

Finding Inner Peace Advanced



Resolving Turmoil and Inner Conflicts That Keep Us Off Balance **By Keith Scott-Mumby MD**

In the 1990s I was a corresponding friend (and pupil) of the late Rev. Robert Ross. Bob gave me free access to re-publish his materials. He could see the value of the Supernoetics® evolution at that time. I was particularly grateful to be mentored on his “Power of Choice” protocol. Run correctly, it is remarkably powerful and frees a person from conflict and strife, by replaying key choices that resulted in negative fall-out states.

So when I met Jerry Collette in 2003 I was delighted to find that Jerry too followed Bob Ross and admired him as much as I did.

Jerry, it emerged, had taken Bob’s original sequence (with permission) and simplified the steps. That too worked very well. Bob had some complex front-end questions that could easily be disposed of.

Jerry had done a great job of narrowing it down to key issues and he named his revized and streamlined version “Finding Inner Peace”.



Jerry C.

I taught it as that for many years and had Jerry come on a teleclass call and tell us more about his exciting new development.

Then around 2009 I had an inspiration and added what I now consider a crucial step. Now we are starting to motor with turbo-drive. The single step I call the Union Step. Let me lay out the procedure and then I'll tell you why the extra step is so important.

Finally, in 2018, I met Satyen Raja, who does the almost exact same procedure on clients. He recommends sending the client backwards and forwards, from darkness to light and back (from the client's issue to what we call the EXALTED OPPOSITE and back) several times over.

The Issue

Step 1. Identify an Issue

Seems obvious but the best place to start is with something that's bothering the person and they would like fixed!

Bob made a big thing out of finding what he called Core Issues. We have a list of suggested issues to support this essay. But the most obvious place to start is with what is at the surface. Find a hot issue, a major fear, negative emotion, or barrier that blocks success and/or happiness and address it NOW.

Sometimes an issue is too big to be manageable and we ask the person to chunk it down. "Trouble with relationships", for example, may be unwieldy and we need to start with "Quarreling with Mandy".

Step 2. Crash and Burn

Feel what would happen to you if you were to continue with this conflict or issue unresolved. Deeply feel it. Describe what that would feel like. Rake it over and over with the question: then what? (consequences) then what? (again) then what? (again), intensifying the feelings and sensations, etc., to "crash and burn".

Step 3. Effect On Others

Feel what would happen to others around you, if you were to continue with the issue. Deeply feel it. Describe what that would feel like. Rake it over with the question: then what? (consequences) then what? (again) then what? (again), intensifying the feelings and sensations, etc., to "crash and burn".

Step 4. Turn Up The Volume

Get the misery in full flood and DEEPLY FEEL what it would be like, with all these negatives in operation. Jerry calls this the "zoom lens tool". Ouch!

Make sure the person doesn't bounce out if it, due to emotional pain. Sometimes he or she will turn it into a joke or light-hearted response, when in fact it is a tragedy of considerable proportions. The person has thus disengaged and needs to be re-engaged.

Step 5. Triumph and Beyond

Feel what happens to YOU after you let go of the issue. Describe what that feels like. Then ask the question: then what? (consequences) then what? (again) then what? (again), intensifying the feelings and sensations, etc., to "triumph and beyond".

Step 6. Impact on Others

Feel what happens to OTHERS after you let go of the issue. Describe what that feels like. Then ask the question: then what? (consequences) then what? (again) then what? (again), intensifying the feelings and sensations, etc., to "triumph and beyond".

Step 7. Letting Go

Using a scale of 0 to 100 (percent), how much of [issue], do you SINCERELY feel that you are ABLE to let go of? Note that willing to let go may not be the same as able to let go. Concentrate on what the client is ABLE to let go of.

As you let go of [issue], what do you create first, a picture, sound, or a feeling? (NLP sensory modalities). Or maybe just an empowering phrase (digital-audio modality). Establish the formula that works for the client.

Step 8. Let It Go

I invite you to LET GO of [X%] of [issue], NOW.

Step 9. Result

Ask, using a scale of 0 to 100: How much of the issue: [issue], do you sincerely feel that you DID let go?

Step 10. Credit

Give yourself credit for letting go of [total amount from 9] of this issue.

Handling Any Remainder: If there is any remainder of the issue not let go, return to Step 7, and use 0 to [remainder %].

If that does not work, return to Step 2, only ask what would happen if you continue with the remaining [remainder %] of the issue.

If it still remains, check if anything is in the way. Otherwise proceed to THE EXALTED OPPOSITE...

The Exalted Opposite

Step 1. Identify a state that is The EXALTED OPPOSITE of the issue. What would act as an antidote to this issue?

So the issue might be “feeling unworthy” and the exalted opposite “pride in being me”, “loving myself” or “self-confidence”.

I call this identifying your essence of true being; the real nature of love, goodness in YOU!

Create this state within. Describe what it feels like. Feel what happens to YOU as you continue to create the state: Then ask the question: then what? (consequences) then what? (again) then what? (again), intensifying the feelings and sensations, etc., to “triumph and beyond”.

Step 2. Effect On Others

Create this state within. Describe what it feels like. Feel what happens to OTHERS as you continue to create the state: Then ask the question: then what? (consequences) then what? (again) then what? (again), intensifying the feelings and sensations, etc., to “triumph and beyond”.

Step 3. Turn Up The Volume

Get the EXALTED OPPOSITE state in full flood and DEEPLY FEEL what it would be like, when this comes into your life and persists. Feels good! This is the essence of your true being!

Step 4. Willingness to Create the Exalted Opposite

Do you sincerely feel that you are willing and ABLE to create [EXALTED OPPOSITE state] Note: no percentages are used this time. Just check for certainty.

Step 5. Create It!

I invite you to CREATE the state: [antidote], NOW. Confirm that he or she did that, with the picture, sound, or a feeling modality used previously. Do you sincerely feel that you DID create the state: [EXALTED OPPOSITE]?

Step 6. Credit

Give yourself credit for creating the state: [EXALTED OPPOSITE]

As per Satyen Raja’s method, send him or her backwards and forwards several times: the issue, then the exalted opposite. I have done this personally and it does enhance the procedure. I can only assume that it teaches the client to more easily and more deeply FEEL the experiences, which is important for the next step.

The Union Step

Now we come to the interesting part. Having got the person to freely and intensely FEEL the two opposite states, we get him or her to FEEL BOTH AT THE SAME TIME. As he or she holds both the problem/issue and its antidote in mind together at the same time, guess what happens?

They fuse and vanish. Like matter and anti-matter!

We have in effect created two poles with different charge and they DIS-charge against one another, just like the electrical battery effect. It’s magic!

Now here’s a thing: *light can banish darkness but darkness cannot banish light!* Only removing light can lead to darkness but, while light exists, darkness cannot prevail. In other words, when two things fire off against each other in this process, we always end up with the light! Isn’t that cool?

The person will usually have no trouble doing what is required. It's so easy, the vanishing effect creates itself. But the procedure can be aided by a trick from NLP: get him or her to hold out both hands and instruct him or her to choose the right hand to hold (represent) the EXALTED OPPOSITE and let the left hand to hold (represent) the issue. Then, while bringing both states to mind simultaneously, have the client bring their hands together and touch, closing over the concept of an issue or problem.

Done well this is neither feeling happy or feeling sad. It's feeling NOTHING! *The issue is gone*, both sides, which is what we want. What issue?

Naturally, the problem or conflict will be replaced by calm and inner peace, hence the name of the process. Nearly always, the person will voice new insights and understanding.

Shift Point

In Supernoetics® we value shift (change of viewpoint) more than supposed clearing. But in this case, we do get a genuine vanishment or clearing of the issue.

If the client has a sudden insight into what he or she has been doing to create suffering and how easy it is to stop doing it, then there will be significant change. Usually these moments of sudden insight or *cognosis* are accompanied by smiles and delight, even tears of joy. It's a sort of revelation to the person.

He or she is effectively seeing things from a different viewpoint; hence *shift*. There are whole new understandings and this would be a good time to end off and let these changes permeate through the client's life and thinking. It's always possible to come back to Finding Inner Peace at a later time.

On the GSR meter, you look for drops and accumulating differential. Continue the repeats until there is no more action and the needle goes null. If you don't have the benefit of a GSR meter, we look for what we call "physiology", meaning visible physical reaction and change. That can be in the form of sweating, turning red, trembling, bursting into tears or any other visible manifestation of change taking place within the person.

An Extra Step

The NLP people do something cool at this point. They call it "future pacing"; we call it "future memory". You can add it if you wish (not mandatory).

Send the person out into the future, to a set date that makes sense ("six months from now" or whatever). Ask him or her to picture, describe or feel a situation in which the issue would previously have come up, for sure.

Have him or her run the future memory and see how it plays out. You should get a report back that he or she is CERTAIN that the issue would not recur.

If not, re-run some of the procedure until there is certainty. Again, if it doesn't yield on this, you may have to find out what is in the way.

This is a top-drawer hack that everyone who is a pilot (Supernoetics® specialist) should be able to do this, impromptu, when the occasion arises.

Finally, if it is not explicitly stated, this is an easy hack to run on yourself! Just learn it and practice it! Good luck.

Here's to Finding Inner Peace.

[Note: there is a flow chart to accompany this procedure]

The Speeded Up Version

We can speed all this up and do a shortened version, as follows:

1. The issue, pain or negative, turned up loud, to really FEEL it.
2. The exalted opposite, turned up loud, to really feel it.
3. Repeat 1 and 2.
4. Repeat 1 and 2.
5. Bring both together in mind space. Notice them fuse and melt away (use the trick of bringing the hands together if it helps).
6. Repeat 1 - 5.
7. Repeat 1 - 5!

You may not need to repeat three times, if it resolves quickly. The key point is not to hang onto things but to melt them away using the chosen exalted opposite.

A Way Of Living Process

We should be able to manage our lives and emotions quickly and easily in this way. When you get slick at this, through time, Jerry assures me that you can clean up tons of crud and not be carrying it around.

If you throw in other tools, like Love and Forgiveness, there is really no need to suffer or spread around your negative emotions. Live clean and live free!