

**THE DYNAMICS AND MECHANICS OF ALLOWING THE PSYCHE TO BE
UPDATED
A SIMPLE HOW TO GUIDE TO BE FREE OF SUFFERING AND UNHAPPINESS**

I've finally reached a place where I'm either confident or arrogant enough to write this, depending on your point of view. I offer it in the hope that it will help relieve human suffering and bring more peace.

Nothing in what follows is really new or startling. I've merely refined and simplified and amalgamated existing truths and modalities. It is however eminently practical and can be used by anyone who wants to be genuinely free of suffering.

The only real criteria for success is wanting to be free more than you want your personal story of you to be real.

The speed with which the programs let go of you depends on whether your love of truth and freedom is greater than your attachment and identification with the energy of the program and the identity it seems to give you and the secret pleasure derived from the negativity of it.

To be free of suffering you basically have to tell the truth about what you really want. The Buddha is reported to have said that desire is the root of all suffering. We should have listened. Or perhaps he should have expanded on that and said that it's helpful to identify exactly what the desires are. And the deepest desires seem to sit in the unconscious child within and were formed before the age of 6 when we were in a hypnagogic state of downloading from the world around us without the protection of a firewall or anti virus software.

I've found in my work with others and myself that behind every negative emotion and feeling or dysfunctional pattern there exists an unconscious wanting coming from the child inside us that is designed to solve the distress and discomfort of feeling unloved, invalidated and negatively evaluated for, and to insure that that hurt does not happen again.

Every person that I've consulted with is found to be still running on programs and solutions that were formed as a young child that have never been updated but rather pushed deeply into the unconscious; that part of us that we do not wish to be conscious of.

The job of the ego is to insure survival and on that level pain and hurt are anything but survival and means we were wrong. So it's solution is to come up with a desire that makes it right and we find ourselves doing the most extraordinary extreme actions to prove we're right even when we know consciously that it's not in our best interests and that we are sabotaging ourselves.

The conscious mind will tend to modify the effects and expression of that wanting and distort the way it's perceived so we can function as sophisticated adults to the degree we do. In fact the conscious mind usually professes to believe the exact opposite of what is running unconsciously. For example: I want to be enlightened to serve God---I want to be an enlightened powerful ego so that I can't be hurt again and can serve myself.

In order to be free of what ails you it is only necessary to clearly identify, acknowledge and own up to that hidden wanting which is usually formed before the age of 6 years old and is usually quite perverse in that it entrenches the negativity and makes us appear to be right.

Once seen and owned you can ask yourself 3 simple questions. How you answer does not matter; what matters greatly is that you answer honestly from inside you; from the place of your truth.

The questions come from the releasing technique:

Could I let go of wanting that ?

Would I be willing to let go of wanting that ?

When ?

There is another key step which prevents this becoming just another mental exercise:

Identify the feeling/emotion that characterises the suffering.

This can be a bit tricky. The mind likes to be right and think it knows what's going on.

In reality it can't tell truth from falsehood. If you really knew what the essence of the issue was you wouldn't still be suffering. Every negative emotion and feeling can have literally thousands of negative beliefs and programs coming out of it so collapsing the feeling rather than going after every program and belief will save a lot of time.

Here is what I have found to work. You may know better ways.

Learn how to do self muscle testing....it's easier than you think and will save you enormous amounts of time spent exploring blind alleys. It's like learning to ride a bicycle. May take a week or so but once you've got it it's yours for life.

Google " Integrity tone scale " Karl Belser and " Map of consciousness " David Hawkins and familiarise yourself with the scales.

Now you can calibrate where the feeling/emotion sits on the scale, rather than where your mind says it is.

Once you have some reality and resonance with the feeling allow yourself to welcome it being there without resistance and say yes to it repeatedly.

Just like a computer which makes you click on yes to confirm you want to delete something, the mind is also highly resistant to having anything deleted.

It's often necessary to acknowledge how much of your identity comes from the feeling, how deeply you disapprove of the feeling, and all the ways you've been compensating, controlling and managing the effects of the feeling, and the attachments you've formed with those strategies. Then you can let them go or they let go of you.

The mere action of witnessing the feeling without trying to get rid of it will cause it to run out.

The principles of Quantum Mechanics and the Heisenberg Principle underlies this whole process. When consciousness looks at something, that thing changes.

Or in different words ' The truth will set you free '

The mere fact that you're willing to let your consciousness fully engage with the question and tell the truth, instantly changes things. And the greater the clarity and lack of resistance the faster the existing pattern seems to collapse.

The main requirement for success is to be more aligned with the willingness of the spirit that you are rather than the willfulness of the ego that you have misidentified as.

This would appear to be a good description of the limits of free will.

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References: Letting Go. The pathway of surrender by David R Hawkins

Releasing Technique Larry Crane

Sedona Method Hale Dwoskin

Gangaji