

LESSON 10

Think Your Way to Freedom

Now that you've installed beliefs in your subconscious mind on forgiving and releasing the past pain, it's time to use those beliefs.

The next two lessons address the two major contributors to your pain: thoughts and emotions. In this lesson you'll learn strategies to control your thoughts as well as a powerful "trick" to command you into thinking what you want.

YOUR CONSCIOUS MIND CAN BE AN UNRULY CHILD

Your conscious mind is easily distracted. You have the power to get your mind to "sit down and be still." Although your subconscious mind is set with the new beliefs, it's time to train it.

It's time for the real YOU to get in control of the unruly part of you which enjoys running amok and causing chaos.

TRY THESE TRICKS AND TECHNIQUES TO GET YOUR CONSCIOUS MIND, YOUR THOUGHTS, UNDER CONTROL:

1. **The trick of being two different people.** This is like having two parts of yourself battling for control. **You want your healthy self to win.** Here's one way.
 - Stand tall in front of the mirror. This is your strong and powerful self who knows that you can release the pain of the past. Look yourself in the eye. You're looking at the you who's in pain.
 - In a strong commanding voice say, **"It's over. It happened in the past. It's not going to change. It's time to move on."** Of course, adapt these words to suit you.
 - You might hear or feel this whiney little voice start to say, "But, I...", interrupt the

voice and say in a strong voice, **"No, I don't want to hear it. We have a life to live. Now let it go."**

- When you command out loud, you're reinforcing the beliefs you installed in your subconscious mind. You're telling your subconscious mind, "Yes, I really mean that I am ready to release the past and move to a healthy future."

2. **Put all your thoughts and pain in a letter.... Then burn it.** Research shows that writing things out with pen and paper has a positive effect upon the brain.

- **Pull out pen and paper and write a letter you won't be sending.** No one will see this except you, so have no worries about how it looks or how you spell.
- Write a letter to whomever hurt you. You can write to a person, an organization, God, even to you.
- **Put all your feelings into that letter.** Use whatever language you want. Make it as strong as you can. Put the letter

somewhere safe for a day.

- A day later, pull the same letter out. As you read it, cross out words and make them even stronger. Let all your anger, frustration, and pain come out in that letter. Put it aside for a day.
- Same thing as the past two days. Put it aside for a day.
- Take the letter out. Read it one more time. When finished, say aloud, "**I release and let you go. You have no more power over me. Be gone.**" Then burn it.
- This process engages both your conscious and subconscious mind. Give it a try, putting aside your doubts about whether or not it will work.

3. **Change your thoughts. Reliving painful events only reinjures you.** Have your strong powerful self who wants to be free of the past talk sternly, but lovingly, to the part of you who is hurting.

- Say, "Stop it. We're not going there." Then say, "Remember, this is where we're

going." Begin imagining in all the sensory detail one of those wonderful images you used earlier when installing your beliefs.

- Avoid the temptation to be frustrated when you "catch" yourself rehashing the past. You'll catch yourself earlier each time until you rarely need to speak sternly to yourself.

AVOID ALLOWING OTHERS TO BRING YOU DOWN

Friends and family may say or do things they believe are supportive but don't realize they're triggering the memories and feelings you're ready to release. When that happens, it's time to take firm but loving action.

If it's appropriate, tell the person who's making the comments, "Thank you for your continued support. If you would, I'd appreciate you supporting me by not bringing it up again. Let's just talk about how wonderful life is now."

If their comments trigger the feelings, give yourself a pep talk. "Shake it off. You're doing great. Let's go over again what life will be like when this is gone." Then review one of your images you used when installing beliefs... or develop a new one.

Always remember how amazing you are and that you can release the pain and move to a happier future.

SUMMARY

Congratulations on learning strategies in how to talk to yourself and change the way you think.

In the next lesson, you'll learn how to change the feelings which bring you down.

Before you go on to the next lesson, please take a few minutes now to reflect and anchor in what you've learned.

REFLECTION

It's time for action. Please do the following now.

1. Write out the words you're going to tell your hurting self that it's time to move on to a better

life.

2. Now, go to your mirror and say what you wrote.
Write down what you experienced.