

Be gentle and patient with yourself...

To effect lasting change we must go through a transition period, a period that is often uncomfortable and unfamiliar.

Thoughts, beliefs, emotions and habits can appear to be in flux. It can create a sense of groundlessness, of being in a void and create huge uncertainty.

When we're in such a void our first, automatic reaction is usually to revert to old habits because they feel comfortable and familiar.

Our goal must be to stay with it until change is complete. Knowing that this transition is vital and part of the change process helps muster the courage to put up with the discomfort, the uncertainty, the uneasiness and the void.

Change requires a letting go of what we have for a long time known and done in order to allow in something new. We need to trust ourselves and any other 'force' we may believe in to unfold a new, more desirable reality for us.

In order to ascend to a higher rung on this ladder of personal fulfilment and awareness, we must go through such a period, a time which is often initiation-like in nature. There is rarely, if ever, an exception.

To experience such discomfort, uncertainty and unfamiliarity is a sign that you are making progress – surrender, don't resist, and all these will pass. There is rarely, if ever, an exception.

If you do experience such discomfort which manifests in various forms including anxiety, sadness, anger and general moodiness, it just means that there are unresolved and residual emotions which require completing.

IMPORTANT NOTE!

It is absolutely imperative that these incomplete experiences in your body be resolved immediately when they arise. The most powerful, quick and effective way of resolving incomplete experiences is the CORE (Centre Of Remaining Energy) Technique.

For details on how to use the technique, please refer to the Pure Awareness Book from pages 12 – 30. Page 29 specifically explains how to use the CORE Technique to resolve uncompleted emotions that cause Worry, Anxiety Nervousness and Depression.

Please also go to the following website to listen to audio examples of the CORE Technique.

<http://greatlifetechnologies.com/COREExercise.html>

If a situation arises and you feel too overwhelmed to remember the steps of this technique, please make contact with your practitioner, so s/he can guide you through the process.

EVEN MORE IMPORTANT NOTE!

It is absolutely CRITICAL that you FULLY complete the experience of the energy that is being held there in your body. It is our conditioning—the Core Dynamic of ‘Resisting Feeling Things Fully’ that causes us to want to go away from where the feeling is intense. You feel like you want to stop and not feel it any more under these circumstances.

Therefore, it is very important to understand this dynamic and to keep feeling down into the center of the intensity of the sensation until there is NOTHING left to feel. These are the important words to remember;

“Feel into the core of the energy of the feeling so thoroughly that there is NOTHING left to feel.”

Richard Moat