

I am fond of putting things to the test and encourage people to do the same. This one is about discovering what does not work as much as what does. It has to do with intention and problem solving and the art of letting go. You may have noticed that often when we let go of a problem the solution magically appears. It might appear in a dream or in a bath or a long walk. It has happened a number of times in my life and I know it has occurred in other people's lives as well. So let us see if we can work out what we might be able to use more productively from that phenomena.

Step 1: Identify the problem which needs to be solved. It should be a very clear identification.

Step 2: Instruct your subconscious mind / unconscious helper / inner child / higher self / whatever to please solve the problem. Put the heat on it and time limit it. I suggest 24 hours, at least one night's good sleep at a minimum.

Step 3. Forget about it. This is where self-discipline really comes in to play. It has to be a real letting go, just like when we let go of a problem and resolve to sleep or relax.

Step 4: Sit down and free associate with the intention of accessing the solution the unconscious has found. A good attitude is to be playful and open. Also be a little persistent as usually it takes a few attempts at least for something to really flow.

Step 5: Be grateful! Gratitude is one of the most researched and well established facts stemming from the positive psychology field. Fear and worry often get in the way of true intuition occurring. Gratitude is a fantastic counter to the fear and worry.

If nothing came of it, backtrack it. Pay attention to what went through your mind. Doubt is often the killer as is fear. See if there were moments of doubt and fear. This exercise even if it does not work in terms of solving the problem should at the very least facilitate an understanding of how much doubt and fear is revolving around the problem. If there is a discovery of some blocks then attempt to resolve them.

Try the exercise again. When it does work dissect it. When it does not dissect it. What was different about you when it worked to when it did not work?

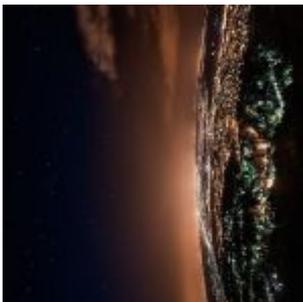
Related posts:



Ten Irrational Beliefs



Overcoming Our
Destructive Inner Critic



A Glimpse into Human
Potential



Psychology's five
revelations for finding your
true calling