

Transcript

Template 6 – GO – Mechanism

So, we are now at step 6, using template #6 and discussing techniques for practice for the dimension “Mechanism”.

So, after having observed and analyzed several situations here in the past even in the present, you would have evidenced a fairly large number of non-conductive mechanisms mainly of the opposing categories and opposing plus compensating. And you would have envisioned or understood or imagined what would be the supporting mechanisms to use instead. Of course, it's a very complex field and we can nevertheless discuss a bit of simplification and how to do that.

So from the opposing mechanism, for example, that you may have been using to oppose either yourself, your assets, your values or purpose or how you feel and think, so you might have been using a mechanisms like denying or blocking or rejecting etc. and these would lead to very negative feelings or not feeling who you really are and what your values and so on are.

That being so hard you would have used adding compensating mechanisms.

One of them maybe displacing all of these on your body and maybe seeking soothing through substances or through actions and so on so forth.

Or you may have used displacement or projection or blaming on to others to try to compensate with the bad feelings, so you would have seen all of these. Now you would have also seen that you want to use supporting mechanisms, such as accepting yourself, owning who you are and your qualities, or embracing. So, you have to move from here to here.

So again, the GO technique.

GO meaning giving up, to “give up” and “opt for”.

So, to opt for you can start to understand and use mechanisms that actually are very powerful and that we all can use, such as choosing, the power of choice, deciding, deciding to do one thing or another, or to use the right mechanisms. When we've discussed already is anchoring in inner positive feelings or strength, so these are other mechanisms that can be used to move from non-conductive to conducive by actually be very actively choosing the supporting mechanism and to give up, you could use other mechanisms such as simply acknowledging what the opposing and compensating mechanisms were, and once you've done that, to simply correct, that's another mechanism, or even forgiving yourself from having used wrong mechanism of opposing and projecting for example, but also forgive others because they are not responsible for what you do to yourself internally.

So I know it's a very complex field, but remembering that we can always choose this side and anchor into what we want to use on ourselves in terms of the right mechanism and simply letting go by understanding that we made mistake so we correct the mistake or even forgive ourselves.