given the order to your body to stop the car.

Or more precisely, it's **the instinctive survival program (in the reptilean brain) which has operated here.** In those countries where people rely more on their superfast Instincts, rather than Reason, road traffic is usually more intense and extreme. And there are fewer accidents. This is confirmed by people who have lived in countries in South East Asia.

But this is exactly how remembering something dangerous, for example, might lead immediately to our foot pressing the brake pedal. That is, the image arising in our imagination elicits the same bodily reaction as would a completely real external threat of danger.

Our Subconscious reacts to the image.

But how does it react? Always in the same way – through our body, by changing our level of excitation.

That is, our emotion.

We change our tension level

Imagine that something terrible has happened. For example,

- Your husband gets back late from work and smelling of another woman's perfume.
- It's time for the evening meal and your wife has already been chatting on the 'phone with her mother for 55 minutes.
- Your child gets back from school with marks you consider unacceptably low.
- Your work colleague has failed to carry out a very important task in time.
- A passing car has driven through a puddle and showered you with filthy water.
- You remember that a friend you foolishly lent money to three years ago still hasn't paid you back and you really need it.
- You look in the mirror and yet again you see that your weight is 9 kilograms over the acceptable limit.

Such events are quite varied, but you react to them in the same way – your state changes to one of irritation. In other words, you experience negative emotion.

Your organism, not asking you for a separate command, has automatically reacted to the situation and raised your level of excitation. I.e. your energy-level.

Why has it done that? The answer is obvious: **so you can go and re-establish order.** That is, really frighten or even beat your husband (wife, child, colleague, boss, friend or your body). So they'll get a shock and behave properly in future.

Reality has not conformed with your expectations, and your organism, unbeknown to your will and consciousness, has put you in a state of excitation (or overexcitation). **So you'll go and force reality to conform with your expectations.**

That's how it happens sometimes. You shout at (that is, you frighten) a child, and he improves his marks at school (only if, of course, in your society it is permissible to raise your voice at a child). You shout at your husband, and for the next three months he comes home without unwanted scents and on time.

At this point you run out of possible ways of influencing people by reacting emotionally.

You get into a state of excitation, but you don't risk raising your voice at your wife.

You get into a state of excitation, but you don't get round to shouting at the driver of the car which covered you with dirty water – he's already gone.

You get into a state of excitation, but you refrain from shouting at the boss. Despite your irritation, you don't even start raising your voice at your colleague.

You get into a state of excitation, but it seems stupid shouting at your body.

And so on.

In other words the possibilities of influencing what happens around you using the emotional (practically, caveman) approach are limited. It only works in situations **where you can really frighten someone.**

And herein lies the reason why it's so difficult to change ourselves. Why? You'll understand later. For now we'll go back to emotions.

An energy reaction

Emotion is **the reaction of the organism in response to a comparison of reality with its expectations.**

More precisely, **emotion is the energy-charged reaction of the organism in response to a comparison of reality with its expectations.**

The word "energy-charged" here indicates **the level of excitation of our psyche and the readiness of our body to carry out physical actions.** One can correlate it with the quantity of hormones entering the blood and activating our muscle-system (adrenalin) or rendering it passive.

If we talk precisely about the energy component, it should be clear that it's not a question of electrical or mechanical energy, but of a form of energy which contemporary science hasn't yet learned to identify and measure, but which everyone of us experiences perfectly well.

For example, when you're passionately in love, you're literally overflowing with this energy. Of course, the chemical composition of your blood changes when this happens, but **this is a CONSEQUENCE of being in love and the states which flow from it, not the cause.**

That is, if you're NOT IN LOVE and these same substances enter your blood, you'll experience some sort of excitation, but this won't be the state of being in love with the same girl (or man).

Or sometimes you simply wake up in the morning and the sensation of being full of energy and ready to move mountains literally "bursts out from within". At another time you might wake up without any energy, you don't want to do anything, you have to force yourself to get out of bed.

In Eastern teachings this energy is called “chi” (in China) or “prana” (in India). It occurs in the space around us and within us.

When we are reacting with emotion, this energy becomes concentrated and enables us to act (or refrain from acting). Naturally, as a result of these processes, the composition of the blood changes as necessary hormones and other substances are passed into it.

There are reaction algorithms

If something happens, we react; that is, emotion is generated.

None of this happens randomly, but in accordance with a completely understandable algorithm, which is examined in detail in the book “Open Subconscious: how to influence oneself and others” .

This algorithm is represented below:

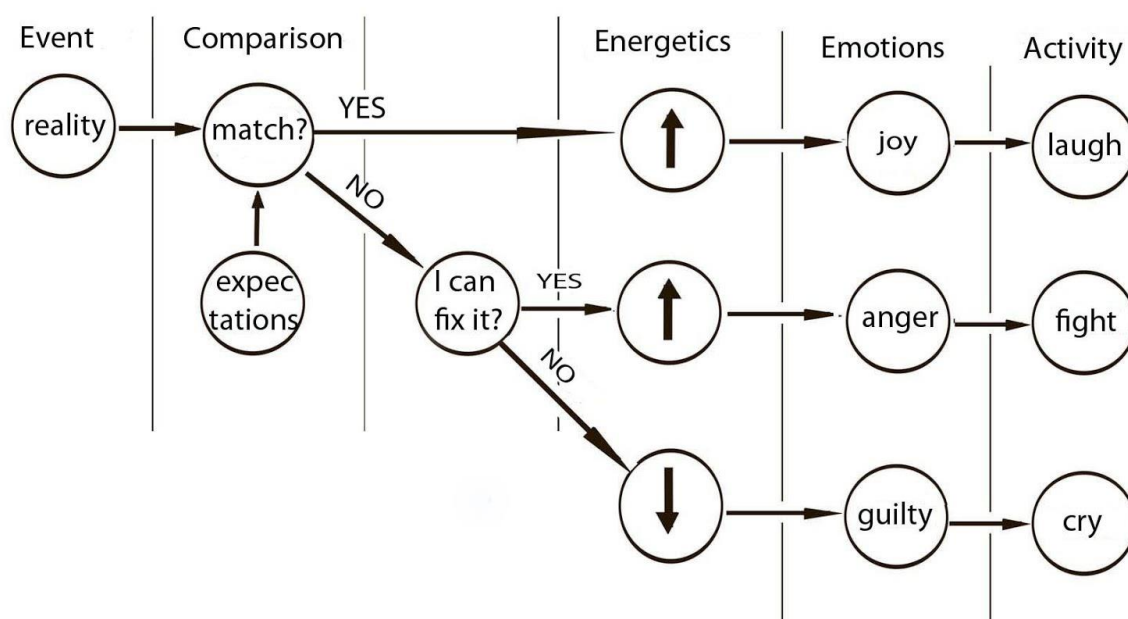


Fig.4 Algorithm for the emergence of emotions

How joy arises.

If Reality coincides with our Expectations, or even exceeds them, the state of our organism automatically changes to one of excitation, which we call “joy” or “rapture”. And we classify this type of reaction as a **positive emotion**. This reaction is in the top branch of the algorithm.

How rage arises

If reality does not coincide with our Expectations, the Operational part of our Subconscious decides in a millionth of a second whether we can influence what has happened.

If the Subconscious comes to the conclusion that we can change something (for example, persuade your husband not to come home smelling of that perfume, get your colleague to complete tasks on time, teach the driver of the car to be more considerate of pedestrians), then **it will put your organism into a raised energy-state, which people refer to as “negative emotions”**, for example, irritation, rage, fury, etc.

But in what way are they negative? **From the point of view their intentions they might even be considered as very positive.** Only, as a means of fulfilling these splendid intentions – **attempting to frighten or coerce someone or something to change** - they're not very good. Alas, we've inherited from our caveman past only one way of correcting injustice: coercion, just as the only way to respond to resistance is violence.

And this is simply because in the past other means of achieving a desired goal simply did not exist.

In the recent history of the world another method has become available: go and negotiate. This method is based on the use of the possibilities of Reason instead of emotions. But how do you find it, this Reason? Especially in a situation involving your husband (wife, child, colleague, boss). It's easier and quicker to use force.

Or another contemporary method is possible. Initially you sit down at the negotiating table and come to an agreement about something, but then after that use coercion. It's a very popular way of conducting affairs in politics by the way. And even in business as well.

But in the algorithm for the emergence of emotions there's also a third, lower branch.

How depression arises

Our body is controlled by depression when the **Subconscious instantaneously appraises the situation and comes to the conclusion that nothing can be changed.** No amount of effort is capable of forcing Reality to conform to our Expectations.

For example, if someone dies or is seriously ill (although in the second case some people go into a state of over-excitation and are driven by panic to fight for the life of the sick person). Your partner has stopped loving you or has simply jilted you. Your business has gone bankrupt. All of your goals have been frustrated by someone (the position of Victim), and so on. All our attempts to achieve something are doomed to failure....

In that case the Subconscious puts our body into a state which we evaluate as a “low-energy” state.

Such states, which reduce the energy-level and readiness of a person to act (or not act), range from slight sadness, through despondency and apathy, to fully-fledged depression.

These are not temporary emotions, but in fact long-lasting states. And **our Subconscious creates them for the most admirable of reasons – to protect us from the useless expenditure of life-energy involved in struggling against what cannot be changed anyway.** Or even to forestall our attempt to escape this world, in which something terrible has happened that we are not able to influence.

This not an illness, **but a defensive reaction of the organism to our inner assessment of the situation.** If we can change this assessment (replace our expectations or just reduce their importance), then the Subconscious can “switch” our normal energy-state back on in a split second.

But no one can change the expectations of a person suffering from depression. He usually has neither the strength nor the desire for this to happen. One has to wait for the passage of time to reduce the force of the highly significant event and the energy-level to restore itself.

But where is this wonderful Reason?

Notice that our wonderful Reason does not participate in all the processes involved in the changes of state of our body. Because of its slowness it's simply not able to react in time.

Like any computer processor, Reason has first of all to receive information from external sensors (our sense organs or our imagination) and combine them into a single image. Then it has to consult the Subconscious as to which knowledge or judgements about that image it has in its memory or in the Department of prepared decisions. Then compare them and make a decision.

All this takes fractions of seconds or longer. Such a means of processing information is adequate for constructing plans, thinking out and judging projects, writing articles, conducting table talk (if it's not an HMB), and so on.

The Subconscious carries out an action in a millionth of a second using the simple algorithm for decision-making set out above. It sometimes makes a mistake, but this is compensated for by its performance speed.

We'll assume that these mechanisms of “rapid response” reside in the Department of instinctive programs of our Subconscious.

So what's the problem?

Right, we've examined the mechanism by which emotions arise. But what relationship does it have with the problem of rebooting the contents of our Department of prepared decisions?

A very straightforward one. More precisely, not the algorithm itself, but **its incompatibility with present-day conditions of human life.**

What was it like back in the caveman era? If you didn't like something, you got a stick and went to sort it out. As a result you either asserted the rightness of your position by force, and your opponent accepted it, or, if your opponent turned out to be physically stronger than you, you yourself modified our expectations.

Frankly, that's how it was then.

Then the weak people invented civilization. That is, a situation where the rules of behaviour which everyone has to live by are independent of their physical strength. And to ensure that everyone observed these rules, they invented religion, laws, police, prisons, courts and all the rest.

So now we can no longer live as our caveman algorithm for correcting injustice would dictate.

We are compelled to restrain ourselves, however much we might want to go and get our way by force. And here in lies the whole problem.

You have a splendid idea (expectation) as to what should happen and how, in order for the "right" thing to happen according to your conception. In other words, a husband should only smell of himself, and not someone else. A child should do well at school. The boss should only give tasks which are related to your area of responsibility. Your colleague should carry out his obligations to the letter. Your body should weigh no more than what you consider desirable, independently of what you eat. And so on.

Then **something happens which you don't agree with.** You firmly believe that it'll only be "right" when it's "as you think it should be", and nothing else.

Your survival instinct, seeing that some sort of outrage is taking place, is instantly activated and gives you the energy to go and sort things out in the customary manner. Shout your head off, and if that doesn't work, give someone a thrashing. So everyone knows straightaway what's required.

But unfortunately a civilized person can't behave like a Papuan savage. It's not done.

And so we restrain ourselves and don't give in to our wonderful urge to go and sort things out. Other programs from the DPD are already intervening in the control of the body and preventing it from going and doing as it pleases. It's called "controlling yourself". In other words, we restrain our perfectly noble urge to go and...

Our hands are trembling, our heart's pumping, our body's seething with energy, but **we don't do anything**. We just say to ourselves something like: "Stop! You can't do that! You need to calm down!"

Our Subconscious carries out the command, but, basing itself on its caveman logic, it reasons with itself something like this: "OK, today we can't go and sort things out by force. Evidently, they're bigger and stronger. But next time we'll win!"

And **it stores part of the energy triggered in the form of a bodily cramp somewhere in the body**. It's not simply a cramp- in its own way it's an **emotional block, charged with the energy needed to fight against a concrete "enemy"**. A little (in the beginning, of course) dragon, which is always ready to go and attack anyone who is not behaving correctly.

No energy is "bad"

The word "charged" in this case has a literal meaning, insofar as this **block possesses real energy**. If it's released, the person experiences an unusual upsurge in his life-force for a certain time.

In other words, no emotional block CONTAINS ANY "BAD" ENERGY which we have to get rid of. **It's our life-force, which our organism mobilizes at the moment when it's needed to help us to go and restore order...**

But we refrain from doing that. And this unused energy is stored for a time in the future when we might decide to call our "enemy" to order. It's a very good and useful energy which has been put aside for future battles.

What is an emotional block?

When describing an emotional block, we've used the terms "bodily cramp" and "energy charge" several times. How can we reconcile these two?

At the level of a model it's possible to think of it as the Subconscious giving a command to specific muscles of the body to group together and create a small compaction. Something like a small spherule containing unused energy.

Or here's another image. **Imagine you've got a small, taut spring and you compress it and hold it in position with a clamp**. As a result you have a piece of metal with an energy charge (in Physics it's called "kinetic energy"). If you remove the clamp, it reverts to its original length under the action of this energy.

Our emotional block can be represented in roughly the same way. It's just that the functions of the metal spring are carried out by our bodily tissues.

If a person has lived a long, emotional life, he might have accumulated in his body a multitude (millions) of such compactions. If he has a surgical operation, the

doctors might observe a variation in his tissues, but are unlikely to be able to clearly explain the causes of this variation.

When the release of the accumulated emotional blocks (bodily cramps) takes place, people at times experience very strong pain reactions. When bodily cramps are “released” in very large numbers, it has a real effect on the sensory receptors and the body experiences pain.

Emotional blocks are deposited in a person’s body in a wide variety of places – the head, neck, shoulders, arms and legs, stomach, intestine, liver and so on. There are special types of psychotherapy in which a person receives the deepest possible massage of a specific part of the body and a particular intense emotion is erased.

Energy accumulates

So if we go into a state of excitation, but don’t use up all the energy, then another emotional block is created in our body (the bodily cramp or inner “dragon”).

It seems that this mechanism whereby bodily cramps are created starts working from birth onwards. Or even from the moment when the organs which react to events are formed in the mother’s womb, since any feeling of fear creates such an emotional block, as does the feeling of irritation or guilt.

If it’s a repeated feeling about one and the same thing (excessive weight, a child’s learning, the behaviour of wife or husband, and so on), then **the emotional micro-blocks created by the Subconscious are deposited in the same place in the body and create a total energy-charge, charged up for use against a concrete “enemy”**.

Your “inner dragon” is growing.

We’re robots

As a result, one enormous emotional block arises and starts to control the person’s behaviour (that is, the person’s body) unbeknown to Reason or the Instincts. Your “little inner dragon” has grown into a real “dragon”, which controls your behaviour from within.

If it’s an energy-charge directed against a husband, for example, then the sight of him automatically puts his wife into a state of irritation, and she starts a conflict. Even if he has not carried out any action which might have elicited such a reaction. **The mere sight of him automatically activates the accumulated emotional charge:** “Yep, here’s our enemy, let’s go and explain to him how he should behave properly”

This is the very situation where Emotions take control of the body and we carry out actions which we later regret – this is Reason passing judgement on our insane behaviour. But only later, since at the moment of excitation, Reason is simply switched off.

We influence others

And what happens with the other person, about whom we're having a violent fit of irritation or rage?

Even if we conceal our emotion under a mask of benevolence, **his body will sense our aggression. And will also automatically go into a defensive state of arousal.**

We're all generators of electro-magnetic radiation with a maximum frequency range and a power of up to two kilowatts. You don't believe it?

Remember what happens when get under a blanket? After several minutes you get warm. Where does that come from? It's radiation from our body.

The spectrum of our radiations depends on which state we find ourselves in. If we are glad, our body has a particular chemical composition and radiates at certain frequencies. When we are irritated, we radiate at quite different frequencies.

As our civilization has chosen the path of technological development, people have lost their natural sensitivity. More precisely, we still have it, but we can't recognize it or use it. Those who can are called "psychics".

But at the subconscious level we can all pick up the radiations from other people and react unconsciously to them.

That is, on experiencing irritation, we **send out a stream of radiations to our adversary, which his body picks up, and he goes into a defensive excitatory state.** And this person, not even understanding the reasons for his displeasure, unconsciously joins battle with us.

This can happen at work, for example. An employee might be sitting at his desk engaged in a mental fight with his manager: "Idiot, who gave him that job? He knows nothing, confuses everything, he's not up to his job" and so on.

The manager unconsciously picks up this ill will and starts to single out this employee from the others. Indeed, he doesn't just single him out, he starts to pick on him, find fault with him, punish him and so on.

If the employee successfully hides his thoughts, the impression is created that the manager is simply harassing him. And indeed an unseen energy-fuelled conflict is going on amongst them, which on the surface just appears to be a matter of harassment by the manager. A conflict which the employee provoked because of his condemnation of the manager. The manager will get rid of this employee at the first opportunity.

This is a situation where the employee who "attacked" the manager does not reveal his true relationship with him and hides behind a mask of victimhood.

But what happens if you shout?

And if you open your mouth and shout at your husband (wife, child, parents, and so on down the list), how is the person you've attacked so openly supposed to respond?

Naturally he's aroused and responds by shouting at you (such behaviour is characteristic of people from southern countries). His energy-level has been raised, his Reason paralyzed, and he has only one desire: to make you shut up. And, of course, **he doesn't listen to all those wonderful ideas you're trying to convince him of in your ever so wonderful urge to improve him.**

There's simply no one listening, as Reason has long since been disabled by intense emotion. And all your attempts to improve him come to nothing.

What's the result of all this? **You're all due for yet another emotional block,** as the organism has given each of you enough energy to enable you to go and give your adversary a thrashing. But you've only yelled at him, that is, **you haven't used up all the energy.** And the organism has saved the unused energy for the next skirmish. In the form of an emotional block.

Sometimes your adversary is wary about shouting at you and keeps quiet. Or his upbringing doesn't allow him to raise his voice. But despite that his psyche is aroused to the same degree – that's how our Instinct works. And as he hasn't been able to use up even a part of the energy triggered by the situation by shouting, **the result is that yet another large emotional block is created in him.**

Well brought up people, who hide what they really feel, accumulate emotional blocks in their bodies much more quickly than yobs. That's why they're more likely to have to get help from a psychologist to avoid losing control and behaving unacceptably.

But what about joy?

We all talk a lot about rage or resentment, but what about joy or rapture? Why don't they stay with us for so long and why are we not sent into raptures when we recall pleasant events in the past?

The explanation for this phenomenon is simple - **it's acceptable in our society to express joy;** in other words, laugh, jump for joy, move in certain ways – and in doing so, expend the energy allotted to us by the organism in accordance with the upper branch of the algorithm for emotional reaction (fig. 4).

Since in the case of joy nothing is threatening us, our organism does not become quite so tense and we are significantly less aroused than when we feel rage or fury.

On other hand, cases where people have not been able to survive an upsurge of joy are well known.

And **suppressed joy also creates an emotional block, which strives to break free and manifest itself at the first convenient opportunity.** Remember that

situation where you find something really funny during a lecture or serious meeting. Whilst you're there, you're able to "suppress" your laughter, but the whole time you're on the verge of exploding. You only let it out when the event is over and you go into a toilet or outside. Through laughter you release the energy which has been triggered.

In other words, **joyful events are usually worked through immediately and do not lead to the creation in the body of a corresponding energy-charge.** So when we recollect it, we don't automatically enter into a state of joy.

Certain long-lasting states of joy are also stored in the body, albeit not as muscle spasms, but in a more benign form. For example, passionate love often leaves a trace in our soul (more precisely, in the body), and we can tune into this memory and experience pleasant vibrations. Of course, not as powerful as when you're actually in love, but on the whole very positive.

***Remark.** Developers of NLP[Neuro-linguistic Programming] have noticed that we usually "disassociate" from joyful memories, that is, see them from the point of view of an outsider as weak and faded. But we "associate" with negative experiences, that is, plunge into them and re-experience them vividly and emotionally.*

They weren't able to explain why this happens and called this effect "the absence of the habit of positive thinking". And indeed, as you now understand, everything depends on whether emotion is expressed or whether we suppress it and, along with the memory of it, hold on to the emotional block which reinforces it.

Why are emotional blocks bad?

What happens as a result of the accumulation of a large quantity of emotional blocks?

In all five bad events happen at the same time.

The body gets sick

The first unpleasant event is that, as a result of the accumulation in the body of a large quantity of blocks (bodily cramps), either we merely experience in the body or organs of the body stop functioning normally. This is called illness.

Since blocks can be deposited by the Subconscious in various parts of the body, **protracted headaches of unknown origin** (migraines) can emerge.

Pains might occur in the arms, legs, spine, the small of the back and so on . It's possible to go to an osteopath or masseur, have various ointments applied, but the pains will keep returning until you get rid of the cause – emotional blocks.

For example, inflammatory processes in the throat region quite often occur in people who **suppress feelings of indignation.** Something "out of order" has

happened, the person has become indignant, the organism has given him the energy to give voice to the indignation, but he hasn't opened his mouth. As a result energy has been generated in the body and entered the throat region, creating yet another bodily cramp. A large group of such blocks can manifest themselves in the form of asthma, inflammation of the thyroid gland, throat and upper part of the lungs and so on, including the occurrence of swelling.

Doctors will treat these organs, but the benefits are usually short-term and the illness can become chronic.

In exactly the same way protracted conflict at work, whether open or hidden, can be transformed into a pathological block in a shoulder, knee or in the region of the neck. Disturbance in normal sexual relations between a man and woman can give rise to illness in the urogenital system or in a woman's breasts. Worries about lack of money or traffic jams can affect the liver, and so on.

The experience of erasing emotional blocks shows that there is no straightforward correspondence relating a concrete situation to a corresponding diseased organ. In most cases where the organism creates a standard bodily cramp, it follows a logic which we haven't yet understood.

If you get rid of an emotional block, either your illness might disappear on its own – that's what happens in a huge number of cases. Malignant tumours (first to second-level), various pains, meningitis, inflammatory processes and many other disorders disappear. I know of a case in which a woman had weeping eczema on her hands and after three months working with forgiveness techniques it disappeared. Without any of the medications she'd been treated with for many years prior to that.

Or, if the illness has led to marked changes in bodily tissue, then after the removal of the emotional spasms, the result of subsequent treatment by doctors is excellent.

One's energy-level is reduced

A second unpleasant effect of the accumulation of a huge number of emotional blocks is a general increase in tiredness.

Streams of the energy "qi" or "prana", unrecognized by science, should be circulating round our body. It's precisely these which create in us the sensation cheerfulness and vigour.

If they are circulating, then they are probably flowing along those "miraculous meridians" which Chinese medical practitioners discovered thousands of years ago.

And which are currently used by absolutely state-of-the-art acupuncturists and reflexologists to treat illnesses; or by other specialists who by means of various devices act on specific acupuncture points.

In early childhood of course we've got an endless supply of this very life-energy. Even after running around, jumping and shouting all day, we've still got plenty left.

Later, as the child gets more acquainted with the adult world, it's explained to him what he "may not" do, and he starts to experience various kinds of feeling, each of which creates another emotional block in his body.

By the time an emotional person gets to the age of forty, millions of emotional (and bodily) blocks have formed in his body, usually combining to form large clots, "charged up" to deal with certain frequently recurring situations.

These blocks interfere with the movement of energy in the body, with the result that the person starts to get tired quickly and his recovery time increases. It's true, he has experience and knowledge, and at a mental level he is full of plans and desires, but his body refuses to carry out his orders. The body hasn't got sufficient energy.

Doctors and psychologists call this the "mid-life crisis". When you still want a lot, but don't have the strength left to react.

The hidden cause of this state is the accumulation in the body of a huge amount of emotional "pollution".

As soon as this "pollution" is cleared away, the energy-flows are restored, the energy-level is raised and the person is ready for new challenges.

He'll feel wonderful for as long as his body is not polluted by emotional blocks.

People don't know how to carry out a prophylactic cleansing of the body of emotional pollutants; indeed they don't think it necessary.

In most people's DPD the conviction that it's necessary to keep, not just one's body, but also one's mind healthy, is absent.

But in our lives the physical and the mental are completely different levels.

Emotions control our behaviour

If you've accumulated large emotional blocks in your body, they'll start embroiling you in conflicts without you wishing it.

For example, you've been having conflicts with your husband for a long time and a large emotional block, "loaded-up" against him, has accumulated in your body. At the sight of your husband the emotional block "zooms in" and starts to observe him closely. As soon as he makes any mistake, the emotional block is aroused and forces you to start a conflict with him, without you wishing to. Moreover an outburst of rage might be provoked in you by someone else who resembles your husband.

The same thing happens when you find yourself in a protracted conflict (open or hidden) with your wife, parents, child, boss or subordinate, business partners, etc. If you have accumulated in your body an emotional charge against any of them, then

this charge will take control of your body and change your state into one of irritation or rage about anything whatever.

When you clear away the emotional block, you'll stop being the enemy of your adversary. His Reptilean brain will sense that the enemy has disappeared, and he'll remove the emotional block which he's loaded up against you. Your relations will significantly improve and you'll forget all about your former enmity.

Love between spouses can blossom again, even if they've been in conflict with one another for many years.

Our convictions are reinforced

The next difficulty created by emotional blocks is that they reinforce the convictions we already have and thereby frustrate our intentions to change them.

What's happening here?

Let's have a look at a couple of examples.

How love fades

Let's say you're a young woman and in your youth, you fell in love with a young man. You were passionately in love and dreamt of having a happy, long term family life together.

And suddenly everything falls apart – he seems to change or he falls in love with someone else or simply says “our love has died”.

You get a terrible shock. Your organism doesn't know how to help. It generates a large amount of energy, but recognizes that it's too late to change anything and doesn't put you into battle-mode. It simply takes energy and stores it up for the future – your loved one might decide he's made a mistake and come back. In this case the energy will come in useful – either to experience enormous joy or deal with the scoundrel as he deserves.

As a result you sink into a state of depression and the energy generated is deposited in the body in the form of a powerful emotional block. **And at the same time your idea that “*It's impossible to love anyone, they're all deceivers and traitors*” is registered in the DPD of your Subconscious.**

This thought (conviction) is reinforced by the energy of the emotional block.

Then a year or so later new experiences crowd out past failures and you fall in love again. Everything is fine with you again, you have wonderful feelings, plans for the future. For some reason everything falls apart again. For example, it suddenly dawns on you that he's not as good as you first thought. It turns out that he's not your “soul mate”, you were mistaken.

Once again you experience very intense feelings – **in your youth the body is full of energy, so all feelings are “very intense”**. And, of course, you create a new emotional block, charged up against love.

A new conviction that “love is not for me, I can’t find anyone I could love”, or something similar, is deposited in your Subconscious.

Naturally, this new conviction is reinforced by the new emotional block.

Then something similar happens a couple more times. Maybe you even get married, but then suddenly your beloved starts behaving in ways you hadn’t foreseen, and completely shatters your expectations.

Again you experience a multitude of very powerful shocks and create a load of new blocks. Every one of which reinforces your new (or old) convictions that *“There’s no love. There’s no one to love. I won’t be able to create a family. It’s impossible to find a man who can understand me”*

That’s it, **your life has ground to a halt**. Your Subconscious has set to work putting into practice the convictions you’ve installed in your DPD: *“There’s no love. There’s no one to love. I won’t be able to create a family. It’s impossible to find a man who can understand me”*

You begin to be guided unconsciously by these convictions. And men who are worthy of your love disappear from your reality, you simply don’t see them. And if by chance you meet one of them, your Subconscious starts to concentrate your attention on his defects.

And, as is well-known, love is “uncritically concentrating on your partner’s virtues and ignoring his defects”.

And here you only see his defects. How then is love possible?

Maybe after a few years new experiences will crowd out memories of past failures. You consciously start looking favourably at the idea of new relationships and building a family.

Possibly you even start working with positive convictions such as *“I’ll meet a man who is worthy of me and we’ll create a loving, harmonious family”*.

But this new conviction of yours is not “downloaded” in your Subconscious, which is already occupied by another conviction incorporating a very critical attitude to men and the possibility of a harmonious family. Moreover, former convictions about love have strong “roots” in the form of powerful emotional blocks.

And the new conviction proves to be “empty” of energy compared to previous ones and is totally unable to push them out.

Or, if you start devoting a lot of effort to downloading the new conviction in yourself, unpleasant or pathological states will start manifesting themselves in the body (as a result of the process of cleaning out emotional blocks). You interpret

this as your organism resisting the changes and abandon the work with the new program.

And that's it, a happy personal life is closed to you forever.

How we lose money

For most people dealing with money doesn't generate such powerful emotions as the torments of love. For most people **worrying about not having enough money to realize one's desires or external needs** (paying for accommodation, education, taxes, getting food and clothing, and so on) **is a frequently recurring everyday event.**

Every time we find ourselves without enough money for some foodstuffs which are very important to us, or our finances do not allow us to make an essential payment, we experience a small inner protest against money. For each of these weak feelings, quite small emotional blocks are created. But there are thousands of them, indeed hundreds of thousand!

All these tiny blocks merge into a single huge emotional block, which feeds our deep conviction that “*earning money is hard. There's not much I can do about it. I can't acquire what I want. The rich life is not for me. I don't know how to increase my income*”.

Of course, **every so often you'll have had more intense feelings because of money** – when you haven't been able to pay back a debt or pay off credit, when you've lost a large sum of money or it hasn't been repaid to you, when you didn't have enough money to make a very essential purchase (for example, for home-improvements or to pay for the treatment of someone close to you); or when you've lost money as a result of yet another crisis.

These feelings have already created some sizeable emotional blocks in your body, which are merged together like cement by minor everyday worries about lack of money.

Attempts to radically change one's financial situation usually fail to achieve the desired effect. People rarely succeed in making that big push and increase their income. Most people don't even make an attempt to improve their financial situation, being directed by the stable conviction “*It's all a waste of time, making money is not for me*”.

Interestingly, **young people find it easy to earn a lot of money until their bodies have accumulated anxieties about money.** Then, when they've experienced a certain amount of stress about finances (and the inner convictions produced by it), **they're no longer able to make large amounts of money in the way they used to.**

This is what happened to those many people who found it easy making a large fortune during the early years of Perestroika, but then, when several financial crises ensued and they experienced very intense anxieties about the loss of their money, were totally unable to restore their financial fortunes.

It turns out that limiting convictions, developed and registered in their Subconscious, have undermined their facility for making large sums of money. Moreover, these convictions have been reinforced by very powerful emotional blocks, which they have never attempted to get rid of.

Or perhaps they have tried, **but haven't been able to force out those convictions which they themselves installed in themselves at moments when a financial crisis triggered a very intense high-energy state.**

It's very difficult to change anything using the well-known methods of work with affirmations, **because the replacement of the limiting convictions has to be carried out in such a high- (or even higher-) energy state.** And how can this be created whilst avoiding a financial crisis, if one is in a reduced energy-state?

The uncontrolled rush of thoughts in your head

Many people complain that there's an endless stream of thoughts in their head which is impossible to stop.

There exist various meditation practices which help achieve tranquillity inside the subject's head after many years of effort.

This tranquillity can be achieved much more quickly. To do this one needs to understand where these highly uncontrolled thoughts come from.

An emotional block is created when you have experienced failure in your attempt to explain to someone how they ought to live. The energy triggered in your body by the struggle has been stored in your body and given rise to an emotional block, which behaves like a separate sub-personality.

If the emotional block is big and strong, this sub-personality will take hold of your consciousness and start looking for a way of defeating your enemy.

If you listen to the kinds of conversation which are going on in your head, you'll discover that they all amount to the same thing: how you should have behaved in a past situation, what you should have said and done, in order to win. Or how you need to behave the next time in order to prove you're in the right.

When you free yourself of emotional blocks, then there's no one who will take charge of your consciousness and deliberate on your failures. Only those completely constructive thoughts which have been generated by your Reason will disturb the peace which has been established in your head.

And all this can be achieved by a couple of months' work at cleansing the body of emotional blocks; years of meditation are not needed.

We've seen above the negative effects of allowing emotional blocks to occupy your body. So get started now on sorting out how to free yourself of these blocks.

Now it's time to draw up some more results.

Results

1. Our emotions are nothing more than the energy-charged reaction of the organism in response to a comparison of Reality with our Expectations.

2. When reality diverges from our expectations, our Instinct evaluates the situation as dangerous; it springs into action and gives us the energy needed to restore "justice" as we understand it.

3. Correspondingly, the more instinctive a person is, the more emotional he is. The more reason- and less instinct-led indigenous inhabitants of Europe, who currently live in an unthreatening environment, have a low level of instinctuality and the emotionality associated with it. Not all, but the majority.

4. If for reasons of upbringing or out of fear we don't use the energy triggered by the organism, then it is deposited in our bodies in the form of an energy-charged bodily cramp (compressed spring). As a result an emotional block is created in the body.

5. Each emotional block is in its own way a support for some inner conviction in the Department of prepared decisions (DPD) in our Subconscious.

6. When we attempt to replace an existing conviction by a new one, we come up against the resistance of emotional blocks which have accumulated in the past.

Tasks for the chapter

1. Take several separate sheets of paper. On each one write a heading: "Love", "Family", "Work", "Money", "Parents" and so on.

On each sheet write a brief description of those stressful situations (conflicts, arguments, intense feeling of guilt or dissatisfaction with yourself, suppressed indignation, etc.), which you have experienced in connection with these people or circumstances. Hold on to these sheets for future work.

2. Estimate on a 100-point scale your current energy-level. 100 points represents how you felt in yourself at the pinnacle of your youth, when you were full energy and hopes, and were not burdened with a multitude of thoughts and expectations.

0 points represents what a deceased person feels like. So what about your energy-level?

3. Recall the biggest stresses which you have experienced in your past. Try and understand which thoughts you were having at those moments and which programs

you might have installed in yourself when you were in a state of intense excitation. Write these programs down on a separate sheet and keep them for future work.

4. Analyze your present situation and try and establish whether those programs which you might have installed in yourself at moments of intense stress are manifesting themselves in your life today.

For example: your parents had bitter arguments, which you hated, and several times you said to yourself : *“I’m never going to get married, just to avoid having arguments”*. Or: *“I’m never going to have children, so they don’t have to go through the torture I went through”*.

1.4 How shall we progress towards our goals?

So the situation seems to be clear now.

Our work with positive convictions produces the desired effect only if we eliminate the “roots” of our negative convictions, that is, clear a “shelf” in the store of our inner convictions (in the Department of Prepared Decisions). And only then will we attempt by some means to “place” a new conviction in the place vacated.

The traditional technology of work with affirmations requires us to start immediately putting a new conviction on the occupied shelf. Obviously, the previous conviction, reinforced by a substantial emotional block, is in no hurry to give up its place.

Precisely for this reason **the mere repetition of the new convictions without a preliminary cleaning out of the occupied place gives quite weak results**. Or requires very protracted and strenuous efforts to remove the former “resident” of the shelf from its familiar spot.

This statement applies to people who are 40 or over, of course. For quite young people, who haven’t yet been able to create large emotional blocks in themselves, inner changes can be achieved much more easily and without emotional cleansing.

But even if a former conviction is somehow forced out, but not completely erased, sooner or later it will attempt to return to its place. In other words, the person has invested a lot of effort, changed something in himself and achieved a concrete result. For example, earned a certain quantity of money, got a new job, met someone new and so on. Naturally, he’ll then stop the work on himself – the goal seems to have been achieved, what’s the point of continuing with it?

But probably after a certain time he’ll lapse back into the previous system of convictions. Why does this happen?

Let's do some planting in the clearing

Let's picture the situation as follows: our Subconscious is a small clearing where a multitude of plants – our convictions - are growing. And they've got there in lots of different ways which we only dimly understand. You've acquired things from your parents, or perhaps from your own understanding, or you've got something from other people or from books, and so on.

Some of the plants are annuals and can be cleared away quite easily as they don't have very strong root systems.

Other convictions are reinforced by a powerful root system – our emotional blocks. Recall from the last chapter: *"There's no love. There's no one to love. I won't be able to create a family. It's impossible to find a man who can understand me"*. This is a whole thicket of convictions which has arisen as a result of events in your personal life. And it's reinforced by the energy from the emotional blocks.

It might be the result of your efforts to set up a business or earn a lot of money in some way. You've formulated a project. You've launched it, but without success, and you've reacted badly.

A couple of years later you're invited to participate in someone else's project, which promises a large profit. But again something goes wrong, you come out of it with lots of money but also lots of anxieties.

Then after one or two more unsuccessful attempts at getting rich, a stable conviction takes root in your Subconscious: *"It's all a waste of time, big money is not for me, I'm a flop"*. And this new conviction of yours is reinforced by a powerful emotional block, "charged up" against business or money. Now it controls you and it's virtually impossible for you to escape the mental trap you've got yourself ensnared in.

In other words, the whole clearing which is your Subconscious is occupied by negative thoughts about your failure and there's virtually no free space left.

And then suddenly you have the wonderful idea of planting a delicate rose in the clearing – for example, the conviction that joyous love and prosperity, and the happy family life which comes with it, are possible in the future. Or the conviction that your next business venture will be a huge success.

But the place where you want to plant the rose is overrun with the weeds of your convictions that *"There's no such thing as love. All men are two-timers. No one understands me"*, or *"Big money is not for me. Nothing ever works out for me. It's a waste of time"*.

You clear a small area for your rose and plant it. How is it really possible to do this? You might, for example, go to a one or two day training session on the theme "How to get married in a week" or to a business-training. Or read about it in a book.

You're energized, you've pictured the desired result in your mind; **in other words, you've planted a new conviction.**

But then you get swamped by present concerns and problems, and you almost forget about your goal. Or you make progress towards it, but you don't have much confidence that anything will come of it. That is, you've stopped tending your rose. What do you think will happen to it?

You're right. It'll fade and will soon be forced out from "its" place by the weeds.

So in order for the new conviction to develop steadily and bear fruit, it has to be tended with persistence over a long period. That is, you have to invest time and energy.

There's no magic pill.

One could say, **the miracle rapid realization of a desired goal can happen, but only for a young woman who hasn't had any previous negative experience.** And her Subconscious is free of convictions of the type "*There's no such thing as love. All men are traitors*" and so on. Such a young woman might really find her longed for prince very quickly.

It sometimes happens, and stories about such miracles taking place immediately after a training are transmitted by word of mouth (with the help of the right advert, of course). And any woman who wishes to start a family will check it out for herself: "Is it possible and will it all be like that for me?"

It's possible and it will be. So long as there aren't any conviction-weeds from your unsuccessful past in your clearing.

But you won't get anywhere if you've had a negative experience of relations with men and haven't yet freed yourself of it. More precisely, love or feelings similar to it might happen, but their effects are entirely predictable. Your emotional blocks, created in former relationships, will try to prove to you that he's a "two-timer" just like your former partners.

That's what usually happens, but unnecessarily as you didn't have to drag all the emotional pollutants from your past into new relationships.

All this applies to money and business as well.

This applies to all areas of life

We've been examining the situation of failure in love, but the same thing happens in all other areas of human life.

When you were young, you tried to achieve something (to win a competition, learn to dance, give a talk or go on the stage, get a job, get to know a young woman or man), and it didn't work out. You reacted badly to this divergence between or expectations and reality.

And then people around you, whether out of kindness or stupidity, commented on your failure, and as a result you ended up feeling a complete non-entity.

And that's it, a huge emotional block has formed, reinforcing a conviction such as: *"Do I really want to get embroiled in that again? Never! I'll stay away from that from now on, it brings nothing but trouble"*. And this emotionally charged attitude will start dutifully protecting you from the danger of ending up in a similar stressful situation.

How do we change this?

From what has been said we can derive a 4-step sequence actions designed to change one's reality.

The first step – remove the roots of any convictions which are not in our interest.

In other words, erase all the emotional blocks in our bodies which fuel a conviction we want to change.

Without these roots it will of course continue to occupy its shelf in the Department of Prepared Decisions. But as the roots which held it in that position are no longer there, it'll be possible to force it out without much effort and download a new conviction onto this shelf.

Using the image of a clearing – we carry out the weeding of the area we need for planting and clear away all the weeds growing there, together with their roots.

The second step on the path to inner transformation follows on from this.

The second step – download in our Subconscious the required positive conviction about our ability to achieve the desired goal.

That is, if your past personal experience says *"Big money is not for me" or "That's the end of love. I'll never meet a man who's worthy of me"*, then **you can easily turn this conviction into its opposite**: *"I easily can earn loads of money" or "I've opened myself up to love and can easily create a family with a man who is worthy of me"*.

With a certain amount of effort, this new conviction will establish itself in your Subconscious. And you will start acting in accordance with it.

Returning to the image of a clearing, **you fertilize the soil with these convictions and plant the seeds of the new plant in it.**

Is that all there is to it? Are you already supposed to have achieved complete and definitive happiness?

Unfortunately not; there are another two difficulties which we have to continue working on.

The first difficulty

The first of them is the presence of different additional “roots” from other convictions, which are somehow linked to the one you want to change. And which will impede your changes.

Usually from unpleasant events we draw fairly broad conclusions. For example, if we come unstuck financially, in moments of despair we **don't say** to ourselves simply: *“making big money is not for me”* and that's it.

On the contrary, striving hard to avoid similar difficulties in future, we generalize what's happened philosophically and tell ourselves things like: *“Why did I get into this? Getting rich just causes problems. Even decent people are turned into bad guys. You can't trust anyone. As soon as you stick out, the vultures swoop. You don't mess with power. It's best if I stay away from money- making from now on. If it hadn't been for this, I'd be living a normal life, instead of it just being a grind. This isn't for me, I'll leave all this money-making to other people”*.

In other words, you've installed in yourself a whole cluster of convictions, each one of which will one way or another block your path the next time you try to increase your income.

These convictions and the corresponding emotional blocks will surface when you get to the second step in the work and hold you back.

This needs to be taken into account

The second difficulty

The second difficulty is the Subconscious not understanding **how precisely you want to realize your new attitudes**.

For example, have you downloaded in yourself the new conviction about money *«I effortlessly (playfully) earn a lot of money”*. Very well, but in concrete terms what is meant here? Simply that you should now earn more money, or do you want your present financial assets to become “huge”? You don't seem to have said anything about this. And in general your phrase “*playfully*” is unclear. Do you want to get into the gaming industry? Or win lots of money at cards? It's unclear what you want.

And in your Subconscious there might still be attitudes which you haven't worked through such as *“Be like everyone else, don't stand out from the crowd!”*. Or *“People are spoilt by being rich!”*. Moreover, your new aspiration and your previous programs have roughly the same status, that is, **they have to be satisfied at the same time**.

Now think of your Subconscious when it's presented with this riddle – how to combine “earning loads of money”, “not standing out from the crowd”, and “not being spoiled”. And then there's your “playfully”! Could you invent a way of doing this?

One possibility – you're suddenly invited to go and live in a country with a cheap currency. And there every dollar you earn through your work is transformed into “big” money. Which, by the way, all your colleagues get as well, so you don't “stand out” from them. And there's little chance of you being “spoiled”, as you've got your money through hard work.

Does this way of fulfilling your desire suit you? Probably you were hoping for something different. But not having a clear idea of what your striving for, often leads to very strange results.

Be precise

And indeed aficionados of work with affirmations often behave like that - they install in themselves a “botched” positive conviction and expect concrete results. As they say, let wait and see what the Universe comes up with.

And when this very “Universe” in the form of our Subconscious realizes our wish in a way which suits it (the Subconscious), we pull a face and draw the conclusion that *“this is all nonsense, nothing works, the Universe is not helping us”*, and so on.

But all this is crude way of treating a highly complex instrument which was given us at birth, but which none of us have learned how to use.

Now we'll master the first skills needed on our path towards using the possibilities of our Subconscious.

Which is why the following step is essential.

The third step – we make a very concrete formulation of the goal which we want to achieve in the near future.

In other words, we translate the general wishes of the second step into concrete figures, dates and other key indicators of the goal we're striving for.

To continue with the image of a patch of ground in a clearing – with this step we finally plant our seed, which is supposed to come up and transform itself into the flower we want, in the prepared soil.

There is a multitude of recommendations for the formulation of the goal – it's essential to take them into account. We'll examine them in more detail in the third part of the book.

Here we'll just note that when we attempt to install in the Subconscious a clearly formulated goal, we'll probably uncover yet another layer of emotional blocks which we didn't touch on in the previous two steps.

Here, blocks which are linked to your self-image might manifest themselves: *“Such results are beyond you”*.

Or linked to your system of values: *“Ok, but there’s no time to devote to this, there are more important things”*.

Or some of your idealizations (high-value convictions) might surface and distract you from your desired goal, directing your energy to the struggle for your ideals.

In general, there’s a lot in our Subconscious which can prevent us from achieving the goal we set ourselves in the third step.

Which is why the next step is essential.

The fourth step is to clear away the remaining obstacles on the path to the declared goal, and finally clear a way in the Subconscious for the steady progress towards its realization.

That is, at this step we continue the work of cleansing the body of limiting convictions and emotional blocks (“weeds”), which will manifest themselves periodically. And will, with the best of intentions, try to prevent us getting to where we want to be.

Using the image of cultivating the flower we want, we don’t neglect the planted seed and we continue to tend it. We water it, loosen the soil around it, clear away the weeds which are encroaching from all sides. As you will understand, you’ll need a month or two for this; or more, depending on the goal you’ve set yourself .

How much time is required

How much time will be needed to “clean away” all the emotional pollutants which have accumulated in you and release all the energy needed to create the reality you want to arrive at.

Of course it’d be nice to have a precise answer to this question. For example, 40 hours or 21 days. Or maybe something a bit less specific. So many authors quote similar figures.

It’s all nonsense. There are no general time frames, it very much depends on the individual.

It all depends on how positive and constructive you are. Or, conversely, how critical and sceptical you are. Or how profoundly convinced you are that it won’t work out for you whatever happens.

Do you live in total fear for the future or do you trust Life?

How much emotional pollution have you been able to accumulate up to the present time? Are you free of it or are you up to your ears in emotions?

Do you stifle in yourself any surges of emotion or do you cheerfully unload them onto people around you? Do you have many expectations for which you struggle heroically, or are you more carefree?

Are you a flexible person who is open to change? Or do you live within a rigid framework and never go against established norms, even if you really want to?

How much effort are you prepared to devote to the achievement of the declared goal?

Will you give up and abandon the work on yourself after two days or are you ready for long-term and profound self-transformation?

Will you rely on yourself or will you be continually trying to achieve your goal by some sort of miraculous means using religious procedures or by turning to magicians and wizards?

As you will understand, **every person has his own set of answers to these questions.**

Correspondingly, **each of us has his own path from his present state to that of a person who can easily set himself goals and achieve them effortlessly in any sphere of life.**

If, of course, these goals are achievable.

To the most persistent people I would say : if you've always been positive and constructive, trusted in Life and the future, quickly erased any emotional blocks which might arise and are full of energy and joy when you look into the future, then the Technology of self-transformation is quite unnecessary for you.

With you everything succeeds even before you've given much thought.

Everyone else needs to work on himself for one hour a day on average for at least two months.

To achieve a stable result use the **specially created under the name "Your self-transformation assistant" - there you'll find collected together ALL currently existing work on the theme of inner changes. Its address is:**

www.selftrans.org

We'll now draw up the results of this chapter.

Results.

1. Our Subconscious can be represented as a clearing full of plants – our convictions, which can have positive or negative effects.

2. The attempt to cultivate a new plant (new conviction) there meets strong resistance from the plants which have been growing there for a long time.

3. *So that our new plant (a conviction needed by us) can take root, we have to eliminate the weeds (those convictions we have now rather than the new one) from the clearing beforehand. That is, we have to clear away the emotional blocks which support the convictions we don't want. This is the FIRST STEP of the Technology of self-transformation.*

4. *After that we have to fertilize the soil where the new plant will go. For this we replace our already existing convictions by new ones, which will promote the growth of the plant we need. This is the SECOND STEP of the Technology of self-transformation.*

5. *Only after this can we set the plant we need (our goal) in the ground. Therefore, at the THIRD STEP of the Technology of self-transformation, it's essential for us to clearly formulate the result we want to achieve. Otherwise we'll allow the Subconscious itself to choose the result and lead us to it. And this result will strongly diverge from our unspoken expectations, which will give rise to new anxieties.*

6. *When a concrete goal has been installed in the Subconscious, it might end up conflicting with other limiting convictions which are already there and emotional blocks which reinforce them (in other words, weeds, which we didn't consider it necessary to deal with at the First step, might return to complicate proceedings).*

So if we experience inner resistance, it's essential to use those instruments of the work with emotional blocks which we used at the First step.

7. *Since any weeds will leave traces of themselves anyway, it's essential to support the new plant over the course of several months so that it can finally get firmly established in the new ground and become strong enough to cope with any weeds.*

8. *Taken together all these results represent the 4-step Technology of conscious, long-term Personality self-transformation.*

Tasks for the chapter

1. Look at your past again – did you have strong anxieties? What conclusions might you have drawn when you experienced these anxieties? Do those conclusions affect your present life in any way?

On a separate sheet of paper write down those inner attitudes which you unconsciously installed in yourself in the past at times of intense stress.

2. Recall whether there were situations in the past when you set yourself a goal and you didn't achieve it. To whom or what did you ascribe your failures? To yourself, to external circumstances or to other people?

1.5 The first step – away with the emotional pollutants!

They'd been happy for a long time.

Until they met each other.

So, we've established that to start with we have to remove from the body those emotional blocks which are holding us back on our path to inner changes.

How can we do this?

There are lots of ways.

Psychotherapy

What do psychologists (or psychotherapists) do, when a person turns to them? They relieve him of suffering caused by certain of his expectations being disappointed. He's been unjustly humiliated, betrayed, deceived, sacked. He's embroiled in a protracted conflict and can't get out of it. He's ruined, gone bankrupt, been betrayed by his best friends. And so on.

What does the psychologist do? He works with the person's most important problem, that is, **his biggest emotional block**.

In the course of the work, he'll either downgrade the person's expectations (*she's gone – it's all for the best, now you're free!!!*) or extract the energy from the biggest emotional block.

In parallel he'll use any available means to try and replace the patient's rigid expectations (convictions about how things ought to be) by other, gentler ones.

As psychology has grown out of psychiatry, all psychological help is constructed as a device with which a specialist can help an ill person.

A patient is rarely given a tool for use in future conscious, independent work on himself and his convictions. Perhaps various preventative mental health care measures, but nothing beyond that, because psychology doesn't have instruments with which the patient work with his problems independently.

Here – the technology of self-transformation

In this book the TECHNOLOGY OF CONSCIOUS SELF-TRANSFORMATION OF PERSONALITY can be accessed.

By no means everyone has the appropriate set of personality characteristics to enable them to use this Technology. So of course the help of priests, psychologists, psychotherapists and psychiatrists is still necessary and useful.

In roughly the same way the progress of ideas about healthy life-style does not make medicine redundant. Although people who have a healthy life-style rarely go to a doctor.

How should we cleanse ourselves?

In this book we propose the use of a new technique which has been called “Effective Forgiving”.

The gist of it is simple.

Having understood that our body is full of emotional blocks and made the CONSCIOUS decision to give up the struggle for our ideals, **we GIVE THE ORDER TO OUR SUBCONSCIOUS TO REMOVE THE EMOTIONAL BLOCKS WHICH HAVE ACCUMULATED IN OUR BODY.**

It's all quite simple, or so it would seem. I'll sort out my blocks, my Subconscious. I'll say to myself: *“I order my body to be cleansed of all emotional charges! Carry out the order!”*.

Will that work? Will the organism obey you?

It might work with some people, yes. There's obviously only a handful of them. Although I haven't come across a single one of them yet...

They don't listen to us...

With everyone else, such an order will simply not be carried out.

Why?

Because **our Subconscious simply won't believe us!** Because it sees a total lack of correspondence between the significance of previous orders and this one.

The majority of previous orders (*“There's no way I'm going to get involved in this business again!... There's no way I'm going to love for someone again!”*) **were given while experiencing a very powerful energy surge. They had WEIGHT. They were saturated with energy.**

And alongside these, the present mumbling on about *“I choose to forgive all those idiots and stop having conflicts with them”* just sounds like pitiful babble, not deserving of any attention. In other words, this order may be ignored.

Such is the customary logic according to which our thoughts and desires are processed.

This means that in order to be heard, **we need to give WEIGHT to the order**, so that the Subconscious understands that we have taken a DECISION WHICH IS REAL and VERY IMPORTANT TO US. **And we demand that it be carried out.**

In other words, we have to confirm the IMPORTANCE of our decision.

How can we do this?

How to confirm the importance of an order

Everyone of us experiences a multitude of emotions and desires, and the organism (the Subconscious) has elaborated a precise criterion as to whether it's worth carrying out the order or whether it's a passing whim.

This criterion is simple – we have to show how IMPORTANT THIS RESULT IS TO US.

But usually how do we confirm the IMPORTANCE of a given result to us?

Recall what you experience when you go to a meeting and don't know how it's going to finish.

When you're waiting for the result of an important exam.

When you're trying to get a particular job and are putting a lot of effort into it.

When you're ready to enter a competition and you're hungry for victory.

You're in a state of intense arousal. The organism raises your energy-level so that you don't make a blunder at the crucial moment. It's recognized your goal as IMPORTANT and it's undertaken to help you.

Why has it undertaken to help you? Because **you've thought about this result a lot. You've planned your future.** You've EXPENDED A LOT OF TIME AND EFFORT in order to achieve this result.

In other words, **you've invested your energy, your time and sometimes a lot of money as well. And precisely because of that you've confirmed its importance and significance for you.**

We get what we value

In other words, it wasn't some sort of fleeting wish which you'll forget about after five minutes. It wasn't a random emotion which flared up and disappeared without trace.

It was a result which you'd contemplated for a long time (at the level of Reason). Which itself showed the Subconscious that it is necessary and important to you.

And it's marshalled its resources to achieve your result. Including putting you in an aroused state to enable you to overcome any difficulties.

This is how natural processes unfold in our organism. In accordance with an algorithm which has been elaborated in the course of evolution. **If you concentrate hard, think, value, make the effort – you might achieve the result** (but might not, if there is very strong resistance).

If you've just dreamt about it a couple of times and then forgotten about it – the chances of achieving it are quite negligible.

Maybe **it was a completely new desire, about which there were no attitudes in the Subconscious which might inhibit it.** In that case your desire might somehow be miraculously realized, to the envy of other people.

But usually only once.

It all takes a very long time

It turns out that the usual path is a **long path**, where we have to think long and hard about our goal “to remove the emotional block from the body”, and repeat many, many times the formula for forgiving. Or some other formula aimed at erasing the emotional block.

In fact, this is what is recommended by all specialists in work with affirmations or formulae for goals.

But it's highly desirable to get results as quickly as possible.

Who's holding us back?

To find a way of speeding things up, we have to understand who **carries out the function of protecting the Subconscious from our new ideas and random desires.**

Or, to put it another way, which part of the control system of our body carries out the function of “inner filter” or “inner controller”.

It would appear to be **our Reason**, a part of which specializes in comparing and taking decisions.

For example, if there arises in us a desire to buy something (or install in ourselves some new attitude), our Reason sends an enquiry to the Subconscious: what have you got for us on this?

The Subconscious (its operational department), after quickly scanning the shelves in the Department of Prepared Decisions and other memory banks, presents information as to whether this purchase is necessary, what your husband (wife) might think about it, whether you can afford it and so on.

Reason processes these data and takes a final decision.

Remember what you're thinking when you're standing in a shop next to things you like and weighing up whether to buy them: *“I like it, but it's a bit dear. And my husband will moan about me spending money on rubbish. And we've got a debt to pay off in a month, and buying this might make that difficult. OK, I won't buy it today, I'll be back when I can afford it”.*

This is how our Reason argues. And on the basis of its reasonings, it takes the decision: *“I mustn’t do this”*.

Sometimes we’re aware of these reasonings, but sometimes they take place so rapidly that we receive the prepared result immediately.

But what happens when we work with affirmations or a goal?

The same thing happens when we attempt to install a new conviction in ourselves.

For example, you’re fed up feeling guilty all the time, you’ve written in a notebook that you need to download in yourself a conviction such as: *“I approve of all my actions! Everything I do is wonderful! I’m delighted with myself!”*. And you start repeating it to yourself in the hope that after a certain time you’ll stop blaming yourself.

What happens when this conviction is repeated? Reason requests information from the Subconscious - what’s its verdict on your wonderful idea?

It receives the reply that for years you’ve been living with the convictions: *“you’re always guilty of everything, you do lots of things the wrong way, so you deserve to be punished for your mistakes”*. Moreover, **these convictions are reinforced by powerful emotional blocks, which were formed at those moments when you were condemning yourself (that is, trying to fight against yourself)**.

What remains for Reason to do in this situation? Naturally, to take the decision that your new attitude is a whim with no force behind it, and so has to be rejected.

Only **if you invest huge efforts** – for example, repeat the new attitude several thousand times, **will Reason take into account your doggedness and give the order to replace your former convictions by new ones**. And the order to eliminate the emotional blocks which supported your former convictions.

As all these processes will take place slowly, you probably won’t experience any particular bodily reactions.

Is it possible to speed up this process?

How to speed it up?

Certainly, **it’s possible to speed it up, if in some way you can take our “internal critic”, that is, our Reason, out of the process of installing the new conviction**.

In that case our orders will pass directly into the Subconscious and attempt to replace the convictions already there.

But how do we switch Reason off? Well, not totally switch off, as when you lose consciousness, but to a limited extent, so that it still partly functions and helps us

download the desired attitudes in the Subconscious. But in the process refrains from evaluating and rejecting.

What switches Reason off?

We've already noted in earlier chapters that Reason is switched off when we experience intense Emotion. When you feel passion or rage, your actions are ill-considered (unReasonable).

But what is this intense emotion? Above all, it's an aroused psyche. Or, put another way, a high-energy state.

Can you download if you're experiencing natural emotions?

It's hardly going to be possible to use an inherently strong emotion to support our goals. If you're running away from a vicious dog at a high speed, you'll be in a high-energy state generated by fear. And at that precise moment you're not likely to be able to think about this being the most appropriate time to mumble to yourself such phrases as: *"I approve of all my actions! Everything I do is wonderful! I'm delighted with myself!"*.

There won't be time to do it. In fact Reason will be paralyzed, so there'll be no one there to think on.

So we need to find a way of raising our energy-level without completely paralyzing our Reason.

What other ways of achieving this are there?

Let's try eroticism

Of course, erotic thoughts can arise in an instant. Sex, the viewing of erotica or porn does really lead to a significant raising of the energy-level (level of excitation) of most people.

The difficulty with using this activity for our purpose lies in the fact that this kind of excitation strongly depends on what we are doing or what we are watching. We have to switch our attention from the erotica to the work with inner convictions whilst being aroused.

In addition to that, this energy level is significantly lower than the level of despair when we install in ourselves programs of the type : *"There's no way I'm going to..."*

Frequent repetition of the command is required to clean away the emotional blocks, and this will make it even more difficult to get aroused.

And if there's a high level of excitation in the course of sex, the brain (Reason) will be completely switched off, and we'll forget that at the start of this process we were about to forgive someone or install attitudes in ourselves. Again, we won't manage it.

In general, it's very problematic using eroticism to achieve our goals.

We need to find something more stable and subject to our control.

How will we raise our level of excitement?

There's a branch of contemporary psychotherapy called Transpersonal psychotherapy, developed by Stanislaw Grof. It's based on a breathing practice called "Holotropic Breathing"; another version of it is "Rebirthing". This technique was used by American Indians for healing and nowadays it's become the foundation of a whole psychotherapeutic movement.

The gist of the practice is simple. People **lie down** on the floor and, accompanied by specially selected rapid music, they start to breathe heavily for 60-90 minutes. This leads to hyperventilation of the lungs, an excess of oxygen generates states in the body which are similar to those induced by powerful narcotics. There's a sharp rise in the energy-level of the body, streams of energy start to flow through the body and erase emotional blocks.

People with a large quantity of emotional blocks experience intense bodily reactions during the first breathing sessions. At the raised energy-level, Reason is entirely switched off, which sometimes leads to complete loss of control over the situation, so it's required that someone (the "sitter") keeps a close eye on the breather (the "experienter").

After that, once the most powerful blocks have been erased, such breathing sessions can be carried out independently.

Usually, to be completely cleansed of all emotional blocks, at least ten sessions of holotropic breathing are essential.

No inner commands are given in the course of the breathing sessions; the whole process of cleansing is achieved purely as a result of powerful flows of energy.

In this therapy Reason is not required.

It's a psychotherapy which is completed at the First step.

Let's use breathing to switch off the "controller"

What interests us here is the fact that **it's possible to raise the energy-level of the body using high-intensity breathing.**

That means that **we can use high-intensity breathing to put the organism in a state of excitement in which our Reason loses its "controlling" function.** And stops rejecting new attitudes on the basis of our past experience.

But it has to at least partly function so that we can bring about the downloading of the needed commands into the Subconscious.

For this we definitely don't need the trance states and the accompanying loss of control of the situation, which happens with holotropic breathing.

So we'll only do the breathing in a standing position.

When a person is standing, a certain part of his consciousness, which allows him to remain in a vertical position, continues to function.

It helps us to download the required commands into the Subconscious.

Effective downloading

So the technology of intensive downloading of commands we require into our Subconscious has been seen to work.

The method of downloading into the Subconscious a formula for forgiving is called "Effective forgiving". Effective means quick.

When we download into the Subconscious positive convictions required by us or formulae for a goal, the method is called "Effective self-programming".

We breathe and give ourselves commands

The gist of this method is simple.

To begin with we do intensive breathing for several minutes. During this time we take into ourselves a surplus quantity of oxygen and prana from the air. The energy-level in the body is raised, bringing about a partial suspension of the control functions of Reason.

We breathe in a standing position in order to control our state.

Our breathing is accompanied by a special rapid music which sets the tempo of the breathing.

Then we start mentally producing the commands which we want to download into the Subconscious.

Whilst doing this **we continue breathing intensively** in order that our "inner controller" doesn't wake up.

Since we've switched off the "inner controller", that is, interrupted the logic of the long-term and "soft" resetting of the Subconscious, the replacing of convictions or the carrying out of commands to erase emotional blocks in the body is accompanied by other processes.

These **might be very pleasant processes**. But that doesn't happen often.

They might be neutral states, in which you do the breathing, give the orders to yourself and don't feel anything.

Or they **might be very painful processes**.

It might be painful

Why do they arise? When, using the approach proposed here, you give yourself a command to erase an emotional block, your **Subconscious immediately starts carrying it out.**

Your Instinct (more precisely, your Reptilean brain) understands that you've chosen to completely forgive this person and not have conflicts with him anymore. It can't check the truth of your claim – your “inner controller” has been switched off by the raised energy-level. Hence Instinct believes you and gives the order to remove the emotional block. **That is, literally removes the cramp at a particular point in the body.** Our compressed bodily “spring” is released and will probably damage surrounding soft tissues in the body. Of course this will have an effect on the pain-receptors, which will send a signal that something is happening in this part of the body and **that an additional quantity of energy is required there for the repair of tissues.**

Therefore **it's very important to observe the rules of the technique of working safely** with the methods “Effective Forgiving” and “Effective Self-programming”. We'll examine these rules in detail in the next chapter.

This is not the holotropic method

Thousands of people have already worked with the method of “Effective Forgiving” with more than wonderful results.

Some people call this process “holotropic breathing”. This is not correct. They are completely different methods.

In holotropic breathing (rebirthing):

- . Intensive breathing is the basic process which produces the cleansing effect on the body
- . The process of breathing is carried out lying down, which excludes the necessity of control over the body and facilitates entering into a deep trance state.
- . **Intense trance states are desirable**, as they lead to the body being more thoroughly cleansed of blocks.
- . **No advance preparation for participation in these processes is required.** You arrive, you lie down and breathe, all the rest takes place automatically.
- . In order to erase negative programming arising in child-birth, **a physical, group technique “passage through the birth canal” is employed.**

. A lot of attention is given to those visions which people receive during a breathing session. These visions are discussed after the breathing session from perspectives of projective psychodiagnostic assessment.

. This is a **psychotherapeutic procedure, which is completed after the body has been cleansed of the accumulated blocks**. Since it doesn't bring about the replacement of the inner convictions giving rise to the anxieties, after a certain time a new procedure of cleaning away newly accumulated blocks is required.

Characteristics of the practice of "Effective Forgiving":

. **The basic cleansing and transforming effect is produced by the rapid downloading into the Subconscious of pre-prepared commands** (formulae for forgiving or new attitudes).

. **Intensive breathing is an auxiliary process**, with the help of which the process of evaluation of commands being received is switched off and as a result they are downloaded into the Subconscious without any delays.

. **The practice is carried out in a standing position**, in order that the person practising it is conscious throughout, can control the processes taking place in his body and can download the necessary commands in himself.

. **Before working with the practice it's essential to prepare a set of commands**, which will then be downloaded into the Subconscious. Or it's possible to use prepared sets of commands for a specified subject area.

. **The practice is individual**, not requiring the presence of an instructor, assistant or observer. On the contrary, it's desirable to carry it out on your own.

. No additional bodily or other psychotherapeutic and correcting exercises are envisaged.

. Visions arising during the intensive breathing have no importance. Indeed, if the technique is carried out correctly there can't be any visions, since the waking part of Reason should always be occupied with the downloading of commands or the removal of the effects of erasing the emotional blocks.

In other words, these are **two entirely different technologies** for transforming people, but utilizing an identical process – intensive breathing, which is applied in both with completely different aims.

What next?

You've got the hang of the technology of Effective downloading of the commands you require into yourself. What should you do with it now? Which commands should you give yourself?

Answers to these questions will be examined in detail in later chapters.

Now we'll draw up the results for 1.5.

Results

1. If you simply give yourself the command "I free my body of emotional blocks", such a command will probably be rejected by the Subconscious.

2. Our Reason evaluates the seriousness of our intentions, compares them with the seriousness of the convictions regarding the same matter which are already in the Department of prepared decisions, and takes a decision. If there are negative events in our past which confirm convictions we have currently, the simple command to change will be rejected.

3. It's possible to demonstrate the seriousness of our intentions by investing a large amount of time and effort, as is recommended by most authors. This is not very effective.

4. Another way is somehow to switch off the controlling function of our Reason when downloading the new commands. For example, by using intensive breathing to force a raising of the energy-level of our body.

5. As a result, a technology has emerged which enables us first of all to switch off the control function of Reason, and then download the required commands into our Subconscious.

6. When using this technology there are sometimes marked bodily reactions, therefore it's essential to follow strictly the rules governing the Security Technique for work with that technology.

Tasks for the chapter

1. Try and check how intensively the process of downloading the required commands into the Subconscious proceeds, if your "internal critic" is not switched off.

To do this, try and repeat to yourself a formula for forgiveness for 20-25 minutes, for example: "I completely forgive and accept myself as I am! I ask myself for forgiveness for all the thoughts and emotions I had when I was dissatisfied with myself. I completely approve of all my actions in the past, present and future!"

You can change these phrases a bit, but not the meaning.

Observe what happens in your body when you mentally repeat these phrases.

On the next and subsequent days pay attention to whether there remain any side-effects from the procedure for self-forgiving which you've carried out.

1.6 What we shall we install at the First step?

Now we've got the technology for effective downloading of new commands into the Subconscious, we want to start using it as soon as possible. But which commands should we give ourselves if we want to avoid doing more daft things?

Which guidelines should we follow?

Of course, we could try and take the "bull by the horns" straight away. That is, immediately start repeating things like : "I'll erase all emotional blocks from myself!"

This is not a new idea and might even lead to a result. If, of course, you succeed in explaining to the Subconscious what precisely you mean.

Let's explain to ourselves that there aren't any enemies

If we give ourselves a command like "I'll erase all emotional blocks from myself!", then our Instinct will clearly resist this command.

If you're surrounded by so many enemies ready to attack you, are you suddenly going to get rid of your "battle-charges"? How are you going to assert the rightness of your position after that? The boss (that is, you) has clearly lost his mind, you need to resist his ravings to the last.

This is a perfectly normal logic for a creature living in a not very correct world. Where, after all, lots of things need to be corrected or explained, and lots of people need to be coerced. We're all in this situation, aren't we?

And now we're supposed to act in such a way that **we lose part of our resources for making the world around us a little better**. Who would voluntarily agree to that?

This means that the direct command "I'll remove my emotional blocks" will clearly meet with strong opposition from practically all of the emotional blocks we already have.

It looks as though we'll have to get there by an indirect method.

This method is not new. It was invented several thousand years ago and described in detail in various books, including religious ones.

It's the **method of forgiveness and acceptance of everything we disagree with**.

Meditation on forgiveness

This technique is called “Formula for (or Meditation on) forgiveness” and consists in the frequent repetition of two phrases in all:

“With love and gratitude I forgive (name) and accept him as he is.

I ask (name) for forgiveness for my thoughts, emotions and actions in relation to him”.

Any person can become an object of forgiveness, you yourself, Life in general, or any other object which elicits negative emotions in you (tax inspection, money, being overweight, and so on).

In other words, anything which has triggered in you a passionate desire to go and correct something.

Let's work with one block

As you can see, **a formula for forgiveness is focussed on erasing only ONE specific emotional block.** There's a particular person you've had lots of negative feelings about and this has generated an emotional block.

Now you have to remove this block.

The direct command to erase the block will meet strong resistance.

Explain that you are withdrawing from the fight

This means that **you need to explain to yourself that this person is NO LONGER YOUR ENEMY.**

YOU WILL NO LONGER STRUGGLE TO IMPROVE HIM.

You accept him as he is, with all his imperfections. And even ask forgiveness for having earlier attempted to interfere in his life, even if it was with the best of intentions.

When we start downloading similar attitudes into the Subconscious, it doesn't elicit **any particular protest.**

Or joy either.

Who knows what idle thought has flitted into your brain? On one day you forgive, then the next you explode with rage and rush into a fight – who knows how many times this has happened before?

So the Subconscious has to be very careful and not rush before accepting a command for execution.

That is, it starts eliminating the emotional block bit by bit, extracting its energy. Not all of it straight away, but bit by bit.

Any emotional block is a superfluous load on the organism, an unnecessary expenditure of life energy in support of it. Once there's no longer any expectation of conflict, the Subconscious takes the decision to terminate this expenditure of life-energy. That is, to remove the already unnecessary block.

But not as quickly as we would wish.

How quickly is the block removed?

If you are simply repeating the formula for forgiving to yourself, then how long the process of erasing it takes depends on the "power" of the emotional block which you're carrying in your body.

Experience of work with the Formula for forgiving shows that **at least one hour of repetition of the Formula in a state of total immersion in the process of forgiving (as in meditation) is required for each year of your strained relations.**

That is, if you've been arguing with your wife (husband, parents) for 7 years, then if you're doing simple repetition of the Formula for forgiving in relation to that person, then you need at least 7 hours of work in total. No less and possibly more – it depends on the strength of your relationship; on whether you've suppressed your emotions or expressed them openly, on your level of emotionality and many other factors.

Correspondingly, if you've been arguing or just getting on each others' nerves for 20 years, then you'll need at least 20 hours of work with the formula for forgiveness.

If you find yourself in the company of this person and he continues to provoke new emotions in you, then the time required by the work will increase, as you will understand.

Now put yourself in the place of your Subconscious: you mutter on about forgiving this person, then suddenly start getting irritated by him. What does the Subconscious believe? Are you preparing for peace or war? It's having a struggle trying to deal adequately with any of your decisions.

One can only feel sorry for it.

What happens in the body?

Sometimes in the initial stage of the work with the Formula for forgiving, there are intense bodily reactions, which usually pass after 10-20 minutes.

Unexpectedly your head might start aching, your heart pounding, you might start coughing badly or your eyes might start watering, and so on. The reaction depends on where the emotional block you're working with is located in the body.

As the process of forgiving is fairly protracted and slow-acting, the bodily reactions which arise usually pass quickly.

How can we strengthen the effect of forgiving?

It's possible to strengthen the effect of work with the Formula for forgiving by involving the imagination.

Whilst repeating to yourself the formula for forgiving a specific person, **you can imagine yourself getting down on your knees before him and sincerely asking for his forgiveness.**

He might turn his back on you whilst you're doing this.

And only when you convince your Subconscious that you are really serious and in future intend to react calmly to any of the actions of the person you're forgiving, whatever tricks he might be getting up to, will it completely remove the emotional block which has been "charged up" for the fight against that person.

In your imagination he might turn back to face you, and even hug you.

But be careful! Your imagined embraces can in no way be considered as showing that the forgiving is complete and that you can stop working with the formula for forgiving in relation to this person.

There are lots of people with highly developed imaginations, who in a matter of seconds can imagine that they've made friends with their enemy and are hugging and kissing each other.

In most cases this will merely mean that they've got a vivid imagination and nothing else.

The only real evidence that you've succeeded in removing the emotional block will be that **your reaction to ANY of the actions of the person, in relation to whom you've been working with the Formula for forgiving, is detached and friendly (or humorous).**

Don't confuse forgiveness and real actions

Be careful! Many people conflate their relationship to the situation and defending their rights.

In other words, they think that "forgiving and accepting" permits your former adversary to do anything he likes TO YOU. That is, be violent to you, insult you, interfere with your money or property. And you're supposed to smile and bear it.

In other words, be "Christian" - "turn the other cheek".

This is a mistake.

If you've accepted and forgiven another person, then you can observe how he drinks, sits for hours in front of the computer, has a good time, loafes around and so

on, in a detached and friendly way. You no longer try to wean him off these harmful habits. You accept without reservation his, from your point of view, flawed nature.

BUT ONLY IF THAT DOESN'T INFRINGE YOUR RIGHTS AS A PERSON.

And the rights of your child, for example.

If he's really interfering in your life, committing violence against you in some way, then **YOU ARE ABSOLUTELY NOT OBLIGED TO TOLERATE IT.**

You are entitled to defend your rights by any means available to you. Apart from rowing and fighting, needless to say.

If your adversary breaks the law, then, instead of spending a lot of time in a rage or some other negative feeling, you calmly, with love and gratitude, call the police and make a statement about his behaviour.

That usually sorts things out straight away. As soon as there's a real threat of punishment from a real Force (the police), the unruly hooligan immediately calms down, and starts behaving within the law. This is borne out time and again.

Your tolerance and all-forgiveness simply encourages his hooliganism. **A civilized person never commits violence against another PERSON. A highly instinctual primate with a tendency to use violence only understands the language of Force.** Here you talk to him in this language, using real force (the law, police) instead of just screaming.

Obviously, this recommendation only works in places where there is civilization and the forces of law and order really carry out their functions.

How to speed up the removal of the blocks?

Repeating the formula for forgiving is not a bad instrument, but it's not fully effective, when this process takes place in a state where **our Reason checks every one of our commands and either allows it through for execution or rejects it.**

It doesn't seem to have any grounds for not letting through commands to forgive and accept a specific person, as we are not ordering a reduction in our "battle-readiness" – that would meet with stiff resistance from the already existing blocks.

And we as it were back off – we don't fight to realize our expectations (that he stops drinking, fooling around, etc.), we simply forgive and accept.

But all the same these commands pass by the "internal censor" and are slowly carried out.

How can we force the Subconscious to start carrying them out more quickly?

We already know the method – **our Reason has to be gently switched off.** More precisely, not the whole of our Reason, only our "internal critic".

That is, use the technology of Effective downloading into the Subconscious of commands to forgive and accept.

This technique is called Effective forgiving.

The technique of Effective forgiving

The gist of it is simple.

To begin with we do intensive breathing for five minutes, which results in the control function of our Reason being switched off.

We breathe in a standing position so as to maintain full awareness.

Then we start to repeat the formula for forgiving to ourselves.

If there are bodily reactions, we first of all work through them **with the help of healing breathwork**, then continue with the mental repetition of the formula.

And that's it.

The recommended time for working with the method of Effective Breathing for one session is 20 – 25 minutes. It's best to spend this time **working on only one object of forgiveness.**

If there's spare time and the desire, you can work for another 20 minutes – perhaps with another object of forgiveness.

You should not restart the work earlier than the following day.

Our commands will start being carried out

When we start giving ourselves commands in a higher energy state, they will be carried out immediately.

In other words, **the Subconscious will actively begin to annul the emotional block present in your body (and no doubt, several interrelated blocks), which was generated by a conflict with the object of forgiveness.**

And what is taking place in the body when hitherto compressed “springs” in the body are released?

The body will start to react physically.

Quite often the reactions will be painful.

Ouch! That hurt.

Here are several descriptions of states which people have experienced when working with the method of Effective Forgiveness:

Hello, Alexander. In the first minute I experienced a strong pain in the kidneys and spine, and after five minutes I stopped, but not because I can't put up with pain, I can, it's just that a strong feeling arose in me "that's it, enough, stop". Nastya.

Alexander, Hello! A huge thanks to you for the technique! I was looking forward to it, I had decided immediately to try out this method out on myself. I'd already been familiar with holotropic breathing. This is something else..it's a bomb! I wept torrents of tears, my hands were so cramped that 30 minutes after the session I couldn't straighten them up, I was shaking like a leaf. I thank you, Alexander, for your huge efforts and for the help you give to people. Many thanks, Irina

Hello, Alexander! I'd like to describe my sensations after the sessions of EF. The first time I was simply stunned by the effect, I hadn't really believed the testimonials I'd read about twisted hands...but mine were so cramped that 15 – 20 minutes after the session I couldn't move my fingers..., and when I came to the text, every phrase burst out of me with sobs...and after the session as well...I started on the second session in the hope that it would be easier!...but it wasn't...this time, as well as my hands, my whole face seized up...I had to breathe through gritted teeth and look at the screen with my eyes virtually closed. Natalya

Alexander, THANK YOU!!! I did the forgiveness technique for the first time. The breathing was easy, I quickly went into a trance, "spoke the attitudes", and felt that I went even more into a trance... really I just read them and concentrated more on the breathing.

BUT WHEN I came to the bit about forgiving my child...at that moment I just flipped out! And it took my breath away, and I was struggling to breathe, I wept floods of tears, and the back of my throat itched...even though this phase [of EF (trans)] only lasted several seconds...BUT WHAT POWER!!! Viktoria

Alexander Gregoryevitch, Thank You, Thank You, I Thank You and the Universe for this wonderful technique "Effective Forgiving"! After doing it for only 20 minutes, I was in the 7th heaven, I felt a sea of energy inside me. And during the effective forgiving after the "reading of each mood", I yawned so much that my cheekbones hurt and my tears flowed without emotion, my legs ached and my whole body was frozen. And also I sometimes had a sharp convulsion and coughed. Now I feel wonderful, With Love and Gratitude, Nelly

Naturally, not everyone has such reactions. But, when embarking on the cleansing of emotional blocks, you must be prepared for the fact that you might experience some pain in the initial stages.

But then, in effect, all that awaits you afterwards is happiness. After everything's been completed, of course.

What should you do, if you felt that, whilst dealing with the emotional block, you experienced some pain?

How should you deal with painful reactions?

That depends on the severity of your unpleasant bodily reactions.

If they are very intense, you mustn't persist, stop the intensive breathing immediately, and postpone the work on cleansing yourself of emotional blocks until the next day. Or abandon the breathing completely and use the technique of writing down and the subsequent listing of the Expanded Formula for Forgiveness.

If there are painful reactions, but they're quite tolerable, then you need to work on them.

The unloading of the emotional block has taken place, your bodily "spring" has been released, and your bodily tissues have been slightly traumatized.

The body's reaction to this was pain.

But what is pain? **It is the organism's cry for help.** In whatever place in your body it occurs, the organism is not able to deal with it independently.

It's asking us for help.

How can we help it ourselves, without using tablets, ointments or other external means?

We can send additional energy to the place where the organism is not coping with it on its own.

We use breathing to heal

For this **we can use the ancient Indian technique of healing breath.**

The idea behind it is simple.

You breathe in air as usual, through the mouth into the lungs.

Exhale through the mouth.

But mentally represent this to yourself as the air passing from the lungs through the sore spot in the body and then into the outside world.

In other words, **you as it were exhale the air through the sore spot in the body, wherever it might be.** Inhale normally.

On doing this you will have the clear sensation that **the sore spot is getting warmer.**

The breathing is intensive as before , allowing one to maintain a high energy-level and shut off the critical function of Reason.

But you mentally direct all of your intensive exhalations to the place in the body where the emotional block has manifested itself inside you.

After a certain time the pain will go away, usually after 3-5 minutes.

Sometimes it's necessary to spend 20-30 minutes to remove the painful sensation.

Whilst using the healing breathwork, you need to stop repeating the Formula for Forgiving, and concentrate purely on directing the energy to the sore spot in the body.

When the pain passes, you can return to the mental repetition of the Formula for Forgiving.

You needn't repeat the Formula aloud – this will interfere with the intensive breathing.

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The safety technique

By no means everyone can use the method of Effective Forgiveness.

The following groups of people are categorically prohibited from using this technique:

- . **those who are pregnant, at any stage of pregnancy.**
- . **people registered with a psychiatrist for any mental illness. Or people taking tranquillizers.**
- . **people with high blood pressure, especially if critically high.**
- . **people with very low blood pressure.**
- . **people who have recently (less than 3 months) undergone complex operations (including eye operations).**
- . **people who are suffering as a result of any illness or serious trauma.**

In general, the method of Effective Forgiving is not recommended for any highly emotional person over the age of 45.

Of course, most people in this age-range are completely healthy and may feel wonderful. But some people who are prone to intense emotional reactions might, by this age, have accumulated a huge quantity of blocks. And on using Effective

Forgiveness, they might start experiencing very intense bodily reactions, which require urgent medical intervention.

So, if you are over 45 and your past is full of unpleasant memories, we recommend that you refrain from using Effective Forgiving.

In that case how can one achieve the cleansing?

What can people in these categories do?

If you belong to the list of those who are categorically contra-indicated for the use of Effective Forgiving, you should simply use the gentler techniques for the cleansing of emotional blocks

Above all, the **frequent mental repetition of the formula for forgiving without intensive breathing**.

It'll take more time, but the result will be the same.

You can also use any of the wide range of psychotherapeutic practices known to you.

You can, for example, use the following method.

A diary of memories

Take a blank exercise book and begin writing BY HAND and **in as much detail as possible a description of what has happened in your past**. That situation which you want to erase from your memory, but for which you can't use the technique of Effective forgiving.

You need to describe everything down to the last detail – what was being said and done and by whom, the colour and type of clothing you were wearing, what sort of wall-paper was on the walls, the time of day, what was on the table or where you were, and so on.

You'll see that every time you do it, more and more details will appear – it turns out that we keep them in our Subconscious and never remove them. And when you start getting immersed in the process of remembering and making a note of the memories, all the details will rise to the surface.

It's possible that in the course of recording your stressful event (or strings of events – in that case you need to describe everything you can remember in all its detail), you'll burst into tears. Or you might start experiencing very unpleasant sensations – this will indicate that you are removing the energy from the emotional block and that it's changing its dimensions, which will have an effect on your bodily tissues.

If the sensations become very unpleasant, suspend the process for the time being. Go back to it when your condition improves.

The total length of one description might be something like 3 to 20 pages of handwritten text. Only handwritten!

Then do the same very detailed description again – but not earlier than the next day.

On the day after that do the description again, and so on.

Overall, to extract all the energy from a very intense (betrayal, treachery, etc.) and protracted stressful state (troubled personal or family relationships, problems in business, conflict at work over many years), you need to rewrite everything 50 times.

In other words, to erase a single powerful emotional block just using this method you need up to two months.

As a result all of the internal cramps, all of the unpleasant memories linked to a particular person or situation, will disappear.

Interrupting the work on yourself for many days is not recommended, because as a result of your work so far you've "weeded the clearing", which the emotional blocks you've failed to uproot will start invading again. And they might make your condition even worse. But missing a day or two is not a problem.

Writing down the Extended formula for forgiving.

A slightly more powerful method consists in writing down everyday BY HAND the Extended formula for forgiving.

We examine how to write this formula correctly in the next chapter.

Now let's draw up the results for 1.6.

Results

1. To force your Subconscious to remove an emotional block, you need to install in yourself the attitude which will lead you to choose to stop the conflict with the person or situation against which the block is "charged".

*2. It's possible to do this using the Formula for forgiving, consisting of two phrases, the gist of which reduces to the simple thoughts: "From now on **I forgive** this person (Life, myself, the situation). And **I ask** this person **for forgiveness**".*

3. To increase the speed at which the emotional blocks are erased, it's possible, whilst repeating the Formula for forgiving, to switch off our "internal controller" using high-intensity breathing. This technique is called "Effective forgiving".

4. As the process of rapid removal of emotional blocks can be accompanied by intense bodily reactions, for several categories of people it is not advisable to use Effective forgiving.

5. Those for whom Effective forgiving is contra-indicated can use gentler techniques. For example, writing a diary of memories.

Tasks for the chapter.

1. Compose a list of those people, situations or any other objects which have provoked (or continue to provoke) strong emotions in you. Usually this list includes yourself, close relatives, your lovers, friends, colleagues and so on. It might also include Life in general, a particular organization, your work, business or something else.

2. Find some very rapid music or special music for breath-work (45-55 inhalation-exhalations per minute), switch it on and work with each of these objects using the formula for forgiving.

If you experience unpleasant sensations in your body, get rid of them using healing breath-work.

1.7 Let's write the Extended Formula for Forgiving

It's possible to strengthen the effect of the work with the formula for forgiving by extending it.

What do we mean by that?

A multitude of bubbles of energy

If you look back at your personal experience of struggling to change the humanity (in the sense of struggling to improve yourself or people around you), you'll clearly recall that the level of conflict was usually **increasing**.

To begin with you told the person good-naturedly that he needs to change (stop pub-crawling, neglecting his studies, being late, poking his nose into other people's affairs and so on). Then, when it became clear that he insists on ignoring you, you move on to the irritation stage and start frightening him by raising your voice. Or you don't raise your voice, but inside you seethe with irritation or rage, which you keep bottled up in yourself.

It follows from this that an **emotional block does not arise from an empty space** in . One moment there's nothing and then suddenly, hey presto, there are very intense emotions.

This virtually never happens.

That is, even if you've been deeply shocked by betrayal or infidelity, it's still true that **before this happened, you clearly had disputes, arguments about relationships, insults and other emotions.**

All the same, these were non-critical conflicts which caused small emotional blocks in your body, which you didn't pay any attention to. It's possible to think of these blocks as like foam bubbles.

And then, when the patience of one of the parties to the conflict has run out, he takes decisive action. Which the second party to the conflict interprets as betrayal, treachery or something equally unambiguous. And as a result a large energy bubble is created in your body – an emotional block.

So the emotional block, linked to a specific person or situation, probably can't be thought of as a single ball of energy.

Probably it's more like a heterogeneous clump of foam, consisting of small bubbles of varying sizes. Where each bubble was generated by a specific emotion.

What it looks like

For example, if you've had lots of emotions, but they're all small or medium in size – your emotional block is like foam you dissolve in the bath when you're having a long soak.

No doubt that's what emotional blocks linked to anxieties about chronic shortage of money look like. You probably haven't suffered any catastrophe with money, but you've accumulated your fair share of anxieties. And all of them minor ones. As a result, **all of them have formed in some part of your body a single emotional block, which is preventing you from changing your financial situation for the better.**

If your struggle for noble ideals has always been passionate and highly emotional, even if you haven't shown your emotions to people around you, then your emotional block will consist of large, fat bubbles. This is probably what blocks look like in women who can't control their emotions and are susceptible to dramatic bouts of hysteria. If your minor conflicts ended with a break-up which shocked you deeply, your emotional block will be similar to a large ball covered with small bubbles.

Sometimes there's just one bubble

But certainly there are emotional blocks consisting of a single large bubble. This occurs **when a totally unexpected event happens, which you react very badly to,** and as a result the emotional block is created.

For example, someone close to you dies unexpectedly (or perishes in a catastrophe). Or you're attacked unexpectedly and terrorized by a hooligan (thug). Or you're involved in a serious car accident. Or any equally energy-saturated event which is not associated with any prior arguments about relationships.

Of course, this block will not continue for long in the form of a single bubble – after the “principal” event, you’ll return to it in your thoughts and go through the emotions again. Which will give rise to small bubbles – the small blocks which accompany these emotions.

What’s the point of all these reasonings?

Let’s burst the bubbles individually

The above ideas allow us to further speed up the process of erasing emotional blocks.

In what way?

If we only use the simple formula for forgiving, consisting of two phrases, to erase the highly diverse emotional blocks, there’ll only be one result.

It would be as if we took a piece of sand-paper and cleaned away our heterogeneous emotional block layer by layer from the outside.

Obviously working like that would be time-consuming.

But it’s possible to do it another way.

Let’s puncture the separate bubbles

Suppose our emotional block consists of large number of small blocks which have merged together as a result of years of struggle – bubbles of varying sizes.

Corresponding to each bubble there is a specific event in the past.

This bubble – you’ve been let down and you’ve suffered because of it. Another bubble – you’ve been deceived. This bubble – you’ve been insulted, and so on.

If we start to neutralize the separate bubble-memories in the emotional block, then it will lose its consistency and become friable. That is, it’ll be easier to destroy it.

And how do we erase an individual bubble? It’s not difficult.

You merely have to forgive your adversary for the specific event in the past.

The more of such past events you recall and work with using the formula for forgiving, the more quickly the whole emotional block associated with the specific person or situation can be eliminated.

Hence the **idea of extending the formula for forgiving**, making it a multi-component method, and **incorporating into it the erasing of memories of distinct events in your past.**

As a result we have a **five-component Extended Formula for Forgiving (EFF).**

In itself the writing down of this formula is a powerful psychotherapeutic tool, which can be used by almost anyone.

And work with the Extended formula for forgiving together with high-intensity breathing produces a synergistic (resonance, frequently magnified) effect.

The structure of the Extended formula for forgiving

Currently the Extended formula for forgiving consists of the following five components:

I ask for forgiveness

The first part of the Extended formula for forgiving is called “I ask for forgiveness”. In this part you ask for forgiveness for having done something unpleasant to this object of forgiveness (to a person, yourself, Life, an organization, a money, etc.).

You write the formula: **“I ask for forgiveness from.....for having in the past.....”** – and then write down all those emotionally charged events or situations which you yourself have created with the best of intentions in order to prove something to your adversary; or to punish him in some way, so that he understands in what way he is mistaken.

That is, when YOU’VE DONE SOMETHING UNPLEASANT to your adversary, which you now regret. And you ask for forgiveness for what YOU have done.

That is, you take a sheet of paper and make a note, **using one phrase for each**, of every event where you have experienced emotions of some sort (negative, of course).

In this part people sometimes write down 30-40 phrases.

Here’s an example of Part 1 of the EFF [Extended Formula for Forgiving] for money:

I ask for forgiveness from money for having been afraid of it running out soon.

I ask for forgiveness from money for having seldom thought about it.

I ask for forgiveness from money for having seldom thanked it.

I ask for forgiveness from money for having thought that people would be envious if I acquired money.

I ask for forgiveness from money for having missed opportunities to earn it.

I ask for forgiveness from money for having spent it carelessly.

I ask for forgiveness from money for not having spent it on myself.

I ask for forgiveness from money for having got irritated with it when didn't have enough.

I ask for forgiveness from money for having spent it irrationally and sometimes regretted purchases.

I ask for forgiveness from money for having thought that wealth is unattainable.

I ask for forgiveness from money for having no rejoiced in what I have.

I ask for forgiveness from money for having considered money unworthy of my time and thought.

I ask for forgiveness from money for having been ashamed of not being able to earn it.

I ask for forgiveness from money for having no learned how to increase the amount I have.

I ask for forgiveness from money for having felt displeasure because other people have more.

I ask for forgiveness from money for having lost it too easily, not fought for it.

I ask for forgiveness from money for having appreciated how much I had.

I ask for forgiveness from money for having thought it doesn't bring happiness.

I ask for forgiveness from money for having thought that there's never much of it around.

I ask for forgiveness from money for not having valued it enough.

I ask for forgiveness from money for having thought that it's difficult to earn it.

I ask for forgiveness from money for having blamed it for my failure.

I ask for forgiveness from money for having thought that it doesn't love me.

I ask for forgiveness from money for having valued those happy moments in my life which money has given me

I ask for forgiveness from money for having accepted money gifts with gratitude.

I ask for forgiveness from money for having been unforgivably inept with money.

I ask for forgiveness from money for having downgraded its importance in my life.

I ask for forgiveness from money for having considered that I don't need more money.

I ask for forgiveness from money for having thought that it's one of the causes of the destruction of relationships between people.

I ask for forgiveness from money for having thought that it's too difficult for me to acquire.

Here's an example of an EFF addressed by a husband to his wife:

I ask for forgiveness from my wife for having no cared for her enough.

I ask for forgiveness from my wife for having sometimes spoken sharply to her.

I ask for forgiveness from my wife for not having helped her as I should.

I ask for forgiveness from my wife for having thought her to blame for bad behaviour of our children.

I ask for forgiveness from my wife for having thought she should be a better housewife.

I ask for forgiveness from my wife for having thought she should pay more attention to cleanliness and tidiness.

I ask for forgiveness from my wife for having been arrogant with her.

I ask for forgiveness from my wife for having been dissatisfied with the way she spends money thoughtlessly.

I ask for forgiveness from my wife for not having become how she wants me to be.

I ask for forgiveness from my wife for having frequently disagreed with her opinions.

I ask for forgiveness from my wife for having frequently been irritated by her actions.

I ask for forgiveness from my wife for those of my actions which have offended her and made her cry.

I ask for forgiveness from my wife for having paid more attention to my colleagues at work than to her.

I ask for forgiveness from my wife for having celebrated major holidays in other people's company without her.

I ask for forgiveness from my wife for not having kept my promises to her.

I ask for forgiveness from my wife for having sometimes raised my voice to her and even shouted.

I ask for forgiveness from my wife for having been irritated by any of her advice or suggestions.

I ask for forgiveness from my wife for having got angry at her putting someone else on a pedestal.

I ask for forgiveness from my wife for having mocked her inadequacies.

I ask for forgiveness from my wife for having praised and admired her too little.

I ask for forgiveness from my wife for having pestered her often for sex.

I ask for forgiveness from my wife for having been jealous and even spied on her telephone calls.

I ask for forgiveness from my wife for having talked insultingly about her.

I ask for forgiveness from my wife for not having been satisfied with her appearance

I ask for forgiveness from my wife for not having understood her.

I ask for forgiveness from my wife for having considered that she has selfish aims in relation to me.

I ask for forgiveness from my wife for not having been able to an ideal sexual partner for her.

I ask for forgiveness from my wife for not having been able to support her in the way she wants.

I ask for forgiveness from my wife for not having justified her expectations.

And so on. Write, don't be shy. You'll find something to write.

You've clearly devoted a lot of effort to improving the other person, and in so doing have poisoned (or are still poisoning) his life. The time has come for you to ask him for forgiveness for your actions.

I forgive

The second part of the Extended formula for forgiving begins with the words "I forgive" - you proceed to copying down this phrase for each situation in the past where your object of forgiveness has done something unpleasant to you.

You write the formula "I forgive....for having....", and then enumerate all those unpleasant situations HE'S CAUSED YOU.

One phrase for each situation in the past which you've succeeded in recalling.

In this part one can easily write 30-50 phrases.

Here's an example of this part of the EFF as applied to yourself:

I forgive myself for having attached a lot of importance to the opinions of others.
I forgive myself for not having loved and respected myself.
I forgive myself for having considered myself untalented.
I forgive myself for having often doubted the rightness of my actions and decisions.
I forgive myself for never having forgiven myself for my mistakes
I forgive myself for having often followed the path of least resistance.
I forgive myself for having often let my life be guided by the interests of others.
I forgive myself for having been lazy.
I forgive myself for having caused myself to get ill.
I forgive myself for having put other people's interests before mine.
I forgive myself for having lost faith in myself.
I forgive myself for being afraid of the future.
I forgive myself for having avoided conflicts so as to save relationships at any cost.
I forgive myself for not having been able to say no.
I forgive myself for having got angry at my circumstances.
I forgive myself for not loving myself and for condemning myself.
I forgive myself for having always tried to please others at my expense.
I forgive myself for not having cared for myself.
I forgive myself for having often been dissatisfied with myself.
I forgive myself for not having been proud of my achievements and successes.
I forgive myself for having underrated my talents and abilities .
I forgive myself for having attached a lot of importance to what other people think about me
I forgive myself for having considered myself unworthy of a prestige, highly paid job.
I forgive myself for not having faith in myself and for doubting myself.

Here's an example of Part 2 of the EFF as applied to life in general:

I forgive Life for its manifestation of cruelty towards me.
I forgive Life for having terrified me with the death of my first husband A...

I forgive Life for my childhood nightmares.
I forgive Life for having frightened me when I was left alone in the house.
I forgive Life for there having been situations where I asked it to let me die.
I forgive Life for its harsh rules.
I forgive Life for having sometimes made me unhappy.
I forgive Life for the death of my father.
I forgive Life for my illness.
I forgive Life for my lack of good health.
I forgive Life for treating me unfairly.
I forgive Life for not enabling me to understand and love my stepfather.
I forgive Life for not enabling me to understand that there is much that is good and valuable in Life.
I forgive Life for my sufferings.
I forgive Life for my tears.
I forgive Life for its lessons.
I forgive Life for time which has passed by fruitlessly.
I forgive Life for the agonies of pregnancy and childbirth.
I forgive Life for having driven me to condemning it.
I forgive Life for having driven me to insulting it.
I forgive Life for having driven me to loathing it.

And so on. Write, don't be shy. You've obviously got something in your past to forgive – specific people or circumstances which have provoked a multitude of emotions in you.

Next you can try giving an order to eliminate distinct energy bubbles associated with specific events in the past.

I'm taking away all the energy from my memories

The third part of the EFF is called “I'm taking away all the energy from my memories”. In this part you give the command to your Subconscious to take away the energy from those emotional blocks which have been created in you by specific intense, stressful situations.

You write the formula “I'm taking away all the energy from my memories of ...” and then insert all those problem events which come into your memory

when you proceed with the forgiving of the person (yourself, Life, organization, object or situation).

Here you can use the situations touched on in parts 1 and 2, but preferably adding new ones.

In this part you can easily write 30-50 formulas.

Below we've drawn up an example of this part from the EFF for money:

I'm taking away the energy from my memories of not having valued money.

I'm taking away the energy from my memories of how difficult it was making money when I was working in the car factory.

I'm taking away the energy from my memories of how being wealthy seemed unattainable to me when I was an engineer.

I'm taking away the energy from my memories of letting slip an opportunity to earn a good salary when I was offered a position in an automobile company.

I'm taking away the energy from my memories of blaming money for my problems.

I'm taking away the energy from my memories of having been swindled out of a lot of money in 2012.

I'm taking away the energy from my memories of blaming myself and other people for being short of money.

I'm taking away the energy from my memories of having limited the size of my income.

I'm taking away the energy from my memories of how my mood at that moment was spoilt by the lack of money.

I'm taking away the energy from my memories of how I took out a loan in 2008 and wasn't able to pay it back.

And so on.

Here's an example of work using the third part of EFF from a girl asking for forgiveness from her body for her excess weight:

I'm completely removing the energy from my memories of my unsuccessful visits to clothes shops, when I left the shop to avoid being measured.

I'm completely removing the energy from my memories of the incident when a shop assistant told me they didn't have my measurement.

I'm completely removing the energy from my memories of the incident when a friend's mum said I was "big".

I'm completely removing the energy from my memories of incidents when my sister said I had a "full" figure.

I'm completely removing the energy from my memories of P. saying I had a "big behind".

I'm completely removing the energy from my memories of incidents when classmates said I had "big thighs".

In the fourth stage it's possible to give a command to the Subconscious to completely erase disturbing memories relating to a specific person or situation.

I'm completely erasing all memories

The fourth part of EFF is called "I'm completely erasing all memories". In this part you give a command to the Subconscious to erase information about situations in the past which you found stressful.

Of course, the information will not completely disappear. That is, the memories themselves of any events will remain. But for you they will become "empty" of energy and will not exert any influence on your present life. The memories will be lost in a multitude of insignificant memories.

You write down the formula "I'll completely erase all memories of..." and then insert all the memories which you'd like to forget forever – in relation to the object of forgiving, of course.

In this formula you can use everything you used in parts 1-3, but **preferably new memories as well.**

You must be completely focussed when you write down the formulas, immersing yourself in the memories and extracting new facts from them. Under no circumstances should you merely write down lines of words, or, even worse, just copy them down – that would have a zero effect.

Obviously, here also it's easy to write down 30-50 formulas.

Below, for example, we've drawn up an example of the EFF as applied to work:

I'm completely erasing all memories of getting upset at work because of the heavy workload.

I'm completely erasing all memories of finding it tough watching a computer screen all day.

I'm completely erasing all memories of not liking to and not wanting to work in an office.

I'm completely erasing all memories of finding it boring carrying out my duties.

I'm completely erasing all memories of being irritated by corporate rules.

I'm completely erasing all memories of wanting to come down with 'flu so I wouldn't have to go to work.

I'm completely erasing all memories of ruining my health at work.

I'm completely erasing all memories of finding my colleagues irritating.

I'm completely erasing all memories of wanting to get the sack.

I'm completely erasing all memories of colleagues in higher positions "doing the dirty" on me.

Here's an example of work with the fourth part of EFF as applied to a lover who already has a wife:

I'm completely erasing all memories of being offended by A. when I was at his home.

I'm completely erasing all memories of crying from loneliness.

I'm completely erasing all memories of dreaming about marrying him and him not wanting to.

I'm completely erasing all memories of him always turning up late.

I'm completely erasing all memories of waiting for him.

I'm completely erasing all memories of being pregnant and him not being there.

I'm completely erasing all memories of weeping after the birth of my daughter.

I'm completely erasing all memories of him always being in a hurry to get back to his wife.

I'm completely erasing all memories of how selfish he was in our sexual relations.

I'm completely erasing all memories of how he only ever talked about himself.

I'm completely erasing all memories of how he didn't help with money when it was absolutely crucial.

I'm completely erasing all memories of him snoring during the night.

I'm completely erasing all memories of spending public holidays alone.

I'm completely erasing erase all memories of how he was afraid of us being seen together.

I'm completely erasing all memories of getting married without love and trying to forget him.

In future I'll make the decision

The fifth part of the EFF is called “In future I'll make the decision”. In this part you give a command to the Subconscious about **how you'll act in future in similar situations in relations with the object of forgiving.**

This is necessary in order not to get filled with resentments, irritation or feelings of guilt again.

You've just cleansed your body of certain bubbles of energy and as a result you emotional block has diminished. This has freed up a space in your body into which other emotions, which haven't yet been cleansed, might encroach (weeds, let's go!).

Or the freed up space might be filled up with something positive - if you give yourself commands as above.

You write the formula “In future I'll make the decision....” And then you write that in future you will forbid yourself from reacting emotionally to any misdemeanours of your wife (husband, mother-in-law, father, computer, boss and so on). That you will make the decision to completely forgive this person and allow him to behave as he wishes. That you will observe all his actions in a friendly and detached manner.

This part might look something like the following in the case the EFF as applied to money:

In future I will forbid myself from reacting badly to any negative situations related to money.

In future I will gladly allow myself to react calmly to any situations related to money.

In future I will allow myself to be in a state of positive detachment in relation to situations connected with money, as if they'd never arisen.

Henceforth I'll be proud of my decision to completely forgive money and from now on have a friendly and positive attitude to it.

Henceforth I choose to be happy with money!

Henceforth I will love money and take care of it.

Henceforth I will build friendly relations with money and never part with it.

Here's an example of the concluding part of the EFF as applied to oneself:

Henceforth I choose to be always content with myself.

Henceforth I will always love myself! I'll approve of all of my actions!

Henceforth I forbid myself from assessing and condemning myself.

From now on I will love and totally approve of myself!

From now on I will love my body! I will always approve of my body.

From now on I accept myself as I am with love and gratitude. I love myself and rejoice in myself. With me everything is wonderful.

Henceforth I have faith that a bright future awaits me.

From now on body is clean and pure: energy is flowing freely through my body, and my body is overflowing with inner strength.

Henceforth I accept myself as I am!

And so on.

Be careful with the affirmations

Take care! At the fifth stage of writing the EFF, you might get an irresistible urge to start writing affirmations such as: *"I'm ready to make lots of money! My income will go up every day! I'll be rolling in money!"* and others in the same vein.

This is incorrect.

The work with positive convictions aimed at making changes in yourself is the **Second step of the Technology of conscious personality self-transformation**. And we haven't yet concluded the First step. For the Second step there are special rules for the formulation of positive convictions which it's essential to observe.

Therefore the meaning of all the phrases of the fifth stage of the EFF consists purely in **giving a command to the Subconscious to cancel an habitual reaction to a recurrent situation**.

For example, if your response to a reprimand by your husband (parents, boss) typically used to take the form of resentment or an outburst of rage, **now you don't allow yourself such a reaction**. More precisely, **you give yourself the command "from now on react to any reprimand by your husband (parents, boss) in a calm and friendly manner"**.

In other words you will no longer create new bubbles of energy whenever you receive such reprimands.

And what else is required for perfect happiness? Just one thing – remain content with your life whatever idiots around you might get up to.

But you'll quickly get used to this. And we want more.

So let's move on.

What can be forgiven

In a similar way you have to apply the EFF **to all those people, events or objects which have previously provoked, or are provoking now, unpleasant emotions which you would like to free yourself of.**

For example participants in my webinar "Start life anew. 4 steps to a new reality" composed EFF's for the following objects:

- **Themselves;**
- **father, mother, brothers, sisters, father-in-law, mother-in-law, son or daughter;**
- **husband, wife, or ex-loved former favorite;**
- **deceased relative, business partner, chief, Life, their body;**
- **their dog, pre-menstrual syndrome, traffic jams, high prices, money, people of different nationality, their site, car, credit or creditors.**
- **their bank, a state institution, their flat, loneliness, their enterprise, death, school and teachers, business, the future, another country, their profession, neighbours, their goals.**

You can continue this list, adding any new objects of forgiving to it.

Be careful! You shouldn't construct EFF's which relate to philosophical or generalized concepts: love, politics, responsibility and so on. It's not worth expending effort on forgiving what **has no objective existence**. And there are certain terms which each of us interprets in our own way.

Behind any such concept there's always a specific person through whom it's realized – work with that.

Work with what really exists and really stirs up emotions in you.

Help with creating an EFF

You can use the experience of thousands of people who have composed EFF's for a wide variety of objects – for example, look at how and what they forgave. You can use as a basis other people's formulas and insert your own personal content.

There's a separate site www.selftrans.org for this.

It's been created specially so you can get help composing your personal EFF for a specific object – yourself, life, another person or any object.

The site will help you compose an EFF and adapt it to the procedure of Effective forgiving. And so on.

Get onto the site www.selftrans.org and get help on this absorbing and highly useful venture – cleansing yourself of a negative past.

It will allow you to approach the future with confidence. That future can be as you wish it to be.

If, of course, you approach it correctly, carrying out the remaining steps indicated in this book.

How to use a EFF

In itself the process of composing and writing down (BY HAND!!!) an EFF cleans away your emotional blocks sufficiently well.

If you are contra-indicated for Effective forgiving, then **this is the best tool for INDEPENDENT work on erasing your past.**

If your health allows it, you can carry out Effective forgiving using an EFF.

What might this look like?

Effective forgiving with an EFF

First of all you write down an EFF for a particular person or situation.

Then you copy down the whole EFF onto a sheet of printer paper (not less than A4) in large, legible handwriting. Otherwise you'll be forever switching your attention and activating your Reason in order to decipher your scrawls. And thereby rendering the process of forgiving ineffective.

Then you switch on the music for intensive breathing (45-55 inhalation-exhalations per minute) and, in a standing position, breathe deeply through your mouth for 3-4 minutes. During this time you will go into a state of slight relaxation and detachment from what's happening around you. Hold the text of the EFF in your hand or on the table in front of you.

After that **bring the text up to your eyes, read to yourself the first phrase from the first part, and mentally repeat it to yourself 5-10 times.** Your internal viewing will be concentrated on the body – how it's reacting to this phrase.

If nothing happens in the body, proceed to the reading of the next phrase.

If you experience pain anywhere in the body, or start crying or become very ill, then **stop repeating the phrase, and start mentally breathing air into the affected**

part of the body until the body indicates to you that everything is alright there. In other words, until the pain has completely gone.

This might take 5-20-40 minutes. Don't proceed with application of the EFF until the unpleasant bodily reaction has completely gone. Throughout this time breathe intensively with the music and send energy to the place in the body where the unpleasant sensations arose.

When the unpleasant sensations have passed, return to the work with the EFF, that is, read the next phrase and **keep track of how your body is reacting to it.**

If everything's calm in your body, repeat the last phrase to yourself 5-10 times, then proceed to the next phrase.

If you experience another pain sensation (a new energy "bubble" has burst, an "internal spring" has been released, causing a small micro-trauma), then, again, stop the work with the EFF and send energy to the place suffering the trauma to enable it to recover.

When the unpleasant reaction in the body has passed (the micro-trauma has been eliminated) go back to the work with the EFF.

And so on till you've read and worked through the whole EFF. For one object of forgiving.

Note! A cough, a slight numbness in the cheeks or slight dizziness are not an indication that the emotional block has disappeared. This is simply your body's reaction to a surplus of oxygen resulting from hyperventilation of the lungs. These states will pass on their own after 5-10 sessions of active breathing. No special intervention is required.

Music for active breathing you can download on www.sviyash.org section FAQ, it's free.

How much time is required for this

Overall it is recommended that work for one session with the method of Effective forgiving with an EFF should last for no more than 45 minutes a day.

In other words, to start with you just do 5 minutes of active breathing, then work with the EFF for another 35-40 minutes.

It's possible that the first phrase will require 10-15 minutes of work, that's normal. In that case, during the whole session you'll go through the first 3-5 phrases from your EFF, which is normal.

That will be an excellent result.

If you experience an unpleasant sensation in your body and after extra time you haven't succeeded in eliminating the painful sensation, we recommend nevertheless that you stop the work. The pain will go away on its

own after a certain time. If the sensations are very unpleasant, you can use supplementary means of eliminating them – massage, ointments, decoctions, and in extreme cases - tablets.

If you have ended up using tablets, you shouldn't go back to intensive breathing; just work with the frequent copying down of the EFF.

The next day, to start with, you repeat several times to yourself the phrase on which you finished the work in the previous session, and then continue working with the next new phrase from the EFF.

If one of the phrases which you've worked with earlier elicits unpleasant sensations in the body again, then **stay with it and eliminate the unpleasant sensation.** Only proceed after that.

Don't rush it! The emotional pollutants have taken years to accumulate – do you want to get rid of them in a matter of minutes?

Of course you do. So do I.

But your Subconscious is not ready to react so rapidly to your new desires. **It requires that you confirm the SERIOUSNESS of your intentions.** And this happens, as you will remember, as a result of investing time and effort.

Of course, it's a good thing it doesn't take many years as well.

Sometimes to remove just one emotional block which has existed for many years, 15-20 hours of work are required, or even more. Basically this happens with people over the age of 50 who've been upset by a particular issue for 20-25 years. In such cases the blocks have become rigidified and they can only be removed from the body with great effort.

If you rush over phrases of the EFF without completely removing pain sensations in the body, then the microtrauma from the burst bubbles will accumulate and the unpleasant sensations will be strengthened. This is unacceptable.

The mantra "Love"

Intensive breathing raises the energy-level of the body. If you have a lot of aggression in you and you've been doing intensive breathing again, the amount of aggression in you might increase.

So if you've been practising EF [Effective forgiving], but there's still a charge of malice or irritation in you and you have an insurmountable urge to inflict it on people around you, then **start singing the word "LOVE" to yourself with some urgency.**

This word possesses definite vibrations which literally destroy all fears, irritation, guilt and any other negative emotions.

Select any melody and sing the word “love” to yourself whenever you have a free moment. This will be your personal mantra until you calm down and achieve a state of forgiving and acceptance of all people.

Is it possible to work with several EFF's at the same time?

The question often comes up: is it possible to cleanse yourself immediately of a negative relationship to yourself, to another person and to money, for example?

Of course, you can only eliminate one emotional block at a time, that is, work with one EFF.

You can spend 30-50 minutes on this per day.

But if you have a lot of free time and are feeling well in yourself (!!!), you could do another one or two sessions of Effective forgiving with another EFF. Between sessions of work with an EFF of duration 45 minutes, it's essential that you have 15 minute breaks for active breathing.

If your health allows you to do this, of course.

The use of force is forbidden

It's absolutely forbidden to use force on yourself! There are sado-masochists who start the next process, even though they're still in agony from the last one.

This is forbidden! Have pity on your organism! The release of the “internal springs” gives rise to micro-trauma. The organism has not yet dealt with the effects of one process of cleansing and is indicating this by means of pain, and yet you're launching into the next one. Are you your own enemy? Are you torturing yourself? Have you devised the tortures yourself? Am I a sinner, am I punishing myself?

Have pity on your organism, it's very confused and doesn't understand why it's being treated this way. It's trying to carry out your wishes and you're tearing it apart. You mustn't do that.

If in your zeal (or stupidity) you “grab” it with excessive force, **it might simply block the process.** That is, act to prevent anything happening in your body, for example. And do it with the best of intentions – to survive. Your organism is actually responsible for your survival – that's its main function.

If you use force all your efforts to eliminate emotional pollutants will come to nothing.

Which mistakes are possible?

As there are lots of people who are ready to blame themselves for anything at all, they might also use an EFF to criticize themselves even more.

How can this happen?

For example, in the past you weren't able (didn't want, circumstances didn't allow you, etc.) to help someone. This created in you a strong feeling of guilt (an emotional block!) which has been tormenting you for many years.

Now you've decided to get rid of it. And you start joyfully asking the object of forgiving for forgiveness for not having helped him.

Here's a question about something similar from my blog:

"...Today I came to the task of erasing memories of situations in which I felt guilty, and I was dwelling on them – unexpectedly a 7-year-old memory came to the surface of a situation in which I hadn't helped a person and which I've felt guilty about ever since. I started to repeat frequently: I forgive myself for not having helped him, I forgive myself for not having helped him, I erase all memories of having condemned myself for not having helped him, I said that he forgives me for everything....(at this point I was coughing continuously) and in the end talked about love of myself and acceptance of myself. Have I done this correctly? And how can I know that I've forgiven myself? Given that I'm writing to you after EF, but the memories of that situation are still causing me pain, maybe I should try it again?"

Has the questioner correctly constructed phrases from the first part of an EFF?
Does one need to ask for forgiveness from the other person for not having done anything?

Of course not. You mustn't write or say "I forgive myself for not having helped him", this phrase contains condemnation. And as a result intensifies your guilt.

The first part of an EFF is needed in order to **ask yourself for forgiveness for the wrongs you've committed to another person** (had a row with, threatened, spied on and so on). **That is, for what you've DONE.**

But if **you haven't done anything, asking for forgiveness is meaningless.**

To erase guilt, in the Fifth part you need to write formulas like:

- *I completely approve of all my past actions in relation to this person*
- *Everything I've done in the past is divine, I approve of and accept all my actions.*
- *I approve of myself, I'm delighted with how I am.*

Of course, with the best will in the world, you won't be able to enter a state of joy after having failed to help someone who then went on to suffer serious problems. But you mustn't blame yourself for years on end either.

But it's possible to eliminate the feeling of guilt. And it's precisely the phrases which talk about **HOW YOU APPROVE OF ALL YOUR PAST ACTIONS which work when erasing guilt**. Once you approve, you've done everything correctly, and you no longer need to punish yourself.

As a result your emotional block of guilt disappears.

And to make it easier for you to compose phrases for the Fifth part of an EFF, you can proceed from the apparent fact that in our lives we are all subject to invisible forces (Life, the Universe, Guardian-angel, and so on). And if these all-powerful beings have brought it about that you COULDN'T help someone, that means **it all had to happen like that**. And that person was himself responsible for the events which happened to him. And **you were simply not allowed to undermine that image of life which he himself created through his convictions and actions**. He was being given lessons in spiritual development.

You were simply not allowed to interfere – you couldn't indulge your fantasy that everything is supposed to happen exactly as you fantasized it should. So calm down and continue the work with your approving.

The first step is to cleanse the body

At this point we'll complete our examination of the actions which it's essential to carry out at the First step of the Technology of Conscious self-transformation of your personality.

The essence of the first step is to cleanse your body of emotional pollutants and thereby make yourself accessible to the downloading into the Subconscious of the necessary convictions and goals.

It's not worth carrying out actions for the second and successive steps without first having completed A TOTAL CLEANSING OF THE BODY OF EMOTIONAL POLLUTANTS.

Of course, it's possible to do it. But the results will probably not be ideal – your new attitudes will disintegrate imperceptibly of their own accord. Since the weeds which were left will grow rapidly and crowd out your wonderful new plants.

So **don't rush**. This is the **most time-consuming step in the work on yourself**, and is in general omitted in other systems of personal growth. Spend as much time on it as you need in order that your body will react calmly to any phrases from any formulas for forgiving.

Only then will you be able to progress with confidence and obtain the desired results.

We'll now draw up the results for 1.7.

Results

1. *An emotional block can probably be represented as an accumulation of small energy charges – small bubbles which arise during a conflict with the object of forgiving. Therefore the whole emotional block resembles a clump of heterogeneous foam consisting of bubbles of varying sizes; where each bubble was generated by a specific emotion.*

2. *To speed up the process of erasing the emotional block, one can eliminate the charge in each separate bubble-memory. In that case it loses its homogeneity and cohesiveness, and then can easily be destroyed by the phrases of forgiving.*

3. *In order to remove an individual bubble-memory, it is necessary to forgive your adversary for a specific event*

4. *This leads to the idea of extending the formula for forgiving, making it a multi-component formula, and incorporating within it the removal of memories of distinct events in your past.*

5. *The Extended Formula for Forgiving (EFF) incorporates the following parts:*

1. I ask for forgiveness from (name) for (here you describe the actions with which you have poisoned the life of your adversary).

2. I forgive (name) for (here you describe the unpleasant experiences your adversary has been able to cause you).

3. I'm taking away all the energy from my memories of (here you describe specific cases where you have entered a state of hyperexcitation and as a result attempted to influence your adversary).

4. I'm completely erasing all memories of (go on to describe specific situations which you would like to forget about for good)

5. Henceforth I choose to (go on to indicate how you would like to react in future when your adversary behaves in the incorrect way he did before)

6. *A similar EFF is written for all objects which have in the past poisoned, or are now poisoning, your life.*

7. *To increase the effectiveness of the cleansing it's recommended to combine the speaking of the phrases to yourself with the practice of intensive breathing. This method is called Effective forgiving.*

8. *The technique of Effective forgiving is categorically contra-indicated for people with physical or mental health problems.*

9. *You may only proceed to the Second step of the inner self-transformation when you've completely cleansed yourself of the main emotional blocks and entered a state of inner calm or unconditional joy.*

But you mustn't dwell too long on the techniques of forgiving - your Subconscious can decide that it pleases you to forgive yourself and will start to create new situations which require forgiveness. On the whole it's recommended to proceed to the work with Step 2 2-3 weeks after the beginning of the work with Effective forgiving.

Tasks for the chapter.

1. Take your list of objects of forgiving from the previous chapter. Write down the Extended formulas for forgiving for the main objects of forgiving.
2. Switch on music for the intensive breathing and repeat to yourself one after another the phrases from the EFF. If you experience an unpleasant bodily reaction to phrases, you need to stop the work with those phrases and concentrate your attention on removing the unpleasant bodily sensations.

Work through all the main EFF's in the same way.