Doing Cycles of Three

(doing self emergence)

A Quick Summary

Quick List

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[1] picture who or what you see as the cause of your suffering AND while holding this picture, internally hear yourself say *only*, "I know it's not you (that is causing my pain)";

[2] internally sense your age by asking yourself, "how old do I feel right now?" Now, internally hear *only* a number, nothing more;

[3] check inside yourself for your spiritual state by asking yourself, "what emotions am I feeling right now?" Now, internally hear *only* the words needed to name your emotions, nothing more.

Now, repeat these three steps until a scene emerges. That's all there is to it.

Quick List With Examples

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[1] Picture the Person You See as Responsible & Say: "I Know It's Not You"

- The goal of this first step is twofold: *to set your internal stage* and *to set aside blame*.
- You begin this step by picturing the person, place, or thing you believe is causing your suffering.
- If you believe this is a specific person, try picturing this person's face, especially this person's eyes.
- If the "place" or "thing" is an institution, like a school or a government agency, or a specific activity, like vacuuming or paying bills, picture the person who represents this school or agency or the person responsible for instituting this activity into your life.

[2] Ask Yourself: "How Old Do I Feel Right Now?" Hear Only a Number

- The goal of this second step is *to gain conscious access to your physical body, by using your mind to sense your age.*
- You do this by asking your inner self how old you feel as you experience this pain.
- In a way, all you are trying to accomplish here is to internally hear how old you were when you first experienced this particular suffering.
- you ask only for a number as this is the kind of question a young child would get asked (How old are you?").

[3] Ask Yourself: "What Emotions Am I Feeling Right Now?" Hear One Word Answers

- The goal of this third step is *to gain conscious access to your spiritual body, by using your heart to sense your emotions.*
- For the most part, you simply use one word answers to name your emotions (i.e. "scared," "angry," "confused," "happy," "frustrated," "frozen," "numb," or "annoyed," etc.)
- Answers which use several words to describe a scene for which you have no "feelings" words are also fine (i.e. I feel *like* I am about to die" or, "I feel *like* running away" or, "I feel *like* killing him.")
- In effect, you are simply *witnessing your emotional state consciously*.
- As with the previous step, you ask the question in this form as it is the type of a question a young child might be asked.

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