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How To Overcome Stuck States

By Saleem Rana

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Although many of us use self-help tools like affirmations, visualizations, NLP techniques, and spiritual invocations, we sometimes find that nothing happens. This, to say the least, is disheartening.

After many years as a psychotherapist, I found that the brain can be compared to a computer. Since the computer was founded to replicate some of the features of our brains, the analogy also works the other way.

In a computer, a corrupted file, a virus, or any other type of malignant software is sufficient to slow the computer down, create frequent crashes, and cause difficulties in opening certain files.

In a brain, a negative decision based on some troubling event is sufficient to create internal resistance. This resistance is unconscious and often defies the most valiant efforts by the conscious mind to defeat it.

While working in therapy or holistic practice is an excellent way to overcome blockers, internal feedback loops that prevents forward progress, it isn't always convenient and affordable to find the right person when you need him or her.

What do we do to move forward when we feel stuck? How do we debug the brain? And how do we do it on our own?

In pondering this question, I came across this marvelous technique by Karol Truman in her amazing book, *Feelings Buried Alive Never Die...*

She has created a script that speaks to your unconscious mind using a spiritual perspective. It's deliberately convoluted and confusing to the conscious mind so that the unconscious gets to work. Also, you don't feel anything after you're done, since it's below the radar of your usual awareness.

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I'll give it to you here to try out. And, incidentally, if you feel that it doesn't work, recognize that this too is resistance and work on releasing your doubt (which is basically a fear of failure.)

Spirit, please locate the origin of my feeling/thought of feeling negative about (insert the feeling or belief you want to release here).

Take each and every level, layer, area and aspect of my being to this origin. Analyze and resolve it perfectly, with God's truth.

Come forward in time, healing every incident based upon the foundation of the first, according to God's will; until I'm at the present, filled with light and truth, God's peace and love, forgiveness of myself for my incorrect perceptions, forgiveness of every person, place, circumstance and event which contributed to this feeling/thought.

With total forgiveness and unconditional love I delete the old from my DNA, release it, and let it go now! I feel (insert the way you want to feel here).

I allow every physical, mental, emotional and spiritual problem, and inappropriate behavior based on the old feelings to quickly disappear.

Thank you, Spirit, for coming to my aid and helping me attain the full measure of my creation. Thank you, thank you, thank you! I love you and praise God from whom all blessings flow.

Saleem Rana is a psychotherapist in Denver, Colorado. He loves to share his ideas about personal growth. You can get his new book *7 disciplines of wealth* here: www.theempoweredsoul.com/7disciplines.html He also offers a free 35 week NLP Mindset Success Course, please go here: www.theempoweredsoul.com

Depression and Procrastination: Twins In the Job Search

By Marilyn J. Tellez, M.A.

Let me examine these two mental states. My definition of procrastination is that a person delays and delays actions that are required by a job or actions necessary to accomplish something in every day life.

Depression is a mental state that "almost freezes" a person into no action at all.

While procrastination can be overcome by a change of behavior and attitude, depression has its core issues of lassitude, feelings of hopelessness, anger and of giving up.

What do the two have in common? I think that procrastination is often a temporary trait, but depression is something that will take lots of time and energy to overcome. Both lead to a lack of action.

It is action, however, that has to take place for a job seeker to have success. Observing personal

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procrastination takes time to overcome. Overcoming depression, if it is long-term may take the intervention of either a professional and or drugs.

Both mental places have the effect of "dampening down" the actions of the job seeker. Elimination of both of these negative states of mind, has to take place for a job seeker to be minimally effective.

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