Finding Inner Peace

The Process

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From a program originally entitled “The Power Of Choice” by the late Bob Ross.
NLP elements added by Jerry Colette to create:
“Finding Inner Peace”

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Disclaimer

These stimulating mind exercises are for healthy people to refresh, review and revise their attitude and points of view. If you suffer from clinical depression, anxiety or other mental illness, they may not be appropriate for you.

Consult with a licensed medical practitioner or certified clinical psychologist, if you are concerned about your mental welfare.
Imagine your life with more inner peace.

What would that be like?

Imagine it as fully as you can. Feel it BOTH emotionally and in your body.

In the InnerPeace process, you will face up to some of your deepest fears.

You might consider this a mild form of "intentional suffering" in which you face your "worst case future" NOW to free yourself from EVER having to suffer that way in real life.

Another way to understand this is that it is similar to the "Scared Straight" approach, in which wayward youths are taken into prisons to meet hardened criminals. They get a sense of what their future would be like if they were to continue on the path they are on.

Just as the youths are not left in the prisons, InnerPeace does not leave you in your worst case future of what would happen if you were to hang on to your issues. From that worst case possible future that you will visit in steps 2, 3, and 4, InnerPeace then takes you to your best case future of what happens after you let go of these issues in steps 5, 6, and 7.

Then you choose which future you want to create and figure out how to do it.

InnerPeace is an exciting process.

Get ready.

Take three deep breaths, exhaling each one fully before taking in the next.

Feel how ready you feel.

Then proceed when you feel ready...
Part #1

Theory and Background

Introduction

This process was originally created by the late Rev. Bob Ross. He called it “The Power Of Choice”. I modified it, with experience of the results. I named my version “Letting Go Of Core Issues”. Then Jerry Colette added in a lot of bells and whistles, from NLP (neuro-linguistic programming). The resulting technique is a very powerful one. He called it “Finding Inner Peace”.

As a personal note, I ran it on my first wife, several years after she left so precipitately (by then the guy she went with had moved on but it was too late for her and me). She got a very rapid change and within five minutes was in floods of tears and very, VERY sorry for what she had done, she said. I mention this only because nothing much had ever seemed to “bite” on her case before.

To me, struggling with the disaster of an unwanted and unexpected break-up, anything which could produce that result for her was powerful stuff indeed.

Back when I lived in Spain I ran this process on a person, sitting in a coffee bar in Granada. It was a guy having trouble with money. We ran what I have called the Core Issues Peace Process and he came to realize something very interesting indeed: because of his poor financial condition he had been saying to creditors "Go ahead, sue me! I have no money. You are wasting your time!"

Nobody had sued him, years had gone by, and he had developed the strong belief that this was a safe position to be in. He had learned to be scared of more wealth, because then it WOULD BE worth suing him! As soon as the process dug out this buried destructive belief he felt enormous relief and realized that was hold him back financially.

That night, when he went home to Marbella, there was a gleaming silver Mercedes-Benz saloon for sale at a ridiculous price right outside his own apartment! (the owner was German, had driven it down to Spain, and wanted to leave it behind).

He bought it and started his rapid road to recovery. Today that guy is looking at $250,000 a year or more.

You can use it anywhere, any time, to help people, or help yourself. Don’t underestimate its power, just because it seems very simple.

It produces shift. Shift is what we value in Supernoetics™!
Part #2

Finding Inner Peace Process

You will be given full instructions and guidance when you use the innerpeace.org software. The link to it is in the members’ area.

Basic Steps

There are two major halves of the Inner Peace process. The first half is the Issue Let Go Process, in which you let go of an issue that interferes with your inner peace.

The second half is the Exalted Opposite Process, in which you create a state that supports your inner peace. Each half has twelve steps, which are almost the same in each half. The twelve steps are broken into five sections.

At any step, if you cannot complete the step, ask yourself, what’s in the way. Look for a fear or a belief. Take that as an underlying issue and begin over at Step 1, then return to where you left off.

**Step 1** - Identifying the Issue - Identify an issue that lessens your inner peace. If more than one issue seems to be interfering with your inner peace, narrow your focus to one issue now. You can deal with the other issues later. For bigger issues, break them up into manageable chunks. Fill in your own issue.

**Step 2** - Impact on You - FEEL what would happen to YOU if you were to continue with the issue: [issue]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

**Step 3** - Impact on Others - FEEL what would happen to OTHERS if you were to continue with the issue: [issue]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

**Step 4** - How Continuing Would Feel - Having explored what would happen to YOU and OTHERS if you were to continue with the issue: [issue], DEEPLY FEEL how you would feel if all that were to happen. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

**Step 5** - Impact on You - FEEL what happens to YOU after you LET GO of the issue: [issue]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

**Step 6** - Impact on Others - FEEL what happens to OTHERS after you LET GO of the issue: [issue]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.
**Step 7** - How Letting Go Feels - Having explored what happens to YOU and OTHERS after you LET GO of the issue: [issue], DEEPLY FEEL how you feel as all that happens. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

**Step 8** - Willingness to Let Go - Using a scale of 0 to 100, how much of the issue [issue], do you sincerely FEEL that you are WILLING to LET GO?

**Step 9** - How to Let Go - As you LET GO of the issue: [issue], what do you create first, a picture, sound, or a feeling? **Establish the formula that works for you.**

Then test it with the question: Now that you have discovered a workable letting go sequence, using a scale of 0 to 100, how much of the issue: [issue], do you sincerely FEEL that you are ABLE to let go?

**Step 10** - Let it Go - I invite you to LET GO of [*]% of the issue: [issue], NOW.

* Use the amount common to your answers to Steps 8 and 9. For example, if you are willing to let go of 90% and able to let go of 80%, 80% is the common amount. Confirm how much you did let go with the question: Using a scale of 0 to [*], how much of the issue: [issue], do you sincerely FEEL that you DID let go?

**Step 11** - Credit - Give yourself credit for letting go of [total amount let go]% of the issue: [issue].

**Step 12** - Gratitude - Feel gratitude for letting go of [total amount let go]% of the issue: [issue].

Handling Any Remainder - If there is any remainder of the issue not let go, return to Step 8, and use 0 to [remainder %]. If that does not work, return to Step 2, only ask what would happen if you continue with the remaining [remainder %] of the issue. If it still remains, check if anything is in the way.

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### 2. State Creation Process

Now we go on to creating to informing ourselves with the marvellous “exalted opposite” state of that which we didn’t want.

**Step 1** - Identifying the State - Identify a state that supports your inner peace.

Choose a state that has an “exalted opposite” quality to the issue: and would act as an antidote if the issue should ever try to reassert itself. **What would be really good to feel, instead of the disempowering state you had so far?**

**Step 2** - Impact on Self - FEEL what would happen to YOU if you were to let go of the state: [antidote]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.
**Step 3** - **Impact on Others** - FEEL what would happen to OTHERS if you were to let go of the state: [antidote]. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

**Step 4** - **How Letting Go Would Feel** - Having explored what would happen to YOU and OTHERS if you were to let go of the state: [antidote], DEEPLY FEEL how you would feel if all that were to happen. Describe what that would feel like. Then what, then what, etc., to crash and burn and feeling it.

**Now Turn It Around**

**Step 5** - **Impact on You** - FEEL what happens to YOU as you CONTINUE to create the state: [antidote]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

**Step 6** - **Impact on Others** - FEEL what happens to OTHERS as you CONTINUE to create the state: [antidote]. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

**Step 7** - **How Creating the State Feels** - Having explored what happens to YOU and OTHERS as you CONTINUE to create the state: [antidote], DEEPLY FEEL how you feel as all that happens. Describe what that feels like. Then what, then what, etc., to victory and beyond and feeling it.

**Step 8** - **Willingness to Create the State** - Do you sincerely FEEL that you are WILLING to CREATE the state: [antidote]? Note: no percentages are used. Just check for certainty.

**Step 9** - **How to Create the State** - As you CREATE the state: [antidote], what do you create first, a picture, sound, or a feeling? Establish the formula that works for you. Then test it with the question: Now that you have discovered a workable sequence, do you sincerely FEEL that you are ABLE to CREATE the state [antidote], reliably, when you want it?

**Step 10** - **Create the State** - I invite you to CREATE the state: [antidote], NOW. Confirm that you did with the question: Do you sincerely FEEL that you DID create the state: [antidote]?

**Step 11** - **Credit** - Give yourself credit for creating the state: [antidote].

**Step 12** - **Gratitude** - Feel gratitude for creating the state: [antidote].

Handling Any Remaining Issues - If the issue was taken up because it was in the way of a previous issue, go back and finish the unfinished issue. Otherwise, find and handle another issue.