

The Sedona Method[®] Course

**Plus:
Effortless Wealth
and Success**

**Effortless
Relationships**

**Effortless Health
and Well-being**

Your Key to Lasting Happiness, Success, Peace, and Emotional Well-being

Hale Dwoskin

The Sedona Method[®] Course

Plus:

Effortless Wealth and Success

Effortless Relationships

Effortless Health and Well-being

Hale Dwoskin

Transforming Minds, Transforming Lives - Worldwide



Sedona
Training Associates

60 Tortilla Drive
Sedona, AZ 86336 USA
tel (928) 282-3522
fax (928) 203-0602
info@sedona.com
www.sedona.com

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Sedona Training Associates
60 Tortilla Drive
Sedona, Arizona 86336
toll-free (888) 282-5656
tel (928) 282-3522
fax (928) 203-0602
info@sedona.com
www.sedona.com

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Dedicated in love and gratitude
to Lester Levenson

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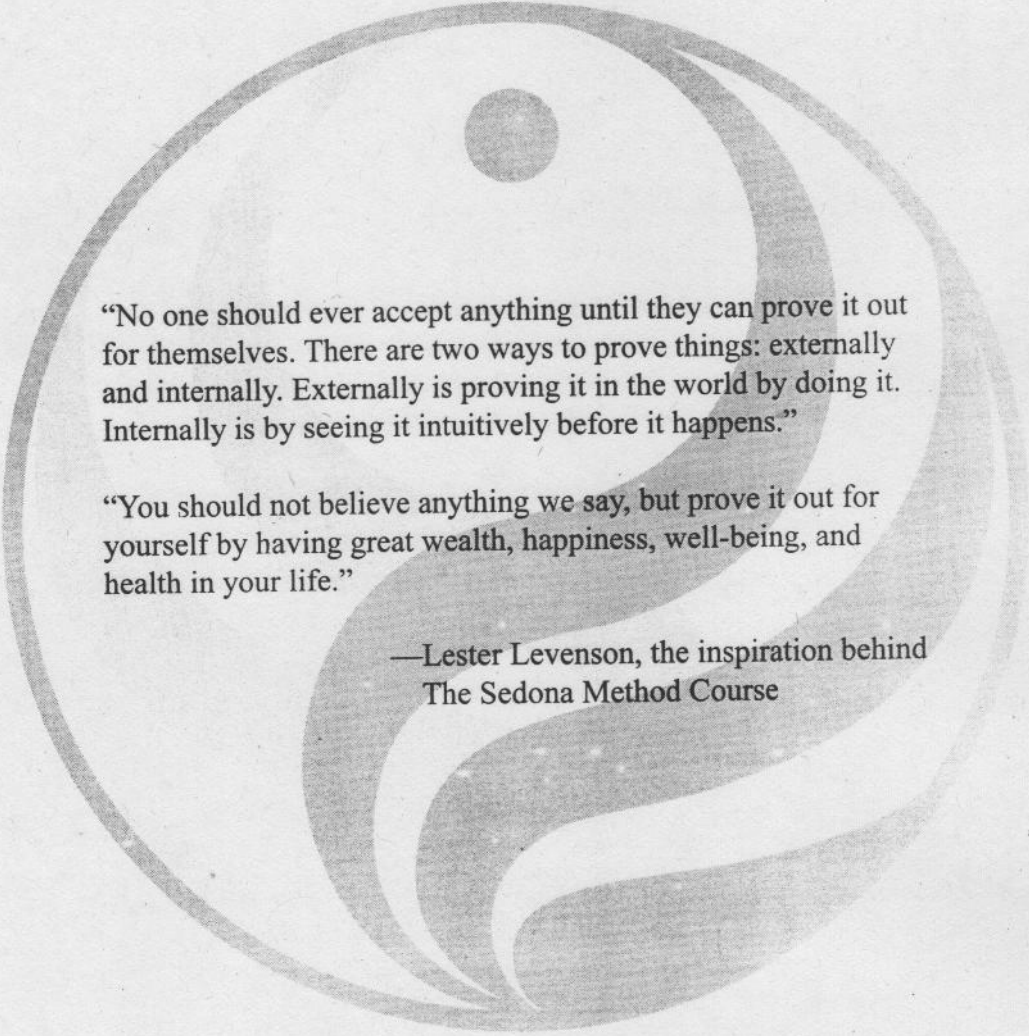
This course could not have been created without the assistance and encouragement of many individuals to whom I would like to extend my most sincere gratitude.

First and foremost, many thanks to my wife
Amy for all her love and support.

Heartfelt thanks to the numerous people who so kindly and willingly shared their personal stories, gains and insights and allowed themselves to be recorded so that you could glimpse what is possible from The Sedona Method.

I would like to thank our staff for their dedication and hard work.

Finally, to all Sedona Method graduates everywhere for their courageousness of spirit in using this glorious technique and sharing it with the world: Thank you!



“No one should ever accept anything until they can prove it out for themselves. There are two ways to prove things: externally and internally. Externally is proving it in the world by doing it. Internally is by seeing it intuitively before it happens.”

“You should not believe anything we say, but prove it out for yourself by having great wealth, happiness, well-being, and health in your life.”

—Lester Levenson, the inspiration behind
The Sedona Method Course

Welcome

Life is a precious gift, and the gift of this moment is always enough.

We all want the best that life has to offer. This means, for most of us, experiencing growth in all areas of our lives with abundant energy and an unfailing sense of peace and well-being. As a graduate of The Sedona Method, you'll experience all this and more.

The Sedona Method is founded on the most basic scientific principles and the most obvious truths. The Method helps you to change yourself from the inside out by showing you how to eliminate the subconscious blocks that hold you back from having, being, and doing what you choose.

The Sedona Method is based on the premise that in this moment you are already whole, complete, and perfect as you are. All power, all knowingness, all presence, and all love and compassion are already completely available right here, right now, as the presence that you are.

The Sedona Method is a technique for letting go that instantly puts you in touch with your natural, already-present ability to succeed, so you can feel confident, calm, and in control in any situation.

The Sedona Method is not intellectual. It's an experiential learning process. The technique that you'll be learning is the "how-to of letting go." It will allow you to discharge and release all unwanted feelings easily and painlessly, on the spot.

Learning to use the Method will be cumulative. Your ability to use it will deepen each day of the course and with each recording in the audio series. By the time you complete the course, you will have developed the ability to use this dynamic technique at any time without taking time out from your other activities. Once you've got it, you've got it!

We are pleased to welcome you as a Sedona Method student. We know that you will find it to be the best investment you have ever made in yourself.

Love,



Hale Dwoskin
President

"When I was 16, I was diagnosed as a manic-depressive. At the age of 19, I decided there had to be another way than the medications, so I went cold turkey. I wandered for nine years and then stumbled upon The Sedona Method. After nearly 18 months of releasing, not only have most of the symptoms disappeared, I forget that I had them in the first place."

*...Jessica Chamberlain,
Hoboken, NJ*

"I have lost 90 pounds within the past year and a half."

...Sandy G., New York, NY

"The Method gave me my first relief from a tension symptom that had been keeping me in pain for at least ten years."

...Lorraine Garnett

"My daughter and I had a dysfunctional relationship and had lost touch. After learning how to release, I began looking for her again, and we have now reconnected. We not only have resolved our differences, but my daughter is now releasing, too!"

...Carole Dunham

"Today I was able to release the sickening feeling that I could have prevented my mother's suicide. I've been able to release long-standing feelings of guilt and shame behind lies and actions that I've been holding onto and using to punish myself for many years. Over the years I've spent tens of thousands of dollars on every kind of therapy, self-help courses, and books, tapes, seminars, religions, and drugs (legal and illegal) just to feel what I'm feeling today: a little peace. And a little peace is an enormous thing for me. I could get used to this."

...Kim Bolte, Fresno, CA

"After one day at The Sedona Method Basic Course, my 'non-curable' hip and lower back pain dissolved and disappeared! I thought I would have it forever and I'm only 47 years old."

...Kim Jaeger, Mountain View, CA

"An awakening, so exquisitely beautiful, beyond words, beyond mind, beyond 'I,' deep into the ocean of love and freedom. Everything came

together; all the work was done, all the questions answered, the waiting over—a decision to surrender fully into the Truth, the essence of Being. I am blessed."

...Annrika James

"I let go of a lifetime program of OCD. For the first time in my life I feel like I'm making progress."

...Graduate, CA

"After years of suffering through bouts of depression sometimes lasting weeks to a month, my life has improved seemingly overnight. I have tried many anti-depressants to help, but The Sedona Method has stabilized my moods far better than drugs. I can't believe how much better I feel about life in general."

...J. Kiltoff, Lacy, WA

"I have no more craving of alcohol and drugs, which for the last 15 years have run my life."

...Richard P., Boston, MA

"I increased my real estate commissions to well over \$100,000.00."

...Kay O'Connor

Four Courses in One

Section One: The Sedona Method Course

Section Two: Effortless Wealth and Success

Section Three: Effortless Relationships

Section Four: Effortless Health and Well-being

Section Five: Completion of The Sedona Method Course

Section One: The Sedona Method Course will teach you the basics of letting go. The next sections—*Effortless Wealth and Success*, *Effortless Relationships*, and *Effortless Health and Well-being*—will help you to deepen your use of the process by filling out your understanding of how The Sedona Method works and how to best apply it in your life. In addition to helping you eliminate any unwanted emotion, The Sedona Method helps you in every area of your life, but especially in these: having more money, better relationships, and more radiant health and well-being. Because these areas are so deeply benefited by letting go, we decided to create accelerated learning modules for them. Each one of the modules contains the highlights of a full two- or three-day live seminar.

Note: If you are learning The Sedona Method for the first time, you will not have the full picture of it or all the tools and techniques that make up this process until you have completed all the CDs in the program. Each CD should be listened to the first time in order. Later modules build on the foundations laid in each preceding one, so please work on them in order to gain the maximum benefit.



Please Read This First

This section will be your “road map” through the enclosed materials. It is designed to make your experience of this seminar as simple and as profitable as possible.

Before you begin, please notice that your seminar is made up of 20 CDs, which correspond to the 20 sections of this accompanying workbook.

Please work with The Sedona Method CDs in order, starting with the first CD. Work at your own rate, allowing yourself enough time to gain the benefit that each recording has to offer. However, avoid getting bogged down on any particular CD. If you are not sure that you have received the full benefit of a particular CD, simply go on to the next one anyway. As you gain more practice and understanding with this program, even the CDs that you may have struggled with on the first pass will seem much clearer on your second run-through after you have listened to all of them. Each recording is labeled numerically to match a corresponding section of the workbook. This will make it easy for you to follow along in the workbook. Each recording is designed to build a solid foundation for the work that follows on the next recording.

Read the workbook to help you to apply what you are learning on the CDs in your own life. It is designed as a tool to help deepen your understanding of The Sedona Method process, and add new tips and perspectives not included in the CDs. It is best on your first pass to have your workbook open to the pages that correspond to the CD you are listening to. If you are listening to the CDs in your car or in a place where it is not convenient to read or write in the workbook, simply come back to it later and read the sections of the workbook that correspond to

the CDs you heard. Each time you read the workbook you will get more out of it. If you are sharing your CDs with friends and family, you can purchase extra workbooks for them to use as they work with the program.

It is important to note that the first six CDs present the basics of letting go and the core of The Sedona Method: how to eliminate the root cause of all limiting emotions. The next thirteen CDs represent three complete courses (Effortless Wealth and Success, Effortless Relationships, and Effortless Health and Well-being) and show you how to apply The Sedona Method in those key areas. The last CD pulls everything you have learned together and gives you suggestions of where to go from there. You will have gained a complete understanding of The Sedona Method only after completing all CDs in all five sections of this program.

In these CDs you will hear a great deal about “releasing” and The Sedona Method. The purpose of these recordings is to guide you in an experiential way to rediscover your natural ability to “release” or let go of the negative reactions or feelings that are holding you back from achieving your full potential and feeling the way you would like to feel.

Be aware that the process is completely internal. That is, it has nothing to do with anything or anyone else in the world except you yourself. It has to do only with your internal reactions or feelings towards the people and the circumstances in your life.

What you will release are those internal reactions or feelings. The process is so simple and so enjoyable that it may even make you laugh.



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It will have a profound impact on your actions, but it will not attempt to tell you how to act. It will simply help you to uncover your own intuitive knowingness and clear reason. These natural characteristics will guide you into the right path for you.

When you listen to the CDs, please participate fully. Allow yourself to release—to let go of—your own feelings as best you can along with the CDs. Please do all of the releases on your first run-through of this program even if you do not feel they relate to you. You will often be pleasantly surprised by even the processes that you thought had nothing to do with your goals and issues.

Please note that because of the relaxing nature of these CDs you may not always experience your feelings strongly. This does not mean that you are not doing great work. Releasing in general is just as effective for strong or light feelings. In fact, if you make it a habit to release in life even on the “small stuff,” it will all eventually feel like “small stuff.”

Follow these instructions carefully. You will quickly find yourself experiencing a sense of relief as you begin to let go of your own internal tension and other stressful feelings. In fact, you will soon see for yourself the many benefits you can achieve through applying The Sedona Method.

All the tremendous progress you'll make and all the benefits you'll receive will come—and come rapidly—when you apply what you've learned.

Be aware, however, that sometimes there can be surprises—pleasant ones, to be sure—but unexpected nonetheless. For instance, the specific area of your life that

you're anxious to change with The Sedona Method may not change as quickly as you would like, or it may actually be the last area of your life to turn around.

To explain this in another way, let's say an individual turns to The Sedona Method specifically to open herself to greater financial success. She listens to the seminar attentively, dutifully uses the workbook, and yet finds no immediate financial gain. Instead, she may initially find herself gaining superior health and then perhaps discover improvements in her personal relationships and achieving her ideal weight. After that, she might experience heightened abilities in the workplace. Only then may she finally allow herself to achieve the financial success she was seeking.

The Sedona Method will definitely bring about important changes in your life. It's just that, occasionally, those changes may not arrive in exactly the order you hoped for. And your friends might notice the changes in you before you do.

You will also notice as you use this process that you will become more sensitized to your feelings. This is a sign of progress; it means that you are ready to become aware of and release many emotions that you were either suppressing or avoiding. The good news is that you will find it easier and easier to let go the more you use this process; this creates the safety for you to experience your feelings more deeply. You will also feel your good feelings more fully and will gain even more enjoyment and aliveness out of everything you do.

Please remember that it's not enough just to listen to the CDs. You must be an active participant. The first time you listen to the CDs, it is a good idea to give them your full

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attention. After that, you can listen to them in any setting you choose. You will also get a lot more from the course if you *read and work in the workbook*.

Since each recording is clearly marked with the corresponding section in the workbook, whenever possible, refer to that section of the workbook as you listen to the CDs. You will also benefit greatly by actually working on the worksheets. Don't worry about keeping your workbook clean. In the unlikely event that you do decide to return this course, only the recordings and the album vinyls need to be in good condition to qualify for a refund. We hope, if your workbook does come back, that it is dog-eared and written all over or has pages missing, indicating that you have really given this program a chance to work for you.

A word about the concept of work: Most of us believe in the adage "no pain, no gain." As you work with releasing, however, I'm sure you will discover that this isn't true. So rather than *working* with this seminar, allow yourself to engage in it as a playful game of exploration of all that is truly possible for you. Yes, growth can be fun.

Have the courage to make wonderful changes for the better in your life. Give yourself the happiness, success, and well-being you deserve. We want you to have it. And we have developed this seminar to help you get it.

As you allow the Method's ease, simplicity, and amazing power to reveal itself to you effortlessly, you will be gaining a tool that will be with you from now on. Since 1974, people just like you have been using this single powerful technique to radically improve their lives and their well-being.

Please read the following questions and answers through to page 18 in your workbook *before* you start listening to the CDs.

The following questions and answers will help you get the most from this seminar. In addition to reading them now, review them as needed as you go through this course.

Do I Have to Change My Beliefs or Believe Something New?

Absolutely not. There is nothing you have to change about your beliefs in order to benefit from this program. In fact, we suggest you don't just believe anything we say. Allow yourself to remain open to discovery and prove (or disprove) our program for yourself.

How Long Does It Take to Learn How to Release?

That's up to you. We start teaching the process of releasing at the end of the first CD. However, seeing measurable results depends on how quickly you go through the CDs and how much you apply what you are learning in your everyday life. Releasing gets easier to do the more you do it. Also, you may not feel big shifts right away, depending on how much of this kind of work you have done in the past. The results may start out subtly.

What Does It Feel Like to Release?

The experience of releasing varies widely depending on the individual. Changes become more pronounced over time. Most people feel an immediate sense of lightness or a relaxation as they use the process. Others feel energy moving in their bodies like they are coming back to life. Many people report that releasing feels the same as having a really good belly laugh,



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except you can get that same feeling inside without even needing to smile. You will also notice that your mind will get progressively quieter and your remaining thoughts clearer. You will start to see more solutions rather than just problems. Over time, it may even feel positively blissful.

How Do I Know I'm Doing It Right?

If you are noticing *any* positive shifts in feeling, attitude, or behavior, then you are doing it right. However, every issue you work on may require different amounts of releasing. If at first it doesn't shift completely, release and release again. Continue releasing until you have achieved your desired result. There is no one right way to work with this material, so as long as you see any benefits assume you are doing just fine!

What If I Feel I Don't Know How to Release?

We were all born with the innate ability to let go. If you have ever watched a happy young baby, you know what I mean. Because this ability was not under your conscious control, however, you forgot over time how to do it. If you can open your hand and let go of an object, you can let go of any feeling. It doesn't require thinking or understanding to do because it is natural—just as you don't have to think, “Breathe,” each time you inhale.

Another way to look at the question of needing to know how to release is the example of a light switch: The first time you turned on a light switch, did you know how it worked? Probably not. Nevertheless, the light turned on and you were able to experience the benefit of the light right away, before you ever understood how it worked. The more you can lead with your

heart and not your mind in this process, the easier it is to do. If you find you have gotten stuck on wanting to figure it out, try letting go directly of the sense of “wanting to figure it out” and see what happens.

How Often Should I Release?

This is one good thing you can't overdo. The more you use the Method throughout your day, the more benefits you will receive. It can be done anywhere and at any time to immediately feel better, clearer, more confident, and just plain more alive. Look at each upset in your life as an opportunity for greater freedom through releasing. And remember to have fun—avoid turning releasing into another “should.”

How Could Something So Simple Be So Powerful?

The most powerful and usable things in life are the simplest. When things are allowed to remain simple, they are easy to remember and duplicate. No one has to convince you how critically important breathing is, but if I wanted to give you a procedure to follow for breathing, it would be, “Breathe in, breathe out . . . repeat as needed.” What could be simpler? Yet there is little more that is of central importance to your life. As you use the Method over time, you will discover that it can become as easy and as second nature—requiring as little thought—as the process of breathing is now.

What Should I Do If I find Myself Getting Caught Back Up into Old Patterns of Behavior or I Just Plain Forget to Release?

First, it is important to remember that this is to be expected, and it's okay. Your ability to release will increase over time. When you have recognized that there is a problem, you can always release.

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When learning to release, you may go through the following progression: you will do things just the way you did them before, and you will only remember to release afterwards. The moment you recognize that there is a problem, simply release now. Over time, you will start to catch yourself in the middle, when you are involved in the old behavior pattern. When you recognize that you are doing it again, you can just release, and you will find that you are able to change the old pattern. Over more time, you will catch yourself about to get caught up in the pattern again, and you will release and not do it. Finally, you won't even need to release about that particular tendency because you will have completely let it go.

Allow yourself to be patient with yourself and this process. At the same time be open to the possibility of this progression happening very quickly. Any time you work on a particular issue could be the very last time you will ever need to. If you allow yourself to be persistent, your attitude and effectiveness will eventually change for the better, even with longstanding problems. It is also helpful to schedule short releasing breaks throughout the day to remind yourself to release.

How Can I Best Utilize the Method Based on the Physical Sense with Which I Lead?

Most of us have a predominant form of physical sensing: visual (sight), kinesthetic (physical feeling), or auditory (sound). If you're not sure which one is your leading mode of sensing, then, in addition to asking yourself the releasing questions, try incorporating all three of these modes into the process. Later, use the one that works best for you.

Visual Sensing

If you lead with your visual sense, or you simply like working with it, allow yourself to come up with visual images while you go through the releasing questions. Here are a few suggestions to get you started:

- Visualize a knot where you feel tension or another sensation in your body, and see it unraveling as you let it go.
- Picture that there's a lid with hinges on your internal pressure cooker, and accept that all you need to do is open the lid and the feeling will leave. See yourself opening the lid and the hinge becoming looser. If you use this image frequently, after a while, you'll be able to keep this lid open and easily allow your feelings to come up and out.
- Picture yourself tightly gripping a feeling in your hand, and then see your hand opening and the feeling leaving. As you'll see in the following section on kinesthetic sensing, you can reinforce this image physically by making an actual fist as you hold on to a feeling and then opening it as you let go.
- Imagine that your feelings are pockets of unwanted energy trapped in your body. See yourself poking holes in these pockets and watch the negative energy drain out.
- You may also experience your limiting feelings as a sense of darkness. As you use this process, picture the darkness being washed away, illuminated by the light.

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Kinesthetic Sensing

If you are predominantly kinesthetic, you lead with physical sensations. Therefore, allow yourself to experience a feeling as fully as you can in your body first, and then relax, open, and feel the feeling leaving as you let go. You may especially enjoy reinforcing the experience of releasing with touch and movement. Try the following:

- Place both hands face down touching each other on your solar plexus. As you let go of a feeling, simply tilt your hands up, creating an imaginary space through which it can pass up and out.
- Make a fist with one hand, holding it to your solar plexus, and then open your hand as you let go of a feeling.
- Combine the physical action of opening your arms with the same inner sense that you have when you're about to hug someone whom you care about deeply. First, place your hands together in front of you in a prayerful position and simply allow yourself to become aware of whatever you're feeling in the moment. Then, slowly open your arms wide and, at the same time, let yourself feel welcoming. Keep opening inwardly as best you can while moving your hands slowly outward until they are as far apart as they can go without straining. Afterwards, notice how you feel. If you did this with as little thought as possible, you will probably feel lighter.
- Here is another simple way to reinforce your releasing process physically and help yourself lead more with your heart than your head. Simply place your hand

on the spot in your body where you are feeling a feeling—often this place is around the solar plexus or gut. Use this action as a reminder to focus on the feeling itself rather than your thoughts about the feeling.

Auditory Sensing

If you lead with your auditory sense, the basic releasing questions that will be outlined in CD 1 and explored throughout the remainder of this workbook may be more than enough to induce you to release. You might also engage in a positive, encouraging internal conversation to reassure yourself that it's okay to let go as you ask the questions. If you use conversation, please keep it to a minimum, however, and avoid debate. It is always better just to say "yes" or "no" to the releasing questions, rather than debating the merits of letting go or anticipating the potential consequences.

You'll understand this advisory soon. As you become more experienced in releasing, you may be surprised at what you hear, such as my student who was welcoming a feeling of judgment and heard the words "bad, bad, bad" repeated in her own voice in her mind as though she were a naughty dog. This made her giggle, and so she released.

How Is this Process Going to Help Me Get What I Want?

The Method is a tool that frees you to have, be, or do whatever you will or desire by showing you how to let go of whatever is inside of you that says you can't have it, shouldn't have it, or don't deserve it... all the negative self-talk and limiting beliefs, attitudes, and feelings that hold you back.

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Once your inner de-motivators are removed, you are free to have, be, and do it all.

How Can I Get the Most from this Process?

This process will help you to free yourself from all of your unwanted patterns of behavior, thought, and feeling. All that is required from you is being as open as you can be to the process. It will free you to access clearer thinking, and yet it is not a thinking process. It will help you to access heightened creativity, although you don't need to be particularly creative to be effective at doing this. You will get the most out of this process the more you allow yourself to see, hear, and feel it working rather than thinking about how and why it works. Lead, *as best you can*, with your heart, not your head. If you find yourself getting a little stuck in trying to figure it out, you can use the process to let go of "wanting to figure it out." We promise, as you work with this process, you will understand it only by doing it, experiencing it.

What If I'm not Sure I'm Getting It or I Need Some Assistance?

Give it time to unfold. We have all spent most of our lives suppressing and expressing our feelings and rarely letting them go. It takes practice to rediscover that it is possible and even easy just to let go. The results in the beginning are often subtle. You may start by feeling only small changes each time you release. Even the subtle releases count. Be persistent. Whatever you let go of is gone for good, though there may be more feelings that will come up in layers about any particular problem until they are all gone. As we have already mentioned, others may see changes in

you before you do, because it is often hard to be objective about our own progress.

It is important to listen to and work with all 20 CDs before drawing any conclusions about the effectiveness of this program. You can review this section whenever you need to for further suggestions. We offer around-the-clock releasing support through the Worldwide Releasing Community. To gain access to this support, visit www.sedona.com and click on the appropriate link at the top of the page.

Congratulations on having begun the process of transforming your whole life for the better. The more you put into this program, the more you will get out of it and you will discover that the results are both cumulative and increase over time. Have fun. We hope to see you at one of our advanced courses soon.





SECTION 1

The Sedona Method® Course

Notes, Gains & Realizations



CD ONE

The Four Ways of Letting Go

- Deciding to drop it
- Welcoming or allowing the emotion
- Diving into the core of the emotion
- Holistic releasing

There are the four ways to approach the process of releasing and all lead to the same result: liberating your natural ability to let go of any unwanted emotion on the spot and allowing some of the suppressed energy in your subconscious to dissipate. The first way is by choosing to let go of the unwanted feeling. The second way is to welcome the feeling—to allow the emotion just to be. The third way is to dive into the core of the emotion. The fourth way is by holistically embracing both sides of any issue or belief.

Deciding to Drop It

Let me explain by asking you to participate in a simple release. Pick up a pen, a pencil, or some small object that you would be willing to drop without giving it a second thought. Now, hold the object in front of you and really grip it tightly. Pretend this is one of your limiting feelings and that your hand represents your gut or your consciousness. If you held the object long enough, this would start to feel uncomfortable yet familiar.

Now, open your hand and roll the object around in it. Notice that you are the one holding on to it; it is not attached to your hand. The same is true with your feelings. Your feelings are as attached to you as this object is attached to your hand.

We hold on to our feelings and forget that we are holding on to them. It's even in our language. When we feel angry or sad, we don't usually say, "I feel angry," or "I feel sad." We say, "I am angry," or "I am sad." Without realizing it, we are misidentifying that we *are* the feeling. Often, we believe a feeling is holding on to us. This is not true... we are always in control and just don't know it.

Now, let the object go.

What happened? You let go of the object, and it dropped to the floor. Was that hard? Of course not. That's what we mean when we say, "Let go or 'release.'"

You can do the same thing with any emotion: choose to let it go.

Welcoming or Allowing the Emotion

Sticking with this same analogy: If you walked around with your hand open, wouldn't it be very difficult to hold on to the pen or other object you're holding? Likewise, when you allow or welcome a feeling, you are opening your consciousness, and this enables the feeling to drop away all by itself like clouds passing in the sky or smoke passing up an open chimney flue. It is as though you are removing the lid from a pressure cooker.

CD One

Diving into the Core of the Emotion

Now, if you took the same object—a pencil, pen, or pebble—and magnified it large enough, it would appear more and more like empty space. You would be looking into the gaps between the molecules and atoms. When you dive into the very core of a feeling, you will observe a comparable phenomenon: Nothing is really there.

As you master the process of releasing, you will discover that even your deepest feelings are just on the surface. At the core you are empty, silent, and at peace, not in the pain and darkness that most of us would assume. In fact, even our most extreme feelings have only as much substance as a soap bubble. And you know what happens when you poke your finger into a soap bubble. It pops. That's exactly what happens when you dive into the core of a feeling.

Holistic Releasing

Lastly, as you focus on the object in your hand you will notice that it is defined by opposites. In other words the reason you can perceive the object is because of the space around it. Without space there can be no contents. When it comes to emotionally-based problems and feelings, they are defined or held together by opposites as well. We have good and bad, right and wrong, happy and sad, and love and hate to just name a few. When you welcome both sides of any of these pairs, as opposed to clinging to one and resisting the other, you find that they both dissolve leaving you with the empty space that allows for all experiencing. We call this fourth way of releasing Holistic Releasing.

Please keep these four analogies in mind as we go through the releasing process together.

The Basic Releasing Questions

CD 1, Track 6

What is your NOW feeling?

Could you welcome/allow that feeling?

Could you let it go?

Would you let it go?

When?

These are the five basic releasing questions that serve as the foundation of The Sedona Method. Here is how to apply them on your own. Experiment with asking the questions both in the first person and in the third person and find which one works best for you.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment.



Ask Yourself: ***What is my NOW feeling about this topic?***

This doesn't have to be a strong feeling. In fact, you can even check on how you feel about this program and what you want to get from it.

Step 2: Welcome the feeling, as well as any sensations, sounds, thoughts, and pictures that arise with the feeling, and allow whatever you are experiencing to be here as fully or as best you can.

Ask yourself: ***Could I allow myself to welcome this feeling?***

This instruction may seem simplistic, but it needs to be. Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our businesses or our lives) is NOW. You don't need to wait for a feeling to be strong or to have a label before you let it go. In fact, if you are feeling numb, flat, blank, cut off, or empty inside, those are feelings that can be let go just as easily as more recognizable ones. Simply do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling and allow it to be here.

—
Remember what Walt Whitman said: "Truth is simple. If it was complicated everyone would understand it." Allow this process to be as easy and as natural as it is.
—

Step 3: Ask yourself: ***Could I let this feeling go?***

This question is merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. You will often let go even if you answer "no." As best you can, answer the question that you choose with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences.

All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go, to the experience of stopping holding on. Go on to Step 4 no matter how you answer this question.

Step 4: No matter which question you started with, ask yourself this simple question: *Would I?* In other words: ***Am I willing to let go?***

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself, for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, longstanding, or right.

If the answer is "no," or if you are not sure, ask yourself: "Would I rather have this feeling, or would I rather be free?" Even if the answer is still "no," go on to Step 5.

Step 5: Ask yourself a simpler question: ***When?***

This is an invitation to just let it go NOW. You may find yourself easily letting go. Remember

CD One

that letting go is a decision you can make any time you choose.

Step 6: Repeat the preceding five steps as often as needed until you feel free of the particular feeling with which you started the process.

Note: If you are having a hard time deciding to let go or simply feeling a difference, then you can also give yourself permission to hold on for a moment. If you give yourself permission to do what you are already doing, you will find that it becomes much easier to make a new decision. The letting go, resulting from giving yourself permission to hold on, may even happen quite spontaneously. Once you have given yourself permission to hold on, then you can the go back to asking yourself to let go. This will usually make getting to a genuine “yes” and the corresponding letting go much easier.

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.



"After years of struggling, then The Sedona Method came to me. **Learning and doing the Method has changed my life in new and very positive directions.** I have lost 50 lbs and now eat the proper food to maintain my normal body weight. Because I had such great success I enrolled in the Coach Training so I can help spread the word The Sedona Method really works."

...Wade Hansen,
Wellington, UT

"I was able to apply the techniques after the first night. I have participated in many other 'transformational' courses that have left me physically exhausted and emotionally exhausted at the end because there was a tremendous amount of external motivation applied. I am walking away feeling peaceful and with a positive 'knowing' that **using the Method every day of my life allows me to continue receiving benefits for the rest of my life. Simple, powerful and fun!**"

...John Richter, Austin, TX

"With The Sedona Method at my disposal, **I no longer feel**

helpless when negative feelings arise—I have a tool to prevent them from causing me to enter a downward spiral and even to reverse my outlook."

...D. Saul Weiner,
Buffalo Grove, IL

"Anyone who hasn't suffered from depression has no idea of the awfulness of it. Now I feel liberated. In fact, early on I could get quite scared that this Method would fail like all the others ultimately have. Thank God, **two months down the line, I'm doing really well after about 50 years of feeling like I did.**

The irony is that I am in practice as a therapist and enjoy a healthy success rate with my clients for all sorts of psychological problems. So the frustration of not being able to find my own solution was immense."

...Chris Altree, Devizes, UK

"**This is powerful do-it-yourself psychotherapy, but is not particularly traumatic.** It quickly draws up associations, memories and revelations that have been deeply submerged and suppressed and at least in my experience

does so relatively painlessly, unlike any other effective psychotherapy I've experienced."

...Ken Winston Caine,
Author of 'Prayer, Faith and Healing'

"In just two months of releasing, **my gains are getting more and more as I continue working the Method.** Some of my gains are: stopped smoking, lost 20 pounds of body fat with ease, I am no longer depressed..."

...Graduate

"I had written down that I wanted to lose weight in the original goals for the course section. I did nothing about it, didn't release once on it, and didn't use the course to help with it because I had other, more pressing goals. Recently, I was asked [twice], quite emphatically, if I'd lost weight ... they really noticed the difference. I haven't weighed myself and don't intend to. **I just plan on enjoying this unintended consequence of doing the course and practicing releasing."**

...Roger Wiggins, MD,
Evergreen, CO

Notes, Gains & Realizations



CD TWO

The Gains You Can Expect

The following is a partial list of benefits universally reported by people who are using The Sedona Method. As you work with this process, you can expect to experience all of these and more. We highly recommend that you record your own gains and realizations as you explore The Sedona Method in order to encourage you to keep your releasing momentum moving in a positive direction.

- Greater ease, effectiveness, and joy in daily activities
- An increase in positive feelings
- A decrease in negative feelings
- More love toward one's self and others
- Positive changes in behavior and/or attitude
- More open and effective communications
- Increased problem-solving ability
- More laughter
- Greater openness and flexibility
- Clearer reason and more natural intuitive knowing
- Being more relaxed and confident in action and at rest
- Accomplishments and completions
- New beginnings
- Greater ease in acquiring new abilities or skills

The Continuum of Letting Go

If you review your life, you will probably recall many instances that you have let go. We generally let go either by accident or when our backs are against the wall and we have no other choice. As you focus on reawakening and strengthening this natural ability within yourself by practicing The Sedona Method, you will be able to bring releasing under your conscious control and to make it a viable option throughout your everyday life—even when you have days that are truly challenging or uncomfortable.

The chart that follows will give you a better understanding of the process of releasing, whether it's the spontaneous releasing you already do or the conscious releasing you will be doing as you explore this program. It will also help you to better distinguish between letting go, suppressing, and expressing. Each category represents a continuum that everyone is moving through in each moment.

As you practice releasing, you'll see that you tend to move from the left-hand side to the right-hand side of this chart. Sometimes you may find a difference in only a single category as you let go, and other times you will see a difference in many.

CD Two

You can, and probably already do, force yourself at times to move to the right-hand side. For instance, you may force yourself to make a decision in order to stop thinking about a particular problem. But that's not real releasing. If you do force a decision, you may grow uncomfortable inside and increase your tension. When you are forcing yourself to change a behavior—changing yourself from the outside in without changing how you feel—you will find some categories moving to the right while others move to the left. You may be doing some letting go, but you are also probably suppressing. When you have consciously released, the whole continuum moves to the right.

The Releasing Flow Chart

Apathy
Grief
Fear
Lust
Anger
Pride



Courageousness

Acceptance

Peace

Tense

RELEASE

Relaxed

Unhappy

RELEASE

Happy

Confused

RELEASE

Clear

Dead

RELEASE

Alive

Heavy

RELEASE

Light

Closed

RELEASE

Open

Contracted

RELEASE

Expanded

Unproductive

RELEASE

Productive

Ineffective


RELEASE

Effective

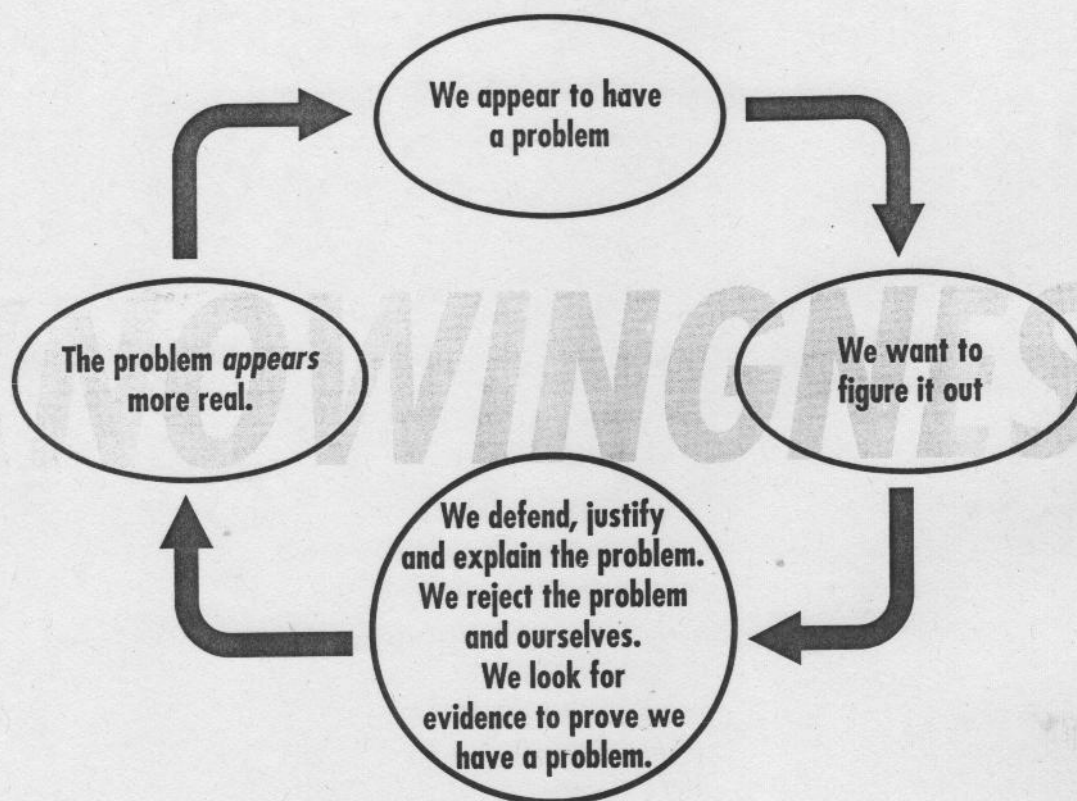


Please take a moment to write down what you would like to get from this course both personally and professionally. Use this space to list everything you would like to change or improve in your life. Please really let yourself go here. Be detailed. Put down anything you desire, not just what you think can “reasonably” be accomplished by this program.

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Anatomy of a Problem



Quick Solutions for Problems

Any one of the following steps can be used together or separately at any time throughout this course, and in life, whenever you are dealing with a perceived problem. A problem may be holding you back from feeling the way you would like to feel, accessing your intuitive knowingness and clear reason, and/or having, doing or being whatever you choose. These releasing solutions are quick and easy ways for us to get unstuck and back on track, and they cut through a lot of the unnecessary struggle and suffering that we experience in life in general and when we are learning something new.

- Let go of wanting to understand or figure out what to do about the problem.
- Let go of wanting to defend, justify, or explain the problem.



- Let go of rejecting yourself and the problem or, in other words, accept yourself as you are and accept the problem as it is.
- Look for evidence in your life now that is beyond the problem or disproves the problem.

Release for Dissolving Problems

CD 2, Track 8

Use the first of the following questions to begin this process, and the last three questions to end this process. Several alternative middle groups of questions are included that can be used all together or one at a time to aid in releasing the perceived problem.

What is a problem that you used to believe you had? Or what is a problem that you appear to have?

Is there any feeling of wanting to figure it out?

Could you let go of wanting to figure out the problem?

Would you?

When?

Is there any feeling of wanting to defend, justify or explain the problem?

Could you let go of the feeling of wanting to defend, justify or explain the problem?

Would you?

When?

Are you rejecting yourself or the problem?

Could you let go of the feeling of rejecting yourself and your problem and accept yourself and the problem as best you can?

Would you?

When?

Could you let go of wanting to make the problem real again?

Would you?

When?

Notes, Gains & Realizations



CD THREE

Putting Our Problems and Suffering into Perspective

The following is an explanation of the simple diagram that is described in the recordings as "Hale's favorite diagram."

The dot in the center of the next page represents all of our problems, all of our suffering, and all of our limiting thoughts and feelings—except that it is way too big. The white paper that surrounds the dot and allows us to see the dot represents our true unlimited nature and our present awareness—except that it is way too small. Yet, as we live life, it often feels like our problems are huge and the space or presence that we are is very small, almost imperceptible. To understand why it feels that way, take the next page and press your face into the paper over the dot, and then carefully try and move around the room.

Get the picture? This is why our problems often seem so insurmountable.

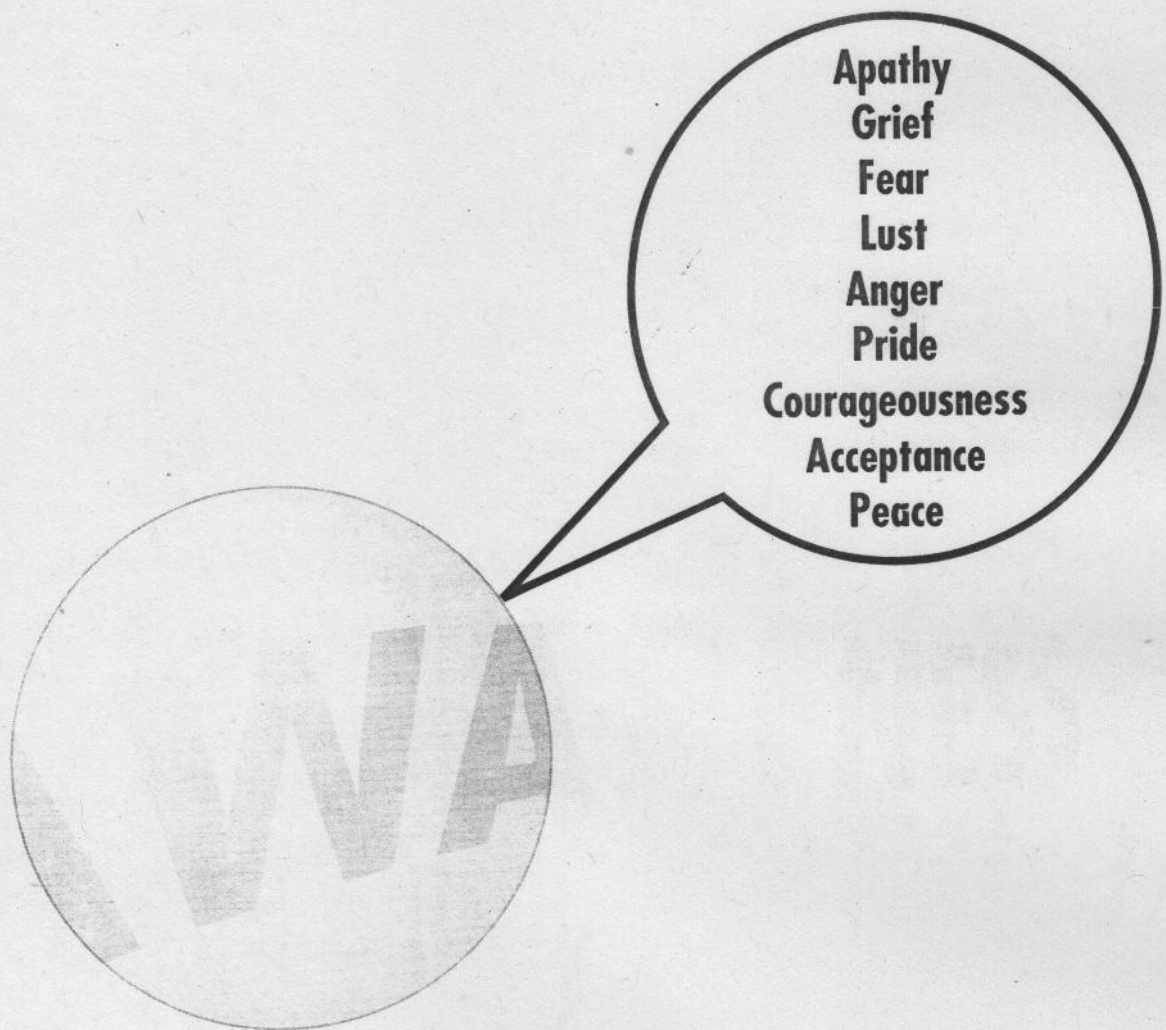


Your Road Map to Emotional Freedom and Wellness

An exploration of the "dot."

Chart of Emotions

The following is a visual representation of the emotional states that we all experience. You will notice that even though these states do seem quite dense they represent the thinnest layer of obstruction, the emotions listed are a cross section of the surface of a little bubble floating in the presence that you are.



The following list of nine emotions is a summary of what we feel throughout the day and some of the thoughts and actions that these feelings motivate. If you have a particular category that you react to or have a hard time identifying with, you are probably experiencing situations in your life that relate to that particular emotion. Take some time to explore that emotion and get more comfortable with it. We will be doing some focused releasing on each emotional state. As you learn to release these emotions, you will start to notice positive changes in all areas of your life. As you practice this process, you will also learn that it is safe to feel them because you can also easily let them go.

These emotional states, and the individual thoughts and feelings that make them up, are simply labels that in the beginning are very helpful in understanding what we experience throughout our lives. Once you get more comfortable with the releasing process you will begin to notice that you can see through these labels to the underlying sensations, pictures, and sounds that are arising in your awareness. As you see these feelings for what they are without labels, it makes it even easier to welcome them and let them go.

A helpful thing to do with the following list is to read the description of each category and the individual words that make it up, and then spend time releasing that category.



APATHY

CD 3, Track 4

In apathy, we feel as though desire is dead and it's no use. We can't do anything, and no one else can help. We feel dense, heavy, and see no way out. We withdraw and play weak so we won't get hurt. Our minds can get so noisy that we may go numb. The mental pictures we have are the most limited and destructive so that we see only failure and how we can't and no one else can, as well. We have little or no energy to act on our pictures and thoughts because inwardly we are being pulled in so many conflicting directions.

- Bored
- Can't win
- Careless
- Cold
- Cut-off
- Dead
- Defeated
- Depressed
- Demoralized
- Desolate
- Despair
- Discouraged
- Disillusioned
- Doomed
- Drained
- Failure
- Forgetful
- Futile
- Giving up
- Hardened
- Hopeless
- Humorless
- I can't
- I don't care
- I don't count
- Inattentive
- Indecisive
- Indifferent
- Invisible
- It's too late
- Lazy
- Let it wait
- Listless
- Loser
- Lost
- Negative
- Numb
- Overwhelmed
- Powerless
- Resigned
- Shock
- Spaced out
- Stoned
- Stuck
- Too tired
- Unfeeling
- Unfocused
- Useless
- Vague
- Wasted
- What's the use?
- Why try?
- Worthless



GRIEF

CD 3, Track 5

In grief, we want someone else to help us because we feel that we can't do anything on our own, but we hope maybe someone else can. We cry out in pain for someone to do it for us. The body has a little more energy than in apathy, but it is so contracted that it is painful. The mind is a little less cluttered than in apathy, but still very noisy and opaque. We picture our pain and loss, often getting lost in these images. Our thoughts revolve around ideas of how much we hurt, what we have lost, and whether or not we can get anyone else to help us.

- Abandoned
- Abused
- Accused
- Anguished
- Ashamed
- Betrayed
- Blue
- Cheated
- Despair
- Disappointed
- Distraught
- Embarrassed
- Forgotten
- Guilty
- Heartbroken
- Heartache
- Heartsick
- Helpless
- Hurt
- If only
- Ignored
- Inadequate
- Inconsolable
- It's not fair
- Left out
- Longing
- Loss
- Melancholy
- Misunderstood
- Mourning
- Neglected
- Nobody cares
- Nobody loves me
- Nostalgia
- Passed over
- Pity
- Poor me
- Regret
- Rejected
- Remorse
- Sadness
- Sorrow
- Tearful
- Tormented
- Torn
- Tortured
- Unhappy
- Unloved
- Unwanted
- Vulnerable
- Why me?
- Wounded



FEAR

CD 3, Track 6

In fear, we want to strike out, but we don't because we think the risk is too great—"they" will probably hit us harder. We want to reach out, but do not because we think we'll get hurt. The body has a little more energy than in grief, but it is still so contracted that it is mostly painful. Feelings can rise and fall very rapidly, like water on a hot skillet. The mind is a little less cluttered than in grief, but still very noisy and opaque. Our thoughts are about doom and destruction. All we can think and see is how we will get hurt, what we may lose, and how we can protect those around us and ourselves.

- Anxious
- Apprehensive
- Cautious
- Clammy
- Cowardice
- Defensive
- Distrust
- Doubt
- Dread
- Embarrassed
- Evasive
- Foreboding
- Frantic
- Hesitant
- Horrified
- Hysterical
- Inhibited
- Insecure
- Irrational
- Nausea
- Nervous
- Panic
- Paralyzed
- Paranoid
- Scared
- Secretive
- Shaky
- Shy
- Skeptical
- Stage fright
- Superstitious
- Suspicious
- Tense
- Terrified
- Threatened
- Timid
- Trapped
- Uncertain
- Uneasy
- Vulnerable
- Want to escape
- Wary
- Worry

LUST

CD 3, Track 7

In lust, we desire possession. We are WANTING. We hunger for money, power, sex, people, places, and things, but with hesitation. We may or may not reach out. We have an underlying feeling that we cannot or should not have what we want. The body has a little more energy than in fear. It is still quite contracted, but the sensations now are sometimes quite pleasurable, especially compared to the lower-energy emotions. Feelings can be very intense. The mind is a little less cluttered than in fear, but still noisy and obsessive. We may try and medicate our pictures with positive fantasies, but, underneath, our pictures are really about what we don't have. Our thoughts are about what we need to get and what we don't have. No matter how much we do get, we never feel satisfied and rarely enjoy what we have.

- Abandon
- Anticipation
- Callous
- Can't wait
- Compulsive
- Craving
- Demanding
- Devious
- Driven
- Envy
- Exploitive
- Fixated
- Frenzy
- Frustrated
- Gluttonous
- Greedy
- Hoarding
- Hunger
- I want
- Impatient
- Lascivious
- Lecherous
- Manipulative
- Miserly
- Must have it
- Never enough
- Never satisfied
- Oblivious
- Obsessed
- Overindulgent
- Possessive
- Predatory
- Pushy
- Reckless
- Ruthless
- Scheming
- Selfish
- Voracious
- Wanton
- Wicked



ANGER

CD 3, Track 8

In anger, we desire to strike out, to hurt and stop others, but with hesitation. We may or may not strike out. The body has a little more energy than in lust. It is less contracted, and the sensations can often be very intense and explosive. The mind is a little less cluttered than in lust, but still noisy, stubborn, and obsessive. Our thought-pictures are about what we are going to do to others and of destruction. Our thoughts are about what we can do to get even and how we are going to make others pay. This energy can frighten us and cause us to move into lower-energy levels and to hurt ourselves. The actions we take are mostly destructive to those around us and ourselves.

- Abrasive
- Aggressive
- Annoyed
- Argumentative
- Belligerent
- Boiling
- Brooding
- Caustic
- Defiant
- Demanding
- Destructive
- Disgust
- Explosive
- Fierce
- Frustrated
- Fuming
- Furious
- Harsh
- Hatred
- Hostility
- Impatience
- Indignant
- Irate
- Jealous
- Livid
- Mad
- Mean
- Merciless
- Murderous
- Outraged
- Petulant
- Pushy
- Rebellious
- Resentment
- Resistant
- Revolted
- Rude
- Savage
- Simmering
- Sizzling
- Smoldering
- Spiteful
- Steely
- Stern
- Stewing
- Stubborn
- Sullen
- Vengeful
- Vicious
- Violent
- Volcanic
- Wicked
- Willful

PRIDE

CD 3, Track 9

In pride, we want to maintain the status quo. We are unwilling to change or move, and therefore we stop others from movement so they don't pass us by. The body has a little more energy than in anger, but it often becomes unavailable. Even though it is less contracted, it is often muted and less visible. The mind is a little less cluttered than in anger, but still noisy, rigid, and self-involved. Our mental pictures and thoughts are about what we have done and what we know. If we are even aware of others, we hope they will notice how great we are to cover over our nagging doubts.

- Above reproach
- Aloof
- Arrogant
- Bigoted
- Boastful
- Bored
- Clever
- Closed
- Complacent
- Conceited
- Contemptuous
- Cool
- Critical
- Disdain
- Dogmatic
- False dignity
- False humility
- False virtue
- Gloating
- Haughty
- Holier than thou
- Hypocritical
- Icy
- Isolated
- Judgmental
- Know-it-all
- Narrow-minded
- Never wrong
- Opinionated
- Overbearing
- Patronizing
- Pious
- Prejudiced
- Presumptuous
- Righteous
- Rigid
- Self-absorbed
- Self-satisfied
- Selfish
- Smug
- Snobbish
- Special
- Spoiled
- Stoic
- Stubborn
- Stuck-up
- Superior
- Uncompromising
- Unfeeling
- Unforgiving
- Unyielding
- Vain



COURAGEOUSNESS

CD 3, Track 10

In courageousness, we have the willingness to move without hesitation. We can do. We can correct. We can change whatever, wherever needed. We have the willingness to let go and to move on. The body has a lot more energy than in pride, and it is available for constructive outward action. Our energy is high and available, and clear. The mind is much less cluttered than in pride and a lot less noisy. It is flexible, resilient, and open. Our mental pictures and thoughts are about what we can do and learn, and how we can support others in the same. We are self-motivated and self-reliant while still being willing for others to succeed. We can laugh out loud, even at our own mistakes. Life is fun.

- Adventurous
- Alert
- Alive
- Assured
- Aware
- Centered
- Certain
- Cheerful
- Clarity
- Compassion
- Competent
- Confident
- Creative
- Daring
- Decisive
- Dynamic
- Eager
- Enthusiastic
- Exhilaration
- Explorative
- Flexible
- Focused
- Giving
- Happy
- Honorable
- Humor
- I can
- Independent
- Initiative
- Integrity
- Invincible
- Loving
- Lucid
- Motivated
- Non-resistant
- Open
- Optimistic
- Perspective
- Positive
- Purposeful
- Receptive
- Resilient
- Resourceful
- Responsive
- Secure
- Self-sufficient
- Sharp
- Spontaneous
- Strong
- Supportive
- Tireless
- Vigorous
- Visionary
- Willing
- Zest

ACCEPTANCE

CD 3, Track 11

In acceptance, we have and enjoy everything as it is. We have no need to change anything. It just is, and it's OK. It's beautiful just as it is. The body has a lot more energy than in courageousness, yet it is mostly at rest, available if we need it. Our energy is light, warm, and open. The mind is much less cluttered than in courageousness and is mostly quiet and content. Our mental pictures and thoughts are in love with the exquisiteness of what is. Life is joyous.

- Abundance
- Appreciative
- Balance
- Beautiful
- Belonging
- Childlike
- Compassion
- Considerate
- Delight
- Elated
- Embracing
- Empathy
- Enriched
- Everything's okay
- Friendly
- Fullness
- Gentle
- Glowing
- Gracious
- Harmonious
- Harmony
- Intuitive
- I have
- In tune
- Joyful
- Loving
- Magnanimous
- Mellow
- Naturalness
- Nothing to change
- Open
- Playful
- Radiant
- Receptive
- Secure
- Soft
- Tender
- Understanding
- Warm
- Well-being
- Wonder



PEACE

CD 3, Track 12

In peace, we feel "I am. I am whole, complete and total unto myself. Everyone and everything is part of myself. It is all perfect." The body has a lot more energy than in acceptance, but is totally at rest—still. The energy is quiet and calm. The mind is clear and empty, yet totally aware. There is no need for pictures or thoughts. Life is as it is, and all is well.

- Ageless
- Awareness
- Being
- Boundless
- Calm
- Centered
- Complete
- Eternal
- Free
- Fulfilled
- Glowing
- I am
- Imperturbable
- Knowingness
- Light
- Oneness
- Perfection
- Presence
- Pure
- Quiet
- Serenity
- Space
- Still
- Timeless
- Tranquility
- Unlimited
- Whole

CD Three

"At first, the process seemed rather redundant. As time went on, I started to see the sense of it all and got into sticking to the process of redundant release. **The more I stuck to the process, the more I realized that the things that bothered me were of my own making.** I created more problems by reiterating each troubling scene in my mind, rehearsing my point and how important it was for me to make my point, that I never realized that nothing is really that important—at least not more important than being happy wherever we are at whatever time."

...Graduate, Bronx, NY

"**I am more able to say 'yes' to my feelings, especially negative ones.** Before, I used to feel very guilty when I observed negative ones coming up. I was those feelings. Now I am the watcher—they are not me. I have been feeling much happier with myself without having to be perfect."

...Graduate, London, UK

"This method is really remarkable! It has given me a way to

change the way I feel about anything, right in that moment. This has given me much more freedom of choice on how I respond in most situations. **Even the most ingrained limitations have been impacted...**"

...Iver Juster, Oakland, CA

"When I have a negative or limiting thought, it is nice to have something to do with it rather than dwelling on it. Even better, to have the process to let this thought go is incredible. It happens almost automatically now when I have a nonproductive thought. **At first, I was thinking this is almost too simple, but it works.**

Thank you so much for this wonderful tool."

...Graduate

"**I've struggled and I've held on to the past—trying to change it. Now I have the tools to recognize this and let go.** Peace, expansion, willingness, less resistance, embracing the present—achieved them all—just for now. Could it get any better? Yes! It has and it will."

...Denise Link, Superior, CO

"After sitting one day in the seminar, **I realized how much resistance I have been carrying around with me my entire life.** I use the release process every day and I'm becoming "lighter" more and more it seems. This is giving me more room to enjoy life with a good/positive outlook, rather than a big problem. It feels so good to breathe again. Releasing is as easy as breathing in and breathing out. That simple. It took me more energy to write this than it takes to release."

...Pete Alley, Las Vegas, NV

"**When I first attempted releasing, I felt a lot of resistance.** One day in the hospital out of sheer boredom, I listened to a Sedona tape. Thinking I had nothing to lose, I released on the issue of eating sweets. To my amazement, the craving for sweets left. All my life I have had an addiction to cake, candy, etc. Now when I go to a store, I no longer look for these items! It was effortless. It seems not real somehow. How could anything be so easy?"

...Anne Marie Sarutto
Brooklyn, NY



CD FOUR

Dissolving Resistance

"Feelings only lie. They tell us we are going to get, from letting go of them, what we already have from holding onto them."

—Hale Dwoskin

Have you ever started a project really gung ho and lost enthusiasm somewhere in the middle? That's resistance. Resistance is quite insidious. It's one of the main things that stop us from having, doing, and being what we want in life. In fact, we often resist the things we really like and care about. And if someone tells us to do something, that's a sure-fired trigger for resistance. It may come up even if we would like to do what we're being told to do. Resistance can be self-sabotaging and counterproductive, and it's operating constantly because we live in a sea of "shoulds" and "have to's" and "must do's," and other imperatives. Any time there is an imperative it stirs up resistance.

When you are told that you should do something or have to do something, what do you feel inside? "No way! Don't tell me what to do!" The exact same thing happens when you tell yourself what to do. If you say to yourself, "You have to work on your bills," what happens? You probably respond, "Oh, yeah?" Or, if you say to yourself, "You'd better not do this anymore," perhaps referring to a habit you want to break, you may find yourself doing whatever it is even more. That's just the nature of our minds. We simply do not like being told what to do. Yet, we are continually "shoulding" on ourselves, then wondering why we are not having fun and why things are not getting done.

Resistance manifests in many different ways, some of them subtle. Maybe you forget things that are important to you. Or perhaps you find yourself gradually moving away from things that are really helpful. Let's say, for instance, that you're doing great with releasing. You're really enjoying it, and you think it's the best thing since sliced bread. Then a few days, weeks, or months later it's hard for you to persuade yourself to do it, even though you've had firsthand experience of how much it can help you. What happened? You hit resistance. Most likely, you turned releasing into a "should." In situations like this one, the "should" creates an opposing force equal to, or greater than the force that you're exerting when you're trying to get something to happen.

Rather than allowing the flow of life to carry us where we want to go, most of us spend a lot of time swimming upstream. We assume that we have to struggle to get what we want and push against the current. But what if that's not true? What if we could actually allow the natural flow of life to support us in having what we want? No doubt you've already experienced what being in a state of flow is like. Think of a day when everything worked perfectly! You just seemed to be in the right place at the right time doing exactly the right thing. Now think of a TYPICAL day. Which would you prefer? The greatest obstacle to being in the flow all day long, every day, is resistance to what is. Also, resistance is generated by a feeling of "me" against "others" (the world). As you let this artificial sense of separation go, your resistance will dissolve with it.

Good news: You can let go of resistance just like any other feeling.

Resistance prevents us from moving ahead in all areas of our life, especially in the area of personal growth and happiness. As you have explored this program so far, you've already had experience in releasing many different types of feelings. You've probably noticed how willing you are at certain times to release, whereas, at other times, you find it easier to put the program down and do something—anything—else. It is exactly this kind of resistance that prevents us from following through on our good intentions, even when they pertain to an activity as obviously beneficial as the work we're doing in this program.

It is important to note that letting go of resistance does not mean you must allow others to control you. You can still stand up for what's correct without resistance. If you have ever studied a martial art, such as aikido, karate, or tae kwon do, you know that if you hit someone with a tight fist, you'll get hurt. But if your fist is slightly relaxed—without resistance—you have a lot more power and a lot more strength. Martial artists also understand that when opponents attack you, by not resisting you can turn that energy against them. The same things are true every time you let go of the feeling of resistance. You have more strength with less effort and greater emotional resilience and stamina.



What Is Resistance?

- Resistance feels like trying to move forward with the brakes on.
- Any time you feel like you *have to*, *must* or *should* do anything, there is a feeling of resistance.
- Resistance is opposition to force, real or imagined.
- Resistance is pushing against the world, which causes a feeling of being pushed back.
- The feeling or thought “I can’t” is resistance and its derivations such as “I won’t,” “Don’t tell me what to do,” “It’s not my job.” It takes a conscious intention to overcome the unconscious effort (habit) of holding down the feelings. That unconscious habit is resistance.
- Resistance is just another limiting belief that we have manufactured to protect the other limiting beliefs.
- Resistance is not having decided whether or not to do something, doing it anyway, and finding it difficult. To dissolve the resistance, all you need to do is decide to do it and do it—or decide not to do it and don’t do it.
- Resistance to “what is” is the glue that holds our apparent limitations together.
- When there is no resistance, there is simply “what is,” and life flows naturally without obstruction with a natural uncaused feeling of well-being.

Dissolving Resistance Release

CD 4, Track 2

Use the following list of questions to dissolve the feeling of resistance:

What is something you are resisting?

Could you welcome the feeling of resistance and the sounds, sensations, and pictures that arise with that feeling?

Could you let go of the feeling of resistance?

Could you allow yourself to accept what is as best you can?



CD Four

Notes, Gains & Realizations



Three Releases on Resistance to Do on Your Own or with a Partner

Exploring Physical Resistance with a Partner

When you do this version of the exercise, remember that it's only an exploration. It is not about who is the strongest or who can knock the other one over. It is very important never to do anything that's physically or emotionally hurtful to your partner.

To begin, both partners stand facing each other and make eye contact. Select which partner will push and which will resist. For the purpose of this description, let's say that your partner is the first "pusher." Have your partner reach out with their right hand in front of them while you reach out in front of you with your left hand (or you can use the opposite hands). You and your partner will then touch your palms together.

Now, your partner will push gently against your hands. As he or she pushes, simply resist the push, holding your hands steady. The pressure being exerted should be strong enough so you both can feel the resistance, but not enough so that the partner who's the "resister" has any concern about straining or falling over.

As your partner pushes against your hands, allow yourself to get in touch with what it feels like to resist. Then, let go of the resistance, as best you can, without trying to control or do anything in particular with your hands. Just let your hands do what they do.

Next, switch roles and run through the same exercise. Whoever was the pusher now becomes the resister and vice versa. Reverse the roles several times until both partners have a clear feeling sense of what it's like to resist and to let go of resistance.

In the process of doing this release, you may discover some patterns in yourself and in others that relate to resistance. Feel free to share your discoveries with your partner after you've completed the exercise, but avoid getting into an intellectual discussion. Take turns supporting each other in releasing whatever gets stirred up.

A Second Release to Be Done with a Partner

When you do this exercise, remember that it too is only an exploration. It is not about who is the strongest or who can knock the other one over. It is very important never to do anything that's physically or emotionally hurtful to your partner.

To begin, both partners stand facing each other and make eye contact. Select which partner will hold their arm out and which will pull on it. For the purpose of this description, let's say that your partner is the first "puller." Then, reach one arm out over your partner's, placing your wrist solidly on their shoulder with your hand open and your fingers pointing straight ahead.

Now, your partner will pull gently on your arm around the elbow. As he or she pulls, simply resist the pull, holding your arm steady using your personal strength and resistance to the pull. The pressure being exerted should be strong enough so you both can feel the resistance, but not enough so that the partner who's the "puller" has any concern about hurting your arm.

CD Four

Then repeat the exercise as above and this time let go of your resistance and let universal energy flow through your arm and out the tips of your fingers as best you can.

Next, switch roles and run through the same exercise. Whoever was the puller now becomes the resister and vice versa. Reverse the roles several times until both partners have a clear feeling sense of what it's like to resist and to let go of resistance.

You will be amazed at the results. Universally, we have found that when someone lets go of their resistance and allows the energy to flow through their arm, they are always stronger than when they resist. This is the opposite of what our minds tell us.

In the process of doing this exercise, you may discover some patterns in yourself and in others that relate to resistance. Feel free to share your discoveries with your partner after you've completed the exercise, but avoid getting into an intellectual discussion. Take turns supporting each other in releasing whatever gets stirred up.

Note: Feedback from these two exercises is included in the recordings. The explanations did not translate well enough for you to be able to follow along, so we included them here instead. Plus, they are fun ways to explore and let go of resistance.

Exploring Physical Resistance on Your Own

To begin, place your hands together in front of you in an isometric or prayer position, with the palms touching. Arbitrarily decide which hand will push and which will resist. With the hand that you decide is the pushing hand, allow yourself to push gently against the other hand, which is resisting, and have that hand hold its position.

While you are doing this, allow yourself, as best you can, to get in touch with what it feels like to resist.

Next, let go of resisting the push without trying to control or do anything in particular with your hands. Just let your hands do what they do.

Repeat this activity several times, switching which hand is pushing and which is resisting, and allow yourself to notice your emotions as you let go.

Spend some time after you're done reflecting on the release and using the basic releasing process to let go of whatever thoughts and feelings come up.



More Resistance Dissolving Releases

CD 4, Track 6

Releasing the Resistance on Both Sides

Could you let go of resisting having/doing/being _____?

Could you let go of resisting not having/doing/being _____?

Releasing Resistance in Action

As you go through your day, focus your resistance on the objects you encounter and then let go of resisting them. Also, look for the flow or ease that is always here and now.

What is something you feel like you "must," "should," or "have to" have, do, or be?

Could you welcome the feeling of resistance and the sounds, sensations, and pictures that arise with that memory?

Could you let go of the feeling of resistance?

Could let go of wanting to force yourself to have, be, or do that as best you can?



Your Key to Serenity

"God grant me the serenity to accept the things I cannot change,
courage to change the things I can, and the wisdom to know the difference."

—Reinhold Niebuhr

How does letting go of wanting to change things help us? Besides the obvious outcome of feeling better as we let go, there are several ways. Let's start by looking at acceptance. Accepting what we can't change is not always easy. The mind rebels at the whole notion. However, when we let go of wanting to change the way things are, we naturally move into greater acceptance without having to try to force it to happen.

With regard to changing the things that need to be changed, examine your personal experience. Quickly review your life and make a mental list of anything you want to change. It is probably quite lengthy and many of the items on this list are longstanding. So far, many things you've wanted to change have not changed, right?

Although the mind informs us that the desire to change something can actually change it, and that wanting to change what needs to be changed will cause us to take an action, in most cases the exact opposite is true. When we focus on wanting to change a problem, our awareness of the problem causes it to persist. Holding it in mind keeps us stuck.

Here's how this works. Perhaps we have an experience that we don't like (the boss yells at us), or something happens to a person we care about (a friend gets sick or has a car accident), or maybe we don't like the news we hear that day (the stock market takes a nose dive). Therefore, we want to change it. Either we think, "I hope this doesn't happen to me," or, "I hope this never happens again," which is where we get stuck. Since the mind sees and creates in pictures, it doesn't accurately translate negations—words like *not*, *never*, or *don't*. As a result, it interprets our hopes in reverse and sustains them.

In addition to looking for and letting go of the resistance that you experience in life, allow yourself to look for, acknowledge, and enjoy the flow and ease that are already present in your life.

If you don't believe me, try right now to *not* picture a shoe. What happened? If you're like most people, you immediately saw a shoe in your mind's eye. The harder we try to *not* create what we do not want, the stronger we're holding on to the idea; thus, the more likely we are to create it in our reality.

So, what is the solution? Easy. Let go of the sense of wanting to change something, and the unwanted pictures about it that you were holding in mind will dissolve. Then you'll courageously move into action to make the changes that are necessary.

Lastly, how can we distinguish between what we can and cannot change? There's a simple process. Any time you're not sure whether something in your life needs to be changed or



allowed to be as it is, make a decision to let go of the feeling of wanting to change it. If you let go of that feeling, and it's something that cannot be changed, you'll find yourself effortlessly accepting it as it is. On the other hand, if it's something that does need to be changed, letting go helps you shift easily into action to get things done.

Experiment with this principle in your life and see what happens.

Letting Go of Wanting to Change It

CD 4, Track 9

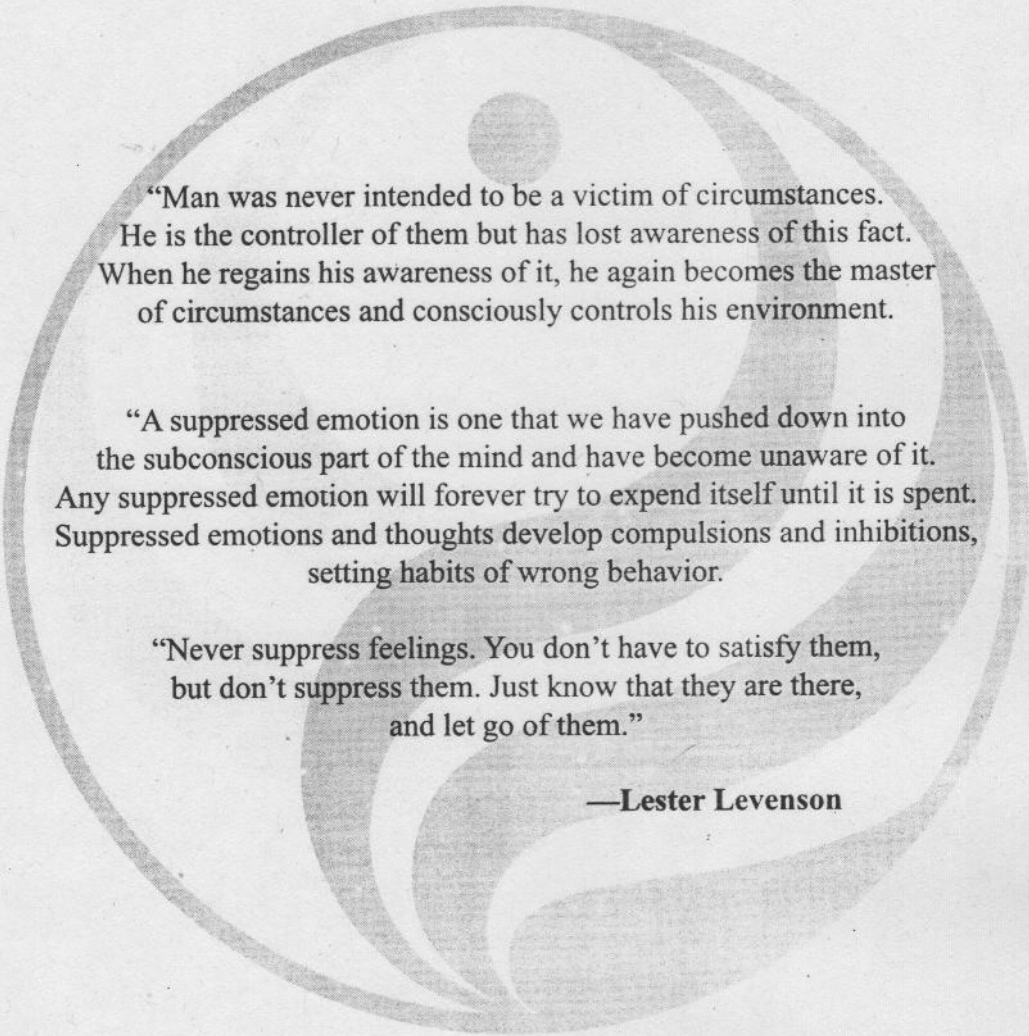
What is something you want to change?

Could you welcome the feeling of wanting to change it?

Could you let go of the feeling of wanting to change it?

Could you allow yourself to accept what is as best you can?





“Man was never intended to be a victim of circumstances.
He is the controller of them but has lost awareness of this fact.
When he regains his awareness of it, he again becomes the master
of circumstances and consciously controls his environment.

“A suppressed emotion is one that we have pushed down into
the subconscious part of the mind and have become unaware of it.
Any suppressed emotion will forever try to expend itself until it is spent.
Suppressed emotions and thoughts develop compulsions and inhibitions,
setting habits of wrong behavior.

“Never suppress feelings. You don’t have to satisfy them,
but don’t suppress them. Just know that they are there,
and let go of them.”

—Lester Levenson

"I felt that my biggest problem was that I don't trust men. I had no idea how to tackle this problem. After three days of doing releasing exercises, I suddenly realized that the problem isn't men, it's MY constant search for approval. By releasing on my need for approval, I am already removing myself from these emotionally-draining situations."

...M. Mansfield, MD

"My relationship with my son has dramatically improved. I used to think his resistance was the problem. I have gotten to see/experience it was MY resistance and wanting of control, approval, and security that was locking us in our struggle/suffering. I am now in touch with my love for my son."

...John Greiner, Fairfax, CA

"I have found that if I really need or want some material thing or state to be mine, the first thing to do is clearly articulate in my mind what it is exactly that I want. And the second most important step is to expel any feelings of need or want—just to let it go. Then, sooner or later, what it was I wanted

would materialize! Conversely, if I fretted or lusted, it would never happen. It has been a revelation to me now to have this phenomenon explained by your tapes and to show me how it applies to all three basic needs: approval, control and security. I honestly believe that it is no coincidence that halfway through the tapes, I enjoyed a 'miracle' that made me a millionaire overnight—literally!"

...Robert Dial, Tampa, FL

"I became aware of how I was sabotaging my relationships by wanting control, wanting approval and wanting security. I shared the course with a very close friend. The growth I have experienced myself and the growth that I have witnessed in him has changed our lives. We continually get closer and help each other with this method. I cannot thank you enough for what this course has done for me."

...Chari Paulson,
Houston, TX

"I released the 'want for survival' associated with my fear of flying. Underneath that fear

was also a 'want for control'—'if only I could control the plane, we'd be safe'—silly! I have been able to fly without fear or discomfort for over a year, 10-12 flights."

...Judy Silvestrone,
Seneca Falls, NY

"I used to read self-help books by the dozens. I was always wishing for things to be different, working to make them different. I couldn't enjoy a moment without thinking about whether things were how they should be, whether I was making the right choices. For me the key to everything was letting go of wanting to control, and of wanting security, and instead just accepting that things would be ok. 'All is well and everything is unfolding as it should.'"

...Cindi

"I found out that I am wanting control and security 100% of the time. My 7-year-old son will ask me if I want to 'release it' when I use an angry attitude to get him to do something. He follows with 'could you,' 'would you,' 'when.' I laugh first, then release it right then and there."

...Heidi Farrell, NC

Notes, Gains & Realizations



CD FIVE

Releasing the Inner De-motivators

As you have probably already discovered, your feelings greatly color your performance and your clarity. In addition, you can easily let go of any unwanted feelings you have. In the process, not only do you feel better, you also function better. We are now going to take this process of letting go to a much deeper and more powerful level. As you engage in The Sedona Method at this new level, you will notice that the results you are able to achieve will be much more rapid and effective.

What Motivates or Drives Our Feelings?

If you examine your experience, you will notice that the way you react falls into recurring patterns. As you notice your limiting patterns, you can choose to let them go. By letting go of whole patterns, you will be able to see more and more possibility. As you notice more possibilities, you will be able to see, hear, and feel things from a new and more expansive perspective. This, of course, will result in new, more productive actions and attitudes.

For the purpose of our work together in this course, we will be focusing on four key patterns or underlying programs that motivate our reactions: wanting control, wanting approval, wanting security, and wanting to be one (the flip side of this last want, which often shows up, is wanting to be separate).

As you work with these “wants,” you will discover they are the main motivators of all limiting feelings, thoughts, beliefs, patterns, and attitudes. In fact, all limiting feelings, thoughts, beliefs, patterns and attitudes culminate in these key wants. Each time you let go of wanting approval, control, security, separation or oneness, you will be letting go of some, or all, of your inner limitations that relate to that program. As a result, you will notice a profound increase in your ability to release even long-standing or deeply-rooted issues.

Is “Wanting” What Really Motivates Us to Have Goals?

Yes and no. Let’s examine “wanting” for a moment. What if we get what we want more easily when we let go of wanting it? We have a tendency to focus on the struggle of “wanting” that leads up to having our goals. This causes us to miss the natural letting go of wanting that often happens spontaneously right before we actually allow ourselves to have what we choose to have.

—
**“Want” equates to “lack.”
Anything that you want, at
some level, makes you feel
like you don’t or can’t have.**
—

You’ll notice that as you let go of “wanting,” you will feel more and more like you can and do have—that you are not lacking or deficient. You will also notice a corresponding increase in what you actually have in life.

CD Five

“Wanting” does not equal “having.” We have all heard the expression “You’ll get it if you want it badly enough.” Using the Method you will discover that that is not necessarily true. The most powerful place from which to create what you choose is a place where it is OK whether or not you get it.

If you have ever been in sales, you know that when you want to make a sale, it is often a lot more difficult. Conversely, when you feel like you don’t need a sale, you often get it. This applies to all areas in life. Would you rather *want* to control or *have* control? Would you rather *want* approval or *have* approval? Would you rather *want* security or *have* security? Would you rather *want* to be one or *be* one? The answers, we feel, are obvious.



Basic Releasing Questions for Letting Go of the Four Key "Wants"

Step 1: Focus on your issue and *then allow yourself to feel whatever you are feeling in this moment.*

Step 2: Allow yourself to welcome the sensations, sounds, mental pictures, and other thoughts that arise with that feeling. Ask yourself: *Could I allow myself to welcome or allow this feeling?*

Step 3: Allow yourself to dig a little deeper and discover whether the feeling feels like it is coming from wanting approval, wanting to control, wanting security, or wanting to be one. You can do that by simply asking yourself, *Is this wanting approval, wanting to control, wanting security, wanting separation or wanting oneness?* If you are not sure which "want" is activated, or you feel like it may be several at the same time, pick the one that you feel is the most accurate or the one you would like to let go of first. Then proceed to Step Four.

Step 4: Ask yourself one of the following questions: *Could I let go of wanting approval, control, security, or oneness?* Or *Could I welcome this wanting of approval, control, security, or oneness?*

When you are releasing on the "wants," simplify the questions. When you realize you can let it go, you will find yourself releasing spontaneously without a lot of excess thought. Remember, "yes" or "no" are both acceptable answers. You will often let go even if you say "no." As best you can, answer the question with which you chose to work with a minimum of thought. Stay away from second-guessing yourself or getting into a debate with yourself about the merits of this action or its consequences. Whatever the response, go to the next step.

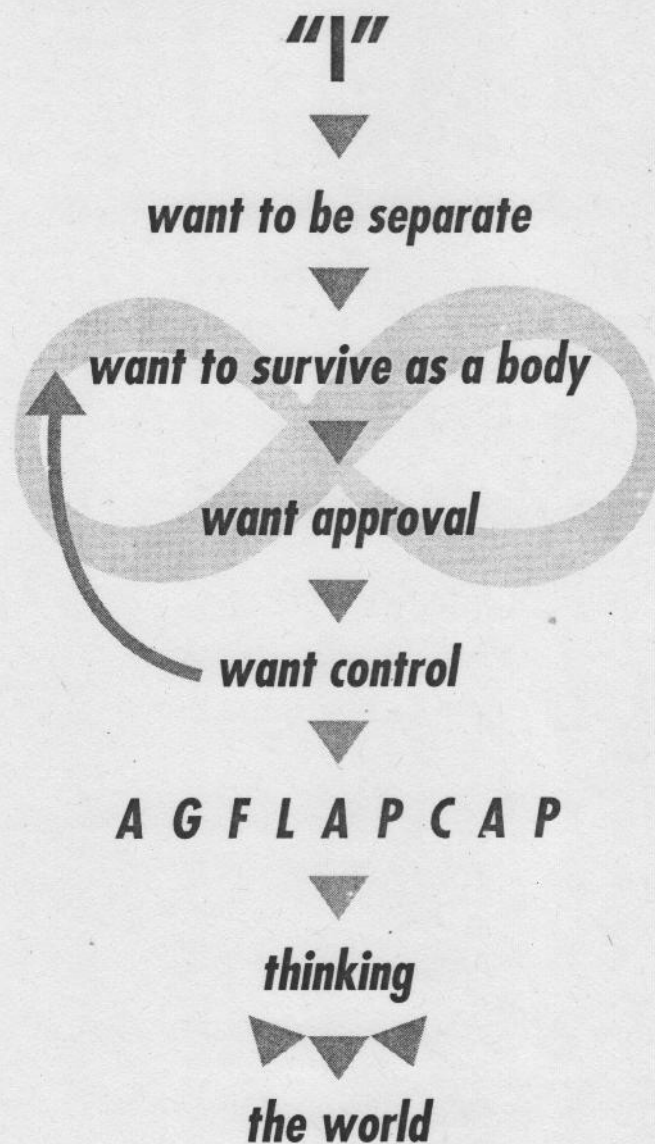
It is important to remember that we are not asking you to let go of control, approval, security, or oneness, but merely to let go of the feeling of lack—the sense of "wanting."

Step 5: You can use this step at any point in the process. It is the safety valve of the Method. You can use it on any feeling, any want, or any sense of indecision or stuckness. Simply ask yourself, *Would I like to change that?* The answer will invariably be "yes." If you're not sure, check to see if you like it the way it is. Any time something is not OK the way it is, that's a sign you want to change it.

Then ask yourself, *Could I let go of wanting to change it?* In most cases you will be able to say, "Yes," to this question, even if you are stuck. Letting go of wanting to change it will dissolve the stuckness. And you will be right back on track. Also, if you are ever struggling with letting go, you can also give yourself permission to hold on for a moment and then allow yourself to let go. When you give yourself permission to do what you are already doing, this makes it easier to make a new choice.

Step 6: *Repeat the preceding five steps as often as needed* until you feel free of the "want." The results at first may be quite subtle, but very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of "wants" about a particular topic; however, what you let go of is gone for good. As you start to notice your wanting approval, control, and security with a feeling of welcoming these into your experience, you will often notice they will let go spontaneously. That is why we use fewer questions when we get into letting go of the "wants."

The "I" Diagram



Explanation of the "I" Diagram

Our entire sense of limitation stems from identification with the personal "I." When we were born, we came in with certain tendencies. However, these tendencies did not lock in and bear the sting of personal suffering until we believed we were the "me" or "I" to which everyone we knew kept referring. In truth, we start out and never leave the state of unlimited potential, of infinity, that's in the background. Any suffering we appear to go through and all the limitations we appear to be bound by are only an appearance in, or on top of that which we are.

With the Method, we uncover the unlimited potential just behind our mind, which is just behind our feelings, which is just behind our troubles in life. You've probably already noticed that as you become increasingly aware of this unlimited potential, it's more available to you moment to moment.

The other thing to notice about the "I" Diagram is something quite obvious that most people miss. If you look at the page it is printed on you'll see that, although there's some writing on the page, too, it's mostly white space. Another way to look at our unlimited potential is like how we look at the white space of this page: most of it is already shining through, uncovered. That's also true in our lives. Unlimited potential is always a lot more available to you than you may realize. As you use the Method, this will become more obvious. An analogy for what we're doing with the Method is taking an eraser to the remaining limitation that's still on the page (thoughts, feelings, wants) and gradually eroding it or taking it away. That's letting go.

Now, notice the letter "I" at the top of the page. It represents our limited sense of who we are: "I" Hale or "I" your name. If we didn't have programs attached to it, it would dissolve right back into the unlimited potential. In fact, limitation often does dissolve throughout the day. But it would not keep coming back and hooking us without our programmed thoughts, feelings, and wants.

Let us move down the chart now, item by item, to see where each fits in. As you can see, the deepest want is the desire to be separate. Wanting to be separate comes from the sense of being an individual apart from the unlimited potential. Remember, you can directly release on this want anytime you choose.

The other three wants, which are right below wanting separation on the diagram, are wanting to survive as a body (a.k.a. wanting security), wanting approval, and wanting to control. Wanting security is based on the assumption that we are the limited bodies we inhabit. Even if you don't have any metaphysical inclinations, I am sure you at least have a sense that there's more to life than the obvious. That's probably part of what attracted you to this course in the beginning. The body is the least of us, not the most of us. As you release, you'll discover that maybe, just maybe, the body isn't all you are. By letting go of your sense of wanting security or survival, you'll begin to feel safer.

The second deepest program is the sense of wanting survival. Underneath that on the chart is the sense of wanting approval. We believe that if everyone loves us, likes us, and cares about us, we'll be safe and able to survive. We believe that somehow we need to get love

and approval from outside of ourselves. This is not true; and you have probably already discovered this for yourself. You will notice that in letting go of wanting love or approval, you feel more loving, approved of, and approving.

Right underneath wanting approval on the chart is the sense of wanting to control. Sometimes people don't approve of us in exactly the right way. They don't give us the right gift, the right compliment, or they're not being nice enough to us. You get the picture. Then, we want to control them to get their approval in the way that we'd prefer. Sometimes we give up on getting approval from a particular person, or in a particular situation, or we sense an apparent threat that has nothing to do with others or with love. In cases such as these, we want to control directly—instead of for the sake of approval—in order to be safe or survive as a body. That's what the arrow connecting wanting to control with wanting to survive as a body represents.

All four wants culminate in the nine emotional states discussed earlier: apathy, grief, fear, lust, anger, pride, and the limited parts of courageousness, acceptance, and peace. That's why AGFLAP-CAP appears underneath wanting to control on the diagram. The feelings are what we use to try to get approval, control, security, and oneness. Our feelings also motivate our thoughts.

In The Sedona Method, we've been focusing more on what we feel than on what we think. We do this because it is nearly impossible to make changes in your life solely by thinking positive thoughts. If you've ever tried, you know it can be very difficult unless you deal with any apathy, grief, fear, lust, anger, and pride you may be feeling, and the underlying wants. What you've probably already noticed, however, is that your thinking naturally changes to the positive as you start to release on any topic, feeling, or want. You don't have to try to think positively. It just happens of its own accord. You don't have to effort at it. You don't have to try to do something.

It is plain to see that, to a degree, your thinking does color your perception of the world; and, if you're willing to stretch a little bit, you might even see that it colors what actually happens in your life. Here is a concrete example from sales. If you're a salesperson and have a positive attitude—you feel good about yourself and good about your product—it's easier to sell your product. Whereas if you've had a bad day, experienced a series of rejections, or it's been a long time since you made a sale, it is difficult to make sales, because you feel progressively less positive. That is the time to release. As a result, your thinking will be increasingly positive—and so will your world.

Have you noticed that the emphasis in this program, unlike the emphasis of most self-improvement programs, has nothing to do with getting you to modify your behavior? That's because people naturally move in a positive direction through releasing. Lasting change, positive change, real change comes from the inside out, not from trying to impose changes from the outside. Look to your past experiences to verify this point.

For instance, before you had the tools of the Method, you may have been able to quit smoking temporarily, only to have the habit reassert itself. Or perhaps you replaced smoking with overeating. Thus, in suppressing your urge, you possibly gained weight. The reason this happens is that when you push down a tendency in one spot, it usually pops up somewhere else. That is what most people and organizations do when they try to change from the outside



in. It is different when you fully release a tendency. When you change from the inside out, the changes are lasting and they're positive. Every change you make using the Method brings you more overall freedom since it uncovers more of the unlimited potential of who you are.

We encourage you to ponder the "I" Diagram. Work with it. Take it for checking. Don't believe it: prove it for yourself.



Control Program

ATTACHMENT

Wanting to control

- The fear of being out of control
- Feels hard-edged and pushy
- Synonyms for wanting to control: resistance, wanting to change, wanting to understand, to manipulate, to push, to fix, to force; to have it be our way, to be right, to be on top, to make it happen, to coerce...

AVERSION

Wanting to be controlled

- The fear of being in control and being responsible
- Feels like wanting to be taken care of
- Synonyms for wanting to be controlled: resistance, wanting to change, wanting to be confused, to be manipulated, to give in, to be fixed, to be forced, to follow, to be the underdog, to blame, to be the victim...

Wanting to Control Release

CD 5, Track 4

Remember as you do this release that some situations have both “wanting to control” and “wanting to be controlled,” and others do not. Simply honor your own experience.

How have you wanted to control?

Could you welcome the sensations, sounds, and pictures that come from wanting to control?

Could you let go of wanting to control?

How have you wanted to be controlled?

Could you welcome the sensations, sounds, and pictures that come from wanting to be controlled?

Could you let go of wanting to be controlled?



Approval Program

ATTACHMENT

Wanting approval

- The fear of losing or not getting love
- Feels soft and "give me" or needy
- Synonyms for wanting approval: wanting love, acceptance, admiration, caring, to be noticed, to be understood, to be stroked, to be nurtured, to be liked, to be recognized, to be acknowledged, to be popular...

AVERSION

Wanting disapproval

- The fear of getting too much approval or love
- Feels rebellious and rejecting, sometimes spiteful
- Synonyms for wanting disapproval: wanting to be disliked, to be rejected, to be looked down on, to hide, to be misunderstood, to rebel, to be ignored...

Wanting Approval Release

CD 5, Track 8

Remember as you do this exercise that some situations have both "wanting approval" and "wanting disapproval," and others do not. Simply honor your own experience.

How have you wanted approval?

Could you welcome the sensations, sounds, and pictures that come from wanting approval?

Could you let go of wanting approval?

How have you wanted disapproval?

Could you welcome the sensations, sounds, and pictures that come from wanting disapproval?

Could you let go of wanting disapproval?



Notes, Gains & Realizations



CD SIX

Security/Survival Program

ATTACHMENT

Wanting security/survival

- The fear of death
- Feels threatened and unsafe
- Synonyms for wanting security: wanting safety, to survive, to get revenge, to protect ourselves and others, to attack, to defend, to kill, to be safe...

AVERSION

Wanting to die

- The fear of life
- Feels like wanting to give up, rejecting life
- Synonyms for wanting to die: wanting danger, to end it all, to expose ourselves and others, to be attacked, to be defenseless, to be killed, to be annihilated, to be threatened...

Wanting Security Release

CD 6, Track 2

Remember as you do this exercise that some situations have both “wanting security/survival” and “wanting to die,” and others do not. Simply honor your own experience.

How have you wanted security/survival?

Could you welcome the sensations, sounds, and pictures that come from wanting security?

Could you let go of wanting security?

How have you wanted to die in your life?

Could you welcome the sensations, sounds, and pictures that come from wanting to die?

Could you let go of wanting to die?

Separation Program

ATTACHMENT

Wanting to be one

- The fear of being isolated and alone
- Feels like wanting to connect or dissolve into
- Synonyms for wanting to be one: wanting to unite, to accept, to be equal with, to be ordinary, to attach, to associate, to join, to connect...

AVERSION

Wanting to be separate

- The fear of disappearing and being swallowed by the whole
- Feels like wanting to pull away and reject
- Synonyms for wanting separation: wanting to be alone, to reject, to look down on, to stand out, to be special, to detach, to disassociate, to disconnect...

Wanting Separation Release

CD 6, Track 5

Remember as you do this exercise that some situations have both “wanting to be one” and “wanting to be separate,” and others do not. Simply honor your own experience.

How have you wanted to be one?

Could you welcome the sensations, sounds, and pictures that come from wanting oneness?

Could you let go of wanting oneness?

How have you wanted to be separate?

Could you welcome the sensations, sounds, and pictures that come from wanting to be separate?

Could you let go of wanting to be separate?



The Six Steps

The Six Steps are a distillation of the essence of The Sedona Method. They were created in 1974 by Lester Levenson to summarize the whole process of letting go. He had been working with a small group he was hoping to train as counselors—people who were helping him systematize his teachings into a do-it-yourself system—when he hit upon the Six Steps and wrote them down on the inside leaf of a book he was reading. Since then, they haven't changed dramatically.

You may find it helpful to refer to the Six Steps whenever you are using the Method. Many people have reduced the list so it fits into their wallets or purses. Many others have pasted the list into their time management systems. You could also hang them on the wall by your desk, or create a Six Steps screensaver on your computer to keep them handy and remind yourself to practice releasing throughout the day. We would also recommend that you keep a copy of the Six Steps in front of you when you sit down to do some focused or written releasing. Then, if you get stuck at any point, you can just look back at the Six Steps, and they will help you get unstuck. They represent the core of everything that you've been doing, and will continue to be doing, as you allow your exploration of the Method to unfold.

1. Allow yourself to want freedom/imperturbability/your goal more than you want approval, control, security, and separation.
2. Decide that you can release and be free/imperturbable/achieve your goal.
3. Allow yourself to perceive that all your feelings culminate in the four wants: the want of approval, the want of control, the want of security, and the want of separation. Then allow yourself to let go of the wants.
4. Make it constant. Release wanting approval, wanting to control, wanting security, and wanting to be separate all the time, whether you're alone or with people.
5. If you are stuck, let go of wanting to change or control the stuckness.
6. Each time you release, you are lighter, happier, and more effective. If you do this continually, you will continually be lighter, happier, and more effective.

Letting Go of Wanting Release

CD 6, Track 9

Think of a situation in your life that you want to change or improve.

Then ask:

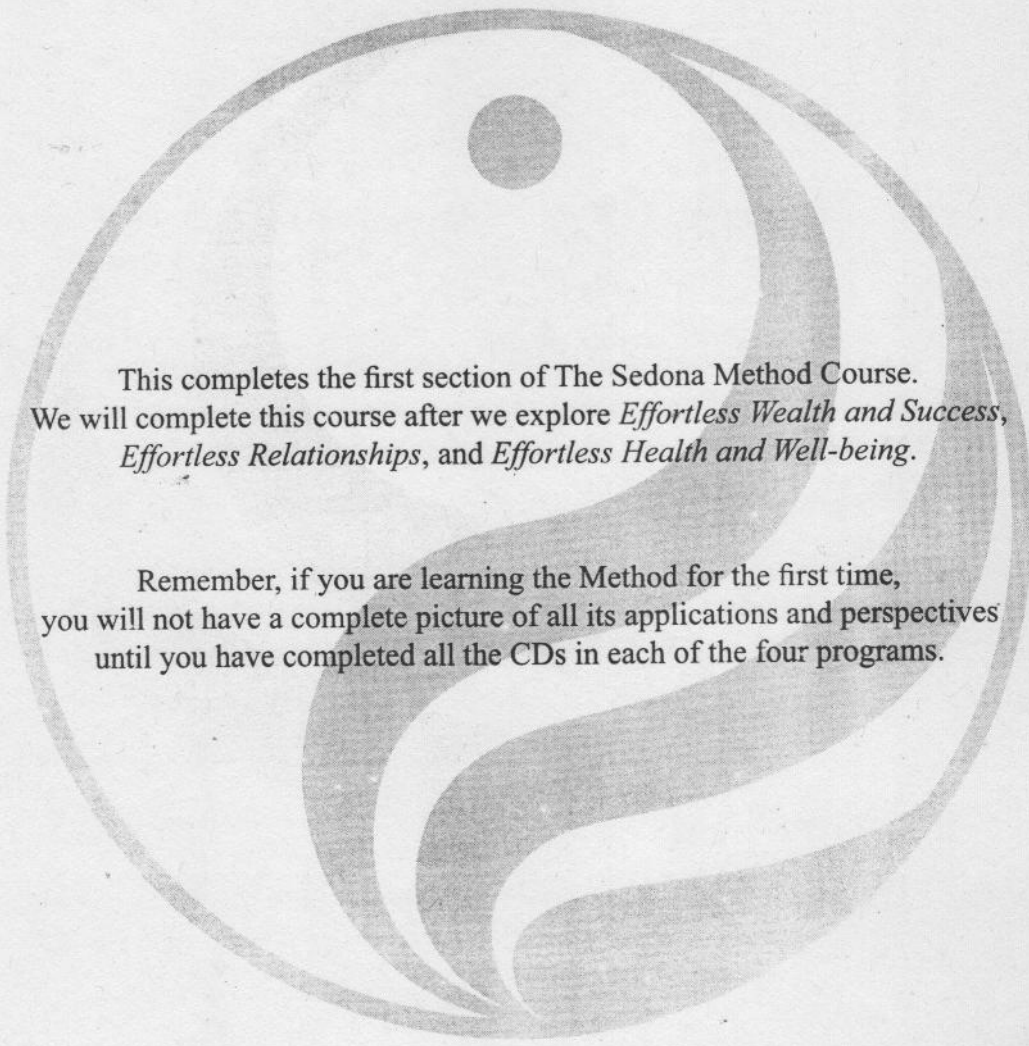
Could you welcome the sensations, sounds, and pictures that thinking about the situation brings up in this moment?

Does that feel like they come from wanting approval, control, security, or oneness?

Could you welcome that feeling of wanting approval, control, security, or oneness?

Could you let go of that feeling of wanting approval, control, security, or oneness?





This completes the first section of The Sedona Method Course.
We will complete this course after we explore *Effortless Wealth and Success*,
Effortless Relationships, and *Effortless Health and Well-being*.

Remember, if you are learning the Method for the first time,
you will not have a complete picture of all its applications and perspectives
until you have completed all the CDs in each of the four programs.



Notes, Gains & Realizations






SECTION 2

Effortless Wealth and Success

Most of us desire to have more wealth and success in our lives. Even if we feel like we have enough, we often do not allow ourselves to create what we choose with ease. This course is dedicated to showing you how to dissolve the blocks to creating, maintaining, and enjoying effortless wealth and success.



"For a long time, I felt like I was worth a lot more than what I was being paid for my work. But **when I actually applied The Sedona Method release techniques on it—and my worthiness—I got a raise of \$6,000.00 a year. Hooray!**"

...Penny Braun

"I was feeling the financial pressure that all farmers are feeling this crop year, and I had managed to worry myself into quite an emotional state. I have to admit that I was skeptical that yet another course could help me, but I was committed to try, and I'm so glad I did. After just a few days, **I had released enough of the inner blockage to be able to work through new financial strategies that pulled me out of the slump and brought in more income than I could even hope for** in a year when crop commodities are at an all-time low! I am once again enjoying the work that I do without considering throwing in the towel."

...Sandra Perry

"For many years my wife has wanted to buy houses and fix them up for resale. Although I have many skills that would make this practical for us, I always hesitated because I was afraid of the risk. After completing the audio course I agreed to buy a house. My wife found a bank repo for \$54,000 and we bought it. **We invested \$2,000 and sold it within days and made \$14,000.**"

...David Crocco,
New Palestine, IN

"About three years ago I was teaching yoga for four to six different studios/gyms, and was about \$10,000 in debt. As I became more popular, I saw how much money I was making for all these different studios and how little they were paying me. I set two goals. *'I allow the universe to effortlessly bring me my own yoga studio,'* plus *'I allow the universe to bring me massive abundance doing things I love to do.'* Literally the next day, out of the blue, one of the owners of an upscale studio I worked for asked me if I was interested in buying her beautiful studio. I told

her I didn't have any money and was actually in debt. She was really rundown with health problems and decided to just give it to me with a small monetary compensation if the studio made money. Well, I made money the first month, and have continued to build the business. After three years, **I've bought the sports car of my dreams, manifested a house overlooking the Intercoastal waterway, and have about \$15,000 cash in the bank.** The best thing is that I'm not clinging to any of it. It all came so effortlessly."

...Kris Waldron, Margate, NJ

"**My productivity and focus in work has increased 200 percent.** I have gotten more done over the last four weeks than I have in the previous four months. Many potentially nettlesome situations have been defused. I am feeling far more in control in my working relationships. Interesting and exciting opportunities are also taking shape."

...David Dale, Richmond,
BC, Canada



CD SEVEN

Achieving Your Goals

In this section we will explore goals for the first time. The Sedona Method can be used as a powerful aid in achieving whatever you are looking for in life. We will explore some unique ways of phrasing your goals so you are more likely to achieve them. Then we'll show you how to use the Method to eliminate all the inner obstacles you have to achieving your goals. We have included several charts and blank pages of worksheets to give you an opportunity to continue this work on your own if you choose. The more you release the inner obstacles you have to having what you want in life, the more you will start to have those things in life you have always wanted.

You may choose to focus on one or more of the items that you selected as your focus for the entire course as you listen to these recordings. We will be revisiting goals in *Effortless Relationships* and in *Effortless Health and Well-Being*.

On Becoming "Hootless"

"Even the most impossible becomes completely possible when you are fully released on it. And you know when you are fully released on it when you don't give a hoot."

—Lester Levenson

We all spend much of our time either moving away from, or moving towards, the actual or potential contents of our lives as a result of our attachments and aversions. These are the real or imagined objects that we hold in awareness and grant the power to bestow or take away our natural state of happiness. Attachments are those things that we desire to hold close. Aversions are those things that we desire to hold away. In both cases, the operative word is "hold." Since they are the leading cause of our unnecessary suffering, a primary definition of freedom would be that which is beyond attachments and aversions.

When you set a goal and use releasing to achieve it, you bring up into your awareness the attachments and aversions that you have about that particular issue. Then, as you release your attachments and aversions to the goal, you'll either achieve it or you won't. But, either way, you'll have lightened your load of suffering. You'll become more in touch with the freedom that is already here and now.

The way results are achieved is by reaching an internal feeling state that Lester called "hootlessness." Hootlessness is when you do not give a hoot whether you achieve a particular goal or not. Contrary to popular belief, you do not attain your goals when you desire them strongly enough. In fact, if you honestly examine your past experiences, you'll discover that most of the goals you've achieved are the ones that you let go of wanting—even if not by choice. Most people focus on the struggle that leads up to the letting go and then attribute their results to the struggle rather than the release. They miss the point.

As you journey through this process, you'll discover that the struggle is unnecessary. This does not mean, of course, that you won't take action steps to achieve your goals. It simply means that the actions you do choose to take will come with less effort and drama. When you allow yourself to release to the point where you are hootless about getting your goal, two things may happen. Either you'll find that you abandon the goal altogether and feel lighter because of it, or you'll be much more likely to achieve the goal than you were when you wanted it.

Now, you may be concerned that if you become hootless you won't enjoy the fruits of your labors. Let us put this fear to rest. This couldn't be further from the truth. The more hootless you feel, the freer you are to enjoy whatever you have in this moment without the usual fear of loss or disappointment.



Guidelines for Writing Your Goal

- Phrase your goal in the NOW, as though it is already achieved.
- Phrase your goal in the positive.
- Include yourself in the goal statement.
- Be precise and concise.
- Be specific, but not limiting.
- Eliminate the word "want."
- Word your goal to facilitate letting go.
- State the end result, not the means of achieving it.
- Word your goal so it relates to courage, acceptance, or peace.
- Word your goal so that it feels right or good to you—motivates you to let go.

Goal Statements

The following suggestions are just that: suggestions. Please feel free to come up with ways to word your goals that resonate with your point of view and motivate you to let go.

Job/Career/Financial Goal Statements

I allow myself to have a net income of _____ or more a month/year.

I allow myself to have a positive net worth.

I allow myself to be paid well for doing what I love.

I allow myself to run my _____ (business/department) efficiently and successfully.

I allow myself to release with ease throughout my workday.

I allow myself to easily have and enjoy the best job for me at this time in my _____ (life/career).

I allow myself easily to find and develop a career that will greatly utilize my creative abilities (and/or skills), and which will provide abundant financial rewards.

I allow myself to have, be, and do whatever I choose with ease.

I allow myself to have enough in all areas of my life.

I allow myself to have all the good things in life and enjoy them.

I allow myself to feel like I have all the time in the world.

Relationships/Communication Goal Statements

- I allow myself to have the perfect relationship for me.
- I allow myself to have a loving relationship that supports me in my freedom and aliveness.
- I allow my relationship with _____ to be _____ (choose from the following list: easy, relaxed, comfortable, friendly, harmonious, loving, constructive, supportive, open, honest, kindly or mutually beneficial).
- I allow myself to communicate easily and effectively with my _____ (choose from the appropriate category: spouse, co-workers, boss, subordinates, children, friends or a person's name).
- I allow my situation with _____ to be resolved with fairness and mutual benefit for all concerned.
- I allow myself to love and accept (or forgive) myself or _____ (insert person's name), no matter what.
- I allow myself lovingly to support _____ (insert name) in his/her growth and freedom.
- I allow _____ (insert name) to have what he/she wants for himself/herself.
- I allow myself to accept that I am enough exactly as I am.

Diet/General Health Goal Statements

- I allow myself easily to achieve and maintain my ideal body weight.
- I allow myself to enjoy eating foods that keep my body slender, healthy, and fit.
- I allow myself to be attracted to and eat the foods that are best for me.
- I allow myself to enjoy a regular exercise routine.

General Health and Well-being Goal Statements

- I allow myself to release naturally and with ease.
- I allow myself to have a radiantly healthy, relaxed, and energized body and mind.
- I allow myself to approach each moment from a feeling of wholeness and well-being.
- I allow myself to sleep well and to awake refreshed and well rested at ____ a.m.
- I allow myself to easily and cheerfully establish and maintain a lifestyle that promotes good health and fitness.
- I allow myself to enjoy being a non-smoker.
- I allow myself to love myself as I am.
- I allow myself to enjoy life moment to moment.
- I allow myself to be at peace, relaxed in the knowing that all is well and everything is unfolding as it supposed to be.
- I allow myself to rejoice in the present moment.
- I allow this moment to be enough.
- I allow myself to rest as the presence of awareness that is always here and now.



The Goal Process

CD 7, Track 6

My Goal

My Goal: I allow myself to have a net income of over ten thousand dollars a month.

I don't have enough time to do that. w/c ✓

It will never happen to me. w/c ✓ w/s ✓

Life is just not fair. w/c ✓

I can do this. w/c ✓

The Goal Process is an opportunity to learn how to create what you want *in a new way*. Here's how to do it.

Step 1: Write your goal at the top of a blank piece of paper, using correct wording. Make sure to use wording that makes your heart sing.

Step 2: Read the goal silently or aloud and, below the goal, write down the first thought or feeling that comes to mind in relationship to it.

Step 3: Welcome the sensations, pictures, and sounds that are attached to the thought or feeling.

Step 4: Ask yourself which want underlies the thought or feeling, using this question: ***Does that come from a sense of wanting approval, control, security, or oneness?***

Make a note of which want it is by writing an abbreviation next to the question. For wanting

CD Seven

approval, write w/a. For wanting to control, write w/c. For wanting security, write w/s. For wanting to be one write w/o. If more than one want is stirred up, simply write down all the appropriate abbreviations.

Step 5: Release any wants that are stirred up in the NOW moment about the feeling or thought that you wrote down. Simply ask: ***Could I let go of wanting approval, control, security, or oneness?*** As you let go of a given want, cross it out or check it off.

Step 6: Repeat Steps 2 through 4 until you feel courageousness, acceptance, or peace about your goal. Once you're feeling one of these higher emotional states, you can be confident that you've taken off a layer of limitation about that particular goal. You then have three options of what to do in Step 7.

Step 7: Your first option is to continue repeating the process above in order to eliminate several more layers of limitation about that particular goal.

Your second option is to put the Goal Process down for now and go about your life. Do your best to let go whenever you think about your goal during the day.

A minor caution about stopping too soon: Before you discontinue the process, it's best to reach at least a state of courageousness, acceptance, or peace. Otherwise you'll be holding in mind an outcome that's less than ideal. Furthermore, you probably won't be eager to return for more releasing on any of the energy levels below courage.

Your third option at Step 7 is to continue the Goal Process by working on the Action Steps Process, which will be outlined at the end of *Effortless Wealth and Success*.

Keep working on the goal until you either get it or decide you no longer want it.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and some minor blemishes or discoloration, particularly towards the edges. The lighting is even, and the background is plain.

My Goal

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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My Goal

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

"For years I have had a fear of heights and was extremely nervous while on any sort of aerial ride such as a ski-lift.

This last weekend I was went on an excursion, which included a ski-lift ride going from 9,500 to 11,500 feet. I released my fear and had the time of my life viewing the wonderful fall color of the aspens on the San Francisco Peaks in Flagstaff. My wife was amazed at my lack of fear."

...Ken Dzugan, Sedona, AZ

"Since childhood, I used to be overwhelmed by intense fear states, and noticed at the same time how absurd they were. When I came across The Sedona Method book, the various tricks and concepts in the book instantly started to work. **For the sake of being free of fear, I would even be willing to accept the possibility that I create my inner terror myself and want it, because otherwise it would be gone.** This is weird but testable ... Releasing makes me free of fear, not in the sense that it were certain that I would never feel intense fear again, but that it doesn't matter any more whether there is

fear or not. I think this is even better."

*...Gudrun Aspöck,
Eugene, OR*

"I have released a perpetual knot in my stomach. It has helped me to overcome panic attacks. It has cured my fear of driving over bridges."

*...Graduate,
Half Moon Bay, CA*

"I feel that I can live my life with love and being present in my body, for the first time. This, instead of having fear and pain as my basis. Thank you so much."

...Teine Revier, Netherlands

"During a recent vacation to Las Vegas I took a walk on the strip at 6:00AM. There were a few people walking about. I thought, 'what a great time to release.' **I was walking and releasing and I was approached by two men who demanded I give them money.** I kept releasing and walking. When I passed by one of them he threw a punch at me. I kept walking. The amazing thing is I didn't fight or stop or put my hands up. The punch hardly touched me. It was like a whisper of wind on

my shoulder. I was so calm and minutes later I realized what almost happened. I realized that in the past I would have resisted or fought back or froze in fear. It was a surreal moment."

...Mike Fish, CA

"My husband was diagnosed with incurable prostate cancer in 1999. I woke up every day fearful of losing him. The tools I learned helped me let go of the fear that he would die before me. Now I am able to be present with him and for him. We are living with cancer rather than dying from it. I stopped living in fear. Every moment is a gift we share."

*...Veronica Davis,
Freehold, NJ*

"The most significant gain is that I have had long-standing anxiety and guilt complexes (for which I had tried psychotherapy, medication, meditation and hypnosis) clear up. Some of these have been with me for 20 years."

...James Wanner

"I have released the fear that cancer would return to my body."

...JNF, Depoe Bay, OR

Notes, Gains & Realizations



CD EIGHT

Bank in the Bank, Not in Your Head

Lust is an emotional state in which we hold ourselves back from having what we want, often without even realizing it, which is why Lester Levenson used to advise his students, "Bank in the bank, not in your head." Salespersons, marketers, entrepreneurs, and managers are very prone to head banking. However, they are definitely not the only ones. Everyone tends to head bank in some part of his or her life. Another notorious place many people tend to slip into head banking is in the area of financial investing.

You may have heard an expression referring to investing: "The bulls and the bears make money, but the pigs get slaughtered." A secret lies behind this maxim, with which you may have direct experience. Most investment decisions are emotionally based, as opposed to being based on solid facts and clear intuition. Unsuccessful investors, and even some successful ones, often begin counting their gains and losses before a transaction is actually closed. They count their paper profits and spend them mentally before the actual results come in. They also tend to stay in a transaction longer than they should, because it might get better. Both of these actions are due to lust and its inherent substitution of fantasy for what is. If you are this type of investor, you can let go of your lust instantaneously by determining which want is involved in it: approval, control, or security, or oneness. As you do, you'll make wiser investment decisions.

Fear is also part of the problem of emotional investing. People often don't act on what they intuitively know is correct in the market, because they're afraid of making mistakes. Or fear paralyzes them and prevents them from taking their profits or cutting their losses. So, if you find that you are getting caught in fear-based investing, allow yourself to let it go directly, or see it as one of the underlying wants and let it go in that way.

A third big way that many investors fool themselves into believing that they are more in control than they are is to call the moves after the fact and tell themselves that they knew what was going to happen. They can often be much better "paper traders" than real ones. They make the wrong decisions when they are actually using cash. Again, it's the emotions coloring our perceptions that cause us to do things we regret later.

If you allow yourself to release before you enter or leave a business deal or stock transaction, you will find that your timing improves. If you also let go before you act when you have a hunch, you will be able to tell the difference between intuition and fear or greed. The more you use the Method in your investment activities, the more you will find yourself following fact instead of fancy, and intuition rather than lust and fear.

Putting a Happy Face on Your Problems

Many of us fool ourselves by the fantasies that we live every day. We often substitute a great fantasy for creating what we want in our lives. One of the reasons we often do this is because we feel that the way our life actually is in this moment is too uncomfortable for us to face and handle, or the goals that we desire to achieve seem way out of reach.

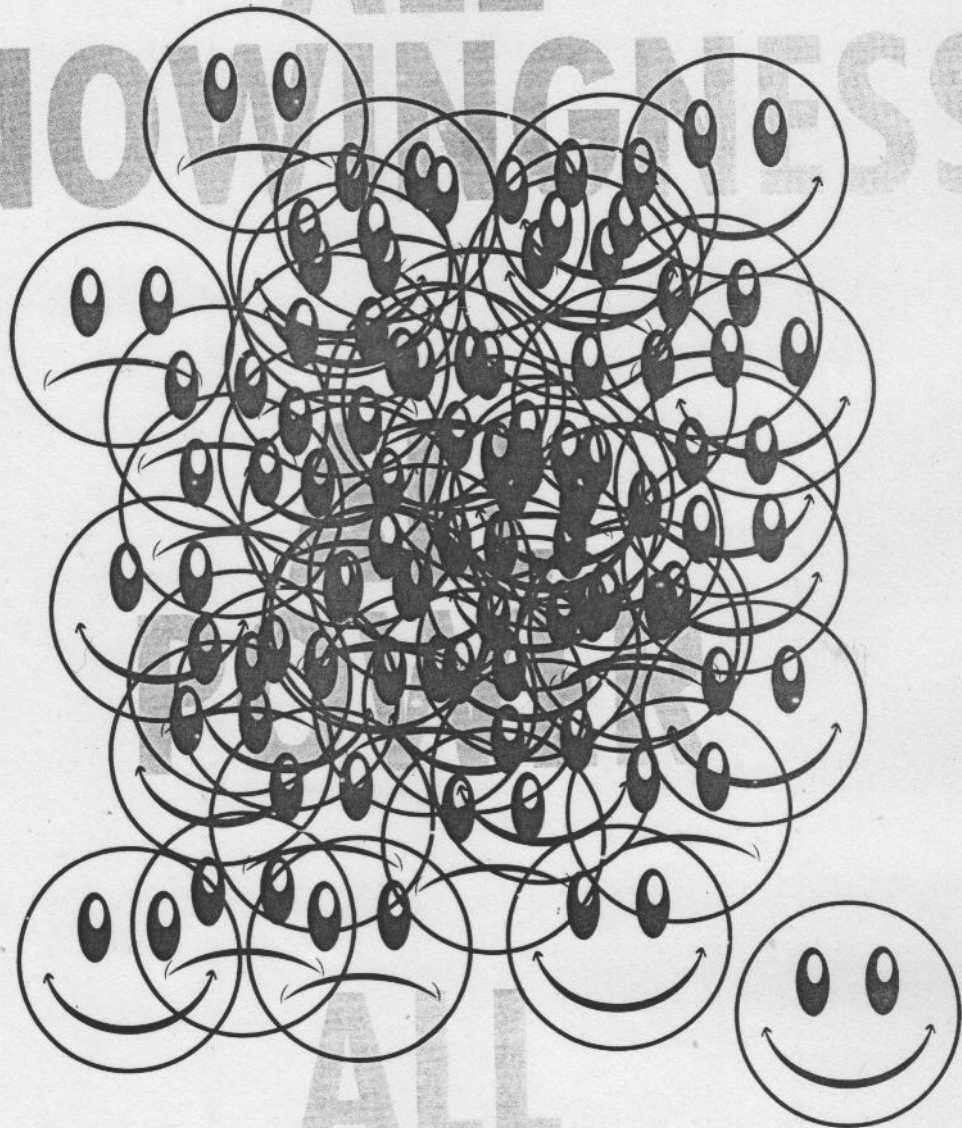
How this happens is very simple. An unhappy or limiting thought, feeling, or experience arises in the clear and open space of awareness or presence, and instead of simply allowing it to pass through our awareness or letting it go, we resist it and believe the lie that the thought, feeling, or problem is telling us. We defend, justify, explain, and want to figure it out, or try to prove that the problem or thought is real, and/or we go into denial of the problem by putting a positive spin on it and try to cover it over with a happy thought or memory.

This is like putting a happy face on top of the sad, angry, fearful, ...unhappy face inside. This does nothing for the underlying problem except to cover it over and make it seem more real, and to clutter our experience with more thought. This obstructs our direct experience of our Beingness, as well as our intuitive knowing and clear reason.

This process could look like the picture on the next page. The white space in the picture represents all knowingness, all power, and all presence. The happy and sad faces represent the thoughts, feelings, and experiences that we label as positive and negative. Notice how the happy and sad faces are simply covering over the perfection that is already here and now.



ALL
KNOWINGNESS



ALL
PRESENCE

The Secret to Letting Go of Fear and Anxiety

CD 8, Track 4

What are you afraid of happening?

What is the picture or expectation built into that fear feeling?

Does that feel like it is coming from wanting approval, control, security, or oneness?

Could you let that want go?

Could you let go of that picture or expectation?

Lester Levenson used to say, "Fear and it will appear." He had observed that fear of any type or degree, from extreme chronic anxiety and panic attacks to run-of-the-mill worrying and fretting—even the jitters—is a sticking place in our consciousness. By placing a continual emphasis on avoiding what we fear, we call it to mind over and over again, like a perverse mantra (a focal point for meditation), and it becomes a program limiting our happiness, wealth, success, and awareness of freedom. Fear can prevent us from doing what we'd like or need to do, because we construct elaborate "what if's," or expectations, around taking action. Fear also stops us from letting go of our "problems," since we can't predict what will happen when we drop our guard.

There is an acronym—FEAR equals False Evidence Appearing Real. Most people's fearful expectations are totally unfounded. Even when fears appear to have a foundation in reality, these are usually blown way out of proportion to the actual risk—if there even is any. It's clear that anything that can help us let go of fear more easily can make a tremendous difference in our lives and our level of wealth and success.

So, what's the secret behind letting go of fear? It may surprise you. Nonetheless, in my experience, it's true. On some level, we subconsciously want or expect anything we're afraid of to happen. Not consciously—subconsciously. Once we can welcome this possibility, we can release.

I know the idea might seem hard to believe. You may be asking, "Why would I want to have a disease?" or, "Why would I want to be audited by the IRS?" But consider it. When we see something in the world that we don't like, we think to ourselves, "I hope that doesn't happen to me" or "I hope that never happens again." What the mind hears and pictures, of course, is the fear happening as though we'd actually had the thought, "I want this to happen to me." Thus, our creative energy starts flowing in that direction. Remember, the mind only creates in pictures. Since it cannot translate the words "not" or "never" or "don't" into imagery, it ignores them.

We may set reversed intentions in motion when we don't like something we've experienced, read in the newspaper, or seen on television. It may also happen when we don't want to have a particular experience, or when something tragic happens to a person we know or care about. It's common for such things to trigger our resistance. Then, because we want to change

whatever it is, we say, "I hope I don't get cancer like my father" or "I hope I never make that same dumb mistake again."

Remember, this is all going on below the level of consciousness. Most of us don't consciously affirm to ourselves that we want to get sick. We don't say, "I want to lose money" or "I want to have an accident." But we have all said the opposite. Every time we do, without realizing it, we're holding what we fear in mind.



Releasing the "I Can't" in Lust

CD 8, Track 7

Lust is a feeling of "I want it, but I can't have it," "I want it, but I shouldn't have it," "I want it, but I will pay for this later," or "I want it, but it is not right to have it." This exercise will show you how to dissolve the "I can't" in lust and help you to have instead of wanting.

Remember to release in life
when you feel lust. You can
ask, "Would I rather want this
or have it?"

What is something that you want?

Can you feel the lust feeling associated with that want?

Dig a little deeper. Can you feel the feeling of "I can't" built into the lust?

Can you welcome the sensations, sounds and pictures coming from the feeling of "I can't"?

Does it feel like it is coming from wanting approval, control, security, or oneness?

Could you let that want go?

Could you be open to the feeling of having as best you can?



From Scarcity to Enough

CD 8, Track 10

“Only he who knows what enough is will always have enough.”

—Lao Tsu

Most of us live life with a feeling of scarcity, even when we have great abundance. This feeling of scarcity causes us to over consume, to spend more than we have, and to block true abundance. It also blocks our enjoyment of what we do have. When you release your feelings of scarcity, you start to discover that you have enough right now. When you operate from the feeling of “enough,” you discover not only that you can create all you choose, you also have more of what you need and want.

—
**Look for places in your life
where you already have
enough and give inner thanks
for what you already have.**
—

Where are you feeling scarcity and wanting more in your life?

Can you welcome the sensations, sounds, and pictures that come from the feeling of scarcity?

Does it feel like they are coming from wanting approval, control, security, or oneness?

Could you let that want go?

Could you be open to the feeling of having enough as best you can?

Notes, Gains & Realizations

CD NINE

CD 9, Track 4

Holistic Release on Effortless Wealth and Success

This list includes just a few suggestions of holistic releases you can use to increase your wealth and success. Allow yourself to create your own pairs of opposites as well.

*Could you allow yourself to resist having money as much as you do?
Could you welcome having money as best you can?*

*Could you allow yourself to feel as much scarcity as you do?
Could you allow yourself to feel you have abundance as best you can?*

*Could you allow yourself to hate money as much as you do?
Could you allow yourself to love money as much as you do?*

*Could you allow yourself to hate sharing as much as you do?
Could you allow yourself to love sharing as best you can?*

*Could you allow yourself to hate paying taxes as much as you do?
Could you allow yourself to love paying taxes as best you can?*

*Could you allow yourself to want more as much as you do?
Could you allow yourself to feel like you have enough as best you can?*

*Could you allow yourself to feel like you have to take and hoard what you need
as much as you do?
Could you allow yourself to have what you need when you need it as best you can?*

*Could you allow yourself to reject having abundance as much as you do?
Could you allow yourself to accept having abundance as best you can?*

*Could you allow yourself to be as closed to having abundance as you are?
Could you allow yourself to be as open to having abundance as you are?*

Notes, Gains & Realizations



CD TEN

Advantages

What was/is the advantage in taking out a loan from the bank ?

Able to finance new product EAGER, w/c ✓

Cash flow EXCITEMENT, w/o ✓

Moving ahead STIMULATED, w/c ✓

Risk feels good COURAGEOUS, w/a ✓

Disadvantages

What was/is the disadvantage in taking out a loan from the bank ?

Indebtedness FEAR, w/s ✓

Paperwork ANNOYANCE, w/sep ✓

Obligation HEAVINESS, w/sep ✓

Overwhelmed ANGRY, w/c ✓

Power Decision-making with Advantages and Disadvantages

CD 10, Track 3

"Intuition is only right 100 percent of the time."

—Lester Levenson

When you work on goals or decisions, remember to phrase them in the present tense. When you are working on problems, remember to word them in the past tense.

CD Ten

Step 1: Write your topic at the top of the page. Then, draw a line down the middle of the page. At the top of the left-hand column, create a label: Advantages. At the top of the right-hand column, create a label: Disadvantages.

Step 2: Ask yourself: *What is the advantage to me of _____ (your topic)?* Write down the first thought or feeling that comes to mind in the left-hand column, without any censoring.

Step 3: Welcome the sensations, pictures, or sounds that arise in your awareness along with the thought or feeling.

Step 4: Check to see which basic want your advantage comes from by asking: *Is there a sense of wanting approval, control, security, or oneness?* Once you've identified it, write down the want from which the thought or feeling comes using the usual abbreviations: w/a for wanting approval, w/c for wanting to control, and w/s for wanting security, and w/o for wanting to be one.

Step 5: Allow yourself to let go of the underlying want by using the following question:

Could I let go of wanting _____ (approval, control, security, or oneness)?

Cross out the want as you let it go, then move on to a disadvantage. Do only one advantage at a time. Please refrain from the impulse to make a list. However, if more than one advantage or disadvantage spontaneously occur to you at the same time, write them all down, and then release the wants associated with each, one at a time.

Step 7: Ask yourself: *What is the disadvantage to me of _____ (your topic)?* Write down the first thought or feeling that comes to mind in the right-hand column, without censoring.

Step 8: Welcome the sensations, pictures, or sounds that arise in your awareness along with the thought or feeling.

Step 9: Check to see which basic want your disadvantage comes from by asking: *Is there a sense of wanting approval, control, security, or oneness?* Write down an abbreviation next to the disadvantage.

Step 10: Allow yourself to let go of the underlying want by using the following question:

Could I let go of wanting _____ (approval, control, security, or oneness)?

Cross out the want as you let it go. Do only one disadvantage at a time.

Step 11: Repeat Steps 2 through 10 many times, alternating between an advantage and a disadvantage, then another advantage and another disadvantage, and so on, until you feel complete or at least ready to take a break for a while.

Advantages

What was/is the advantage in _____?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Disadvantages

What was/is the disadvantage in _____?

[illegible]

Advantages

What was/is the
advantage in _____?

Disadvantages

What was/is the disadvantage in _____?

[illegible]

Advantages

What was/is the
advantage in _____?

Disadvantages

What was/is the disadvantage in _____?

[illegible]

Disadvantages

What was/is the disadvantage in _____?

[illegible]

Letting Go of Wanting to Be Right

CD 10, Track 8

When we want to be right, we are stuck. This causes us to only see our point of view and to reject all others. We find ourselves wasting a lot of energy defending, justifying, explaining, and trying to prove why we are right. This only causes people who do not agree to us to do the exact same thing back with us. Letting go of wanting to be right liberates you to find totally new solutions or to work together for a common good.

—
When you catch yourself wanting to be right in life ask yourself: "Would I rather be right or would I rather be free and have my goal?"
—

If you are not sure if you want to let go of wanting to be right ask: ***Would I rather be right or would I rather be free and have my goal?*** If you would rather be free, you will find yourself letting go.

Where have you wanted to be right in your life?

What sensations, sounds, and pictures does that wanting to be right generate inside of you now?

Does it feel like it is coming from wanting control, approval, security, or oneness?

Could you let go of wanting _____?

Could you let go of wanting to prove, defend, justify, or explain your point of view? Could you let go of wanting to be right as best you can?

Could you be open to a solution or resolution beyond right and wrong?

Notes, Gains & Realizations



CD ELEVEN

What If Your Problems Are Just Memories?

The following is a powerful perspective that we explore in Sedona Method advanced courses: There are no problems in the present moment.

What if all the supposed problems you have right now are only memories? We challenge you to explore this question for yourself and at least entertain the possibility. If you can even partially accept this notion, and work with it as best you can, it will give you another powerful tool to transform your life radically for the better.

The reason that problems appear to persist through time is that, whenever they're not here, in this moment, we go looking for them. Yes, we actually seek our problems. We tend to filter our experiences based on the belief that we have a particular problem, unconsciously censoring anything from our awareness that doesn't support that belief, including the fact that the problem is not here NOW.

Here is a story of just how powerful this perspective can be. One of the first times we shared this perspective with a group was at a Seven-day Retreat a few years ago. A student came to the retreat wearing a leg brace and feeling a lot of pain due to torn ligaments in his knee. His doctors had told him that the pain would probably persist for about six months until all the ligaments healed. So, he was quite skeptical when he was told that even pain is a memory. Yes, there were sensations in the NOW, but the pain itself was only a memory. He was so skeptical, in fact, that he spent the next 24 hours trying to prove the statement wrong. He was certain that if he got completely present with the sensations he was experiencing, he would still feel pain.

The next day in class, the student shared that he was more than a little shocked that, despite the fact he had doubted what was said, every time he looked for pain in the present, he couldn't find it. He went on to explain that not only could he not find pain in the present, but there was no more pain to be found period, and his swelling had gone down about 85 percent. He also no longer needed his leg brace to walk!

We invite you to challenge your long cherished problems by embracing at least the possibility that they are only memories and allow yourself to be open to what you discover.

Dissolving Beliefs

CD 11, Track 3

Most of us live in a mental world based on the concepts and beliefs that we substitute for direct experience, intuitive knowing, and clear reason. Discover within yourself that beliefs are just that—beliefs—not the truth. Recognize that any belief is just a memory based on what *was*, rather than what *is*. Decide to drop the belief and look into your own direct experience. This will liberate you to be open to totally new perspectives filled with unlimited possibilities, right action, success, ease, and joy.

What is something you used to believe about _____ (your topic)?

Would you like to change that?

Could you let go of wanting to change that?

Does that belief feel like it is coming from wanting approval, control, security, or oneness?

Could you let that want go?

Do you want to defend, justify, explain, or prove this belief?

Could you let go of wanting to defend, justify, explain or prove this belief?

Do you want to figure out what to do about that or where it came from?

Could you let go of wanting to figure that out?

Could you let go of wanting to believe that again?



Goal Action Steps

My Goal: I allow myself to attract six new IDEAL clients by the end of the month!

#1: hold a teleseminar (got to prepare content, sounds fun, easy) w/a ✓, w/o ✓

#2: send an email blast to my database (simple, must write good copy) w/c ✓, w/a ✓

#3: post an announcement on my website (exposure, nerves, so REAL) w/s ✓, w/c ✓, w/a ✓

#4: tell my colleagues (need to figure out whom to call, hate asking for support, wish I didn't have to do so much, hard work, would rather play at the gym) w/sep ✓, w/c ✓

Wealth and Success Goal Action Steps

CD 11, Track 11

The Action Steps Process is designed to complement the Goal Process by helping you release more of the inner limitations—emotional, mental, and behavioral barriers—that prevent you from taking action and effectively pursuing your goals. In addition, this process will help you to discern between action steps that are truly necessary to attain a particular goal and those that are not. This can save you a lot of time and effort.

Many of us avoid pursuing a particular goal, because we imagine that the actions we must take to achieve it are actions that we're unwilling to take. As you release on your action steps, you may discover that it's possible to release your resistance to taking those specific actions or that the actions are in fact unnecessary and were mental fabrications.

Step 1: Write your goal statement at the top of the page, using the full wording. For this purpose, it's better not to abbreviate.

Step 2: After you read the goal silently, ask yourself: *What are the simplest or most outrageous*

CD Eleven

actions I believe I can take to achieve this goal? Then, on separate lines, write down any actions that come to mind. A few will usually pop into your awareness right away. You also have the choice to write down a single action at a time and go through Steps 3 to 5 before proceeding to the next action.

Step 3: On the line next to a particular action, write down any thoughts and feelings you have about taking it.

Step 4: Welcome whatever sensations, pictures, or sounds arise in your awareness along with the potential action.

Step 5: Ask yourself which want underlies the thought or feeling, using this question: **Does that come from a sense of wanting approval, control, security, or oneness?** Make a note of the want, as you did during the Goal Process, by writing an abbreviation next to the question: w/a (approval), w/c (control), w/s (security), and w/o (oneness). If more than one want is stirred up, simply write down all the appropriate abbreviations.

Step 6: Let go of any wants that are stirred up in the NOW moment about the feeling or thought that you wrote down. Use the question: **Could I let go of wanting approval, control, security, or oneness?** As you let go of a given want, cross it out or check it off. Continue to release on each action step until you feel courage, acceptance, or peace.

Step 7: Repeat Steps 2 through 6 until you've completed the Action Steps Process for all the action steps you've listed. If you're pressed for time, you can spend a few minutes completing the process on a few and return later to complete the remainder of them. But spend at least as much time releasing as it takes to feel courageous about every step you do work on.

Step 8: Where appropriate, get into action. In addition, make sure to continue to release before, during, and after you take your action steps.

If you already use time management software on your computer or a book that contains a daily action planner, you can abbreviate the process above by doing all of the same seven steps—without writing down your thoughts and feelings—as you plan your day. Simply jot down the abbreviations for the wants and cross them off or delete them as you release.

As you get into the habit of releasing on your action steps before you take them, you'll begin to accomplish them more quickly and easily. You will also approach your goals and action steps with a sense of fresh enthusiasm and greater self-motivation. In addition, you'll often think of much more creative action steps to take than you would have if you were not releasing.



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Goal Action Steps

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Goal Action Steps

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Visualize Your Wealth and Success

CD 11, Track 14

When you visualize a goal and combine it with releasing anything is possible, and the results are much more pronounced than when you only visualize.

Note: everyone approaches visualization in his or her own way. Allow yourself to be open to whatever pictures, sensations, or sounds arise in your awareness as you visualize. You may find that you can easily see pictures in your mind. You may find that you can feel the result you would like to achieve. You may find that you can hear a story about what you are trying to create. You may find that what you do is some combination. Know that however this unfolds for you is OK. Do your best to engage as many senses as you can, and then let go. This is a very powerful formula for success.



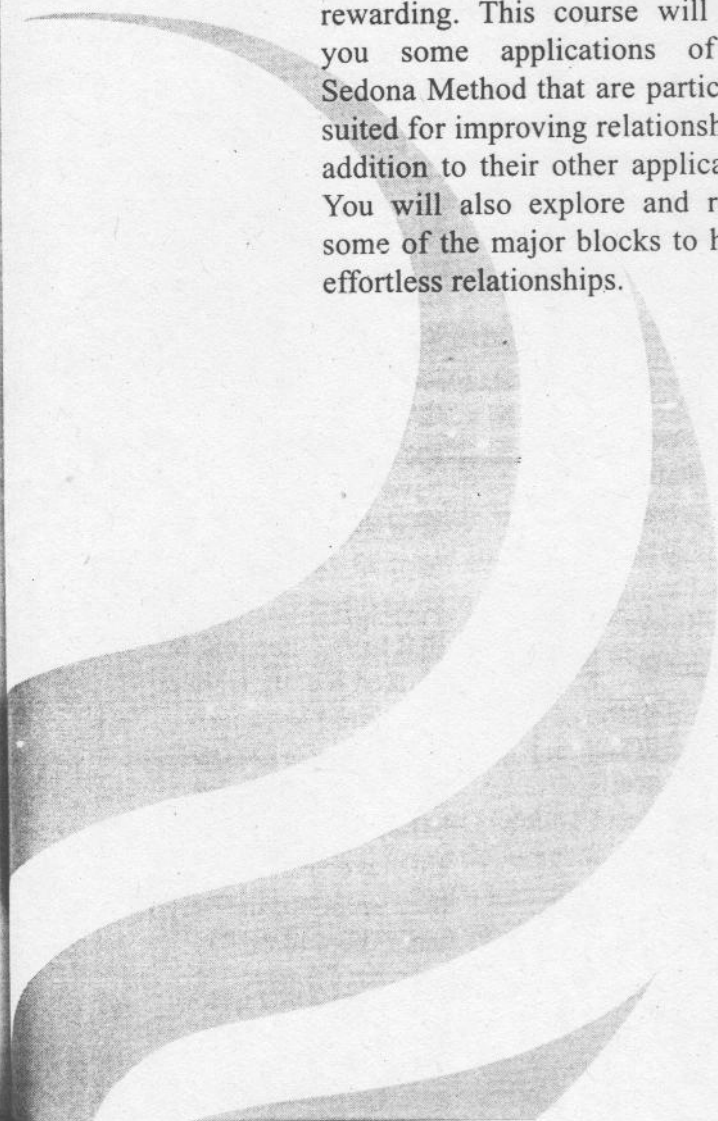
Notes, Gains & Realizations





SECTION 3

Effortless Relationships



In this course you will discover that both your personal and business relationships can be a lot more effortless, fun, loving, and mutually rewarding. This course will teach you some applications of The Sedona Method that are particularly suited for improving relationships in addition to their other applications. You will also explore and release some of the major blocks to having effortless relationships.

"Since learning how to release, I am feeling an amazing love toward people I know or have just met—whether or not I agree with their actions or speech."

...Fred Hohne

"I used to have a terrible problem with self-doubt and lack of confidence. Since I have been using the Method on a regular basis, I am much clearer and calmer in my interactions with others. This clarity has led to improvement in literally every area of my life—financial, professional, and personal. Thank you for a wonderful healing tool."

*...Sandra Camacho, D.C.,
San Francisco, CA*

"The Method has allowed me to successfully navigate through a sometimes difficult divorce; a subsequent sale of my home, which I had to remodel to sell; running two businesses that require 80-90 hours of 'being there,' purchase of a new home that I really only wanted to rent but the owner decided to sell it for \$15-20,000 under market; and I also found time to spend with my two daughters with whom I really feel that

I've connected."

*... Jim Mousseau,
Tampa, FL*

"I am able to let things be and not react to others' anger or upset, and not to feel responsible for others' anger or upset or grief. By not reacting as I formerly did, I am able to communicate from my heart clearly and effectively."

...Anthony Degutis

"I have had many issues with my father in the last few years. Using the Method lately, I've noticed a lot more acceptance and love for him without even working on the issues directly."

...T. McConnachie, Australia

"My husband and I were traveling to a family function which involved family that we have had significant problems with for many years. In the car on the way to the function, I was having some chronic ailment problems. I began to embrace the sensations, loving my body. After awhile of this, my heart expanded and a surge of energy was felt in my entire body—and then love enveloped me and all around me. As I looked around at the

traffic, people, etc., I felt connected to everything and every person. The best is yet to come!

As I entered the front door, one of the family members was standing close by. I opened my arms, called his name and we hugged each other. As I looked into his eyes, we connected in pure love. The rest of the day was a love fest! [Prior to this,] this person would barely look at me, let alone talk with me."

*... Vicki Landis,
San Rafael, CA*

"My mother is in the early stages of Alzheimers and, in dealing with her, these tapes have been a Godsend. I had to go take care of her for 10 days while my dad had knee surgery. I know that had I not listened to these tapes prior to that trip, the 10 days would have been 10 years... When breakthroughs happen, they are sometimes so powerful that tears come and that choked feeling is there."

...Catherine Long

"I am willing to let others be just the way they are. Yet, I find they are more the way I want them to be."

...Everett Edstrom



CD TWELVE

Your Relationship Goal

CD 12, Track 3

The Goal Process is an opportunity to learn how to create what you want *in a new way*.

Step 1: Write your goal at the top of a blank piece of paper, using correct wording. Make sure to use wording that makes your heart sing.

Step 2: Read the goal silently or aloud and, below the goal, write down the first thought or feeling that comes to mind in relationship to it.

Step 3: Welcome the sensations, pictures, and sounds that are attached to the thought or feeling.

Step 4: Ask yourself which want underlies the thought or feeling, using this question: ***Does that come from a sense of wanting approval, control, security, or oneness?***

Make a note of which want it is by writing an abbreviation next to the question. For wanting approval, write w/a. For wanting to control, write w/c. For wanting security, write w/s. For wanting to be one, write w/o. If more than one want is stirred up, simply write down all the appropriate abbreviations.

Step 5: Release any wants that are stirred up in the NOW moment about the feeling or thought that you wrote down. Simply ask: ***Could I let go of wanting approval, control, security, or oneness?*** As you let go of a given want, cross it out or check it off.

Step 6: Repeat Steps 2 through 4 until you feel courageousness, acceptance, or peace about your goal. Once you're feeling one of these higher emotional states, you can be confident that you've taken off a layer of limitation about that particular goal. You then have three options of what to do in Step 7.

Step 7: Your first option is to continue repeating the process above in order to eliminate several more layers of limitation about that particular goal.

Your second option is to put the Goal Process down for now and go about your life. Do your best to let go whenever you think about your goal during the day.

Your third option at Step 7 is to continue the Goal Process by working on the Action Steps Process that will be outlined at the end of *Effortless Relationships*.

A minor caution about stopping too soon: Before you discontinue the process, it's best to reach at least a state of courageousness, acceptance, or peace. Otherwise, you'll be holding in mind an outcome that's less than ideal. Furthermore, you probably won't be eager to return for more releasing on any of the energy levels below courage.

Keep working on the goal until you either get it or decide you no longer want it.

My Goal

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My Goal

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The Cleanup Procedure

Lester Levenson originally created the Cleanup Procedure for the exclusive use of Sedona Method instructors, because he understood how critically important it was for them to let go of wanting approval, control, security, separation, or oneness as well as any reactions they might have to participants in their classes. Our instructors and coaches are trained to be 100 percent supportive. You can use the Cleanup Procedure to complete an interaction—positive or negative—with anyone, including yourself.

Now, why would you release on positive interactions? You might want to feel even better than you already do about the person you're using as the object of this process, so you can relate to that individual with more openness, honesty, and love. We all have people in our lives with whom we repeatedly interact—our husbands, wives, or lovers, our children or business associates—all sorts of people. We are sure you don't want to carry excess baggage you've picked up from a previous encounter with any of these people into your next and future encounters with them.

The Cleanup Procedure is designed to accelerate your gains from The Sedona Method. It is made up of a series of questions that can be asked before, during, or after meetings, gatherings, and random interactions—especially those with difficult people. As you work with the cleanup questions on a regular basis, you'll begin to understand how much they can help you improve your relationships, communicate more effectively, resolve conflicts, and incorporate letting go into your life more easily. The process will also increase your effectiveness and contribute to the integrity of all of your interactions.

The Cleanup Procedure is composed of four groups of questions, each focusing on a separate want: first control, then approval, security/survival, and finally separation, which is the opposite of oneness. Follow these basic steps and guidelines as you work:

Begin by visualizing the face of the person you have chosen to release about. (Remember, this may also be an auditory or kinesthetic experience for you.) Then, ask yourself one cleanup question at a time and allow your underlying wants to surface. Often, the first question in each set will be enough to cause you spontaneously to let go of the want you are focusing on at that moment. Welcome the want fully or let it go.

Start with the set of cleanup questions about control, and stay with that set of questions until you feel that you can "grant that person the right to be the way he or she is." Most times, completely letting go is just a decision. If you are open to it, it's possible to reach this point very quickly, but feel free to take all the time you need.

Repeatedly ask the first two cleanup questions in each subsequent set, and keep releasing whatever is stirred up until you can honestly answer "yes" to the third question. Being honest produces better results. The third question in each set is designed to help you see if you are fully released on that particular want about that individual.

Do the same thing with each set of cleanup questions in order. You will know that you're fully released on a person when you can see his or her face and have only acceptance/love for him or her.



The Cleanup Questions

The questions in bold type are the standard cleanup questions. The other questions are suggestions to facilitate letting go of each want. Feel free to release the wants without the use of any additional questions, or to come up with questions of your own.

Step 1: Control **CD 12, Track 7**

Did this person try to control you? (Or did it feel that way?)

If so, could you let go now of wanting to control this person back?

If so, could you let go of resisting this person?

Did you try to control this person? (Or did it feel that way?)

If so, would you like to change that?

If so, could you let go now of wanting to control this person?

If so, would you like to change that?

Do you now grant this person the right to be as this person is?

Step 2: Approval **CD 12, Track 8**

Did this person dislike or disapprove of anything in you? (Or did it feel that way?)

Could you let go of wanting their approval?

If so, would you like to change that?

Did you dislike or disapprove of anything in this person? (Or did it feel that way?)

Could you let go, just for now, of your dislike or disapproval for this person?

If so, would you like to change that?

Do you have only love/acceptance feelings for this person?

Step 3: Security/Survival **CD 12, Track 9**

Did this person challenge, oppose or threaten you? (Or did it feel that way?)

Could you let go of wanting to challenge, oppose or threaten this person back?

Could you let go of wanting security with this person?

If so, would you like to change that?

Did you challenge, oppose or threaten this person? (Or did it feel that way?)

Could you let go of wanting to challenge, oppose or threaten this person?

Could you let go of wanting to protect yourself in this way?

If so, would you like to change that?

Do you have only a feeling of well-being, safety and trust with this person?



CD Twelve

Step 4: Separation

CD 12, Track 10

Did this person reject, cut off, or try to be separate from you? (Or did it feel that way?)

Could you let go of wanting to be one with this person?

Could you let go of wanting to connect with this person?

Did you reject, cut off, or try to be separate from this person? (Or did it feel that way?)

Could you let go of wanting to reject, cut off, or try to be separate from this person?

Do you have only a feeling of unity, a feeling that there is no separate "you" or "I," with this person?



CD THIRTEEN

Likes	Dislikes
Your topic: <u>My mother</u>	
What did you like/love or find attractive about <u>My mother</u> ?	What did you dislike/hate or find repulsive about <u>My mother</u> ?
<u>She loves me. w/a ✓</u>	<u>She tries to control my experience. w/s, w/c ✓✓</u>
<u>She gave me life. w/a, w/c ✓✓</u>	<u>She expects too much from me. w/c, w/sep ✓✓</u>

Likes/Dislikes Release for Dissolving the Polarities of Attachment and Aversion

CD 13, Track 2

Step 1: Write your topic at the top of the page. Remember, this could be the name of a person, place, or thing, or a few words that describe a situation from any area in your life where you'd like to experience greater freedom. For example, you might write down the name of a city that you're considering moving to, such as New York. At the top of the left-hand column, create a label: Likes. At the top of the right-hand column, create a label: Dislikes. Now you're ready to move on to Step 2.

Step 2: Ask yourself: *What did you like/love or find attractive about _____?* Then write down the first thought or feeling that comes to mind in the left-hand column.

CD Thirteen

Step 3: Welcome whatever sensation, picture, or sound arises with the thought or feeling that you write down.

Step 4: Check to see which basic want your like comes from, by asking: ***Is there a sense of wanting approval, control, security, or oneness?*** Once you've identified it, write down the want from which the thought or feeling comes using the usual abbreviations: w/a for wanting approval, w/c for wanting to control, and w/s for wanting security, and w/o for wanting to be one.

Step 5: Allow yourself to let go of the underlying want by using the following question: ***Could I let go of wanting _____ (whichever want it is)?***

Cross out or check off the want as you let it go, then move on to a dislike. Do only one like at a time.

Step 6: Ask yourself: ***What did you dislike/hate or find repulsive about _____?***

Then write down the first thought or feeling that comes to mind in the right-hand column.

Step 7: Welcome whatever sensation, picture, or sound arises with the thought or feeling that you write down.

Step 8: Check to see which basic want your dislike comes from by asking: ***Is there a sense of wanting approval, control, security, or oneness?***

Step 9: Allow yourself to let go of the underlying want by using the following question:

Could I let go of wanting _____ (whichever want it is)?

Cross out or check off the want as you let it go, then move on to another like. Do only one dislike at a time.

Step 10: Repeat Steps 2 through 9 many times, alternating between a like and a dislike, then another like and dislike, and so on until you feel a positive shift in attitude towards your topic. You can work on it for as long or as short a time span as you decide. The more you put into the Likes/Dislikes Process, the more you'll get out of it.



Likes

Dislikes

Your topic: _____

What did you like/love or find attractive about _____?

What did you dislike/hate or find repulsive about _____?

[illegible]

Likes

Dislikes

Your topic: _____

What did you like/love or find attractive about _____?

What did you dislike/hate or find repulsive about _____?

[illegible]

Likes

Dislikes

Your topic: _____

What did you like/love or find attractive about _____?

What did you dislike/hate or find repulsive about _____?

[illegible]

Likes

Dislikes

Your topic: _____

What did you like/love or find attractive about _____?

What did you dislike/hate or find repulsive about _____?

[illegible]

Loving Your Partner as Your Partner Is

CD 13, Track 2

“Love is wanting for the other one whatever it is the other wants for themselves.”

—Lester Levenson

We start out most relationships liking or loving our partner. But somewhere down the line, as we start to relate to them more, we can lose touch with the love that we initially felt. This process is designed to help you uncover and live the love you have for your partner again. If you plan to do this process for a business relationship, I would highly recommend that you release to love as well. The more loving you are with even your business relations, the more positive and productive these relationships will become.

Remember to let go of wanting to change what your partner does or does not do in action. Also, remember let go of wanting to change yourself and to love yourself as you are as well.

Note: Loving someone as they are does not mean condoning or acquiescing to destructive behavior or allowing them to do things that are not mutually OK with you. You can love someone and still set clear boundaries. You can love someone and still leave this person if he or she is unwilling or unable to be in a healthy relationship with you.

What is something about _____ that you would like to change?

Could you welcome the feeling of wanting to change that?

Could you let go of wanting to change that?

Could you love this person because he/she is that way as best you can?



Notes, Gains & Realizations



CD FOURTEEN

Letting Go of Wanting to Control Another's Experience

CD 14, Track 2

We fall into a trap in relationships of thinking and feeling we know what is best when it comes to our friends, partners, spouse, children, or siblings. We also do not like when they suffer—not just because we desire to protect them, but to protect our own experience. If you are willing to let go of wanting to control the other person's experience, you do not need to suffer with the person, and you free the person to be open to the right solution for himself or herself whether or not it comes from you. People are also much more likely to be open to your feedback and support if it is not coming from wanting to control.

—
**Remember to let go of
wanting to control others'
experience in life as it arises.**
—

Think of someone whose experience you have wanted to control.

Could you welcome the sounds, pictures, and sensations that come from wanting to control this person?

Could you let go of wanting to control his/her experience as best you can?

Could you grant him/her the right to have his/her own experience and honor his/her innate knowingness?



Letting Go of Wanting to Blame Your Partner for What You Experience

CD 14, Track 5

When we blame anyone or anything for how we feel, we are forcing ourselves into the role of the victim. We give our power away. We are giving the person, place, or thing power over us. We want to be controlled.

If you let go of blaming, it frees you to be truly present in your relationships. This also creates the space within you to find true solutions instead of staying stuck in old patterns of blame. Pick a person to do this exercise on before you begin.

—
Catch yourself as best you can when you are blaming another person and release instead.
—

How have you blamed this person for what you have experienced?

Could you welcome the sensations, sounds, and pictures attached to that feeling of blame?

Does that feel like it is coming from wanting to control, wanting approval, wanting security, wanting to be separate, or wanting to be one?

Could you let go of wanting _____?

Could you also let go of wanting to be controlled by this person?

Could you let go of wanting to blame this person for your experience and be open to a higher solution beyond blame?



CD FIFTEEN

Walking in the Other Person's Shoes

CD 15, Track 2

An extremely helpful thing to do in relationships is being open to seeing things from your partner's point of view. If we only see our side of any situation, we are only seeing half the picture and often miss opportunities for ease and resolution that are right in front of us. This does not mean you have to abandon your point of view; it simply means that you expand your awareness to see both sides. You will find this very liberating.

Where (or about what) do you and your partner disagree?

Could you welcome whatever sensations, sounds, or pictures the disagreement brings up in this moment?

Does it feel like it is coming from wanting control, approval, security, separation or oneness?

Could you let that want go?

Could you let go of wanting to defend, justify, explain, or prove your point of view? Could you let go of the feeling of wanting to be right?

Could you see, hear, and feel the issue from your partner's point of view as best you can?

As best you can, can you let go of holding on to any point of view and be open to a mutual solution?

—
**When you find yourself
defending your point of view
in life, allow yourself to let go
and be open to seeing other
perspectives.**
—

Dissolving Beliefs

CD 15, Track 5

Most of us live in a mental world based on the concepts and beliefs that we substitute for direct experience, intuitive knowing, and clear reason. Discover within yourself that beliefs are just that—beliefs—not the truth. Recognize that any belief is just a memory based on what *was*, rather than what *is*. Decide to drop the belief and look into your own direct experience. This will liberate you to be open to totally new perspectives filled with unlimited possibilities, right action, success, ease, and joy.

What is something you used to believe about _____ (your topic)?

Would you like to change that?

Could you let go of wanting to change that?

Does that belief feel like it is coming from wanting approval, control, security, or oneness?

Could you let that want go?

Do you want to defend, justify, explain, or prove this belief?

Could you let go of wanting to defend, justify, explain or prove this belief?

Do you want to figure out what to do about that or where it came from?

Could you let go of wanting to figure that out?

Could you let go of wanting to believe that again?



I Am Enough

CD 15, Track 8

We do not only live our lives based on scarcity when it comes to things, we also live in scarcity when it comes to our own self-acceptance and love. And because we are living from scarcity, we ignore the completion, wholeness, self-sufficiency and fullness that is always right within us. When we bring this sense of incompleteness to a relationship, hoping to fill ourselves up, we are always disappointed because we cannot find completion in another person. When we bring the feeling of "I am enough" to a relationship, we have the possibility of experiencing a truly fulfilling, nurturing, and supportive relationship.

—
**Look for ways that you can
validate your completeness.
Look for ways you are
already enough.**
—

Where in your life and your relationships do you feel like "I am not enough"?

Could you welcome whatever sensations, sounds, or pictures that idea stirs up inside of you now?

Does that feel like it comes from wanting control, approval, security, separation, or oneness?

Could you let that want go?

Could you be open to the possibility that you are enough?

CD Fifteen

"I came to the retreat with two goals: lessen my fear of public speaking, and work through my childhood sexual abuse so I could allow myself to become lovers with my husband again. I achieved both gains, and much more than that. **Not only are me and my husband closer than ever and have become lovers again,** I am finally able to receive and wear a wedding ring. Thank you!"
...S.G.

"For the first time in my life it is ok to be me. My problems, my challenges, my shortcomings—even my terrible hateful tendencies are not me. They're not personal and therefore can be let go. I've tasted freedom. **I had a conversation with my wife and one of her most annoying tendencies came up and I found it cute and lovable and we both let it go. What a freakin' miracle!**"
... Mark Silverman

"Our relationship has become noticeably more calm, accepting, and loving. **Instead of irritations triggering emotional upsets,** we

just release and accept each other's differences as mysterious treasures to be enjoyed."

...David and Mary Lou Henry, El Paso, TX

"After releasing by the beach, I found myself in a very blissful state with energy in and all around me. A thought came to me to use this energy to create something fun and new in my life. 'I allow the universe to bring me a loving relationship with someone who I am attracted to.' About a day later **I met a very attractive woman in my yoga class who I spent four amazing months with.**"
...K.M., Margate, NJ

"My greatest change has been in my relationship with my wife. I had relationships on my list, but the change has been dramatic and without effort. I just find myself having a closer, more loving relationship. I think of her more often and want to do thoughtful things for her. We have been married for 14 years and been through many ups and downs **and I am more grateful than ever that we have remained together and**

are sharing our lives together."
...C.F., Plano, TX

"I now experience more love and harmony in my relationship with my husband. He once said he had no experience with things getting better, they always seemed to get worse. He's now incredibly grateful for the wonderful relationship we have."
...Susan McClure, WA

"My relationship with my wife is greatly improved. **We bicker far less frequently and have a more profound understanding of each other** and a better sense of common purpose. We are closer."
...David Dale, Richmond, BC, Canada

"Never, in my 61 years of this life have I experienced such freedom and peace. One of my gains is that **I have stopped trying to 'fix' my husband of 42 years.** That is one big gain!"
...Gretchen Allmang, Hemet, CA



Holistic Release on Effortless Relationships

CD 15, Track 10

This list includes just a few suggestions of holistic releases you can use to improve your relationships. Allow yourself to create your own pairs of opposites as well.

Could you allow yourself to be as closed to this person as you are?

Could you allow yourself to be open to this person as best you can?

Could you allow yourself to resist this person as much as you do?

Could you allow yourself to accept this person as best you can?

Could you allow yourself to judge this person as much as you do?

Could you allow yourself to accept this person as best you can?

Could you allow yourself to mistrust this person as much as you do?

Could you allow yourself to trust this person as best you can?

Could you allow yourself to be as closed off from this person as you are?

Could you allow yourself to be communicative with this person as best you can?

Could you allow yourself to be as dependent on this person as you are?

Could you allow yourself to be as independent of this person as you are?

Could you allow yourself to feel like you need someone else in order to be complete/be enough as much as you do?

Could you allow yourself to feel like you are already complete and enough as you are, as best you can?

Could you allow yourself to hate this person as much as you do?

Could you allow yourself to love this person as best you can?



Relationship Action Steps

CD 15, Track 11

The Action Steps Process is designed to complement the Goal Process by helping you release more of the inner limitations—emotional, mental, and behavioral barriers—that prevent you from taking action and effectively pursuing your goals. In addition, this process will help you to discern between action steps that are truly necessary to attain a particular goal and those that are not. This can save you a lot of time and effort.

Many of us avoid pursuing a particular goal because we imagine that the actions we must take to achieve it are actions that we're unwilling to take. As you release on your action steps, you may discover that it's possible to release your resistance to taking those specific actions or that the actions are in fact unnecessary and were mental fabrications.

Step 1: Write your goal statement at the top of the page, using the full wording. For this purpose, it's better not to abbreviate.

Step 2: After you read the goal silently, ask yourself: ***What are the simplest or most outrageous actions I believe I can take to achieve this goal?*** Then, on separate lines, write down any actions that come to mind. A few will usually pop into your awareness right away. You also have the choice to write down a single action at a time and go through Steps 3 to 5 before proceeding to the next action.

Step 3: On the line next to a particular action, write down any thoughts and feelings you have about taking it.

Step 4: Welcome whatever sensations, pictures, or sounds arise in your awareness along with the potential action.

Step 5: Ask yourself which want underlies the thought or feeling, using this question: ***Does that come from a sense of wanting approval, control, security, or oneness?*** Make a note of the want, as you did during the Goal Process, by writing an abbreviation next to the question: w/a (approval), w/c (control), w/s (security), and w/o (oneness). If more than one want is stirred up, simply write down all the appropriate abbreviations.

Step 6: Let go of any wants that are stirred up in the NOW moment about the feeling or thought that you wrote down. Use the question: ***Could I let go of wanting approval, control, security, or oneness?*** As you let go of a given want, cross it out or check it off. Continue to release on each action step until you feel courage, acceptance, or peace.

Step 7: Repeat Steps 2 through 6 until you've completed the Action Steps Process for all the action steps you've listed. If you're pressed for time, you can spend a few minutes completing the process on a few and return later to complete the remainder of them. But spend at least as much time releasing as it takes to feel courageous about every step you do work on.

Step 8: Where appropriate, get into action. In addition, make sure to continue to release before, during, and after you take your action steps.



If you already use time management software on your computer or a book that contains a daily action planner, you can abbreviate the process above by doing all of the same seven steps—without writing down your thoughts and feelings—as you plan your day. Simply jot down the abbreviations for the wants and cross them off or delete them as you release.

As you get into the habit of releasing on your action steps before you take them, you'll begin to accomplish them more quickly and easily. You will also approach your goals and action steps with a sense of fresh enthusiasm and greater self-motivation. In addition, you'll often think of much more creative action steps to take than you would have if you were not releasing.



Goal Action Steps

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Goal Action Steps

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Visualize Your Ideal Relationship

CD 15, Track 11

When you visualize your goal and combine it with releasing anything is possible, and the results are much more pronounced than when you only visualize.

Note: everyone approaches visualization in his or her own way. Allow yourself to be open to whatever pictures, sensations, or sounds arise in your awareness as you visualize. You may find that you can easily see pictures in your mind. You may find that you can feel the result you would like to achieve. You may find that you can hear a story about what you are trying to create. You may find that what you do is some combination of these. Know that however this unfolds for you is OK. Do your best to engage as many senses as you can, and then let go. This is a powerful formula for having effortless relationships.



SECTION 4

Effortless Health and Well-Being

Even though The Sedona Method does not treat, diagnose, advise about, or cure any kind of physical or psychological illness or disease, it does help you take the lack of ease out of "dis-ease." Medical science now agrees that most illness has at least some psychological component and that is what The Sedona Method can help you dissolve. As you let go of your stress, tension, anxiety, and frustration about whatever emotional, mental health, or physical challenge you are facing, you find that you will feel better, discover the right actions to take much more easily, and support the body's natural healing process.

"The most beautiful gain of all, and this one I can hardly write, it brings me so much joy—I feel I am finally free of the cervical cancer that threatened my ability to choose whether to have children or not. The course helped me discover the reason I was holding onto it, and gently let it go."
...L.B., Los Angeles, CA

"During a holistic release, my chronic stomach pains (diagnosed as IBS with constipation) completely went away and have not returned. I stopped taking Metamucil because I realized I was pre-medicating for a problem I used to have!"
...Carol McKay, Yakima, WA

"My blood pressure was recorded to be 180/90 previous to my taking the course and, since that time and not taking the prescribed drugs, my last blood pressure reading was 140/80."
... D. Tony Reese, Phoenix, AZ

"My partner and I have used it very successfully for many illnesses which have included flu, nerve damage, OCD, and other related mental

problems. Our biggest success was that of a friend of ours who was suffering from a cluster of cysts on the ovaries. After being told she required surgery, my hubby taught her and they both did a 30-minute release...
One week later a final scan, both external and internal, revealed not only had they vanished, but no sign of them ever being there in first place was found."
...Eleanor Jamison, Belfast, GB

"I had a skin condition which looked like inflamed eczema or psoriasis for a few years.... I released on it several times each time I looked at it and now it is completely gone!"
...Julie Frederickson, Arlington, VA

"I lost my sense of smell about six or seven years ago. Two years ago I had a sinus operation and was told I would never regain my olfactory sense. I refused to accept that and would not allow myself to hold on to the thought of a 'smell-less life.' I released in every way I could think of. About three months ago, my sense of smell returned—fully. The

doctor who operated on me can't believe it...."
...Florence Simmons, Los Angeles, CA

"I had several physical ailments, including migraine headaches, diverticulitis, gout, and severe hypoglycemia, and the week after taking the course was scheduled for surgery. But within a few days after beginning to release, the surgical condition disappeared and never reappeared. My other physical problems cleared up."
...Dr. David Hawkins, AZ

"I use the Method when I feel a sinus headaches developing—after releasing, the feelings are gone."
...James S. H., D.D.S., Maumee, OH

"I have read before that The Sedona Method could help people with physical problems, but I NEVER in a million years thought that could be true for me. Well, I have had a gnawing, ulcer-type pain for years that left on my second day of releasing at the Seven-Day Retreat. The Method works!"
...Sue Benson, NC



CD SIXTEEN

Your Health and Well-being Goal

CD 16, Track 5

The Goal Process is an opportunity to learn how to create what you want *in a new way*.

Step 1: Write your goal at the top of a blank piece of paper, using correct wording. Make sure to use wording that makes your heart sing.

Step 2: Read the goal silently or aloud and, below the goal, write down the first thought or feeling that comes to mind in relationship to it.

Step 3: Welcome the sensations, pictures and sounds that are attached to the thought or feeling.

Step 4: Ask yourself which want underlies the thought or feeling, using this question: ***Does that come from a sense of wanting approval, control, or security, separation or oneness?*** Make a note of which want it is by writing an abbreviation next to the question. For wanting approval, write w/a. For wanting to control, write w/c. For wanting security, write w/s. For wanting to be separate write w/s and for wanting to be one write w/o. If more than one want is stirred up, simply write down all the appropriate abbreviations.

Step 5: Release any wants that are stirred up in the NOW moment about the feeling or thought that you wrote down. Simply ask: ***Could I let go of wanting approval, control, security, separation, or oneness?*** As you let go of a given want, cross it out or check it off.

Step 6: Repeat Steps 2 through 4 until you feel courageousness, acceptance, or peace about your goal. Once you're feeling one of these higher emotional states, you can be confident that you've taken off a layer of limitation about that particular goal. You then have three options of what to do in Step 7.

Step 7: Your first option is to continue repeating the process above in order to eliminate several more layers of limitation about that particular goal.

Your second option is to put the Goal Process down for now and go about your life. Do your best to let go whenever you think about your goal during the day.

Your third option at Step 7 is to continue the Goal Process by working on the Action Steps Process, which will be outlined at the end of *Effortless Health and Well-being*.

A minor caution about stopping too soon: Before you discontinue the process, it's best to reach at least a state of courageousness, acceptance, or peace. Otherwise, you'll be holding in mind an outcome that's less than ideal. Furthermore, you probably won't be eager to return for more releasing on any of the energy levels below courage.

Keep working on the goal until you either get it or decide you no longer want it.

My Goal

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My Goal

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Cleaning Up the Past

CD 16, Track 8-10

The Sedona Method does not require that you clean up your past in order to move forward in life in a healthy and happy way. Nonetheless, often we are aware of past incidents that seem to keep plaguing our experience and holding us back. This process is designed to help you put these past incidents to rest so that you can move forward in your life with the wisdom you have gained, but without the extra mental baggage. Remember, when you clean up on a past incident that involves another person, you can let go without forgiving that person or condoning his or her behavior. You are always letting go for you.

What is something about a specific incident or time period that you would like to change?

Could you let go of wanting to change it? (Repeat this question until you are ready for next steps.)

Could you let that whole memory go out of your consciousness with all the thoughts, feelings, beliefs, and programs that are associated with it?

Could you let go of whatever remaining limitation you are holding now, based on what happened back then, as best you can?



Beyond the Tyranny of Guilt and Shame

CD 16, Track 13

Guilt and shame are tricky feelings that cause so much unnecessary suffering. Nearly identical in the way they work within us, guilt and shame generally form a single complex. But while it is possible to feel guilt without shame, we cannot feel shame without guilt. The way to distinguish them is this: Guilt is the feeling that follows a perceived wrongdoing: "I did wrong." Shame is the feeling that we, ourselves, are made "wrong" or "bad" for what we perceive we did. Guilt relates to the energy of every emotion from apathy through pride. Shame, on the other hand, is usually a grief-related feeling.

One of the biggest lies we believe about guilt is that guilt can protect us from being punished. In fact, guilt is an unconscious "I owe you" for punishment. That's right. When we feel guilty, we attract punishment from the world, and we also create it for ourselves. And here's the kicker: We *never* feel as though we've been sufficiently punished.

—
When you catch yourself feeling guilty or shameful in life, a quick way to let go is to let go of wanting to punish yourself.
—

How does self-punishment arise? First we do something, or think of doing something, that we believe we shouldn't do, or that is wrong to do. Interestingly, we often feel guilty even when we haven't followed through with an external action. Then, whether or not we "get away with it" in the eyes of the world, we remain aware of what we did or thought, and we won't easily let ourselves off the hook. Because we believe that punishment from the outside is inevitable, we punish ourselves in the false hope that this will enable us to prevent punishment from elsewhere. But since we have no idea of what others', or even our own, sense of inner governance will determine is an appropriate degree of punishment, we invariably overdo it.

This exercise is designed to address and let go of our self-punishment.

What is something that you feel guilty or shameful about?

Could you welcome whatever sensations, sounds, or pictures you have about that now?

Does that feel like it is coming from wanting control, approval, security, separation, or oneness?

Could you let that want go?

Could you let go of wanting to blame or punish yourself for whatever happened or did not happen in the past?

Notes, Gains & Realizations



CD SEVENTEEN

Breaking Free of Addictions

One of the key applications of The Sedona Method is breaking unwanted habits. It is not that all habits are bad. It's just that we habitually do certain things that we know are not good for us. For most people, habits are not easy to break. They're like deep grooves or ruts in our thinking, feeling, and behavior patterns. In addition, because we've often invested a lot of time and energy in first creating and then fighting these patterns, we sometimes resist the process of letting them go even after we know how.

Think of the things that you believe you do habitually. You may be a smoker. You might feel like you eat too little or too much. You might be addicted to the television, movies, sex, or alcohol. Not all addictions or habits are that obvious. Some habits are subtler. Do you feel like you have to be right? Do you feel that you have to be felt, heard, or seen? Do you feel like you can't stop judging yourself or others? These are also addictions. Even wanting approval, control, security, and separation are addictions. There are many things that we feel addicted to, or that we habitually do, no matter how hard we try to stop. If you've ever tried to stop indulging a habit, you know it can be very difficult.

The purpose of these exercises and this whole course is to show you how to change from the inside out by teaching you to unhook from the inner motivators that cause you to act in ways you later regret. You have probably noticed by now that I haven't tried to tell you what to do in other chapters. I am not a believer in giving out lists of new behaviors to follow, because behaviors imposed from the outside often just become new limiting habits.

By the way, even seriously chemically dependent people—and those who have been diagnosed with an organic chemical imbalance—can break the different types of habits caused by these chemicals.

Before we go any further, remember that we are not suggesting that you discontinue what you're already doing if you participate in a support group like Alcoholics Anonymous, or you are under treatment for any kind of chemical or even emotional dependence. Use everything in this chapter to support what you are already doing, and do not make any changes to your treatment regimen without first consulting your medical practitioner. If you're in a 12-step program, do not divert from the step you are currently on without the permission of your sponsor. In our work with the recovery community, we've determined that releasing is a tremendous aid in following through on the discipline necessary to become substance-free, as well as in coping with and preventing relapses.

Two Releases for Breaking Free of Addictions

CD 17, Tracks 2 and 4

Feelings about Addiction

How do you feel about being addicted?

Could you welcome the sensations, sounds and pictures associated with that addiction now?

Does it feel like it is coming from wanting control, approval, security, separation, or oneness?

Could you let that want go?

Could you allow yourself to accept this addiction just for now?

—
**Remember to release before,
during, and after you engage
in an addictive behavior, as
best you can.**
—

Motivation for Addiction

What feeling is motivating your addictive behavior?

Could you welcome the sensations, sounds, and pictures associated with that feeling in this moment?

Does it feel like it is coming from wanting control, approval, security, separation, or oneness?

Could you let go of wanting to be controlled by that feeling and your addiction again?



CD EIGHTEEN

Accepting that Change Is Possible

CD 18, Track 2

Many of us do not even attempt to make the changes that are possible with releasing, especially in the area of health, because we just do not believe it is possible. We have seen that when this basic assumption is challenged, this, by itself, can often cause an immediate change for the better. This exercise will help you to let go of your doubts about being able to change or improve your problems or conditions.

Do you have any doubt that it is possible to change or improve this problem simply by letting go?

Could you welcome the sensations, sounds, and pictures coming from that doubt now?

Does it feel like it is coming from wanting control, approval, security, separation, or oneness?

Could you let that want go?

Could you allow yourself to accept that it is possible as best you can?

Accepting Your Body as It Is

CD 18, Track 4

Even though this may seem paradoxical, it is true. When we want to change the body, not accepting it as it is makes it much more difficult to make the changes that are necessary for our health and well-being. Accepting your body as it is can be a very powerful platform from which to launch your path to more radiant health and well-being.

What is something about your body that you would like to change?

Could you welcome the sensations, sounds, and pictures coming from the feeling of wanting to change that?

Could you let go of wanting to change that?

Could you love or accept your body because it is that way as best you can?

—
**When you find yourself
wanting to change your body
throughout your day, do your
best to let go of wanting to
change it and love it as best
you can.**
—



Dissolving the Feelings that Cause "Dis-ease"

CD 18, Track 7

Our emotions can interfere with health and well-being. When we uncover and let go of the feelings that are standing in the way of health and well-being, we find that we feel better immediately and often see a pronounced improvement or elimination of the symptoms as well.

Remember to let go of the
anger and fear you feel about
your physical issues as they
occur in life.

How do you feel about the body and what it is experiencing? (Be especially on the look out for fear or anger when you ask this question. You can also picture doing whatever causes you discomfort in order to bring up feelings.)

Could you welcome the sensations, sounds, and pictures generated by that feeling now?

Does that feel like it comes from wanting control, approval, security, separation, or oneness?

Could you let that want go?

CD Eighteen

"I have learned to relax by releasing, and an unexpected gain has been that I no longer have a desire for alcohol—it feels good."

*...Jackie Dimalante,
New York, NY*

"I was a daily marijuana smoker for the last 20 years, and have had absolutely no desire to smoke since the first weekend. Again, no stress, no effort to not smoke, just no desire."

...Graduate

"On this last retreat, I have let go of an almost life-long struggle with compulsive eating. I feel naturally in tune with my body and naturally feel like caring for it appropriately."

...Celia Fox, St. Louis, MO

"I was addicted to sleeping pills and booze every night for three years. I took a sleeping pill after 5-6 drinks to blot out life and sleep, never realizing the lengths to which I was going to avoid growth. I had terrible colitis from stress and would spend days in bed with a heating pad. At the end of the course, never another sleeping pill—no more booze. After a

year I finally can choose to have an occasional glass of wine. Never any more colitis."

...Graduate

"My father was an alcoholic who drank himself to death. By my late teens I was acting out and using drugs. Then I took The Sedona Method Course. Prior to this class, I didn't know what to do with all of these painful feelings. I had to carry drugs in my purse at all times so I could get through each day. As soon as I took this course, I stopped using. No white knuckling, no withdrawal, no relapsing—I didn't miss using at all. I didn't even want to use. The Sedona Method took away my need for the drugs. Since The Sedona Method is nothing more than an effective way of letting go with no philosophy or belief system attached to it, there was absolutely no conflict with the 12 Steps. In fact, the technique enhanced my ability to work my 12 Steps. I have been clean and sober for 15 years now. Thank you 12-Step Program. Thank you Sedona Method. Thank you God."

...Jacquie Solomon

"During these two weeks, I have faced my indulgence four times, and every time successfully walked away, astonished, saying, 'what in the world is going on inside me?' During the process, ideas and images come out of me that have been buried for years. Sometimes I feel as though physically something is coming out of my chest. At different times the relief has been tearfully overwhelming."

...Dar Turner, OH

"I used The Sedona Method on my smoking and found that the anxiety that drove me to smoke was gone. I stopped smoking."

*... Paul Mendez,
New York, NY*

"I'm gambling less, drink no more alcohol, [and] I only have sex now with a woman I truly love."

...Graduate, Australia

"Since the beginning of the Method (last December—one year) I never get the urge to drink alcohol (used to always look forward to a drink) or take drugs."

*...Don Janklow,
Los Angeles, CA*



Dissolving Beliefs

CD 18, Track 9

Most of us live in a mental world based on the concepts and beliefs that we substitute for direct experience, intuitive knowing, and clear reason. Discover within yourself that beliefs are just that—beliefs—not the truth. Recognize that any belief is just a memory based on what *was*, rather than what *is*. Decide to drop the belief and look into your own direct experience. This will liberate you to be open to totally new perspectives filled with unlimited possibilities, right action, success, ease, and joy.

What is something you used to believe about _____ (your topic)?

Would you like to change that?

Could you let go of wanting to change that?

Does that belief feel like it is coming from wanting approval, control, security, or oneness?

Could you let that want go?

Do you want to defend, justify, explain, or prove this belief?

Could you let go of wanting to defend, justify, explain or prove this belief?

Do you want to figure out what to do about that or where it came from?

Could you let go of wanting to figure that out?

Could you let go of wanting to believe that again?

Releasing the Sensations—Dissolving Pain

CD 18, Track 11

If we closely examine what we experience, we will discover that our symptoms are just sensations arising in the empty space or awareness that we are. If this idea is a little too far out for you, you can notice that no matter how bad any part of your body feels, there are always parts of your body that feel fine. When you switch back and forth between welcoming the sensations and then the emptiness or space in which (or on which) they appear—that is, the parts of your body that feel fine—you will discover that even extreme discomfort can be dissolved.

—
Just by noticing throughout the day the space or emptiness that the sensations appear in or on—that is, the parts of your body that feel fine—you will find less and less discomfort in your body.
—

Could you welcome whatever sensations you are having in this moment?

***Could you welcome the emptiness or space that the sensations are arising in (or on)? Or
Could you focus on the parts of your body that feel fine?***



CD NINETEEN

Holistic Release on Effortless Health and Well-being

CD 19, Track 2

This is a list of just a few suggestions of holistic releases you can use to have more radiant health and well-being. Allow yourself to create your own opposites as well.

*Could you allow yourself to be as uncomfortable with your body as you are?
Could you allow yourself to be as comfortable with your body as best you can?*

*Could you allow yourself to dislike your body as much as you do?
Could you allow yourself to like your body as best you can?*

*Could you allow yourself to resist the sensations in your body as much as you are?
Could you allow yourself to welcome the sensations in your body as best you can?*

*Could you allow yourself to feel as sick as you do?
Could you allow yourself to be healthy as best you can?*

*Could you allow yourself to be as addicted as you are?
Could you allow yourself to be as free of addiction as you are?*

*Could you allow yourself to reject your body as much as you do?
Could you allow yourself to accept it as best you can?*

*Could you allow yourself to want to change your body as much as you do?
Could you allow yourself to love your body as it is as best you can?*

*Could you allow yourself to feel as dependent on your body as you do?
Could you allow yourself to feel independent of the body as best you can?*

*Could you allow yourself to hate the body as much as you do?
Could you allow yourself to love the body as much as you do?*

Health and Well-being Action Steps

CD 19, Track 4

The Action Steps Process is designed to complement the Goal Process by helping you release more of the inner limitations—emotional, mental, and behavioral barriers—that prevent you from taking action and effectively pursuing your goals. In addition, this process will help you to discern between action steps that are truly necessary to attain a particular goal and those that are not. This can save you a lot of time and effort.

Many of us avoid pursuing a particular goal, because we imagine that the actions we must take to achieve it are actions that we're unwilling to take. As you release on your action steps, you may discover that it's possible to release your resistance to taking those specific actions or that the actions are in fact unnecessary and were mental fabrications.

Step 1: Write your goal statement at the top of the page, using the full wording. For this purpose, it's better not to abbreviate.

Step 2: After you read the goal silently, ask yourself: ***What are the simplest or most outrageous actions I believe I can take to achieve this goal?*** Then, on separate lines, write down any actions that come to mind. A few will usually pop into your awareness right away. You also have the choice to write down a single action at a time and go through Steps 3 to 5 before proceeding to the next action.

Step 3: On the line next to a particular action, write down any thoughts and feelings you have about taking it.

Step 4: Welcome whatever sensations, pictures, or sounds arise in your awareness along with the potential action.

Step 5: Ask yourself which want underlies the thought or feeling, using this question: ***Does that come from a sense of wanting approval, control, security, or oneness?*** Make a note of the want, as you did during the Goal Process, by writing an abbreviation next to the question: w/a (approval), w/c (control), w/s (security), and w/o (oneness). If more than one want is stirred up, simply write down all the appropriate abbreviations.

Step 6: Let go of any wants that are stirred up in the NOW moment about the feeling or thought that you wrote down. Use the question: ***Could I let go of wanting approval, control, security, or oneness?*** As you let go of a given want, cross it out or check it off. Continue to release on each action step until you feel courage, acceptance, or peace.

Step 7: Repeat Steps 2 through 6 until you've completed the Action Steps Process for all the action steps you've listed. If you're pressed for time, you can spend a few minutes completing the process on a few and return later to complete the remainder of them. But spend at least as much time releasing as it takes to feel courageous about every step you do work on.



Step 8: Where appropriate, get into action. In addition, make sure to continue to release before, during, and after you take your action steps.

If you already use time management software on your computer or a book that contains a daily action planner, you can abbreviate the process above by doing all of the same seven steps—without writing down your thoughts and feelings—as you plan your day. Simply jot down the abbreviations for the wants and cross them off or delete them as you release.

As you get into the habit of releasing on your action steps before you take them, you'll begin to accomplish them more quickly and easily. You will also approach your goals and action steps with a sense of fresh enthusiasm and greater self-motivation. In addition, you'll often think of much more creative action steps to take than you would have if you were not releasing.



Visualize Your Ideal Health and Well-being

CD 19, Track 6

When you visualize your goal and combine it with releasing anything is possible, and the results are much more pronounced than when you only visualize.

Note: Everyone approaches visualization in his or her own way. Allow yourself to be open to whatever pictures, sensations, or sounds arise in your awareness as you visualize. You may find that you can easily see pictures in your mind. You may find that you can feel the result you would like to achieve. You may find that you can hear a story about what you are trying to create. You may find that what you do is some combination. Know that however this unfolds for you is OK. Do your best to engage as many senses as you can, and then let go. This is a powerful formula for effortless health and well-being.





SECTION 5

Completion of The Sedona Method® Course



Notes, Gains & Realizations



CD TWENTY

Organizational Freedom and Effectiveness

If you have been enjoying this audio program, I'm sure that you've already begun to see many ways that The Sedona Method can positively impact any organization with which you are involved. Sedona Training Associates is often called upon to design customized training programs for managers, teams, and corporations that help them to handle the specific challenges they face and more easily meet their goals and objectives. Even if you are not the primary decision maker for your company or group, consider handing a copy of this book to the person in charge. The more people in your organization who begin using The Sedona Method, the more profoundly these techniques will affect the whole.

When you try to fix any system by changing behaviors from the outside, or solely by moving around the parts, it tends not to produce a lasting effect. Although such restructuring creates momentary gains in productivity, it is well documented that these benefits are temporary. Entropy soon develops unless change goes deeper than merely shifting environmental factors or intellectual points of view. Productivity tends to go back to where it was before.

Good news. As you and other people in your organization begin using The Sedona Method to release, you are letting go of the inner attitudes that lead to failure. You are changing your organization from the inside out, one person at a time. This has been proven to produce lasting transformation. When the insurance company Mutual of New York did a pilot study with their field underwriters (a euphemism for insurance salespeople), the results were extraordinary. The group that learned The Sedona Method outperformed the control group by an average of 33 percent. By itself, this was an impressive outcome. But it was even more impressive that gains increased the longer it lasted. The study was broken into two three-month segments. During the first period, sales went up 23 percent. During the second period, sales increased 43 percent.

As you and your team members learn to tap your natural ability to let go of any uncomfortable, unwanted, or limiting emotions, thoughts, or beliefs on the spot, your organization will easily move into a much higher level of efficiency and productivity, while increasing each team member's sense of well-being and job satisfaction.

As you release, you'll free yourself to think more clearly, act more decisively, and feel calm and in control, no matter what business or personal challenges you're facing. The Sedona Method will help motivate you to make the important changes that are needed in order to have the career and the personal life that you choose. It will show you how to let go of the habitual patterns of thought, feeling, and behavior that prevent you from achieving your goals and enjoying the process. By enabling you to be alert and effective in every moment, even when you're under pressure, the Method will free you to have a more productive, pleasurable life.



CD Twenty

By the way, although it's great when lots of people use ongoing releasing in an organization, it is not required. You can completely shift your experience of work and your effectiveness just by doing the releasing processes yourself. Letting go can often shift an entire work environment, even when you're the only one consciously releasing.



Action Steps

Here are some action steps you can take to help you bring The Sedona Method into your group or organization:

1. Use what you learned in this course to support yourself and your organization.
2. Share this material with your employer, employees, co-workers, and members.
3. Work on goals as a team and individually.
4. Work on advantages and disadvantages to help with decision making.
5. Use the Cleanup Procedure on employees, co-workers, and members.



Beyond Time Management

Most of us treat time as a precious commodity in short supply. Yes, time is precious, but it's only scarce if you believe it is. In most cases, when you rush or feel pressured because of a deadline, this causes your efficiency to go down, not up, and the results show it. I first found that out in my own company. When I became willing to plan ahead, knowing that the plans might or might not happen on schedule, I found my employees and myself rushing less and making fewer mistakes at the same time. Taking our time enabled us to work at a much higher level of efficiency.

So, whenever you find yourself rushing, simply let go of the pressure, as best you can, by adopting the attitude that you have all the time in the world.

This translates to: Do what you do when you're doing it, and don't do what you're not doing when you're not doing it. Most of us spend time thinking about what we are not doing and beat ourselves up for not doing it. Or we keep looking forward to doing something particular that we consider fun, recreational, or just more productive. Both kinds of mental activity prevent us from being present with the job at hand. So, by actually becoming present, time seems to expand. Then, we enjoy a clearer focus and get our tasks done more easily and effectively.

As you go through each day, let go of your feelings about how you're spending that day. Perhaps you feel frustrated about how long certain things take or what you are not getting done. Whatever your feelings may be about how you're currently using your time, allow yourself to let them go. You may find, for instance, that your open door policy is based on wanting the approval of your employees, even though it wastes your time. Or that your desire for security makes you feel the need to talk to people whenever they want, even when it will be an interruption. Letting go of the feelings and wants related to your use of time will make it easier to change your currently unproductive patterns.

If you are managing your time using a specific time management system, simply insert releasing into it in whatever way seems appropriate.



Release to Create the Feeling of Having All the Time in the World

CD 20, Track 2

Where in your life are you rushing or feel like you do not have enough time?

Could you welcome the sensations, sounds, and pictures coming from the feeling of rushing or not having enough time?

Does it feel like it is coming from wanting control, approval, security, separation, or oneness?

Could you let that want go?

Could you allow yourself to be open to the possibility that you have all the time in the world?

Supporting Our World

Release for Supporting Our World, CD 20, Track 6

You have already been supporting our world by releasing to correct your problems and achieve your goals. Every time you release a feeling, thought, or belief about anything or anyone, you uncover more of your basic loving nature. As Lester Levenson used to say: "One person with only love in his or her heart could do more to right the problems of the world than all the people who are actively trying to fix it." You have love in your heart just beneath the imagined limitations that you're peeling away when you release. Furthermore, from my perspective, every time you let go, you are dissolving limitations in the mass consciousness as well as your own consciousness.

In the mid-1970s, when The Sedona Method was first being taught, some people wondered if it would be possible for anyone to use it to become more destructive to the world. In my experience through the years, no matter where people appear to be in their lives, when they begin using the Method and uncovering their natural courageousness, acceptance, and peace, they only have a tendency to become more constructive. The motivation to take actions that most of us would consider destructive simply dissolves.

Beyond the natural occurrence of becoming more peaceful, loving, and constructive as you release, there are other ways you can apply The Sedona Method to support the whole. Let's consider a few of these now.

Hold the Best in Mind

When we think about the world, most of us don't experience particularly positive images. All you have to do is watch the news on TV, listen to it on the radio, or read a newspaper to recognize what we mean. In fact, many people have told us that the news is a significant part of their daily stress. Yet, many of us feel compelled to watch, read, or listen to the news so we can know what's going on. Other people stop watching the news altogether in order not to be influenced by what they view as its negativity. Although we don't recommend obsessing over the news, we also don't recommend cutting off from it. Instead, when you see, hear, or read news, allow yourself to let go as follows.

To let go of any feelings that news reports stir up in you, such as anger, anxiety, and resistance, allow yourself to picture the world in the way you would prefer it to be. Then, release any contrary feelings or thoughts that indicate that it *cannot* or *will not* happen.

At the same time, do your best to accept the world as it is by letting go of wanting to change it. The more you can accept the world exactly as it is, the more you'll be able to project love and perfection to the world.

By releasing while you stay informed about the news, you are contributing to the world whether you decide to take any outward action or not.

Be For the Solution

Many people, even those of us with the best intentions, find ourselves being "anti" what



we don't like in the world. Yet, if we are anti-something, we are still holding it in mind—sometimes even more strongly than those who are for it. All the anti-war sentiment in the US during the Vietnam War, for instance, did not bring about a quick end to the conflict. We're sending energy to anything we hold in mind, and supporting its creation.

Here are some practical ways to reframe your concerns: Instead of being against pollution, be pro-environment. Instead of being against discrimination, be pro-equality. Instead of being against war, be pro-peace. As with the Goal Process, hold in mind the solution as opposed to the problem and you'll get a lot more done with a lot less effort, while naturally being more constructive in the process.

Support Your Leaders

This is a difficult one for most of us, especially if we have different political views. Our leaders tend to become lightning rods for what we do not like in our world. But political leaders merely represent the mass consciousness of the region or country that they are representing. Be part of the legislative process and vote for the candidate of your choice, but allow yourself to support the winner, even if you don't agree with him or her.

If you send political leaders hate as opposed to love, you're being part of the problem instead of the solution. If they say or do things with which you don't agree, let them know (write a letter, send an email, make a phone call, vote them out of office), while also releasing the inner reactions you have to the outcome. When you make your voice heard, make it count by being as positive an influence as you can be.

A great process to use in this regard is the Cleanup Procedure. If we all did the Cleanup Procedure on our leaders, it wouldn't take very long for the energy dynamic of the world to shift dramatically for the better. Imagine what the world would be like if we all granted our leaders the right to be the way they are and loved them as they are. That alone would make a huge difference, because then our leaders could focus on correcting the problems at hand rather than protecting themselves from our negativity.

Practice Loving-kindness

Giving without wanting anything in return is a great way to support your relationships with others. It is also an effective way to support the world. So, find ways to give to your community, your house of worship, and your country. In short, anyone you meet could potentially benefit from your support.

Always give according to your means, however. You can give through service, knowledge, or simply sharing kindness and respect. Money isn't the only way—or even necessarily the best way—to give in every circumstance. In addition, be sure that you're not giving at your own expense. Your life, and the lives of those you care about, shouldn't suffer as a result of your generosity. Unnecessary sacrifice and suffering doesn't support you or those people and organizations you're trying to support.

There are two keys for truly being supportive to others and the world:

Give without wanting anything in return, not even recognition or acknowledgement.

CD Twenty

Allow yourself to see those whom you're supporting as already being whole and perfect as they are, and completely equal to you. Allow them to be who they are—grant them their Beingness—as opposed to seeing them as imperfect and needing to be fixed or helped.

The only way to enact these two keys effectively is to release. Release your desire for recognition or getting anything back in exchange for giving. Release any judgments that you may have towards the ones you are assisting.

Loving-kindness not only supports the world, it also supports you. The more you give from a released perspective, the better you will feel, and your personal world will reflect your inner goodness.

Share this Message with People Who Are Open to It

If you've read this far, I hope you agree that the message and processes in this book can truly help the world. Imagine a world where people are letting go of the past and living and loving in the present moment. Imagine a world where conflicts are resolved through discussion and releasing, as opposed to violence and aggression. Imagine a world where everyone lets go of their non-love feelings and uncovers their true loving nature. Imagine a world that supports people in being themselves. This is the world I envision as an increasing number of people learn to release and love what is.

If you support this vision, I encourage you to share this book with anyone you think can benefit from the message it contains. In a sudden rush of enthusiasm, however, please don't be like the youths in the following story. In a Boy Scout meeting, two teenage friends are reporting their good deeds for the week to their scoutmaster. First one gets up and reports that he's helped an old lady across the street. Then the next gets up and reports that he's helped the same old lady across the street. The scoutmaster looks puzzled and asks them, "Why did it take both of you to help the same old lady across the street? In unison they reply, "That's because she didn't want to go."

When many of us feel enthusiastic about a particular concept, we can become a little overzealous about sharing it. Please do not cram this down anyone's throat. Allow yourself to share releasing only with those people who are open and interested. On the other hand, people may be more interested than you might credit them with being at first.

Anyone who has a sincere desire to change or improve his or her life, and has even a little willingness to do something about it, can benefit from The Sedona Method. We invite you to join us in sharing a message of possibility and freedom with the world.



Next Steps

- **Keep releasing.** Use what you've learned in this set of courses to improve every area of your life and the lives of those you care about.
- **Join the Worldwide Releasing Community** by visiting www.Sedona.com and clicking on the link that says **Worldwide Releasing Community**. Take advantage of the features on this site:
 - Find out about upcoming classes, free support calls, and online chats with Hale
 - Connect with a releasing partner and download releasing processes to use
 - Locate or start a releasing group in your area
 - Find a Sedona Method coach
 - Share your gains, read Hale's blog, or ask Hale a question
 - Post a job or find a job, post an ad, and check out the personals
 - Win a free retreat for your referrals
 - Peruse our complete product catalogue and find out what's on special
- **Become a Sedona Method coach.**
- **Share this with your network and surround yourself with people using The Sedona Method.**
- **Take a retreat or another advanced program.**
- **Enjoy our other audio programs.**



Bonus Article: The Fifth Way of Releasing

by Hale Dwoskin

Part of the power of The Sedona Method is that it is natural, based on what happens in us when we live life without resistance and self-obstruction. Because of this, I spend a good part of my time studying what is here and now in order to unlock new ways to help us all.

As we have been exploring, the Method is based on the premise that “feelings are just feelings. They are not facts and they are not you, and you can let them go.” On our retreats, we also spend time working to help each other remember that what we think we are is not us. In other words, “I” and “me” are just thoughts. They are not who we are. When that is recognized, it has a profound influence on the way life is experienced. It is very hard to take our supposed problems seriously or to cling to them when we realize that they are not, and, in fact, nothing is, actually personal.

Many times on retreats, when someone is looking to discover who he is or he is lost in “his” story—the false reference point of me—I have asked, “In this moment, if you do not go into memory, can you actually find this ‘me’ that you are talking about?”

I have yet to have anyone find a “me” in this moment. For most people, this brings their minds to a complete stop, and they are left resting as the presence that they have always been. Many people, rather than allow themselves to remain at rest, re-identify with the false reference point of “me” after some time of enjoying this rest. Some also find that the sense of ease and rest never fully leaves, even when it appears that presence is being obstructed by the re-emergence of this false reference point of “me.”

Either way, when you use this technique, know that what you are never comes or goes, and what does come and go cannot be who you are by its very nature. If the false reference point does reappear, this does not mean that you have missed something; it only means that the habit has not completely dropped away. You can always continue to remind yourself of what is actually here now.

In my experience, the presence-that-you-are is always here and now, and has always been. This presence is the background in, on or as which all experiencing appears.

Presence can also be called knowingness because it is the “cognizant” emptiness that allows for all experiencing. This knowingness that we are is closely associated with thinking. Thinking when colored by the belief in the false reference point of “me” is limited, but as that dissolves what is revealed is the direct knowingness that is always here and now before thought. Thinking also gets quieter and more aligned with our natural knowingness. This shines through the mind as clear reason and intuitive knowing.

From time to time I add, “If there is no ‘me’ in this moment, is it possible that there has never been one?” And “What is here now?”

Here is how you can explore this in relationship to your feelings and problems.

When you are lost in a feeling or a story from the past or you simply would like to see



through the illusion of "me," ask yourself: *Whose feeling, thought, or story is this?*

If you are identified with the false center, the answer will be "mine." If you are not identified with the false sense of "me," which may happen at any time, there may be an experience of no one and no thing taking delivery or claiming ownership of what is being experienced. If this happens, just rest as that and know that no further questioning is required.

If the answer is "mine," then ask: *In this moment, if you do not go into memory, can you actually find this "me"?*

You can also follow it up with, *If there is no me in this moment, is it possible that there has never been one?*

Allow yourself to also notice what is here and now. Check to see if it is possible that the Beingness or presence of knowingness that is more obvious in this moment has always been here. In my experience, what we are is always present, but sometimes ignored.

Allow this to happen naturally without forcing, and do this from your direct experience as opposed to from memory or what you think should be experienced. Also, know that this is really not a technique, but a direct looking through the illusion of separation to the ever present presence that is shining as the love and beauty that you are.

The bottom line is that when you look with an open mind and heart into what is actually being experienced here and now, two things become obvious: First, that the separate "me" with its story of suffering isn't, and what is here is simply the Beingness—presence—the knowing emptiness that allows for all experiencing.

This is like cutting the head off your problem; and if you do this with an open mind and heart as best you can, you will find that it not only causes your suffering of the moment to release, but will cause huge chunks, if not all, of your attachment to suffering to dissolve as well.

This Is Just the Beginning...

Congratulations!

We have spent this time together, preparing you in the use and application of The Sedona Method, and now you have all you need to complete the journey you've started on your own.

Now that you have completed the course, you are considered a Sedona Method Graduate.

Send us a copy of your gains sheet, and we will give you a discount towards your next purchase of products and enter your name for a free subscription to our e-mail newsletter. As a Graduate, you are eligible to participate in our advanced seminars, which are offered around the world. Live versions of the courses on which this audio program is based are also offered in major cities around the world.

If there is not an seminar scheduled in your area, contact us about sending a qualified instructor anywhere in the USA for a group of 25 people or more who would like to take this course for the first time.

We also offer comprehensive, customized Sedona Method programs for groups, organizations and corporations.

If you would like further information about any of the above, call us toll free at: (888) 282-5656 or (928) 282-3522.

Send a copy of your "Sedona Method Gains Sheet" (see next page) to:

Sedona Training Associates
60 Tortilla Drive
Sedona, AZ 86336 USA



Sedona Method Gains Sheet

Date: _____

Name: _____

Address: _____

City, State, Zip Code: _____

Phone: _____

Email Address: _____

I hereby grant you the right to publish these gains, my name, and location in order to support sharing The Sedona Method®.

Signed: _____

Please use an additional sheet of paper, if needed.



Guidelines for Sedona Method Support Groups

The goal of a group should be to support each participant in gaining the most that they can from their use of The Sedona Method. It is important that a safe space be created in order for everyone to feel free to participate, yet never to feel pressured to do so. Such environments are best created when a different group member is given the opportunity to be the leader each time the group meets—if they choose to do so. This policy helps prevent one individual from dominating the group. It also allows participants to stretch themselves in the direction of helping others.

Anyone who brings up an emotional or physical issue that would usually be handled by a trained medical professional should be encouraged to seek professional care. Support groups should never be used as a substitute for competent medical attention, rather as an aid to each participant's personal and spiritual growth.

Please have group participants agree amongst themselves to keep anything of a personal nature that's shared during the meeting within the group. This allows everyone who attends to have the maximum feeling of safety and comfort. This agreement can be revisited every time the group gets together.

To provide the maximum support, it is helpful to have a group meet once a week. If that frequency seems difficult, meeting once a month is still sufficient and helpful.

Especially if you are using private residences for your meetings, it is helpful to rotate locations so that the burden for hosting the support group is not borne by one person alone. However, if you can identify a centrally located, free public location, we encourage you to use that on an ongoing basis instead.

The following instructions are for the leader of the support group.

Welcome Everyone

Read the following releasing questions aloud for group participants. Then, allow a few minutes of silence in order to give everyone an opportunity to become centered and present in the room. Do your best to create a safe space for everyone attending.

Group Releasing Questions for the Beginning of a Support Group

These questions are designed as a guideline. Please get comfortable using them before you add any of the others from the book. Alternatively, use The Sedona Method Audio Program. Play a release process from the CDs, which you can then also use as the basis for the exercises in that support group meeting.

Allow yourself to sit back and make yourself comfortable as you focus inside. You may close your eyes or keep them open, whichever you prefer.

Take a deep breath and allow yourself to release any tension in your body as you exhale.

Scan your body for any other tension or holding on. (Pause) If there is any tension in your body: Could you let go of wanting to change or control it and allow it to release?



Check your body again and see if any part of it is pulling at your attention. (Pause) If it is: Could you let go of wanting to change or control that?

Now, review the last 24 hours and see if there is anything about those 24 hours that you would like to change or control. (Pause) If so: Could you let go of wanting to change or control that?

Is there a person or situation in your life right now that is stirring up a sense of wanting approval? (Pause) If so: Could you let go of wanting approval?

Is there anything that you said or did recently that stirred up a sense of wanting approval? (Pause) If so: Could you let go of that wanting approval?

Find something in the last 24 hours that still concerns you. Is the person or situation you just thought of stirring up a sense of wanting approval, wanting to control, or wanting security or survival? (Pause) If so: Could you allow that want to release? (Repeat if needed.)

Is there anything about being here this evening that is stirring up any want within you? (Pause) If so, check to see if it's a sense of wanting approval, wanting to control, or wanting security or survival. (Pause) Whichever want it is: Could you allow it to release?

Check to see if there is anything about me, as the support group leader, which stirs up a want within you. Is it a sense of wanting approval, wanting to control, or wanting security or survival? Whichever want it is: Could you allow it to release? (Repeat if needed.)

If you came with a specific issue to work on tonight, see what your NOW want is about that topic. (Pause) Is it a sense of wanting approval, wanting to control, or wanting security or survival? (Pause) Whichever want it is: Could you let it go? (Repeat if needed.)

Now, focus on whatever you want in the moment: approval, control, or security, survival, separation or oneness. (Pause) Whatever you want: Could you let it go?

Focus again on your NOW want. (Pause) Could you allow it to release?

Take one more look inside and allow yourself to become aware of your NOW want. Whichever want it is: Could you allow yourself to let it go?

Gradually bring your awareness to a more external focus, and, whenever you are ready, if you haven't already, allow your eyelids to open.

Ice Breaker

Have group participants share their names and a gain that they have each experienced so far from using The Sedona Method.

Partner Work

Have each person in the group find a partner so they may support each other in doing an exercise from *The Sedona Method*. Select an appropriate exercise from the book, such as general releasing, the Advantages/Disadvantages Process, the Likes/Dislikes Process, and the Cleanup

CD Twenty

Procedure. Spend approximately 30 minutes on the exercise. Either have the partners switch back and forth, taking turns facilitating each other, or time it so that each participant has about 15 minutes to do an exploration with the support of the other partner.

Ask each partner to open their copy of *The Sedona Method* to the exercise being explored, so they can remember the appropriate phrasing of the processes. Then, before breaking into partnerships, read the following section, Instructions for Partner Work, aloud:

Instructions for Partner Work

Be there with, and for, your partners as best you can. Grant your partners their Beingness by allowing them to have their own explorations. As you facilitate your partners in releasing, also do your best to let go. You will find that this happens naturally if you are open to it. Refrain from leading your partners, judging their responses, or giving them advice. Also refrain from discussing the explorations until you have both completed them, and you have spent a few minutes in silence. Be sure to validate your partner's points of view, even if these do not agree with your own.

Please refrain from playing the role of counselor or therapist, even if you are a trained counselor or therapist. If your partner brings up a medical condition that would ordinarily require the care of a trained medical professional, recommend that he or she get whatever professional support is needed in this area. If you are not sure whether or not your partner truly needs medical support, you can recommend that he or she seek professional medical attention, just to be sure.

Have Group Share

Have volunteers from the group share what they got from doing the exercise. Make sure that the group validates their perspectives, and support them in letting go and moving up into greater freedom.

Sharing Gains

Give the group another opportunity to share gains if they choose.

Silence

Have the group spend a few minutes allowing their Beingness to be in silence.

Thank Everyone for Coming

Thank everyone for coming, and encourage the group to maintain the silence within as they go home or go about their day. Remind them of the date, time, and location of the next meeting and suggest that they invite their friends.



CATALOGUE

Live Events

"The Sedona Method Seven-Day Retreat"

This Retreat will take you deeply into the peaceful core of your Being. You'll have the opportunity to explore the final and most important question: "Who am I?" It will also help you shed even your deepest self-imposed limitations.

Through self-inquiry, The Sedona Method, Holistic Releasing, and The Fifth Way you will move past the noise of the world and the mind. You'll discover your own answers, your own wisdom, and your own direct experience of your true self. This course encourages a direct living experience of "the ultimate happiness without sorrow"—a happiness that is not dependent upon external relationships or phenomena. It will help you to achieve an even greater harmony in all areas of your life, as well as to learn how to best handle your most difficult current challenges.

The Seven-Day Retreat is designed to produce profound and lasting shifts in awareness, deepening your experience of that which is always, effortlessly, present. It combines dynamic group releasing exercises, liberating individual and partnership processes, and personal time to do your own exploration. These activities will help you easily shift your perspective to greater truth and intuitive knowing. You will learn how to release from your natural state of freedom, rather than by striving to get to it. You will be free to acknowledge your own ever-present perfection. You will leave this course with solid new tools you can use in your life to continue your progress and support yourself in having all that you choose in life.

Whether you are brand new to the Method or have been releasing for many years, this course is the ideal way for you to immerse yourself in this wonderful technique in a truly life-changing way. We hope to see you there.

Prerequisite: Completion of The Sedona Method through a seminar or audio program, or reading *The Sedona Method* book.

"The Nine-Day Ultimate Freedom Retreat"

This powerful course begins where the Seven-Day Retreat leaves off. If you have taken the Seven-Day Retreat, you are eligible to take this wondrous journey into the heart of your true nature.

The emphasis of this retreat is awakening from the living dream and living life wide open. All the exercises are designed to help you to dissolve into the inner resting place that you have never left and which is already whole, complete, and perfect as it is.

You will learn how to use The Sedona Method, Holistic Releasing, self-inquiry and The Fifth Way to go even further and unlock the inner riches that are waiting for you just beyond the conscious mind. Everything we do together in this dynamic course is grounded in the



understanding that you are not the body-mind and that which you are is already free. We will work from freedom as opposed to trying to attain it. If you are ready to end your seeking and truly find, this course is for you.

Prerequisite: The Seven-Day Retreat and The Sedona Method Audio Program or live seminar.

"The Sedona Method One-on-One Coach Training"

This program is primarily designed for coaches, therapists, counselors, consultants, doctors, nurses, and others in the helping professions who work one-on-one with their clients or patients. This Coaching Program is also open to any graduate of The Sedona Method who would like to learn how better to support their friends, relatives, and co-workers in using the Method or anyone who wants to learn how to help others more effectively.

Picture your practice unfolding with greater ease and abundance. See the smiles and maybe even tears of gratitude on the faces of your clients, patients, and friends as you use new, easier, and more powerful ways to help them break down barriers and shed limitations they have carried for years. See yourself leaving your practice each day with a spring in your step and a warm feeling in your heart, knowing that you have done your best and truly contributed to everyone you have met.

This is what you can have after this dynamic three-day program. It will show you how to best use the Method as a tool to help your clients and patients, as well as how to incorporate the Method harmoniously into the practices, procedures, and techniques you are already using.

We will explore all of the following and more:

- How to best introduce The Sedona Method
- How to help your clients and patients dissolve even their deepest emotional issues
- How to help people make better decisions
- How to help people reach their goals and objectives
- How to help people dissolve even stubborn problems
- How to deal with difficult patients and clients
- How to protect yourself from counter-transference
- How to keep yourself up and motivated to help the next person you meet
- How to get yourself out of the way and truly be there for them
- How to let go in action and stay fully present

This training is the first in a series of trainings we will be offering to help the helper. It will not only help you build your business and become more effective at what you already do, it will also help you to let go and enjoy all of life more.

Come prepared to learn how to help yourself as you are learning to help others. Lester Levenson, the inspiration behind The Sedona Method, believed that the freer you are, the more you can be of true assistance to others. Part of this course will be devoted to you shedding your own excess emotional baggage.

This course will enable you to work with people on a one-on-one basis. It is also a new prerequisite for instructor training should we decide to reopen the instructor training program. The completion of this training, however, does not authorize you to be an instructor of The Sedona Method Course or to teach it in any formal group setting.

Once you complete this course, you will receive a certificate of completion. You will also have the opportunity to purchase Sedona Method products at wholesale prices for resale to your clients and patients, and to earn referral fees for paid enrollments in Hale Dwoskin's courses.

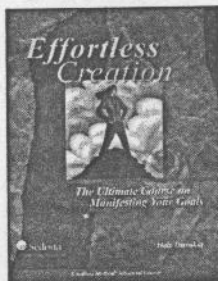
The Sedona Method Coaching Program will open new vistas in both your personal and professional life and help you to become better at what you do—and even enjoy it more. This training is our latest step in the direction of sharing The Sedona Method with as many people as we can. Through this coach training, you can go from being a supportive spectator of the Method to a joyously active participant. We hope you decide to join us.

Please feel free to share this course description with your colleagues in the helping professions.

Prerequisite: Completion of The Sedona Method Course either through our audio program or through a class authorized by Sedona Training Associates and completion of The Seven-Day Retreat, as well as reading *The Sedona Method* book by Hale Dwoskin. It is also highly recommended, but not required, that you complete the Holistic Releasing Audio Program.



Audio Programs and Books



"Effortless Creation"

The Ultimate Course on Manifesting Your Goals
(Thirteen CDs and Workbook)

With this course you will harness the excitement of our New York and San Francisco live events and propel yourself effortlessly to achieve and be whatever your heart truly desires.

- Use these unique applications of The Goal Process to create with ease
- Exercises designed to help you to free yourself to act with effortlessness
- Uncover your heart's desire and find your life's purpose
- Have, be, and do what you truly desire, beyond your "shoulds"
- Free yourself from the pain of lack and allow yourself to have it all

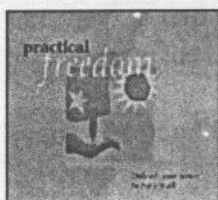
Effortless Creation will help you to get clear on what you truly want and to let go of everything else. You will find your resistance melting away and being replaced by true happiness and the peace of being. This course will allow you to release all rules that are conflicting with each other or with your goal. It is very liberating to simply move beyond the world of rules, which you will do, effortlessly. *Effortless Creation* also helps you release all the attractions and repulsions that are preventing you from achieving your goals. Once free, you finally can have it all and simply be.



"Absolute Freedom"

Five CDs or Cassette Audio Series, Uncover Your Natural State of Beingness.

This audio set utilizes Holistic Releasing to help you easily recognize and dissolve the barriers that you imagine are keeping you from perceiving your true nature. You will discover that who you are has only appeared to be hidden by your self-imposed sense of limitation. You have always been absolutely free. *Absolute Freedom* deals with the question "Who Am I?" by helping you strip away the illusion of problems and circumstances which prevent you from seeing what is. Titles include: Opening to Freedom, Beyond the Illusion of Time and Space, Opening to Love, Beyond Self and Other, The Finest Level of Creation, Beyond Everything and Nothing and Remembering Who You Are.



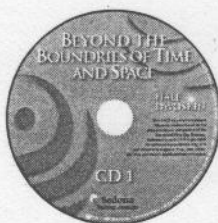
"Practical Freedom"

Five CDs or cassette Audio Series, Unleash Your Power to Have It All.

This audio set is designed, through the application of Holistic Releasing, to help you to rediscover the freedom to have, be or do whatever you choose as an alive and practical part of your everyday life. It will help to free you to perform at your best in all situations and live life with greater ease and clarity. As you apply Holistic Releasing to your life, you will find that even long-standing challenges dissolve and are replaced by a greater sense of mastery. *Practical Freedom* deals with the emotional baggage that prevents you from enjoying your life and eliminates the resistance to living in the now. Titles include: The Inner Stretch, The Wealth Builder, Your Ideal Relationship, Feeling Great, High Self-Esteem, Looking Great, and Getting Into Action.

"The Holistic Releasing Set"

includes both *Absolute Freedom* and *Practical Freedom*.



"Beyond the Boundaries of Time and Space"

Five CD program, includes six unique releasing sessions based on the deep self-inquiry perspective of the Seven-Day and Nine-Day Retreats.



"Breakthroughs in Consciousness"

This four CD program will accelerate your releasing and catapult you deeper into the core of your Being. Topics include: Welcome, Beyond Concepts, Good Morning, and Good Night.

"Casselton Limited Edition Video Set"

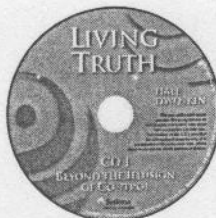
In this eight DVD set you will join the entire town of Casselton, North Dakota who were invited to learn The Sedona Method at a free, three-day seminar. Take advantage of this opportunity to participate in the moment-by-moment unfolding of this event. These videos will be a great way to review the basics of the Method or to learn it from scratch.





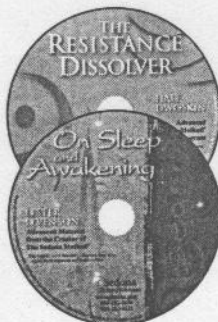
"In Retreat"

A Lester Levenson recording, three CD program, recorded live at several Nine-Day Retreats in the 1980s. These tapes are full of practical suggestions on how to accelerate your releasing for freedom. They also contain rare accounts of Lester describing his personal experience of freedom.



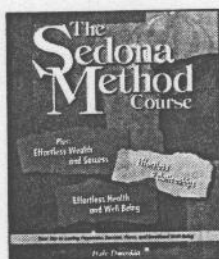
"Living Truth"

This five CD mini-retreat contains live group releases as well as some very informative talks about how you can live life fully free. Includes: Beyond the Illusion of Control, helping you dissolve the illusion of control; The Source, a lively and informative lecture on some of the underlying principles behind the Method; Liberation from the Personal, assisting you in loosening the grip of personification so that you can be free of taking what happens personally; Dissolving Fear, for dissolving layers of fear easily; and Freedom from Attachments and Aversions, assisting you in dissolving attachments and aversions more easily.



"Nine Releasing Albums"

Nine single release CDs or MP3 downloads. Titles include: The Releasing Accelerator, Beginning and End of Day Release, Forgiving Yourself for Your Past Mistakes, The Anger Solution, The Resistance Dissolver, The Bliss Mini Retreat. And three Lester Levenson recordings: On Sleep and Awakening, The Top State and Beyond Desire, and Mastering the Body and Beyond.



"The Sedona Method Course Workbook"

Extra workbooks for The Sedona Method Course may be purchased.

"The Ultimate Goal Volume I"

A Lester Levenson recording, six cassettes only program, recorded at various times between 1964 and 1984. Topics include: The Ultimate Goal, Experiencing Truth, Letting Go of Ego, The Perfect Body, The Mind Mirror, Your Path to Happiness, Create All You Desire, The Effortless Miracle, Silence, Love and Grace, Having It All, The Key to Individual Freedom, and Lester's Gift.



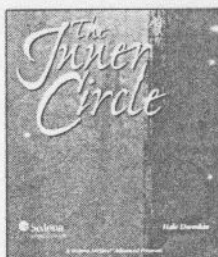
"The Ultimate Goal Volume II"

A Lester Levenson recording, six CD or program, recorded at various times between 1964 and 1984. Topics include Happiness is Love, Lester's Realization, The Source of All Intelligence, The Answer is Here All the Time, There Are No Problems, The Steps to Being What You Are, and Beingness.



"The Way"

A Lester Levenson recording, three CD program, recorded in 1989. Lester was pulling no punches as he spoke with a small, dedicated group of staff at the Retreat Center. Contains powerful pointers on how to achieve freedom now.



"The Inner Circle"

You can now experience the amazing transformation available through our Seven-Day Retreats, whether or not you have the time to attend a retreat live in Sedona. (These recordings are also a great way to continue your momentum after you've attended a retreat.) As the most advanced recordings you can purchase from Sedona Training Associates, The Inner Circle recordings will deliver many of the same benefits you would receive by being physically present at one of our dynamic life-changing seminars. Each volume builds upon the previous volumes and is completely unique since we introduce new material at every retreat. Choose from Volume One and/or Two, with more volumes to come.

The Inner Circle, Volume One

This 18 CD audio program has approximately 17 hours of lightly edited material recorded live at the December, 2005 Seven-Day Retreat.

These recordings have the most powerful applications of The Sedona Method and Holistic Releasing, as well as the very beginnings of The 5th Way.

The Inner Circle, Volume Two

This 19 CD audio program has approximately 18 hours of lightly edited material recorded live at the December, 2006 Seven-Day Retreat. They include an in-depth exploration of The 5th Way throughout the retreat, as well as the most advanced applications of The Sedona Method and Holistic Releasing. Please note: It is highly recommended but not required to listen to Volume One before you listen to Volume Two if you have not yet attended a Seven-Day Retreat.

As a member of The Inner Circle, you will also receive all of the following:

New Recordings of Lester Levenson. For a limited time, we are making new recordings of Lester Levenson available to all members of The Inner Circle by uploading them from time to time to the special Inner Circle section of the Worldwide Releasing Community.

Private Monthly Teleconferences with Hale. Hale conducts monthly teleconferences exclusive to Inner Circle members, giving you the opportunity to have all your questions answered and receive one-on-one coaching on your specific issues.

Private Access to Areas of The Worldwide Releasing Community. These "Inner Circle Members-Only" areas allow you to: ask Hale questions on-line in a members-only Q&A area; chat with Hale and other Inner Circle members; find releasing partners who are also Inner Circle members; and get access to Inner Circle teleconference information, as well as free access to all past recordings.



Notes, Gains & Realizations

*uploaded by
prosecutor!*



The Sedona Method® Course

Plus: Effortless Wealth and Success
Effortless Relationships
Effortless Health and Well-being

This CD series will guide you experientially into rediscovering within yourself your natural ability to let go of any unwanted feelings in the moment. It will then show you how to use this ability to eliminate the root cause of all inner limitation. Every part of your life will profit from your use of The Sedona Method, helping you to feel freer, happier, more relaxed and alive. In addition to guiding you to master your emotions, this course will help you enhance your life in three main areas: attaining greater wealth and success, engaging in healthier and more loving business and personal relationships, and enjoying more radiant health and physical and emotional well-being.

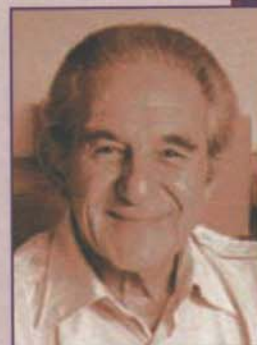
The compact discs are designed to be listened to in order, starting with Disc 1. Each CD builds a solid foundation for the ones that follow. Though benefits vary from person to person, it is true that the more you put into this program, the more you will get out of it. Once you complete all twenty CDs, you will have mastered a skill that will serve you for the rest of your life.

Hale Dwoskin has been practicing and teaching the techniques and principles contained in this audio program since 1976. He has dedicated his life to having everyone benefit from a life of joy, happiness, unshakable peace and calmness while attracting what they want into their lives by letting go of all inner limitation. Dwoskin is the New York Times best-selling author of *The Sedona Method: Your Key to Lasting Happiness, Success, Peace, and Emotional Well-being*, co-author of *Happiness Is Free*, and a featured faculty member at Esalen and the Omega Institute. Dwoskin is also the CEO of Sedona Training Associates, an organization that teaches and publishes courses based on the revolutionary emotional releasing techniques inspired by his mentor, Lester Levenson.

The Sedona Method® has proven itself to be a powerful and effective tool for both individual and corporate productivity and wellness. Hundreds of thousands of people worldwide from all walks of life have benefited from The Sedona Method. Sedona Method seminars are conducted in many principal cities across the United States and throughout the world for individuals and corporations. For more information about Hale Dwoskin and The Sedona Method, please visit www.Sedona.com.



Hale Dwoskin



Lester Levenson



Sedona
Training Associates

60 Tortilla Drive
Sedona, Arizona 86336

1-928-282-3522 • 1-888-282-5656

Fax: 1-928-203-0602

info@sedona.com www.sedona.com