

# **9 Secret Protocols – Designed To Help You Manifest A Happy, Healthy, Totally Joy Ful-Filling Life!**

**I.E. Awakening Your Pure Awareness Knower; Feeling Into & Completely Through Your Core; Creating Clear Barrier Free Intentions; Groking Your Unlimited Big GAP of To Infinity & Beyond Connectedness; Re-Claiming Innocent One-Der; Waiting for Clarity by way of In-Stilling Peaceful Inspiration; Mobilizing Your Most Gratefulness Positive, Manifestation Generative – Heart Awake Feeling Tone; Mobilizing Your Complete Yes – I-Now Know Exactly How I-Can & Last But Certainly Not Least - Finding Your Most Effortlessly In Your Zone Empowered Vortex of Light**

**By Dr. Lynn Sereda evolved out of the work of Tom Stone**

## **That We May All Transcend Our Past**

**The huge important thing to get about holding negative self sabotaging fear patterns! Is that insofar as we make some positive intention in terms of our wanting to go for some really big want & desire in our lives! It becomes incumbent upon us to ask ourselves, so what are the barriers or still negative held self doubts that we still hold, that we continue to feel as a charge somewhere within inside our self ...? The kind of messages that are directly contrary to us feeling able to bring some given positive intention into our manifestation enabled reality! Remember the powerful message of the law of attraction is ... that whatsoever we keep via our trance of unworthiness holding inside of ourselves ... we tend to keep magnetizing toward ourselves! This explains why - as long as we are still holding negative attitudes about ourselves around some intention! We will to that degree out of whatever inner conflict we may still be holding ... continue to via our law of attraction to self sabotage ourselves - in spite of our best intentions! By also attracting what we don't want in relation to some intention.**

**So why not integrate a much wiser approach into our ability to manifest! Which is to take some time to be totally real with our selves! By way of identifying and acknowledging those barriers or self doubts we still hold inside of our self! So that we can then go on to use the feel through the core technique to reduce these negative charges to zero! By agreeing to take anywhere from a couple of minutes to 15-20 minutes plus. To feel completely through our old negative charges whenever these self doubts come up, depending on how long**

**any particular complete charge release may take! As many times as it takes! Until such time as we feel totally clear of any such, and eventually all such self doubts. Not by going into the story of some old charge! Rather by learning to feel so right through and out to the other upside of our feared feeling that we in this way feel able to totally release the long held energy of some old charge so totally - that we turn that energy completely around into the opposite positive feeling inside of ourselves! To where this new positivity will be second nature to us, something we now totally own inside of our self! Effortlessly without having to keep using so much energy, trying to keep over-riding our old self doubts!**

### **What Follows Then – Is A Guide Toward Helping Us All Identify Some of Those Bigger Mind, More Obvious Held, Self Doubt / Trance of Unworthiness / Pain Body Resultant - Internalized Self Sabotaging Patterns**

**Which based on old emotional fear & resistance experiences – most of us to varying extents & in various locations still hold inside ourselves! So that we can then support our selves to use the ‘feel into the core’ protocol along with the help of all 8 protocols, to learn to completely let go of & free ourselves from the following kinds of self limiting, black hole like energy losing traps, that we keep setting inside our selves! To where we can then fully internalize the very opposite much more liberating, totally positive, effortlessly uplifting, feeling states inside our selves!**

**Please understand that this is not meant to be a comprehensive list! It is only a helpful guide. Do not hesitate therefore to add any new negative to positive inner shift messages you may discover within yourself, wherever you may find them in your own body – in the space that follows! Indeed the whole purpose of you learning to dive into your own inner fear based emotional attitudes about your self, is for you to better insight see, in order that you may be motivated to go on and clear whatever particular self sabotaging patterns you are still holding! So that you can vaporize them completely all out! In order that you may then free yourself into such opposite of your old fear based negativity into your most natural and spontaneous elevated positivity all the time. In such a way that you will finally feel able to most effortlessly fulfill your most wondrous intentions!**

**I.E. To Begin – Let’s First Take a Look At Just What’s Involved In Shifting From Holding Any Kind of Negative Trance Around Sensual/Sexual Energy – In-To Uncovering Our Opposite Totally Positive Feeling Inside - With Respect To Our Most Fearlessly Liberated - Way More Clear Possible Essential Nature**

- **Upgrading From - Sex is dirty!** - Pleasures of the body are evil, bad, wrong, the motivation of the Devil!
- **To - Sex is One-Der-Ful!** - Pleasures of the body are, with the right loving attitude, simply divine, good, right, a magnificent gift from God!
- **Upgrading From - There must be something wrong with me! I'm so bad to the bone I do not deserve to feel good!** - I'm such a loser, I'm not worthy or good enough to receive Real embodied happiness!
- **To - I deserve to feel good!** The moment I realize and respect the sanctity of my body, I feel what a blessing, and therefore how perfectly right it is to enjoy my gift! – **I am worthy & good enough to receive Real embodied happiness!**
- **Upgrading From - I am helpless and dependent** - upon others for my survival and thus don't know how to get what I want, unless I just take it!
- **To - I am capable and independent** – I can take care of my own simple basic survival needs, which leaves me free to learn how to go for all those things and experiences beyond 'mere need' – that I want & desire!
- **Upgrading From - I've been too hurt and abused** - to the point of being afraid to enjoy my body and trust my awareness!
- **To - I now feel totally ready to manifest a great pleasurable life for myself** - to the point of feeling able to totally enjoy my body and trust my awareness!
- **(Upgrading From - My Body is not good enough,** - I hate it, I'm too ugly to experience real embodied Joy!)
- **(To - My Body is good enough,** - I love it, I'm so beautiful, it is my gift to help me experience real embodied Joy!)

### **I.E. Shifting From Holding Any Kind of Negative Trance Around Doer/Entrepreneurial Energy – In-To Uncovering Our Opposite Totally Positive Feeling Inside - With Respect To Our Essential Most Fearless Nature**

- **Upgrading From** - I don't know how to make anything on my own, I always make messes, I just don't know how to do anything right! Therefore I have come to believe that – **I-Can't, I'm basically incompetent, no good at anything!**
- **To** – I know how to make things on my own! There are some things I'm really good at, areas of interest where I have the talent to do things well! Therefore I feel that – **I-Can, I'm basically competent, good at making things in those areas where I feel talented!**
- **Upgrading From** - I don't know how or - **I am afraid to just jump in and play!** And thus do not feel able to have a good time just doing things for the sheer joy of being involved! Because I simply do not feel able to involve myself in particular things that interest me!
- **To - I love to just jump in and play!** And thus know how to have a good time just doing things for the sheer joy of being involved! Because I simply love to get involved with those particular things that interest me!

- **Upgrading From - I am weak, feel powerless, have no sense of empowerment** - I have a very poor sense of self confidence, low self esteem! I don't even know what I love to do! To where I rarely jump in and go for it!
- **To - I am strong, feel powerful, have a sense of empowerment** - I have a very clear sense of self confidence, high self esteem! Because I know the things I love to involve myself with most - in my life! To where I love to jump in & create!
- **Upgrading From - I'm a hopeless, helpless failure** - I have no sense of accomplishment! And therefore I feel fundamentally helpless to the point of putting myself in the position of feeling totally dependent upon others!
- **To - I'm full of hope, because I feel able** - I have a sense of accomplishment! And therefore I feel fundamentally capable of putting myself into the position of feeling like a totally independent, fulfillment manifest able, human being!
- **Upgrading From - I am the only one who knows how to do things right!** - Therefore I must be in control in order maintain control over as many incompetents as possible! So that I may manifest my (basically material) wants and desires!
- **To - many people know how to do things right!** - Therefore I can learn to allow other people to help me! Learn to give up control to as many competent's as I can find! In order to help us together manifest our many levels of want and desire! Which includes having great helpful friends to share with!

### **I.E. Shifting From Holding Any Kind of Negative Trance Around Friendship/Relational Energy – In-To Unfolding Our Very Opposite Totally Positive Feeling Inside - With Respect To Our Essential Most Fearless Nature**

- **Upgrading From - I'm too shy & reserved, or too aggressive & domineering!**
- **To - I'm easy & relaxed with people, outgoing yet receptive, able to share as one equal to another equal!**
- **Upgrading From - I'm too scared to live!** – I'm scared of other people's motivations, their feelings, even of my own, actually especially of my own and hence must stay hidden! **The result is that I feel too alienated and rejected!**
- **To - I love to live!** I'm interested in other people's motivations, their feelings, even of my own, actually especially feeling into and through my own to where I love to share! **The result is that I feel very connected and accepted!**
- **Shifting From - Sharing my feelings is not easy for me!** I don't know how to fit in, to just be easy and natural with people in ways that make best friends!
- **To - sharing my feelings is easy for me!** I know how to fit in! To just be easy and natural with people, make best friends! Because I'm friends with myself!
- **Upgrading From - When it comes to socializing, there's something wrong with me! I'm not good enough, worthy enough! Nobody really likes Me!** Therefore I'm way at the bottom of anybody else's pecking order!
- **To - when it comes to socializing, there's so much right about me! I'm good enough, worthy enough, like myself enough! To where people really like Me!** Therefore I'm fully able to relate to those people I most like to relate to!

- **Upgrading From – I abhor being vulnerable!** Because I don't like how I feel! Therefore I feel I must remain in control, even remain aloof by deadening myself to both my, and other people's feelings! To where I'm actually scared to enter deeply into the core of my feelings inside my body! Which in turn means that I am afraid to penetrate and hence be alive everywhere within me in a way that is deeply calm and relaxed, easy throughout the whole of me!
- **To – I actually love being open!** Because I like how I feel, including my ability to keep feeling! Therefore in feeling easy with being open, I love to stay fully alive not just to my feelings, but to those of everyone else I choose to engage with! Actually I'm so fearless about entering deeply into the core of any feelings that arise inside my body! That I love to allow my awareness to penetrate and hence live everywhere within me in a way that is deeply calm and relaxed throughout the whole of me, even in the face of difficult interpersonal situations!

**I.E. Shifting From Holding Any Kind of Negative Trance Around Heart Loving/ Family Special Connecting Energy – In-To Unfolding Our Opposite Totally Positive Feeling Inside - With Respect To Our Essential Most Fearless Nature**

- **Upgrading From – Nobody really cares, I don't really care!**
- **To – Most people really care, I really care**
- **Upgrading From – I'm so angry, I actually hate other people to where I constantly find myself wanting revenge – for the way I have been treated!**
- **To – I feel such a strong love of life! I actually out of loving compassion love other people so much, I constantly find myself wanting to help others upgrade into actually feeling able to treat others well!**
- **Upgrading From – I can't trust hardly any one!** Which makes me feel so used, such a victim, that I find it much safer to stay uninvolved, separate!
- **To Where – Because I can now trust my own ability to feel through whatever comes my way, I trust I can bring out the best in other people!** This in turn helps me to feel really useful and heart opening able to where I'd much rather be involved & connected!
- **Upgrading From – I simply don't know how to be intimate, heart to heart connected, or even feel like I deserve to be loved!** It's like there is something about me that feels like a reject!
- **To – It's easy to be intimate, feel my heart to heart beating in heart to heart communion, and thus accept that everyone deserves to be loved!** This opens a place inside me that feels absolutely great!
- **Upgrading From – I must take everything I can get, do whatever I have to do, even settle for whatever I can get – whatever the consequences!**
- **To – I feel like sharing everything I can – from the most heart loving place inside myself! This enables me to go for the best – in order that I may help create the best possible consequences for everyone who comes into my life!**

**I.E. Shifting From Holding Any Kind of Negative Trance Around Articulative/ Communicational Energy – In-To Unfolding Our Opposite Totally Positive Feeling Inside - With Respect To Our Essential Most Fearless Nature**

- **Upgrading From – I simply don't know how to communicate my feelings and understandings about life!**
- **To – I love to communicate whatever I understand and feel about life! So that I may continue to broaden my understandings.**
- **Upgrading From – My mind is not sharp enough, smart enough, for me to have anything important to say!**
- **To – I've learned so much about life, I have so much to say, to contribute!**
- **Upgrading From – I'm so ashamed of what goes on in my mind, my thoughts! I am actually afraid to articulate and communicate what goes on in my way of seeing the world and my place in it!**
- **To – I'm so proud about what I have come to understand in relation to things that interest me, that I absolutely love to share my ideas with others!**
- **Upgrading From – What I know about life is so boring, so silly, so stupid, nobody would really like to hear what I have to say!**
- **To – What I know is so interesting, so profound, everybody would love to hear what I have to say!**
- **Upgrading From – I am the only one who really knows what they're talking about! Therefore it is actually important that I dominate and control conversations!**
- **To – Wow! So many people out here have interesting things to say, about so many different aspects with respect to what we can come to know! That I find it most interesting hear other people's points of view!**

**I.E. Shifting From Holding Any Kind of Negative Trance Around Insightful/Visionary Energy – In-To Unfolding Our Opposite Totally Positive Feeling Inside - With Respect To Our Essential Most Fearless Nature**

- **Upgrading From - I'm not responsible for my messy condition!**
- **To – I love to take responsibility for manifesting great experiences!**
- **Upgrading From – I don't know how to invent myself - or even how I'm supposed to live! Which includes not knowing what life is really all about! - Thus I have no sense of trust in my own innate creative/inventive nature!**
- **To - I know how to invent myself - how I most love to live! Which by its very nature includes knowing what life is really all about! Thus I have a great sense of trust in my own innate co-creative capability – because I know that in my most connected place, my genius, my brilliance comes through me from beyond myself!**
- **Upgrading From - The world is a horrible unsupportive worrisome place - making me constantly feel uneasy about my future! It's like a jungle out there that I must get on top of!**

- **To - the world is a wonder-fully supportive place** – full of possibility, enabling me to constantly feel great about my future! It's like there's such a loving life force inside me, that this help me feel able to manifest my dreams!
- **Upgrading From - It's my fate, my karma** to have such a difficult life! And even though I hate it, I can't help it, can't change it! Cause I'm at the mercy, a mere victim of forces bigger than myself. Certainly not any master in charge of unfolding a great life for myself and every single other I come into contact with!
- **To - the big underlying force helps me to create my fate, my karma**, to manifest such a great life! And because I feel I'm in a co-creative partnership with this force bigger than myself! This in turn helps me to feel able to be in charge of my life, a master of my life - oriented toward fulfilling my own great destiny!
- **Upgrading From - I'm fundamentally ashamed of, or otherwise disgusted with myself!** Cause I'm too flawed out of it, fundamentally clueless, sometimes or often to the point of self loathing! Making most my life so depressing!
- **To - I'm fundamentally so blessed, so grateful for myself!** Cause I'm so fortunate to have discovered how to be so much more completely with it, fundamentally tuned to the place where my brush wriggles by itself, my dance dances itself from somewhere beyond me! Making my life so fabulous, I love it!

**I.E. Shifting From Holding Any Kind of Negative Trance Around Positively Big Picture Connected Real Vitaly Alive Radiant Spiritual/Religious Energy – In-To Unfolding An Opposite Totally Positive Feeling Inside - With Respect To Our Essential Most Well Beyond Ordinary – Totally Fearless Nature**

- **Upgrading From – There is no God or anything like it beyond myself!** Nothing but my seemingly endless rounds of hurt and pain, and my ceaseless unfilled longings!
- **To – There is something so huge going here beyond myself!** That in feeling truly able to connect up with this, **my life now feels filled with endless joy and happiness!** This makes me feel absolutely amazed with and grateful for how much fulfillment I am able to manifest!
- **Upgrading From – I feel God, the Great Source, to be so separate and above me. That it feels like my only hope is to keep begging for mercy!** And since I am at the mercy of God, I must constantly obey and beg pray for my future salvation – to this mental image of God I have constructed – which only exists outside myself!  
**To – I feel so awake to the Big Force living within me, that I feel inspired to share this with everyone who is open to wanting to feel this realization for themselves!** And who are therefore willing to take responsibility to reach into their own self clearing process, so that they too may come to feel the grace that comes with feeling this connected into a living partnership with this Big Source! What's more, inasmuch as I feel so awake to the Greater Spirit of this Underlying Loving Creative Principle which seems to be at the Source of the love I now feel in everything I experience. I feel motivated to help all creatures great and small to feel able to live a wonderful life!

- **Upgrading From - I certainly have never felt that I have been given all the equipment necessary to manifest all my dreams!** Especially not in any sense that that I might be able to learn how to use that equipment from my insides out so well! That I feel any possibility to actually grow myself up enough to partner up with something beyond and much bigger than myself to help me! **Therefore I'm endlessly bored, stuck in the same old, same old, ruts, of half fulfilling levels of experience! Doing my best to merely pretend that I have a great life.**
- **To - feeling that whatever the Greater Mysterious force is that has evolved us to where we are! I'm really beginning to get it that this force loves us so much, that I have been given all the equipment necessary to manifest all my dreams!** Especially in the sense that I can learn how to use that equipment from my insides out so well! That I can actually grow myself up enough to partner up with something beyond and much bigger than myself to help me manifest my dreams! **Therefore I'm endlessly excited, stimulated to help create newer, happier, more joyful ways of living for myself, and others!**
- **Upgrading From - I sometimes or often feel so compelled by my unfulfilled desires!** That I feel driven by negative forces from seemingly outside of myself to constantly create problems for myself! **Even to at times act out various forms of nasty, disgusting, even heinous behavior!**
- **To - I constantly feel so motivated by my open-ness to the One-Der-Ment of this Great Mystery - which seems to fill me with so much Loving Grace!** That I feel guided by positive forces within myself to constantly create solutions in the various ways that keep coming to me! **Toward manifesting various forms of beautiful, heart lifting, even blessedly helpful healing solutions for everyone!**
- **Upgrading From - I simply don't know how to reach out past my limitations! I'm way too stupid, too caught in endless conflict, such a hopeless endlessly repetitive sinner!** To where I really don't get or feel connected to any Bigger than myself - Picture! **And thus often feel lost, hopelessly adrift - living an endlessly ego fear driven, and thus same old, same old, self-sabotaging problematic less than fulfilling life!** That's always mostly about me, me, me! As if to say whoopee, what's the big deal, life sucks, we live through a vale of tears, grab whatever we can get, and then we die!
- **Toward - Now actually knowing how to reach out past my old bought into limitations! Such that in my seeing much more clearly way beyond my old ordinary self!** I actually now continuously find myself being so whole intelligence awake to the Bigger than myself Picture! **That I always way up-liftingly keep surrendering into this Bigger than Myself Reality!** As if to declare such a huge Whoopee to life inside of me, that I now see all life, indeed every singularity based thing as a very big deal – with all due respect to all of us! In such a way that I now see how it possible for us all to actually be enabled to live an endlessly inspired, brand new moment by moment, completely solution oriented & therefore fulfilling life! So let's help each other together keep discovering our beyond self, Big Picture Connected – Positively Brilliant One-Der-Ful Wizard Genius - Within! That we may finally all together - feel able to create Eden!



**Use this page to identify any further self doubt issues you may find your self still holding within your self – With respect to any of your above listed vital energy centers - Here**