Removing the Anxiety Program

Removing the conflict of subconscious programs

Welcome to exercise two.

The next part of this transformation program or computer clean up is an integration process. You have some programs that are running in conflict with each other. We are going to work with the two that are specific to your anxiety issues.

So, in your mind's eye, imagine that your computer screen is illuminated, and you are going to use your view control to divide your screen in two, so you can simultaneously view 2 files.

Now in the keyboard of your mind, type in a search for the part of you that experiences anxiety, have that file show up on one half of your computer screen, which half does it show up on the left or right? So now that part of you that experiences anxiety is on one half of your computer screen.

As the file opens, does it remind you of someone you know?

Looks at that file now and realize is it filling the full of the half screen or is it shrunk in a corner-how does this part of you present on the screen?

Now, search this file, with this question:

1. **What does feeling anxious get me?**

2. **Next ask, what does that get me?**

So for instance in my case - what does protection get me?

Maybe your answer is safety? When that part of me feels anxious, it is warning me to protect myself, because when I am protected that gets me safety?

3. Now ask, what does that get me? I.e. what do I feel when I feel x... or in my case (safe)?

4. There is a feeling higher than that so ask... When I feel that (safe) I feel x. You feel something else, there is something higher for me when I feel safe then I feel - (content.)

5. What does x (contentment) get me?

6. When I am content I am x (happy),

Keep asking this question, what is higher than that, and what's higher than that until there is no higher. In my experience there is no higher than Happiness/Joy/Love/The warm fuzzy feeling etc.

So, now you realise that the purpose your anxiety is trying to achieve for you is...in fact, to make you happy!!

Now leave that file open and on the other half of the page open the file that says your anxiety is blocking your life-so that part of you that feels that this anxiety is a problem for you.

- have that file open on the other half of the screen

- Look at this file now; who does it remind you of that you know?

- Is the file taking up the entire half screen or is it shrunk and away to one side perhaps? Notice the difference in how this file appears compared to the other one.

1. Now ask yourself, what does this file want for me?

Perhaps your answer is something like-this file wants me to not feel anxious anymore because it is blocking my life

2. So now ask, what would not feel anxious get me? Your answer may be something like-"If I didn't feel anxious I would be calmer".

3 The next question I want you to ask is "What would I be if I didn't feel anxious? "More confident"-or something similar will be your answer.

4 Then ask "What does confidence or X gets me?" "When I am confident I am happy" As before keep asking what does X get me, what feeling is higher than that? Until you get to that top feeling again.

Isn't this the same goal the other file has, and did these two files realise that by being in conflict with each other they were stopping you from attaining this goal?

Would these two files be willing to merge now to create a new file that will ensure you achieve your ultimate goal, which is happiness?

Fantastic- now imagine you are pressing the merge files button, and if there are any other files that are running in conflict with each other give permission for them to merge now also.

This powerful new program will ensure that your hard-drive has a new positive program to utilise to open the pathway for you achieve your life purpose-which incidentally is the same for all of us-we just want to be happy!

Congratulations you have just made a major breakthrough in overcoming your anxiety forever.

Now, on to the next section where I will teach you to download some anti-viral software.