

MARNIE GREENBERG

Delete Your Stress & Pain on the Spot

Hi Everybody,

Before our second session begins, I would like to continue my explanation of some of the principles that are being put into ACTION for you during this Tele-Program. This will give you additional understanding of the how and why of what I am asking you to do.

Please read the entire document and save it for future reference. In the first section, I will expand on the importance of neutrality and the ability to attain the mindless/spiritless state. I know at this point in your lives, your goal is to have your problems resolved by locating and deleting the **specific** weaknesses responsible for creating them. Achieving this requires strengthening your intuition and insight, which kick in when you are able to stop thinking, and hold a neutral, mindless/spiritless state for a short period of time.

While this is my objective for each of you, being free of stress, pain and life problems can be just the first step in a longer journey. The nature of holiday season seems to be encouraging me to describe the experience of where this journey can take you. So, for those of you interested, read on. And if this journey does not appeal to you, read on anyway because I do explain the principles that are being activated for you, as well.

In this Holiday manuscript, I will discuss deleting Holiday Stress and related problems, which is the subject of this week's Activation, Strengthening and Deletion Segment of the Tele-Program.

From the Last Session

NEUTRALITY: As a reminder, before your first session I described neutrality in the following way:

1. Positive
2. Not positive
3. Negative
4. Not negative
5. Self

The three fundamental choices in life are **POSITIVE**, **NEGATIVE** and **NEUTRAL**.

Three Fundamental Choices:

1. Positive (+)
2. Negative (-)
3. Neutral (no charge)

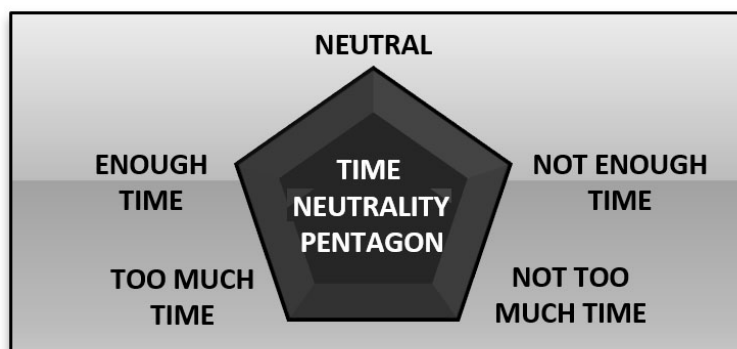
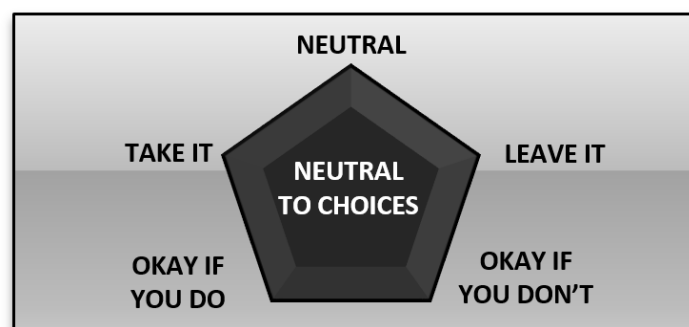
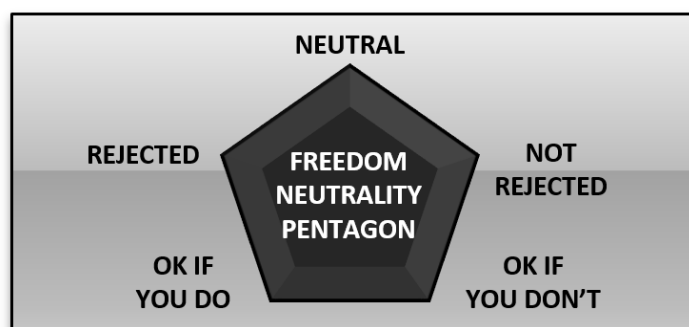
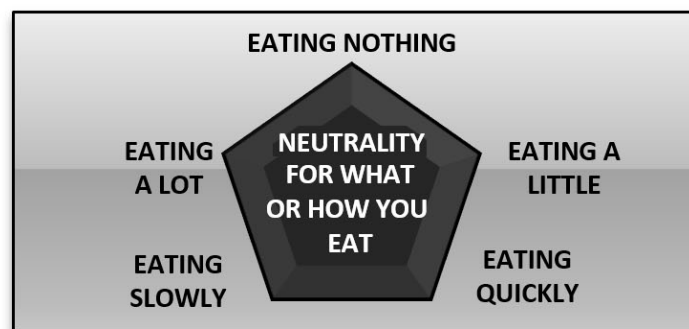
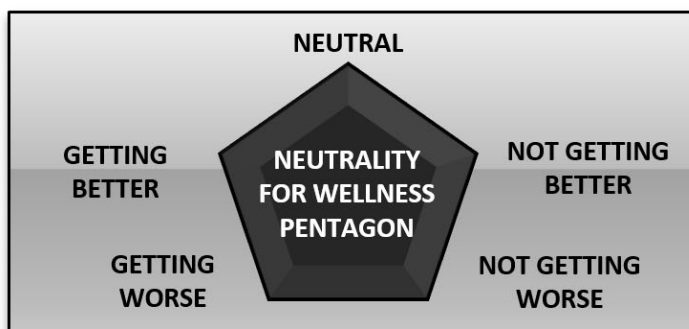
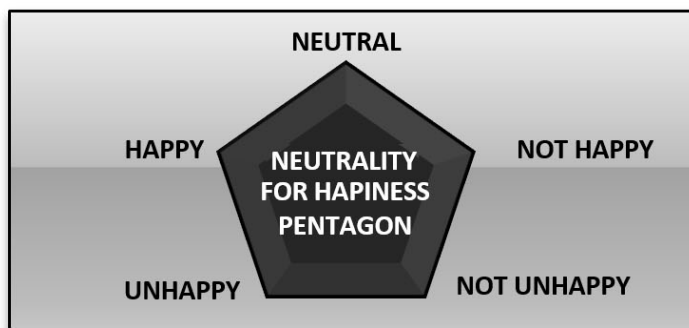
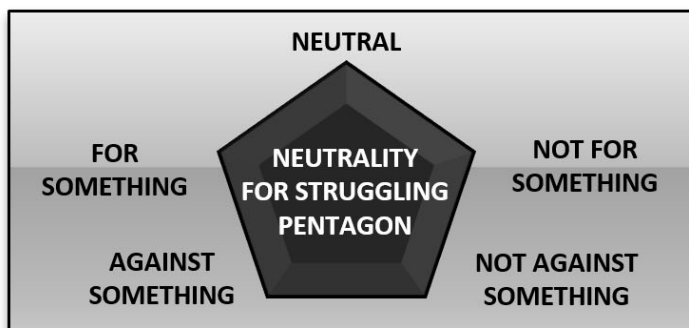
Do not practice trying to be positive or distancing/distracting yourself from the negative. You must be strongly **NEUTRAL** until it is habitual and instinctive so you connect with the true essence of **NEUTRALITY**.

The Polarized Mind

To elaborate on this principle, your conscious mind is polarized by opposites. For every possible concept, your mind entertains an opposing one, such as rich/poor, God/the devil, right/wrong, normal/abnormal, sick/healthy, old/young, beautiful/ugly, peace/war, life/death and the list is endless. Opposites are really two sides of the same coin. In your mind, one cannot exist without the other.

For most of us, we **judge** one opposite to be the better choice, the state we would prefer to manifest in our lives. In such duality, however, the mind ends up going in circles. For example, when the mind is determined to be right, all previous memories of being wrong are also triggered, not only resulting in confusion about how to achieve the desired result, but frequently undermining any possibility of attaining the goal.

However, when you accept both pair of opposites as being **equal**, not comparing the two, all distinctions and evaluations between the pair drop, along with your judgment and condemnation. **You are now neutral. A balance has been created.** There is an **evenness** between the elements, **which** results in **either one of the pair of opposites being equally OK (equally strong) for you.** Below are some examples of being neutral to specific circumstances.



For everything in the mind, there is an opposite, so the list of what you can be neutral to is an endless one. However, you can begin by becoming neutral to those things that are most disturbing to you.

A Protocol for Being Neutral for Beginners

For example, if you're frequently annoyed when you're **wrong** about things:

1. Draw a pentagon like the ones above. List the opposite choices wrong/not wrong and right/not right and then throw in neutral at the vertices of the pentagon.
2. Think about the first choice wrong very briefly. Stop thinking and go to your midline, tense the midline slightly, think or say the word strong very quickly and stop. When you first do this, you might want to give a little flick of your hand vertically along the midline as you think or say strong.
3. Do the same for each of the other four choices, one at a time.
4. Now take a quick look at the pentagon as a whole, stop thinking, go to your midline with the quick thought equally strong and you are done.

When you are neutral for being wrong, each of the four choices, wrong/not wrong and right/not right will be equally OK for you.

Holiday Stress from a Hectic Schedule

Now, let's look at the holidays, Christmas and Chanukah. With all the hustle and bustle, being rushed and stressed when trying to complete your to-do list can put a sizable dent in your holiday spirit. In fact, **time** probably is a frequent problem for most of you on a **daily basis**. With greater demands being placed on our personal and professional lives than ever before, more and more of us wake feeling overwhelmed with all we have to do.

So you have the **Neutrality to Time Pentagon**, as seen above. It deals with the problem I am currently discussing, that of experiencing a lack of time to do what is expected of you, resulting in stress or other upsets.

Additionally, the pentagon covers the opposite circumstance, when unlike the pressure the holiday season brings, you experience boredom because you have too much time on your hands.

I will activate you for being equally strong for the following; not enough time/enough time, too much time/not too much time. When you have mastered being neutral to this pentagon, time will no longer seem to be an uncontrollable and scarce commodity for

you, nor will you have to rely on the **limited** system of **time management**. Very simply, time will no longer affect you in any way.

Emotional Neutrality

Neutrality includes emotions, which, like everything in the mind, are polarized. Examples include happy/sad, fear/courage, shame/pride, sympathy/blame, envy/goodwill, hope/despair, love/hate and so on. While positive and negative emotions seemingly oppose one another, nevertheless, again they are two sides of the same coin. **You can't get rid of one and just to keep the other.**

Emotions are waves of energy that carry a stronger charge than thought waves and therefore have a more potent effect on the quality of your life. The memories that weaken you the most are the ones that have a high degree of emotional intensity attached to an event or experience.

Achieving emotional neutrality requires being **equally OK (strong)** with every emotion and its opposite. When you have attained this state, even a continuous stream of negative emotions thrust at you won't be able to hijack your day. You will remain unaffected.

After using the concept of neutrality for twenty years, I have come across many people who are provoked, insisting the word **neutral** is synonymous with "not caring," "a state of apathy and indifference" and/or "being unmoved and unresponsive regardless of current conditions." I will admit that neutrality is somewhat of a conundrum (puzzle) to the conscious mind.

A better understanding of neutrality is that it results in a state of calmness and tranquility, and additionally invites your intuition and insight to kick in, maximizing your ability to automatically respond to current situations in the most appropriate way possible. In neutrality there is also an evenness that exists, which is congruent with going with the flow of life rather than fruitlessly resisting it.

In the coming session I will be strengthening your neutrality in several areas related to the holiday season. However, as I mentioned previously, since everything in your mind has an opposite, the only possible way to become neutral to **everything** is to be in the **mindless, spiritless state**, where no polarization exists, because there is no mind.

Mindless and Spiritless

In my previous discussion of being in a mindless state, I explained that this necessitates a **cessation of all thought and emotion**. You are quiet - there is no internal dialogue. I understand people's unyielding resistance to giving up the process of thinking and experiencing emotions, even if only doing so temporarily.

Each of us identifies with our conscious mind and believes our thoughts and emotions not only are valid, but they, in addition to our memories, provide us with an individual identity as to who we are as a person. It is understandable then, that we are attached to these thoughts/emotions and the suggestion to delete them permanently as well as the memories they created, is terrifying for most people. Doing so can seem equivalent to becoming a non-entity.

Some of the irony here is that when you give up THINKING and EMOTIONS, you enter the realm of KNOWING. In knowing, there is no "I" present to depend on logic or your past experiences to resolve problematic situations or to find answers.

In mindlessness, intuition and insight, when strengthened, come naturally, in a flash. They provide you with knowing, that comes from your physical intelligence and its connection both to the Universal Mind and to the whole of physical existence. The "I" who exists in the conscious mind disappears and it is **not missed** in any way.

When it comes to emotions, you may equate giving them up permanently to being transformed into a non-feeling robot. Emotions, after all, hold a sentimental value and seem to give our existence a sense of aliveness. In truth the emotions of our mind are only an illusion, each one attached to circumstances and situations that are misperceived and misinterpreted by the mind, which is never neutral and unbiased.

Emotions that exists in the mind are conditional and attached to perceived needs, expectations and conditions. In other words, there is no neutrality involved. Let's look at love as an example. We seek out loving partners for a variety of reasons. The majority of us are not OK with being alone. Your mind dictates that you need someone else-and then provides you with a reason for this choice. Perhaps, so you won't be lonely or bored with yourself, or you need someone to share your life experiences with, someone to give your life meaning or someone who gives you the illusion of being needed. You may be searching for commitment, attachment or roots. And the list goes on.

The moment you say to your partner, love only me, you have started possessing. The moment you start possessing, the other person becomes a thing. This is merely an

illusion of love-you are deceiving yourself. Love is an attachment-something you are holding onto.

Unconditional love occurs only when there are no conditions, no expectations, no attachments, because the mind is not involved. It flows from the heart chakra, has no attachment as to who receives it and expects nothing in return. This type of love exists at the heart of our being. If you look at the polarizing emotions of the mind, you will notice that each and every one of them is based on certain conditions or circumstances or on expectations that are either met or not met and we are attached to them.

When you reach the higher frequencies of vibrations you will discover other emotions that fit the unconditional criteria. I have no name for them. You must experience them for yourself, and they are normally absorbed from the energy surrounding you.

Who Am I? Giving up the “I”

Who of you really wants to give up your singular individuality? Who would you be then? Let me ask you, who are you right NOW? In return, I would expect a resume with some sort of biographical summary.

It would consist of at least some of the following: your name, job, education, marital and parental status, accomplishments, beliefs, ideals, life-purpose, unfulfilled desires, religion, degree of intelligence (Einstein-genius), citizenship, culture, hobbies, what groups you belong to, your world-view, what benefits you provide for others and you can extend this by adding who your parents were, your ancestral line, and so on.

Take it a step further - who you were in your past lives. Some even see who they will be in future lives - incarnations that are in other places or dimensions.

The problem is “I” exists in only one place - the conscious mind, the ego.

There is no “I” in your unconscious mind, no logic-no restrictions of time and space. Although there are traumatic memories and karma stored in your spirit - the “I” doesn’t exist there either.

Nor is there an “I” in your physical intelligence, although we try to insert one there.

***In truly deleting your mind and spirit permanently, the “I” ceases to exist.** There is no you. There is no me. You identify with the greater whole and are able to merge

with it, as well as merging with others. You are surrounded by **total acceptance** and **there is no separation**.

It is OK if you reach this stage and equally OK if you don't. It is OK if you want to achieve this. It is equally OK if you have zero desire to do so. You certainly don't want to make this a goal, because that creates an attachment, which ensures that it will never happen. I mention this only to show you what is possible as the end result of where activations, strengthening and deletions lead.

This process happens in stages. To start, your intuition, insight, your ability to stop thinking and enter both the neutral and mindless/spiritless states are activated and strengthened. At this point, these states can be used to determine strong versus weak, to locate and delete weaknesses and to have occasional flashes of insight, but the states of mindless/spiritless are temporary and non-threatening. You know that you can recall your mind and spirit at any moment.

What you may not realize is that when underlying weaknesses are deleted the negative energy attached to them is released. This eventually results in the **frequency of your vibration being elevated**, and as you persist and deletions continue to be done on a regular basis, you are surrounded by higher, more evolved and supportive energies that affect and enter you. These energies accelerate your insight and alter your knowing about life, truth and the Universe.

Replaying the various longer segments of the Activation, Strengthening and Deletion Experiences is one method that allows you to continually release negative energy, whether or not you are aware of this or even consider the particular areas being deleted and strengthened as relevant to your current life. As your frequency of vibration begins to rise, you will notice a reduction of your sense of separation.

As this continues, you reach the **second stage**, a level where your surrounding energy is such that you no longer experience being alone. Loneliness ceases to exist. You are equally content with people or without people. You will know you are there when you are totally comfortable being alone – even for extended periods.

In truth, although people are no longer needed to share your space, your experience is as far as possible from being alone because the energy surrounding you far eclipses anything you have previously experienced. You also exchange energies with those people who you resonate with on this level-part of them becomes you and vice versa.

I was reminded of these changes one day when I was consulting someone and as I

merged with her to some degree, my memory was triggered to a time in my life when I experienced being as separate and unsupported as she now was. My knowing kicked in, showing me that she was living in the sphere of existence people live in and consider normal, while I had moved on.

The quality of the elevated energy now surrounding me had probably changed gradually but now the sphere I was in was so radically different, my heart went out to the billions of people living at that lower frequency. The difference is astronomical.

Concurrent with the above, as you continue to listen to the pre-steps contained in the short segment of Daily Self-Strengthening and Deletions, your intuition and insight become more precise and faster and you rely on them far more than you do, falling back on logic. The length of time you are able to remain in the mindless/spiritless and neutral states are both extended, and now are bearing fruit. As your day unfolds you are on track (strong) for being unaffected by negative thinking and emotions, even on the most upsetting of occasions. Your knowing has increased so that you automatically make the most beneficial decisions, take the most advantageous actions and your choices have a grade-A rating. Changes are becoming more automatic.

All this precedes the final step of permanently dropping the mind and spirit and what you experience at this point is what I described in a previous paragraph that is starred.

- You begin using your insight to find the one key, out of all keys available, that will open the door guaranteed to lead you to your desired destination.
- Your frequency of vibration elevates. As you follow your knowing you realize you don't need that key after all because the door is open. All you have to do is walk through it.
- Your knowing has led you to take the final step and permanently delete your mind and spirit and lo and behold, there is no door.

Really this is something you can only understand by experiencing it.

Holiday Manuscript

As you know, there are a lot of people who have challenges during Christmas, Chanukah, and New Year's Eve/Day.

Pre-Holiday Stress

When you're in the thick of the holiday season, which seems to come earlier each year, you face the mad scramble of frantic shopping trips, running yourself ragged fighting traffic, finding a place to park at the mall, huge crowds that spark a primal 'fight or flight' mechanism, or perhaps you're avoiding this madness by taking advantage of buying online at sites offering the fabulous savings on items that appear to have out been sold ten minutes after being offered.

Not to mention, decorating, making cookies, and planning parties, if you're lucky enough to be one giving one. And don't forget you still need to get that increasingly popular family photo taken for the Holiday cards you send to God knows how many people or perhaps you've decided to create a one-of-a-kind calendar or photobook that Shutterfly has made so "easy" to throw together. Oh yes, then there are the pre-Holiday parties with zero re-charge. time.

Let's get down to Christmas day, itself or a Chanukah Celebration with your extended family and friends ...

Part of the reason why Christmas or Chanukah can be so stressful is the unrealistic expectation of coming together as a happy family on this one day of the year **with** everyone happy, relaxed and full of Christmas/Chanukah spirit. These days it's not uncommon to find yourself having to work right up to Christmas and then work more to feed and entertain others. At this point you haven't had time to settle down yourself and neither perhaps have your guests.

Then of course you often have a 'history' with relatives or friends, which has a habit of emerging during get-togethers. Bottled up resentments and memories begin to come to the surface, undermining the Holiday spirit and pushing your emotional hot buttons.

Post-Christmas/Chanukah Stress

With the flood of parties and numerous gift-giving events many people find themselves eating, drinking, and being carefree, which often means overindulging. The temptation

to buy expensive gifts, forgetting your limited budget, to feast on calorie-laden desserts or to imbibe an excess of alcohol is often irresistible.

Unfortunately, the consequences of such behavior (**credit card debt**, which can take months to pay off and **additional unwanted weight** that accrues in just one week but seems to hang around for months and recollections of **inappropriate conduct**) cause many people mounting stress when dealing with the after effects, which can last well into the new year. Others suffer a kind of lethargic let-down.

With so much to do and buy and not enough time or money to get it all done, it is no wonder the holidays often have most of us feeling stressed rather than blessed.

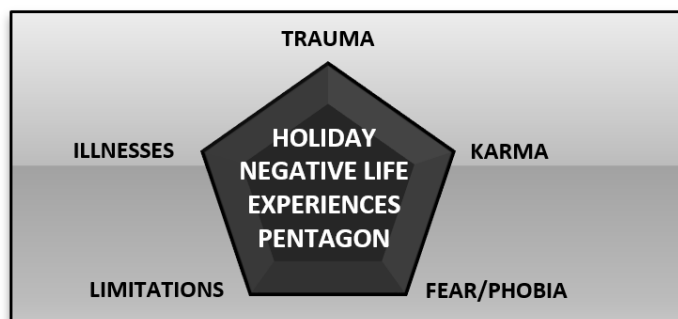
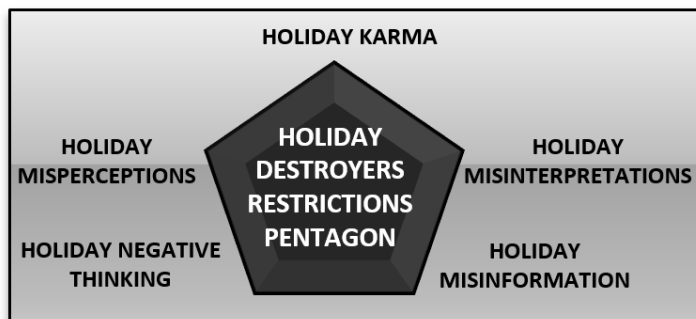
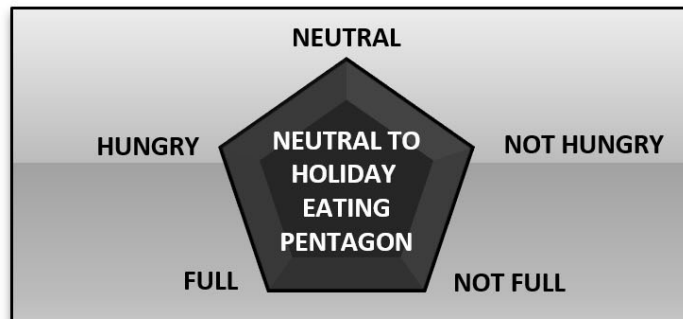
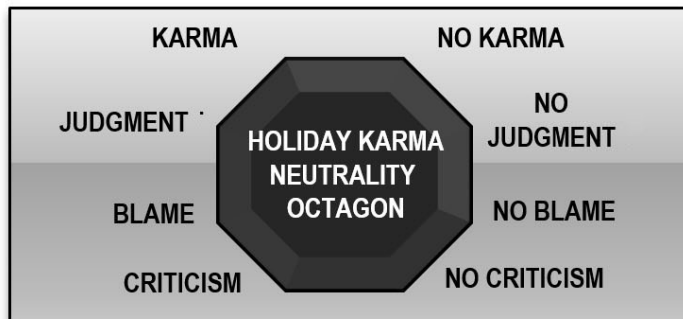
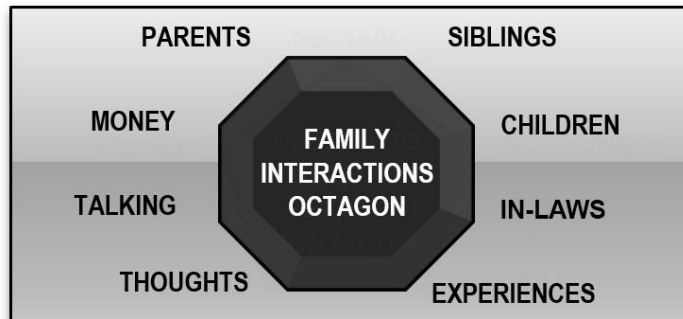
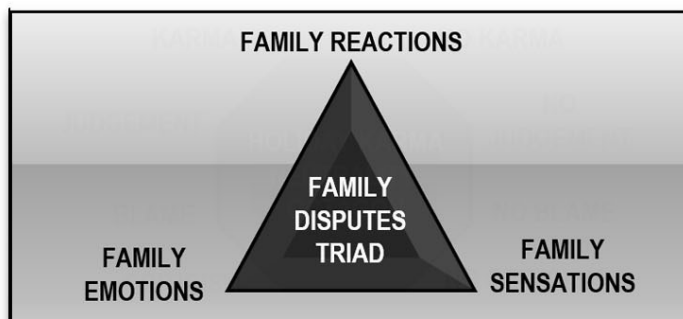
To begin, we want to be neutral to the holiday season. This means the energy of the holiday season should be even with the energy of the rest of the year, rather than being overly charged with the expectations, emotions and actions that accompany the holiday. When you are struggling this time of year, it is the unevenness you are struggling with.

I will be activating you for neutrality regarding not enough time, and I also will delete problems regarding money and debt.

I will delete the problems for most family disputes using the Family Disputes Triad and the Family Interactions Octagon, strengthening you for neutrality for overindulging in food and drinking alcohol, strengthening you for losing any weight you do gain (best way to lose weight whenever), deleting Holiday Negative Experiences Pentagon (deleting the ghosts of Christmases past), deleting the elements in the Holiday Destroyers and Restrictions Pentagon and most important strengthening the Holiday Karma Neutrality Octagon.

(Please see the Holiday geometric figures on the next page.)

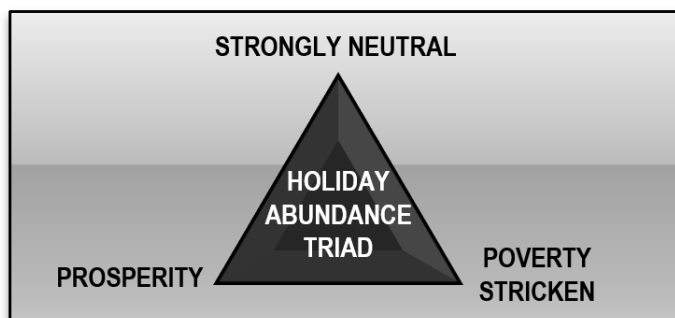
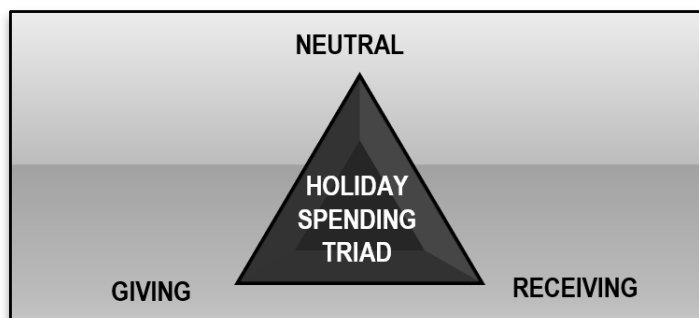
Holiday Geometric Figures



The Holiday season also is a good time to delete weaknesses regarding both giving and receiving, the flow of which should be even and balanced. Many of us have limiting beliefs about both giving and receiving, which will be deleted. One of the biggest obstacles to receiving (money, anything you have wanted, needed and desired, physical or non-physical, and so on) is the inability to remain open to receiving what you want in a manner you never, ever anticipated. We block ourselves to receiving when we have an expectation of how this will come about. Overall, it's important to get out of your mind, whether it involves giving or receiving.

I will be strengthening and deleting the following in the session:

- Strong for both giving and receiving and delete any limiting beliefs about either
- Strong to no expectation as to the source from which you receive
- Delete all negative emotions about giving and receiving
- Strong for being worthy of receiving - this is often an underlying weakness related to receiving in general
- Delete any karma related to giving and receiving
- Being **specifically neutral for holiday spending**
- Neutral **specifically for holiday abundance**
- In general, you should be strong for abundance



I will also be strengthening everyone and deleting any future stress, overwhelm, frustration or loneliness that presents itself during the following ten-day period or that extends into the New Year relating to overspending, post-holiday let-down or other holiday problems.

Finally, I will be **strengthening you for being neutral** regarding whatever you may confront during this Holiday Season.

Unconditional Love,

Marnie Greenberg