

## What changes can occur after PSP



It is quite common for the changes to at first occur like little individual droplets of water that gradually accumulate before coalescing into a puddle that is more noticeable to the observer.

**Dreams** change. There may be some significantly different or more vivid dreams from time to time over the months. Often the content can be quite alarming like death and violence or perhaps having a sexual content. These aspects are significant signs that you are now integrating the unconscious instinctual energies that we all have. Dreams usually, at some stage become more positive and self-affirming.

**Awareness** improves. You might notice yourself speaking or behaving as you have always done but with more awakens.

**Clarity** improves. You might suddenly see a situation or a person in a fresh way. Maybe as if the cloudiness of thoughts and emotional undercurrents have cleared away.

**Feelings** are felt more strongly. This is extremely healthy. The feelings may be ones you have 'put away' like anger, irritability and vulnerability, and even extra-childishness, irrational behaviour. At the other end of the scale you may also feel more honest, loving, helpful, appreciative and understanding than usual. Both ends of the scale and everything in between are opened up, because any feeling that is blocked automatically blocks others coming behind it. Flowing up from beneath these are the emerging qualities of aliveness, vitality and creativity.

The more intense feelings usually only last for short periods of time (3 to 7 days), as the feelings "leak out". Whatever you end up feeling afterward, it is the beginning of finally allowing the existence of whatever it is you have been hiding and /or avoiding. Just the mere allowance or inclusion of a feeling that had been previously separated or resisted can cause the greatest change.

Occasionally a client might experience a bout of depression. Depression is a term used to describe the holding back of aliveness and vitality under the associated feelings of fear, doubt, hopelessness, worthlessness, powerlessness and particularly meaninglessness. If you now go through these feelings, instead of hiding them, you can come back to your true self.

As a person 'grows up', with increasing intelligence and awareness, they have much more choices of the kind of person they want to be. It is only blocked emotional forces that keep people covertly operating in childish patterns. A healthy person becomes master of emotion not a servant.

This is only achieved, not through willpower and control as is mostly taught, but through awareness, unobstructed inner freedom and choice. All feelings are purely energy in motion, 'feeling-forces' needing to express, expand and move outward. Their nature is to continually flow, coming and going like waves appearing and disappearing on the ocean. This is the natural state a person is returning to, in order to choose with awareness what and who they want to be in any given moment.

**Initiating inner changes through a technique like PSP fundamentally allows you to re-access your natural easiness, relaxation, responsiveness and receptivity. When these qualities are operating within you, further qualities and opportunities open to you.**

When you become more at ease, or unified in your personality it really means that you have less conflicting beliefs. When the conflicts are relaxed, or gone altogether then you become more internally harmonious. Your thoughts, beliefs, ideas and feelings become gathered to flow and create for common goals instead of working against each other for opposing goals.

Unconscious forces take your beliefs and manifest them into reality, so unified goals and direction becomes a more powerful force for creating your life according to the most important desires and beliefs that you have decided to keep or adopt.

### **MORE RELAXED, RESPONSIVE, RECEPTIVE**

*which allow you to become more:*

- direct
- truthful, honest
- speak more from the 'heart'
- detachment (calm) from people and things
- accepting
- aware of thoughts
- aware of feeling
- at ease inside
- playful
- responsible
- appreciative
- genuinely loving
- forgiving
- compassionate
- all of the above towards self
- quicker to get over anger/emotion
- a quicker to feel emotion
- communicative
- sharing

- confident
- self-respect
- self-worth/self-esteem
- able to make decisions
- able to find closure on things dragging on
- richer appreciation in senses (music, visual beauty, feeling beauty)
- more expressive
- able to say 'no' and 'yes' appropriately for yourself
- feeling more 'connected' to others
- in present

### **WHEN YOU ARE MORE RELAXED, RESPONSIVE, RECEPTIVE**

*you will naturally feel LESS:*

- involved in other peoples expectations, views
- reactive
- judgmental
- critical
- formal
- defensive
- stressed
- involved in future or past thoughts/concerns
- worried
- driven/obsessed
- depressed
- fearful
- anxious
- conflicted
- manipulative

### **The on-going process.**

After therapy the contents of the subconscious are now free to move and change and do further release. The subconscious is operating constantly and continually. It can take in new and more information than previously allowed. This new information stimulates further change. People and events around you can now be the catalyst or trigger to initiating further changes. One change will be the stepping stone for another. The process may go

entirely or partly unnoticed. A few changes may be obvious but not related to anything else, and also may seem so natural that you can't believe you weren't being this way before. It is hard to believe you weren't saying these things before. It's hard to believe that you weren't being this 'open', this playful, this dynamic, this understanding, this aware, this good to yourself before. And so the process goes on and it feels natural and gradually large changes have been effected but at such a natural rate that you couldn't tell exactly when it came into being.

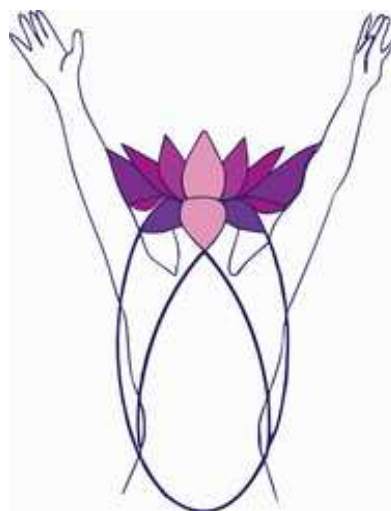
Sometimes the process is a bit up and down, sometimes feeling great progress and then feeling like your old self.

Remember the old selves are still within but they are no longer the only ones with a say. They may pop up from time to time but they will no longer have the hold on you they did. Not for long.

### **Letting go of hidden beliefs and feelings.**

Beliefs and feelings are release-able, changeable when you are ready for the consequences of living without them. When you are prepared to live without the old beliefs and your intention becomes greater than the intention to keep them, then it is easy to let go of the old belief patterns. It is difficult to let go of the old beliefs if there is an underlying belief/fear that you will suffer some terrible loss without the old pattern(s). For instance a person may want to be without their old anger patterns. However, at a more secret level there may be a strong desire to maintain the anger because there is a belief/fear that without it the individual would be nothing, or not, noticeable, non-existent to others. Change only occurs when the deepest fear and belief is ready to give way, or surrender to something better. The deepest fears and beliefs are still held by the children and even younger **selves** within. Their thoughts and feelings secretly inhibit your adult life. You may not know you hold these feelings.

They can be totally irrational and hidden. Feelings are not rational, yet they can be more powerful than reason. When a feeling finally gets to release its pent up energy, it completes and dissolves. It was only ever a temporary phenomena, that when restricted, became permanent, until release. With PSP the release occurs from the body and is non-verbal. Your role, as the decider, chooser, is to allow that release to occur.



### **What kind of really big changes will I make and how long will it take before it happens?**

Many small changes can happen initially as mentioned above but often the huge changes come many months later, when the subconscious has done enough changes to bring about the state of mind where perhaps 10 months, 18 months or 2 years later the client's attitude, thinking and action all come into alignment and the following examples of big change occur. The underlying initial work is absolutely necessary and has to be completed first, before **ACTION** finally eventuates. Without totality, or conviction to create the possibility of action, thoughts and ideas are just unactivated ingredients for sometime in the future. These are some of the **ACTIONS** people begin to take even many months later.

- calmly but purposefully stick to a health diet that funnily enough they were never able to stick to before
- find or 'discover', or suddenly have interest in, (seemingly out of the blue) a way to improve their health e.g. vitamins, health food, yoga
- begin exercising regularly and yet are not making a big fuss about it.
- they take a different career direction
- they let a relationship dissolve because it becomes obvious that it will never work
- they find new energy and communication in an existing relationship
- become interested in new subjects
- buy something they never allowed themselves to have before
- sell something they realise they don't need or want anymore
- become less attached to people, places, and things
- become more able to feel and express genuine love: allowing more freedom for others, more trust in others, more respect for others, more receptive to others, more understanding of others, letting other adults and children take more responsibility for their own lives and feelings

**Sometimes an old feeling pattern that I thought I had dealt with returns and I feel like I have relapsed back to my old ways. What is happening?**

When feelings are set free from their protective coverings, or uncovered after years of being held down and back they sometimes show up full-blown, at some point after therapy has been completed. The related feelings have finally risen, or surfaced to the point that you can feel what is really inside you. Some event or person in your life triggers what now is an available emotion from the past. It expresses itself the way it always would have done if it had been allowed to do so previously.

**The first days after PSP you may feel more**

- angry than normal
- vulnerable/hurt, lonely
- more hopeless, helpless, more powerless

These are just a few examples. The point is that these feelings are the ones you have been avoiding all your life. It is at their most extreme intensity that the door of the opposite lies. Everything you've always wanted lies directly adjacent to these avoided feelings. Through the tunnel of your worst fear lies the greatest reward. There is simply no way out of this. Through is the only way. This may not happen at the most opportune moment for you. The triggering and natural expression is your emotion being allowed to be felt properly. When this happens it becomes free to be what it is. Sometimes one big last finale occurs, (you might innocently orchestrate a situation in which you get a good chance to access and finally express the feeling). Other times the feeling is expressed mildly and slowly as it leaks out over time due to ongoing triggers (people and situations) in your life. Each incident will provoke you less and less and the feelings will be of progressively lesser intensity. The main point is that you only heal or change when you finally accept and forgive your feelings for existing and being what they are.... without comment! Previously you have not been experiencing them at all, or they are only a muffled sensation from under the blankets, of other protective, defensive power feelings. Perhaps you've denied, or ignored you had any feelings (another form of protection), or perhaps you have felt them very intensely but not to the point where they ever resolved because you never get to the heart, the base, or core of the reason the reactive-emotion still recurs. When you do get to the base the result in your life speaks for itself.

Enjoy the changes!  
*Aseema*