

# Pandemic of Opportunity

How to Use These Times  
and Not be Used by Them



Post from Lockdown by  
Isaiah McGee, C.Ht.



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## Introduction

*During the beginning of the pandemic when the world had no idea what it was needing to acclimate to – the heighten stress of overwhelming impact and the toil that world reactions were displaying compelled this three-month blog focus, beginning March 2020, of the Conscious Flyer, the 20-year bi-monthly blog newsletter of A Conscious Life Hypnotherapy.*

*These twelve Post empower the reader to navigate being “in it, but not of it,” – empowering the means by which you determine what will impact the brain rather than becoming the subject of the fear, turmoil, and strife of the world’s reactionary take on these unprecedented times.*

*Each Post and its accompanying image evoke and fan the inner resolve of your innate capacity to use these turbulent times rather than be used by them. Read them, contemplate them and re-read them over and over as you discover the passages continue to empower your genuine sense of determination and well-being rather than succumbing to the victim-hood of prevalent consensus.*

*Each Post is taken exactly from the real-time writing of its communication as it was being published in the Conscious Flyer*

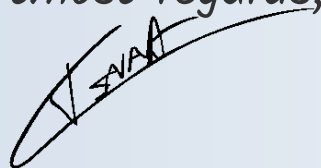
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– hence, the occasional typo that may be discovered merely reflects the immediacy of the writing and its timely priority of weekly (at the time) publishing over a typical manuscript's filter of editing, proofing and revising. You will find this brings a sense of urgency and authenticity to the communication being empowered for the reader's well-being.

Ultimately, the theme throughout the Posts' discourse is that every individual has the inner wherewithal to transcend the reactionary distortions and resulting fear and isolation trying times can foment.

Be strengthen and empowered through these pages to 'be your own salvation' from the pressures of circumstance-led determinations.

Utmost regards,

A handwritten signature in black ink, appearing to read 'Isaiah McGee', written over a curved line.

Hypnotherapists Isaiah McGee, C.Ht.

A Conscious Life Hypnotherapy

[How2healanything.com](http://How2healanything.com)

[aconsciouslifenow.com](http://aconsciouslifenow.com)



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The **Truth** just needs  
**advocates** not **rhetoric.**”



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# CoronaVirus – a Liberated Take

## Precaution – yes, fear – no.

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**“Take a deep breath...** know that everything is readjusting on your behalf” – Many of you may be familiar with that refrain, it’s the voicemail message offered whenever I am not available to answer the office phone. And that statement could not be more apropos then during the growing hysteria that is the coronavirus fears permeating all corners of the globe and airwaves. Here, coronavirus – a liberated take.

To anyone suffering from any kind of contagion, a recognition of transcending Reality is being exercised on your behalf. Know this: fear is more contagious than any disease. To not be a victim, or victimized by contagion or the fear of, an understanding of just what “transcending Reality” means is due.

There is “experienced reality” and there is true Reality. At the risk of triggering belief system rhetoric, the distinction between the two is simple. Experience reality is what is experienced due to programming – and yes, dis-ease is a program! “Ease” is our natural, fundamental state until the perception of our ease is disrupted with fears, perceptions and programs of dysfunction. Then we make real in our experience (hence, “experienced reality”) the reflection of such programming.

And this we call, “reality.” (The cliché pronouncement I abhor the most is the refrain, “be realistic,” which essentially means agree and conform with programmed assumptions about life.) True (transcendent) reality – the reality that transcends, supersedes and exist fundamentally before we superimpose our programming on it, is a thing of irrevocable ease.

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# CoronaVirus – a Liberated Take

## Precaution – yes, fear – no. con't

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(This “Reality of Ease” applies to everything in your life from dis-ease, to aging, to relationships to finances to mental health and fulfilling purpose).

Your charge during this particularly heighten fear of contagion is to deftly straddle these two realities; the pseudo one and the Real one. Because programmed reality is so pervasive, the subconscious mind is apt to validate this reality whether you “agree” with it or not – that is, until it doesn’t. So, this means you take pseudo reality precautions (i.e. washing hands thoroughly, thoughtful medical checkups, conscientious use of disinfectants on surfaces, etc.), while at the same time neutralizing the validation of pseudo reality by reminding yourself of the transcendent, superseding Reality of ease. (Through enlightened reading, meditation, hypnosis (ahem) and congregating with those that “get it.”)

The constant reminder of real or ultimate reality – until that vantage point becomes your default point of reference – in a way, immunizes you firstly, from the contagion of fear that can run rampant and then from fearfully self-creating the conditions that make one prone to susceptibility.

Filter all contagion news reports, gossip, well-meaning warnings and admonitions with a sober appreciation of your power to choose which “reality” gets your validation. Not by trying to prove the transcendent reality by stupidly defying experienced reality precautions (If you feel you have to prove what you ‘believe’ then you’re not ready to actualize the truth you are professing; Truth becomes its own proof without needing to make a point of it.)

You neutralize the spreading of fear when you filter out of your own awareness the validation of programmed experienced (resist commiserating with contagion gossip because it’s the ‘in thing’ to do) and you become the living antidote to fear-spread pandemics.

Just remember, the Truth just needs advocates, not rhetoric.



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The **truth of your nature** is true regardless of **how compelling** the circumstances being confronted.”

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# Can't be a little pregnant.

## STEPS

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What makes a movie “good” or a hit is that it is compelling, doesn’t matter the genre – action, drama, sci-fyi, period-piece, comedy, thriller, etc. – if it compels an audience it is likely to succeed. The reason the contagion hysteria is riveting the world with fear is because the drama of it is compelling. It strikes a chord of resonance like all good compelling vehicles do (namely, the fear-perception of losing one’s life). However, if the Truth of your nature is what it is – then it is akin to being pregnant – you either are or you’re not.

The truth of your nature is true regardless of how compelling the circumstances being confronted. The truth can’t just be true when you don’t feel threatened – that’s like being a little pregnant – it must be true regardless of circumstance. As is stated in Part I of virus contagion, “Coronavirus – A Liberated Take,” in the last Conscious Flyer issue, you take sound, strategic precautions not out of fear of “disease reality,” but in recognition of the subconscious absorption of the fear contagion that creates its self-fulfilling conditions.

One can walk and chew gum at the same time, as the saying goes. You can “participate” in sound precautions while at the same time declaring mentally, emotionally and rationally that disease – no matter its route – contagion or otherwise – is an “invention of mind” – not a reality of Truth (this will be explored in liberating detail at April’s, “Immersive Health Restore Intensive”).

Just how do you know what is True? What is the metric for assessment of True Reality? It’s Simple: prior to all (mental) programming, what exist is true! All Life in its pre-programmed state reflects its true nature. Before the programmed “idea” of illness, Life is ‘healthy’, sans the compromise of illness.



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# Can't be a little pregnant.

## STEPS    con't

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Your resolve to relentlessly reset your self to the essential Truth of things (by reminding yourself and counter-saturating your consciousness with this reality) perpetuates and extends life conditions reflective of one's true nature, namely, health.

It's the same with abundance (and anything else you can think of or imagine), without the mental programming of scarcity or lack, unlimited abundance is your natural (True) state.

But back to matters at hand. What follows are 4 Steps to truly "inoculate" yourself from fear-contagion and thereby neutralizing the fear – and actual – contagion and spread of dis-ease.

1. Each morning (and throughout the day for those with real initiative) access a source (readings, reset statements, your Conscious Life Hypno treatments, etc.) that reset perception in sync with what is True. The important caveat here is that the source material MUST reflect substance that deprograms all relative programming.
2. Insist that your awareness glean a deeper implication of the reality your deprogramming source material communicates. What a reading, affirmation or hypno treatment means to you on Monday should have a deeper implication (understanding) when utilized on Friday and so on. This keeps your Practice from becoming static rhetoric which the mind then simply de-sensitizes itself to rendering the engagement rote, hollow and impotent. Keeping your Reset alive keeps you radiantly alive!
3. Practice sound, pragmatic adherence from healthcare notices in acknowledgment of subconscious absorption of fear-mongering hyperbole and anxiety to mitigate unconscious perpetration and acceptance.
4. Truth must be objective for it to be transcendent. In other words, the "before-programming Truth" must apply to everyone and everything for it to transcend your relative, personal, mood-oriented reliance. Recognize that the Truth is objective, and its potency is not

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**Can't be a little pregnant.**

**STEPS    con't** 

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“weakened” by the mood-filter you are in at a given moment. And most relevantly, recognize that the before-programming Truth is absolute and true about those you witness suffering from their own absence of deprogramming (sickness). This is how you heal the planet! By recognizing what is True is true for everything and everyone. Following these inoculating steps will turn pandemic into peace.

**Be your own salvation.**



“While everyone is **vigorously washing their hands** as though they're surgeons scrubbing up for **surgery**, let's also include washing our **minds** just as thoroughly of **fear**.”

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# Mental Immunization Into Physical Immunization

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**While everyone** is vigorously washing their hands as though they're surgeons scrubbing up for surgery, let's also include washing our minds just as thoroughly of fear. You can be prudent during this unprecedented fear take-over called pandemic without the fear. In fact, it is the most prudent, practical thing you can exercise – releasing the fear propaganda that creates the very conditions that perpetuate the fear. Let's allow mental immunization to become physical immunization.

I toyed with the idea of calling this post “all bets are off,” an idiom that means an agreement as been cancelled because the relevant conditions have changed. It's a gambling phrase meaning the wagers have been withdrawn from a bet. Well, under these waring times I will no longer couch my supportive empowerment post (articles) with terms that are indirect or contemporarily palatable – ‘all bets are off.’ (Many marketing and blog ‘experts’ have indicated I need to ‘dumb down’ my writing, as conventional wisdom [I deplore combining those last two words; there is nothing necessarily wise about convention]... but I digress... that conventional wisdom says all writing for effective communication should be at a third-grade reading level. (Just like this paragraph is too long before it breaks)... Well experts, you can suckit, I write not to impress, but to inform; and the information uses the words – not me.

Folks from this moment forward, I am now gonna give it to you straight – just like that last sentence in the previous too-long paragraph. I am going to trust that there is more to you than the devolving 3-second attention-span consciousness we insidiously find ourselves conforming to. As stated, during such waring times we no longer have the luxury of conforming.

Speaking of, as you are consumed by the 24-hour cable news and internet news feeds, your mind is insidiously conforming to the very plague-conditions you are being warned about. Your list of precautions to ward off contagion is being employed from fear rather than sober prudence.

The (straight) Truth is that you are a self-generating phenomenon. ‘You’ (I mean that universally) have created illness, and contagion as one of its carrier vehicles. You've also manufactured, from being a self-generating phenom, aging as a vehicle for your invention of illness, or, just have manufactured illness itself with or without the need of a carrier vehicle.

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# Mental Immunization Into Physical Immunization    con't

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You have manufactured heart disease, diabetes, herpes, HIV, MS, obesity (with all due compassion for fellow humans suffering obesity, do not buy into the propaganda of being “politically fat” – it shouldn’t be discriminated against for sure (like racism), but it is not a “lifestyle choice”) ... just pick a page out of the medical dictionary of illness’ “and now presenting... ‘MY CORONA!’ ” (sung to the tune of the Knack’s, “My Sharona”)

Your manufacturing capacity is astoundingly limitless. And so too is your capacity to heal. To heal from disease, contagion, hereditary ailments (after all, everything compromising is “inherited” – whether through blood or gossip, matters not the source!) ...And you also have the capacity to heal from the ignorance and fear that is the ultimate source of all dis-ease (including financial and relational).

Make the decision – particularly now – that you will deprogram from the brainwashing of fear, disease and contagion through reclaiming your autonomy and discover (or respect) who you are fundamentally before the overlay of mental propaganda programming. (You will be surprised how entranced and far reaching that propaganda goes and the instant liberation that ensues from calling it out to your own awareness.)

Our allopathic medical consciousness, our laymen assumptions and the world we’ve created to support and condone such nonsense has manufactured all the suffering personally and worldly witnessed. Deprogramming is not difficult once the decision to commit to it has been made. Without your decision to decide to deprogram, the idea of it remains intellectual theory, rhetoric or at worse, delusion.

I have often ended Conscious Life post with a simple declaration, “Be your own salvation,” and sans the religious context and overtones of that decision, it simply, yet profoundly means to save yourself from the propaganda of suffering’s programming. You owe it to your liberation which is the liberation of us all. Be. Your. Own. Salvation. ...Corona...Sharona!

**(\*Do not mistake the tone of this post for not taking contagion precautions seriously; but rather, do not take fear seriously. Fear is always the pre-contagion contagion)**





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We do not **create things** in life but rather Life is **using us** to create **through.**”

# Let Power Use You

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**In conventional sense** and perception, we think we use the qualities we employ in our life but in truth the qualities of life are using us. This distortion of perception – that we use qualities – causes us to block those qualities whenever our life does not comport to our familiar, typical or programmed use of them. Such is the case with this pandemic that has essentially brought the world – as we know it – to a screeching halt. To consciously allow power to use you during these unprecedented, extraordinary times resets the Power equation on behalf of liberation.

During that hypnotherapy session with SJ who is pursuing an entertainment career (like many in my Practice's client base) being blindsided with TV and film productions shutting down in the throes of this pandemic has triggered feeling from helplessness and confusion to all out panic. (SJ is on the lesser end of that spectrum while other clients are on the other end of that reaction).

What was revealed in the hypnosis session was the idea of letting creativity use him rather than him trying to “figure out” how to leverage his creativity under these unprecedented times. This proposition, in perception, reverses the power dynamic from a limited use of creativity to creativity's unlimited use of you!

The idea of allowing a quality of Life to use you is not a quizzical mind-game puzzle, but rather, it is a perception adjustment that unties the unlimited qualities of life from being filtered through a panicked, reactionary, history-limited use of them.

Okay, that last sentence was a mouthful. Essentially and in truth, the qualities of Life such as creativity, love, joy, peace, confidence and abundance are natural realities of Life – not (anthropomorphically speaking) man-made. We do not create things in life but rather Life is using us to create through. We just perceive that “we” create things.

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# Let Power Use You    can't

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Every idea ever conceived has been “triggered” by something; to use frequency parlance, the “vibration frequency” of creativity inspires a creative thought and therefore we create, invent, develop novel approaches, express artistry and the like. Creativity is using us!

And if these intimidating and overwhelming times do not present an opportunity for creativity to use us from an unlimited frequency of potential, I can’t think of a more opportune moment. This is a crucial moment in time to cede our availability to this unlimited vantage point, from our constricted, panicked, reactionary vantage point of thinking “we” use creativity.

Consider the Life quality of Creativity’s unlimited vantage point using you as opposed to you using creativity based on the five or ten ways you are familiar historically or conventional with “using” it. Infinite potential versus the five ways you might think to use it, hmmm...I’d go with Creativity’s unlimited vantage point using me rather than rely on my limited perception and use of creativity. Hands down. No brainer. Easy-Peasy decision.

Practically, what this means is that you become the “receiver” of the appropriate ways Creativity desires to use you during what appears as constricting, limiting times. This is not airy-fairy thinking; it is logic unbound. From Creativity using you, you reveal practical and pragmatic means to leverage creativity for generating income, utilizing your skills and welcoming opportunities that are outside the “box” of conventionality.

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# Let Power Use You    con't

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This is not about you having a “creative personality” or not; it is about recognizing that all of life is a creative endeavor. Allow It to use Its unlimited ingenuity, freedom and license to Create through you – not from you. This subtle shift in perception – that Creativity is using you rather than you attempting to devise creative ways to survive these fearful times – is the difference between panic, worrisome actions versus appropriate, suitable means of thriving – not just surviving.

This principle of Life-qualities using you has broad context. Desire to have peace while moving through these tumultuous times? Then let Peace use you. Desire to genuinely feel joy in the midst of these “dire” circumstances? Then let Joy use you. Desire Abundance during layoffs, cutbacks and shutdowns? Then allow Abundance to use you. No airy-fairy, delusional thinking of positivity here – just logic unbound.

The question that might understandably come to mind is, “Well, just how do I allow a Quality to ‘use me?’ Simple. Let go of the ‘how’ inquiry and focus on the ‘what.’ Inwardly welcome Creativity or other desired quality to ‘use you.’ Mentally, “invite” it to use you. Recognize that these qualities exist independent of your heretofore “use” of them. They simply are.

This establishes a security in the quality itself than in your historical use of the quality, fraught with good and bad experiences of said quality. Independent qualities are not subjective – not subject to our relative perception of them.

Qualities themselves are pure. Let them use you.



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We are **subject only** to  
what we **subscribe** to.”



# Cancel Subscription to Suffering

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**We are subject** only to what we subscribe to.

Pain of any sort – physical, mental, financial, emotional – is a great marketer. For what is the purpose of all marketing but to get the observers attention? And pain, or the fear of it in any form, certainly gets our attention. And if something truly grabs our attention, we bite – subscribe to, participate in or consume. Suffering or anguish of any sort has our attention and we bite; subscribe to it. Well, I implore you to cancel your subscription to suffering.

Something cannot be activated unless we subscribe to it. We subscribe to our pain, limitation, doubt, worry, fear, anger, resentment, insecurity...and yes, the idea of contagion. We don't mean to subscribe to suffering, we just absorb the propaganda of it, the sales job... we bite.

CNN cable network does a dutiful job of keeping its viewers abreast of every minute detail of the current pandemic, and literally the backdrop behind the news anchors who are reporting is... ready for it? A wall-to-wall, huge image enlargement of the Covit-19 organism. Fear sells. And most unwitting consumers, sign-up! Frantically waving the currency of their attention and validation for a subscription!

And what we subscribe to we sanction, validate and experience. We experience the fear of it and/or the victimization of it. Because this occurs so insidiously unconsciously, it is prudent to exercise informed precautions to mitigate the activation of what we have subscribed to.

# Cancel Subscription to Suffering    con't

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However more relevantly, you want to exercise your power to cancel the subscription to suffering. Cancel your subscription to pain, cancel your subscription to lack, cancel your subscription to fear, cancel your subscription to insecurity, cancel your subscription to doubt, cancel your subscription to grief, cancel your subscription to contagion... cancel your subscription to suffering.

How is this done? Actually, its easier than cancelling that one magazine promotion subscription you were suckered into signing up for and then were instead flooded with 12. You don't have to fill out a postcard and mail it back or go online and decipher fine print to click unsubscribe and hope it's not ignored. You simply mentally make the decision to cancel your subscription to suffering in whatever ways you witness it showing up in your life. And mean it – not just recite it.

Exercise your decision power to cancel the subscription to contagion while adhering to best prevention, contagion practices for the subconscious' subscription that has yet run out its mental expiration. Cancel the subscription to dis-ease, cancel the subscription to "Money Issues Magazine" that continues to give you free "samples" of what it promotes. Mentally cancel the subscription to pain no matter how it markets the acute feeling experience and fear it promotes solely to maintain your validating attention. Cancel, Cancel, Cancel!

Cancel the subscription to suffering weight issues, cancel the subscription to "Relationship Dissatisfaction Magazine" that sends you a bonus subscription to "Overwhelm." You make the constant mental decision to cancel the various suffering subscriptions until the cancel notices are sufficiently received in the subconscious

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# Cancel Subscription to Suffering    con't

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mind's subscription department. Sometimes one cancellation notice is enough, for other subscriptions, a number of notices are required but each one puts pressure on the subconscious to release itself permanently from the subscription base.

Be your own salvation. Cancel the subscription to suffering. Release the subscription and the subscription releases you.



# Freedom through Identity Reference

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**Your freedom from** any interference to your well-being is a matter of identity. Whatever the mind identifies with it promotes. Do not confuse identification with like. You needn't like something to identify with it. No one essentially "likes" suffering of any sort – yet we constantly identify with our suffering. It becomes reference point for existence – for identity. Your freedom through identity reference is a matter of choice.

We unconsciously (primarily) choose to identify with suffering because it provides a sense of time, location and identity in our perception of existence. We unconsciously (primarily) choose to identify as a sufferer – in any way that term would apply – because it unconsciously establishes a sense of inclusion, of belonging. No one likes to be excluded from the party so if it's a party in honor of suffering, "where's my invitation?!" So, we unconsciously RSVP to attend the suffering party! "Me, party of one, will attend. Shall I bring my suffering complaints for libations? Cause I gotta 'em!"

And boy, is there a big 'ol world party going on now! "Did you get your invite to the Corona party?" The attire for this shindig is your finest paranoia. So, scrupulously look in your closet for every slight throat tickle, cough, headache, temperature increase, flu symptom and ache to decide what you are going to wear to the Covic-19 party! Hmmm, it's the new black! And how great, the party-hosting news (feed) media hosting this soiree, keeps me posted on what I need in order to fashionably participate! And fear becomes our butler as we get ready for the party of which we only have to pay him our attention! Alright! Let's get this party started!



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# Freedom through Identity Reference    con't

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In all seriousness, thoughtful, compassionate consideration for those who unconsciously have caught the participation to this scourge of a 'party.' And for those whose fear is wearily preparing them to unconsciously attend. Your freedom through identity reference can end the suffering party.

This devastating scourge and any suffering identity crisis – physical, mental, emotional, financial or otherwise – through unconscious identification reference, can indeed be reset. Reset to an identity reference that welcomes radiant health, vitality, fulfilling purpose, esteem and security. You have the power to re-direct identity reference on behalf of well-being, just as the unconscious decision to direct identity to align with suffering has occurred.

What follows is your decisive, liberating course of action to replace the suffering identity crisis with identification with your essential, fundamental state of wholeness of being. ("Dem dere's fight'in words to the ego!") It's the "party" you truly desire to attend.

The following is not to be construed as medical advice or direction, seek or remain on all medically advised protocols for any issues of being that trigger alarm or concern – until identity shift empirically indicates them unnecessary.

There is a subtle reality most are not conscious of that is the deciding factor in all suffering – or freedom from it. Here's that reality. Most ailments (even worries and concerns) do not plague us while we're sleeping (ailments may make falling asleep difficult but during sleep most ailments become dormant to the conscious mind).

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# Freedom through Identity Reference    con't

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Ever noticed that chronic skin itch of psoriasis or other skin ailment doesn't bother you while sleeping but the moment you awake that itch on the back of your hand starts irritating you? That yeast infection doesn't bother you while sleeping but the moment you wake up? "Dammit!" That arthritic hip might not bother you until the moment you awake, and the throbbing ache "awakens" with you. The moment you open your eyes from slumber that nagging relationship, health or job worry starts running the thought show. This daily happening reveals a powerful reality supporting the premise of this blog post.

Here's what occurs folks. While asleep, the conscious mind disconnects from its sense of identity (not the subconscious mind – which is why we dream) and upon awakening – and this happens in a infinitesimal fraction of a moment which is why you don't notice or are aware of it – the psyche scrambles for its sense of identity! The psyche "knows" who it is (or is portraying, more accurately speaking) by its "identifiers" of problems, issues, focuses and history. These identifiers even provide a sense of time and space ("This is a consummation of who I am since I moved to 'Arizona,' 'Cali', back to New York," etc.).

This daily identity scramble is why things appear static, stagnant or chronic. In truth, the psyche is actually retrieving this identity every morning to have a sense of "I am-ness." "I have or am a survivor of cancer – 'am-ness'," "I suffer depression – 'am-ness'," "financial struggle – 'am-ness'," "I have herpes – 'am-ness'," "Divorce, impending or separation – 'am-ness'." Get the picture? Our experiences, we decide, become our identity.

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# Freedom through Identity

## Reference - con't

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Here's the good news: You are not your experience! Want proof of that? Your very desire for betterment in any relative way, is your real self indicating it is not what it has experienced, hence the desire for liberation from identifying with it. Not escaping it (that's your narrative) – but release from identifying with it.

In my counsel and hypnosis, I never need to tell people what to do, I just listen for their real self in the midst of the self they have come to identify with. It always knows its wellbeing reference point. Always. You can – and particularly now that you are aware of the identity scramble that occurs upon waking – intercede on that default process and CHOOSE what you will identify – and therefore perpetuate and promote – as your identity, and consequently, what you experience.

First step in interceding is forgiveness. Therapeutically, I have de-constructed forgiveness for potent traction on its efficacy as, “what are you FOR GIVING yourself release of?” Certainly, you are “for” giving yourself release of ailments, pains and distresses, no? This therapeutic deconstruction of forgiveness lifts it out of a benign or rhetorical exercise and injects the potency of relevancy. It becomes therapeutically practical.

As you forgive everything identifying with negative experiences promotes, your psyche releases the existential weight of oppressive experience identification – it becomes available to an identity shift. Forgive identifying with cancer experience, forgive identifying with financial struggles, forgive identifying with relationship difficulties – remember, in this action you are indicating “what you are for giving yourself release of (identifying with).”

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# Freedom through Identity

## Reference - con't

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Now you are ready to choose identifiers that liberate and promote joy, abundance and wellbeing! Upon awakening in the morning and the senses communicate that chronic itch, you don't deny or ignore the sensation (or worry, concern or other interference) you say to yourself, "I cancel and forgive your relevance to me and welcome the freedom from..." You welcome the freedom from dis-ease, you welcome the freedom from financial struggle, you welcome the freedom from your mind's relationship dysfunction ideas, etc. You intercede on behalf of what you desire the psyche to retrieve upon the waking scramble to identify.

Now, eighty percent of you reading this material will filter it through momentary motivation, interest or good distraction reading as the psyche waits to get back to the psychological charge and chemicals suffering identifiers release into the bloodstream. "Now, what was my issue?... Oh yeah! That's it! ...Gotta get my suffering fix!"

Twenty percent of you will digest this material and leverage it to shift identifiers upon waking beginning tomorrow! I am challenging the other eighty percent to release resistance as one of the identifiers of identity. Exercise your right to access your power to heal, liberate and emancipate from the status quo of tolerated suffering.

Decide what party you will attend and RSVP to that through your initiative.



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It is now time you plan your  
**‘exit strategy’** out of the  
paradigm of **suffering**,  
contagion and fear and  
**welcome the paradigm** of  
liberating possibility.”



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## To Pandemic or Not to Pandemic

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**When I was a kid** of about 8 or 9 years of age (true story) I vividly recall leaning in the door frame of the household bathroom, that in hindsight was the threshold of my burgeoning quest to understand life – and my mom was facing the mirror doing something that ladies do that didn't require privacy. And I was pestering her with "why questions" about something I wasn't permitted to do and every answer she gave me I shot down with a 'why' retort – each and every one of her motherly responses (who hasn't been there as a kid or parent?!).

Finally, my mom reached the end of her patience – or impatience as it were – and sternly volleyed back to me, " 'cause I said so!" Match, game, set. That ended that – well, at least until the next Wimbledon set of curiosities would arise. But it never ended my quest to want to understand. And that quest didn't mature into scientific application but rather, into an insatiable philosophical, yet pragmatic, desire to understand life and this thing called living.

Well, boys and girls (and those who've yet to decide), I have discovered what I am! (The 'who' I am I already knew from the quest). I have realized that what I am is... (dramatic drum roll please...) a deconstructionist!

I deconstruct well-being concepts, ideas, processes, tactics, beliefs so that understanding enables true traction rather than arbitrary efforts in hopes of conjuring desired results. Arbitrary applications turn well-meaning efforts and intentions into rhetorical ideologies rather than pragmatic recourse.

## To Pandemic or Not to Pandemic con't

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To that end, this issue of the Conscious Flyer's Immunize Yourself Series (number eight in series) focuses on the power of understanding a paradigm so that sincere self-help efforts are not unconsciously wasted in a paradigm that, by its very nature, is not conducive to the self-help change desired.

A paradigm is essentially defined as a 'framework or discipline within which theories, laws, and generalizations and the experiments performed in support of them are formulated.' Please pay attention to the underscored portion of that last sentence, "experiments performed in support of them...," this, dear folks, is your key to the most efficient and direct means of change in your life.

Most attempt change within a paradigm that, by its very nature, is designed for "theories, laws and generalizations that support" it, the particular paradigm itself rather than the change desired. This unconscious dilemma – attempting to change things in a paradigm that does not enable it - yields minimal progress. This causes frustration, exasperation, disbelief, doubt or worse yet, one to turn well-meaning efforts into a rhetorical ideology that just serves as an effective distraction from the suffering the efforts were intended to alleviate.

Example of one common paradigm that has its own set of theories, laws and "experiments" to support itself is this Covid-19 pandemic. This paradigm of dis-ease contagion and therefore its ensuing victims, fear, panic, news, prevention precautions and valiant remedy research are all performed in support of the paradigm of dis-ease. And because we subconsciously are indoctrinated into this paradigm is why it is prudent to 'obey the laws' of an inhabited paradigm.

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## To Pandemic or Not to Pandemic    con't

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You don't fight, oppose, resist, ignore or argue against a paradigm that you've been indoctrinated into, but rather, you understand that within a paradigm precautions are necessary because of its nature... until you exit out of the paradigm itself!

How is an undesired paradigm exited? You are engaging the exit plan right now – awareness of a reality supports you in not being unwittingly victimized by it. Each article post in this series is counteracting the unwitting submersion (and victimization) of a paradigm that is so prevalent it hypnotizes one into absoluteness of perception. This particular paradigm's all-pervasive compelling nature is facilitating a mass hypnosis of fear, contagion, panic and yes, participation in the elements of this paradigm's "theories, laws, generalizations and the experiments performed in support of it."

But as the very first article post of this series stated, "you can be in it but not of it," you do not need to participate in the fear and paranoia and suffer all the devastating consequences (work loss) of a paradigm that, yet, you still prudently exercise best practices about. You exercise contagion precautions and compassion because you acknowledge the subconscious mind's absorption of the contagion paradigm – without needing to absorb the paralyzing fears, assumptions and 'laws' of its consequences. Be in it, but not of it.

Keep in mind, all paradigms have their own 'theories, laws, and generalizations and the experiments performed in support of them.' There are paradigms of unconditioned love, peace, charity, service, joy fulfillment and abundance existing simultaneously among paradigms of fear, hate, manipulation, contagion, lack and suffering. (The former cited paradigm reflects life's essential nature; the latter reflects human-made paradigms of mis-understanding.)

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## To Pandemic or Not to Pandemic    con't

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As you realize that every paradigm has its own “laws” you cease, as the saying goes, “trying to turn a sow’s ear into a silk purse.” This enlightening understanding that different paradigms have their own properties frees you from battling confusion, frustration and perceived lack of resolve as you release imposing dynamics of one paradigm onto another one and instead just opt to exit or embrace another paradigm on its own terms. You no longer judge a paradigm from the criteria of another one. Liberating indeed!

It is now time you plan your ‘exit strategy’ out of the paradigm of suffering, contagion and fear and welcome the paradigm of liberating possibility. There are individuals of all types of personal gifts who will emerge from this pandemic more abundant, successful and elevated precisely because they did not become victim of a pervading paradigm but chose to transition to another one.

Be one of those individuals.

The next post offers **Modules** that provide paradigm exits or shifts that avail you to frameworks and disciplines within which theories, laws, and generalizations and the experiments performed in support of them are formulated – and benefited from. Initiating and applying a Module consistently reflects your decision to inhabit the particular Module’s paradigm of living. Lack of consistency simply reflects an attachment to a paradigm that reflects the laws of suffering. Do not curse any inconsistency from yourself witnessed, just decide to release the attachment to the constricting paradigm and consistency of another ensues.





“The **psyche** is essentially neutral and **takes its cues** by default or **intention.**”

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# Paradigm Modules

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## Subscription Module

Since we are subject to experience only what we subscribe to (believe is valid) any form of suffering reflects a belief – perhaps unconscious – but nonetheless, that we believe is valid. Any ailment, chronic condition or lack experienced reflects some absorbed propaganda paradigm (commercials and advertisements are propaganda machines, “you are not enough unless you have this product.”). It is time to CANCEL your subscription to any witnessed suffering. That chronic psoriasis or other nagging ailment? ... “I CANCEL my subscription to the belief in (cancer, heart dis-ease, arthritis, depression, financial difficulty, relationship strife, skin dis-order, etc.) and I forgive having signed up for it through whatever means.” Remember, you are inhabiting a different paradigm that cancels being subject to a former paradigm and its nature. Which means this cancel intention is practiced continuously until the subconscious mind releases the “subscription,” evidenced by the dissolving of the matter. You will only become daunted in the intention if you unconsciously return back to inhabiting the suffering paradigm that views the different paradigm practice as invalid because it is not part of its paradigm.

## Forgiveness Freedom Module

I have therapeutically deconstructed forgiveness as being, “what you are FOR, GIVING yourself release of.” Do not underestimate the potency and efficacy of this therapeutic recourse! ALL negative (negating) issues, be they circumstantial, mental, emotional, physical, hereditary, chronic or historical, foment guilt. Guilt weights down the spirit of possibility. A weighted down spirit of possibility zaps motivation;

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# Paradigm

## Modules con't

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motivation to do, change, or complete things. Daily allow dynamics, issues and experiences to arise in mind – or that constantly nag at you – to be addressed as, “what you are for giving yourself release of,” (forgiving). You will begin to witness that the motivation to exit a limiting paradigm is available to you as well as motivation to successfully implement any desire in your life. Guilt weighs down motivation; forgiveness frees it up! “I forgive (am for giving myself release of) judging my past mistakes.”

### Incurable Paradigm Release Module

Things that have been diagnosed as “incurable” or at an incurable stage do not reflect an incurable nature but only reflect a paradigm of thought from which it is viewed as such. The same is true of what allopathic medicine has also deemed as hereditary and therefore a permanent state. (Remember, a paradigm is, “a framework or discipline within which theories, laws, and generalizations and the experiments performed in support of them are formulated.”) Things are or remain incurable or static if you (unconsciously) insist on living out the paradigm of that nature.

Allopathic medicine that determines, assesses and therefore restricts possibility, is only promoting the “framework” of its paradigm. Indeed, this paradigm has led to wonderful, life-saving therapies, “cures” and prevention, however, it is all within the



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# Paradigm

## Modules con't

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framework of its designated limited paradigm. Alternatives to this paradigm should not be maligned as “quackery” as such (from the view of one paradigm, another is seen understandably as foreign and perhaps a cursed threat). Allow the allopathic paradigm to be what it is, but do not limit your possibilities to it. Legitimately (primarily, mentally) lifting the restriction of that paradigm permits an exit from it and entrance into a paradigm of greater license. You then find you do not unconsciously restrict the mind’s body-healing capacity and the sound alternatives that support it. ('Modules' continues on next page) Identity Profile Module

As a recent post in this series illustrated, in an infinitesimal split moment upon waking from sleep the psyche scrambles for its sense of identity that sleep disconnects it from, through using ailments, stress, concerns, states of things to anchor itself in its perceived “I am-ness” identification. Elements of our lives are not chronic, static or immovable per se, but rather, we daily insist on them as point of reference of identity. Decide NOW that you are going to intercede on that wake-up identity scramble and consciously interject what you want the psyche to use as its reference points for identity. This conscious intercession ably redefines what it means to be you. Decide what it means to be you on behalf of harmonious love, vitality, peace, joy and well-being. The psyche is essentially neutral and takes its cues by default or intention. Intend with each day’s awakening (practically and metaphorically) to determine what the psyche is going to anchor as identity. Habituate upon waking to consciousness, “I am strong, illness free, vital, self-loving, successful and peaceful.” Make this intersession your own by using qualities that resonate with you at any phase of your life. This is not positive affirmation rhetoric, but rather, it is taking responsibility for what the psyche uses as reference points of identity. It’s shifting to and inhabiting a different paradigm.

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# Paradigm

## Modules con't

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### Body Module

Because we take the “body” reference to generally mean the physical body, we tend to forget that the word, “body” means a container of some sort. Such as a ‘body’ of water. Even the physical body is a container, a container of bones, muscles, tissues, blood, organs, other fluids, etc. However, there are other “bodies” that contain as well. The mental body contains our mental perspectives, memories, associations, ideas, thoughts and perceptions. The emotional “body” contains our associated feelings, traumas, excitements, joys, sadness, angers, resentments, jealousies, melancholies, sorrows, guilts, despairs, exuberance, etc. And there is what’s called the, “etheric” body that contains the energy and vibrations given off by the other bodies (don’t go “woo-woo” on me, the very fact that we put cloth on the body to trap heat for warmth is indicative of the fact that the body gives off energy detected as heat). And yet still, there is what’s called the spiritual body that is a ‘universal container’ of the essence of being.

When all these layers of body-being are appreciated, it avails you to a paradigm of greater possibility for healing than narrow efforts (basically the allopathic model) that reduce and focus reconciliation down to one aspect of “body” (the physical body). Consider all aspects of body when engaging healing.

### Independence Module

For many, the employer paradigm for financial benefit and revenue source has, clearly, with this pandemic, been turned on its ear. Depression Era stories of the dire consequential actions resulting from this paradigm collapse are unfortunately being



# Paradigm

## Modules con't

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echoed (suicide hotline calls are soaring during this pandemic). Whether one was a participant of the traditional job-employer dynamic or unconventional employer dynamic such as actors and other per project revenueurs, it's a different world. Even the newly booming gig-economy workers are suffering the wrath of this pandemic madness. The good news is that up until now, a quietly, covert paradigm is surging to the fore.

The online-learning industry paradigm is poised for a stratospheric rise in the advent of our forced home-bound emerging culture. Folks, there's gold in dem dare hills! And everybody's (without snark) an expert. You knit? Cook? Bake? Do Arts and crafts, a good listener? Play the accordion, the ukulele? Guitar? Or maybe you read great bedtime stories! It. Doesn't. Matter. (Know how to juggle?) It can be joyfully monetized for online learning! And easier than you think when done intelligently. Got an Android or an iPhone? You pretty much already have your equipment investment.



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You must **come to realize**  
in whatever way possible  
that the **foundation of your**  
**aliveness** – your existence  
– is **suffer-free.**”

# It Ain't Necessarily So...

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**"It ain't necessarily so..."** the things that you're liable to read in the bible... it ain't necessarily so..."

These famous Ira Gershwin lyrics from the classic opera, "Porgy & Bess" – if "bible" is taken metaphorically as a reference to anything that is considered the ultimate source of its nature (i.e., the runner's "bible", the master cook's 'bible', etc.) – then regarding the contagion 'bible' this pandemic is lulling the masses into paralyzing fear about, "it ain't necessarily so!"

In this Immunize Yourself series of newsletter blog post, I always stress that because the subconscious mind absorbs the propaganda of contagion and dis-ease is why you exercise the best preventive practices medically and scientifically extolled. With that restated, you need not be victimized by prevalent consensus, assumptions and 'laws' of the contagion dis-ease paradigm ('be in it, but not of it') that dictates suffering (see last issue in "Immunize" series on Paradigms) 'cause – "It ain't necessarily so." This issue's focus is on "narrative." A narrative is a story created from elements perceived from circumstances. We live out our own narratives because it is the 'story' we cast ourselves in to dutifully 'act out.'

Presently..."Contagion! A Play in Three Acts," starring everybody who blindly participates!

Prepare all the PR marketing sources available to promote as great attendance for "Contagion," the play's run, as possible! Gossip, witnessed suffering, the news media, "Hey! Let's use the internet!" "Let's promote this Production as if everyone else's life depends on it!" "That'll sell tickets!" "We'll be a hit across the globe!" ...Sound familiar?

There is a larger scope to the narrative dynamic than just fear of a life-threatening dis-ease. Everything about your life is a narrative; you've taken the elements of your experience and sewn together a narrative – story – of meaning and relevance. What you don't realize is that all narratives are inventive. Largely, the inventions are passed on to you – psychologically inherited – as predefined context.

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# It Ain't Necessarily So...

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"This happened to me at this age, so that means this." "Because I am a woman, it means this." Society is structured through narrative. And our being is reduced to acting out the narrative so it can feel it is 'successfully' participating in the human condition. The conditions the narratives tell us that indicate to us we are alive. "I suffer; therefore, I am," is the unconscious rite of passage to the human club. "Sign me up!" "Where's my lifetime membership?"

Often, clients protest to me, "I didn't know anything about (name a condition), so why is it happening to me?" You don't have to have a cognitive awareness of a particular suffering dynamic (occurring of body, emotion, circumstance or mind) to 'participate' in the membership of such because your brain – until it is not – your brain, is tapped into the universal stream of predefined suffering conditions. (You were two years old playing in your playpen while commercials or complaints of rheumatoid arthritis played in the background on TV. Or your parent's volatile relationship was merely the backdrop absorbed from upbringing.) The idea of suffering is in the human club membership's fine print. ("Dammit! That fine print always gets you!")

As you read this, however, you have the right, power and autonomy to withdraw from "Club Suffering," – in whatever way your membership has been instated. The Liberation Grid that follows is your leverage to self-revoke your suffering membership. It is practical, pragmatic and liberating if used to facilitate understanding of your autonomy in this thing called Life. Liberate yourself.

## **Foundation**

You must come to realize in whatever way possible that the foundation of your aliveness – your existence – is suffer-free. Why do you think you have an innate desire to be free of difficulty? The "foundation blueprint" of your identity does not include suffering. Remember, suffering is an 'invented narrative'; all narratives are created stories – as painful as the story can be, it is, nonetheless a story often unconsciously enacted.

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# It Ain't Necessarily So... con't

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Decide now to disengage from the suffering narrative paradigm. Once you make the decision recognize that a Decision has its own orchestrating power.

## Decision's Orchestrating Power

Most decisions we make in our favor are immediately subject to our mental scramble of our programmed responses to things. We psychologically default to our 'toolbox' of already absorbed programming to use in carrying out the decision made. The tragically humorous irony here is that the decision to relieve our suffering typically utilizes the mental tools made for suffering (!).

You want to end or resolve a combative relationship, so you 'combat' all the anger issues through projecting, abuse of substances, you battle self-condemnation of guilt, you battle self-blame, resentment, suppression, etc. The decision to end the relationship strife uses the tools of its creation. What. Sense. Does. That. Make?

True resolution is simple – but unorthodox – understand that a Decision has its own inherent organizing wherewithal to carry itself out! (???) All decisions to benefit originate from a desire. All true desires know how to fulfill themselves, however what typically occurs is that desire is filtered through conditioning; the narrative – and therefore subject to the limitations of the narrative.

You free up your Decision's innate orchestrating power by deferring to allowing the Decision to use you. Resist the mental, "now what?" immediately following a decision made and become receptive rather than dictating, wondering or searching. The very idea of this can take a bit of adjustment because we are programmed to psychologically rustle through our pre-programmed toolbox of means. Stop that.



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# It Ain't Necessarily So... con't

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When you decide on behalf of your health (lose weight, change eating or other habits, release chronic ailment, etc.), when you make a decision about money (experience more, better management, release of guilt, etc.), when you decide on behalf of greater success and satisfaction (in career, relationships, self-esteem, or otherwise), “welcome” the Decision’s guidance. Yes, welcome it. Let your immediate and subsequent response after a Decision is made, to be welcoming how it wants to fulfill itself. (I told you it was unorthodox).

To welcome something means you allow something to enter. You allow thoughts, ideas, direction, feelings that are not oriented by your history or judgments. This works when you have the balls to initiate and apply it. All Decisions have their (not your history’s) own means to satisfy themselves. All Decisions. No need to complicate this, just adopt the attitude of welcoming the Decision’s means and witness epiphanies, ‘ah-ha’ moments of clarity, inspiration and/or encounters that promote the Decisions fulfillment.

## **Forgiveness**

What Are You For Giving Yourself Release Of? Those familiar with my work and writings know this is the primary recourse utilized to solve or empower anything. As a Deconstructionist (see last Flyer issue, “To Pandemic or Not to Pandemic”), I have deconstructed the word forgiveness therapeutically as ‘what you are FOR GIVING yourself release of,’ this deconstruction of the word ‘forgiveness’ enables true traction on its efficacy as it becomes pragmatically relatable.

Analysis doesn’t necessarily lead to liberation. Confrontation doesn’t necessarily lead to liberation. Resignation doesn’t lead to liberation. Enforcement doesn’t lead to liberation. Only what you are for giving yourself release of has the consequence of liberation. Because what you are for, galvanizes whatever is necessary on behalf of it. If you are ‘for’ giving yourself release of anger, resentment, guilt, fear, lack, illness, betrayal... suffering, it empowers the resolve for its genuine release precisely because you are for it. To be for something employs your willingness, the only true component necessary to fulfill anything.

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# It Ain't Necessarily So... con't

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Every morning as part of whatever your waking constitutional is, incorporate and exercise a daily forgiveness itinerary. Allow without judgment a free-flowing thought stream of whatever comes to mind to be forgiven – what you are for giving yourself release of. You will be amazed how this liberates your motivation, authentic desires and self-esteem – the main ingredients necessary to progress anything undertaken.

## **Release Judgment**

Perception follows judgment and anchors experience. Desire to dissolve interference to your intentions, goals and chosen realities? Release judging them. Release judging them as difficult, chronic, impossible, fearful, complicated, competitive, evasive, lengthy, incurable, dependent, only for some, challenging, too late, deteriorating, daunting, vindictive, sorrowful, irreversible, exclusionary, limited, doubtful and any other limitation judgment would impose. Do you want your desires to be imprisoned by any of those descriptions? Then let go of the judgments as such.

Simply, judgment sets expectation that reflect the judgment, expectation is qualified by what's already programmed. Release judgment and you release the constriction of programming. Releasing judgment doesn't make you naïve, it makes you unrestricted. Release judgment and release your freedom.

Discard Assumptions .

See Release Judgment.



“

All **true desires** (the catalysts of intentions) have their **own organizing**, compelling means to **satisfy** themselves!”

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# Are you 'For' Your Power?

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**This article post expounds** on a primary means of therapeutic liberation – what you are FOR. The dynamics of what you are for, giving yourself release of, highlighted in previous Immunize Yourself post, galvanizes your intention's power on behalf of facilitating and fulfilling the intent. All true desires (the catalysts of intentions) have their own organizing, compelling means to satisfy (fulfill) themselves!

This seemingly secret capacity is obscured because a desired intention's compelling power is generally filtered through one's conditioning and becomes restricted to the limited means of one's historical and/or conventional perception of possibility. Imagine the idea of squeezing pure gold through cheesecloth – not much relative value would get through.

What you are for giving yourself release of is the therapeutic cornerstone for the fulfillment process of any true desire. To be for giving yourself release of what blocks your natural capacity to fulfill enables an ease and grace of intention to be realized because fulfilling power is not obstructed.

"What you are for, giving yourself release of" is a therapeutic deconstruction of forgiveness. The thought of forgiveness is not different than any other potent "device" that can be used to liberate – it gets filtered through the cheesecloth of conditioning. Whatever your unconscious, filtered take on the idea of forgiveness is can render it fleckless, rhetorical or reduced to a religious mental artifact.

The unfiltered engagement of forgiveness is more liberating than a conditioned mind can ever imagine. Hence, the deconstruction of the word as, 'what are you FOR, GIVING yourself release of,' to effectively strip away the unconscious relegation of its efficacy to mere rhetoric. (The deconstructionist at work here!)

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# Are you 'For' Your Power? con't

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Everyone can easily relate to what they are for giving themselves release of; whether it is release of the past, dysfunction, illness, self-judgment, low-esteem, poverty of any sort, struggle, conflict, dis-ease, relationship distress, depression, hampered motivation, confusion, boredom, fear, anxiety, paralyzing doubt, insecurity, credit or debt issues, pandemic madness... (did that 'dirty' laundry list cover it? Feel free to add.)

Being 'for' releasing something is relatable, understandable and... inevitable. Consciously or unconsciously, you are always 'for' something. Your life reflects what you are, for better or worse, for. Elements in your life may not be intended or desired, but they do reflect what you are for. To be 'for' something just means something has your attention, your relevancy, your occupation.

Being 'for' something is not about what you necessarily 'like' – that's the colloquial use of the idea of being for something. Energetically, whatever galvanizes your attention you are, essentially, 'for.' Because our struggles, pains, disappointments, frustrations, dilemmas and history rivet our attention, they become effectively what we are for.

This treatise does not point to ignoring your troubles (we already use that device constantly to little avail), but rather, disengaging from them – big difference. Disengaging and redirecting; becoming conscious of what you are for, giving your self release of, as it were. As you become decisive of what you are truly for, you redirect your inevitable Power on behalf of your well-being instead of haphazardly thwarting it.

As you have already unconsciously demonstrated, what you are for galvanizes. Why do you think patterns constantly recur in your life even if the 'scenery' is changed? The same self-judgment conditioning that caused insecurity at nine or 16 years of age causes insecurity at 60. It's not because that's just the "way the cookie crumbles" for your life, or that that's 'your karma' (karma is an assessment, not an indictment), or that things cannot radically change at ANY chronological age.



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## Are you 'For' Your Power? con't

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What seems chronic about your life is merely (and sometimes devastatingly) reflecting what you are 'for.' Period. This is no cause for self-blame whatsoever, it is a calling to become conscious. To become conscious of what you are for, giving your self release of. (Forgiving).

Certainly you can be for giving your self release of pain, certainly you can be for giving your self release of self-judgment, certainly you can be for giving your self release of your past, certainly you can be for giving your self release of identifying your identity from the rape that occurred at 19. And so on.

What are you for, giving yourself release of? And here's the practical magic: as mentioned at the beginning of this post, what you are for galvanizes. It compels, synchronizes and orchestrates on its behalf (remember, you've been witnessing it all your life). All authentic desires have their own means of satisfying themselves and when the cheesecloth of conditioning does not filter them, they do so in a most efficient, direct way.

Forgiveness removes the cheesecloth. Liberating the very thing you are for releasing, from your natural capacity to fulfill. You become available to your self-esteem through forgiveness, you become available to your confidence through forgiveness, you become available to your natural abundance through forgiveness, you become available to your worthiness of all good things through your forgiveness.

Forgiveness is not about letting yourself, a situation, or another 'off the hook;' it is about what you are for, giving yourself release of. Because what you are for giving your self release of, releases you.

Every morning mentally, verbally or write, what you are for, giving your self release of this day. (Even if you find yourself repeating what you are giving yourself release of, that's okay, repetition converts - ask commercial marketers.) And don't be surprised as the buoyancy of your motivation to follow through on things is liberated with an unfiltered potency!

**What are you for, giving your self release of?**



*"I welcome your feedback!"*

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