

17 WAYS TO REMOVE FALSE NOTIONS

- 1/ What would I have to believe to feel like this?
- 2/ Here's why this is not true _____. (See from another perspective).
- 3/ "Hi. Here's what I think. I know it's not true. Can you provide me an alternative way of looking at this."
- 4/ If everyone in world was just like me, holding same notion, what kind of world would it be? *Meaning I can't afford to continue believing this.*
- 5/ How does person with opposing belief act, walk, talk, carry him/herself.
Which one behavioural aspect can I model for a week? (Act as if).
- 6/ ACIM 365 Workbook : Must stick to each lesson for 365 days.
- 7/ Get yourself into situation physically. Feel the discomfort until it subsides.
→ Toastmasters.
→ Always being 1st as volunteer. Don't wait for others to go 1st.
- 8/ Go to retreat/pilgrimage. Make friends and mention your notion to each person privately - with intention to receive their advice. Explicitly ask!
- 9/ Think of limitation, then with strong physiology, firmly state "I can. I will."

10/ Write down false notion in left column. On right, write 10 opposing P.O.V's.
points of view.

11/ Each time it comes up, immediately come up with 3 opposing affirmations, spoken out of rational knowledge.

12/ Service which summarizes books in 15 min.
Blinkist and listen to 5 book summaries which deal with subject matter.

13/ When notion arises, intentionally refuse to give it value. Just look at it, like father is compassionately looking at "out of control" toddler. Have compassion for this OBJECT as though it's a little child.

14/ Objectify the thought by asking, if I were to describe it's colour, sound, texture, smell - what would it be? Make a game of turning the notion into a box.

15/ Write down opposing view of power and truth 20x each morning for 30 days. 16: Strong opposing, positive affirmation stated in PRESENT tense.

16/ Pray sincerely and ask for strength from Īśvara to help you destroy this notion because "It doesn't belong to me and I have every right to be happy."

↳ Īśvara, this is your stuff. Not mine! I request this be removed, so I can focus on serving/loving you, and not dragged down by this impure mind.

17/ "Thank you for helping to motivate my improvements. Without you, I would not be here today." - says to notion. Make it your friend, not enemy.

18/ "You have served me well. I am now grown adult. You are no longer needed. By my ^(will) command, I command you to dissolve."

19/ Tell mind before sleep "Come up with effective method during sleep to remove this notion." Be boss of your mind. Tell it to help you.

20/ Physically remove yourself from environment which keep reinforcing notion. Mind needs time to forget. It never will if it's reminded frequently. Resist temptation to talk about your issues. It strenghtens their neurology..

21/ Use faith backed by reason. Eg. Vedas are works of brilliant minds way ahead of mine. By this alone, I can put faith in their words and let them replace narrative of my own small ignorant mind.

22/ Ask how others have conquered this notion. Read biographies for inspiration.

23/ This is a problem COMPARED to what? Will find it dissolves somewhat if put notion next to something else.