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A Simple Way To Remove Blocks

When you feel blocked from your goals and dreams, what do you do?

Try this simple idea for a week and see how it goes. Instead of fighting with the block, thinking about it, or obsessing over it, allow yourself to experience the feeling you get from it fully.

If the block triggers anger within you, welcome that anger by opening your arms and just allow it to be here.

What you may find is that the solution to the block itself lays right BEHIND the block and this is the way you can let the solution through.

Sound hokey? Think again...

Most successful mathematicians and scientists will tell you that their best solutions to problems come after a period of being frustrated and then "sleeping on the problem".

Well, this makes perfect sense since the REM (Rapid Eye Movement) phase of sleep is thought to be responsible for reorganizing and categorizing information.

So, when you are awake your current BELIEF about how things should be organized is more likely to get in the way than when you're asleep.

And although "allowing the feeling of the block" isn't exactly the same as REM, it is a step towards "getting out of the way" of your brain so it can find solutions that your conscious, more critical, belief system would not accept.

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