

CHAPTER 4

WHEN ENOUGH IS ENOUGH

Overview:

One of the most powerful statements of change are *“Enough! No More!”* *“I will not take this anymore!”* Stop it now or else! *“Oh really! I’ll show you.”* This is the beginning of demanding to go another way and taking direct action to do so.

WHEN ENOUGH IS ENOUGH INDUCTION

1. Do relaxation trance induction.

And as your heart beats easily and naturally, potentially moving in a smoother and wave like motion, I wonder can you remember a time when you were a small child and if you can, I wouldn't be surprised if you had feelings similar to mine when it happened to me - as I stood by a food counter at a sporting event surrounded by many giant bodies which were so much bigger and stronger than me, that I felt like I was too small to be seen - too little to be heard. Being in a crowd when I was surrounded by people shouting to get what they wanted - I felt overwhelmed as my voice could not easily be heard - perhaps would never be heard - and I would never get served what I wanted - it really was noisy and no one was paying close attention to me.