

Life Mastery for Finders



Life Mastery for Finders-Reaching Completion

- Email announcements come from Multidimensional Fundamental Well-being inquiry@v.kajabimail.net
- Course Room: [Inquiry.mykajabi.com](https://inquiry.mykajabi.com)
- Confidentiality
- Small Groups

Week 0

- Terms and Conditions
- Consent Form for Study
- Surveys
- Telegram Group
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Life Mastery for Finders



The Art and Science of Letting Go

Sanjay Manchanda

Letting Go

- Not an Action
- The stopping of a **usually unconscious** action

Popular Methods

1. Sedona method
2. Release technique
3. Byron Katie—The Work
4. Emotional Freedom Technique

Sedona Method

1. Could I allow this feeling to be here?
2. Could I welcome it?
3. Could I let it go?
4. Would I let it go?
5. When?

Principle: Hypothetical Invitation—*not* a demand

Deep Release

1. Include the Body



2. Make the unconscious holding conscious



Include the Body & Feelings

What we feel, we take to be real

If I could let go of this EBDR then I would feel ...
(Let the body answer) (repeat)

E-Emotion

B-Belief/Behavior

D-Desire

E-Resistance

Notice any feeling change in the body

Not knowing is fine

Deep Inquiry

Let the unconscious speak

I need to hold on to this EBDR because ...
(answer spontaneously from the mind while feeling the body)
(repeat)

Do not judge or analyze answers

Repeating until no answers opens up feeling of space

Welcome First?

If I could relax with this EBDR then I would feel ...

(Let the body answer)

(repeat)

I cannot relax with with this EBDR because ...

(answer spontaneously from the mind while feeling the body)

(repeat)

Welcome

Invite and Inquire into the
body. Bring Mindfulness

If I could relax with this EBDR then
I would feel ...
(Let the body answer)
(repeat)

Let the unconscious speak

I cannot relax with this EBDR
because ...
(answer spontaneously from the
mind while feeling the body)
(repeat)

Release

Invite and Inquire into the
body. Bring Mindfulness

If I could let go of this EBDR then I
would feel ...

(Let the body answer)
(repeat)

Let the unconscious speak

I need to hold on to this EBDR
because ...

(answer spontaneously from the
mind while feeling the body)
(repeat)

Putting It Together—Deep Release

If I could welcome this EBDR then I would feel ...
(Let the body answer) (3x)

I cannot welcome this EBDR because ...
(answer spontaneously from the mind while feeling the body) (3x)

If I could let go of this EBDR then I would feel ...
(Let the body answer) (3x)

I need to hold on to this EBDR because ...
(answer spontaneously from the mind while feeling the body) (repeat) (3x)

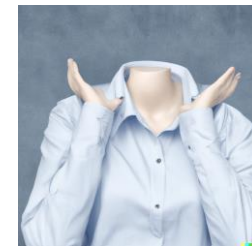
Deep Release

- Inviting the System—Using a hypothetical
- Feeling the body and Clarifying the Experience of Letting Go
- Deeply inquiring and letting the unconscious speak
- Feeling and Clarifying the Holding

Tips

1. Be Authentic!
2. Don't argue with your answers
3. Play with number of repetitions
You can go back and forth between the two sides
4. Repeat the deep inquiry until no more answers!
5. Its ok to not know the answer
6. Do not go into letting go of the answers before finishing your current letting go—Breadth vs Depth

Dealing with Not-Knowing



- If I could relax with not-knowing then I would feel ... (Let the body answer) (repeat) (3x)
- I cannot relax with not-knowing because ...(Answer spontaneously from the mind while feeling the body) (repeat) (3x)
- Repeat the cycle

When it doesn't Work

- **What to let go of ?**
 - Certain things need to let go of first
- **Who is Letting go?**
 - Who is doing the exercise?

Who is Doing the Exercise?



Who is Letting Go? Who am I right now?

What is my relationship to what I am letting go of?

What to let go of?

1. Overcontrol, Resisting experience
2. Trying too hard
3. Helpless, trapped: “I am not holding on to it, it is holding on to me”
4. Feeling small relative to person, issue, experience
5. Smallness and Size
6. People pleasing behavior etc.

Size

1. Think of a person, problem or issue that is somewhat overwhelming
2. Notice your feeling of self, how large do you feel relative to the problem?
3. Smallness vs Largeness
4. Size vs No size

Deep Release

Begin

Pick an issue to work with

Bring some mindfulness to it, notice your thoughts, emotions, inner images, body sensations

Step Back

Who is doing the exercise? Who is here now?

Are you feeling resistance to an experience?

Are you feeling smaller than a problem, person or feeling?

Are you in overcontrol?

Are you feeling helpless and trapped in some way?

Choose What to Release first

If the answer to any above questions is yes, release on that answer first

Putting It Together—Deep Release

If I could relax with this EBDR then I would feel ...
(Let the body answer) (3x)

I cannot relax with this EBDR because ...
(answer spontaneously from the mind while feeling the body) (3x)

If I could let go of this EBDR then I would feel ...
(Let the body answer) (3x)

I need to hold on to this EBDR because ...
(answer spontaneously from the mind while feeling the body) (repeat) (3x)

Letting Go of Identity

- ❖ If I stop making this EBDR me or mine then I would feel ..
(Let the body answer) (3x)
- ❖ I have to make this EBDR me or mine because ...
(answer spontaneously from the mind while feeling the body) (3x)
- ❖ Go back and forth in any order or repetition
- ❖ Say to yourself: “*This experience is not me nor mine*” while feeling it—Mantra

Opening to Positive Qualities

Step 1

What positive quality would you like to cultivate?

Step 2

If I could open to (feel) this Quality then I would feel ... (let the body answer) (repeat) (3x or more)

Step 3

I cannot open to (feel) this Quality because ... (answer spontaneously from the mind while feeling the body) (3x or more)

Go back and forth between the **Step 2** and **Step 3**

Opening to Positive Qualities

Step 1

What positive quality would you like to cultivate?

Step 2

If I could feel this (Quality) right now, *just for a moment*, then I would feel ...
(let the body answer) (repeat)

Step 3

I cannot open to this (Quality) because ... (answer spontaneously from the mind while feeling the body)

Go back and forth between the **Step 2** and **Step 3**

Field Mantra Meditation

- Field : like a force field, magnetic field, quantum field
- Construct a mantra based on your experience and focus in this moment.
- Use the mantra to shift identity and focus

Field Mantra Meditation

1. I am the field in which experience and opposite experience both arise
2. I field in which A and B and C ... all arise and fall away
3. I am the field in which experience arises and falls away

Field Mantra Meditation

- ❖ Field Mantra—
Mindfulness + Mantra + Non-Duality
- ❖ Powerful Letting Go method
- ❖ Brings Acceptance, Letting Go and New Options

Balancing Field Mantra

I am the field in which experience and opposite experience both arise

There is a field beyond right doing and wrong doing, I will meet you there... Rumi by Coleman Barks

Homework

1. Daily morning and evening practice of Lovingkindness and Grace
2. An hour or more of Deep Release/Field Mantra exercises everyday. Can include
 - a) Start meditation with Deep Release/Field Mantra, then Sink in
 - b) When sinking in and distracted, practice Deep Release/Field Mantra with the distractions
 - c) Practice during the day when triggered or whenever you notice a target
 - d) Sit down practice with sentence completions using worksheet

