

# Tools

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### 1. Detailed Summary

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### II. The Black Sun

Free yourself from impulses like overeating, using alcohol or drugs, or compulsively checking your phone with the Black Sun.

#### 1. Deprivation

Feel the deprivation of not getting what you want, as intensely as possible. Then let go of the thing you want. Forget about the outside world as a source of anything that will fill you up inside; let it disappear.

#### 2. Emptiness

Look inside yourself. What was a feeling of deprivation is now an endless void. Face it. Remain calm and still.

#### 3. Fullness

From the depths of the void, imagine a Black Sun ascends, expanding inside until you become one with its warm, limitless energy.

#### 4. Giving

Redirect your attention to the outside world. The Black Sun energy will overflow, surging out of you. As it enters the world, it becomes a pure, white light of infinite giving.

### III. The Mother

Difficult things happen. You're going to get knocked down every once in a while. That's just how life works.

Part X, what we refer to as your inner enemy, exploits these events by generating a sense of demoralization through false hope, keeping you stuck in an endless cycle of despair.

To pick yourself up and keep going, you need a tool that generates resilience. The Mother offers you the unconditional love and support you need to get back on your feet and keep yourself in a positive state.

#### 1. Feel the Demoralization

Remember back to a time when you felt a sense of despair. Focus on it; feel its heaviness, as if it's an oppressive substance weighing you down. Visualize that substance so vividly that the demoralized thoughts and feelings are no longer in your head but take on their own form, like a black sludge or some other shape.

#### 2. Invoke the Mother

See the Mother hovering above you. Place your faith in her power to remove the dark, heavy substance you're holding onto. Let go of it. The Mother lifts it from your body as if it's weightless. Watch it rise until it reaches her; she absorbs it into herself and it disappears.

### 3. Feel Her Love

Now feel her eyes upon you. They radiate absolute confidence in you; she believes in you unreservedly, like no one else ever has. With her unshakeable faith filling you up, everything feels possible

#### IV. Reversal of Desire

Avoiding pain is a powerful habit. You get immediate relief when you defer something painful, but there is a long-term cost—helpless regret at a life wasted. Since the consequences don't come until far in the future, the motivation to face the pain now isn't easy to find.

If you've been avoiding something or are facing something painful, get out of your comfort zone and get life moving again with the Reversal of Desire tool.

##### 1. Face the Pain

Focus on the pain you are avoiding; see it appear in front of you as a cloud. Silently scream, "Bring it on!" to demand the pain; you want it because it has great value.

##### 2. Move Toward the Pain

Scream silently, "I love pain!" as you keep moving forward. Move so deeply into the pain you're at one with it.

##### 3. Freedom

Feel the cloud spit you out and close behind you. Say inwardly, "Pain sets me free!" As you leave the cloud, feel your self propelled forward into a realm of pure light.

#### V. Projection Dissolving

The world is full of difficult people. You can probably think of one or two right now. They may be a spouse, family member, friend, public figure, boss, employee, or neighbor. If you find yourself trying to argue, placate, or convince someone of something, even when they're not there, it's a sign they're taking too much of your energy. Projection Dissolving is designed to help you take back your power and place it squarely where it belongs: inside yourself.

##### 1. Big and Small

Close your eyes and see that person as larger than life—gigantic and shimmering with power, like an actor in a spotlight. Experience yourself as a small, scared child trying to placate, avoid, or (in some cases) challenge them.

##### 2. Reclaim Your Projection

Imagine there's something in your heart that has projected all this energy onto them, like a movie projector showing an image on a screen. Suck all of the energy back into your heart. This should feel physical, as if you're sucking something back inside yourself. The person will deflate back to normal size, like a balloon losing all its air. Now he/she is just a normal human being. All of the energy you were projecting outward is now inside you. You feel expanded inside. From this place, the other person is no longer a threat.

##### 3. Apologize

Look at the now-deflated image of the other person and apologize (to the image, not the actual person). Most people are surprised at this step. After all, the other person is the offender, so why apologize to them? You apologize because the dynamic isn't good for either one of you. It's not good for you to give them that much power because it leaves you feeling weak, and it's not good for them to have that much power over you—it brings out the worst in them.

## VI. Jeopardy

It's tempting to think you can get to a magical state where you can put your feet up and you no longer need to do any work. When you think you've "arrived," you'll stop using The Tools. You'll also stop using them when you fail or are demoralized. This Tool gives you the willpower to get yourself back in the game. To stick with your practice, use Jeopardy first.

### 1. Deathbed Scene

See yourself lying on your deathbed.

### 2. Scream at Yourself

Having run out of time, this older self screams at you not to waste the present moment.

### 3. Use Fear as a Motivator

Feel a deep, hidden fear that you've been squandering your life. This will create an urgent desire to use whichever Tool you need at that moment.

## VII. Inner Authority

We think we know what makes us insecure—our appearance, level of education, or socio-economic status—but it's really something deep inside: the Shadow. It embodies all the negative traits we fear someone will see in us, so we spend a lot of time and energy hiding it. Inner Authority gives you a new way to embrace your Shadow and find the courage to be who you really are.

### 1. Imagine You Are On Stage

Imagine yourself standing in front of an audience (could be one or thousands of people).

### 2. Bond With Your Shadow

Ignore the audience and focus completely on the Shadow. Feel an unbreakable bond between the two of you—as a unit you are fearless.

### 3. Shout, "LISTEN!"

Together, you and the Shadow forcefully turn toward the audience and silently command them to "LISTEN!" Feel the authority that comes when you and your Shadow speak with one voice.

## VIII. The Vortex

Overwhelmed? Exhausted? Don't have the energy to move forward in life? When life feels impossible, try The Vortex.

Fatigue is one of Part X's most lethal weapons. If you're too tired, you don't do the things you want to do—from exercising to writing that book to spending time with family and friends.

The Vortex combines two age-old symbols in a new way: the Sun (a source of endless energy) and the number twelve (traditionally the number of completeness) to tap into a deep well of spiritual energy available to everyone.

### 1. Visualize Twelve Suns

See them in a circle lined up directly over your head. Summon the Vortex by silently screaming the word “help” at the circle of suns with focused intensity. This will set the entire circle of suns spinning, creating a gentle tornado-shaped vortex.

### 2. Rise

Relax and allow your body to become one with the vortex. Feel the pull of the vortex as it lifts you up through the circle of suns.

### 3. Grow

Once you're through the circle, feel yourself grow into a giant with unlimited energy, moving slowly but deliberately through the world without any resistance.

## IX. Grateful Flow

When your mind is filled with worry, self-hatred, or any other form of negative thinking, you've been taken over by the Black Cloud. It limits what you can do with your life and deprives your loved ones of what is best about you. Life becomes a struggle to survive instead of the fulfillment of great promise. Overcome negative thinking and dispel the Black Cloud with the Grateful Flow tool.

### 1. List What You're Grateful For

Silently say to yourself specific things in your life you're grateful for, particularly items you'd normally take for granted. Go slowly and feel the gratitude for each item. Don't use the same items repeatedly—stretch for new ones.

### 2. Feel the Sensation of Gratefulness

After about 30 seconds, stop thinking and focus on the physical sensation of gratefulness. You'll feel it coming directly from your heart. This energy you feel is the Grateful Flow.

### 3. Connect to the Source

As this energy emanates from your heart, your chest will soften and open. In this state you will feel an overwhelming presence approach you, filled with the power of infinite giving. You've made a connection to the Source.

## X. The Tower

Feeling hurt or wronged? Re-open your heart and move forward with the Tower.

When someone hurts or wrongs you, Part X (your inner enemy) floods you with injured feelings that are so strong you can't remain open or vulnerable; you can no longer give life your all.

With the Tower you can recover from injuries and take the emotional and creative risks that are essential to living a full life.

### 1. Death

Call up the hurt feelings that you just identified. Make them much worse and feel them attacking you right in your heart. They become so intense that your heart breaks and you die. You are left lying motionless on the ground.

### 2. Illumination

You hear a voice that says with great authority, "Only the dead survive." The moment it speaks, your heart fills with light, illuminating your surroundings. You see you are lying at the bottom of a hollow tower, which is open at the top. The light from your heart spreads through the rest of your body.

3. Transcendence: Buoyed by the light, you effortlessly float up the tower and out the top, continuing your ascent into a perfect blue sky. Your body, purified of all pain, feels completely new.

## XI. Active Love

When someone enrages you and you can't get the person out of your head, or if you can't stop replaying what happened or fantasizing about getting revenge, you're stuck in what we call the Maze. If you don't get yourself out of the Maze, the world will move forward without you. Free yourself from out-of-control rage and never-ending grudges with the Active Love tool.

### 1. Concentration

Feel your heart expand to encompass the world of infinite love surrounding you. When your heart contracts back to normal size, it concentrates all this love inside your chest.

### 2. Transmission

Send all the love from your chest to the other person, holding nothing back.

### 3. Penetration

When the love enters the other person, don't just watch, feel it enter; sense a oneness with them. Then relax and feel all the energy you gave away return to you.

## XII. Loss Processing

The experience of loss is a normal, predictable part of the human condition, but that doesn't diminish the pain we feel when we encounter it. As you practice this tool, you will learn to let go gracefully and experience an inner resource far greater than any external circumstance, relationship, or event.

### 1. Feel the Loss

Think of something you've lost or are losing. Feel how attached you are to the thing you've had to give up. Feel the pain of the loss. Feel how much you miss it or wish it were in your life.

### 2. Give Up Everything

Now make a decision to let go of the thing and, as you do, imagine yourself falling backwards from a great height. Say to yourself, "I gave up [whatever you picked], and now I am willing to give up everything." With this declaration, you plunge into the surface of the sun.

### 3. Experience Infinite Energy

Become one with the sun. You are now a radiant body of light and energy, eternally flowing out of itself in all directions. Say to yourself, "All I ever truly possess is this infinite flow of energy from inside of me."

## XIII. Fluidity

You have unlimited potential, but you've probably noticed you also have an inner enemy that's hell-bent on sabotaging you at every turn. We call it Part X, and the Fluidity tool can help you fight back whenever it attacks.

### 1. Labeling

Feel Part X attacking you, flooding you with powerful, primitive thoughts and feelings. Be aware of how these thoughts and feelings objectify you: how single-minded and one-dimensional you become; how the drum beat of certainty simplifies and reduces what is normally a complex variety of thoughts, feelings, and choices, into one thought, one feeling, one urge. Now label Part X: Push all these thoughts and feelings out in front of you. Say to yourself, "That's Part X. That's my enemy." (Note: Listen to the introduction above to experience a guided visualization to help you identify Part X.)

### 2. Concentration

Focus all of your attention on Part X. Generate a laser-like intensity that freezes X; pins it down. It is used to shape-shifting and slipping through your grasp—now it can't. By concentrating on it, you are immobilizing and asserting your mastery over Part X.

### 3. Fluidity

Forget about Part X. Imagine you start to lose your solidity; let yourself dissolve, like sugar in water, and imagine you begin to flow forward. Relax. Let go of your thoughts and feelings. Let go of your physical body, and instead feel the pure, primal sensation of flowing forward. Imagine that the entire reality around you is melting into a primal state of fluidity. Flow forward together—intermingled with the fluid reality that surrounds you—as if you are molecules of water in a river and the river is carrying you forward.

### XIII. Cosmic Rage

Have you ever felt judged or put down by others or by the negativity in your own head? Take back the power to define who you are with Cosmic Rage. Other people are not the enemy. The enemy is negativity, which sometimes comes at you via this person and at times via another person or even a thought. Your response can always be the same no matter where the negative force comes from if you learn to use rage in a new way.

#### 1. See the Dark Cloud

See the person who is judging you surrounded by a dark cloud. Focus on the dark cloud—it's your real enemy. To use this tool on Part X, replace the negative person with the negative thought or feeling that Part X is threatening you with.

#### 2. Scream

Choose a short, emphatic phrase and silently scream it at the cloud: "Screw you!" "Get Away!" "#^@K off!" The more emotion you can muster the better. As you scream at the cloud, the person fades away.

#### 3. Disperse the Cloud

See the force of your rage push the dark cloud away from you. It becomes so distant it no longer threatens you. Feel the space you've created for yourself. This is where you can be fully yourself.

### XVI. Dissolving Thought

Can't turn off your mind? End worry, stop obsessive thinking, and shut down your inner critic (Part X) by shifting from thinking to experiencing the present moment with the Dissolving Thought tool.

#### 1. Ignorance

Bring your attention to the objects around you. Immerse yourself in their color, shape, form, and texture—but don't label what you're experiencing. Say to yourself, "I don't know what that is. I have no name for that thing, no opinion about it, nothing." Get yourself into the "I don't know" state of ignorance.

#### 2. Melting

Imagine this nameless collection of objects melts into one another, blending and oozing into a swirling mix where there are no longer any distinct objects, just the way a box of crayons would look if they melted together.

3. Embrace. This oozing mass moves gently towards you and engulfs you as if you're being embraced by someone who loves you.

4. Surrender. Let yourself surrender to this melting river of sensory experience. If you can stay in this state of surrender, you'll remain free from obsessive thinking.

## XV. The Islands

Loss and letting go is part of life. Relationships, jobs, people, pets—good things come, and they also go. If you are stuck in grief and unable to move on, give The Islands tool a try.

### 1. Picture the Islands

Imagine yourself standing at the edge of an island. Imagine the person you're having trouble letting go of is standing at the edge of another island. The tips of these two islands are touching, so you're face-to-face with one another.

### 2. Feel Your Connection

Imagine there's an umbilical cord stretched between you and the other person – one end lodged in your heart, the other end lodged in the other person's heart. (The umbilical cord is a symbol of co-dependency—a relationship where you depend too much on the other person, or vice-versa—a relationship in which you're not allowing one another to be fully adult.)

### 3. Sever the Connection

Imagine that the hand of God comes down and summarily cuts the umbilical cord. It turns out that the cord was the only thing holding the two islands together. The other person's island starts to drift away. No matter how painful it is to let go, gather up all the love in your heart and send it to the other person—wish them well on their life journey, even if it takes them away from you. Keep the flow of love going until their island recedes and finally disappears over the horizon. It's OK if this brings up a lot of grief.

### 4. Connect With Your Shadow

Turn around on your own island and see your Shadow. Take all of the love and goodwill you were sending to the other person and direct it toward your Shadow. Make the bond with your Shadow exclusive of everything and everyone else. Get the feeling that this relationship—with your Shadow—stands above all others.