

## Regarding a question about cancelling goals and pain .....

When you cancel the goal, don't try to "make" something come up or even "expect" something...just be with the cancelling of what it is you want (what you wrote as your goal for #1A). By cancelling you allow the "alter" (your mind) to be clear. If you try to figure it out you are still in what we call "carbon base memory". AND, the cancelling is just half of it! The second part (#9B on the 12 step sheet) is asking for assistance from the super processor (Rukha or the Holy Spirit) – we can't do it all on our own - we need help. After you have reconnected to love and turned it over to Spirit, you should feel at least a little lighter or relieved (maybe not exuberant). Yes, you might feel some anxiety if what comes up is a big issue for you. Let me ask you a question now, when you said, "My goal was to be loved and accept by others" – that is a BIG GENERAL goal. If your object of attention was the world maybe this is an accurate goal but if your object of attention was **one person** (which it should be) then I think you need to be more specific in your goal. For example, "I want to be loved and accepted by ...Bob or Mary or Mom or Dad or myself or whoever it is". The more specific you are the better result you will have and the more specific of an issue will be uncovered. You can't eat an elephant in one bite. ☺ It would be nice but not practical. And yes, physical pain is very common. Sometimes what "comes up" is all physical sensations and not memories – and sometimes it is both – but whatever went into your system has to come back out and whatever physical emotions went in with the experience also has to come out. Be with it and know you are healing and moving in the right direction. If you focus on the thoughts, feelings and sensations that come up instead of on the healing then you could recreate the issue again by giving it more energy. It is a memory of pain – not current pain.

Something else that may help... go to this link...it is about "stuck points"

[http://www.whyagain.com/media/Reality\\_Management\\_Worksheet\\_stuck\\_points.pdf](http://www.whyagain.com/media/Reality_Management_Worksheet_stuck_points.pdf)