

Top Ten Ways to Use the Most Powerful Statement Ever

Transcending Fear & Doubt with One Sentence

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Author's Note: The following material is so deceptively subtle in the conveying of its potency and power that it is requested that you read the material in its entirety ten times upon initial exposure to this information. If you are at all interested in its transforming nature beyond curiosity and casual motivation, each subsequent reading will reveal a deeper understanding of its potent nature and empower the actual purpose intended.

Top Ten Ways To Use the Most Powerful Statement Ever

Fasten your seat belts. You are in for the most radical, potent conceptual context for empowerment ever encountered. No hyperbole here; just a radical shift in perception of your capacity to heal from anything. The **Top Ten Ways To Use the Most Powerful Statement Ever** seems to be an incredible title to live up to were it not for the assumption it is based on.

The **Top Ten Ways To Use the Most Powerful Statement Ever** is based on the reality that there is an inextricable capacity in you that never becomes compromised by the experiences that condition and narrow perception. The **Top Ten Ways To Use the Most Powerful Statement Ever** assumes that the more you operate from this uncompromised vantage point of identity the more you free yourself from conditioned impositions that restrict your potential, possibility and confidence to express that potential.

Two Requirements

The **Top Ten Ways To Use the Most Powerful Statement Ever** requires a maturity of thought to pierce the seemingly benign surface nature of the most powerful statement ever (the “**Statement**”) to realize the profundity of what it means to use the **Statement**. The other requirement is to repeatedly read this material over and over as you will realize subtle insights of understanding with each new read enabling the **Statement’s** use to become increasingly potent.

The **Statement** referenced in the **Top Ten Ways To Use the Most Powerful Statement Ever** is not religious in nature or some magical incantation (wishful magic is never yearned for as you realize your true awesome nature), nor is it a complicated formula for success. The **Statement** in **Top Ten Ways To Use the Most Powerful Statement Ever** appears to be very benign; however, it is the context in which it is used that makes it the most powerful statement ever.

The Most Powerful Statement Ever

As the **Statement** is deconstructed you will understand the context that enables it to be a radically transcending statement for whatever confronts your life. What then follows are a list of the Top Ten Ways to employ the **Statement** in significant areas of living.

The Statement

“**I get it, I understand, it’s okay.**” That is it. When you use this potent **Statement** for any fear or anxiousness that is triggered in your life you engage a profoundly transforming thing. You respond to your life circumstance rather than react to it. Reaction interferes with your capacity to meet ably any constriction you face; response enables that capacity to be accessed and used.

On close examination of each element of the three-part **Statement** you will understand its effectiveness in The **Top Ten Ways to Use the Most Powerful Statement Ever**. But first, you must understand the vantage point from which you use the **Statement** itself.

Remember, there is always a capacity within you that never gets compromised by the impact of how you absorb the experiences that condition your perspective. This unsullied reality of your essential nature is the vantage point from which you respond with the **Statement**. As you enact the **Statement**, the subconscious invariably shifts its point of reference from identifying with the fear that is triggered to the uncompromised, “fear-impenetrable” facet of your identity.

The more you identify with the aspect of yourself that cannot be compromised (that conscience in you that invariably knows your true potential despite how obscured it may be from the conditioning of conventional thinking and perception), the more you find yourself living from, and operating from, this vantage point of being. Whenever you utter the **Statement** you are switching to this uncompromised point of reference of your identity (from which you are addressing the triggered anxiety or limiting condition) and thereby enabling access to your unlimited potential in addressing and truly resolving a matter.

It is simple how the shift occurs – and it is that deceptive simplicity that circumvents the ego’s narrative of, “how things are” based on the fear or condition. When you say to a situation or fearful thought, “I get it, I understand, it’s okay,” you release the inclination to fight, resist or attempt to coerce the matter (the fearful thought, situation or condition) into subdued impact - which is only temporary at best. Upon being triggered the next time by the same stimuli, you find you are in the same state of reactive anxiousness only to repeat whatever subduing effort used to combat the anxiety. This is not a recipe for healing and eradication of the anxiety (and its causes); only a recipe for temporary suppression.

Deconstructing what makes the Statement so profoundly empowering

A breakdown of the **Statement** in The **Top Ten Ways to Use the Most Powerful Statement Ever** explains its effectiveness.

“I get it,” Here as you utter the first part of the **Statement**, you are saying to your self, from a third-person perspective (as though your unconditioned nature is speaking – because it is), I get why personal conditioning causes ‘you’ (the conditioned perspective of the mind) to react with alarm to the confronting matter. The profound and therapeutic impact of this recourse is that you eradicate attempts to deny or evade the anxiety triggered and no longer suppress it to fester unconsciously until the next trigger.

“I understand,” Here as you continue the **Statement**, you are saying to your self that you understand that because of how the brain has wired certain associations regarding the matter, that it is understandable why the trigger creates the personal narrative that causes the experience, or particular thought or feeling to be perceived as threatening or daunting.

“It’s okay,” In this part of the **Statement** you are saying to your self that it is okay, because of the context the perception your conditioning sees things from, that this gives daunting feelings their legitimacy, and (most importantly) that the aspect of yourself that is not suffering from the conditioned perspective knows you are not limited by your conditioned narrative. The “it’s okay” is an assurance that you are not beholden to the perception the brain’s conditioning perceives about a matter and that your **unconditioned self** is the vantage point from which you are proceeding.

Release rather than combat

The power in **The Most Powerful Statement Ever** is that you are not developing skills or means to cope with, or combat debilitating issues, you are actually facilitating the release of them! Undermining and sabotaging issues get their sustained power from the energy of your reaction to them. With the **Statement** you are no longer reacting to your triggers and issues but rather, you are responding to them by withdrawing the reactive impulse. In actuality, reaction to a trigger unconsciously occurs within a split-second after, but NOT at the exact time of the trigger. By withdrawing reaction to the trigger you dissipate the reactive energy that fuels and sustains the active limiting perspective in your psyche.

The general context of the use of the **Statement** is akin to the approach you would have with a two year-old that just dropped their exposed lollipop on the ground and thinks and feels it is the end of the world. You of course know that a dropped sucker is not actually the end of the world, yet you compassionately understand that to a mind limited in perspective viewing the matter, it indeed appears that way.

Relatively speaking, the conditioned mind within all of us sees things from a limited perspective based on how the brain has been conditioned. The **Statement** is a profound awareness and acknowledgement of this reality. You become the “unconditioned adult” with a broader purview, as you speak the **Statement** to the limited perception within you wrought from any trigger in your experience.

What follows are ten **Ways** one would use the **Statement** in the most common aspects of living that tend to compromise potential in the psyche.

Top Ten Ways to Use the Most Powerful Statement Ever

10 A chronic fear or phobia

The response to a triggered fear or phobia with the **Statement**, such as the fear of driving on the freeway, is that the consequence is calming but you are not attempting to calm yourself with the **Statement**. Remember, as you employ the **Statement** (“I get it, I understand, it’s okay.”), it is the aspect of your self that has no fear about the issue in the first place speaking to the brain’s wired, conditioned idea of the issue. This distinction is subtle but the context makes all the difference in the world. Usage of the **Statement** is not meant to “combat” the fear; it is for withdrawing from the split-second subsequent reaction to the trigger of identifying as the fear.

By all means, repeat the **Statement** as the triggered thought, feeling or anxiety is witnessed but know each time the **Statement** is used you increasingly anchor your identity in that aspect of yourself that remains outside the conditioning that sustains the fear. From this potent context of use, you increase confidence in your unconditioned nature (by increasingly identifying with that aspect of your nature as you utter the **Statement**) and decrease credence (energy invested by your reaction to the trigger) in the phobia, and the consequence is that the phobia is eradicated (dissolved) from withdrawing sustaining reactive energy through frequent, responsive use of the **Statement**.

9 Doubt

Whenever doubt, subtle or overt, is triggered in your thinking and feeling nature respond with the **Statement** and then proceed to progress with the thing the doubt thought or feeling interrupted. Again, as you notice the need to repeat the **Statement** in response to doubt arising you are not combating the doubt with the **Statement**, you are increasingly anchoring your identification in the aspect of yourself that operates from confidence and withdrawing identification in the mind’s wired tendency to doubt your pursuits and actions.

Be mindful of assessing the difference between doubt and intuitive reservation about proceeding. If you detect subtle intuitive warnings that cause pause then this is a sign that further investigation is necessary rather than a deflating thought undermining your resolve.

A good litmus test in distinguishing the difference between crippling doubt and intuition indicating that greater consideration of something is due is whether you find yourself engaging in further investigation in response to hesitation or if you simply find yourself acquiescing from further action. The former response is heeding intuition the latter is doubt rearing its ugly head!

8 Self-worth

Whenever feelings of inadequacy are triggered, respond with the **Statement** then calmly begin to do a mental self-inventory and objectively identify or discover what about your identity is worth valuing that simply becomes obscured by the focused attention on perceived or real shortcomings. (Everybody has what can be viewed as “shortcomings” but this means strengths reside in other aspects of one’s identity – identify them and appreciate them!)

7 Social Anxiety

You can respond to your self with the **Statement** when anticipating or in the midst of a social environment. As you witness the anxiety or anxious thought, respond to the anxiousness with the **Statement** (“I get it, I understand, it’s okay.”) as you withdraw from reaction to your own self-consciousness. Remember, you are not withdrawing from the anxiety; you are withdrawing your reaction to it. The anxiety dissipates naturally without energy from your reaction to it.

What occurs when you withdraw from your own reaction to triggered anxiety is that you give your psyche opportunity to acclimate to an environment permitting natural socialization to occur. By nature we are a social species; as the **Statement** withdraws energy from paranoia and self-consciousness you no longer block your natural tendency to connect with fellow human beings. (Note: not every social environment authentically resonates. As you withdraw reaction to the social setting trigger itself you are able to neutrally be okay [hmmm, there is the last part of the **Statement!**] with recognizing a setting simply does not resonate rather than taking all social environment aversions as a self-indictment on your inability to connect.)

Again, note that you are not attempting to calm yourself in social situations with the **Statement**. You are responding from your non-anxious self with compassionate understanding to the conditioned brain’s perception that has been triggered (“I get it, I understand, its okay.”). This very context with which you use the **Statement** shifts and increasingly anchors identification in the non-triggered identity irrevocably permeating your being as you withdraw validation invested in the conditioned brain’s perceptual narrative.

6 Auditioning & Exam Taking

When preparing for, or about to, audition for any performance-based job or role, use the **Statement** to withdraw reaction to the brain’s concern of doing well. As the **Statement** withdraws identification with the concern and shifts it to the confident identity within you that is uttering the statement to the self, you permit your preparation, talent, skills and desire to express without interference from a preoccupation with reaction to a concern.

It is important to note, that this is not an effort to ignore the nervousness or concern about auditioning - ignoring is still a form of reaction – the **Statement**, in effect, is withdrawing reaction to the idea the brain has associated with the

experience. When you increasingly withdraw reaction to an idea's association, the negative association dissolves from lack of reactive credence supplied to it. Using the **Statement** is responding to the negative idea associated with auditioning rather than reacting to it. It makes all the difference in the world.

Exam Taking

Use the **Statement** as you prepare to study, and before and during, any kind of exam or test. What compounds anxiety over test-taking is that the brain wires the narrative from past negative test-taking experience. You begin to identify yourself as a "bad test-taker" and unconsciously wear a title triggered whenever an exam looms or may be an element of a desired intention.

In truth, negative experiences are experienced; not identifiers, we unwittingly take on the mantle of identifying ourselves as such as we allow the subconscious to default to an association with the experience. By using the **Statement**, you are deftly and consciously dissolving the default negative association wrought from experience as you identify with the identity in you, through uttering the **Statement**, which has not defaulted to the "bad test-taker" title.

Have you noticed that whatever "role" you are enacting in your life from moment to moment (teacher, executive, clerk, attorney, writer, friend, parent, mate/spouse, neighbor, etc.) the psyche shifts to the behavior of the titled role? It is instinctive. The psyche does the same thing when you unwittingly take on the label (role) of "bad test-taker." The unconscious capitulates to enacting the title!

You block your possibility to improve as an exam-taker by defaulting to the role of "bad exam-taker." When you self-identify through thinking or expressing "testing makes me nervous" you restrict your capacity to grow out of or improve from that condition by incorporating it into your self-identity.

As you increasingly use the **Statement** when encountering anxiety in this area you decrease investment in identifying as the role of "bad exam-taker." You will begin to notice that tests and exams no longer intimidate or cause undue alarm or interfere with studying.

5 Competition

If competition intimidates rather than motivates, use of the **Statement** ("I get it, I understand, it's okay.") withdraws reaction to the wired association of intimidation. Remember it is not a negative idea that undermines; it is the reaction to the negative idea that gives it power and sustaining residence and interference in the psyche.

As a negative or undermining association becomes an observed condition rather than a reacted-to condition, through use of the **Statement**, you render the association powerless by withdrawing reaction and it no longer has the power to interfere with your concentration and focus to be the best you in a competitive situation.

As the subconscious withdraws ownership of something, the more readily conscious efforts of relinquishment become effective in the desired release.

The replacement effort will take some getting use to, as it is a very unconventional way to language a personal experience (and you have never heard of this technique before reading it here); however you will find the mind readily adapting with each subsequent replacement correction. (The replacement correction is actually very empowering as you are still acknowledging an issue but not claiming it as integral to your identity – a very potent subconscious shift!)

4 Sexual encounters

The brain can absorb many causes for conditioning difficulty with intimacy. Abuse, past painful experiences or trauma, lack of a healthy orientation to sex, psychological or emotional inheritance of difficulty absorbed from parents or guardians' issues - or simply, if one has been "out of the game" for a period of time. Any one or combination of these factors can create an intimidating sexual association in the psyche.

But as the premise on which the potency of the **Statement** is based indicates, there always remains an essential aspect of your being that does not become compromised by the conditioning of the brain. As you use the **Statement** ("I get it, I understand, it's okay.") when you detect anxiety triggered by the thought, prospect or advent of a "close encounter of the sexual kind," the withdrawal of reaction to the anxious thought, possibility or imminence of intimacy is, again, not for the intent purpose of calming jittery nerves or self-consciousness, but expressly for withdrawing reaction out of the fearful anxiousness that has been detected.

Withdrawal of reaction to (which is what the **Statement** is an act of) the triggered perception is what calms your nature; not attempts to calm your nature. This distinction is very subtle but profound. To be clear, withdrawal via use of the **Statement** is not an act of ignoring the anxiousness, but astutely perceiving the difference between the brain's triggered, conditioned perception, and the split second, almost immediate reaction to the triggered perception, and withdrawal of that reaction. It is the reaction that fuels, promotes and sustains the anxiety after a trigger, not the triggered awareness itself.

In withdrawing reaction (withdrawing is not an act of controlling) you gain the wherewithal via the **Statement** of responding from your unconditioned nature to the brain's conditioned perception, rather than become a victim of it. Whether response includes therapy for the conditioned brain's experience or if withdrawal of reaction becomes the needed therapeutic recourse itself, you empower your dominion over the brain's conditioned alignments.

3 Communication

One of the most anxiety producing triggers is communicating under perceived pressure or need to discuss a difficult matter. Self-consciousness is heightened from projected fears of being misunderstood or misinterpreted. This is a prime opportunity to use the **Statement** to withdraw from the imagination's fear of being misunderstood. Using the **Statement** under this circumstance speaks directly to the premise of the **Statement's** power and purpose.

It is our mental and emotional reactions to our presumed fear-based expectations of being misunderstood that cause us to communicate ineptly and fulfill the anxiety of being misinterpreted! Using the **Statement** ("I get it, I understand, it's okay.") when you detect anxiety about communicating about a matter acknowledges ("I get it") the pressure or concern. Recognizing that the circumstances surrounding what needs to be communicated (a delicate or intimate matter, or vulnerable encounter, or perhaps the pressure of confrontation, or when the stakes involved are significant) accommodates the legitimacy of the concern ("I understand"). Then you subconsciously identify with the aspect of your self that is irrevocable, confident authenticity ("It's okay") which facilitates withdrawing out of the reaction to the triggered circumstance and enables communication to be clear, authentic and genuine without self-conscious fear interfering.

It is important to stress the subtlety of the **Statement's** purpose: you are not attempting to calm anxiety about communicating, but rather, you are withdrawing your reactivity from the detected trigger and thereby not fueling preoccupation with self-consciousness. And the consequence is that you are poised, confident and articulate in your point of view.

2 Health Challenges

Health issues trigger our most doubtful and fearful perceptions and the use of the **Statement** in this area enables the healing leverage to transcend conventional limits regarding any diagnosis or prognosis. It is relevant to establish perspective before delving into the usefulness of the **Statement** in matters of health.

All advances in healthcare do not come from discovery; but from the opening of perception that the process of discovery empowers. In other words, diseases that have been cured or the marked increase in management of ailments is not due to the mistaken assumption of the "advances" of medicine or protocol, they come from the releasing of conditioned mindsets about the conditions that are being addressed which permits discovery to occur. (Read that sentence again.)

Is this not, in a more profound way, the premise of the **Statement**? When you utter to your self upon detecting the rise of a fearful or doubtful thought regarding health, "I get it, I understand, it's okay" are you not, in effect, saying that the conditioned mind's absorbed restrictions concerning the distress is due to the constricted brain's point of view? Does not the **Statement** (based on its premise) immediately shift self-identification from that conditioned purview of self and possibility to identifying with the unconditioned (whole) aspect of identity enabling a wherewithal outside conditioned perception?

The most potent analogy that empowers your use of the **Statement** regarding health matters is reflected in the area of athleticism. Continued breakthrough in athleticism illustrates the pure power of an unconditioned mind. Until the four-minute mile running time barrier was broken (with no chemically enhanced aid) back in 1954 it was considered “humanly impossible” to run the mile under four minutes – reflecting the opinion of the conditioned mind’s restriction! Running the mile is routinely achieved at another 17 seconds lower now!

When Olympic records are broken time after time it is not due to athletes “getting better” so much as it is directly due to releasing the restrictions of a conditioned mind. The releasing of the constriction of a conditioned mind, or operating outside the constriction, enables a wherewithal not restricted by the conditioned idea of a thing. The body responds when not laboring under the jurisdiction of a limited purview as continual broken athletic records attest.

When the **Statement** (“I get it, I understand, it’s okay,”) is uttered mentally or audibly when the fear thought of a cancer diagnosis pops up from the psyche or a bout with a supposedly chronic ailment or debilitation occurs, you are saying you get, understand and it’s okay for the conditioned mind to view life from its conditioned vantage point, however it is my unconditioned vantage point that is uttering that compassionate statement and from which license is given for healing restriction to be lifted. The **Statement** is not a magical incantation for healing; nor is it being used to “conquer” the health challenge, you are simply, yet profoundly, coming from under the constraints of a conditioned mindset. This unconditioned license enables maximum efficacy of medications, protocols and self-healing integration to not subconsciously be undermined or impeded. Use the **Statement** to break your own “4-minute mile” in health!

1 Money

Money matters are perhaps the most significant triggers experienced in daily living. The anxiety with money matters can be triggered under almost every circumstance of living as this form of currency informs 95% of societal living.

Under any circumstances that trigger money anxiety – subtly or significantly – in the use, access or gain of this reality of existence, the **Statement** neutralizes the brain’s conditioning from past negative associations and generally held money beliefs that constrict and immobilize.

Whenever an anxious thought from a money trigger arises from spending it, earning it, using it, investing it, desiring it, or being intimidated, angered or resigned by not enough of it, employ the **Statement** (“I get it, I understand, it’s okay,”) when the anxious thought is detected. The **Statement** withdraws you out of the automatic reaction to the trigger so that you do not subconsciously continue to solidify in the unconscious the static perceptions that quarantine growth and greater possibility in your financial wherewithal.

The primary reason financial circumstances for the better do not occur is not because of any inherent limitations of your “lot in life,” it is due to unconsciously maintaining the same subconscious associations perpetually reinforced with every subtle and significant money woe, trigger or disappointment.

Well-meaning intentions to earn more, make more or create more money is unconsciously sabotaged by constantly reacting to triggered stimuli which reinforce subconscious money associations. The **Statement** (“I get it, I understand, it’s okay.”), when applied to any money trigger withdraws the reaction out of the trigger so that subconscious reinforcement of the limiting, conditioned state does not continue.

On detecting a triggered anxiety - however subtle or overt – regarding money, respond instinctively with the **Statement** (“I get it, I understand, it’s okay.”) to halt and withdraw the solidifying reaction to the trigger. It’s okay to be triggered (the third part of the **Statement**) – that is not what limits; it is the almost immediate reaction to the trigger that seals the unchanging fate.

Again, you are not “calming” your reactions to a money trigger with the **Statement**, you are withdrawing from the reaction to the trigger that causes you to self-identify with the triggered associations. As you utter the **Statement** you identify with the reality of the nature within you that has not been conditioned and compromised by the limiting subconscious money association. This act of withdrawing credence given to the conditioned mind enables undaunted motivation to make changes and follow through with vetted opportunities and thereby alter subconscious associations for expansion and increase.

“I get it, I understand, it's okay.”

Conclusion

For those who truly desire the **Most Powerful Statement Ever** to be a game-changing catalyst for living an expanded paradigm you should find yourself initially employing the statement countless times a day as you realize how much the average person lives and operates from their reactions to conditioned perspectives of being. And then, as your life increasingly excels you will use the **Statement** anytime a conditioned thought threatens that momentum. The power of the unconditioned nature of your being is always, and in all ways, present but remains dormant until you activate it!

The **Top Ten Ways to Use the Most Powerful Statement Ever** is your key to unlock yourself from the prison of the conditioned mind's mindset in whatever way conditioning has imprisoned the viability of your possibility and well-being.

Using the **Most Powerful Statement Ever** is your activation of the sleeping, transformative giant within you.

“You are not what you have been through;
you are the means of transcending it.”

- Isaiah McGee, C.Ht.

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