

MARNIE GREENBERG

Delete Your Stress & Pain on the Spot

Hi Everybody,

Before our third 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 this manuscript and save it for future reference. In the first section, I will explain how to differentiate between strong and weak and the importance of your Life Hexagon. Former students practicing the method can disregard the contents in this first section.

In the second section, I will discuss strengthening resolutions so you can keep them, effortlessly manifesting your needs, wants and desires and changing your future by pre-programming it, three of the subjects of this week's Activation, Strengthening and Deletion Segment of the Tele-Program.

Feeling the Difference Between Strong Versus Weak

There are only two choices for feeling. A feeling is either “**strong**” or “**weak**” and it allows you to confirm if your thinking is valid or invalid regarding your ongoing actions, decisions and choices. Feeling is also your gage to know if you are “strong” or “weak” to certain experiences, emotions, thoughts, sensations, reactions, issues, triggers, limitations, fears, traumas, karmas, illnesses, misinterpretations, ancestral imprints, collective impressions, memories. etc., thereby guiding you to locate the precise underlying weaknesses responsible for creating your current life problems and for sabotaging your needs, wants and desires so that they fail to materialize.

Correct thinking is not conventional thinking. It is neither right nor wrong. Correct thinking is what tests “strong.” It is “correct” in the context that it ultimately leads to actions that manifest in reality what you seek to achieve. A course of action that works for one person may doom a second person to failure. Changing the path that you're on to be an effortless one will be different for each person. Just as each snowflake or fingerprint has its own uniqueness, so each of your individual “strengths” and “weaknesses” form a profile exclusively your own.

Example of Comparing Strong Versus Weak

*Advanced practitioners use the method of physically feeling and physical thoughts rather than using the following preferred method for beginners.

Tense your muscles. This is an example of what strength feels like. Now let go of your muscles. This is what weakness feels like.

I'm sure you've have thoughts and experiences that give you energy, power and make you "strong", and there are thoughts and experiences that "weaken" you, take away your energy and demoralize you.

Think about something or recall an experience that you enjoyed. This is what "strength" feels like. For example, it may be watching puppies playing and having fun or babies laughing and smiling, receiving an unexpected \$10,000 income tax refund, watching a beautiful sunset, receiving unanticipated praise from your boss, or enjoying a round of heartfelt laughter and for most people that's what "strong" feels like.

Now think about something or recall an experience that causes negativity. It may be possible war in the Middle East, a terrorist bomb, an earthquake measuring 8.5 on the Richter Scale, sitting inside a car without air conditioning when the temperature is 100 degrees, losing power for two weeks or receiving a letter informing you of an IRS audit. For most people that's what "weakness" feels like.

Other people differentiate the two states by experiencing a feeling of heaviness when something is "weak" as opposed to a feeling of lightness when something is "strong."

Practice Exercise - Strong Versus Weak

If you can't seem to tell the difference or are unsure if you are correct, try the following **objective** method of "strong versus weak." Check out the listing of sports events over the weekend. These can include any event involving two teams such as football, baseball, basketball, hockey, volleyball, soccer and so on or any competition that involves two people, such as singles tennis. Select three or four events, watch them, and once the outcomes are determined, "feel" each team or person. The winner will always feel "strong," while the loser feels "weak."

After you experience this a few times, do not watch the events, but make a list of a few games including the times they take place. When you know the game is over, without checking the results, look at your list and "feel" for the winner (strong) and the loser

(weak). Then see if you are correct. To start, so your mind doesn't interfere with your ability to "feel," it's best to pick events that do not involve your home team or specific sports where you have strong opinions about the teams.

When you are really advanced, you will be able to "feel" who the winner will be before the event begins. Doing so is far more difficult because neither the teams nor the fans know the results, as opposed to after the conclusion when both the teams and fans are aware of the outcome and their collective thoughts make it much easier to "feel" the strength of the winner.

You want to be able to feel the difference between "strong" and "weak" very quickly. You cannot use thinking or emotions to determine "strong" or "weak." **You must temporarily set them aside.** Essentially this means discarding judgment, which is always a product of thoughts and emotions. You are then in a neutral place to "feel" what is actually occurring.

To change a (specific) "weakness" or any (general) "weakness" to a "strength," simply place your thought on your body's midline. This strengthens any feeling of weakness you have.

It's Just a Matter of: Thinking - Stop Thinking - Feel!

What you are **feeling** is your own energy if you are working on yourself, or the energy of someone else if you are working on another person. You are feeling the energy **as it relates to a certain question** you are asking. Let's say the question is, "Am I weak to any of the following words, thoughts or experiences?" You can make your own list and check for your weaknesses.

For example, words might include **money, health, or job**; thoughts might consist of, "**my husband always forgets to take the garbage out,**" "**no one cares about me,**" or "**I'll never be able to do that;**" experiences could involve, **arguing with your coworkers, toilet training your two-year old, or learning to speak French.** You also can "feel" for weaknesses checking out something physical, such as a body part (**back, neck, knee, etc.**), an internal organ (**stomach, lungs, heart, etc.**) or a physical action (**running, jumping, walking backwards, etc.**).

You can also practice strengthening your body by "feeling" for your body's weaknesses and change them to be strong in a matter of seconds. Begin by just quickly scanning your body. Your right side might feel weak as compared to your left side or your upper

spine may feel weak while your lower spine feels strong. You may detect a weakness in one or both hips, in your left ankle, in your right arch and so on. You can also scan your emotions and do the same.

Strengthen each weakness as you locate it by placing your attention on your midline momentarily with a thought to strengthen the weakness. Don't overthink what is going on. Your mind will tell you it can't be as simple as that. But, yes, it is that simple, and in being so simple the whole process is difficult for the mind to fathom.

The trick to feeling correctly is to be sure your conscious mind is not involved in providing you with the answer it believes to be the correct choice. For example, you might love to swim, but still be "weak" to swimming. In some unknown way it will end up having a detrimental effect on your life, unless it is strengthened. On the other hand, you might hate your boss, but be "strong" to him. Despite your emotions, he isn't affecting you in any way.

Because weaknesses are **not always** life experiences, people, etc. that you dislike and strengths are **not always** experiences, people, etc. that you like, **you must stop thinking with your conscious mind** when determining "strong" versus "weak." **Frequently your mind also will interfere after you've determined strong or weak by questioning if you are correct. Just trust yourself, not allowing your biased conscious mind to sabotage you.**

The Midline

After locating weaknesses, the next step is going to your midline as I directed you to do last week when we worked on neutrality. You do not touch the midline physically. You use mental contact as you visualize the midline. **Strengthening is just an isolated thought placed on the MIDLINE of the body without involvement of the thinking process.**

Doing this is an **action** more than a thinking deliberation. A thought on the midline will strengthen the weakness, when one is found. Whenever you detect a weakness, it must be changed into strength. Changing a **weakness into strength by simply going to the midline** is called a **general strengthening**.

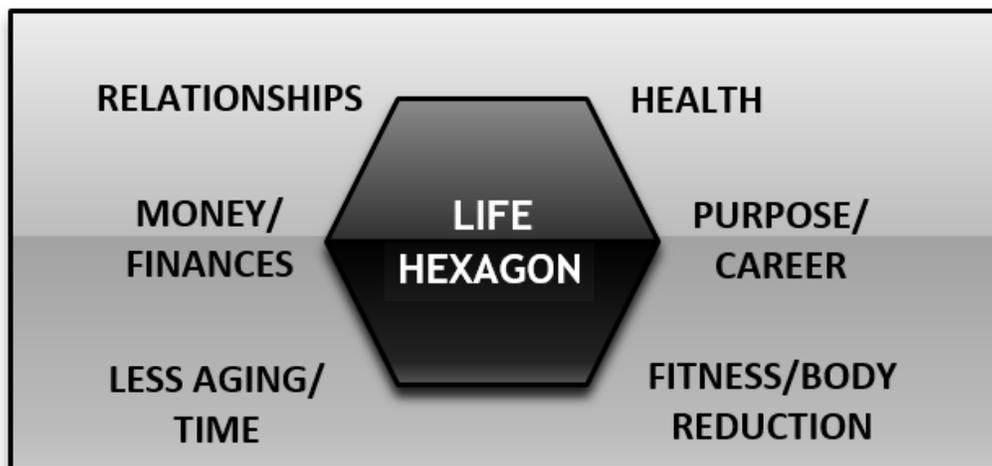
You're probably already thinking "I can't feel the difference between strong and weak", but don't worry. It means you have little or no previous experience doing this. Remember, I am activating and speeding up this process for you by strengthening you for this ability in the Daily Self-Strengthening and Deletions section of the Tele-Program. This doesn't mean you won't have to put in some practice, but it will reduce your practice time from forever to days.

If you are truly having trouble differentiating between strong versus weak, rather than just doubting yourself (your mind sabotaging you), go to your midline with the thought “strength for knowing the difference.” Each time you place this thought on your midline you will become stronger until eventually you reach 100% infinite potential. Replaying daily Self-Strengthening and Deletions is another tool that is enormously helpful once you have begun practicing strong versus weak.

Your Life Hexagon

The Life Hexagon (also referred to as the Leading Life Supports Hexagon) consists of the six leading or most vital elements in life. Any weakness in one or more of these six elements will cause a continuous collapsing of the hexagon. This makes life a continuous struggle and leads to misinterpretation of which element is affecting us.

We constantly mix up the components of our Life Hexagon. For example, you may be complaining about your finances while I determine your number one weakness is relationships.



A general strengthening of the Life Hexagon includes:

- Strengthen the hexagon as a whole
- Strengthen each element of the hexagon
- Strengthen the elements of the hexagon to come together so they are strongly integrated, allowing them to support one another and to act as a unit
- Strengthen the elements of the hexagon to be strong in separation or operating individually. This establishes strong independence for each component to function and develop on its own without excessive control by the other components

- Strengthen the geometric foundation by strengthening the external and internal boundaries, the internal dynamics and by deleting the external dynamics.

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Yes, there is a reason that applies to each one of you and everyone else who has been unsuccessful in manifesting desired changes in life, whether the transformations are related to resolutions/promises you make or to failures of actualizing your needs, wants, desires, hopes and dreams in everyday life.

Perhaps you're wondering why at some point you or someone you know decides to make a resolution or a promise to change despite having failed to alter this behavior several times in the past. It might be losing weight, giving up smoking or drinking less alcohol. Perhaps it's to spend less, save more, prepare a budget and never again indulge in impulsive spending. Or maybe it's to become healthier by exercising more and eating better or to work less and spend more time with the family. The list goes on and on.

I call these promises of reinventing yourself **THE TRIUMPH OF HOPE OVER EXPERIENCE**. Hope may result in a sense of temporary well-being, but in reality it doesn't bring about any genuine changes in you or in your life.

Then there's the frustration that despite your best efforts, your needs, wants and desires have failed to materialize. "Oh well, that's life," you rationalize.

So if you haven't been successful in changing your behavior or in watching your hopes and dreams manifest in reality, what are you going to do differently?

Here's a list that will guarantee your failure:

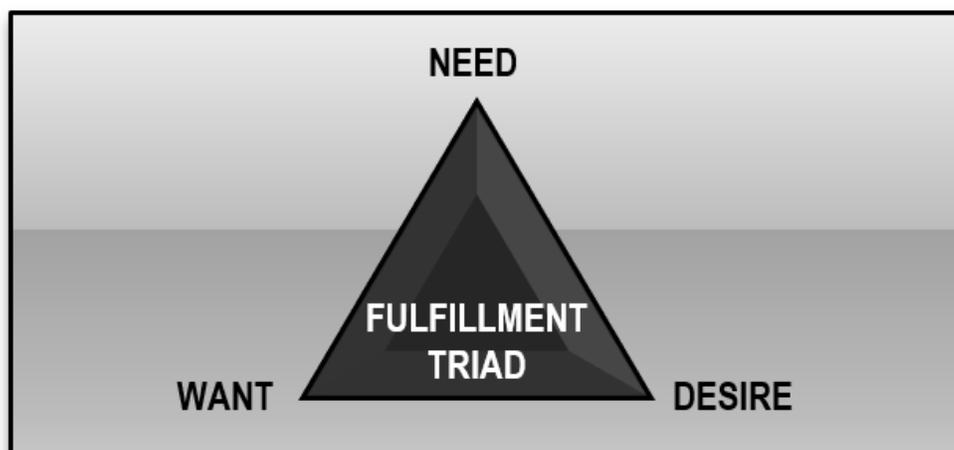
- Try harder/use more determination/effort/drive/persistence
- Insist on more self-control
- Use motivational thinking
- Be more enthusiastic
- Use inspiration
- Plan ahead and chart out a course
- Use a method that has worked for others
- Use positive affirmations
- Be passionate about your promises/decisions to change
- Get support from others who promise to make a similar change
- Manage your time better

I know you've heard me say this before but the above advice are all suggestions of the **logical conscious mind** that lacks the ability to access the true **underlying root causes hidden** in your **subconscious and unconscious mind** that sabotage any chance of either your needs, wants or desires manifesting in reality or your ability to stick to a resolution or promise to change a behavior.

Common Blocks to Achieving Results Are:

1. Assumptions
2. Jumping to conclusions
3. Educated guesses
4. Trial and error
5. Hit and miss
6. Discussion & quotation
7. Argument & debate
8. Studies

Fulfillment Triad



Need: A need is something that is a basic essential such as having food to eat, water to drink, air to breathe, time to sleep, a way to communicate, the ability to obtain money for necessities, and to have relationships with other people. A need doesn't have to have an emotional component. **Needs are something basic, something absolutely necessary.**

Want: A want is something that you don't absolutely need but will make your life a little better. Wants are usually associated with and triggered by emotions. The emotion can be a positive one, but a want is much more likely an attempt to overcome a negative emotion. As far as emotion, you shouldn't hype yourself up with positive emotions that give you passion, inspiration or motivation – these are going to fall short in the long run. In most cases they are in conflict with your subconscious and

unconscious mind and they do not leave you in the neutral state necessary for having insight and intuition. When it comes to wants, your mind is too involved and too attached.

Desire: The word desire can be defined as **a more intense wanting of an object, person or an outcome.** It is usually accompanied by emotions including a strong degree of longing, yearning and craving and a desire can last for longer periods of time than a want. The outcome can bring satisfaction and fulfillment. If a desire is strong enough, it can be passed to you by your ancestors - from one generation to the next as far back as ten generations or more. It also can be carried over from your past lives, leaving you with an intense preoccupation to fulfill the desire.

A second and completely different type of desire is the common and short-lived sensual desire that results in **sensual pleasure.** I will now continue to discuss the triad and discuss sexual desire separately.

This triad focuses on your fulfillment; so what you need, want and desire all have to be strong. If you need finances, you should be strong rather than weak to them. A weakness to finances will cause you to struggle in attracting money. Look at your previous experiences relating to your needs, wants and desires. If there are any negative thoughts or experiences associated with any one of those, or any two, or three, they will weaken your fulfillment triad. **Weaknesses make it impossible to change anything.** In order to change – you have to be strong to needs, wants and desires.

Sometimes there is a conflict between your wants and your needs. It seems logical that your needs should be more important than your wants because your needs are connected to survival. Yet, because wants are so emotionally charged, the ego sometimes will sacrifice needs in favor of wants.

It is necessary to create a better balance here. By deleting the emotional attachment to your wants, you create a state where your wants fulfill your needs and your needs satisfy your wants.

Look at the inside of that triad. If you feel the inside is weak, then you have to strengthen it. Just put your physical thought on the triad and use your physical thought to strengthen it or go to your midline with that thought. What you have strengthened here is the internal dynamics of the triad. The internal/external boundaries also have to remain strong. When the triad maintains its strength, then your needs, wants and desires will be balanced and come to fruition regardless of outside influences.

It doesn't take any effort to keep the triad strong allowing you to obtain what you need, achieve what you want and fulfill your desires.

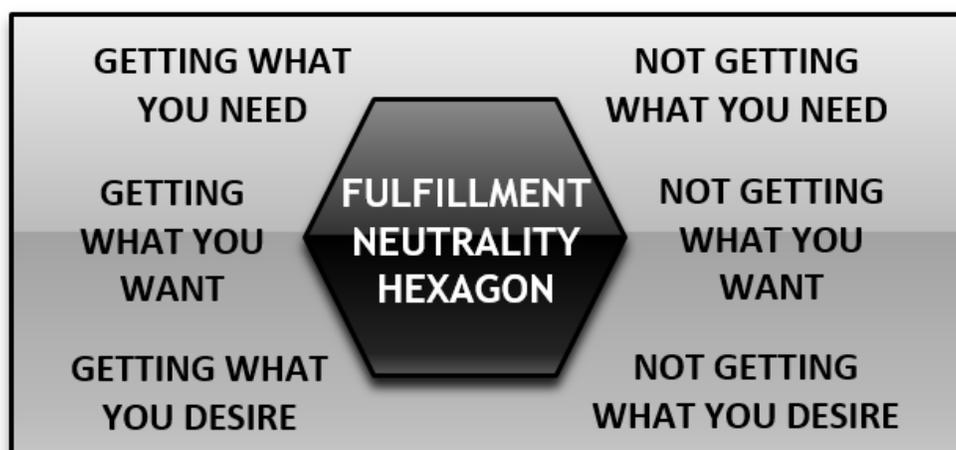
To understand the brilliance behind this method, checkout the following example.

Consider following a diet and exercise plan. You may end up looking and thinking that you feel great. But what you really are doing is devoting enormous time, determination, and struggle to something that could happen naturally, automatically, effortlessly and with no attention on your part.

The additional priceless benefit of using this method is that now you will automatically EXPERIENCE PERMANENT PEACE regarding your weight. Because the underlying weaknesses that previously sabotaged you have been deleted, your ego has been freed from its previous attachments, allowing you to be inherently neutral and non-judgmental regarding your weight and weight in general. You will be completely detached from the collective thoughts such as, "It's just a matter of time until I regain it," or "Never too thin!" In addition, the negative energy that has been released will go towards raising the frequency of your vibration.

Neutrality for Needs, Wants and Desires

Achieving a **neutral state is also important.** Needs, wants and desires themselves often create weaknesses. When you think you need something, and you have a weakness to it, then you will just attract something negative connected to your need. **Neutral is the place of the strongest energy.** It is better than positive/not positive, and negative/not negative. When you are neutral you have an external observation of what's going on, making it far easier to obtain what you need, want or desire than if you have a positive charge on what you are attempting to manifest.



You should be equally strong for each of the following:

- Getting what you need
- Not getting what you need
- Getting what you want
- Not getting what want
- Getting what you desire
- Not getting what you desire

Sexual Desire

I will now go back to a subject that is generally misunderstood. Sexual desire is an instinct necessary for the continuation of our species. The most **fulfilling sex** relies solely on the human **sexual instinct, which is a natural biological ecstasy**, without any associated negative or positive emotions, free from the toxic historical indoctrination against sex that still pervades our minds and souls.

Historically, our minds have been programmed against sex, if not in this lifetime, then certainly in previous lifetimes.

This has caused our minds to be ambivalent about sex, judging and putting either a positive or negative charge on sexual behavior. On the one hand we have compulsory sexual morality, while on the other we have the glamorization of sex as evidenced by the provocative sexual innuendos in current advertisements.

In addition, everyone in today's society suffers from some degree of sexual suppression. Because sexual suppression is so pervasive and ultimately results in a boomerang effect, sex has become somewhat of an obsession. We continually think about it and have come to regard sexual energy as the most potent energy on the planet. This is a myth. Sexual energy should be equal with every other energy that we encounter.

The mind is never neutral and as such has no means of experiencing the sexual instinct, which is a natural biological ecstasy controlled by our physical intelligence. Sex has to be considered simply natural - you live it. You are a sexual being. Once you delete your mind and spirit from the sexual act, all the conflict that has been created down through the centuries dissolves. Now you are being natural and experiencing sex at the highest level.

Limitations

Another strengthening I will be doing regards limitations. We all have many limiting beliefs that hold us back in life and must be deleted. However, every unresolved problem or unfulfilled need, want and desire is a limitation. Relying on only logic to solve a problem rather than using the insight process of neutrality is the most limiting factor of all.

Building a Better Future

Moving strongly in the direction of improvement will reduce the significant effects of pain, stress and life problems. Improvement is as simple as strengthening each weakness until there are fewer and fewer weaknesses that affect you. Weaknesses can come from your distant and/or your immediate past.

When these weaknesses are deleted, you can build a new future without these sabotaging weaknesses. Otherwise, it will be difficult, if not impossible, to build a desirable future. Needless to say, the future will be more secure, independent, free and more likely to be accompanied by greatness, when you create it by deleting past weaknesses.

However, to take this to the next level, if you are able to feel and delete past and current weaknesses, you can just as easily feel for future weaknesses in any area and delete them now, thereby altering your future before it happens.

In the Experience #3 activation, I will be deleting past and future underlying weaknesses that are fairly all-inclusive. So you don't want to miss out on this one.

Unconditional Love,

Marnie Greenberg