

4 Keys to Freedom:

Underlying every negative pattern, limiting beliefs and judgment we make about ourselves there is a reason. No the reason is NOT our parents, our spouse our incompetent boss or any other story that externalizes our experience of ourselves and our lives.

I believe that we all “know” this at an intellectual level, yet at the same time we live in a society that spends an inordinate amount of time, energy and money looking outside of ourselves for someone, something, anything to blame.

Here is a fundamental truth that when we “get” it has the power and potential to transform our experience of ourselves and our lives. It is a simple statement that sometimes creates resistance, resentment and outright anger and at the same time can literally set us free. As David Gerald said in *Rage for Revenge*, “The truth shall set you free but first it’s going to piss you off”. So here is the fundamental truth. “It is your intention to have the results that you have in your life. How do you know that it is your intention? Because those are the results that you have.”

If you are reading this and your reaction is “No Way, there are results in my life that I do not like! I am not keen on my job, car, home, body, spouse, insert whatever it is in your life that you are less than pleased with, that you judge harshly”

Consider the statement again, it is my intention to have the results that I have in my life, how do I know? Because these are the results I have in my life. There are a couple of concepts that can assist in applying this truth to your life.

- 1) Intention is NOT just what you consciously say that you want, our intention is created by the combination of our conscious and less than conscious beliefs, and remember that MOST of our beliefs operate in the sub or unconscious.
- 2) If we have results in our life that we are not pleased with, there are underlying payoffs and protections. In other words there is a reason for those results and experiences.

On another note these underlying payoffs and protections are also the reason why many people put tremendous time effort energy and money into relearning and counterbalancing their conscious limiting beliefs and often seem to get nowhere. Here is another truth your belief system will NOT let go of a limiting belief until the its underlying payoff/or protection is either fulfilled in a more direct and healthy manner or the need itself is eliminated.

Here are the four general categories of payoffs and protections:

- 1) Recognition
 - Attention, Appreciation, Acknowledgement
- 2) Excuse For
 - Justification, Slacking Off, Non Accountability, Not Risking

- 3) Deception of Others
 - Control, Manipulation, Deception of Others
- 4) Protection
 - Reinforce/maintain beliefs, Avoidance

When we honestly examine our limiting beliefs and negative patterns we can see that there is indeed a payoff or protection underneath. Now the question becomes how can you fulfill or eliminate the underlying needs?

Here are 4 keys that can assist you to create freedom from these underlying needs. Each of the payoffs and protections has a specific action that will fulfill it or assist to eliminate the need.

Recognition

- Action: Ask **DIRECTLY** for what you want, no more games no more martyr. If your relationships are set up in a manner that is not currently acceptable to ask for what you want then now is the time to redefine your relationships to ensure they fulfill the needs of all people involved.

Excuse For

- Become accountable for your choices and your experience of life, accountability is a huge concept, but here are some clues to assist 1) focus on the choices **YOU** made 2) Do not waste you life and energy on blame, no blame on any external he, she, it, they, them and definitely no blame of self.

Deception of Others

- This is a simple one, tell the truth, the whole truth, nothing but the truth so help you God! True freedom and power only comes from honesty and congruence.

Protection

- This can be a fun one, the answer is to consciously **RISK** over and over and over again, my personal approach to this is simple, if it scares me that is a good enough reason to do it. What are your fears that that are keeping you small? Remember courage is not the absence of fear but the ability to feel the fear and do it anyway!

The truth is that at different times in different life areas we have all four of the payoffs and protections going on, your job is to discern what is the most significant one and then commit to taking the appropriate steps. If you fulfill or eliminate the underlying payoff and protection you open yourself to the possibility of a magical experience. Without the underlying payoff or protection that needs fulfillment what can occur is that the limiting belief and negative pattern simply disappear because no longer have a purpose.

I wish you a magical and free 2003!

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