

## EXPLORING YOU – PART 1

Exploring #1: In the middle of "the white board" is a very very VERY tiny "yin/yang" symbol. We could call it many things. Today let's call it....

"What I want. / What I don't want."

We could call it many other things. Things like "natural state / what's blocking natural state."

Or maybe, "Both SEEMING sides of you."

So here it is - a TINY TINY TINY yin/yang symbol - in this VAST white board. A white board so vast, it contains everything. Everything that is. Everything that was. Everything that possibly could be.

And here we are, on planet earth, in our meat suits - learning how to get stuck on the dot (that tiny tiny tiny yin/yang symbol).

It's been "running the show" for so so so seemingly long, because you keep going "back and forth" in life.

## CROSSING AND RECROSSING THE YIN / YANG BORDER

YOU FEEL IT REAL.

Then you panic or doubt.

YOU DECIDE A MILLION WOULD DO IT.

Then you realize that won't do either. Inflation, taxes, what if the dollar crashes like the peso?

(Better make it 2 million USDollars and 2 Million Euro, just in case.)

You keep going, trying to find the right solution, and what you are seeking matters about as much as the answer you give to your 4 year old little friend, who is serving you imaginary ice cream. Choco or vanilla?

Now, I'm not picking on anyone who keeps crossing the yin / yang border, and I know you that – that's what you've been trained to do. You've been trained to be at NEVER ENDING WAR with "yourself" - and this makes you almost entirely – almost all the time – focus on this DOT – this tiny little teeny weeny "yin/yang" that you think is you.

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What I am asking you to do - is to consider - the other boundary. The boundary that opens up to the rest of “the whiteboard”, the rest of YOU.

**THE OTHER BOUNDRY** - “I don't know.”

The Hawaiian Islands and the Northern Appalachian Mountains of Pennsylvania.

No one from Hawaii wants to go on their honeymoon in Acme, Pennsylvania. They don't even want to do it in Donegal, Pennsylvania. - which is the next ridge over.

But odds are, almost anyone from the Northern Appalachian Mountains there, would LOVE to go to the Hawaiian Islands. Even though, they are just a bunch of mountain tops too.

What you think is you, what you notice about EVERYTHING is just the tippy top of the mountain top. Just like what we notice about the Hawaiian Islands. We just notice the tip top of the mountain ranges.

But beneath the surface...

On the other side of the boundary....

Experience THAT and you've found ONENESS.

How to tell when you are coming from the dot?

(Stuck on the dot.)

If you can imagine getting it and not getting it – you are on the dot. (You probably could have NEVER imagined your EXACT circumstance right NOW (this would include me writing / teaching this program) – yet it is here. Rock Solid Real.

(Stuck on chunk size – scope.)

If there is any difference between your natural state and your current state (experience) – you are on the dot.

If you are trying to get BOTH sides of you on the same page – I choose to get married / I better not this time – you are stuck on the dot. (You have COUNTLESS SIDES that don't care to weigh in on this.) Weighing in causes gravity, heaviness.

You are a creature of light. (Stuck on resolution – instead of noticing you are in the solution – as both solvent and solute.)

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## WHAT TO DO WHEN YOU ARE STUCK ON THE DOT

“I don't know.”

The dot is EVERYTHING in your attention. Everything in your attention probably amounts to much less than 1% of what you are, and much less than 1% of what is. Certainly much much less than 1% of what's possible.

EVERYTHING in your attention – is in the realm of “I know” or “I suspect” or “I have an inkling” or “it seems like” .....

There is a POSSIBILITY you might know what's going on. Or that the possibility you think might be going on – is unlikely.

ONE way to not be stuck on the dot – or be concerned with the first boundary (the one between yin and yang) is to invite something to cross over the OTHER BOUNDARY – the one that no one is talking about.

We do this by entering into the I DON'T KNOW ZONE.

You can only enter into the “I don't know zone” by being – tremendously curious.

Start by asking yourself one of the next 3 questions.

What is it that's in the way?

What is the the real reason I behave this way?

Why am I doing this?

Notice what shows up.

And then TOTALLY disregard it.

Then notice what shows up next.

And disregard it.

You might end up doing this a few times.

You'll know when you have invited something from outside the dot in – when it doesn't show up like anything inside the dot does.

In other words, you won't be bumping into it – like you do with almost everything else – almost all of the time – with the potential for an opposite (yin / yang) to show up.

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## **ON THE OTHER SIDE OF THE BORDER**

What's on the other side of the boarder, SCARES the Illusion Of You.

At least for a while.

At least at times.

It does when it does, it doesn't when it doesn't.

The Illusion of you – believes that:

You are either under control or in control.

The truth of you – knows that – not being under control, doesn't mean you have to now start controlling.

You can discover, you can uncover, you can create.

You do all of those, by INVITING.

Invite what is on the other side of the boarder – with “I Don't Know”.

Honest curiosity, driven by honestly accepting – what – you don't know.

Use the questions:

What is it that's in the way?

What is the the real reason I behave this way?

Why am I doing this?

**PROGRESS – CONQUEST**

It's not about progress.

It's not about conquest.

It's about expansion – AND contraction.

(This is what the heart does. This is what we are designed to do.)

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## **Are you identifying with exploring (discovering) or identification?**

The planet in orbit?

Or the space / the space the space / and the stuff it bumps into?

(Both are going on all the time.)

Shaving. Match.

Yet novel. The experience of the uniqueness of this bit.

### VOTING

Every moment of your life – there are THREE votes going on inside of you. Those votes are cast by your mind, body and spirit. They are ALWAYS the same, never change, and they drive you crazy – until you integrate the three.

Mind: Definite Maybe. “Yea but...”

Body: YES!

Spirit: - e - v - e - r - y - t - h - i - n - g

Mind is

Body is just like the rest of the physical universe. Both the space and the stuff.

Spirit is where it all comes from.

Spirit has desire within it.

Body / Mind pretending to be spirit – has many cravings.

It's tough on you, when you try to manifest / create / attract CRAVINGS.

It's easy on you to experience your part in creating what has been DESIRED.

## WHAT IS BEING AWAKE

Being Awake is honestly noticing the state you are in.

Your job is to be radiant.

( )

What are you radiating THROUGH? (Not out.)

Out implies you are radiating YOU.

You are pure white light – consciousness.

What are you aware of? (Content.)

How are you aware of the world? (State, Process.)

What states are you being tempted into radiating through?

Put them up!

Just because they want to attack – doesn't mean you have to become a fighter.

Just because they want to be lusted after – doesn't mean you must lust after them.

Three Fables that colour EVERYTHING.

Action Man: Takes action on the attack – or the lust.

Intelligent man: Notices all the stuff that makes it so. Think NLP. Think Reich.

Remembering man: Put's it all in the past. Fighting and fornicating are a young mans game. If I knew then what I know now.....

Let's call those “home base”.

Everyone has a home base – that all “external states” bump into.

The lovely wench state.

The pipe wrench to your head state.

The problem with home base....

You never get to run the bases.

You never get to play the field.

You never get to discover YOU.

All you get to do is swing the bat – and the bat is defined by your home state.

Fight / fornicate. Analyze. Remember the good old days.

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## **QUESTION TIME**

What do you want?  
Why are you here?

What hasn't manifested yet in your life.

## **NOMINALIZATION**

Nominilazing is the process of turning a process into a thing. A verb into a noun.  
The attention moves from running – to the runner – to the distance run.

Success is based on a measurement from the end.

To get to that measurement – you might have to blow a tendon – or leave your body -  
- and you miss out on enjoying the run.

You aren't a noun. At least not the way most people use them.

A success. A failure.

A manifestor. A money maker.

Making money.

Manifesting.

Succeeding.

## **RELATIONSHIPS vs RELATING**

A great “relationship” (noun) is 100% based on the quality of the RELATING  
between the two people in it.

Focusing on “the relationship” - makes it a snapshot – a title – a SLICE in time –  
immortalised.

Focusing on RELATING – makes it a movie – one you are living right now – eternal  
– naturally evolving – growing – inviting.

## **THE CAUSE AND THE EFFECT LIE**

Let's take it to the next level.

It's not about being cause. It's not about the effect you have on the world.

(That's a great place to begin – but it's only going from REVERSE to first gear.)

Let's get into over drive.

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It's about BEING.

There is only ONE.

The way BEING is expressed through you – is how BEING will be expressed all around you.

## **IN ONE SENTENCE**

Feel It Real.

Be ONE with....

The Law: Be one with with you have had a burning desire for.

The Promise: Be one with God.

The Law is being at one with a localised condition.

The Promise is what is being at one – with the source of all creation.

WHY LEARN FEEL IT REAL?

WHY STUDY NEVILLE GODDARD?

Why this is going to work for you – even when everything else seems to have failed.

**First, Neville Goddard was a real world human being.**

He got results.

His family got results. Amazing results.

**Second, Neville Goddard's methods cover all three time frames in your mind.**

Your mind needs all three time frames covered, because that is how it work.

(If you don't cover all three time frames the mind will cause you problems. Many call these problems self sabotage. Some refer to them as the shadow side of you.)

Past – Revision.

Present – I Remember When

Future – Congratulatory Conversations.

**Third, Neville's Freedom Formulas are rock solid simple.**

(This is just like baking bread, keep it simple.)

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Define your aim. “Picture it”.

Enter into the State Akin To Sleep. (Silence the beta brain, the brain that loves to solve problems and create problems to solve.)

Feel Yourself in the Action

**Fourth, You are going to learn why this works, the real reason why it works.**

You are one with God.

Consciousness is the ONLY reality.

Consciousness is what experiences both the imaginal and the physical world.

Imaginal LEADS physical

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## **ROCK SOLID SIMPLE**

What do you CHOOSE? (picture it.) - Not want.  
Still the body and the mind. (Silence.) (Quiet the beta brain.)  
Experience it as already happened.. Feel It Real.

Construct an imaginal scene that would IMPLY the wish has been fulfilled.  
Enter the State akin to sleep. Expand into the formless and the faceless.  
Segment intend. - Feel the CLICK. Release the ripples.

Naturally follow.  
Be still and know I am... (Don't raise your vibration.)  
Know. Don't believe.

## **WHAT IS THE REAL END?**

“I want my mp3 player back.”

“I am imagining the people who stole it putting it on my door step.”

(What scene would imply you have your mp3 player?)

Because you don't want it back, you WANT IT.

“I want him to text me today.”

Do you want a text or do you want a relationship?

“I cut out the picture of the engagement ring that I am wearing. It's big, it's expensive and you can only buy it a XYZ in NYC!”

Do you want to be married or do you want a ring?

What if he puts off marrying you – to save for the next 5 years to find the ring?

## **MISTAKES PEOPLE MAKE**

### **STOP DIGGING UP THE SEEDS by looking for signs.**

Signs follow, they do not precede.  
The imaginal act is where it is DONE.

What you are is consciousness.

Consciousness can experience two “inputs”. The inputs consciousness can experience are the physical world and the imaginal world.

The imaginal world LEADS the physical world.

Imagine eating pizza, effectively – and your body will make a move on eating pizza.

Your body is part of the physical universe.

### **HOW TO TELL IF YOU HAVE IMAGINED EFFECTIVELY.**

Your breath will change.  
Your body's behavior will change.

This is called remaining faithful to the state.

You will know if you are faithful to the state by your reactions to the world.

### **SKIPPING THE CYCLE**

Decentrate – Concentrate – Collapse  
State akin to sleep. Formless and faceless.  
Segment of time. Scene – move in it.  
Collapse to a point.

### **FALSE GODS AND FAKE FORTUNES**

A billion will make me feel financial freedom.  
SHE will make me a happy husband.

Be the happy husband.  
Feel financially free.

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Do what happy husband does.  
Do what financially free does.

## **RELATIONSHIPS**

Cardinal rule: Imagine him / her as happy.

What do you want for your partner? (You want them happy.)

So you “hold the space” - “create the state” where they are happy.

PROBLEM: I see him with someone else.

SOLUTION: Prune the vine. Shepherd the sheep. You are the vinedresser. You are the good shepherd.

## **DOES MY EX HAVE TO AGREE?**

Would you want to be with someone who didn't respect you as an individual, who didn't acknowledge you having an opinion, a direction and free will?

LOVE is INVITATIONAL.

IMAGINE YOU HAPPY. (This invites your prospective partner into your happy space.)

Imagine you fully living your life.

Imagine you growing as that ideal partner.

What qualities do you need to imagine / create in you?

(If being a needy nut case is repelling him, then imagine yourself stable.)

(Then imagine him happy.)

## **MANIFESTING MORE MONEY**

Money isn't real.

Money represents what is real, which is value.

The solution for a stack of bills isn't a stack of banknotes.

That's a temporary fix.

## **WHAT IS THE MONEY MINDSET**

Create value.

Create and accumulate wealth.

## **THE LIES MOST PEOPLE TEACH (The lies that keep you stuck and frustrated.)**

**BIG LIE Number 1: “You can't have both a positive and a negative thought at the same time.”**

“You can't think two thoughts at the same time.”

Mixed emotions.  
Amalgamated states.

Doing something fun, feeling guilty while doing it. (The solution – TOTAL IMMERSION – EXPLORE THE IDK ZONE)

NOTE: The difference between total immersion and total abandonment is – where are you shining the flashlight? (On what is being abandoned – or on what you are being immersed into?)

Not guilty enough to stop, but guilty enough that if you don't STOP it, you will stop having fun.

When was the last time you had PURE FUN?  
Note: If you can experience this in physical life, why is that?

“Next time you do something like that Johnny, you better remember what happened this time!”

Like that is very UNSPECIFIC. It gets processed in quite a few ways.

Break a rule.  
Get caught.  
ANYTHING fun!

**BIG LIE Number 2: You are in CONTROL.**

Let's face it. The universe is a pretty big place, and even though it's all held in consciousness, which is what we are – you can't control it.

So give up – on controlling it.

Create it.

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Create with it.  
Create through it.

“Made in the image of God.”

How long did God “control” the characters in the bible?  
(Not all that long. Even before the INNOCENCE of Eve fell to the deception of the snake, ADAM was given “freedom” to name EVERYTHING.)

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## MAJOR MISTAKES PEOPLE MAKE

### MANIFESTING THE MIDDLE

<http://freeneville.com/how-to-win-the-lottery-so-you-can-do-what-you-love-free-neville-goddard/>

### DETACHMENT

You can't possibly detach from “if” it happens. It has happened. Consciousness is the only reality.

You must detach from “how and when” it happens.

### INFLUENCING ANOTHER

It's not about making a specific person do something – it's about the end.

Neville got his ticket – because of a con man.

He didn't imagine up a scenario (make the man do anything) to get the tickets.

Neville imagined paying a very specific rent.

He

### INFLUENCED BY ANOTHER

You don't imagine up a scenario to “feel it”.

You just FEEL IT.

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## **ROCK SOLID SIMPLE FORMULA #2**

### **DEFINE YOUR AIM**

What do you choose? (Not what do you want.)

Wrong: I don't want to be poor. I don't want to be alone.

Right: I choose to be....

### **STATE AKIN TO SLEEP**

Leave Beta behind. (Beta is good for problem solving and problem creation.)

Move into Alpha / Theta. (Feeling of heavy floating.)

### **CONSTRUCT A SCENE THAT WOULD IMPLY YOUR WISH HAS BEEN FULFILLED.**

This scene naturally follows your wish fulfilled.

This scene should feel natural.

Example: The car insurance scene.

### **NOTICE IF YOU ARE LIVING FROM THE STATE OF THE WISH FULFILLED.**

Do you have “a knowing” - a certainty – it is done?

Are you making decisions as that kind of person would?

Example: Wealthy people spend less than they make. Have a healthy interest in the dynamics of money and accumulating assets. (Poor people tend to spend more than they can afford to. Don't know much about Multiplying Money, and spend money instead of accumulating assets.)

Example: Mr TT buys a \$2,000 Apple computer. In less than a year, he has been \$25,000 more productive because of it.

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“ All you need to do is step into the state, for it to be transformed from a shadow to the only substance. Think of your desire and it's a shadow lacking form. Enter it and it is the only reality.” - GOD'S DWELLING PLACE

When Neville gave the Awakened Imagination lecture, he had 2400 in the audience. (Holy MOLEY!)

MEMORY POWER – How do I manifest what I have NEVER had before.

(Note: You only THINK you have never had before – what it is you really want.)

Two lessons here:

I LOVED nachos when I did the vegetarian thing. Tapping into the fun memories of making was EASY. You can tap into the FEELINGS of the memory or the memory itself for good fun.

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## **LIVING IN THE STATE OF THE WISH FULFILLED**

**“If a woman is living in the state of her wish to be married, how does she date and meet men? A married woman wouldn't do that.”**

**“If I want to be retired comfortably with passive income – how can I work now at that – when living from that state?”**

(The Power of Difference Questions.)

## **THE MILLIONAIRE KIND**

Both rich and poor – have worked.  
What's the difference?

Poor trades time for dollars. Spending time – for dollars.  
Wealth producers invest time – systematically – so that they keep getting paid again and again for ONE major time investment.

Writer.  
Turn emails into articles.  
Articles into products.  
Products into trainings.  
Trainings into live seminars.

“There is a point where each level ceases to be effective. That's when we move up to the next level.”

“A hundred emails probably won't be nearly as effective as an hour of coaching. A thousand articles probably won't be nearly as effective as a live training.”

## **THE MARRYING KIND**

Both those who get married and those who play the field – have dated.  
What's the difference?

HOW are you dating?

Is the goal to get free drinks – or to really relate to another.

To manipulate or to open up with.

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## **TESTS**

When you ponder your intention:

Do you expand or do you contract?

Do you feel stronger or do you feel weaker?

## ORIGINAL METHOD

The undisciplined mind finds it difficult to assume a state which is denied by the senses. But here is a technique that makes it easy to “call things which are not seen as though they were,” that is, to encounter an event before it occurs. People have a habit of slighting the importance of simple things. But this simple formula for changing the future was discovered after years of searching and experimenting.

The first step in changing the future is DESIRE, that is, define your objective — know definitely what you want.

Secondly, construct an event which you believe you would encounter FOLLOWING the fulfilment of your desire — an event which implies fulfilment of your desire — something which will have the action of Self predominant.

Thirdly, immobilise the physical body, and induce a condition akin to sleep by imagining that you are sleepy. Lie on a bed, or relax in a chair. Then, with eyelids closed and your attention focused on the action you intend to experience in imagination, mentally feel yourself right into the proposed action; imagining all the while that you are actually performing the action here and now.

You must always participate in the imaginary action; not merely stand back and look on, but feel that you are actually performing the action so that the imaginary sensation is real to you.

It is important always to remember that the proposed action must be one which FOLLOWS the fulfilment of your desire. Also you must feel yourself into the action until it has all the vividness and distinctness of reality.

For example, suppose you desire promotion in your office. Being congratulated would be an event you would encounter following the fulfilment of your desire. Having selected this action as the one you will experience in imagination, immobilise the physical body; and induce a state akin to sleep, a drowsy state, but one in which you are still able to control the direction of your thoughts, a state in which you are attentive without effort. Then visualise a friend standing before you. Put your imaginary hand into his. Feel it to be solid and real, and carry on an imaginary conversation with him in harmony with the action.

You do not visualise yourself at a distance in point of space and at a distance in point of time being congratulated on your good fortune. Instead, you make elsewhere HERE, and the future NOW. The future event is a reality NOW in a dimensionally larger world and oddly enough, now in a dimensionally larger world is equivalent to

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HERE in the ordinary three-dimensional space of everyday life.

The difference between FEELING yourself in action, here and now, and visualising yourself in action, as though you were on a motion-picture screen, is the difference between success and failure. The difference will be appreciated if you will now visualise yourself climbing a ladder. Then, with eyelids closed imagine that a ladder is right in front of you and FEEL yourself actually climbing it.

Desire, physical immobility bordering on sleep, and imaginary action in which Self feelingly predominates HERE AND NOW, are not only important factors in altering the future, but they are also essential conditions in consciously projecting the spiritual Self.

When the physical body is immobilised and we become possessed of the idea to do something — if we imagine that we are doing it HERE AND NOW and keep the imaginary action feelingly going right up until sleep ensues — we are likely to awaken out of the physical body to find ourselves in a dimensionally larger world with a dimensionally larger focus and actually doing what we desired and imagined we were doing in the flesh.

But whether we awaken there or not, we are actually performing the action in the fourth-dimensional world, and will in the future re-enact it here in the third-dimensional world.

Experience has taught me to restrict the imaginary action, to condense the idea which is to be the object of our meditation into a single act, and to re-enact it over and over again until it has the feeling of reality. Otherwise, the attention will wander off along an associational track, and hosts of associated images will be presented to our attention, and in a few seconds they will lead us hundreds of miles away from our objective in point of space, and years away in point of time.

If we decide to climb a particular flight of stairs, because that is the likely event to follow the realisation of our desire, then we must restrict the action to climbing that particular flight of stairs. Should the attention wander off, bring it back to its task of climbing that flight of stairs, and keep on doing so until the imaginary action has all the solidity and distinctness of reality. The idea must be maintained in the field of presentation without any sensible effort on our part. We must, with the minimum of effort, permeate the mind with the feeling of the wish fulfilled.

Drowsiness facilitates change because it favours attention without effort, but it must not be pushed to the state of sleep, in which we shall no longer be able to control the

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movements of our attention, but a moderate degree of drowsiness in which we are still able to direct our thoughts.

## **INTERNAL AUDITORY**

Internal argument is one purpose arguing with another.

Congratulatory conversations is taking several purposes and having them conspire.

Internal auditory stops when.....

**You are the leading edge – of God – stuck on the dot.**

A very VERY tiny portion of you “the dot” is “stuck” on an issue or outcome. To prove it is so mighty and huge – it “creates” a “doubter” to be at war with.

“MOCK DUALITY”

“I keep imagining the good thing, but keep also imagining the bad thing.”

“Doubt creeps in.”

So there is in “the dot” both a + and a -.

Meanwhile.....

The DOT is a VERY VERY VERY VERY tiny portion of you – the whiteboard.

And this “micro mini war” prevents you from possibly noticing your vastness.

And accessing it.

ACCESSING UNITY.

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## **IDK RECORDING**

Don't look back on the old state.

Content: Poverty.

Process: Physical makes it happen.

## **THE THREE**

The Dot

The Whiteboard

THE TRUTH about the dot.

## **BEGIN HERE:**

Are you engaged in a war, across the YIN / YANG boundary?

Or are you expanding into the game / dance with the boundary to the big?  
(The IDK ZONE.)

**How to have EFFORTLESS Persistence = EQUAL comfort with IDK and IK.**

**You can live from three different levels: WAR – GAME – DANCE**

**WAR:** Life inside the “yin / yang” is a war.

The yin / yang is the TINY TINY TINY part of you – that is STUCK on something.  
It is STUCK on something – but it never settles for anything.

“I imagine I am rich, and then I panic.”

“I want a million. But that might be after taxes, so make it 2 million. But the dollar might tank make it a million dollars and a million in euros too.”

## **GAME:**

Game is the play of walking up to the “big border” and discovering what / who comes over when you invite them with IDK – and genuine curiosity.

## **DANCE:**

You are reading the RAW NOTES that will be part of THE HANDBOOK for our 2015 live training series. These notes contain insights into the Anxiety Eliminator recordings and much more. Enjoy! Mr TT and V – <http://freeneville.com>

Dance is what happens with your new dance partner. You keep going through the IDK process – until “something clicks” - until there is no “yes but”.

Dancing with your new partner always gives birth to your next level.

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