

VIDEO 4: Even If I Don't Get Over The Problem

Now we will affirm that even if we never get over this problem, everything is going to be okay. Consciously, this is a really hard concept to accept at first. We are so focussed on the fact that this issue we are dealing with is ruining our lives and that we can't be comfortable or healthy or happy or until it goes away. Sometimes the condition we have is not ruining our lives, but rather all of our stressful thoughts about it. It makes me think of the three legged dog that I saw walking in the neighbourhood recently. You could say that that dog is "broken" and that something is missing from his life and the experience that dogs are meant to have, but I can tell you that that dog is certainly not suffering. It's as if he has no clue that he's supposed to have four legs!

Anyway, the end result is that when we can detach from the outcome (whether or not the problem goes away) if we can detach from this NEED to get over the problem, often what happens is: we relax and become open to healing, and the condition is alleviated. *But* because we've addressed our stressful ideas about the condition, our overall quality of life has improved already, regardless of any change in condition. So lets tap:

ET I may not get over this problem, I can still love and accept myself

ET it might be possible that I don't get over this problem, somehow I can forgive myself

ET I may or may not get over this problem, it doesn't really matter either way, I can still forgive myself

I may not get over this problem

And that would be okay

If I do get over this problem

That's okay

If I don't get over this problem

Somehow that's okay too

Somehow I'm okay even with this problem

Even though it's hard for me to understand how

I WANT TO BE OVER THE THOUGHT THAT IF I DON'T GET OVER THIS PROBLEM, THAT'S OKAY

What if I don't get over this problem?

What if I don't get over this problem

What if I do get over this problem

Somehow it doesn't matter

Somehow I'm okay with this problem

Somehow I'm okay without this problem

I feel like I would be better without this problem

But somehow I'm okay either way

I WANT TO BE COMPLETELY, 100% OVER NOT GETTING OVER THIS PROBLEM

What if I don't get over this problem

I can somehow forgive myself for having this problem

I can somehow forgive myself for getting over this problem

If I don't get over this problem

Somehow I can forgive myself

Maybe I can forgive the problem

Maybe I can forgive all the circumstances around the problem

Even if I don't get over the problem itself

I WILL BE, COMPLETELY, 100% OVER NOT GETTING OVER THIS PROBLEM

Maybe what I thought was the problem isn't the real problem

Maybe I'm fine with the problem

Maybe I just have to accept myself

Maybe I just have to forgive myself

I still think I'd be better off without the problem

But maybe I'm still fine even with the problem

Maybe I'm okay with this problem. Maybe I'm okay

Take a moment now to see how you feel. Any new insights? Make a note of anything else that might have come to mind for you. For these new issues, write down your number on a scale of 0-10. Notice any change in your attitude towards the problem, what about a change in the problem itself—check in again with each of your statements and see what number they are at, recording the new numbers. Most people notice quite a shift by this point.