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I'm here today to talk about the Sedona Method, a simple and powerful technique that shows you how to uncover your natural ability to let go of any uncomfortable or unwanted feeling in the moment. The Sedona Method very literally teaches or reminds us how to let go and let God. Now, what's really cool about the Sedona Method is that it's based on the basic premise that we are unlimited beings and can drop into the joy, freedom and love that we are inherently at any time. So, if you're looking for peace, for freedom, for oneness, the Sedona Method will take you there. But here's the other great thing, when you start moving towards knowing who you already are, all the things you're wanting come to you as well. So for businesses honoring spirituality, we don't have to choose peace or success, we can have both.

In 1990, I moved to Santa Fe from New York without a job, without any friends, and my 15 year old dog died my first week in town. I was fortunately pointed to the Church of Religious Science, where I immediately fell in love with the Reverend Bernardo Montserrat and his stories about his relationship to Science of Mind. As a tribute to Reverend Bernardo, I'd like to tell you a story. As I said, I moved from New York where I had been raised by good worrisome parents. I emphasize the word worrisome and to this day believe my mother could have competed with the best of them for the champion worrier award. I certainly know that my mother's worry came from love (in fact, I did a lot of work to separate the two concepts) but the belief that I was always in danger did not serve me as an adult (as you might

imagine). Since about the age of 25, when I started to get conscious of this pattern, I have been trying to free myself of it. Nothing worked until the Sedona Method. This simple method gave me some very, very easy techniques to use when I started worrying. And now, if it comes up, which is rare, I can just notice it and not get pulled into the old pattern. In fact, there's a testimonial on the Sedona website from a woman who moved through a great amount of fear with releasing, and what she is most grateful for is knowing that if it comes again, she will not need to run away from it.

Back to Santa Fe - I subsequently fell in love with another man at that Church, Gail, who I later married. I took many SOM classes and my husband and I were both in practitioner training, when we decided to move to Colorado so that I could attend Naropa and he could attend acupuncture school. And now, 17 years later, after a master's degree and many trainings and certifications, I find myself teaching people what I guess I most needed to learn from the Church, the 5th step of a science of mind treatment, how to release and really let go.

Whether you are doing a SOM treatment for a new relationship, a better job, good health, or peace and well-being, there is a part of us that seems to be afraid to let go and let God. It's the part that has been programmed by our past and believes in separation. It says, 'no you can't have that, no you don't deserve that or no, I can't trust or believe that'. This part, or these parts, interfere both with the declaration in a treatment and in the releasing. Our ego thinks it knows better and can do better than God.

The voice that tells us we can't is not always that direct, often it's much more subtle. As an example, you might be looking for a spiritual, growth-oriented relationship, but the message (which you may have heard, or may

have witnessed) from your past may be ‘marriage is a dead end, or ‘all men are lazy’ or ‘it’s your job to take care of your spouse’, all messages that will sabotage you in getting what your conscious mind wants. If you’re trying to attract more money, or wealth, you may be dealing with societal sayings, including ‘money is the root of all evil’ (my dad sang ‘another day older). The medical industry has told us that disease is heredity (read *Biology of Belief* if you’re interested in a different paradigm) and our political system has told us we have to fight for peace.

These subconscious programs keep us from achieving our goals and having what we want.

Now, you may have recognized some of these subconscious programs and tried to consciously change them. There are two problems with this, the first is that scientists have recorded that we have 50-60,000 thoughts a day.

Trying to get hold of that many thoughts I’m pretty sure is impossible.

What’s more, if you take a positive thought and put it on top of a negative thought, you’re creating more havoc. Basically, your cells think you’re lying to them.

The second problem results from the fact that trauma and programming from our formative years lives in the amygdala (the part of the brain that is responsible for fight or flight) and that all the things we know from Church, self-help books, lectures, etc. goes into our pre-frontal cortex (the part of the brain that makes sense of things). The problem arises because the pre-frontal cortex and the amygdala are not always in communication with each other. What this means is that trauma (including environmental trauma) such as repeated messages that you’ll never amount to anything or the constant feeling that you did something wrong because dad was never home gets held in the amygdala, and then subconsciously controls our actions. So we may live in fear of not doing it right, of being a disappointment or of

getting in trouble, even though these beliefs are based on past experiences. As you all know from SOM and the Secret, is that we attract what we believe. So we keep attracting experiences that validate our belief system. And we keep these beliefs alive by trying to pretend they're not there. Even comments that seem innocent enough on the surface can create a disturbance in our belief system. My dad's singing 'you load 16 tons' certainly didn't appear harmful to anyone at the time.

Okay, so back to the amygdala and the pre-frontal cortex. Has anybody here ever tried to talk themselves out of a feeling? Some of us have heard that the only thing you have control over is your feelings. In my experience, that's not true. Feelings arise, they're energy. It's how we respond to what arises that we may have some control over.

Which takes us into the realm of feelings. Feelings have gotten a bad rap in our society. So many of us have been told 'you're too emotional' or 'too sensitive' or 'use your brain' or worse, 'stop acting like a girl'. As a result, we have become a culture that ignores, suppresses, projects, denies, and buries its emotions. Or we dump them on others and then defend that as healthy expression. The truth is that feelings are not that big a deal. They're just energy. But to ignore and resist them gives them power over us. There's a better way. What there really is to do with feelings is to allow them to be so they can release and move of their own accord. We can help this process along by deciding to become conscious of what we are feeling. So, to introduce you to the easiest method of releasing (in my opinion) allow yourself to think about a situation that is moderately disturbing to you (though Course in Miracles says there are no small upsets). Just allow yourself to focus on that person, or that situation and notice what feelings

arise. Just for now, could you let go of wanting to talk yourself out of it or to give it even more fuel? Just noticing what arises and getting present to that. And notice if there's any wanting to change it. And if so, just for now, could you let go of wanting to change it? And could you just welcome the feelings and allow them to be or to move in anyway they do? (Repeat)
Some of you may already be noticing a shift in the feelings. If not, that's okay too, just notice that.

Let's move on to a second way of releasing (by the way there are 5 official ways, we're only going to cover the two basic ways today) So, let's do the pen analogy. Grip pen tightly, this is what we do all the time with our emotions, we have forgotten that we are not that. Our language supports this concept, we say 'I am angry or I am sad' helping us to believe we are the feeling. We have invested so much in our trouble and our problems that often we don't want to let them go. We can't imagine who we'd be without them. But as we reclaim our natural ability to let go, we can begin to get present to what's here now, oneness, joy and freedom.

Okay, before I'm out of time, I want to talk specifically about goals and the Sedona Method.

Many of us have turned off going for goals because we've been told we have to. But even if we've done this, most of us would like to have more of certain things, less of others.

And it's fine to have or not have goals, if you have goals, the trouble starts when we believe the goal will get you what you already are (unlimited love, joy, presence)

Two main reasons for releasing around goals

1. Support in having them- releasing allows you to let go of the obstacles to having what you want and creates space
2. Goals are an indication of the overall programming of a human being; working on the goal helps us to get what we want deep inside; to be free, happy and at rest. What most gets in the way of our freedom are the unresolved or conflicting desires (these keep the mind busy which prevents feeling at rest or free) Things we want consciously are the sum total of all our programming, beliefs, history and experiences. We might ask ourselves ‘whose goals are these anyway?’

We can let go of the pain and suffering that comes from conflicting or unresolved or frustrating desires by releasing on them (I’ll be happy when...)

With the Sedona Method you can gently start to recognize the hidden beliefs and feelings that are sabotaging you and preventing you from having what you want. Again, there are two key reasons to release 1, to have what you want and 2, to get free of the programming that keeps us bound.

I’d like to end by saying what I tell all my clients. Introspection is not for the weak at heart. It takes courage to look at our past, to clean up negative beliefs and to release unresolved emotions. The Sedona Method is the best way I know to do that with the least amount of effort. And easy is good with me.