

LET GO & LIVE

“There's Nothing Out There But You.”

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Sorting through the many layers of emotions, responses, reactions and judgments is no simple task. However, uncovering your **pure FEELINGS** will allow you to live more joyously. The following diagram will give you a sense of the pure feelings underneath your judgments and responses.



BEING

Response = Fear

adequate / inadequate
good enough / not good enough
perfect / imperfect
prepared / unprepared
secure / insecure
special / average
successful / unsuccessful

Other clues:

ashamed, clumsy, guilty, shy and stupid.

HAVING

Response = Disappointment

abundant / lacking
creative / uncreative
free / confined
full / empty
gain / loss
limitless / limited
wanted / unwanted

Other clues:

bored, deprived, devoured, missing out and trapped.

DOING

Response = Discouragement

complete / incomplete
effective / ineffective
focused / unfocused
important / unimportant
organized / disorganized
productive / unproductive
purposeful / purposeless

Other clues:

held back, lazy, thwarted and unimportant.

CONNECTING

Response = Anger

acknowledged / overlooked
appreciated / unappreciated
connected / disconnected
included / excluded
understood / misunderstood
used / unused
validated / invalidated

Other clues:

abandoned, lonely, separate, victimized and violated.

FEELING POLARITIES

Abundant.....Lacking	Inspired.....Uninspired
Accepted.....Unaccepted	Justified.....Unjustified
Accomplished...Unaccomplished	Limitless.....Limited
Acknowledged...Unacknowledged	Manipulative...Manipulated
Adequate.....Inadequate	Organized.....Disorganized
Adept.....Inept	Perfect.....Imperfect
Appreciated.....Unappreciated	Powerful.....Powerless
A part of.....Separate	Prepared.....Unprepared
Average.....Unique	Productive.....Unproductive
Complete.....Incomplete	Purposeful.....Purposeless
Connected.....Disconnected	Qualified.....Unqualified
Curious.....Disinterested	Responsible.....Irresponsible
Creative.....Uncreative	Secure.....Insecure
Dependent.....Independent	Sensitive.....Insensitive
Desirable.....Undesirable	Special.....Ordinary
Effective.....Ineffective	Successful.....Unsuccessful
Efficient.....Inefficient	Superior.....Inferior
Enthusiastic.....Unenthusiastic	Supportive.....Unsupportive
Flexible.....Inflexible	Trusting.....Suspicious
Focused.....Unfocused	Understood.....Misunderstood
Free.....Confined	Used.....Unused
Full.....Empty	Validated.....Invalidated
Good Enough...Not Good Enough	Vulnerable.....Invulnerable
Important.....Unimportant	Wanted.....Unwanted
Included.....Excluded	Worthy.....Unworthy

Responses with ACCEPTANCE**Responses with RESISTANCE**

Amused	Agonized	Frustrated
Blessed	Aggravated	Gloomy
Charmed	Angry	Guilty
Cheerful	Annoyed	Harassed
Delightful	Anxious	Hurt
Eager	Bored	Irritated
Ecstatic	Chagrined	Melancholy
Energized	Cranky	Miserable
Enraptured	Dejected	Morose
Enthralled	Deprived	Mortified
Excited	Despondent	Nervous
Exhilarated	Devastated	Offended
Exuberant	Disgruntled	Restless
Gladdened	Disheartened	Solemn
Gratified	Distressed	Tense
Joyful	Disturbed	Tormented
Refreshed	Embarrassed	Uneasy
Stimulated	Exhausted	Worn Out
Thrilled	Frightened	Worried
Uplifted		Wretched

FIFTY OF THE MOST POPULAR WAYS TO FIGHT

Argue	Be Imposed Upon
Attack	Be Irritated
Avoid	Be Regretful
Battle	Be Resigned
Bicker	Have Self Pity
Blame	Be Trapped
Cope	Hassle
Criticize	Hate
Defend	Object
Defy	Oppose
Deny	Overcome
Dispute	Pout
Be Aggravated	Punish
Be Angry	Quarrel
Be Apathetic	Rebel
Be Bored	Reject
Be Bitter	Repulse
Be Depressed	Resent
Be Disappointed	Resist
Be Disconnected	Run From
Be Discouraged	Shut Down
Be Disgusted	Squabble
Be Fearful	Struggle
Be Guilty	Sulk
Be Indigent	Worry

Everything is a picture of a feeling.

“What we see ‘out there,’ depends upon what we feel ‘in here!’”

This process is to be done with a partner. Take turns going over each of the following in order to become more fluent with your feelings.

1: I like to: _____.

I use it to reflect my feeling(s) of: _____.

2: I don't like to: _____.

I use it to reflect my resistance to the feeling(s) of: _____.

3: I use (object) to reflect my feeling of: _____.

The following are judgments and not feelings. They won't help you become fluent or specific with your feelings:

Good, Bad, Happy, Sad, Comfortable, Uncomfortable.

The following are feelings that will help you pinpoint your experience of any activity:

Free, Important, Responsible, Inadequate, Fulfilled, Secure, Appreciated, Drudgery,
Limited, Purposeless.

QUIZ

1. Examine the FEELINGS listed below.
2. Circle the SIX feelings that you are resisting the most.
3. Choose the ONE that you resist most of all and star (*) it.

Victimized

Unfinished

Misunderstood

Unfocused

Unappreciated

Unproductive

Abandoned

Purposeless

Not Good Enough

Trapped

Insecure

Loss

Guilty

Empty

Inadequate

Deprived

When you have finished, turn to the next page.

Scoring System:

1. Find the ONE FEELING you starred (*) and write FIVE points in front of that word in the lists below.
2. Find the other feelings you CIRCLED and write TWO points in front of those words listed below.
3. TOTAL your score in each of the four groups below.

___ Victimized	___ Not Good Enough
___ Misunderstood	___ Insecure
___ Unappreciated	___ Guilty
___ Abandoned	___ Inadequate
___ Total in CONNECTING	___ Total in BEING

___ Purposeless	___ Deprived
___ Unproductive	___ Empty
___ Unfocused	___ Loss
___ Unfinished	___ Trapped
___ Total in DOING	___ Total in HAVING

Please note: this quiz indicates where you are having the most difficulty opening and assimilating at this time. The validity of the results depends upon how fluent you are with your feelings.

BEING: “Good Enough \ Not Good Enough”

or

“I Am What I Am, And Sometimes I Wish I Weren't.”

BEING: the main focus in life is on **STANDARDS!**

The burning question: **IS IT GOOD ENOUGH?**

The LIMITATIONS of fighting BEING

INSISTING THAT YOUR STANDARDS BE MET.

FEARING BEING INCAPABLE OR UNWORTHY.

REFUSING TO ACCEPT MISTAKES OR FAILURE.

MUTILATING IN THE NAME OF PERFECTION.

DREADING INSECURITY.

GETTING STUCK IN YOUR “ROLES.”

Once you embrace all aspects of **BEING**, you will be able to:

Love who you are, rather than having to become what you love.

Set, create and enjoy standards and not be limited by them.

Strive for perfection and then accept whatever happens as being perfect for that time and place.

Approach mistakes and failure as essential discoveries on the road to success.

Relish the risks of insecurity as the spice and excitement of life.

Play all roles with equal ease and choose them according to the appropriateness of the situation, not out of an addiction/aversion.

Understand and accept being ordinary as a most special and spiritual experience.

Realize that it is truly “enough just to be.”

TECHNIQUES

BEING: Good Enough \ Not Good Enough

Most resistant to feeling: incapable \ unworthy \ unacceptable.

4. Check how often you measure things against your standards rather than allowing them to just BE what they are.
5. Meditate on doing something adeptly, even brilliantly. Allow yourself to BE Good Enough.
6. Raise the volume at the end of your sentences.
4. Affirmation: “I am learning to love who I am, rather than having to be who I love.”
5. Enjoy something at which you are not yet Good Enough. Have an inner dialogue... as though you are both student and teacher.
6. Mantra: “It's enough just to be.”
7. Character Visualization: Meet and make friends with your feeling or character/consultants “Good Enough / Not Good Enough.” (example of image: teacher / student)

HAVING: “Full Enough \ Not Full Enough”

or

I Want What I Want When I Want It!

HAVING: the main focus in life is on **QUANTITY!**

The burning question: **DO I HAVE ENOUGH?**

The **LIMITATIONS** of fighting **HAVING**

INSISTING UPON REWARDS.

DREADING MISSING OUT AND EMPTINESS.

RESISTING STRUCTURE AND BEING TOLD WHAT TO DO.

DISSOLVING IN THE FACE OF LOSS.

LONGING AFTER WHAT YOU DON'T HAVE, RATHER THAN APPRECIATING
WHAT YOU DO HAVE.

Once you embrace all aspects of **HAVING**, you will be able to:

Love what you have, rather than having to get what you love.

Enjoy what is expected as well as the creative bonus of the unexpected.

See experiencing as it's own reward rather than needing a reward for what is experienced.

Find as much gratification in looking forward to an experience as experiencing it instantly.

Relish the feeling of emptiness as well as that of fullness.

Utilize structure and being told what to do, as a creative way of discovering the true freedom within.

Use fantasy to go toward, not escape from.

Recognize that loss is merely the end of one experience and the beginning of another, and are willing to let go to make room for more.

TECHNIQUES

HAVING: Full Enough / Not Full Enough

Most resistant to feeling: Emptiness \ Missing Out \ Loss.

1. Check what you have been missing while off fantasizing or wanting something else.
2. Meditate on experiencing a reward.
3. Make the physical gesture of giving and receiving and then letting go.
4. Affirmation: “I am learning to love what I get rather than having to get what I love.”
5. Create joy with what is at hand without having to change it.
6. Mantra: “Let it go, make room for more.”
7. Character Visualization: Meet and experience your feeling or character/consultants “Full / Empty.” (example of image: Guru for both sides of the feeling.)

DOING: “Purposeful \ Purposeless”

or

“Where's The Mona Lisa? I'm Double Parked!”

DOING: the main focus in life is on ACHIEVEMENTS.

The burning question: HAVE I DONE ENOUGH?

The LIMITATIONS of fighting DOING

NEEDING YOUR #1 PRIORITY TO BE THE #1 PRIORITY

PROCEEDING WITH YOUR PURPOSE IMMEDIATELY.

BEING FANATICAL ABOUT FINISHING.

FINDING RELAXATION TO BE VERY DIFFICULT OR IMPOSSIBLE.

PUTTING THE TASK FIRST AND PEOPLE SECOND.

Once you embrace all aspects of **DOING**, you will be able to:

Love what you do rather than having to do what you already love.

Find joy in accomplishing and not be a slave to it.

Surrender as totally to relaxation as to work.

Create the same pleasure doing the task as finishing it; thereby making getting there half the fun.

See age as an extension of achievement, not the termination.

Allow things to go uncompleted, realizing that nothing is ever really finished.

Accept whatever priority is presented. Flowing with the will of the universe, knowing that all purpose is temporary and arbitrary.

Recognize that accomplishment is attained by wanting that accomplishment more than you want to avoid anything else.

TECHNIQUES

DOING: Purposeful / Purposeless

Most resistant to feeling: idle \ purpose thwarted \ wasting time.

1. Check when you are upset. What purpose is being thwarted or forced upon you?
2. Pick a task each day and meditate on seeing it completed.
3. Pause ten seconds before starting each task.
4. Affirmation: "I am learning to love everything I do, rather than having to do only what I love."
5. Pause and celebrate a priority other than what you are doing at the moment.
6. Mantra: "All purpose is temporary and arbitrary."
7. Character Visualization: Meet and work with your feeling or character/consultant "Purposeful / Purposeless." (example of image: entertainer / audience)

CONNECTING: “Validated \Invalidated”

or

“It's All Your Fault Anyway”

CONNECTING: the main focus in life is on CONNECTION.

The burning question: IS IT RIGHT?

The LIMITATIONS of fighting CONNECTING

INSISTING UPON UNDERSTANDING AND BEING UNDERSTOOD.

INSISTING THAT OTHERS SEE YOU AS YOU WANT TO BE SEEN.

INSISTING ON CONNECTIONS YOUR WAY.

SEEING EVERYTHING AS BLACK OR WHITE, RIGHT OR WRONG.

HAVING AN INSATIABLE NEED TO CONTROL.

Once you embrace all aspects of **CONNECTING**, you will be able to:

Love people as they are rather than having to change them into what you love.

Understand that everyone is right in his/her own mind, and just might be correct about the subject matter at hand.

Accept complete and total responsibility for your own feelings and absolutely none for another's.

Have opinions on everything and offer them only when asked; also recognize that your opinion is never a universal truth.

Enjoy all manner of things, whether you understand them or not.

Connect with others on a heart level as well as a head level.

Relinquish control easily.

Recognize the difference between feelings and symbols and detach from the symbols while staying connected to the feelings.

TECHNIQUES

CONNECTING Validated / Invalidated

Most resistant to feeling: Misunderstood \ Wrong \ Unappreciated \ Ignored \ Overlooked.

Allow people to see you from their distorted viewpoint.

1. Check how often you contradict or feel contradicted.
2. Meditate on seeing yourself appreciated, connected and correct.
3. Round your spine and make open circular gestures.
4. Affirmation: “I am learning to love people as they are rather than trying to make them into what I love.”
5. Find out how to connect when you are unappreciated, closed out or another is wrong.
6. Mantra: “I’m learning to connect your way as well as my own.”
7. Character Visualization: Meet and connect with your feeling or character/consultants “Validated / Invalidated.” (example of image: Superman / Clark Kent)

"I WANT" Process

Everything 'out there' is a picture of a feeling 'in here'!

The three motivators for WANTING are:

1. The feeling you want to gain.
2. The feeling you want to protect.
3. The feeling you want to avoid.

This process will help you see what feeling you are attempting to gain, and what you are trying to avoid. Remember:

"You can have anything you want in this life!"

What you cannot have is: avoiding what you don't want."

PROCESS EXAMPLE:

I want: "to be relaxed and loving with my parents."

When I get what I want I will **feel**: "secure."

The **feeling** I believe I can then **avoid** is: "insecure."

PROCESS:

I want:

When I get what I want I will **feel**:

The **feeling** I believe I can then avoid is:

UNCOMFORTABLE SITUATION Process

A situation is uncomfortable when it mirrors a feeling with which you are already uncomfortable. This process will help you to identify your discomfort so you can then make peace with the real difficulty in your perceptions. Once you can perceive the feeling in a new way you can also take care of the situation in a new and easier manner.

EXAMPLE:

The uncomfortable situation was: “dealing with the phone company.”

The **exact moment** of discomfort was when: “he said: ‘We show no record of you having paid your bill for three months.’ ”

The **feeling(s)** I was **resisting** was: “Powerless & Invalidated.”

The **uncomfortable situation** was:

The **exact moment** of discomfort was when:

The **feeling(s)** I was **resisting** was:

DAY/NIGHTMARE Process

This is very useful when you aren't sure what the “bottom line” feeling is in a situation.

EXAMPLE:

What is the worst thing that could happen? “I'd lose my job.”

If that happened, then what? “I'd lose my home.”

If that happened, then what? “I'd have to sleep on the street.”

If that happened, then what? “I'd become a beggar.”

What's so bad about that? “That's terrible. I'd be wasting all my talents and become a nobody that was dependent upon others.”

What feeling(s) would I have to face? “Failure & inadequacy.”

What is the worst thing that could happen?

If that happened, then what?

If that happened, then what?

If that happened, then what?

What's so bad about that?

What **feeling(s)** would I have to face?

Here & Now I Feel:

This process is done with a partner. Look at your partner. Listen to them as you each respond using the following phrase:

Here and now I feel _____.

Allow your partner to respond to you and then repeat again:

Here and now I feel _____.

Continue back and forth for a few minutes. You'll be amazed at the myriad of feelings that arise and how quickly they pass.

Variation: This is also a very potent process when done on your own. It is one of the fastest ways to get to the feelings just under the surface. Simply repeat over and over to yourself:

Here and now I feel _____.

Also, when you are stuck in a response to a feeling (such as stuck in your anger) repeat this over and over. You will find that you can not maintain a feeling once you are acknowledging and feeling it. It's a terrific way to get yourself unstuck.

An Exercise In Unconditional Loving:

The following is an outline, not a complete script. First, think of a living person that you know well, whom your partner does not know. Now follow the outline below:

- “Close your eyes. Take three deep breaths and relax.
- Go to your inner garden and take a moment to feel connected with everything there. Feel your love growing.
- Now imagine bringing in: (Name, approximate age, and gender of the person you have chosen.)
- Make up any image you want as you reach out from your heart and extend love to (insert name). Think of (insert name) surrounded by a golden-white light of loving energy.
- If (insert name) could take this loving acceptance you are sending and use it to help (him)herself become anything (he)she wants, What would (insert name) really like to be?
- Resistance to what feeling is blocking this goal?
- Now, show (insert name) an alternate approach to this feeling that would be more loving and peaceful.
- How is (insert name) responding to this alternate approach?
- Now, image bringing me into your garden to meet with (insert name). * How is (insert name) responding to me?
- In order to better my relationship with (insert name) What qualities does (insert name) like to relate to in me?
- What qualities does (insert name) dislike relating to in me?
- What can I do to improve our relationship?
- Thank you. Now join hands with me as we both imagine (insert name) the way (he)she would like to be; surrounded by a glowing golden-white light.
- See (insert name) making peace with the feeling (he)she had been resisting.
- Imagine (insert name) relating easily with me.”

Ideal Fantasy Person:

This is done with a partner. Take turns asking each other each question.

- What is the most desirable quality in the person you love most?
- What is the least desirable quality in the person you love most?
- What is the most desirable quality in yourself?
- What characteristic in yourself do you not want me to see, and why?

- What is the most desirable quality in your ideal fantasy person?
- What does this fantasy person allow you to avoid feeling?

PRIORITIES PROCESS

Write a list of five things you like, or want the most.

Prioritize them.

Go through the list saying..."In order to get #4, I'd be willing to give up #5 forever." If that's not true, reverse the numbers.

Write a list of five things you don't like, or would like to avoid.

Prioritize them.

Go through the list saying..."In order to avoid #4, I'd be willing to accept #5 forever." If that's not true, reverse the numbers.

The final word about feelings is a happy one. Once you have learned to appreciate and accept all the feelings, you will come to the wonderful realization that they are here only to be enjoyed and experienced. You will come face to face with the astonishing fact that one feeling is really no better, or more satisfying than another; except in the way that you perceive it. You will then know that feelings were created to be experienced, and symbols were created to reflect and mirror your acceptance or avoidance of feelings. Once you are able to enjoy and experience your feelings, the symbols will reflect that enjoyment. You will see how futile it is to try to change and manipulate the symbols, while ignoring the feelings behind them. How deliciously ridiculous to try to create a symbol, or reflection of something that isn't there. Most of all, you will be able to see, first hand, the laws of manifestation. **The instant you love and accept any feeling, you will see it manifested all around you.** The same is true, of course, when you avoid and resist something.

In this world of simultaneous realities, every situation reflects a different feeling and hence a different truth. Each is true for the person experiencing it. The safest, fastest and easiest road through this maze of various truths is the one called: **LOVE ONE ANOTHER.** This begins by loving all the parts of ourselves, and then seeing and loving those parts of everyone else. For in the strictest sense, we are all **ONE ANOTHER.**

We are all learning. If we understood everything then there would be no more search, and life is indeed a search. Our fondest wish is that the feelings in these processes have made your search a little easier and a lot more fun. If they have, we are delighted. If not, we will all meet back home anyway and have something to laugh about.