CHAPTER 18

CORE COMPUTATIONS & OVERCOMING
THE NEED TO BE RIGHT

Overview:

Our core computations are the anchor beliefs that direct wrong minded belief systems. The impulse to be right rather than be happy is a principle ego motto. Discovering our core computation gives us an opportunity to develop empowering strategies as we loosen, adjust and replace old fixed ideas with useful current ones.

Core Computations and
Overcoming the Need to be Right Induction

Please take a few moments to relax - to take a few slow deep breaths and let your muscles soften - loosening any tension in your hands and lower back, gently losen any tightness in your throat or mouth-as you lay back and listen to the soothing music, while being aware of any thoughts which pass through your mind-while your unconscious mind pays close attention to the meaning of my words-even as your conscious mind drifts off floating comfortably on a cloud or is deep in thought. For it really doesn't matter how you listen to what I'm saying consciously at all, for it's the unconscious mind that learns the fastest-or at least the deepest in ways that provide you lasting insights to making choices for yourself that are the most enjoyable with the resources you have available at the time. So please relax even deeper now with the next two breaths, doubling the depth of your trance, knowing my voice will go with you even as you perhaps fade off into a hypnotic sleep as you listen to this important story.