

SELF-Realization in 21 Minutes™

Making Sense of Your Life One Step at a Time

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SELF-Realization in 21 Minutes is a unique spiritually oriented 10-question daily process of self-inquiry and healing. Working one obstacle at a time, for only 21 minutes each time, you not only reframe your thoughts and beliefs. You also get in touch with and transform your emotions, feelings, decisions, and the speech, actions, habits and patterns that are stopping you from being your authentic self and creating, living and loving the life you desire.

You feel lighter, freer and clearer immediately. And, with more advanced applications, using the process to accelerate valuable communication and relationship skills, and finding your unique passion, you sustain open-heartedness, purposefulness and living in the flow ongoing. You feel loved, guided, supported, and blessed as you reach your highest potential and fulfillment in all areas of life. And, most importantly, people will see you as a happy, open hearted, empathetic and inspirational person.

To begin, the process, SELF-Realization in 21 Minutes™, is based on the concept that negative or miss-perceived thoughts create self-defeating limiting beliefs, which often result in repressed feelings, by which you make miss-informed decisions, develop demeaning speech and dysfunctional behavioral habits and patterns. When you free and transform them, you open to clarity and intuition. Living through intuition and the flow of love and wisdom you radically improve your life and the lives of those you love or counsel.

To see how we formulate negative thoughts, beliefs, feelings, speech and actions, it may go something like this:

When we are born, we have a sign:

I A L A C
I Am Lovable And Capable

It's the story of our lives. Hypothetically, although we're not cognitively aware yet, imagine this: We come out of a nice watery, warm, dark, womb into a room that might be colder, with perhaps bright lights and more noise than we're accustomed to in the womb. And, the doctor may even have to smack us to get us to breathe. A sense we might get about life and ourselves might be, "Life is scary and painful. People hurt us." We may then formulate the *self-limiting belief*, "There must be something wrong with me." And then we may make the decision or vow on how to live life. As one who tends to placate others, we might *decide*, "I better be good and always give in, in order to be loved." Or, as a rebel, we might think, "I can handle a hard life and *decide*, "I'll show you." Whether we're meek or aggressive, a little piece of the, "I Am Loveable and Capable" sign is ripped off.

Now we're six months old and crying for nourishment. Mom is talking on the phone and doesn't hear us and we keep crying and crying. A *thought* we might get about others and ourselves could be, "People don't care about me." "There's no one around to take care of me. The *self-limiting belief*, therefore is, "I must not be lovable." The *decision* on how to live life for a compliant person might be, "I have to please everyone to get them to love me." As a rebel, the *self-limiting belief* might be, "I'm on my own." The *decision* on how to live life might be, "I

don't need anyone to take care of me. I have to be strong and do everything for myself." Another little bit of the IALAC sign is ripped off.

We're now seven years old and mom calls out, "Hurry up get dressed you're going to miss the bus." You yell back, "I can't find my shoes." Mom responds, "If you put them away where they belonged, you'd be able to find them." A *thought* we might formulate about others, "Everyone yells at me because I lose things." The *self-limiting belief* I might formulate about myself is, "I don't deserve to have anything good." "Or else, we formulate the *belief*, "I'm disorganized." The *decision* on how to live life might be, "So what? No one will tell me what to do. I'll do what I want." Or, "I better be extra neat."

We're now twelve years old and find out we flunked a test. The teacher says, "If you studied for it, you would have done better." Yet, you did study. A *thought* about others could be "they don't know what they're talking about." And, the *self-limiting belief* about ourselves might be, "I'm stupid and not capable or worthy of getting what I want." The *decision* we make is to give up altogether or else work really hard to achieve. Another strip of the IALAC sign is ripped off.

We're now sixteen years old and we come home from school and want to watch soap operas or baseball, and our older sibling is watching the science channel. We plead to change the channel and it's refused. A *thought* we might formulate about others is, "Everyone else gets what they want." The *self-limiting belief* for the compliant one is, "I'm not important enough to get what I want." As the rebel we might formulate the self-limiting belief, "I'm better than they are. The *decision* on how to live life is by either always saying no to others or staying away from others. The last of the sign falls to the ground.

We are now twenty years old in bed thinking about ourselves, what and who we are. Our new sign is now, "I am not lovable or capable nor do I deserve to be loved or be successful." Or, "I am better than everyone else and I'm entitled to be successful no matter what." And from hereon in we unconsciously push ourselves to get ahead or give up altogether.

These beliefs about ourselves, and decisions about how to live life not only stay with us and rule us until we get in touch with and transform them, but they actually create our lives. They become self-fulfilling prophecies. And, although some of these decisions have benefitted us positively, it's usually through forcing ourselves to get ahead rather than succeeding through flow (source).

Research has shown it takes twenty-one days of repetitive affirmation to grasp the concept and change the pattern and it takes 90 days to make it a permanent lifestyle change. However, if there are extenuating circumstances according to Maxwell Maltz, it can take as much as 254 days. The challenge is to get in touch with the unconscious hidden issues and change them. Getting in touch with the unconscious involves doing internal inquiry first. Doing the process on the worksheet below by itself can get you into the body in order to bring up the unconscious. However, if you're very anxious, a relaxation meditation first can accelerate accessing the unconscious. In a relaxed state, changing the old self-limiting beliefs and associated feelings and decisions entails using affirmations and visualizations.

To begin the process of counteracting the old thoughts, beliefs, feelings, decisions, speech, habits and behavioral patterns, complete the SELF-Realization in 21 Minutes Worksheet below.

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1. The issue is: _____
 - 1b. Rate the level of disturbance: (0-10 w/10 High) _____
2. Where I feel constriction in the trunk of my body is: _____ And the CORE feeling is: _____

If you feel most energy in your head, consciously bring that energy down into the trunk of your body.

Then determine where there is the most constriction and identify the deeper feeling:

Neck or shoulders is usually shame, grief (past or anticipatory), or powerless

Heart and chest area is usually sad, lonely, hurt or hate

Abdomen and stomach is usually fear
3. What this reminds me of from the past in childhood is: _____
4. The thoughts or questions I had about myself, others or situations were: _____
5. The belief I formulated about myself in childhood was: _____
6. The decision I made then about how I'd live my life was: _____ and the way I behaved as a result of this decision was: _____
7. The way people treated me as a result of my internal meanderings and my behavior was: _____

8. If I didn't have these thoughts, beliefs, feelings I would feel and be: _____
 - 8b. The willingness I have to be free of these emotional charges is (0-10 w/10 high): _____

If willingness is over 7 then work on asking forgiveness from your inner child (personal soul). Tell your inner child, "I'm so sorry for telling you _____ and holding onto these for so long. Please forgive me. Thank you. I love you." With forgiveness is usually a release.
 - 8c. **Rate the level of disturbance now:** If disturbance is down to a 3 or less then you're ready to open to higher consciousness and receive love, wisdom and intuition
9. **Embrace Higher Consciousness:** When we let go of emotional charges there's often a void. To fill the void, imagine a large ball of light above your head radiating a channel of light around your entire body. Then imagine a smaller light, within the greater light beaming a channel of light from your Higher SELF. Imagine it coming into your head, then expanding into your heart, then expanding into your stomach. Notice how you feel. In this expansive state fill in the statement:
My new affirmation is: _____

How we formulate affirmations is important. They need to be believable and achievable. Since you need to believe them, it helps to find a baseline of where you're at. For example, affirming, "I am lovable and capable." If you don't believe it yet, then you might use a baseline of whatever resonates for you.

I'm **"choosing"** or **"willing"** to feel lovable and capable
I'm **"intending"** to feel lovable and capable
I'm **"preparing"** to feel lovable and capable

See it in detail like on a movie screen. Notice constrictions. If still constricted you may not feel worthy or deserving of having your desire (see my FREE 3-week workshop). If no constrictions you are in alignment with the affirmation.
10. **Action Step:** The first step I can take to resolve this issue is: _____
Give thanks for any insights, revelations, sensations, and intend to GO FOR IT ALL!

Important to note: While SELF-Realization in 21Minutes™ has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Please consult qualified health practitioners regarding your use of anything here or on this website.

