



**Sample Lesson #1**

# **Identifying and Releasing Self Sabotage**

**(Part 1 of 2)**

By

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# Introduction

One of the biggest reasons that people fail to live out their dreams is self-sabotage.

What is self-sabotage? Self sabotage is nothing more than subconscious programming. It is based on old fears and beliefs that we re generally not aware of.

Self-sabotage behavior is when there is no logical or rational explanation for why you can't do the things you want to do or why you can't have the things you want to have.

**It's not a lack of desire, skills, knowledge or effort that holds you back.**

Rather, there's something inside you that's stronger than your desire and it sabotages your efforts to do the things you want to do and have the things you want to have.

Self-sabotage behavior is most recognizable by the experience of an internal "tug-of-war" between having a desire to do something and feeling like you can't or shouldn't do it.

**Any time you hear yourself say, "*I want to do this, but I can't or I shouldn't!*" this is the inner conflict of self-sabotage behavior.**

Self-sabotage has gotten a bad rap. The truth is you wouldn't be behaving in this way if this old programming wasn't running the show and if you knew how to de-program it.

Over the next 12 months, you will become better and better at noticing when you are getting in your own way and what to do about it.

**How do you know when self-sabotage or old programming is at work?**

One way is when you are not doing what you know you need to do to get the results you want. For example, if you want to lose weight and are binge eating or closet eating, that would be a prime example of self-sabotage.

It can also manifest in physical symptoms such as your spine being out of alignment, a headache or more serious illness. Yes, our old programming is so strong that to prevent us from moving forward with something that feels scary or unsafe at a subconscious level, we can and do make ourselves sick at times.

**A few words about disease**

Disease is generally the result of resistance to something. Of course it is not conscious – it would be rare if ever that we would say to ourselves, **"I don't want to do this so I think I'll make myself sick or have an accident or create some chaos in my life."**

If you break down the word dis-ease, it is lack of ease in our life.

The mind and body interact constantly and are jointly responsible for all conditions of health and disease. Discounting the mind's ability to cause and cure pain is the crucial mistake made by many.

The mind and the body are inseparable. I think most of us know that. Medicine has demonstrated that the mind can influence a physical process. The placebo effect is a perfect example. Emotions, such as fear, will cause your heart to race, blood pressure to rise or your stomach to tighten. The list goes on and on...The body can also influence the mind. When you are physically injured or sick, you FEEL sad, or even depressed. Physical muscle tension will make you FEEL mentally stressed. Mental stress also causes muscular tension...

Hmmm... see the connection?

ALL physical processes and mental processes are related and co-dependant. No exceptions...

The subconscious mind has these repressed issues. It does not want you to think about them consciously. It will do whatever it takes to prevent these painful emotional issues from leaking into your consciousness. Pain is a very effective weapon! It really grabs your attention and prevents you from thinking about anything else<sup>1</sup>.

We will talk more about health and how to create more wellness in your life throughout this program. After all, if you are not healthy, it is much more difficult to make your dreams a reality.

### **A few words about your subconscious mind**

Your mind is composed of 2 distinct parts. There is your conscious mind. This is the area that you are aware of. It consists of all the day to day thoughts that you experience, and the way you view yourself. It is the version of yourself that you are aware of, as well as the version of yourself that you show to other people. This conscious mind is not the real you. It is merely an invention created by your **SUBCONSCIOUS MIND**.

The conscious mind is the operating system. The subconscious mind is the hard drive. We all know that problems with the hard drive can cause the operating system to crash...

The subconscious mind actually runs the show, and it's at least 95% of your **total** mind.

The conscious mind, which is the other 5%. It's the part of our mind that we tend to rely on, but which in fact is the primitive, flight or fight part, always trying to protect us, usually trying to stop us!

The conscious mind wants you to play it safe. It doesn't like new, uncharted territory.

It's the part that has immediate reactions and habits.

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<sup>1</sup> Sensei Adam Rostocki, Cure\_Back\_Pain.org

The subconscious contains the huge database of all our experiences and feelings. The huge volume of thoughts in the subconscious is astronomical. Thoughts and feelings that exist here last forever – at least until we consciously take the emotional charge out of them. (And that is one of the things you will learn to do in this program – YAY.)

These negative thoughts and feelings are normal for everyone to have. Life always creates conflict, fear, and pain for us as well as joy. Consciously, these feelings fade, but subconsciously, they remain. These subconscious threats are always trying to find their way back into our conscious minds. Recent articles I have read show that unresolved conflict is responsible for many illnesses. Emotional pain can be horrible, and creates a much larger threat to our true selves. It is for this reason that our subconscious must **REPRESS** the negative thoughts, before they can reach consciousness.

## Repression and Living Your Dreams

The subconscious mind does not want these old emotions to escape to the conscious mind. The subconscious views these emotions as a huge threat to our self esteem and psychological well being. The subconscious recognizes the tendency of these emotions to try to gain consciousness. The response is to **REPRESS** the negative emotions and thoughts. Repression is a way to hide these negative or conflicting emotional issues from our conscious minds, by burying them deep in the subconscious. <sup>2</sup>

The main reason for self-sabotage is repressed emotions. **Anger, guilt, regret, sadness, insecurity, fear, anxiety,** and others, exert powerful effects on our subconscious minds. These conflicts and negative emotions can come from many sources in life, some of which we may have no memory and some may even be inherited. Some personality types are much more prone to suffer from these repressed emotions than others. I am told that **people that are good hearted, success oriented, perfectionistic, emotional, sensitive, and self motivated, are particularly prone to suffer from some form of repressed emotions leading to self-sabotage.** <sup>3</sup>

These emotions do not want to be buried. It is their nature to attempt to gain consciousness. In order to fool the conscious mind into ignoring these repressed emotional issues, the subconscious creates a distraction. This distraction can be chaos, other projects to work on or things to do, physical illness, etc.

## Just Do It?

Now there are some folks that would say, “Just do it.” There is a time to just do it. But this program is not about forcing your way through it either. Because the old mode of forcing no longer works. And pushing your way through without releasing what is in the way can cause even more pain and frustration.

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<sup>2</sup> Sensei Adam Rostocki, Cure\_Back\_Pain.org

<sup>3</sup> Sensei Adam Rostocki, Cure\_Back\_Pain.org

As you can see, it's not your fault. A part of you really does want that thin body, or to be very successful or have a great committed relationship. And another part of you does not.

Every time I want to take my business or life to a new level and make significant changes, I have to look at what part of me is resistant to this change.

When I first started my biz, I didn't think I had time for this. I just needed to move ahead. Now I understand, then when I am not moving ahead at the rate that I want to, there is generally a part of me that is resistant. And when I am able to clear that, I can go forward to the next level.

One of the things we will do in this program is get in touch with the fears or patterns that are in the way of you making the progress your heart and soul desires.

Sometimes you will clear things at a sub-conscious level without even having to know what is in your way. That is my favorite way to do it. Heck, often times the beliefs and fears have nothing to do with who we are today and who cares what they are, as long as we can clear them.

Other times, when they are really deep-seated, we need to know so that we can learn whatever we need to learn from them.

### **Step 1: Identifying when something subconscious is in your way**

You can look both to the outside and to the inside to determine if something subconscious is in your way.

For example, there is a good chance, your subconscious mind is in the way if you have been working at something or thinking about some dream or goal for a while and:

- a) external results are not there
- b) body is tight or exhibiting other physical symptoms including disease
- c) you exhibit avoidance behaviors such as eating, sleeping, reading email, watching too much TV, pacing, taking on too many things, taking care of others

We all do things to avoid something from time to time. Sometimes it is conscious and other times it is not.

For example: here are some things I have done

- 1) read email
- 2) eat
- 3) focus on other things rather than my primary goal

There is a worksheet on the member download page, but for the sake of time, grab a piece of paper and write down what avoidance behaviors you use to avoid doing what you said you wanted to do. If you are not sure, begin to notice what you do over the coming week.

Next, notice how your body feels when you are not doing what you said you were going to do or you are not getting the results you want.

For example: here are some things I notice

- 1) tight
- 2) anxious
- 3) neck or back out of alignment

One day when I was working on this program, I woke up with my neck totally out of alignment. I was planning to work on this program all day. I called my chiropractor and she was booked all day. So I decided to look and see what was going on behind that pain. I cleared it and started to feel a little better. I went back to work on creating this program only to have my neck get aggravated again. I checked in to see what else was going on and cleared that. I repeated this process 3 times during the day, until my neck pain was totally gone. I no longer even needed to visit the chiropractor. And I had accomplished some good work on this program and will be teaching you the very tools I used that day.

Now don't get me wrong. Its not that you should not see a chiropractor if you are in pain. I am telling you this story so you can see the mind-body connection. I was not aware of feeling anxious but there was some old stuff that lay in my subconscious mind that creating pain for me, hoping I would not work on this program.

If you find that you keep getting spinal adjustments and they don't stick, it is a good sign that there is an emotional cause at a subconscious level.

On the worksheet, write down the signs your body presents when you are in resistance or otherwise not in alignment.

Allow all of these things to be cues to you that something is up. You can choose to do something about them or not, but at least they are now conscious behaviors. You may have known that you do these things. In a minute, you will learn something you can do about it.

The ways you sabotage yourself in life, are probably similar to the ways you might sabotage yourself in the program. Again, not consciously. So let's bring them to your consciousness now.

Here are some examples of how some people might sabotage their success in this program.

- 1) By not doing the lessons
- 2) By not participating in the forums
- 3) By not hooking up with a buddy and connecting regularly
- 4) Stopping/quitting if you don't have immediate success
- 5) Blaming the program, yourself or others for lack of results or participation
- 6) Being too busy to transform your life

**Write down some things you might do to sabotage your own success in this program.**

**Step 2: Make a commitment of what you will do instead and write it on your paper.**

For example:

I will take responsibility for getting the most out of this program and applying it to my life and my goals and dreams. If I find myself resisting doing something or uncomfortable, it is a good sign that it is exactly what I most need and I will get support from my buddy, on the Life Transformation Forum or get coaching on the group call or individually.

If physical symptoms or chaos pops up, I will use the tools in this program to look and see if there is an emotional cause. (I will also use my own judgment to get medical or mental health treatment if needed.)

Write down your commitment and make the commitment to:

Yourself  
Your buddy  
The Life Transformation Community (on the forum)

When you share your commitment, it becomes real.

### **How to Stop Avoiding and Keep Moving Forward: A Couple of Tools**

Now that you have made the commitment here are some tools to help you begin the re-programming process. Note: I said process. There is a reason this is a 12-month program.

Each time you use a tool you are one step down the road.  
And each time you use a clearing tool, you will remove more layers of the onion.  
And each time you go on the forum, you can get more support and a sense of belonging.

In the Getting Stated module you will receive a guide to help you determine what you want to get out of this program. It would be helpful to think about that now. What do you want to be, do or have as a result of taking this program? .

### **See if there is the underlying belief or emotion in the way.**

On your paper, write down something you want to get out of this program.

At this moment, you may find yourself wanting to stop the recording or go get something to eat, just notice that.

And bring yourself back.

### **Get Centered in Your Body:**

Now I am going to teach you one of several tools to help you get out of your head and get back in your body.

<b>LTT Tool #1: Eye movement exercise –</b>
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Focus on 2 imaginary points on the wall. One point to the right and one to the left but able to see both without moving your head.

Now with your eyes, go back and forth, looking at each of these to points several times,

Then close you eyes and take a deep breath.

Feel the energy moving inside your body.

If you cannot feel the energy, you can do this several times; you can also try the exercise with your eyes closed.

You can do this anytime you start to feel anxious or nervous.

And you will quickly come back to center.

Now go back to your goal.

Sit quietly and notice what, if any concerns come up fro you.

For example, not sure if people will want it, don't know how to do it, don't have enough time, fear of rejection, fear of being embarrassed, etc.

If you notice a concern and then find you are going into avoidance that is okay and it also means you are on the right track.

If you find yourself not wanting to deal with this, do the eye movement exercise again to re-center yourself.

### **LTT Tool #2: 10 Deep Breaths**

Here is another tool to center you

While sitting down, take ten deep breaths and then hold the last breath as long as you comfortable can. Then blow it out. Relax and notice the energy moving in your body.

You can repeat this exercise several times in sequence, until you feel relaxed. It just takes seconds.

Source: Robert Petteway, Livingatease.com

Now re-visit your concern(s).

Hopefully there is more lightness around it now. Not so significant or heavy.

These are two quick tools you can use anytime you find yourself avoiding or sabotaging or even in an upset to calm yourself down.

Have the intention to get more clarity if you need it.

Write your concerns on the worksheet and put them aside for the clearing we will do in Part 2 of Lesson 1.

Now focus on your goal again.

Say to yourself I can have \_\_\_\_\_ (my goal)

I can't have \_\_\_\_\_(my goal)

Notice the difference in how each feels in your body.

Now say, It will be easy to have \_\_\_\_\_ (my goal)

It will be hard to have \_\_\_\_\_(my goal)

Notice what thought and/or body sensation you have after each.

For instance, when I said it will be hard to have lots of residual income, the thought that came back was, only if you make it hard. ☺

If you have negative thoughts that come up after the statement,

It will be easy to have \_\_\_\_\_, then those are some of the beliefs that need to be cleared so you can have what you want.

Note: If you have opposing thoughts, you might find yourself tightening up or making that wrong. This is resistance and whatever we resist, persists.

When we resist, we are not in the flow.

Some resisting thoughts might be "I shouldn't be in this place," "I should be further along," "I should be able to do this myself", "I shouldn't need help."

For now accept where you are as perfect. You may be thinking I can't accept that, I need to move forward. But actually, acceptance is a much higher vibration than resistance.

And when you accept where you are, there is more peace. This does not mean you are content to stay in this place forever. Just that it is perfect that you are here now. And you can still desire more.

Being at peace with where you are now and desiring more are not contradictory.

Repeat after me, "I accept that where I am is perfect for this moment and I am excited about the possibility of releasing what is in my way and moving forward again soon."

In Part 2 of this lesson, I will present a left and right-brained tool to help you clear what is in your way at a deeper, sub-conscious level. That will be coming in about 5 days.

# This Week's Assignment

**Step 1:** Each time you notice yourself avoiding, repeat one of these 2 Life Transforming Tools to get yourself back in your body:

LT Tool # 1: Eye Movement or  
LT Tool #2: Ten Deep Breaths

**Step 2:** Notice the concerns you have about attaining your goal and write them on the worksheet

**Step 3:** Accept where you are as perfect. Repeat the following mantra as much as needed: "I accept that where I am is perfect for this moment and I am excited about the possibility of releasing what is in my way and moving forward again soon."

Remember to hop on the Forum and introduce yourself and ask for a buddy to support you in these assignments.

You will also have an opportunity to ask me questions on the Question and Answer session coming up soon. Be watching your email for date and time.

Well that about covers it. Within the next 5 days, you will receive Part 2 of this first lesson, where you will learn a left and right brained technique to start clearing at a deeper level.

Wishing you the best in living out your dreams,

A handwritten signature in cursive script that reads "Stacey". The signature is written in black ink and has a fluid, connected style.

Stacey Mayo, The Dream Queen  
Master Certified Coach and Publisher of Life Transformation Tools & More

### Coming Up Next ...

#### **Lesson 2: An In-Depth Primer on Energy Techniques and How to Make Sure They Work For You**

In Lesson 2, we will talk about energy and the role it plays in our lives, how we can use it to both take the sting out of old painful emotions as well as how to focus it to attract what we want.

Even those who have experience with energy work will learn some important information about how to make sure the benefits of energy techniques work for you and are long lasting.

***We will also introduce a new tool that can help you break up old patterns quickly.***

**2. What's In Store The First Few Months.** I want to give you just a quick look at what we'll be covering during the first few lessons in your training...

Lesson #01: LTT - How to Identify and Release Self Sabotage

Lesson #02: LTT - In-Depth Primer on Energy, Why Energy Techniques Work and How to Make Sure They Work for You In a Way That Lasts

Lesson #03: LTT - How Do Ask Your Body for the Truth; Self-Testing and More (Your Body is Lie Detector)

Lesson #04: LTT - De-mystify & Develop Your Intuition for Decision Making & More

Lesson #05: LTT - Confidence Accelerator: Turning Self Doubt into Self Confidence

In the first months, we will cover some of the basic steps and tools involved in listening to yourself to learn what is going in and how you might be getting in your own way and how to start shifting it. The tools and information you learn in these lessons will be applied in many of the future lessons.

In the following sessions, we will talk about how to clear what is in the way at deeper levels and circumstances and get into some advanced tools. (don't fret if you've been doing personal development work for some time; I've got some "gold nuggets" in these preliminary lessons for you that you have probably never seen or heard before!).