

Support Information for Ad On

Trouble Shooting: If You're Not Getting The Results You Want

If you find yourself: 1. Just flat out not practicing what I suggested, or 2. Practicing it, but it doesn't seem to be resolving your problem or 3. Practicing it, but the second you drop out, your problem comes back, this troubleshooting page is for you.

I will address these 3 issues below. But first let me paint an important picture:

By outlining your practice in your Ad-On, what I've done is akin to showing you a new golf swing.

Is this your new golf swing then, after watching the video? Certainly no.

Like anything, you actually need to practice it, and get good at it, to have it affect your life. Why? Because Fear WILL come back again and again, and in particular your patterns around fear will come back again and again, as well as your unwillingness to feel it- especially if you've been doing that kind of thing for a long time.

But if you actually do what I suggest, and keep at it, you WILL create new patterns. You WILL learn this golf swing. It's like that with anything: riding a bike, playing the cello. The more you practice the better you get at it, and in this case, the more your problem will resolve.

Plant this seed, and watch it grow. Step by step. . . I can't see any other way of accomplishing anything.
—Michael Jordan

Let me also pause to outline what you SHOULD be experiencing then, as you practice this Method:

Picture a cone made up of a dynamic spiral. It starts wide at the bottom, going around in a circle, and it continues round and round while rising up slowly. The higher it goes up the spiral gets tighter and tighter.

At the bottom of this spiral you'll find Stage 1: which is where your old pattern exists. Round and round you go, repeating the same patterns, but you never move up the spiral.

Stage 2 happens when you engage in the Art of Fear Method over and over. As you gain many conscious experiences with resistance, with fear, round and round you'll go experiencing or learning almost the same thing. BUT, eventually you'll notice with each round, as Fear and Anxiety become more and more integrated and naturally welcomed into your life, as you have greater compassion for Fear and for yourself, the spiral is rising up. You are rising up. And, the spiral is getting tighter and tighter. It takes less time to learn new lessons, each go around. And the longer you practice in fact, the higher you go, the faster the lessons, until you organically find yourself not having to work so hard anymore, if at all.

Which leads you to Stage 3: this is your Tokyo (where we're headed). If you keep with the spiral -keep having this experience over and over- you get to a place where the Method is not something you'll need to consciously practice anymore. You'll actually have arrived where a great relationship with Fear comes naturally now, perhaps after months or maybe years of having this practice. It becomes like a good marriage. You still make an effort to feel Fear and spend time with it, grow old with it, but a comforting level of closeness just settles in.

Which Is why, past your month of solid practice, once your problem feels resolved, your ongoing job is still to notice whenever the problem or your old pattern starts to come back around, which it will- because remember- it's a spiral. But with time, hopefully instead of it taking a month to notice that- hey it's back, it might only take a week, then a day, then only 10 minutes, until eventually you can see yourself spiraling into old patterns even before they happen. Upon which you stop, go back to your 4-step Method in that moment, including though (and this is the nugget) not just acknowledging that it's normal and natural to not only feel Fear, and your Resistance to it, but that it's also normal and natural to spiral back into this old pattern! We humans after all, have a long history of avoiding anything unpleasant.

If, however this doesn't seem to be happening, let me address potential trouble spots one at a time:

1. If you find yourself NOT practicing, that means it's time to go back to the video titled: Acknowledge That You Are Committed to Your Problem, and re-own whatever that something(s) is /are, that perhaps you're still not acknowledging.

Likely, your problem gives you some sort of charge; excitement, drama, stress? Or it gives you an excuse to stay in your head, asking "why," "how" or "what" rather than having to feel your emotions. All these habits can be very addicting.

The other key is, I also want you to own that despite any view of yourself being an open empty upright cup, ready to make a change. Likely another cup is extended, and that in fact, you are NOT ready to make a change. You are instead, (drum roll please)...100% committed to your problem.

Sounds harsh. But look- you always have a choice, of course, whether to do this or not. Which Is why I have no desire in this section to talk you into doing this practice. You can lead a horse to water but you can't make them drink, right?

So I'm NOT going to tell you to put on the rocky theme music and give it another go- like encouraging someone to start a diet again, despite numerous past failures, just by pushing grit and determination. We all know how that goes.

Instead, I recommend that you instead, consciously choose to keep the problem in your life.

This, can actually be a huge shift in your perspective and well worth going through the whole course: like OH! I know what the problem is, I know what to do about it, but I'm not doing it, so that means I have chosen to keep this problem in my life. But what's now different is that, I'm making that choice, CONSCIOUSLY.

Why I'm asking you to do this is: this practice only takes a few minutes a day, and it simply changes everything. I don't care if you simply "forget" to do it. People don't forget things that are important to them. And I don't care how busy you are, no one is too busy to do something a few minutes a day. And it's not like I'm asking you to give up potato chips, only eat kale or stop using verbs (all of which are pretty much impossible). I'm asking you to pause and engage in a practice that will make you feel better.

And seems how you won't do it, as I've said, it's pretty obvious you're committed to your problem, so OWN it. It's that simple. Either that and / or your problem isn't a big enough deal you're willing to do anything about it, in which case come back to this course, when it is.

2. If you find yourself practicing, but it doesn't seem to be resolving your problem, this could either be because you cut corners and/ or didn't do the entire course, and / or you're practicing the Art of Fear Method incorrectly.

If it's the former, I recommend starting from the very beginning of the course (the foundation) and going all the way with it step-by-step, having it build on itself like it's supposed to, before re-watching your Ad-On and trying anew armed with all the proper ingredients.

If it's the latter, do these three steps, in this order:

1. Review the Do's and Don'ts section of your Ad On.
- 2: With that information in mind, then go back to the foundation course and re-do some or all of the voices, so you can see what has come up anew. Those voices do change what they have to say, quite a bit, as do your patterns around fear. In particular re-do the voices of the Controller or the Thinking Mind, as likely you're in your head about the practice (the Thinking Mind), or you have goals (Controller). The voice of the Body can also be very useful so you can explore if you're embodying the Art of Fear Method, versus thinking about it.
3. With these understandings in place, then re-watch your Ad-On and pay close attention to the details, before starting again.

What you'll re-learn is: the most important thing of all is to stay in your Body, not in your head (trying to figure anything out), and use this Method without the goal of getting rid of Fear or even your problem. See this more as being like a kid on training wheels learning to ride a bike, done without the pressure to winning the tour de France someday (goals), or else you'll miss the whole gorgeous experience of just learning and being IN this practice, moment to moment. Ok?

3. If you find yourself practicing, but the second you drop out your problem comes back, first notice if it comes back exactly the same way, or stronger- and if so, see #2 above. If, however, it comes back differently (i.e. used to affect your sports performance but now affects your relationships), or if it's reduced, here's what I want you to do:

For starters, be sure to have realistic expectations. The Art of Fear Method is not a way to get rid of Fear or Anxiety. You will always feel Fear or Anxiety. Instead, it's designed to end the war with Fear and Anxiety, and that freedom and peace should start to affect all areas of your life that are problematic.

For example: it can calm you down to reasonable levels before taking a risk- like before a date or a speech, without you having to repress Fear or Anxiety. But, so long as you remain engaged in the risky behavior (which is pretty much all of life), understand it WILL continue to be present.

Consider though a client of mine who was learning how to fly a plane and was experiencing crippling Fear about it. He used the method to calm down before getting in the plane, and on take-off, but was complaining that the Fear still stayed with him throughout each flight. I told him so long as he was in the air, especially until he was a seasoned pilot, of course he would continue feeling Fear up there. This is the realistic expectation you should be considering.

If however, what you're dealing with is not the returning of Fear and Anxiety, but the excessive returning of your problem that is out of proportion to what it should be, here's what I want you to do, in linear order:

1. notice if you're still chasing two rabbits, which could explain why you're catching none.
2. read the Do's and Don'ts section of this Ad-On, to make sure you're engaging in the steps properly.
3. re-do the voice of Fear, to see what has shifted, and ask Fear these two additional questions: Is the Self on the right path the way He/She is currently practicing this Method? And: What advice do you have to give to the Self, regarding this practice?
4. Once all this is sorted, re-start your practice, and get to work again armed with this new information. And, because your problem is particularly sticky, double the amount of time I suggested you practice it, plus do it for at least a full month. When the month is up, see how you feel.
5. If you feel better, keep up your practice as a troubleshooting exercise whenever you need it. If you don't feel better, read on.

If your check in after the month is, 'I still have this problem.' If all that still fails, if you're sure you're doing the Art of Fear method properly (no goals, not in your head), here's one last extra step. Now, please don't even think of doing this until your month is up. Also note: I have this extra step in place for only a select few very problematic cases, and likely you're not one of them.

In short, this extra step is only if your problem is extra sticky or pathologically strong. I'm warning you because if this extra step is done without your month of proper investment, or if you start to use this all the time rather than as an isolated trouble shooting practice, it could backfire and become your new form of repression.

Here it is.

I have an acronym for SHIFT. I do not teach the last three letters (IFT) to many people because the first two letters (SH) are all it takes to resolve their problem. Here is the Acronym:

See it: Acknowledge what your pattern is with fear, how you treat it, etc. Sometimes to see it is all you need to stop it.

Honor it: My Art of Fear Method is how you honor Resistance and Fear. This ends most problems associated with Fear or Anxiety.

---Here's where we venture into unknown territory---

Identify: whether it's still a big enough problem, that it's time to take another step. This is basically a tipping point. Reminder, if you've done the first two steps (see, honor) properly, usually it's not a big enough problem. But if it is, then:

Figure Out: what you want to replace that feeling or 'voice' with.

Take Action.

Let me tell you about these last three steps, which seek to address one, lone trouble spot only, something that's really staying with you. I like the analogy of using this to blow up a single asteroid, out of a whole galaxy, that is threatening your well-being. If you start using it all the time though, ultimately the galaxy and it's 10,000 rocks (really the number is infinite) will overtake you.

With that in mind, let me give you an example of the last three steps on my acronym in action, drawn from my own life.

I was once engaged once to a man named Tom. He cheated on me with our friend, we broke up, and understandably I became consumed with Anger, Sadness and of course...Fear (which was re-directed as Jealousy).

I did my Art of Fear Method for a month, and while the Anger and Sadness slowly dissipated, the (Fear showing up as) Jealousy didn't. It got to the point where I was so in my head, consumed with the image of the two of them having sex, that for the first time ever, I hit the 'Identify' tipping point.

I: I identified it was indeed a big enough problem in my life- a huge asteroid that was aimed right at my health and happiness that was simply not going away- that I was willing and committed to doing something about it.

F: I figured out what I wanted to replace the voice of "Jealousy" with, which was the voice of "How Much I Love My Cat, Sigmund."

T: I then took immediate action. I made it my full-time job for a solid week to, whenever I saw myself back in the spiral of that looping Jealousy (See it), I'd go through the process of Honoring it (you must do these first two steps every time or the last two won't work). Then, afterwards, I'd end by shifting into the voice of: "How Much I Love My Cat, Sigmund."

Luckily, it didn't take the full week. After doing this about 15 times in four days, it was over. I had blown up the asteroid. Jealousy and the visuals of them having sex together -which was a habit I was in for which I was getting a huge reward: by keeping the drama of it all around I got to stay in my 'relationship' with Tom versus move on- went away and never came back.

A few tips on IFT: when Figuring Out what you want it replace it with, I recommend something very specific- like the voice of Love of Self or of someone or something, or Gratitude for something specific (again a reminder though, don't even think of doing this without the 4 steps Art of Fear Method prior to it or you will be back to repression, and we know how that goes!). My tips for Take Action are: you must make this your priority for a solid week. And you must be committed to being as aware as possible during that week, so you can notice right away when you spiral back into your habitual voice- the one that is causing you so much grief (the asteroid).

It WILL work to get any last glitches out.

And that's it. This concludes the course. Thank you and good luck!

I bow one final time. Thank you for engaging in consciousness practice with me.

And p.s. Let me know how it all goes, ok? I LOVE feedback.