

what to **DO** to
STOP
PUTTING
THINGS
OFF!



ANGELA TREAT LYON

what to DO to STOP PUTTING THINGS OFF!

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This book written, illustrated, designed, & created
for you by Angela Treat Lyon

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Kailua, Hawaii, USA

Lyon@AngelaTreatLyonBOOKS.com

ABOUT THE AUTHOR/ILLUSTRATOR:



Angela Treat Lyon is a professional artist/illustrator and well-respected Mindset Mastery Specialist/Trainer. Angela lives in Hawaii, and works with clients all over the world.

Angela holds trainings and does group and private coaching, both business and personal, to help her clients reverse the limiting factors in their lives and business so they can expand their lives into success, fun and creativity.

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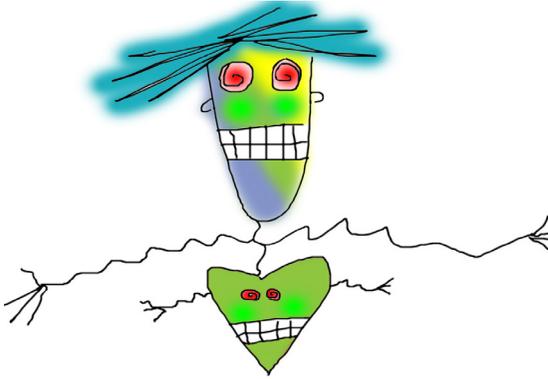


what to DO to STOP PUTTING THINGS OFF!

If you are committed to creating and living your dreams, and making every day an amazing journey, this book is dedicated to you.

It's being around people like you that makes life such a marvelous and a grand adventure.

You really can go from feeling like this:



...to feeling like this!



TAPPING

If you are not familiar with EFT, the Emotional Freedom Techniques, also referred to as tapping, I invite you to go to EFTinEveryHome.com to get a taste of what it's like to do it before we start here.

Try going through the free demo—you can run through it in a very short time. It's totally free, so go now and see what I'm talking about, then come back to this book.

Taking the time to find out about tapping will give you a new tool that will help make your life better.

You might also want to visit EFTBooks.com where you will find more thorough information in the form of articles, books, and downloadable audios from my various classes.

ON ANOTHER NOTE: I don't mince my words. I say it like it is, but I'm not mean. I find a lot of the things we suffer though on a daily basis pretty sad, and at the same time, pretty funny. What I love about it all is that it's so easy to shift crappy things into magical, wonderful, awesome things. It's time to see life as it is—fun, amazing and silly even amidst events and situations that can seem to be really harsh and even impossible.

If you're hurting, please, take it easy, step back and allow yourself to see the comedy in it all.

Give yourself a break.

WHO'S THIS BOOK GOOD FOR?

You can definitely use this book if:

- you like to be in control of everything
- you put projects off because they seem overwhelming
- you're a perfectionist and don't want anything to go wrong
- you are consumed by anxiety just thinking about a task
- you are convinced that no one would want or respect what you do, so you never even start
- you don't have self-control or discipline
- you are not organized
- you don't know how to prioritize tasks
- you don't know where to begin
- you underestimate time constraints
- you keep telling yourself that you "don't feel like it"
- you tell yourself that a task isn't so important
- you have no motivation
- you are overconfident, so you leave things until too late
- you get swamped by your emotions
- you get caught by destructive thoughts
- you think it will be an unpleasant task
- you haven't wanted to deal with the life and/or business changes that always accompany success

And this book will be great for you if:

- you say to yourself, I'll do it tomorrow (but you do not)
- you think that you work best under pressure (but the truth is, you collapse and fail under real pressure)
- you think you're more creative if you wait until the very last moment (but in reality, you go blank)
- you love to wait until the last possible moment because you relish the thrill and the rush.
- you avoid doing important things because you're afraid of what others might think about you, and might laugh at, judge, criticize or scorn you.
- you find it impossible to make a decision: if you don't decide, you feel free of the responsibility for how things turn out
- you tend to get involved in over-research and get lost in the details, until the deadline has passed.

There are more, but let's just start. Because...

There's hope for you!

In this short book, I'm going to do my best to show you why you put things off, so you can stop beating yourself up and start gaining confidence. So you can stop being afraid of what people think of you, and instead look forward to big congratulations ... and the best ever? So you can finally get your dreams happening. You might even get happy!



Stop stopping yourself!

what to DO to STOP PUTTING THINGS OFF!



What stops you?

what to **DO** to
STOP
PUTTING
THINGS
OFF!

ANGELA TREAT LYON

PROCRASTINATION!

Procrastination is a big stumbling block for so many people, so I want to congratulate you for taking the opportunity to find out why you put things off, and what to do.

What exactly *is* procrastination?

The word procrastination comes from Latin: procrastinare. The prefix 'pro...' means 'forward' or 'towards', or, 'to push towards'. The second part, '...crastinare' means 'till the next day' or 'till tomorrow'.

**Procrastination:
I'm putting it off until tomorrow!**

So, when you procrastinate, you're not only avoiding doing something you think is important, or something that you've wanted to do for a long time, or something that you've dreamed about ... but you are actively pushing it away until tomorrow. Consciously! How weird is that?!?

**Why are you *doing* that?
What do you think you are gaining?**

What you lose by procrastinating

I avoided going to the dentist for too long, and ended up incurring way more pain than I would have if I'd gone at the first sign of something wrong.

Because I hate going to the dentist, and dread the pain that is usually involved, I put it off, put it off, and put it off.

When I finally went, I discovered that I had created more pain for myself in the work that now had to be done, and I had to pay out lots more money to correct the damage that that one tooth being out of place had caused.

If I had only gone in and had that simple problem fixed, it would only have cost me \$79, and I would have avoided three whole years' worth of incremental correctional dental work.

Lost position, respect, revenues

"Sharon", a friend of mine, had a fabulous idea for a book that she kept putting off and putting off. Finally, I asked her, "what are you waiting for?"

She said, "I don't know, I've got all these research notes and I've got illustrations, and all the research to back my ideas up, but I just ... I don't know ... I just don't feel like it."

A couple days later, we found out that someone else in her field had written and published a book on the very same subject. That meant that Sharon couldn't publish hers now, because it would look like she was a copy cat.

Don't be like Sharon. She lost out on becoming the expert go-to person on her subject, and the respect and the higher position in the market that writing a book brings an author.

She also lost out on many thousands of dollars in revenues she could have gleaned from book sales, lectures, coaching, conferences, and more.

What meant most to her, though, was that she also lost out on reaching thousands of people who she could have served and helped with her knowledge, skills and expertise.

Who is waiting for you?

If you're a coach, a speaker, an author, educator, artist or some kind of actor, dancer or performer, imagine the hundreds of people who are waiting for you to share your unique skills and knowledge with them.

Right now, the very people you want to hold your hand out to, the people you want to serve, the people you want to read your book, listen to your podcast or radio show ... are losing out, just because you are holding back.

How absurd and sad is that?

The 8 Basic Ways You Put Things Off

People procrastinate for many reasons. Some reasons seem like they should be called "bad," but are really reasonable, looking from a different perspective.

Some reasons might seem like "good" reasons right now, but are really unproductive in the long run. You'll see when you read on.

On the following pages I have included eight of the basic patterns that I've seen in my work as a Mindset Mastery Trainer. In real life, sometimes only one pattern is at play, and sometimes more than one. Which one(s) are you?

Lazy



Laziness stops you

Let's tell the truth: you're lazy!

Maybe you never developed any discipline.

Perhaps you have no passion for whatever it is you've thought up to do.

Or you have no real, compelling desire to do what you're being asked to do—you can't see a reason to do it.

Or it seems like too much trouble, not worth the time or the energy it would take.

Or maybe there may not seem to be enough reward in return for doing whatever it is.

In any case, what will happen, or what will you lose out on, if you do not do the desired/required thing?

Will you get fired?

Will you get bad grades?

Will someone else be promoted instead of you?

Will you lose your girl or boy friend?

Will you put your child in danger?

Will you not make any money, or lose it?

Will your health get worse?

THE BIG QUESTION: Ask yourself what it is that you would be really disappointed in yourself for *not doing* when you look back upon your life when you die.

WHAT TO DO: Set out to stop putting those things off. Do those things as soon as you can—because you never know when the Big Magic Moment will come. And I can tell you from personal experience, it comes in a flash!

Got Slow Pace?



Your slow pace stops you

Let's tell the truth: You simply move at a slower pace than others.

Did you know that there are people who have an energetic configuration in their bodies where, when they hear about or read something new that they might want to act upon, they have to literally ponder it for a month before they can integrate it into their systems and act on it? It's true!

THE BIG QUESTION: Are you one of the people who are wired naturally with that kind of energetic configuration?

I know you've seen Fast Pace people who jump on new ideas and take them and run with them. They immediately create a new work of art, write a new book or series or classes, and so on, right off the bat. I'm sure you know people like that. They're right on the ball.

But Slow Pace people take a look at a new idea and say, "well, you know that sounds really interesting. Let me look into it and think about it." The way Slow Pace people are made up means they think about something, ponder it, go over it, research it, etc., for a whole month before they take any kind of action!

They're made up that way. It's not that they can change it. They can't—it's just simply their energetic configuration.

[If you are familiar with the Human Design System, you will know that this is one of the energetic systems some people are born with.]

LIST HOW YOU'VE CRITICIZED YOURSELF

Example: I must be so stupid

How come everyone but me goes so fast?

What's the matter with me?

Then use EFT/tapping to undo your self-criticism.

LIST HOW AWESOME YOU ARE

Example: I work at my own pace that's good for me.

Of course I'm not dumb! I'm smart!

The good thing about having a naturally slower pace is that once you are done looking something up and thinking about it and integrating it, it's yours from then on, and it's solid.

WHAT TO DO: If you do have that kind of tendency, I bet you've compared yourself to others, wondering why you just can't seem to jump on new ideas and create projects the way someone else does.

You might even wonder what's wrong with you, get bummed out or depressed, and judge yourself.

Surprise! There's nothing wrong with you! You can let go of beating yourself up for not being a fast-paced, jump-on-it kind of person!

Understand that this is how it is for you, and accept it ... and even bless yourself for it.

Because it means that you integrate solid understandings of things before you act on them. By not rushing into things willy-nilly, you avoid making mistakes. Well, as long as you don't procrastinate!

Stalling



Stalling stops you

Let's tell the truth: I stall. I'll have a project I want to do, but then, as I go to do it, I seem to go sideways and ... I'll wash the dishes ... and then vacuum the house ... and then sweep the porch ... and then I'll straighten my studio ... and then maybe I'll decide to go shopping.... Then at 3 o'clock in the afternoon I've run out of things to do, and I finally sit down and do my project. Do you do that?

Doing that can be a problem, and it can be a good thing.

Because while I'm stalling, part of my brain is going, "well, let me see: there's this part of it ... and this part of it ... and this should go over here ... and if I do this then this'll happen...." I kind of ruminate and cogitate on the whole thing. Like a moving-doing-something meditation.

So when I do sit down to work, I know what to do and in what order, and ***boom-boom-boom*** it's done. I don't have to sit there and wonder what to do. Because I've gone over the in my mind so much, the steps are already put together, and I just do them. But if I stall for too long, all of a sudden I feel too tired and I go take a nap, and I end up not getting a thing done.

Let's tell the truth: I also stall by taking a lot of time for information gathering. Research is a good thing, except it can be overwhelming, and you can easily overdo it. It an easy way of not doing the project or the task. You'll be thinking to yourself, "oh, let's just find out/write/watch this one last thing. Oh and what about this ... " and so on. Watch out!

**Stalling = bad thing when you do it for too long
and you get nothing done.**

Stalling = good thing if you do it right.

THE BIG QUESTION: Do you stall like I do? By putting every last thing before doing what you really wanted to do? How does that make you feel? Does it feel good? Or are you beating on yourself again for doing something other than what you think you should-oughta be doing?

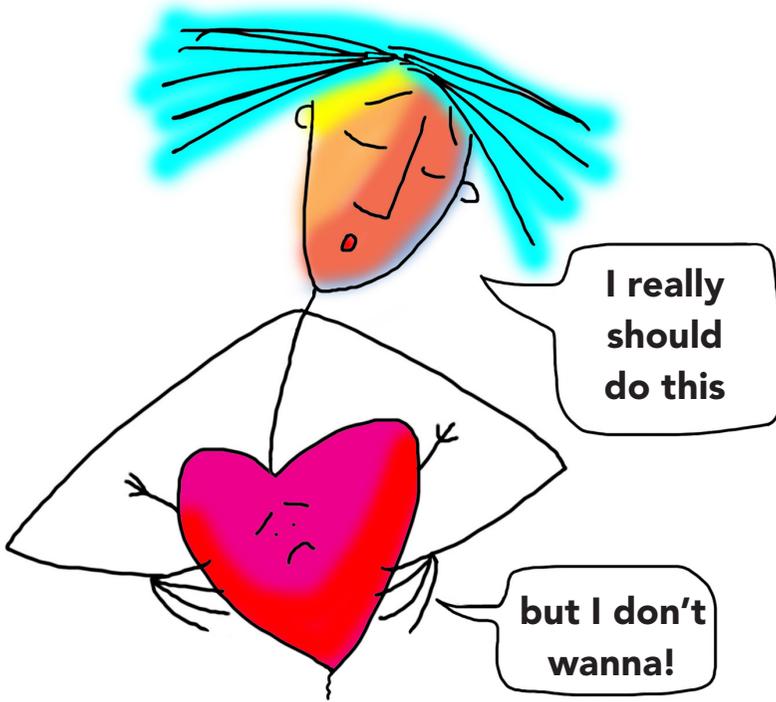
WHAT TO DO: Next time you do it, watch yourself doing it! Don't try to change it yet—you can't change something if you don't know the details. See how you stall, what exactly you do, and how it makes you feel.

If you're really OK with stalling, don't change! What for? You're getting stuff done, you're getting your project going, and you feel good—what is there to lose?

**If you feel bad about something, change every
bit of it that you can, lickety-split.**

Because feeling good is What We Want—right?

Sabotaging Feelings



Sabotaging feelings stop you

Let's tell the truth: Maybe you're upset that you 'have' to do something, even though you don't want to. So you put it off, and put it off, and put it off. So you play avoidance games.

There you are, sitting in a big pile of crummy feelings, doing all these avoidance things to not-do what you know you want to do or feel like you ought to be doing. How crazy is that? Talk about an energy and time stealer!

Have you've heard yourself say any of these statements?

- "I don't feel like doing that right now."
- "I'll just take a nap now so I have more focus later."
- "I'm just gonna go on Facebook for a minute and check in and I'll feel better and come back to it."

How many excuses do you have that keep you from doing something?

THE BIG QUESTION: What is *really* keeping you from actually moving forward? If you looked deeper into your mind and asked why you really don't want to do it, you might find an answer like, "I'm not very good at it, and I don't want to mess up, so I'll just kinda not do it...."

Or maybe you might hear your mind say, "Last time I did this, my (kid, hubby, wife, boss, etc.) yelled at me that I was (stupid, dumb, clumsy, inept, etc.) and if I do it again I'll just get yelled at again. Who needs that?"

WHAT TO DO: Next time you feel like you “have” to do something, ask yourself, “Why?”

Who set up the rule that you “have” to do that thing?

Can you get away with not doing it at all?

What would the consequences be if you didn’t do it?

Can you do it in a different way that feels better to you—like maybe make whatever it is into something fun or funny?

Can you use EFT/tap to resolve how you feel about it?

What if you invented a whole other way of doing what you have to do so you can do it well, have fun at it and even feel terrific, instead of crappy?

Remember that this is YOUR life. Not anyone else’s.

YOU get to decide what to do.

YOU get to choose what to do and how to do it.

Procrastinating, in this case, has a purpose. It says to you, “stop doing this, because it makes you feel bad. Here’s an opportunity to choose something different.”

**Start choosing a way of doing things
that feels good to you, right now.**

Destructive Thinking



Destructive thinking stops you

Let's tell the truth: You really don't want to do it. No matter what it is.

You tell yourself to do it, but underneath your thoughts of having to do it are other thoughts, vastly more powerful, and they all say, in one way or another, "NO. Absolutely not."

There are so many thoughts that can undermine your ability to step forth and make progress on projects, journeys, work, and life itself that I couldn't possibly name them all. Here are some the destructive thoughts my Mindset Mastery students and clients and I have dealt with:

I'm not good enough
No matter what I do it isn't enough
People don't care about me
I'll never make it
I'm too (stupid, fat, ugly, white, black, uneducated, etc.)
Women shouldn't _____
Men are _____
I'll succeed and then lose it all
My family will hate me if I make more than my father did
No one wants what I do
No one will buy my work
I don't know where to find students/clients/friends
I'm lousy at marketing/selling my art/music/services

All destructive thoughts can be tamed.



Beliefs

Did you notice that all of those thoughts I listed are beliefs?

What is the one common thing about all beliefs? They are all lies. **Be-lief**. You are **BEing** a **LIE**. "I'm not good enough." That's a lie. Whoever said you weren't good enough? They lied. Who are they to judge you?

THE BIG QUESTION: How much longer are you going to keep buying into those lies? How much of your life are you going to lose out on because you think incorrect, damning, downward spiralling and destructive thoughts?

WHAT TO DO: Make a list of all the destructive beliefs you can possibly remember thinking. About anything.

NOTE: Keep an ongoing pad of paper for this, because it will take a few weeks for you to remember them all—some only come up after others are expressed.

Once you have listed 10 or 20 of them, start asking yourself: What's the opposite of that?
Then list the opposites across from the lies.

Example:

I'm not good enough

Of course I'm good enough!

I'm unworthy

Or even, "I'm awesome!"

If your mind can't believe the shifts, use EFT/tapping, to shift each one, and watch as your lying, deceiving, nasty, undermining thoughts turn into amazing, supporting, loving, creative and exciting thoughts!

Gestation



Gestation

Let's tell the truth: You don't really feel ready to hatch your project yet.

You want to give it all the thoughts and ideas that it needs in order to create it, so you keep stalling, you procrastinate, you put it off, you delay it, you say, "Oh, I'll do it tomorrow..."

In reality, while you're kicking yourself and saying "I should," the back of your mind is working on it! You've been taking notes, collecting information ... so by the time you do actually decide to do it, you're really prepared. I call that gestation.

**In our do-it-now world, we forget
that sometimes things can take weeks, months
or even years to develop.**

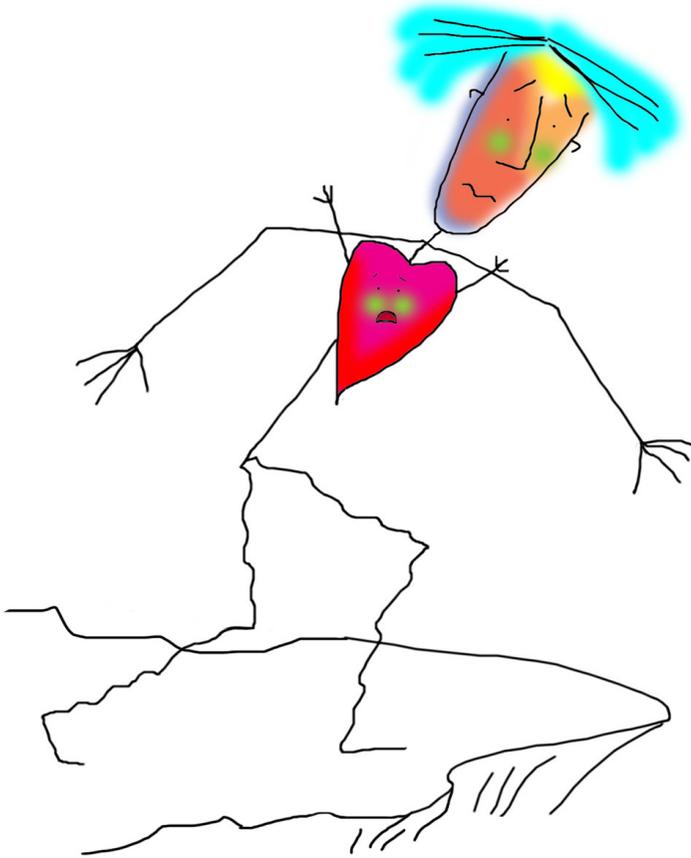
You know as well as I do that if you crack open an egg before it's ready to hatch, the chick inside dies.

THE BIG QUESTION: Is it ready to birth yet?

WHAT TO DO: If it's not ready to birth yet, stop pushing! It's the same with any project—try to birth it before it's ready, and *poof*! It dies. Relax a little, and stop blaming yourself for not doing something that isn't even ready to be done yet.

If it's ready, go for it whole hog!

Timing



Your Timing is off

Let's tell the truth: Sometimes the timing isn't right.

Procrastination can just be a name for you making yourself wait to do something that needs the right timing.

Example: You've just produced a series of oil paintings. You want everyone on the planet to see them. But where will you show them? Your timing is off—you don't have a gallery yet, you haven't put them on any social media or on your website. You need to get ready for your launch before you jump.

Example: A coach wants to raise her prices, but she needs to get more hands-on practice under her belt so she can feel more confident in her abilities. The timing isn't right for her to start charging or to raise her prices.

When she actually feels like she is good enough in her own eyes, and knows she can do a great job with her clients, then, she'll take action—but the timing isn't right yet.

THE BIG QUESTION: Are you ready yet?

WHAT TO DO: As soon as you feel confident, jump!

Sometimes, what we call procrastination is being really smart, and having integrity.

Heart/Soul Alignment



Heart Alignment/Soul Alignment

Let's tell the truth: It may not even be right for you to do what you're trying to make yourself do.

You're procrastinating because a very smart part of you knows darn well that it's out of whack with your heart's and/or your soul's path.

Example: A long time ago, I signed up to sell stuff I didn't really care about in a multi-level marketing company. I joined because I was broke.

Even though I joined to make money, I kept not working at it—I was pushing it off and pushing it off and pushing it off—and at the same time, I was wondering, "it's just so easy, why don't I do this?"

I finally had to look into my heart, and realize, "You know, this really isn't for me." I'm just not one of those people who happily pushes health products, or junk silver, or Pre-Paid Legal, or whatever popular MLM is trending. I tried all of those, but they weren't right for me.

If you're aware of your purpose in life, or aligned with your soul's or your heart's deepest desires, and you mistakenly choose to do something out of alignment with any of those, you will very likely procrastinate.

Or, you will keep trying hard, even though it feels like wading through mile-thick molasses in January.



Either way, you're having zero fun, and you end up beating yourself up because you judge yourself to be lazy, or not good enough, or not smart enough, or popular enough.

None of those is remotely true. You just don't want to do it because whatever it is doesn't fit you or your path through this life. And it's OK for you not to want to do it!

THE BIG QUESTION: How does this project or journey measure up to your heart's deepest desires? Does it fit with what your soul wants?

WHAT TO DO: As soon as you know the answer, make appropriate changes. Say no to the project or the MLM or the trip you were about to go on, or the course you were about to teach, or the book you were going to write.

If your project isn't aligned with your deepest heart and soul's path in this world, trying to do it will just hurt. You'll hurt inside *and* out, as you lose courage and confidence, and then money, friends, partners and clients slip away.

Opportunities that are aligned with your highest being are out there, just waiting for you. As soon as you stop being distracted by all these side trips, you will see them and jump on them, and start having way more fun!

Choose the path with heart and soul.



Which pattern catches you the most?

The Basic Eight Procrastination Patterns

- Lazy, undisciplined, without passion or desire
- You have a natural Slow Pace
- You're Stalling
- Sabotaging feelings
- Destructive Thoughts undermine you
- Natural Gestation
- Your Timing is off
- Your heart/Soul Alignment is out of whack

**Whichever pattern catches you the most,
make sure you know its ins and outs, so you can
stop it from stopping YOU anymore!**

As you read this book

Make a note on a piece of paper what some of your own most important problems are that fit with the subject of this book. If you can't find words, write down how you feel inside your body when you think of procrastination.

It's those thoughts and feelings that you will most want to get at and shift, so you can use EFT/tapping on them to actually create and have the life, dreams, family, business and relationships you dream of but haven't attained as yet.

Why tap on problems?

Because by definition, limiting thoughts, fears, beliefs, habits and feelings are limiting you!

When you tap on them, you can get at the cause of the limiting thoughts, beliefs and habits that are in your way, then clear and transform them, so you can now use the energy that was trapped in them for creativity and success.

You know how much *work* it is *not* to say an ugly thing when you really want to blast someone? Well, imagine all the energy in that ugly blast being cleaned up and used for creativity!

That's what I help you do—you and I work together to find the places where you're stuck, and clean up what's in there. Then we expand the energy so you can use it for what you want, rather than *it* using *you*! Things can be easy, simple and even fun, if you allow it!

After tapping, you'll be pleased to see that your issue was relieved, resolved, or even completely eliminated.

On the next pages, I'll take you through using some Ho'oponopono!



HO'OPONOPONO!

Now I'm going to show you something I'm sure you didn't expect at all: how to use an ancient Hawai'ian tradition to heal energy blockages and entanglements in your body/mind system. (*pronounced like this: HOE-oh POE-no-POE-no*)

A sacred, ancient technique

Ho'oponopono is an ancient Hawai'ian technique used to heal emotional and mental imbalances.

It used to be that it was carefully guarded by the Kapunas, the Hawai'ian priests, so that lay people couldn't use it.

Ho'oponopono was revealed in the late 1900s by a very respected healer, and has been used publicly since.

One of the healers who uses and teaches it today, Dr. Hew Hale'akala Len, healed an entire mental facility using Ho'oponopono.

I have found it to be one of the most powerful tools for helping people recover from emotional, physical and mental attacks, upsets and imbalances.

Did you make your lists?

I hope you did the short exercises I outlined in this book. I didn't suggest doing them for nothing! They work well to dig out and separate what is really going on with you from the morass of activity in your mind.

One of the exercises was to write down ways that you feel

bad (page 16). Now I'll give you an example of how to use Ho'oponopono to relieve your feeling-bad-ness.

Feeling the Feel-Bad is important!

How can you fix something you don't know about? You cannot. That's why you have to feel the feel-bad-ness.

Let's say, when you think of a specific person or a project, a place or some thing, you get an upset feeling. **Now you know there's work to do**, and you know you need help.

And you can call EFT or Ho'oponopono to the rescue!

An example

OK, so let's say you just had a conversation with someone that didn't go as well as you'd have liked, and maybe you felt insulted, intimidated and put down.

- 1. You sit down and relax as best you can.**
- 2. Say to your mind, "show me where the energy in this problem I'm experiencing is."**
- 3. Assess the energy it shows you.**
- 4. Use Ho'oponopono.**

1. Relax first. Make the time to sit down, get comfortable, and relax with the problem.

That sounds obvious, to sit down and relax, but it's critical to take the time so you can focus without interruption. Don't do this while you do another task, or in the middle of a tv show, or on the way to pick up the kids.

You will be surprised at how fast it goes, so don't worry about 'wasting time on your silly emotions,' as an ex-friend used to say to me!

Make sure that you bring some water for hydration.

2. Say to your mind, "show me where the energy of this problem is."

The energy can be both in and outside of your body! Many times I have experienced blocks of energy right in front of me, not inside my body at all.

Use your inner vision to 'see' the energy and exactly where it is.

3. Assess the energy. Notice the details.

Don't be overly picky, going into each details with a fine-tooth comb—there's no need for that. Just see how it feels to you, what color it is, what shape it is, how big it is.

Make sure you find all the edges and perimeters, so you are aware of it all. Notice if it has a smell, or a taste, or a sound.

OK, got all that? Your ability to do this will accelerate and improve the more you do it.

Let's say the energy you are experiencing has a feeling of anger and fear.

The energy looks like a dark spikey heavy smoky cloud that

- makes your belly feel queasy and
- reaches up into your heart and
- constricts your chest, and
- goes up into your throat and
- tries to choke you.

Gather that information, even if it does feel crappy. That will go soon—have patience.

Ask if it has a message for you

Typically, the energy will say something like, “I’m here to keep you from making that same mistake you made years ago that got you hurt. So I’m closing you down and keeping you safe.”

OK, so we have the problem, the energy, the feeling, what it looks like, and its message.

Now we use Ho’oponopono.

4. Ho’oponopono

There are four phrases in Ho’oponopono:

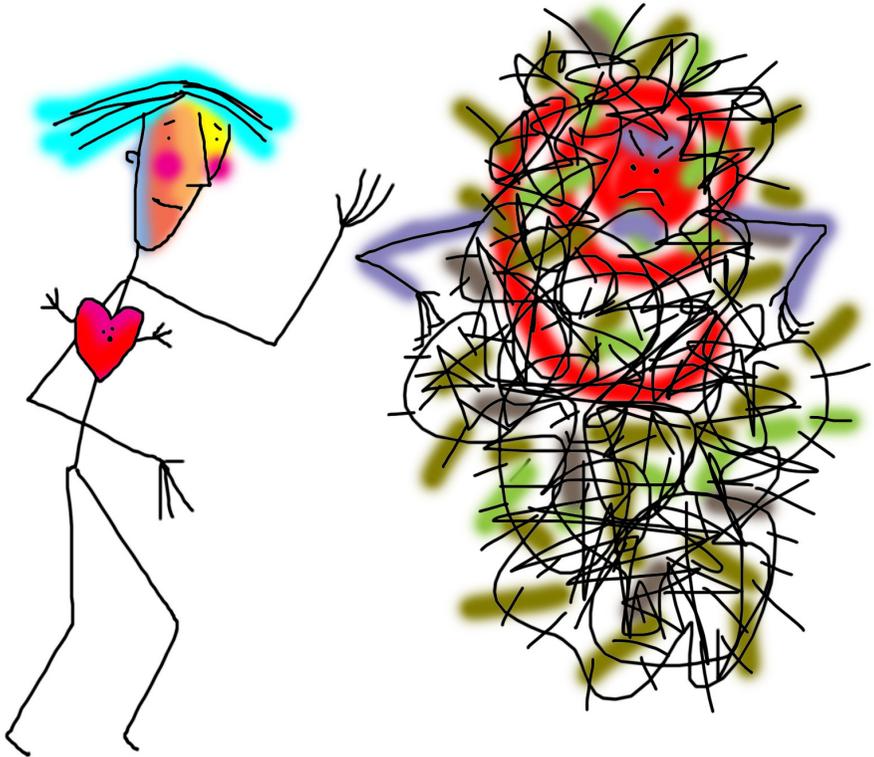
Thank you

I’m sorry

Please forgive me

I love you

You’ll see how powerful these simple phrases are as we go through clearing this energy from your system.



Thank you

We received the message that the energy thinks it is there to keep you safe.

That's all fine and good, but you're all grown up now and can make decisions about safety on your own!

It's time to clear the energy and shift your mind from feeling like a helpless 3-year-old, and let it have the space to think grownup thoughts!

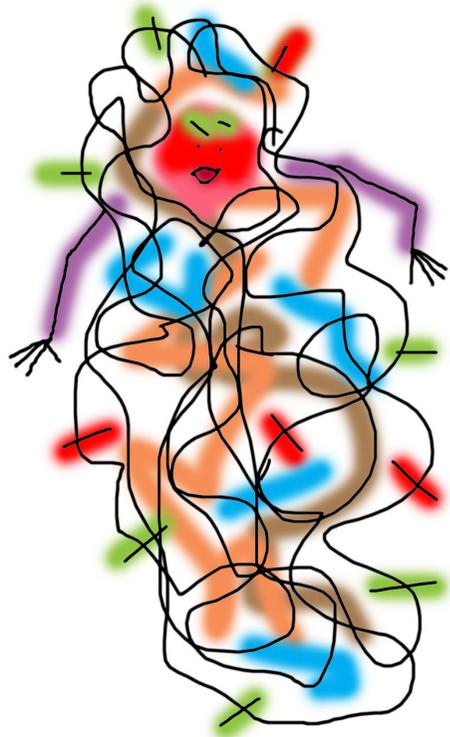
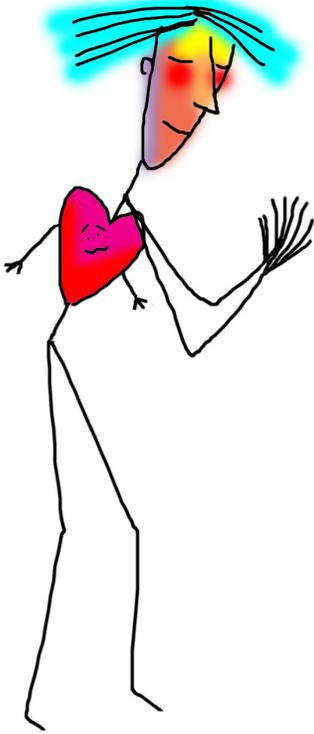
So you look at/feel/hear the energy and say to it:

"Thank you! Thank you for sticking around all these years to try and keep me safe! You've done a great job—look at me, I'm a grownup now, and still here. Thank you so much."

Don't be sarcastic or critical. That's not the point at all, and will undermine your work. Be sincere, because this energy has had to work really hard to keep you safe.

Think about it! It constricted your chest so you'd back away from scary people. It closed your throat so you wouldn't say things that got you hurt. It did a great job! Be sure to really mean it when you say thank you.

When you can feel that your gratitude has been received, move on to the next step:



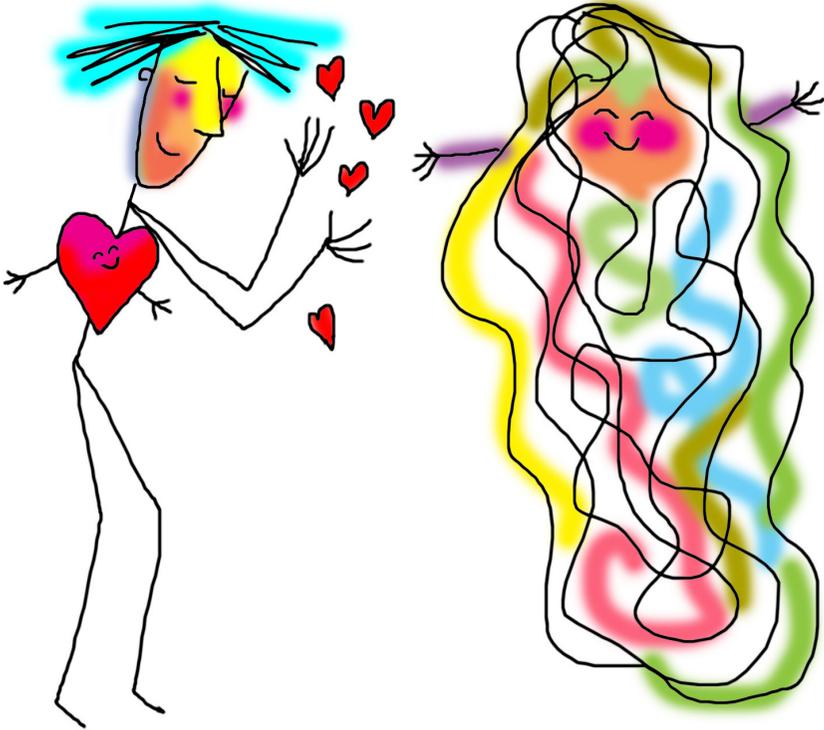
I'm sorry

This may seem to be a strange thing to say to something that you had perceived for a long time to have been choking and constricting you!

In fact, it *has* truly been trying to help you. But you've been trying to ignore it or push it away or even fight it for years. It's like you've been fighting the firefighter trying to save your home! What would you say to that guy? "I'm sorry"? Of course you would!

So say, very sincerely, "I'm so sorry. I didn't know I was getting in the way of you trying to help me. I had no clue! I thought you were trying to kill me, or hurt me. I hated you! I'm so, so very sorry!"

You may experience tears here. This is powerful. Allow them. When you're ready, go to the next phrase:



Please forgive me.

A pretty natural followup to I'm sorry, yes?

Just be simple. Say to the energy, "Please forgive me. I didn't know."

You may have more tears here again. Be real. Allow them. Don't go on until you can breathe freely again.

The next phrase is the coolest:



I love you!

Bet you never ever in a bazillion years thought that you'd be saying that to the very energy you thought was in your way or even killing you!

Once again, imagine that firefighter trying to save your house! He's done it - what will you say to him? "I love you!" Of course!

So say to this energy that has been inside of you and your system and valiantly trying to help you, "I love you."

Really feel the love. Radiate it. Send it and saturate it. Allow it to circulate through your system. Feels good!

Breathe.

And then....

The last step

At this point, you have a critical choice to make.

You can make the energy go away, or ask it to put on a new uniform or outfit and be your ally.

Most times, the energy has shifted vastly by now. It is no longer the ugly black thing. Often it will be brighter, lighter, more fluid.

See what yours is like now. See how it shifted!

I always try to opt for keeping it. Women, especially are trained from childhood to give themselves away, and every last shred of our own energy is precious.

If you can keep it, do! If it isn't yours and is still nasty, let it go - quick!

A new ally?

Ask it if it would like to be your new ally. It can be your First Officer of Safety!

But—and this is big—it doesn't get to run the show anymore! You are the captain of your you-ship, you are the boss.

So as your First Officer of Safety, it can warn you of bad or scary things, and YOU make the decision to stay and face what seems dangerous or scary, or you can leave, or defend yourself properly.

If the energy balks, and won't agree to that, say that unless it

agrees, it has to go, because you're the boss, and you don't allow anything in your system that isn't actively supporting you. Most times it won't want to leave, and will agree to be your ally. It did stick with you for years already, after all, why would it want to leave now?

Especially when it gets to do a good job and have fun with you—the confident, strong, fun and intelligent adult, rather than a whimpering scared child!

New ways to handle danger signals

Now you need to get together with the energy, and figure out what signals your new ally can give you to let you know you're in danger. And, it's up to you to take responsibility to do what it takes to be safe.

How do you feel now?

Better, I hope! I invite you to see Ho'oponopono as much as you can on as many areas of your life as you can. Get your inner being cleaned and polished up so it shines and glimmers—even to those of us on the outside!

More help!

Come to my webinars, teleclasses and gatherings! Work with me one-on-one or in groups. There are all kinds of options for you. I invite you to get notifications of my latest goodies at EFTBooks.com - go to the freebie in the website's right-hand column - getting that will get you onto my notifications list. In the kind-time, be well, be happy, be FUN!



what to DO to STOP PUTTING THINGS OFF!

I really hope that you have enjoyed and gotten some helpful insights and clearing from this book!

I invite you to check out my classes, my other books, and audio recordings at AngelaTreatLyonBOOKS.com and at EFTBooks.com.

much aloha,
Angela Treat Lyon

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