

Absolute



EMPOWERMENT

The final answer to

WHY



Allen David Ritter

Dedicated to
Nancy

Copyright © 2013 Allen David Ritter
All Rights Reserved

Preface

Fact: You Are Insecure. You are insecure about: your body, your clothing choices, your job, your family, your ability to speak intelligently, your income, your health, your future and so on—*and so what?*

As a healer and I have encountered countless Human conditions in my experience. Of all the things I have observed in people, the simple observation that one is insecure is met with the biggest recoiling from those I suggest this to. People are more bothered by admitting they are insecure about being fat than they are about being called fat. In this book, we are going to look at why insecurity is the most insidious, destructive, and prevalent of all of our internal experiences, and why it is much easier to address that than you might think. You will also learn why it is wonderful that you are insecure.

We are here on Earth to have experiences, experiences that will hopefully lead to an increase in awareness about ourselves, yet when we get caught up in what we call life, or surviving life, we forget all about the awareness part.

I hope that by reading this book and following the very simple, proven energy/consciousness changing techniques you will get back on the self-awareness bus in a whole new seat—driving it instead of being driven.

This book is written in way that I hope will help unlock your consciousness and increase your awareness. I have laid out a process that mimics my experience with teaching the technique to others in person. What you will experience is a personal transformational session if you follow what is presented here. It is *highly recommended that you print the book out*, so you can keep notes as you go along. There are spots left for answering questions at key points. The answers do not have to be elaborate or complicated, just a few words to get yourself in the self-reflection mode. The questions are not designed for right or wrong answers, but to break down some long held beliefs and limitations, which, when released, will increase your awareness. You may even want to go back and look at your answers after you have finished the program.

I am using the word “insecurity” because it is the fundamental association with an energy that has been mislabeled by us. The goal here is not to get you to be less insecure, but to transcend the ideas, actions and reactions associated with an energy most have come to view as an energy demon that must be stopped at all costs. By the end of this book, and through the use of the techniques, you should have an entirely new view of the word and its associated energy.

It is important you do the very simple exercises actively, in order to make changes in your life. While the explanations given here may change your outlook, it is not the sole purpose of this book. The explanations, examples and layout contained in the book are done around the techniques and those techniques are not meant to be excluded from the whole of the process—the techniques are the process. The techniques lock in what is

being said in order to expand your awareness. This is not an abstract theory book, nor a simple social commentary but an all-encompassing technique.

While you are reading this book you may find what you read may hurt your head, may confuse you, may challenge you in ways you do not feel comfortable being challenged. Hang in there, reread if you have to, take a break if you have to, but hang in there. In some cases it may seem like I am repeating myself but trust me, there is a reason. In other cases it may seem I have left you hanging, there is a reason for that too. When you reach the end it will all begin to make some sense.

A word of caution. I gave this to a friend to review prior to proofreading. I asked that person to make notes. What I found in the notes was very interesting, several things I had said were altered, by a word or two, to change the meaning to be more consistent with modern main stream views. This may happen to you, you may seek to alter things I say, but I assure you the words I have chosen are for a very specific reason. I want to challenge your mainstream views.

What does insecurity have to do with empowerment? Read on...

PART ONE

Your Purpose



The path to empowerment goes right through the world of insecurity, which we will be spending a lot of time on, but before we get on with the business of insecurity and how it influences your life, we need to create a simple foundation for the purpose of your existence. So often I have heard folks complain, “why am I here” or “what’s the purpose of all of this?”. Over the last two thousand years, there have been countless explanations given to the “meaning of life,” one more complex than the next, and few, if any, are correct. The fact is, “the meaning of life” is remarkably simple: you are here on Earth, in a body, in order to have experiences; experiences that help you learn more about yourself, and in turn, more about Creation as a whole. A super concise explanation is: you are here to have experiences.

Your Soul, you, places energy in various scenarios in order to express itself, in order to have experiences, in order to express itself more, in order to have even more experiences—you are one of those expressions. This happens in a process that is eternal; you have an infinite number of all encompassing experiences in an infinite number of arenas, all to learn more about yourself. Consider this Earth-based experience as an Earth-based game, as opposed to a Saturn-based game, as opposed to a non-linear, non-

time-based game or any other number of possible games within the expression of consciousness. The game gives you experiences unique to this game, experiences you can only find on Earth. You will play the game until you are no longer interested in playing. Your Soul System, you, has you plugged into many different games right now, via simultaneous incarnational expressions, all having experiences unique to that particular game.

Eventually you will return to the truth of you, Soul, with the rest of your incarnations, at which point you will move on to even more adventures. While the idea of sitting on a cloud as a reward for undertaking the human/body/Earth life seems great to some, the actual act of doing nothing as a reward for doing everything seems completely counter to the greater significance of the endless possibilities of life. Your reward for each life is the understanding, the experience, and the awareness that you have accumulated from your experience. Your life is not a punishment, it is not born of sin, you are not here on Earth, or wherever you are, because of a screw up at the universe's headquarters. You are "here" by choice (later you will see how choice is your empowerment foundation). How you "do" the entirety of your life experience on Earth, or elsewhere, is another story.

Important Point: *Everything you do should be about leading you to a greater understanding of yourself. Always use where you are, who you are, what you are doing, as a tool to find out more about yourself. You, yourself, is all you need to increase your awareness.*

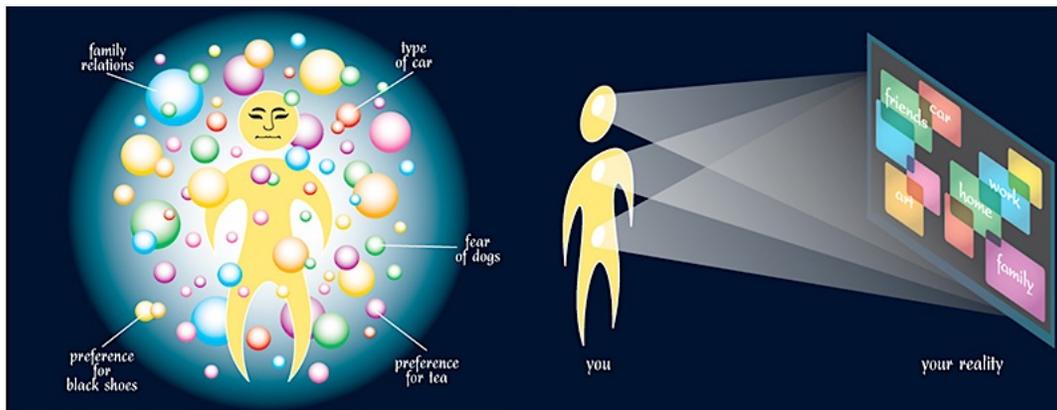
Being in a body is a temporary condition. One in which the essence of you, the energy form that is the Truth of You, binds the personality you, to a physical 3d body on the Earth-Plane. Everything about this process happens by choice. The entire body process is not permanent, but a temporary experience that lasts as long as it lasts. Some 3d body-based experiences last one day, others last one hundred years, with some experiences transpiring in a big city and others in the country, with some as male, and others as female. Regardless of the form taken, the basis for the process remains the same: Energy from the Truth of You is funneled into a form we call a body, which manifests as a personality—the you reading this book, which then creates reality to interact with using the energy from that same Truth of You energy source. All of this process happens by choice. Remember that, everything about this thing we call life, happens by choice.

How You Create Your Reality

We hear quite a bit these days about the world of "creating your reality". Some folks have gone to great lengths to package this idea and sell it to those who are said to be unfamiliar with the process of how to create their reality. Sadly this is like selling someone who runs marathons a basic course in walking—each person not only knows how to create their reality, but more importantly, *they do it every moment of everyday*. The problem lies in the fact that people do not know *how* the process actually happens or why they project the reality they interact with. In fact, nearly all packaged systems of creating your own reality are predicated on a false notion of how things work, as most systems operate under the idea that you attract things under the "like attracts like"

premise. Most systems perpetuate the idea that you are like a magnet that attracts things to you, but this is not how things actually work. There is nothing outside, only inside, so there is nothing to attract. I'll say this again: there is nothing outside you (that is an illusion) there is only inside and the world around you is a projection coming from you, and that world is not a series of objects waiting to be pulled to you.

You actually project the reality you create, you do not attract anything at all—you *project* a reality for you to interact with. The simple image below is from my book and website, “The Harmonizing Statements”, in which The Harmonizing Statements technique helps folks actually demonstrate the truth to themselves: you project your own reality from within using your Creator-Self Energy. Energy runs through the programs in your head which in turn, tells that energy what to project. The Harmonizing Statements system teaches you to manipulate the reality you project in real time. In the image below, we see a person’s energy (via the defined energy resonances contained within one’s 3d body consciousness expression) projected from within out to the external world. The system mimics the film projector, silver-screen process of movie theater projection.



Defined energy resonances contained within the consciousness expression, like a “fear of dogs”, manifests through projection. What is then seen is the reality created from energy from within. The energy spheres with enough power will project into the reality you see and interact with. See more on the process in The Harmonizing Statements.

We create our own reality from the energy contained within us. Think of it this way, the Creator-Self Energy is raw energy, just like the raw power which fires up the computer when you turn it on. The programs in the computer tell the machine what to do with the energy that comes in from the wall socket and what program images to project on the monitor that we interact with, just like your brain. The images and processes created by the programs is what we interact with on the monitor: Power + Programs = Interactions. Seems rather simple when broken down into its proper format, yet this process often confuses people when the time to change arrives. What do we change when we want change?

What people tend to do in their lives is work to change the creation, or the projected image, (the movie screen image in a theater) after it has been created, instead of altering the program that is creating the image itself (the film in the projector). If you want to alter

the image that is on the computer monitor, you will need to alter the programs themselves, not the image on the monitor itself. If you want to alter what is playing on the movie theater screen, you do not attack the screen, you need alter the film itself. The image you see on screen, your life, is actually seen *after* the reality has already been created so you cannot change what has already happened. Again, your reality has already happened by the time you see it, so changing it isn't possible.

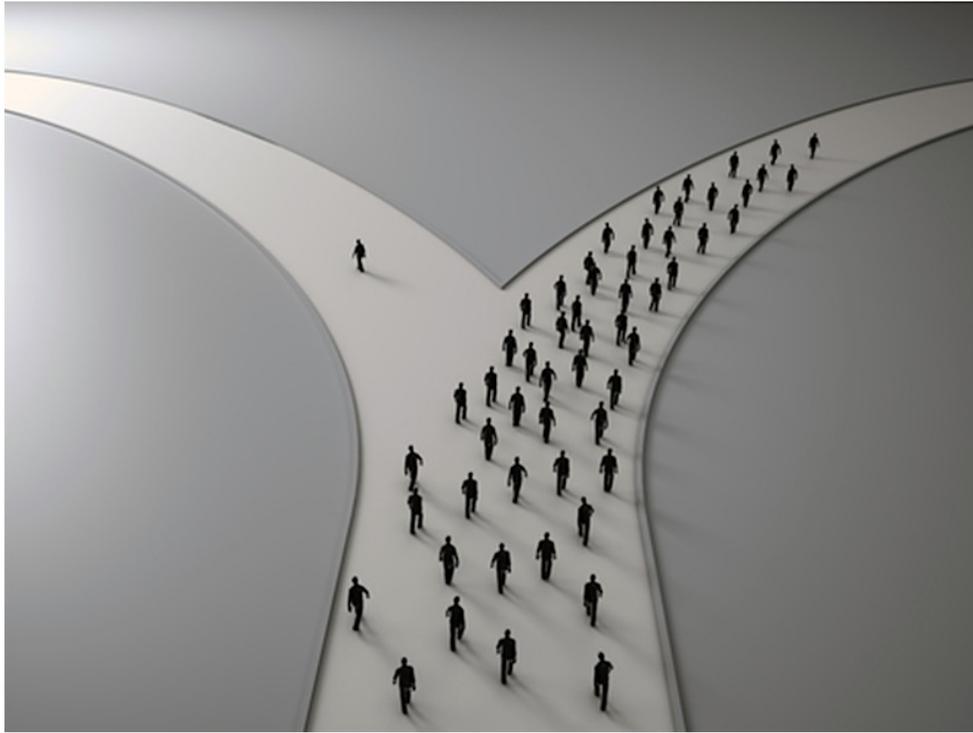
The film image that you see on screen, your life, is extremely important, as it is the feedback to know what you are creating. It is also the feedback you need to alter the film of your life, without that feedback you would have no way of knowing what is going on in your reality. Consider this: how do you know what you look like without a mirror? If you have no sensory input, no sound, no sight, no sense of feel, no nothing, how do you know where you are? The external projection tells you what the internal is representing through the energy reflection. Again, the internal energy is being represented in the external world.

Important Point: *What you see, hear, feel, taste, touch in your real world projection has already happened. The two key components you are familiar with should be defined a bit more clearly here. The subconscious is the programming that tells the Creator-Self what to do with the energy it places on the Earth-Plane. The conscious part of you is the part of you that is tasked with perceiving what is projected. Subconscious creates, conscious observes.*

You already create your own reality, you do it every moment of every day, but why do you create what you create? What is the driving force behind your creations? Everyone knows what they want to create, yet few create that certain thing effectively, even after using all the prescribed tools known to man: praying, thinking positive, investing energy and so on. Nearly everyone on the planet wants to be rich, yet roughly only one percent of the population is rich. I would say desire is not an issue, need is not an issue, so what is the issue? We all want to be healthy, yet many struggle with their health. We all want loving families, yet the family system is failing in many homes. So what is influencing the energy that you are using to create your reality? Hint: think insecurity.

Through the course of the book you will teach yourself how to alter your projections by altering the way in which you treat the Creator-Self Energy that comes into this Earth-based game through your body. You will learn how to alter what is on the film long before it gets up onto the screen.

Healing and Change



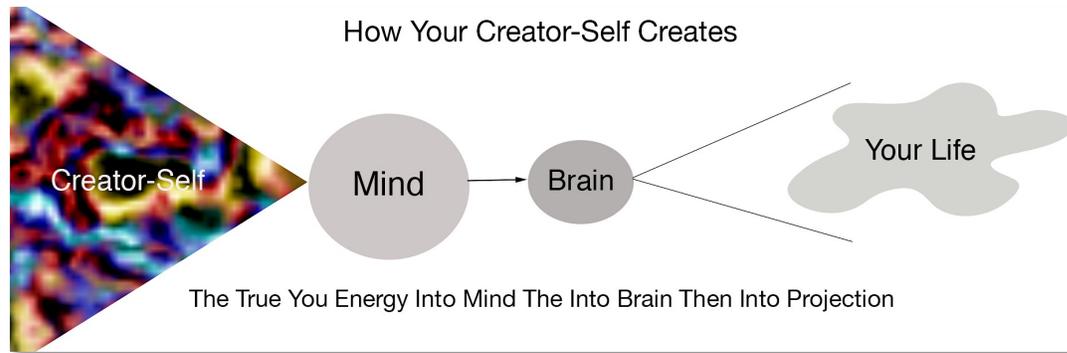
In this book, you will discover the truth about the energy of insecurity, but first a little background about how the simple but effective technique came about. As a healer, I have worked hard at assisting people to increase their awareness about themselves and I have assisted a great many people in a myriad of ways. Over the years, I have assisted folks to become better singers, actors, parents, mates, athletes and so on, with much success. Yet there were moments when very successful, evolved folks simply fell apart. They lost their way, became unglued, and often over seemingly insignificant things. Seeing folks go from so high to so low, and often within the same moment, was a vexing issue for me. I could not accept the sudden change of direction in people as it directly spoke of my efforts. Why were folks fine one minute and out of control the next? How could I assist someone to resolution and change in such a meaningful way one day, and then without warning, watch that person lose all the skills and balance we worked so hard to achieve?

What was really interesting is that nearly everyone had the same pattern to their meltdown, male or female, old or young, the regression from evolved to broken looked the same from a vibrational point of view. When I removed the hysteria and glimmering lights of what was perceived as the problem, the vibrations all looked alike. Regardless of the events surrounding the meltdown, be it a real crisis or not, the energy patterns of each person looked the same. I wondered how this was even possible.

After becoming seriously frustrated by not being able to help people over that recurring meltdown hump, I began to look at the process of our energy manifestation in a different way. In my example above, the most effective way to alter the image on the screen is to

alter the film. My techniques are very effective at doing this. However, I began to feel that the energy creating the projection should be accessed long before it reaches the printed film image, even before the negative, as something was influencing the energy just before it hit the negative: the energy which of course created the film, which of course created the image on screen. The light from the projector, our core energy, is the energy that lights the film for projection onto the screen. So what is this energy doing just before it hits the film and before it becomes what is our lives? I used that premise to hunt down the problem.

I tracked the energy from a sample meltdown back to the originating point in the process of projection/creation. In short, the process looks something like this: “Creator-Self Energy” travels down to “Mind” then down to “Brain” then into brain-based “Programs” and then is finally projected out into the reality we see.



The Creator-Self is the eternal-self. The mind is the translator that exists between the Creator-Self and the personality. The personality is you by name. The brain is the interface between the reality you create and what you perceive you create. The common item in the process is the brain, it is the last line of projection and the first line of perception. The brain holds the programs that tell the energy what to do, as well as the senses which tell your personality how the energy projection is to be perceived.

After several attempts at breaking down that process into a system for healing and increasing one's awareness, I finally determined that the issue was how this neutral energy, the Creator-Self Energy or Truth of You Energy, was being interpreted by the personality through the programs contained within one's 3d body expression via the brain, the body and the programming of life. That Creator-Self Energy, the pure, extraordinarily powerful energy, was being misperceived, even misrepresented by my personality, and in a sense misused (again, the personality is you by name and body, like Allen). By tracking the process all the way back to the origination point, I could see there was a more effective way to alter the reality created by that energy.

We are obsessed with changing the reality we create. We try to alter our lives through therapy, chemicals, god and so on. The problem I see is we are not approaching change at

the correct level. This book is about altering your reality by altering your awareness, not about adding a new therapy technique. This book will not add another 10-step plan to your tool kit, in fact, we're going to reduce your tools to three.

Perhaps a brief discussion of the last one hundred and fifty years of “therapy” might help you to see where I am going. Before Freud, if you spilled a glass of milk, the therapeutic association was, “how do I clean it up?”. After Freud, the association was, “why did I spill the milk?”. This led to an explanation along the lines of, “well, milk is mother’s milk, you had issues with breast feeding, you may want to sleep with your mother, let’s explore that...” Then the New Age came along and spilled milk was an opportunity to learn about what the universe, or god, was trying to tell you. Spilled milk was now a teaching moment. Then the New New Age came along and asked, “why did you attract the spilled milk to you?” Has any of this therapy really been helpful? Is going back to the primitive view of just cleaning up the milk really so bad? My interest is not in the esoteric fun of exploring the deepest meaning of spilling milk, but how to help people live a more comfortable, self-aware life while on Earth.

After years of assisting others, I have come to the understanding that healing is really about assisting others to expand their awareness, and in doing so, bringing about change. First I will show you what is going on with how you create your reality, then show you the patterns you use to manage your creations, and then we will move on to something much deeper and more profound. By using this process to expand your awareness about yourself, you will change what you create. It is my hope that by finishing this book, and completing the techniques, you will never ask the question, “why did I spill the milk?”.

The Insecurity Energy technique included here is a tried and true method of healing and change. It works really well if you follow the remarkably simple steps. You can alter things in truly meaningful ways and increase your awareness by leaps and bounds by using the technique. The whole process requires nothing more than your awareness, your attention and your commitment to seeing things through. This book is all you will have to buy in order to fully realize what I am saying. I say this as I want you to know I am not selling you a series or a system, this is it. You will quickly teach yourself how to change the way you perceive the things you create—this will happen within a day. You will learn what Insecurity Energy really is, what it is not, and why it is the most wonderful thing you can imagine. You will learn why saying, “I am really, really insecure” is not only *not* shameful, it is a wonderful proclamation. Most importantly, you will learn the “why” behind every single thing you do, and why the psychology 1-0-1 “why” does not really matter at all, and in fact, only serves to confuse you. Won’t it be nice not to ask, “why is this happening to me”, ever again?

Before we move on, you need to keep a few things in mind. In order to make this technique work for everyone, I needed to use terms and symbols that have meaning in our daily lives. As a result, you may find yourself in conflict with my use of certain terms. You’ll need to put down your amateur psychology hat through this process and simply accept the use of the terms as they are presented here—it will be worth it in the end. I need you to get a real feel for a certain Human-branded energy, and in order to do that, I

have used terms that you associate with that particular energy. Please accept my use of the terms presented here, while I know it may serve to confuse, it is by design.

Some key terms you will learn about in a new context: *Insecurity, Insecurity Energy, Securing, Choosing, and Freewill*. *Very briefly, Insecurity is what you label your insecurities. Insecurity Energy is the energy associated with your insecurities. Securing is the process of caging your Insecurity Energy. Choosing is the process of determining where your Insecurity Energy goes. Freewill is who you are.*

In the end, I hope you will see that your entire reality you exist in here on Earth is all about capturing your Insecurity Energy, a reality which creates a climate where you are doing nothing but looking for ways to secure, contain, trap, and imprison that energy in systems that claim to secure you. I hope you will see that the process of insecurity management (the process of working dutifully to secure yourself through items contained in the world around you) is a process doomed to fail because securing yourself from the outside is impossible. I hope you will see that it is your choice to participate in these Earth-based reality games, via your Freewill, which is making this entire reality experience happen for you. It is my most sincere hope that you will learn, through demonstration to yourself (*not by my words alone*), that you are one powerful person.

Insecurity or Fear



Here I am going to make a very important distinction between two commonly used terms: fear and insecurity. I realize that what I am doing will confuse some, but please accept

the reasons for the distinction, as differentiating is critical to maximizing the benefits of the technique. Fear is something that can only come with a concern based on having an actual experience with that which is feared. If one has been in a car accident, then, and only then, can one be fearful of being in another car accident. If one has never been in a car accident, then one cannot be fearful of being in a car accident, as they have no idea what a car accident really is. I know this seems odd and many will ask, “why, when I get in a car for the first time, do I feel fearful? Is it because I know I might get in an accident?”

Consider this: are you afraid, really fearful, of a Megalop? Megalops are everywhere, they do very bad things to people, so are you fearful of them? No, of course not because you have no idea what a Megalop is. Are you fearful of a Tyrannosaurus Rex? No because you know they do not exist anymore. For the technique to work, we need to completely disassociate fear and insecurity. So, for purposes here we are now going to view fear and insecurity differently.

Fear is a rational response to revisiting an event that one has experienced, an event that one has decided they may no longer want to experience again.

Insecurity is the energy that comes about each time one is engaged in something, *especially* something new, which manifests in things like: nerves, sweats, irrational actions, anger, head spinning and so on.

We all know the vibe of insecurity. Insecurity is that feeling, that vibration that grips the chest, hits the abdominal area with butterflies, attacks the nerves, spins the head in circles and triggers a feeling similar to holding back the power of the Universe with your hands. In the most extreme cases of insecurity energy, one may see a meltdown of minor or epic proportions. The first day of school triggers insecurity, the first bike ride, the first test (all tests really), the first date (all dates really), the first sexual experience, the first day living on your own, each time you feel you are in trouble or have gotten into trouble. The energy of insecurity is that vibe we experience far more often than we realize. Take a moment now and think about the vibe you felt in the examples given above. Take a moment to remember that feeling surrounding your very first date, or even your most recent first date.

As much as anything, insecurity and the energy it brings, is something you feel. It is a full sensory event, not just a definition of how you feel. Insecurity is a tangible feeling and most definitely not an abstract, post-event idea or explanation to be laid over an experience later in order to define something. Insecurity, and the feeling of that energy, is something that happens to us all the time whether we are consciously aware of the insecurity or not. One is insecure when getting into a car for the first time, because one does not know if they can negotiate the process of driving a car at all. Note that same exact feeling occurs when you sit down to your first piano lesson, or your first day at a new job. I intend to make you fully aware of your insecurities by the time we are done.

Fear is a different process that shows up in a different way. I can have a fear of snakes

only if I have had a bad experience with one. If I have never even seen a snake in person, I cannot have a fear of one. What's the difference between being fearful of a Megalop I have never seen in person, and a snake I have never seen in person? If I have never seen a snake and someone describes a snake to me, I can surely become insecure about meeting a snake as I am unsure whether I can interact with a snake in a positive or safe way. Insecurity is associated with the unknown. Without knowledge of the physical elements associated with the experience of the snake, insecurity is all there can be.

Important Point: *The world has an endless supply of people selling the idea of “fearing” something that you will probably never come in contact with. Many people are fearful of the terrorist around the corner, yet only a handful of the seven billion humans will ever come in contact with one. In the case of the terrorist, endless media reports mean we “know” they exist, so insecurity is triggered, while we “know” a Megalop does not exist, as there is no media reporting about Megalops. So no insecurity is triggered when I say the Megalops are coming. What happens here is people’s insecurity is triggered by the stories of terrorists, not their fear. Stories you hear about things you have never experienced trigger insecurity, not fear. People all over the world get insecure when they are told about earthquakes, I’ve been in dozens and I have no insecurity about them.*

A simple way to see the difference between the two is this: fear is the concern over a known outcome happening again whereas insecurity is concern about being able to handle an unknown experience and the possible outcomes. It is this definition of insecurity that will be most revelatory for many. Insecurity is derived mainly from one not knowing if one can handle something, something known or unknown. Fear is really about not wanting to handle something again. There is no “fear of the unknown” but rather insecurity surrounding the impressions the unknown triggers.

There is often a fine line between insecurity and fear, but the distinction between the two is important. We’ll look at the difference through this simple example. Your first attempt at riding your bicycle without training wheels is upon you. Dad takes you and your bike out to the front yard to have your first crack at it. You start to cry as you get seated on the bike, so dad asks you, “why the tears?” The only response you can give that will make sense to him, and you, is that you are afraid of falling. To date you have never fallen off a two-wheeled bike, so how can you be afraid of this? What is creating the conflict within you is insecurity and you have translated that to a possible external event you can express—falling. You are insecure about your ability to ride the bike and it is your insecurity that has you crying. It is also the intensity of your Insecurity Energy flowing through your body that has you feeling discombobulated, feeling out of your body, feeling weak and maybe even mentally confused, as it runs through you during the experience.

At this point in the bike riding process, the insecurity and the Insecurity Energy are just as much of the process as the bike riding itself.

As dad holds you up in the ready position, you cry out, “I can’t do it”. There is an interesting truth here, *you can’t do it*, at least not yet, and this is why you are learning to

ride the bike. Quite often well-meaning teachers ignore this glaring fact in favor of putting out well meaning platitudes that suggest otherwise. When dad says, “yes you can”, he only serves to confuse you, as you *know* for a fact you cannot ride a bike, simply because you have never done so before! Quite often mental confusion ensues while one attempts to reconcile things being presented in this way. This “you can” when you have not before, creates insecurity in many, as they cannot figure out how both are true.

Important Point: *Never tell people, especially children, they can do something that they have never done. This creates major conflict, and only serves to make someone more insecure. Tell them you know they haven't done it before, and this is why they are trying to do it for the first time. Finally, acknowledge they are not expected to succeed at all, let alone the first time; then tell them to have a go at it!*

Important Point: *There is no such thing as fear of failure, only the fear of the perceived ramifications of failing. There is really only insecurity until this so called failure happens. Failure is simply a confused belief derived from the notion that there is success. It is remarkable how many people toss out the “I have a fear of failure” line when in fact they have not even tried the thing they are apparently afraid of. Someone came to see me once and said to me, “I really want to sing, but I have a fear of failure.” What would that failure even look like to this person I wondered? I said, “Have you ever sung before?” The answer was no. Okay, so this person had a fear of failing at something they had never done? I said, “You are insecure about the process of singing, so what?” There is an important distinction to make here, as I had another professional singer client who had bombed one night on stage, just one out of many successful performances, and fear of failure was not the issue in subsequent performances, insecurity was the issue.*

Let me give you an example from my personal experience. My good friend, who happens to be eleven, wanted to learn to walk a slack-line (a thicker version of a tight rope). I had no idea how to walk a slack-line, in fact I only watched one YouTube video five minutes earlier of a skilled adventurer doing this over a cliff as my education. I figured I could teach her without a problem if we used the process to work through her insecurity. So we set up a fifteen-foot slack-line in the backyard, two feet off the ground, and went to work. Before we started I told her that I did not care whether she could actually do it, but that we were going to use this experience as a lesson on insecurity. I wanted her to see the vibration at work.

Since she had never been on a slack-line before, we agreed she could not be fearful of it and she would not be expected to know how to do it, prior to actually learning how to do it. Because she had fallen countless times in her life, her fear of falling in this arena was reasonable. She acknowledged that she was really, really insecure, which of course was beyond reasonable, as she had never done it before. As her assistant, the key for me was to separate her fear of falling based on her actual experience, with the insecurity that erupted from doing something so new and so challenging. Insecurity shows up in response to new things, and can be seen in one's rational concern over being able to handle new things.

Important Point: *All insecurity prior to doing anything for the first time is reasonable. I'll say this again, if you are experiencing insecurity prior to undertaking something new, you are right where you should be. How much angst in the world has been generated by the notion that one should know what they are doing before they know what they are doing? Are you one who believes you should know how to fly a plane without lessons? Are you frustrated at your first piano lesson because you feel you should already know how to play perfectly?*

So, with our fear and insecurity issues clear, we jumped in feet first into the process of slack-line walking. The first time she stepped onto the line she fell off—no problem. Except, after falling, she began to make excuses and demonstrated the usual signs of insecurity: nervousness, chattiness, excuses, obfuscation, and so on. I had none of it as she was *expected* to fall off the first time. So before she had time to go on with her avoidance routine, she was told to get back on the line and try again. Can fear and insecurity be present in the same moment? Of course, and after falling off on the first attempt, a fear of falling, based on actual experience, was added to the insecurity of learning something new. That fear was important to the process; it was that fear that needed to be used to show her the actions that lead to falling. It was important, as her instructor, that I made sure she did not let her insecurity overwhelm the lesson. I'll not go into every moment of the next hour, but at the end of an hour, my friend was able to walk the full fifteen-foot slack-line without support and without falling. More importantly, the effect Insecurity Energy had on her was demonstrated in a real and tangible way, something she has used to her advantage many times since. Insecurity and Insecurity Energy were brought up the minute she stepped onto the slack-line, as expected, but as her instructor, it was incumbent upon me not to manage it, not to placate her, but simply to get her on the line doing the work of learning something new.

You will learn that the Energy of Insecurity is not event specific, as one will feel it when engaging in things that are perceived as being fun, as well as things perceived as being unpleasant. The vibe is what we are talking about, the energy, not the event that is triggering it. This is a key distinction to keep in mind as we go.

Take a moment to remember the last date you went on. Remember the phone call that led to the date? Remember getting dressed? Remember sitting down to eat with this new person? How about the moment right before the goodnight kiss? Now tune into the energy that erupted during each of those parts of the date. Did you feel unstable? Did you experience a dry mouth? Did you feel a rush of energy through the nervous system? Was your inner dialogue tough to control? Were you nervous? Insecurity and Insecurity Energy were at the core of the date experience. How about the last roller coaster ride you went on, do you remember that feeling as you rode the coaster? Can you see the pattern emerging yet?

There are countless ideas on how to deal with fear but they all treat fear of something known and fear of something unknown the same. I've been in several car accidents. I know what they are like and I have a mild fear of being in another, but it is precisely my experience with car accidents that puts the fear at bay, that and my driving skill based on

experience. Experience is the key. Professional racecar drivers crash a lot, but they keep on driving because their experience with crashes helps them process any rational fear. I have no fear of crashing in a professional racecar because I have no experience with it, and I have no fear of blowing up in a rocket ship accident for the same reason.

What about those who crash a racecar and cannot get back in the car to race, aren't they afraid? No, they are insecure; insecure about their ability to drive the car in a situation that may lead to an accident. They have become insecure about their skills to the point they cannot overcome it.

A client of mine once told me she was gripped with fear about driving into the big city. I asked, "Have you driven in the city before?". "Yes" she replied. I simply said, "You know how to do it then. When you drive around the city with millions of nuts in cars, not in your home area, with all the mayhem, you get insecure—so what?" She realized she knew how to drive a car just fine. She also realized the process of driving in the big city was indeed insecurity inducing, but despite that, she actually knew what she was doing because she was a skilled driver. She had no problem after that, and more importantly, she could not believe she ever had a problem.

Work to keep the distinction between fear and insecurity in mind as we go along. There is one other thing I'd like to put out there at this point: confidence is not the opposite of insecurity and is not an antidote to the insecurity problem as presented here. I will not be teaching you how to be confident, what I will be teaching you is not to engage in insecurity management to the point of losing yourself in any given moment. Confidence may be a byproduct of the exercises, but it is not the point.

The Origins



Where do we get these patterns of association with this energy I'm calling Insecurity Energy. Childhood is where the management of the insecurity system of existence is born. The development of the body has a lot to do with this, as well as the contributions of mothers and their insecurities about the entire birth/child rearing process and themselves. Later in childhood, the entire educational structure is a gigantic contributor to the insecurity problem, as it was designed to increase the insecurity in those who attend. In many ways, the insecurity problem is simply put upon us, and not really of our own design. Insecurity, and insecurity management, is largely an Earth-based body problem.

We are born with insecurity as our primary reality foundation. During birth, many mothers are totally insecure about the process, often translating those vibrations to their child in utero. This makes perfect sense, a first-time mother should be insecure about every single aspect of the process, and second or third time mothers should be insecure too, as they have never had that particular child before. The unborn body in utero is a vehicle in waiting, a car being built, for someone to attach their animating energy as the body is born. But during the gestation process, a mother's insecurity about the process of having a child is translated to the child's energy field and recorded by the child's body. If the expectant mom is insecure about money, her body, her health, or her relationship, the

vibrational process is translated to the body of the child while it waits to be tossed out onto the Earth-Plane.

When it is time to be born, the child-body is flung out onto the Earth-Plane in a fairly violent process. Even under the best of births, the process can be a bit of an insecurity inducing event for mother and child. The modern birth process is particularly insecurity inducing as the hospital, insurance, doctors, awkward birth angle, insecurity of cesarean surgeries, harsh climate, vaccinations and unfamiliar people all contribute to the insecurity-creating event—not exactly a warm and inviting realm for a new Earther to be delivered into.

The body and animating energy are linked up as the birth process happens. In the best of circumstances, the connection between body and Creator-Self's Earth-bound expression is challenging. Consider the most chaotic of birth processes and one can see why linking up might be akin to trying to do brain surgery while driving a car at two-hundred miles per hour down the highway.

Once body and animating energy are linked up, the harsh world of the Earth-Plane is revealed to the infant. As infants, we come into the world with no way to take care of ourselves. If we are out of our parent's arms, let alone sight, we become insecure, as we cannot take care of ourselves in any way, shape or form – infants are helpless to help themselves. We go from a world where everything is taken care of without thought, to a world where starvation is now on the table as a real option. We go from being truly secure in the womb, to susceptibility to death in twenty-four hours if we do have a warm enough blanket.

Oddly enough, death is the opposite experience. We go from the restrictive, suffocating nature of the body and all of its weakness, to a world of liberation—funny how we are so insecure about death. In fact, men and women, to one degree or another, spend most of their lives trying to find that unique form of security created by gestation: constant food, controlled climate, protection from most of the elements. They seek to find the womb again while working hard to avoid death. Adults do not want to sleep with mom, they want to find the security they left behind when they were tossed out into this world. The womb is the most secure place a person will ever be while on Earth.

The mid-twentieth century saw an actual public policy established to purposefully exacerbate the insecurity problem by maliciously separating infants from their mothers at birth. Many would have seen the visual example in the movies with many newborn babies in large sterile hospital rooms, away from their parents, all separated in cribs, alone, isolated from their family only minutes after hitting the Earth-Plane! It was not fear that was created by the separation, as an infant does not know what there is to fear in the Earth-Plane world, but insecurity. A massive amount of insecurity was created in each child by this bizarre and vicious effort. Think about this: does immediately separating the helpless, insecure, infant from the being who facilitated the remarkably secure environment of the womb make any sense? Your body connects with your mother, via the womb, for nine months, only to be placed in the hands of people you do not know

upon arrival on the Earth-Plane—is there really an argument in favor of this? Insecurity in us went up when birth went from something that occurred at home with the family around, to the birth-for-profit, sterile, and impersonal world of the local hospital.

Birth onto the Earth-Plane is a monumental shift, the secure, protective environment of mother's womb has been taken away in favor of a harsh, non-temperature controlled world where nothing seems secure, and physical movement within the new impersonal world is all but impossible. For nine months, a mother's womb was a foundational system of security, and now, in the physical world, security can be taken away at random if mom simply walks out of the room to use the bathroom. It should be said that quite often the gestation period is a world of insecurity for the infant, and not a safe place, especially if there is instability in the mother's world due to drugs, economic issues, or insecurity stemming from life's possible problems.

Let's take a look at this rarely detailed problem from another angle. Animals are not humans, they are different consciousness expression here on Earth, but it might be useful to examine the Animal Kingdom's Earth-Plane experience for a moment. In every BBC nature program, David Attenborough announces the word "survival" countless times. It would seem that, according to David, all animals are born onto the hellish place called Earth where the only thing they can hope for is the daily fight for survival at the beginning, followed by more daily fights for survival, followed by a random death at some point because they failed to survive. If an infant is born into that same realm, does it not stand to reason that they too have an innate concern over survival?



How Would a Crawling Baby Survive Here?

Does an infant survive life without a mother? Does it not stand to reason that each child would feel a great sense of insecurity if they were unable to secure their own survival due to the limitations of the infant-body? And what if the only method of securing life was with mom? And rather than cling to the back of mom like an opossum, the infant child is left with whomever, wherever, whenever, for whatever reason, once arriving on Earth? Sure this all sounds a bit extreme, but the process of insecurity is our emotional and

physical foundation in the best of circumstances. Ponder the worst of circumstances a child can be born into: poverty, drug addiction, crime, or an unstable family. Would a drug addict's child who is removed from the parent(s) early in life, and bounced between foster care homes grow up feeling rather insecure?

A child's inability to communicate is of course a huge insecurity generator. As an infant, we cannot speak and the only real tool we have to get attention is to cry. The inability to communicate is something that generates insecurity in us all. Have you ever attempted to communicate with someone who does not speak the same language about an emergency you were having? If you have traveled to a foreign country, did you feel insecure about communicating? The child's world is one fraught with weakness in managing their own bodily existence, or as Attenborough would say, survival. Children are insecure because the body they occupy, and the ability to express their Creator-Self through that body, are hindered greatly by the dynamics of the Earth-Plane. What a cruel joke that the weakest among us communicates the poorest.

A friend of mine taught her infants to speak through sign language. What a great way to help eliminate the insecurity between parent and child during those insecurity inducing years prior to speech.

Many parents are insecure about the process of having a child and this translates to the child. Mothers, in particular first-time mothers, are always insecure, yet curiously, there is little attention paid to the validation of those feelings. In fact, in some cases, women are just expected to fully and completely understand the gestation/birthing process without reservation. Ask a first time mother if they are insecure about having a child and watch the indignation erupt. Why is it that first time mothers are expected to know everything about giving birth and raising children, but first time drivers are not expected to know everything about driving? In a curious oddity, one has to demonstrate proficiency to open a nail salon, but not bring a child on to the Earth-Plane. A lack of knowledge always exacerbates the insecurity factors, be it motherhood or mathematics or doing nails.

Insecurity can lead to a lot of trouble post-birth for both mother and child. Health problems for an infant are insecurity inducing. Simple illnesses can be a big issue in setting the insecurity foundation as a child cannot express the problems they may be experiencing in a coherent way. They can only cry, as such, imbalances are often more trouble than they should be. Not spending enough time with mom can be an insecurity issue for the infant, as many mothers drop their children off at day-care shortly after birth. Mom can be insecure about leaving her child with others too.

Postpartum depression, when not hormonal or nutritional, is often a feeling of, "What have I gotten myself into? I can't do this, what do I do?" Insecurity can overwhelm anyone, and severe postpartum is an example of insecurity overwhelm. Is it really so unreasonable that someone who has never had a child, who might be financially unstable, who might have relationship issues, might have health issues, or might even experience regret upon seeing the child, is feeling wildly insecure about the next eighteen years of child rearing?

The entire birthing process is one giant insecurity inducing event. Don't dad's wonder what they have gotten themselves into, and doesn't that create some insecurity surrounding money, future, career, and even the ability to be a dad?

All moms should be insecure about child rearing, and dads for that matter, but bring this fact up in a room full of mothers and watch the panic, denial and the bizarre self-righteousness ensue (and of course the insecurity). Why do parents feel they know, or should know, everything about raising a child? Is it simply because they can bring life into this world leads them to this silly conclusion? A child is nothing but the unknown, yet so many are convinced that the day of the child's birth is the start of the *known*. The unknown brings up insecurity, especially in the realm of parenting.

Important Point: *These simple words have brought more relief to parents as much as anything else I have ever said: "You should be insecure about being a mom/dad and it is just fine that you are."*

Early childhood is nothing but insecurity-generating for both parent and child. The development of the body to accommodate the ability to express the Creator-Self Energy is slow and often a hindrance. A child's fully developed nervous system would be great to express all of that energy, yet the completion process does not happen until after our late teens. So, as children, we work with a weak and less than optimal nervous system to funnel all of that Creator-Self Energy into the body and then into the reality we create. At the same time, the parent's nervous system is in a state of deterioration, making handling of their Insecurity Energy flow more challenging for them. That strange fact is an unfortunate sequence that happens in the Creator-Self Energy/body expression of child and parent—both nervous systems have trouble handling the energy flow but for different reasons.

Important Point: *It is infancy that creates a big conundrum for parents. Parents do not wish their children to suffer. In fact, in the modern American Age, the child is often treated like a fragile object. While it seems helpful to reduce future insecurity by tending to every sharp corner, every danger, every potential hurt feeling, this isn't a reducer of future insecurity at all. We are all more secure in ourselves when we are more secure within our ability to handle life. Children who experience life, but with parents who are supportive of all the mishaps, will become more secure in themselves than children who are protected from life's unfairness. I was once standing in the yard with my friend. His two-year-old child got stuck between two cinder blocks and whined a bit. He glanced over and continued our conversation. I said, "You're not going to help her, are you?" He said, "No, she'll figure it out." Helicopter moms, insecure moms, do more to facilitate insecurity in their children and in themselves than anything useful because they actually insert insecurity, often panic, energy into too many scenarios through their actions.*

A child's first walk is insecurity inducing for the child, as they attempt to negotiate all that walking encompasses. It is also insecurity inducing for the parents. The first day at school is the same for both. What about an early childhood surgery? What about a fall from a tree? What happens when a parent loses a job and becomes insecure? Childhood is

filled with the vibrational energy we call insecurity. A child who has not eaten will get insecure. A mother who cannot find her child when she wants, or needs to, gets insecure. A father who sees his child fall will get insecure (in fact, he may have been insecure by anticipating his child's fall). The Insecurity Energy vibrations are happening to all involved, all the time, sometimes to all of the family members at the same time.

Vibrational resonance is something to keep in mind here. Vibrations vibrate in harmony. If an "E" string on a piano is struck, all of the other strings tuned to "E" vibrate in harmony—they cannot help it. The same can be said for the Insecurity Energy vibration. If child is insecure about x, and mom and dad are insecure about x too, the energies can vibrate in harmony. Yes, harmony. There is no escaping this energy and quite often in the family dynamic, if one vibrates insecurity, the others will too. My mother could trigger insecurity in the whole room for any number of reasons, and within moments we'd all vibrate in the same energy wave as she did.

Does this vibration harmony mean that when a child is insecure mom must always be secure, or confident, in order to prevent more conflict? Does it mean that mom can never be insecure? No, that's the beauty of the techniques you will be learning, you will learn that there is a way to work around the seemingly impossible process of acting confident when feeling insecure, as such, one can be totally insecure and still help a child to feel secure.

I could go on forever about the childhood/insecurity components, but this is not a research book and I think you get the idea. Childhood is a process that is all about insecurity, insecurity largely based on the physical body's inability to handle the reality it is living in without a lot of help—timely help. The reality of having a child in a world of money problems, social problems, governmental problems, health problems, relationship problems and even weather problems, will assure a parent of at least some major insecurity throughout the process and a whole lot of minor insecurity.

Questions

- 1. Write down a few things that might have been a unique contributor to your insecurity foundation.**
- 2. If you have children, write down a few things that your child has done, or not done, that triggered insecurity in you.**
- 3. Write down two things in your childhood you previously thought were fear-based that you now see were insecurity-based.**