

A sense of paralysis means a locked-up thought:
the new energy flowing in creates more fear.
The principle is therefore to try to LET GO.

Pain means that a feeling is going to be
released, now or later. It is actually increase
of energy.

'I am a safe place for you.'

'A separate force takes over which loves you
and there is no fear because it is actually
enwrapping you with as you go through the ex-
perience.'

'BREATH is all we need: the rest of life
follows. It commands all life.'

SHORT BREATHS, very gentle, will release
paralysis more easily, if combined with THREE
DEEP BREATHS.

Press on the stomach if a ~~pain~~^{feeling} will come
up, or ask a question.

SET THE PROBLEM if possible at the
beginning. Discover if there is A SET

OF THOUGHTS that dominate. Then TURN IT AROUND: 'I am afraid of failing' into 'I am afraid of succeeding'; 'afraid of losing' to 'afraid of being loved' (people will find me I'm a shit)

Sleeping under restraints is TO HEAL.

The SCENARIO is MOVIE. All anguish, worry, is the MOVIE. It has to be CUT. Esoteric law:

'Be true to yourself, not to ideas about yourself. The presence of a described self is easily detected: any feelings of worry, or pressure, any painful compulsion to prove oneself, indicates that a memorised version of oneself is operating destructively.

Esoteric law: 'what happens outside is a message about what is happening inside.' TRY TO GET THE MESSAGE.

If there is a heavy Life Scenario — do something new.

overcoming spiritual timidity.

Get out of your own way. We block ourselves.

Thought-examination expels the wrong thoughts.

The desire for 'strokes' come from self-rejection. Stroking is actually available all the time but it doesn't come from people.

All negativity is useful material: there is nothing that cannot be put to good use. Stay and examine the fear, the feeling.

Your dream was shattered in order that you should wake up: dreams come from not being awake. You can't dream awake.

Esther's law: We must enter uncertainty and stay there, not hindering any temporary happiness it might bring.

Esther's law: angry anguish is produced by inability to succeed - STARRING ROLES. One's stage identity might be labelled I AM A PERSON OWED MONEY AND RESPECT AND WOMEN (MEN). But the performance attracts anguish because it doesn't accord with cosmic action, which will not follow a script or scenario. If he fills a theatre one night, he ^{dreams} eats an empty one next night. No role = anguish.

Hurting others = hurting yourself. When you give others
to eat you eat yourself. (Bisoteric Law)

(How do you get angry with others without feeling the anger?
How do you feel love towards others without feeling
downen? How do you feel love towards others without
feeling love?) Bisoteric law: there is no individual.

Bisoteric law: Don't be negative towards negative
feelings. It redoubles the trouble.

You can't remove the anguish by ~~acting~~
going into it mentally. The self-image
has to be removed that causes it ^{because} ~~to~~
~~the failure~~ of life ^{fails} to fulfil the image.

Things go wrong for the invented personalities,
new for your real nature.

There is a problem. Do away with
the worry and the anguish and this
solves the problem. Thinking
^{solves,} worrying blocks.

A basic principle of selftherapy (for me) is LET
not express your feelings! Let the feelings
go.

A feeling of disorientation from oneself, strangeness, lack of pleasure in the usual routine, comes from forgetting the self-programme for a time, the self-image.

Your real nature can never be elated or depressed by any practical course you take, for it is superior to all results in human affairs. In that supreme perception you every day ~~judge~~ judgement is released to handle any course with perfect command.

The synthetic self has to go.

Relishing has something to do with getting down to the real self, which has nothing to do with personal life. In a way it involves the end of personal life.

When refusing to run away from unhappy feelings, you force them, by psychological ~~habit~~^{laws}, to run away from you.

By noticing worry you can proceed to the next step of realising it has no power over a conscious mind.

Pay attention to a negative inner state when you try to throw off its fascination.

To understand a crisis or problem you have to stop fearing it. To stop fearing it you have to refuse to let it have false power over you. Think with the whole mind.

Q: How can we see the right now is the only time there is? A: Try to live in some other time.

One hurt by the opposite sex = his intense desire for the other person blinded him to the person's schemes or programmes.

If you want to know more about your self-image, notice where you are most easily offended.

Emotions are energies. Originally they are always pure. Emotions of fear and ~~worry~~^{worry} have to be re-channelled.

Don't wait for things to change your life. If you don't live right-now now, you won't then.

The mind asking the question cannot answer it. A higher mind can do that. This requires we cease pushing and stay clear. Do not interfere. Let Whole Life do what it knows how to do.

Hope = anguish.

Things go wrong for invented personality, not natural self.

When meeting a problem or crisis understand it is the
then fight it.

You believe you must make an impressive
appearance. Drop it. It stops the proper
energies flowing in, ~~also stopped, these~~
~~fail~~ to supply the real dynamism and
magnesian which is much more powerful than
appearance.

Don't run away from a crisis. Stay where you are.
Look at it until you see that you are the crisis,
and your state of mind provides the difficulty.
You may then see that you are your own solution.

Feeling deprived of the right lover, work, friend,
help, opportunity, is simply a way of not living now.
The feeling that you are deprived of nothing because
you are yourself in the thriving universe is a
way of living now, and losing the deprivation.
re-join the world. You are no longer lonely.

Nothing = entering right-now.

Imagined success leads to imagined happiness.
But real success never leads to real happiness.
The false personality is that succeeds. The real self never has need to — it cannot fail. The false personality has to prove itself. And no false personality can be happy. It staggers thru the false situation to the next — the usual story of success.

If you will look long enough at the frightening you it will take fright and run away.

Do not fear is feel fear. Examine it.

The next time your world begins to fall apart stand calmly and let it fall as far and as fast as it wishes. Offer no resistance. Fight nothing. Just stand there as a calm and impartial observer. Have no fear in permitting this. There is nothing to fear, not at all. It only appears that way for a while.

A state of crisis outside reflects a state of crisis inside.

How can it be said that I have caused a war —
and then stamp the losses on my job?
i) Without an inner state of crisis intuition would have
of good warning and therefore protection ii) Without an

in a state of crisis you could feel no crisis and therefore treat the problem like any other, with clarity and not panic. (iii) induce an anti-crisis frequently to force a change in lives, and the conscious mind may know nothing of a careful preparation to this end.

Gradually you lose the sense of having to compete. And the sense of competition. So real relaxation sets in. Only the false personality competes.

Counterfeit confidence draws itself from ~~something~~ ^{events} exterior. It ~~contains~~ ^{contains} fear of unexpected change. The unexpected - the sudden rebuff - will frequently turn it to violence.

Become aware of every feeling of pressure or discomfort or nervousness that arises. Notice how persistently ~~they~~ ^{these} rise and take the organism over. Then become aware of the great energy they represent. This can be released into clarity.

If you are going to look into all this as the one reality there is going to be a lot of death for you - because its names and forms disappear utterly. What are you - death? Or is ~~the~~ ^{it} possible that you are reality, and have no death?

on heart: both cause and effect are inside you.

shuts, rebuffs, feelings of fear, resentment, anxiety, are OPPORTUNITIES. They are ENERGY waiting to be used.

Relistening = getting to the original self.

Stay with the emptiness. In the middle of it.

Ordinary psychology teaches compromise. Existential psychology teaches non-compromise. Both teach adjustment to reality: but they are different realities.

When desperately worried BREATHE THROUGH IT and wait for the positive side to show through, and then work on that. Worry is a POWERFUL ENERGY and it can be let through, and because it can't get through it represents itself as mental pain.

Have thoughts about immortality. One day think of the idea that the human cell is theoretically capable of living for ever? Work on the idea that provokes and much deathism. Deathism will rise to the surface.

Tao, and all Eastern doctrine, refers to the person inside who never changes, never has up and down, feels neither elation at success nor dejection at failure, knows no age, needs nothing because he has everything, and it is this person the Relicting lives to the surface.

It is a simple breathing technique which chases death out of your life.

It drives death out of your body.

A tree doesn't say 'I am this I am that, I am strong, I am weak, I need this, I need that. It simply is. And essentially all being is the same. It only differs in the way it manifests. But the way it manifests is not its being. BREATH gets below manifestation.

Examining Thoughts as they invade the head - alarms and fears, panics and sudden indignation, storms of feeling that may ~~also~~ arise out of unexpected situations - is perhaps the most important accompaniment of the relictive seen because these have grown in the low, unploughed land of the past - well up from old situations and old

situations and how to be dealt with only one. Examining
them already shifts their authority. They really do
think away & are forced. They can be compared to
germs preying on the system. But if they are
removed they can be seen as energy-effort
to solve a situation, though efforts that fog
the mind if unexamined. They can be called
negative but this undervalues their energy
content, and makes it seem the turning them
round into positive thoughts is enough. It is
good to turnip 'I ~~hate~~ hate him' into 'I love him' -
the thing to look at is the artificial self
the hates, and why it does so. When this
is dealt with the mind can think clearly,
and the situation be seen for the first time
without a storm of feeling. Then examining
thought does a clearance-job since the
BREATH has started. (Hurtful or shocking
situations may also be warnings: therefore a
clear mind to deal with the warning and avoid
future difficulties is essential).

we have human beings devoted so much time
to their thoughts. Because a new civilisation is
prepared.

Breathe through the anguish or terror. Waking in the morning with feelings of horror take long relaxed walks for first to head and slowly move it to the relaxing rhythm. If there are problems of nervous-hold-ups or stomach hauses or troubles, these are all symptoms of the depressed nature of the cell. If the mind is depressed, the cell is: a little though will tell us that the whole organism is comprised of cells and that the mind is only registering this cellular depression in its own way. We have to get out of the nineteenth-century way of thinking that was based essentially on the Cartesian concept mind swept Christianity like a disease - 'I think therefore I am'. It was exactly the wrong way mind. It said that all was a machine outside the mind - we animals were machines. This fearful intellectualization of life sank deep into the western mind and, after 2 or 3 centuries, it became the way of the ordinary man though 'naturally'. What we have to do, at this desperate time of the twentieth century, is to unthink this. (This part given me of early-morning

Anguish and horror: Then showing the energy was
trying to be released in the cells, in the form of
clarity).

Don't give in to the anguish. Don't let it
motivate you, cause you to act. Act only
after weathering it out.

Extremely difficult to remind myself of this
but ~~don't~~ the anguish is to be USED.

So-called negative thoughts are a POWERFUL
FORCE insisting on changes. In this they
are like pain. In fact they are the same
energy as pain. And if allowed to take

charge of the organism they actually create
pain in the end. I am sure this is the
prime cause of intractable pain in cancer,

which is a major problem today and which
conventional medicine is quite incompetent
to deal with. The best treatments it can

offer are hypnosis, acupuncture and (where
the hospital is enlightened) healing; the

best treatment is ^{nerve-}surgery or sedative.
None of these, even healing, will remove

work condition, but the patient is unable
to use the pain-energy.

With great trust, if the 'I am ^{being} neglected', 'I am
unloved, unwanted' false personality is detected,
you will find plans building up which could never
have occurred to ~~you~~ ^{you} without the trust, without
the urgent energy demanding ~~inner~~ change.

At one time people were surrounded by the robe of life.
We only have a part of it, the physical part.

Try to put the worry into the relationship - feed it
in while breathing, ~~but~~ when the energy starts flowing.

REBIRTHING stage by stage =

Long relaxed effortless breathing from feet to
head.

Sort out the unrelaxed areas.

Bring up into the chest

high quick breathes to unblock, followed by 3
of breathes.

Increase chest rhythm

Bring it up into the head = get the light
in the head.

→ Remove conceptual negativity = that is,
all anguish, worry, fear, foreboding, nausea,
hate, pain is a pure energy ^{typical} to
break through and not succeeding. These
things are clamoring for changes in your
life.

In all situations, however dark, there abound opportunities that can be used. But they have to be thought out. ~~But~~ ^{And} this cannot be done without a clearance-job first.

We create the problems. So we need a technique to get the programme right. Problem arise from not knowing this.

False or 'memorised' personality = rejection of self.

Affirmations = it depend on you are doing with your life (i.e. ~~the~~ the real 'you'). Re-programming the false personality with affirmations will change nothing. ~~unless you~~
~~do~~ When you are ~~not~~ doing with your real self, ~~it will~~ ^{false} may not be what the personality wants or thinks right. x

... says that the course is material. How can we continue to programme ourselves as if it were?

... seeking humiliation (see overleaf)

Look for the lesson in very unpleasant experience. The experience indicates a need for the lesson.

Is the fear of loss, destitution, a fear that there is no love? That one isn't loved? X

X which is the problem of believing that one has a separate identity.

What we fear is the crumbling of name and position, and the resultant humiliation, and it is this very crumbling that sets us free.

It is like being caught onstage with nothing on in the middle of a performance. By permitting total humiliation we permit it to destroy the fantasy.

Cause and effect: a wish to take advantage of someone provokes the same wish in the other person, take advantage of you.

don't express yourself by expressing the
a shadow ~~you~~ it is. Let the
is real self-expression.
go. This ~~is not self-expression~~.
take care of you. This is illusion, mistake
identity.

Giving money for the first reliefs is a subtle way of creating the energy. It is an active entry.

There is a half assumption in most prosperity seminars the money represents prosperity.

Without urgent therapies like relishing the human race would collapse through sheer inner tension. It would need nothing external.

The first relishing is often the most beautiful to the relisher. The sudden cry of 'How terrible!', 'I can't go on!', 'Please stop this!', when the whole body vibrates, is like saying goodbye to the pleasure of death. After the first one, living instead of dying becomes a habit.