

## CHAPTER 14

### ENHANCING OUR SENSE OF SELF

#### Overview:

Who we believe we are is an inner picture we hold and then project into the world. When this image is limiting, negative or disempowering in anyway, decision making will be poor and chosen strategies ineffective. Identification with any picture or label creates a hypnotic state and distorting filter that fragments the world into incomprehensible and conflicting ideas.

#### ENHANCING OUR SENSE OF SELF INDUCTION

Do intro of relaxation and reaching desirable level of trance:

Can you imagine what it might be like to sort through old pictures from the past. Pictures that weren't placed on the walls but stuffed away in boxes or other places where they collect dust – and were not of any use anymore as you've moved on, grown up, and put all these things behind you. I can still remember what it was like for me when I went through piles of old boxes I had put out of sight – memorabilia of days gone by. These were things which were no longer used or even thought of, yet at one time in life were so important. Something I had to have, needed to have, thought would bring me so much pleasure or happiness. Yes, so many things I gathered and clung on to – all piled up.