



TAKE CONTROL

**A self-awakening
program to reclaim
your power ...**

Introduction

By Susanne Grace

Copyright © Susanne Grace. 2001-2016 *Moving Beyond Stress 'Take Control' Program*

Warning: All content of this module is protected by copyright which is owned by Susanne Grace. All rights are reserved.

This module is published under license by Living Harmony Australia Pty. Ltd.

[ACN 105 860 124]

[ABN 65 105 860 124]

Exclusion of Liability

All the content of the *Moving Beyond Stress - 'Take Control' Program* has been written, edited, published, sold and distributed on the basis that all of the parties to its making, publication and sale ('the parties'), including the publisher, author, editors, contributors, copyright owner, writers, producers and distributors exclude any and all liability, including for damages or loss, and including but not limited to those damages or losses caused by the parties' own negligence or defamation, arising out of use, reliance upon or by reference to the information contained in the content. The parties are not responsible for errors, omissions, or for any consequences of application of the information contained herein and make no warranty in respect of its accuracy, currency or completeness.

Moving Beyond Stress - 'Take Control' Program contains information which is comment and opinion of the author and contributors and is not to be construed as medical or mental health advice. This information should not be used as a substitute for professional qualified help or advice for any purpose from a registered medical doctor or health professional, whether in person or on the telephone in a remote situation. Application of the information contained herein in a particular situation is the responsibility of the reader, not the parties to its making, publication and sale.

The practice of emotional release techniques is risky. There are inherently dangerous risks, both known and unknown, in the practice of the procedures contained herein. This material is therefore made available, sold and distributed expressly on the condition that all the readers or users of the material or people referring to this material agree to legally assume all the risks of injury and loss whatsoever, including the risk of our own negligence or negligence of the parties.

Publisher: The Grace Institute of Awakening [ABN 98 987 525 665]

Suite 3&4, 115 Nerang St, SOUTHPORT. QLD. 4215 Australia

www.thegraceinstituteofawakening.com

Table of Contents

Introduction	1
Welcome!	1
An Overview of the 'Take Control' program	2
How your lessons work	2
A summary of the 8 modules	4
Module 1 - (Lessons 1 to 6) Building Foundations	4
Module 2 (Lessons 7 - 12) What's driving you?	4
Module 3 (Lessons 13 - 18) Taking control	5
Module 4 (Lessons 19 - 24) Mastering Relationships	5
Module 5 (Lessons 25 - 32) Finding the Real You	6
Module 6 (Lessons 33 - 38) Accepting Abundance	6
Module 7 (Lessons 39 - 45) Achieving Freedom	7
Module 8 (Lessons 46 - 52) Helping Others	8
Visualisations and Activities	8
The 8 Steps of the 'Take Control' Program	9
Step 1: Become aware of your many parts	12
Step 2: Understand how your parts are created	12
Step 3: Acknowledge the ego and the powerful role it plays	13
Step 4: Identify the parts that are holding you back and why they do it	14
Step 5: Use and manage your parts to your advantage	15
Step 6: Apply simple yet effective techniques to change certain part's beliefs and how they feel	16
Step 7: Learn how to find your switch that turns on your personal power	17
Step 8: Work with a mentor who can take you through these steps	18

Introduction

Welcome!

Congratulations on taking on a most exciting and rewarding journey that lays ahead of you! This is your first module out of eight that makes up your Moving Beyond Stress *Take Control* Program. This module is all about building the foundations of the moving beyond stress model, and it contains the following:

An introduction and overview of your *Take Control* Program
An overview of the 8 Modules

This program is experiential, which means you may find yourself experiencing situations happening in your life that seem to 'coincide' with the module you are learning. Get excited when that happens, it's simply showing you how much you are actually living your thoughts in each moment. All is perfect for your learning, just enjoy the ride!

Each lesson contains a variety of journal questions, activities, visualisations and meditations. Simply work through them in the order they are presented, just one at a time, one day at a time.

You will not be required to submit the answers to the questions within these lessons. The questions contained in the lessons are for your own awakening and learning. The more you put in, the more you will get out. How long you take on each module is entirely up to you. There are 6 to 7 lessons per module, with a total of 52 lessons that spread over the 8 modules.

The work you do within this program has been designed to give you the tools to see yourself as you really are, i.e. to awaken to any hidden beliefs, to awaken to what you *really* feel and ultimately to not only see and feel, but to also live from the *Real You*. Keep in mind that to get what you want out of life, i.e. to achieve your dreams and goals, you will need to shift through the blockages that have been holding you back. These 'blockages' are simply beliefs and the emotions that are attached to those beliefs.

So even though there may be times that you will not feel so good as you move through letting go of these beliefs and emotions, just know that the rewards are high. In doing this work you will come to find the *Real You*, which is your place of peace, joy, love, creativity and wisdom.

This love, peace and joy of the *Real You* is so much bigger than all your fears put together. In time you will love your fears to death. As a result, your world becomes your playground for you to explore, create and most importantly, have fun!

The team and I are here to support you all the way and I feel privileged and honoured that you are embracing these concepts that I share with you. I look forward to playing and exploring with you.

Warm Regards

Susanne Grace

An Overview of the 'Take Control' program

Here's What You Get ...

- ✓ **8 downloadable Modules (this one being Module 1)** packed with activities and visualisations and meditations that help you to see things differently and feel fantastic! The topics discussed will help you to explore all that doesn't serve you and will help to make stress a thing of the past
- ✓ **Mentoring and support via online support groups** – this invaluable support from Susanne will assist greatly in applying the information and techniques into everyday life
- ✓ **Audios and journal activities** in each module provide thought provoking questions and simple techniques to help move beyond stress
- ✓ **Visualisations and meditations** will make moving beyond stress even more enjoyable, fast and effective and help you reach the *Real You*—your place of peace and clarity
- ✓ **Full access to the member's-only website** which is updated with valuable information, tips and inspiration. This area also contains FAQs for members only
- ✓ **A special email helpline** if you need support or other questions answered
- ✓ **10% Discount coupon** for our online Detox Shop valid for 12 weeks

How your lessons work

Everyone likes to learn differently, and so with this in mind I will strive to deliver this information to you using different formats. Sometimes there will be things to read, you may have some audio and written journal questions and activities for you to do.

To help make this easier and so you don't accidentally miss something, (as I often do when there is a lot of plain text to read) I have put some little icons in your lessons that will prompt you what to do next. Here's what they look like:



This busy little hand means it's time to write. Typed is generally fine, however there will be certain activities it will be better to do it the old fashioned way with a pen and a nice hard covered journal you buy for yourself.



This book means there is something for you to read that is not on the current page you are reading. So there may be a link to take you to some recommended reading.



This little guy tells you it's time to listen to an audio. Most of the visualisations come in an MP3 format, so if you want to you can download them to your Ipod.

So your first thing to do is gather the materials you will need

1. **Print out or save to your desktop** this first Module.
2. Buy yourself a nice hard covered **journal for writing in**. This journal is for your eyes only!
3. Get your **Ipod** organised as well as some headphones so you can download the visualisations and audios as you go. This is optional, you can simply listen from your computer.
4. **Book times into your diary** that are dedicated for you and your journey.
5. **Set reminders** on your phone so you don't forget your online support groups!

Set yourself some time in your diary to firstly sit down at the beginning of each lesson and go through the material. The actual reading won't take you too long, probably about 30 minutes. Then take 20 – 30 minutes each day to put the work into practice. This will include a daily visualisation and maybe working on just one or two activities.

If you prefer to take a couple of hours on your day off and get it all done at once, then that's fine too. I do suggest however you also do a small visualisation each day. These only need be 5 minutes. Over the coming lessons you will be given many new visualisations, so you will soon have a bank to draw upon.

A summary of the 8 modules

Module 1 - (Lessons 1 to 6) Building Foundations

- 1 - Introduction** - we show you how to work with the program to get the most out of it
- 2 - Letting go of stress** - some rescue remedies here to help give quick relief from stress while you learn this new approach.
- 3 - Your many parts** - creating a solid understanding of your parts and how they effect your life.
- 4 - How your parts are created** - allowing you to recognise how you created these parts that may not be serving you, therefore it helps to prevent creating any more, and build great ones instead.
- 5 - Introducing your emotions** - starting to let go of past issues, giving you more energy and freedom so you can really begin to move forward in your life.
- 6 - How your emotions effect your health** - being aware of exactly what's going on within you will help you to reduce or avoid chronic disease in the future.

Module 2 (Lessons 7 - 12) What's driving you?

- 7 - Introducing meditation** - one step at a time we take you into your inner world where you will find peace and contentment. Even if you can't feel it now, you will as you move through the program.
- 8 - The art of shoving emotions down** - recognising how you have been suppressing emotions is a great step towards taking control. We all do it, and it's the underlying cause of all addictions.
- 9 - The law of attraction** - we show you that simply wishing for something won't quite do it, there is more to this secret than what most have been told, it's time to find out why your life is the way it is.
- 10 - What's holding you back** - a part of you wants something, but another part is sabotaging your efforts. It's time to find out which part, and why.
- 11 - Who's in charge - you or ego?** - Sometimes we are our own worst enemy, maybe it's time to show who's the boss of your life.
- 12 - How to change beliefs** - *The Grace Method* - it's all here stepped out for you, your ticket to fundamental change and happiness.

Module 3 (Lessons 13 - 18) Taking control

13 - Are you right or wrong? Maybe it's time to get off your own back. Being right or wrong is an opinion and when you really get this, stress begins to slide away fast!

14 - It's such a shame - so much energy is often given to holding down your deepest fears, whereas in reality you can shift it all in a heart beat, even if you've been holding onto it for years.

15 - Do you have a choice? How often have you said 'I have no choice ...' it's time to realise how much control you actually do have in your life, this lesson on its own can liberate your life!

16 - How to take charge - Your power is yours, no one else can actually claim it, but you can give it away. So if you're tired of being a victim, here is your chance to change it, it's easier than you may think.

17 - It's only change - you want change, but it can be scary sometimes. So we take you through the steps to real change, and let go of the fear along the way.

18 - Your inner child - there's a part of you that sometimes wants to be silly and come out and play, but your serious parts have banished them. This is such a fun week, you will love it!

Module 4 (Lessons 19 - 24) Mastering Relationships

19 - Relationships - when you let go of judgment and frustrations within your relationships, stress levels not only fall, but relationships can strengthen. This lesson will show you a different perspective and gives you the basis for mastering how you relate to others.

20 - My friends in the mirror - frustrating people in your life may actually be a gift for you, shifting how you see them will help you to really see yourself in a new way.

21 - It's just my opinion - if you're tired of listening to other people's opinions, you will now be able to let it all float away from you like water off a duck's back and still keep a smile on your face!

22 - Toxic relationships - if you have ever had a relationship with someone that you feel continues to haunt or frustrate you, here is your chance to let them go. Maybe you don't even realise how toxic some of your relationships are, it's good stuff to know - don't wait to regret it.

23 - Soul mates - If you are searching for your 'soul mate' or disappointed because you thought you had found them and they turned out to be a dud, then this lesson could help you tremendously.

24 - Healing wounds - we all have parts of us that feel wounded from the past. It's time to heal them now, as the energy you have given these wounds could be put into exploring your new life!

Module 5 (Lessons 25 - 32) Finding the *Real You*

25 - Your intuition - when you become more inline and in tune with the *Real You*, things become easier, you will know what to do, your gut feeling will be clear and you will trust it will lead you well.

26 - Giving and receiving - giving can be such an easy thing to do for many people, however sometimes we forget how to receive, and sometimes we forget what we could be grateful for. It's time to get the balance right and bring more good stuff into your life such as love and joy.

27 - How to love your body - there seems to be a war against our bodies, they never seem to be good enough. This lesson shows you how to love your body, warts and all, and embrace the miracle your body really is.

28 - Beyond the physical world - with so much confusion around what lies beyond our physical world, it can feel good to let go of all opinions and beliefs and come back to what is real for you.

29 - Spiritual intelligence - as you increase your level of understanding of your own spirit, i.e. the *Real You*, you can begin to use it to help you achieve harmony and to manifest your dreams.

30 - Increasing and protecting your energy - Sometimes other people unknowingly drain you of energy, so we show you how to stop that from happening and how to increase your energy as you need it.

31 - Energy healing - people have used energy to heal themselves and others for thousands of years, understanding it can help you to achieve healing on all levels, for you and for others.

32 - Me, myself and I - have you ever had a conversation with me, myself and I? Understanding our model shows you that this isn't as silly as it seems. You could save lots of time by speaking to the best part of you first, and not listening to the other parts that don't know any better.

Module 6 (Lessons 33 - 38) Accepting Abundance

33 - The spiritual ego - have you ever noticed that some people have elevated themselves higher than others because they consider themselves to be more 'spiritual'? You will see that this is ego talking, the disguises he uses sometimes are really clever, it's good to avoid the trap!

34 - Your friends - If you have been worried or stressed over losing friends in the past, this lesson will show you how perfect it has all been. Learning to let them go with love can be very freeing!

35 - Money, money, money - this topic can be one of the leading causes of stress, so let's deal with it and learn to see money for what it is, and how to build your relationship with it so it can become one of your best friends.

36 - Abundance - abundance is everywhere in all forms, but are you creating an abundance of crap in your life? Wouldn't it be better to create an abundance of good stuff? This lesson shows you how.

37 - That's just perfect - if there's a part of you that stresses because it likes to get things just perfect, then relax, the cavalry is on the way! But don't worry, we will get this topic just right!

38 - What's so funny? - If you have ever been told to 'stop laughing', or 'it isn't funny', then in this lesson you can let it rip! Suppressed emotions also include all our suppressed joy we have learnt to contain, and this can turn to stress. Aren't we so creative to be able to turn joy into stress?

Module 7 (Lessons 39 - 45) Achieving Freedom

39 - Your search for happiness -defining what you value the most will help you to move in the direction of happiness. Sometimes we don't even know what we need to be happy, so maybe it's time to find out!

40 - Your purpose - if you have ever wondered what you're here for, you will love this lesson. Discovering your personal purpose is a lot easier to find than most would believe. When you know what you are here to do, your questions get answered and clarity can fill you like never before.

41 - Smart Goals - have you ever set a goal and not carried it through? Sometimes our goals may not be so smart. This lesson helps you to explore why you are even setting goals in the first place and what many of these goals are really fueled by. Then you can stop wasting a lot of time.

42 - Smart Vision - here's a fresh new approach for getting what you want. Taking your dreams to the next level will help you to concrete your purpose, therefore fulfill what you have come to achieve. This is how you can find 'fulfillment' in your life. It's great to see the big picture.

43 - Handling challenges - yes, they will continue to come into your life. But we show you how to get excited by your challenges and turn them from 'stress balls' into 'having a ball'! Facing your ultimate fear will help you to do this.

44 - Success and failure - who isn't fearful of failure? The thing is we can show you how failure is actually an illusion, it's impossible really, you will always be successful at living out your beliefs. You simply have to know what they are.

45 - Moving with freedom - at this stage of the program we just need to check that you are now fully moving with freedom as opposed to running with fear. It's good to know.

Module 8 (Lessons 46 - 52) Helping Others

46 - Steps to designing an amazing life - you have the tools now, so we help you put them all together, one step at a time to create the world you chose to play in.

47 - The games we play - at this stage you now have all the tools, so we look back and see the games you have played out and this gives you some great strategies as to how you play your next game. The roll of the dice is in your hands.

48 - Putting it into practice - it's all very well to have a great understanding of this model and how it applies to you, and if you haven't already, it's time to bring it into your everyday life. The case studies we explore in this lesson will show you clearly how easily this model is applied to any situation.

49 - Lighting up the workplace - stress in the workplace can be horrendous. So this lesson shows you how to bring this model and techniques into your work life and help to make this environment a great one for you.

50 - How to help your children - even if you don't have your own children, chances are you will know some. This lesson gives you some great strategies to help children ease the burden so many now carry in their young lives.

51 - How to help others - there are many things you can do to help others ease their levels of stress. Likewise, there are many things you can't do to help others. Learning to understand when to step in and when to step back is bringing this knowledge to a place of wisdom and it's a great place to be in!

52 - Celebrating your life - Yay! You are now geared up with all the tools, visualisations and techniques to more than adequately equip you for an amazing life! This last lesson helps you to embrace all that you are and all that you wish to experience, and to fully enjoy your magnificent journey ahead!

Visualisations and Activities

The Moving Beyond Stress *Take Control* program is packed with over 25 visualisations and meditation and every week you have different activities to do to help you understand who you truly are and how powerful and creative you really are.

Here are just a few of the topics included in this collection of visualisation audios:

- ◆ Discovering your inner beliefs
- ◆ Your living room - see where your parts hang out
- ◆ Let go and energise - letting go of the past
- ◆ Creating your world - find out what you really want
- ◆ Your inner child - meet your child within
- ◆ The miracle of me - see your body in a different light
- ◆ Give it up - how to reach forgiveness
- ◆ Cutting cords - letting go of others **and so much more ...**

The 8 Steps of the 'Take Control' Program

Before we get into the lessons, I have stepped out here the overview of the Moving Beyond Stress *Take Control* program put down into 8 steps. Let's have a look at the reasons behind doing this program and what it can help you to achieve.

The 8 Steps to Moving Beyond Stress:

1. Become aware of your different parts
2. Understand how our parts are created
3. Acknowledge the ego and the powerful role it plays
4. Identify the parts that are holding you back and why they do it
5. Use and manage your parts to your advantage
6. Apply simple yet effective techniques to change certain part's beliefs and how they feel
7. Learn how to find your switch that turns on your personal power
8. Work with a mentor who can take you through these steps

**When you learn how to be in charge of how you think and feel
you move beyond stress into a place of inner calm
where you can really take control of your life**


So does it matter how you think and feel?

Firstly, it is only because of what we think, that creates how we feel. How we feel has everything to do with our home life and our work, and pretty much everything else we do, and in particular how we relate to others. Let's face it; we only do what we do so we can feel good. We go to work and try to do a job we like, so we can get paid and buy the house or car we love — then we feel good.

We search for the perfect relationship so we can feel good. We run our kids around everywhere to get them a good education because at the end of the day it makes us feel good; we've done the best we can! Feeling good is something that we long for. **Who wants to feel bad? I hate to feel bad! Don't you?** In fact, we go out of our way to do all sorts of things just so we don't feel bad — so we don't feel loneliness, sadness, pain or anger.

Food, cigarettes, alcohol, drugs, obsessive exercise, plastic surgery, even retail therapy and sex can all be used regularly, simply to help us feel better. These things tend to help push those bad feelings down. But what does this create?

- Being overweight
- **Stress and anxiety**
- Ill health
- **Bad moods**
- Maxed-out credit cards
- **High debts and staying broke**

- 
- Fragile relationships
 - **Doing work you have no passion for**

So your emotions are actually totally entwined with everything you do, love them or not. You are an emotional being and **it's time to take control!**

So here's what the program can help you to achieve:

- **Stress relief** – be able to calmly cope with stress without 'falling apart' or 'flying off the handle'— instead you take control
- **Self-esteem** – feel really good about yourself and develop a deep knowing that you are good enough just the way you are
- **Self-awareness** – to know and understand what's happening with your emotions and how to use them to your advantage, rather than feel embarrassed
- **Standing up for yourself** – being able to express feelings, beliefs, and thoughts and not be afraid to voice your opinion and walk your own path in confidence
- **Making decisions** – creating a clear mind will help to solve problems easily and effectively without the stress and you will avoid making the same mistakes
- **Relationships with others** – develop a greater depth of empathy and understanding for others. This makes it easier to work and play with them and accept them for who they are without attaching to their emotions and beliefs
- **Intimate relationships** – develop a deep, powerful, intimate relationship with those you love – one that enables you to give and receive love, and take your emotional connection to new heights
- **Personal power** – finding the real you will bring meaning and passion into your life. The result leaves you with feelings of optimism, peace and a great depth of happiness within you

So what would your life be like for you if:

- Your **confidence** and **self-esteem** were sky high?
- You had **no fear** to do what you wanted to do?
- You lived with **passion** and **enthusiasm**?
- You were really **happy** and **optimistic**?

What would you be doing right now?

Whether you are dealing with family, co-workers, your boss or with clients, wouldn't it be great to know how to deal with others on a deeper level in regards to how they think and feel where you haven't been able to before?

I know it's difficult sometimes to know what to do, particularly if you haven't been trained in this area, or had the right kind of training. So we can help to take all the guess-work out for you. The result is you will have more confidence in dealing with upsets and stress and people will love you for it!



The opposite to stress = ease

The opposite to ease = dis-ease

**What would it mean to you if you could help others
move beyond stress too?**

There is a reason for procrastination — and you can't yell it out of people, tell them to use willpower or try to make them accountable; it's simply not sustainable. Real, genuine change has to come from within. Unfortunately we have all been taught so much stuff that is just making our lives more stressful than ever!

**It's time to go beyond trying to 'manage' stress.
It's time to get to the core reasons of why you
get stressed in the first place!**

We can do this with new, simple and effective techniques using 'The Grace Method', that show you a new way of seeing things, which can and most probably will greatly affect the way you live your life — for the better!

However, before you learn this technique the foundations of this model is important to understand. So *The Grace Method* is located in lesson 12, at the end of Module 2. It's good to wait for this so you can understand the process.

But here's my disclaimer, I take no responsibility if you:

- **Decide to walk out on that job you hate,** or
- Decide to move house, or
- **Change the relationships in your life** so they really make you feel good instead of like crap, or
- Decide to finally **start that business** you've always wanted, or
- Start to **make some serious money,** or
- Feel confident enough to **ask for the promotion** and know you're worth it!

Because I have to warn you that **these sorts of things tend to happen when people learn the real secrets of how they tick.** Lives change — and it's all good! So are you ready? Because the choice is yours as you will soon discover. The world truly is your oyster!

Step 1: Become aware of your many parts

We often refer to our many parts in any general conversation without really taking time to consider what these parts mean and how they got there. For example, you may have had conversations where you say 'a part of me knew I shouldn't do it, but I did it anyway...' or **"one part of me wants the chocolate cake, but another part doesn't"**. You are made up of many different parts; some you may like, and some you may not like at all.

We could call our body our home because it's the place where we reside for this lifetime. Let's face it; without our body we wouldn't be here. So let's pretend our body is a house, and in that house there are many different parts of us that live there. The living room is often the place inside a home where everyone gathers. So, logic tells us **our mind is our living room. The living room is where all our parts get together and have a chat!**

Sometimes our parts become vocal and they don't care who else is talking. If they have something to say they will say it. Some parts are louder than others and many of them like to argue. You see, each of them believes they are right, so **they are constantly bickering with each other about what is right and wrong.**

Our parts range from the strongest, toughest critics and judges to the couch potato who just wants to veg out; the pusher who is trying to get everyone up off their butt and work harder and the shy, quiet one in the corner. There are too many to count and almost all of them talk at once.

This is why sometimes when we try to have some quiet time and **attempt to relax, our mind goes crazy; all of a sudden we can't keep it quiet.** Because this is often the case many people like to keep themselves really busy so they don't have to hear it.

Some parts of us, however, can be quite intimidated by the stronger parts so really don't get much of a say. Some parts are off in the bedrooms sound asleep and only wake up and come out if they hear someone talking about them. There are even other parts down in the basement, but we don't like to talk about them. **Becoming aware of our different parts is the first vital step towards taking control of our life.**

Step 2: Understand how your parts are created

When we are born, we are vulnerable and very dependent on others to care for us. We don't judge others; all we want is love, food and to feel safe, because our life depends on it.

Sometimes things happen and, **as a vulnerable child, there may be times when we don't feel loved or safe.** When this happens, we have to do anything we can to make sure we get the love and safety that we need.

So as a young child **we learn quickly how to get what we need.** We learn different behaviours that will get the attention from our parents that earns us the hug we need. **We learn about punishment and rewards.**

So we learn how to play different roles, and each role requires a unique part to play that role. Every baby has the ability to create a large number of 'parts' that will eventually add up to become their personality — their persona, or mask. It's how we present ourselves to the world.

A child is often **told to stop crying and so they do their best to stop crying; they don't want the punishment**, they just want to be loved. So they swallow down the hurt and anger, along with the thought 'I am not loved'. The child **changes their behaviour to get the reward** of being loved and safe. **Here is the birth of a new part**. In future they will know what to do. As they grow older, they will have learned how to hold back the tears and, deep down, there is a part of them that believes they are not loved.

Each part of us will behave in a different way to our other parts, according to what that part was thinking and how it felt at the time, which depends on the experience that was happening when this part was formed.

In the moment of an upset, we have an emotion and we have a thought. When we decide that thought is true, it becomes our belief. **So each part of us contains a belief and an emotion. Unless we fully express that emotion, it stays there, inside our home, along with the belief it carries.**

Eventually we only show the world all these parts of us we have created. We come to believe this is who we are and **we forget who we really are.**

Step 3: Acknowledge the ego and the powerful role it plays

As you step into the different roles you have learned to play, you can feel and behave quite differently. So a child may behave quite differently with their teacher and be the class angel, but at home they can turn into a monster. As an adult – road rage says it all!

Because there are so many parts living in your home and many are very strong, there **has to be a very good bouncer at the door to keep them under control** and well protected. **His name is Ego** and not too many can argue with him.

Expressing emotions in our society is often seen as a weakness. **Ego cannot have anything that will embarrass our'selves' or expose us to any threat.** So we swallow the emotions down. These parts are kept under control. We may even learn 'anger management'. **Ego is in charge.** It's not that Ego is bad; **he's just trying to protect us.**

So Ego is our bouncer, the gatekeeper that ensures all parts of us are kept protected and not embarrassed in any way. Humiliation, of course, is unthinkable.

So when Ego feels there is a part that is a threat or embarrassing in any way, he must shove that part down in the back bedroom of our home in the hope that it just goes to sleep. **Or if that part is really embarrassing or threatening to all the other parts, it gets sent to the basement.**

Step 4: Identify the parts that are holding you back and why they do it

Now, Ego knows that **the only way to survive is to keep all parts alive and well**. Given that each part has a belief and an emotion, and emotions can be quite embarrassing, **it's vital that the beliefs are constantly confirmed to be true**. This way, the part's survival is guaranteed. Because, let's face it, without the belief the part can't exist, because that's all the part really is: a belief and an emotion.

So Ego is on the hunt. He will go out and **do whatever is needed to ensure the belief of his parts are shown to be true — at any cost**. Those parts that are of greatest threat and shoved in the basement are the ones that need to be secured the most. Because if their belief can be shown to be true, then they are more likely to stay happy in the basement, and out of sight.

So if one part, for example, has the belief that it is not good enough, then **Ego will constantly be attracting situations that will prove without doubt that this belief is true**. Job opportunities fall through, relationships go sour, money is lost, etc. It's not that any part wants to hurt you; it's just a **matter of their survival**.

Because there are many parts to us to keep under control, Ego must do whatever he can to keep the peace. So sometimes when some of these **parts of us that contain upset emotions want to come up** in an attempt to say what's on their mind, **Ego has to work hard at pushing them down**. If expressing is not acceptable in society, they must at all costs be kept quiet.

So to help keep the balance we develop another part that is the opposite to the part we have to keep down. Remember, **we have learned about punishment and rewards**. So we **develop a part that likes to be rewarded with food, or alcohol, or new shoes** and that way, that other part that is being punished and banished to the basement is kept down there, so the 'good' part can take over.

Another part of us is upset because we are getting fat, broke or drunk, but at least we are being protected, at least we are surviving. And that's the main thing: we must survive at all costs — every single part of us.

Now, after a while the part shoved in the basement has just about had enough. Just imagine the little two-year-old toddler throwing a tantrum; it's angry and wants to tell you so. The more you ignore them, the louder they become and the more the **'good' part has to compensate, just to keep the 'bad' part quiet**.

So in goes more food, alcohol, chocolate or pills, just so we can keep feeling that 'good' part of us, and not feel that uncomfortable and embarrassing part.

There are rules about how we should be feeling. As a society we make up those rules, and in order for us to belong and feel loved, we must obey them. **If we break the rules, then our other parts get to punish those who stepped out of line**.

Ego can get upset about not controlling these parts and before we know it we have eaten another chocolate bar or hamburger, or smoked another cigarette just to keep them down. Ego is happy. If only we had more willpower! **So then we know it's true — we really are 'not good enough', because now we can't even control our'selves'**.

Step 5: Use and manage your parts to your advantage

So how do we stop the madness? **How do we get all parts happy and feeling good?** Because there are other parts of us that want to achieve great things such as travel, wealth and a healthy body. But also, most parts of us simply want to be at peace.

All parts of us just want to have it confirmed that what they believe is true, and what they feel is allowed to be expressed; **they just want to be heard.** And we just want our living room to quiet down so we can relax and feel some peace. So what's the solution?

The problem is, of course, that not all these parts are in line with what we really want. There is no other solution but to **get rid of them.** But Ego won't have it and neither will another deeper part of you — the deeper part of you that you don't know that well yet. But it's calling you.

It's telling you to **accept all parts of you — warts and all.** It wants you to love all parts of you. **But why would you love parts of you that are sabotaging all your good efforts?** It's madness, so it doesn't happen. You end up hating these parts of you; sometimes you really don't like you at all. The worse these parts are, the more you have to punish them.

So the first step in any assignment is to really find out what is going on. So you must learn to **be the fly on the wall.** You must learn to sit up on the wall of your living room and just see what you notice. Sit quietly, even if the noise in the living room is loud, sit quietly and develop a new part — the witness. **As you observe your parts, things will become clearer.**

We can start to see and feel these emotions as simply an energy, and we begin to realise it is not who we really are. We realise that sometimes we can call up those parts of us with particular beliefs and emotions and use them in times that will help us get what we want. **Sometimes we need to get angry; sometimes we need to feel calm.**

We can come to accept that some parts just want to express. So as we allow that to happen, we realise that we can actually take control and, instead of living in fear of being 'out of control', **we can choose the time, place and method for expression.**

As we begin to see how much we have pressed these parts down time and time again, we understand **the only way to reverse 'de-pression' is through 'ex-pression'.**

When we deny our parts exist, or when we try hard to get rid of them, it only makes them stronger. To change our 'selves', we need to change our parts — some parts of us die and new ones are born. **If we want change in our life, this is where it must begin.**

If we want new things in our life, we must have parts of us that support the belief we can have them, and we must calm those parts that believe otherwise. **When we are trying very hard to get more willpower, we are simply entering into a battle of our parts. This is never sustainable — it's simply exhausting.**

When we, and our many parts, meet another person with their many parts, the fun begins. We all come with an army; there is so much more to us than we ever allow others to see. As we begin to really get to know the other person, parts of them begin to emerge and we may not be happy about that.

We say things like, **'You weren't like this when I met you. What's got into you? Where did that come from? You're not the person I thought you were!'**

For relationships to flourish and grow, it is vital we understand this process and learn how to recognise and deal with our different parts that present. Otherwise, we begin to wonder if there is anyone else out there for us who doesn't come with baggage. We ask —**where is our real soul mate?**

Step 6: Apply simple yet effective techniques to change certain part's beliefs and how they feel

So how do we stop the madness? **In order to stop the self-sabotage, addictions and bad feelings**, go to the part that created the belief and the emotion in the first place. **Our parts are nothing but a belief and an emotion.**

1. Let go of the emotion. This in itself can help to shatter the belief.

It's like allowing a child to have a temper tantrum, letting them get it out of their system and letting them know they are loved unconditionally.

As you reach for the piece of cake, or the cigarette or the wine, ask yourself: How are you feeling right now? In that moment of wanting, in that moment that you reach out, in that moment of that behaviour that you don't like, what is it that you are feeling? What is it that drives you to this behaviour?

2. Let go of the belief. This in itself can help to shift the emotion.

What is it that this part of you believes? At one point in time, at a time when you were feeling down, you decided a thought you had was true. What was that thought?

When you find that thought ask: Is it true? Is that thought really true? Is there any possibility that this thought is not true? If it's not true, or if there is a possibility it is not true, then what now?

We all have created different parts, with different beliefs and feelings attached. So of course we must all hold different opinions.

As we let go of these emotions and beliefs, the parts that played out in a way that did not serve us will lose their power. Even though we created them, we did so from a place of upset, we were not thinking clearly, we were in a place of fear.

In the beginning it can be quite challenging to identify and work with your many parts. Practice is needed, but is very much worth the effort. It is only in doing this work that you will enjoy lasting results and find the success you are after in your life.

The Grace Method is a very simple yet effective technique that you can learn to do to help you heal these parts of you that are not serving you. Simple processes, visualisations, journal work and meditating are the keys. Moving on to steps 7 and 8 is vital. You don't have to do it alone.

Step 7: Learn how to find your switch that turns on your personal power

As you let go of those parts of you that no longer serve you, slowly and surely you can come back to the *Real You*; the part of you that you may have forgotten even existed. It's like building a muscle — the more you exercise this part of you, the stronger it will grow.

As you give more attention to the *Real You* and use the tools and techniques available to assist in releasing the emotions and fears from beliefs that are not true, we start to live once more from our true being.

You always have two choices in any situation:

1. Hand your power over to that situation or person and therefore become a victim to it.

Each time you say you don't have a choice you tell yourself you can do nothing about it, therefore you are a victim to it. When you do this, you can be sure that you are coming from a part of you that is living with a belief that is simply not true. Each time you react to a situation and make a decision based on fear you **are giving power to that part of you that lives in fear** and therefore you are a victim to it.

2. Take charge.

This is the *Real You* — the part of you that is loving, has no fear, is peaceful, knowing and calm. When you allow this part of you to come out, **now you can respond to situations, rather than react.** There is nothing to react to because there is no fear involved. Now you see all opportunities. This part of you is boundless, expanding and open to the world of possibilities. **From this place you can see the opportunities that each situation gives you.**

Making choices that are in line with where you really want to go will help to bring everything into harmony. **There is only conflict when the parts of you living in fear are moving in the opposite direction to where your heart wants to go.**


It's time to turn the light on, and see your shadows for what they really are. You have put so much attention and energy into so many things just so you can avoid looking at your shadows, of course you don't mean to do this, you just didn't know. **There is a light switch in every basement;** you just need to put your attention on looking for that switch.

The problem is most people look for that switch outside somewhere. They hope that someone or something else can be the light they need. And when those other people and things don't light up the house, they get upset.

The switch is within you, not outside, so you need to go inside and look for it.

When you live from our true being, **we can create, you can express your unique self, you can live in joy and happiness.** You choose your experiences. You know you are loved and it is easy for you to give love. You no longer live in fear.

You still experience your whole range of emotions; however, now you have learned not to hold onto them. Now you let them go as they arise. You understand your emotions are just



letting you know if you are on track or not. They let you know as soon as you step into the place of fear.

This is the Real You, and it's a great place to be. It's no coincidence that the higher the level of understanding you have of your mind and emotions, the higher the level of success.

Step 8: Work with a mentor who can take you through these steps

It's fantastic you are doing this program and the reason why this is so important is because you will learn that **some of these parts of you are going to hang on until the death and stand firm in their beliefs. It's vital to have someone help you step out of them** occasionally, to remind you to be the fly and to keep you working 'on' you, rather than 'in' you.

Remember, Ego will hold on tight; he doesn't like change as it means the death of a part.

You may have heard the concept of **working 'on' your business, rather than 'in' it** if you really want it to grow and succeed. **The same principle applies to your growth and success.** Having someone to help step you out of it in those times where you feel buried and overwhelmed will make all the difference to your success.

That's why your online support groups are vital to help you **work on the most important thing in your life — YOU!**

It took me many years to formulate this information into something that is straightforward, easy to understand and very doable. **As you really embrace the concepts and deeper meanings behind these steps the information and 'OMG!' moments will blow your mind!**

So remember, sometimes we won't necessarily work in the order that the steps are listed out. There is a process to it, and this process is aimed at helping you to get some good results straight away. If we followed the steps to the letter, it may take 6 months before we get to the techniques! And if you're anything like me, you want results faster than that!

In this first lesson we want to get some results happening for you straight away by providing you with some tools and techniques for helping to let go of stress.

Then next lesson we will start to focus on the different parts of you and how they have been playing out in your life. There will be activities in each lesson that are of a very practical nature that can sometimes press the buttons of your parts that don't want you to change.

That's all good! Take it all in fun, and you will soon be going "OMG! Do I really think like that?!" I don't want to tell you too much up front because there may be a part of you that tries to figure it all out now, and sometimes these parts of us need a little surprise! But we'll talk about that in the next lesson.

So let's move onto your first lesson!