

PTS(D) INTRODUCTION SUMMARY

SHORT SUMMARY OF YOUR PTS(D) PRACTICE

Start here:

- Commit to watching all videos, as they offer crucial finer details
- Please read the excerpts from The Art of Fear, located in this Ad On
- Re-review the list of payoffs in session 11 of your foundation, then either consciously choose to keep your PTS(D) around, thus maintaining your payoff, or choose instead to do this practice
- Change your language to temporarily re-name PTS(D), into a more accurate: PTRD

What to expect:

- Everyone is so different, know this may take the entire 4 weeks, or it could take you only a few days, or it could take longer or even become a lifetime practice
- Where you're headed is not a place free from negativity or discomfort, but rather a place where negativity or discomfort shows up at levels that are appropriate to the moment.

Your one-month practice:

1. The first week you'll engage in an experience called: ABC Guide to Feeling Emotion. This is a 1-week practice that will start off your month, easing you gently into the experience you're about to have. It is the next section in your PTS(D) Ad On.
2. After that, the next three weeks you'll then practice your 4-step Art of Fear method, which will be modified quite a bit, to specifically address PTS(D).
3. After your month is completed, engage in the Final Summary section, where you then have the option to explore Post Traumatic Opportunity.

Big Picture:

You are engaging in this one-month practice, specifically so you can:

- learn how to embrace whatever angst you have, showing up moment to moment, in an inclusive way
- calm down that angst by giving it attention, rather than resorting to some form of repression
- learn how to navigate life's ups and downs in a sustainable way
- be in flow with all life has to offer, including past traumatic events and their rich lessons
- love your 10,000 voices, which results in self-love
- learn to enjoy all the 10,000 voices as forms of motivation, wisdom and aliveness for your journey