

PART TWO

The Method

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DISCOVER AND RESOLVE
THE ROOT CAUSES OF CHRONIC CONDITIONS
AND PERSISTENT PROBLEMS

*“Healing is a matter of time,
but it is also a matter of opportunity.”*

HIPPOCRATES

The 5-Step Method

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AT A GLANCE

Key to Important Terms

ROOT-CAUSE EVENT

The significant emotional event in your past.

ROOT-CAUSE CONCLUSION

The conclusion you came to as a result of the Root-Cause Event happening.

ROOT-CAUSE REASON

The reason why the Root-Cause Event was a problem for you. It is a short sentence with an emotional element and the main reason(s) why you felt the way you did.

TOXIC BELIEF

This is the same as the Root-Cause Conclusion. I use the word “belief” because readers are more familiar with the term. You will discover that all toxic beliefs stem from corresponding Root-Cause Reason(s).

THE 5-STEP METHOD AT A GLANCE

PART ONE DISCOVER the Root Cause

- 1 **Find Root-Cause Event** (*WHEN did it start?*)
ASK: What event in my life is the cause of the problem, the first event that, when resolved, will cause the problem to disappear? If I were to know, what age was I?
- 2 **Clarify the Context** (*WHAT happened?*)
ASK: When I think of that time, what's the first person, place, event or thing to come to mind?
Digging-deeper questions: Who was there? Where was I? What was happening?
- 3 **Discover the Root-Cause Reason** (*WHY was it a problem?*)
 - 3.1 FOR EMOTION – ASK: What is it about what happened that was a problem for me? How did it make me feel?
 - 3.2 FOR REASON – ASK: Ultimately, what was it about what happened that caused me to feel that way?
 - 3.3 RATE ROOT-CAUSE REASON – ASK: On a scale of 0–10, with 10 being “very high and feels true”, how would I rate (state Root-Cause Reason)?

PART TWO RESOLVE the Root Cause

- 4 **Come to New Conclusions with New Info** (*WHY IS IT NOT a problem now?*)
 - 4.1 LEARN FROM THE PAST – ASK: What can I know now that, if I had known it in the past, I would have never felt (state Root-Cause Reason) in the first place?
 - 4.2 LEARN FROM THE FUTURE – ASK: Is it possible that I can be at peace when I think about this old event at some point in my life? If yes, when? Okay, what will I know at that point in the future that will enable me to feel at peace then?

- 4.3 LEARN FROM THE BLIND SPOT – ASK: For this to have been a problem, what did I need to not know? Digging-deeper question: For it to be a problem then, what did I need to believe? (Helps find a conclusion)

Use the Install the Knowing exercise when you discover a positive and loving learning that makes it impossible for you to have negative emotions associated with the RCE or RCR.

PART THREE TEST the Work

- 5 **Test that the Root Cause is Resolved**
(Acknowledge Emotional Domino Benefits)
- 5.1 TEST THE RCR: On a scale of 10–0, with 0 being “the emotion is completely gone now and I feel neutral”, how do I rate the old Root-Cause Reason?
- 5.2 TEST THE PAST: On a scale of 10–0, with 0 being “the emotion is completely gone now and I feel neutral”, how would I rate the Root-Cause Event?
- 5.3 TEST THE FUTURE: Think of a time in the future when something like this could happen, but this time, notice how differently I respond?

MIND DETOX

D.I.Y. MIND DETOX

WHEN Find Age	What event in my life is the cause of the problem, the first event that when resolved, will cause my problem to disappear? If I were to know, what age was I?
WHAT Root Cause	When I think of that time, what's the first person, place, event or thing that comes to mind?
WHY Root-Cause Reason	How did what happened make me feel? Ultimately, what was it about what happened that caused me to feel that way?
WHY NOT Loving Learning	What can I know now, that if I had known it in the past, I would have never felt any negative emotions in the first place?
Now use the Install the Knowing exercise (see page 132)	

The Mind Detox Method

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DISCOVER AND RESOLVE YOUR ROOT CAUSES

I HATE NEGATIVITY. *I am triggered by and want to run away from anything negative, especially negative people acting like victims.* The day before sitting down to write this chapter I had a Mind Detox mentoring session scheduled with a client called James. As it was such a clear demonstration of the power of this method in action, let's start by sharing the story of how the session went.

James wanted my help because he'd noticed that any time he was around any form of negativity whatsoever he quickly became emotionally triggered. He would resist it, becoming angry as a result, had zero tolerance of anyone "playing the victim" and found himself feeling the need to run away from anything negative. This was especially tricky as he admitted that his number one negativity trigger was his mum! He didn't want to avoid her, but instead, wanted to be a more caring and compassionate person in general. We used Mind Detox to find the potential cause of his unwanted emotional reactions and resolve them, for good.

I asked him: "What event in your life is the cause of resisting negativity, the first event that, when resolved, will cause the problem to disappear? If you were to know, what age were you?" Age six was what came to James' mind. "When you think

about that time, what's the first person, place, event or thing that comes to mind?" James remembered being in the family room at home, where his parents were arguing.

"What was it about watching your parents argue that was a problem for you?" I asked. The answer was, "It made me feel scared, insecure and unsafe." Sensing that there were more emotions going on for James, I asked: "How else did it make you feel?" He remembered feeling confused because he didn't understand why people didn't live in peace. We moved on to clarify the rest of the Root-Cause Reason: "Ultimately, what was it about what happened that made you feel scared, confused, insecure and unsafe?" James shared that he felt that way because he hated to see his parents unhappy. Combining this with what we had already discovered, we now had a complete Root-Cause Reason: "*Scared, confused, insecure and unsafe when I see my parents unhappy*" and this reason for why it was a problem for James rated a 10/10 of emotional intensity.

"What can you know now that, if you had known it in the past, would have meant you would have never felt that way in the first place?" James said he now knew that he was okay, he was loved, physically fine the entire time and that ultimately he survived the whole thing. He went on to share how he now knows people fight sometimes, but despite this, life continues. He also lightened up when saying his mum is an Italian New Yorker with a fiery personality, so seeing her upset sometimes is kind of expected and isn't the end of the world. We then used the Install the Knowing exercise (see page 132) to install these new ways of viewing the past event into his body-mind and retested the intensity of the Root-Cause Reason, which now rated at 1/10.

Aiming to get the score to a zero, I asked: "Is it possible for you to be at peace with seeing your parents unhappy, at some point in your life?" Through a hopeful smile, James said "Yes, it's possible". I invited him to go into the future and

imagine “stepping into” the older version of himself who is already over it. “What does the future you know, in order to be at peace with it then?” James responded: “I know peace is a choice and ultimately, I am peace.” Immediately, a big smile came over his face and I could see a major shift occur in front of my eyes. James was positively glowing! After installing the additional learning, his Root-Cause Reason scored 0/10, the memory was emotionally neutral and he knew deeply that if ever faced with negativity in the future, he wouldn’t recoil from it or resist it, and instead would just do or say what he could in order to help the other people know peace is a choice for them too.

Before doing Mind Detox, James didn’t know peace was a choice and so he was highly protective of his peace. He felt threatened that if he ever left his peace, by being taken away from it by any external negativity, he might not be able to make his way back. This is what he was living unconsciously scared of, but when he embodied that peace is a choice, negativity was no longer something to fear.

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Overview of 5-Step Mind Detox Method

Now that you’ve read the stories I’ve shared so far on how I’ve personally used Mind Detox, and the stories of working with my clients, it is my hope that the method is already feeling familiar. Having also read about the positive “knowings” used for purifying perceptions, you may also already be noticing some inner shifts, as your mind naturally takes them on board in relation to your own life.

Mind Detox discovers and resolves the undercover root cause by finding the Root-Cause Event, clarifying the Root-Cause Reason and then resolving it by considering more positive ways of recalling the past event. The method consists of five steps:

STEP NO.1 When Did It Start?

Finds the age of the Root-Cause Event.

STEP NO.2 What Happened?

Helps you to recall the memory of what happened.

STEP NO.3 Why Was It a Problem?

Explores why what happened was a problem for you so you can define the Root-Cause Reason.

STEP NO.4 Why Not a Problem Now?

Considers what you know now to be at peace with the past.

STEP NO.5 Test the Work

Checks the emotional rating of the past memory and Root Cause Reason. If both feel neutral and you would respond more positively to a similar event in the future, then the toxic belief is healed.

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8 Prep steps for the best results

Get ready for results. Equally as important as the method itself is the state that you are in when doing the work. The first five chapters are intended to provide the general background theory and mindset required for understanding why a method like this works so well. But if you attempt to do Mind Detox without being in the right frame of mind, it can be tricky. To help you, here are 8 final prep steps that I encourage you to follow:

PREP STEP NO.1 Be Innocent

The chances are you've read other "health" books and this isn't your first attempt at healing a physical condition, emotional issue or life problem. People using my method have often tried

other approaches, sometimes without success. Irrespective of what's happened in the past, I invite you to step forward with fresh eyes, an open mind and as much belief as possible in this working for you. Trust the process, suspend judgement and jump in with as much childlike curiosity and innocence as you can muster. Leave doubt at the door when using Mind Detox and do your best to not let scepticism steal your success.

PREP STEP NO.2 Be Willing to Change

Although, in reality, most people's comfort zones are pretty uncomfortable, self-limiting beliefs, health problems and problems can become familiar. And with familiarity, there can come a sense of security. Be honest with yourself when considering:

- Are you willing to draw a line in the sand and step out into perhaps unfamiliar territory?
- Are you willing to do things differently?
- Are you willing to trust the process, even if at the start some parts may seem pointless?

If the answer to all of these is “yes”, then you are reading the right book and using the right technique for you.

PREP STEP NO.3 Be Beyond Your Story

Sometimes we can be so close to our life that we can't see the wood for the trees. Or, in other words, we can get so lost in our personal story that we don't actually know what we need to work on. At the beginning of every Mind Detox consultation I allow time and space for my clients to share their story of what they see as the wrongs and rights of whatever is happening in their life. But – without wanting to sound rude – I don't focus on the story! Instead, I listen beyond the words so that I am better able to offer clarity on what we actually need to work on.

To do this I remember:

In life, you either get the results you want or the reasons why you're not getting what you want.

Mind Detox works to clear the reasons why you haven't been getting the results you want. Reasons usually include ill-health, negative emotions and unhelpful habits. With this in mind, consider this: What do you want to let go of? Do you want to:

- Heal a physical condition
- Clear emotional baggage (including anger, sadness, fear, guilt, hurt, grief and anxiety)?
- Stop creating a particular negative life situation?
- Is there anything else specific you want to work on?

Note your reasons for using Mind Detox under these main categories now. Focus on what you want to let go of, rather than on *all the reasons* why you may believe it's going to be hard to heal. You may find it is easier than you think!

PREP STEP NO.4 Be Clear on the Results You Want

For you to get the results you want, it is vital that you begin with a clear positive intention. Again, to keep things simple, you can categorize your results under two main headings: states and outcomes. States that you may want to focus on creating are:

- happiness
- peace
- love
- confidence
- contentment

The great news with states is that the ingredients for any positive state you want are already residing within you, which means that it need not take much time to enjoy the states you want. Outcomes, on the other hand, can sometimes take time to create. Do you want to meet a loving life partner, start your own business or be slimmer? When considering the outcomes you want, it is very important that you are super-clear on how you will know when you've achieved your goal. Doing this will give you a fixed future moment when you will know that Mind Detox has done its work.

PREP STEP NO.5 Be Easy On Yourself

Reading a book like this one can make you more aware of how your thoughts, emotions and lifestyle may be negatively impacting on your physical health. But what's very important to keep in mind is that, although your health, wealth and happiness – or lack of them – are your responsibility, you have not intentionally done it to yourself and it is not your fault. The ultimate cause of your thinking patterns, emotional habits and behaviours exists in the more subtle realms of your mind; therefore, blaming yourself or feeling guilty about what's happening to your body or life does not help you to heal. Quite the opposite, in fact. Be easy on yourself and gently make whatever positive changes you can, at a pace that is comfortable for you.

PREP STEP NO.6 Be the Genius You Already Are

You may not think it but you are an absolute genius! Whenever I sit in front of clients at a clinic or retreat I make sure that I look to see the genius within. I assume that every person I meet knows the answer to *every* question that I'm going to ask them (especially when they think they don't!) and fully expect them to be able to make any inner change that is involved in their healing.

The magical thing is that when I see the genius in others, they begin to see it within themselves. There is no doubt in *my* mind that you can do it; you should think the same of yourself.

PREP STEP NO.7 Be a Miracle-Maker

All things are possible. I'm not sure where I picked up this belief, but I have noticed that it is a key ingredient to doing the Mind Detox work. Without living with the possibility that all things are possible, I would have probably turned away 95 per cent of the people I've successfully worked with. I would have never attempted to help the first person who walked through my door with a skin condition or digestive disorder, or was convinced that they were depressed. I would have bought in to the limiting belief that these were physical conditions and mind-based therapeutic work could not help.

Thankfully, my open-mindedness to the idea that all things are possible gave me permission to "give it a go" and see what happened. I invite you now to trust your miraculous body and the wise universe to take care of the details. Your job is simply to be open to the possibility and proceed with optimism.

PREP STEP NO.8 Be Committed

Do you really want to heal and/or experience life differently? Are you willing to persist until you succeed? People who have had complete remissions from illnesses or transformed their lives for the better have made it their number one priority, for as long as it has taken. You may need to use Mind Detox multiple times on the same issue, as there could be what I call a Root-Cause Cluster. This is when there are multiple Root-Cause Events or Reasons causing a particular issue. In my experience, Mind Detox works if you don't give up too soon. Don't try it to see if it works; instead, do it until it does.

Commitment makes the realization of your desired results inevitable because instead of focusing on whether you will do

it, you focus your attention on why you want it and what you can actively do to get it. I certainly didn't do it in a day, and I continue to practise too. Decide now to do what it takes and do not stop until you succeed. There is an old Chinese proverb:

Man who tries to cross a river in more than one boat is bound to find himself getting wet.

I love this quote because it summarizes so perfectly the need for being one-pointed. Your mind, body and the universe respond quickest if you proceed with one-pointedness, which essentially means to take action without tentativeness and distractions and with determination. Whether you only need to do one or multiple Mind Detoxes, by being committed with a one-pointed focus on your objectives, you can massively improve your chances of success.

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The 5-Step Mind Detox Method

Let's work through the 5-Step method now.

STEP NO. 1 When Did It Start?

(Find Root-Cause Event) Choose the physical condition, emotional issue or life problem that you would like to heal. With your permission, let's find out when this problem started so that you can move on and stop it being a problem now. Trust your first answer to these questions:

ASK: What event in my life is the cause of (state problem here), the first event that, when resolved, will cause the problem to disappear? If I were to know, what age was I? (e.g., "What event in my life is the cause of the psoriasis/anxiety/migraines, the first event that, when resolved...")

TOP TIP Avoid editing your first thoughts or disregarding your immediate answer if it is not what you expected.

In most cases, the Root-Cause Event happened before you were ten, so trust and go with your first answer.

From an initial sea of infinite possibilities, the answer to this question narrows your investigations down to a specific moment in time, like you at age two, six or 16. This will help your mind to uncover the memory of the possible Root-Cause Event now. Once you have discovered an age, it's time to move on to...

STEP NO. 2 What Happened?

(Clarify the Memory) Let's learn more about what happened at the age you've found, so that you can establish the Root-Cause Event that was a problem for you.

You will do this by clarifying the content: the specific person(s), place, event(s) or thing(s) that were involved.

Hold the age you found in Step 1 in your mind while you discover – and trust – your first answers to the following question:

ASK: When I think of that time, what is the first person, place, event or thing to come to mind now?

Examples of possible answers include:

- The first *person*:
“Dad”, “Mum”, “Grandfather”, “schoolteacher”, “brother”, “best friend”.
- The first *place*:
“home”, “kitchen”, “bedroom”, “the park near my house”, “nursery/school”.

- The first *event*:
“an argument”, “first day of school”, “getting lost”,
“being shouted at”, “someone leaving”, “wrong answer”.
- The first *thing*:
“my teddy”, “Grandmother’s perfume”, “being cold”,
“being scared”, “box of matches”, or any object (an
obvious one or a symbolic one) your mind is giving you
to help you remember the entire memory.

Remembering the Memory Now

You may by now have recalled a specific detailed memory. If not, then you should focus on remaining open-minded and curious about what might have happened around that time in your life. It can feel as if you are making it up; that’s common. You may need to dig around a bit before the complete memory returns to you. In the same way a detective would ask questions to find out what happened, you might want to also ask:

When I think of this (person, place, etc.), what else comes to mind? Who was there? Where was I? What might have happened in relation to (person, place, etc.) around that time in my life?

For example, if your answer to Step 1 was “age four” and your first answer to Step 2 was “Dad”, then ask, *When I think about age four and my dad, what else comes to mind?* Or, if your first answer was “box of matches”, then ask: *When I think of age four and a box of matches, who or where pops into my mind now? Who else might have been there? What else was going on?*

Like an artist painting a picture, aim to gather as many details as you need to paint an accurate picture of what might have happened. Your goal is to find a memory of an event that could have been a problem for you then. The moment you find a problematic memory immediately go to Step 3 (page 128).

Struggling to Find a Memory? Ask Yourself:

- When in my life did I not have this problem?
- When did I first notice I had this problem?
- How long have I had this problem?
- What was happening during the 12 to 18 months leading up to the first time I noticed the problem?

These questions can give you clues as to the possible Root-Cause Event. For instance, I once asked a client who'd been suffering from migraines, *When did you first notice you had migraines?* She remembered that she'd got her first migraine around the time a friend committed suicide. This then reminded her of an older memory, from when she was 12, when her aunt died suddenly. We worked on healing the age-12 memory, and once we had, she stopped getting migraines.

Still Not Found a Memory? Don't Worry, Try This:

Create an emotional-events tracker. In a journal, write down, in age order, all the significant emotional events of your life thus far. For example:

- **AGE FOUR:** Scared leaving Mum at the school gates.
- **AGE SEVEN:** Sad when best friend moved away.
- **AGE EIGHT:** Scared when lost at the supermarket.
- **AGE TWELVE:** Hurt not invited to friend's party.

And so on. Keep exploring what might have happened until you find a specific event that could have been a problem for you. If you find this impossible, then work on a more recent memory that comes to mind when you think about the physical condition, emotional issue or life problem. Once you have found a problematic memory, you are ready to progress on to...

STEP NO. 3 Why Was It a Problem?

(Find Root-Cause Reason) Without a time machine, you cannot change what has happened in your past. However, the great news is you don't have to. You can change your *relationship* with what happened. To do this we don't work on *what* happened, but instead, we focus on *why* what happened was a problem for you then. This is a much more effective way to heal past memories because when you heal the reason *why* it was a problem, there is no reason for it to be a problem any more.

Find the Root-Cause Reason

The Root-Cause Reason (RCR) is the reason *why* what happened was a problem for you. To discover it you need to explore how you interpreted the past events at the time, the subsequent emotions you felt and the possible conclusions you came to in light of the emotional events that happened.

Bring to mind the Root-Cause Event you discovered in Steps 1 and 2, so that you can now discover the RCR:

FOR EMOTIONS, ASK: What is it about what happened that was a problem for me? How did it make me feel?

Ask yourself the above questions until you get one or more negative emotions. Then:

FOR REASONS, ASK: Ultimately, what was it about what happened that caused me to feel that way?

Keep It Simple

Don't overcomplicate this part of the method. You simply want to consider why you felt the way you did, so you can find the biggest reason for why you felt bad at that moment in your life. Aim to state the Root-Cause Reason in uncomplicated, simple words. Remember that you probably came to the conclusion when you were very young. It can help to include the emotions

in the answer to your question by saying: ultimately, I felt (sad or scared or angry etc) because... (Say the first reason that comes to mind.) Once you have the emotion(s) and the reason(s), you are ready to put them together to create the Root-Cause Reason for the problem you want to heal:

Root-Cause Reason Statement

$$= \text{Emotion(s)} \quad + \quad \text{Reason(s)}$$

(What you felt) (Why you felt that way)

(Examples include: “Sad, scared and vulnerable Dad left” or “Angry forced to move house” or “Scared Mum so weak”, etc. I have shared approximately 300 real-life Root-Cause Reasons in Appendix 2 to help you understand what you are looking for here.)

When you find a Root-Cause Reason, rate it:

ASK: On a scale of 0 to 10, with 10 being “very high emotion and feels true”, how would I rate (state Root-Cause Reason)?

Root-Cause Reasons that have the power to justify an unhealthy belief or cause a chronic condition or persistent life problem usually have the emotional intensity of 8, 9 or 10 out of 10 (with 10 being high emotion). If your RCR scores 7 or less then you might want to further explore the reasons why what happened was a problem for you, or see if there is a more emotionally significant Root-Cause Event to work on.

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Quick Timeout to Check In

By this point in the method you should have discovered a Root-Cause Reason; this is a short sentence that summarizes why the Root-Cause Event was a problem for you then. Don't forget:

just because this sentence may feel true, that does not make it absolutely true. All it means is that the younger you, based on the limited life experience you had at the time, felt justified in feeling bad. If you have found an emotionally charged Root-Cause Reason then great! You are only two steps away from making peace with your past. The hard part of the method is over; now I suggest you immediately move on to resolve it.

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Resolve Your Root Cause

PAY CLOSE ATTENTION! This is a very important moment in your life. The purpose of Step 4 of the method is to heal any Root-Cause Reasons that might be justifying the existence of toxic beliefs. Remember: problems are only problems today because of the incorrect conclusions you've come to in the past. And the even better news is your beliefs are easy to change.

You are now going to come to a new, healthier conclusion about the Root-Cause Event and, in the process, let go of any emotions associated with the Root-Cause Reason(s). The end goal of this step of the method is to be able to think about the past event and Root-Cause Reason and feel totally neutral.

To be able to feel at peace when thinking about events that used to cause you negative emotions is evidence that any toxic belief(s) stemming from the event have been healed. You quite literally no longer believe it is justified to feel bad about what happened. You've evolved beyond it being a problem for you.

Give yourself a pat on the back in advance because you are doing great work! Coming to more compassionate conclusions about past events can allow balance to be naturally restored in your body because the reason(s) for the imbalance have been removed. It can also help your external life improve, due to the body-life bond.

The Hard Part Is Over

Becoming aware of your Root-Cause Reasons is the hardest part of the process. From now on, your healing journey gets easier. It is the job of your infinitely powerful inner intelligence to take care of the details. Your job is to let yourself be at peace with your past – which is easier and less stressful than resisting what happened – so that your mind can give your body the green light for healing to take place.

Remember, the mind–body connection means that changing your mind causes changes to occur within the body. You may even find that your “inner pharmacy” immediately gets to work healing any physical conditions the moment the new messages start being sent between your mind and body. Sound good? Great, now keep up the brilliant work you’ve started by moving on to...

STEP NO. 4 Why Not A Problem Now?

(New Conclusions with New Information) Hold the Root-Cause Event in your mind as you answer the following question:

**What can I know now that, if I had known it in the past,
I would have never felt (state Root-Cause Reason) in the
first place?**

You may need to ask yourself this question a few times to explore several positive and loving learnings. You are looking to find alternative ways of perceiving the past event that would make it impossible to maintain the Root-Cause Reason you’ve already found. (By this, I’m not saying your goal is to be happy that the bad thing happened; neutral will be enough for the healing to happen.) You will know you’ve found it because you will feel a sense of relief.

Other questions you can ask to explore positive and loving ways of thinking about past events include:

- What do I need to know or learn, the knowing or learning of which will allow me to be at peace with what happened?
- For this to have been a problem then, what did I need to not know? Or, for this to be a problem then, what was I pretending not to know?
- If a friend had this problem, what advice would I give them to help them be more at peace with what happened?
- Is it possible for me to be at peace when I think about this event at some point in my life? (The answer to this question is always “Yes, it’s possible” – even if you don’t know how, yet!). Once you’ve got an inner “yes”, ask: Okay, what could I know at that point in the future so that I could feel at peace then?
- For me to be at peace with this memory, once and for all, what do I need to say now?

The moment you find a positive and loving learning that makes peace with the original event and disproves the toxic belief, move on to Install the Knowing:

TOP TOOL **Install the Knowing**

Timing is everything when installing the knowing. It must be done immediately you discover the learning you need.

It works because any justifications you had in feeling bad about the Root-Cause Event are undermined and stop feeling “true” and you no longer have any justifiable reason to continue feeling bad. You are quite literally taking the new-found positive and loving learning and installing it in your body–mind. It is powerful and, when used correctly, can be very quick and highly effective at completely clearing all

negative emotions linked with the Root-Cause Event and Root-Cause Reason, and immediately heal the toxic belief.

STEPS TO INSTALL THE KNOWING

Get positive and loving learning using Step 4, then:

STEP NO. 1 ASK: Where do I know this in my body?

(Notice where within your own heart, chest, solar plexus and stomach this knowing is.)

STEP NO. 2 ASK: If the knowing had a colour, what colour would it be?

(Any colour is fine, so trust your first answer.)

STEP NO. 3 Keep that knowing there and close your eyes.

Then use your imagination to go to the past, with that knowing, and play the movie of the old memory from beginning to end, but this time with the new positive and loving learning. For example: *I have the red knowing in my heart that I am loved.* Play the memory from start to finish a couple of times.

STEP NO. 4 Come back to now by opening your eyes.

This exercise should take up to 30 seconds. If the Root-Cause Event is traumatic and you don't want to imagine it happening again, then once you're clear about where in your body the knowing is, progress to using the Emotional Freedom Technique (EFT) to clear the emotions and install the positive learning. See Chapter 7 for full instructions.

Immediately after you have installed the knowing, open your eyes and take your attention away from the problem and memory for a moment by distracting yourself. Look at a picture on the wall, notice something you can hear nearby or sing a few seconds of a song that lifts your spirits. Do whatever it takes to temporarily take your attention away from what

you've been working on. Then, once you've done that, you are ready to move on to the final step of the method...

STEP NO. 5 Test the Work

(Explore How Emotionally Neutral You Feel) Testing the work is as important as every other step of the Mind Detox Method. Most people have a convincer of three. By this I mean they need to test the work three different ways for the mind to be convinced that the change has happened. It is vitally important that your mind feels convinced because this helps to activate the healing process. It also helps the mind to begin proving the new healthier belief right. You will find that, during and after you test the work, your mind will start finding evidence to prove the new belief correct.

Enjoy this natural process and use it to your advantage by consistently acknowledging that the change has happened and that it is now safer and easier for your body to heal. Here's how you test the work:

TEST THE ROOT-CAUSE REASON: On a scale of 10–0, with 0 being “the emotion is completely gone now and I feel neutral”, how would I rate the old Root-Cause Reason? (You may want to say the Root-Cause Reason out loud and notice how neutral you feel now.)

TEST THE PAST: On a scale of 10–0, with 0 being “the emotion is completely gone now and I feel neutral”, how would I rate the Root-Cause Event? (You might find that the memory is still there, but the old emotion is gone and you now feel more neutral.)

TEST THE FUTURE: Think of a time in the future when “something like this might happen, but this time, notice how differently I respond”. Okay?

If the answers to the above questions are all 0/10 and you feel neutral, then great. Well done for all the great work you've done and congratulations!

...

Getting Your Score to an Absolute Zero

Mind Detox is entirely focused on resolving the mind-based root causes of problems, rather than treating the surface-level symptoms.

Negative emotions are caused by toxic beliefs because they are what determine whether you allow or resist. Negative emotions are always only symptoms of justified resistance, never the cause.

No Toxic Belief = No Resistance = No Negative Emotion

Make sure when you're doing this work that you do not fall into the common trap of focusing all of your energy on trying to get rid of the negative emotions. They will go naturally when feeling bad is no longer justified.

I invite you to treat the surface-level symptoms of negative emotions as signals that there must be residual resistance. We only use the emotions as a useful gauge to determine whether or not you've come to new conclusions yet and healed the toxic belief. So having installed the learning into your Root-Cause Event, if the scores from the questions Test the Root-Cause Reason or Test the Past are *above* 0 check the following:

CHECK NO.1 Antidote Learning

Consider this: *Does the learning I've installed un-justify the negative emotion?* By this I mean: is it the antidote learning to the reason you feel bad? For instance, if you were "scared of dying", have you installed "I survived"? If you have not

installed an antidote learning yet, then consider what learning you need to know now that would completely undermine and un-justify the Root-Cause Reason, then install it.

CHECK NO. 2 Root-Cause Reason

If you still feel a negative emotion, but have installed the antidote learning, then it often means you've resolved the Root-Cause Reason you've already found, but there may be more stemming from the same Root-Cause Event.

In other words: Are there more Root-Cause Reasons associated with the Root-Cause Event? Have you worked on the anger you felt, but not addressed the fact that you also felt sad or scared? Consider this: *What else about what happened was a problem for me?* Use the questions in Step 3 to explore other Root-Cause Reasons and resolve them using the method.

CHECK NO. 3 Root-Cause Event

Sometimes, multiple events can combine to create a toxic belief. In cases like this, there might be another event, perhaps earlier or more recent, that you need to work on now. Consider this: *What other event in my life is the cause of the problem?* Trust your mind to give you other event(s) that need working on so that you can be at peace with the past and heal any beliefs that might be negatively impacting your body and life today.

All In One Place

I am aware that I have taught the method alongside a commentary of each step, so you are clear on what you are aiming to do at each part. Once you know the method, I recommend you use the at-a-glance summary of the 5-Step Mind Detox Method in Appendix 1 (page 199) for quick reference and ease of use. I've also provided a D.I.Y. Mind Detox Tool in Appendix 1 (page 202) for you to use.

Still Feeling Something? Don't Fret!

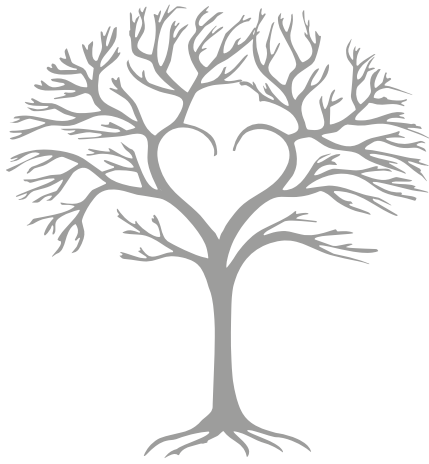
If you *still* feel any negative emotions relating to the Root-Cause Event or Root-Cause Reason, it means that there is a part of your mind that still feels justified in feeling bad. This is a blind spot. I recommend you re-read Chapter 4 to deepen your understanding of the ten ways of re-remembering the past in a more positive light. Alternatively, you can continue on to Chapter 7 and use the Tapping Technique on your Root-Cause Reason, as this can help detox the more stubborn emotions that are lingering within your body-mind.

More Tools To Heal For Real

Whenever I'm faced with more tricky Root-Cause Events and Root-Cause Reasons I will use other tools that I've learned along the way, including:

- Emotional Freedom Technique (EFT)
- My Conclusions
- Decision Destroyer
- Parts Integration
- Getting Your Goals Process
- Pink Light Technique

To discover the power of these additional healing techniques, which can be used alongside the Mind Detox, turn to the next two chapters now.



The Top 20 Toxic Beliefs

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(WITH ASSOCIATED ROOT-CAUSE REASONS)

IRRESPECTIVE of what the physical, emotional or life problem is, during literally hundreds of Mind Detox consultations I've observed the same beliefs appearing time and time again. The top 20 most common toxic beliefs are shared over the following pages. Making sure you don't believe any of them can help you to heal current problems and prevent the onset of future ones.

The Claim

How can I make the claim that these beliefs have the potential to cause physical conditions? Here's how:

1. When I met clients at my clinics, workshops or residential retreats they had a physical condition;
2. After the consultation(s) many clients reported their physical conditions getting better;
3. The only thing we did during the consultation(s) was to help them make peace with their past by discovering and resolving beliefs and associated Root-Cause Reasons.

How to Use the List

Toxic beliefs have Root-Cause Reasons (RCR) that provide mental and emotional evidence that justifies them being true (for you). If you find an unhealthy belief in the Top 20 list that feels true, you then want to find the corresponding RCR(s) that are justifying the belief.

Follow These Steps:

1. Read the list of beliefs and notice whether any of them feel true to you and/or if you have evidence that proves their validity.
2. Once you discover a belief that resonates with you, turn to the subsequent pages to find real-life examples of Root-Cause Reasons (RCR) that, in my experience, I've found to be justifying the toxic belief.
3. Read through the list to find the RCR that most resonates with you. Place a tick in the box beside it. You may notice while reading through that an RCR of your own comes to mind that better fits your personal experience. Write it down if it does.
4. Once you've discovered the toxic belief and corresponding RCR, do your best to remember a problematic event from the past that is linked with the RCR. For instance, if your RCR is "sad I'm bad", then think of a memory in the past when you felt sad because you thought you'd been bad. Having a memory is useful when it comes to healing the belief.

5. Once you have the belief, RCR and memory, go to Chapter 6 and use Mind Detox (picking up the method at Step 4) to achieve peace with your past and, in turn, cleanse the toxic belief.

Reality Is What Is Real Right Now

Don't forget, all you are exploring and changing here is your imagination. You are not time-travelling, and your past is no longer happening. Right now you are safe, and you will remain so throughout. These toxic beliefs may feel true, but they are not absolutely true.

Remembering this can help make the entire process be comfortable – and even enjoyable! If you are in any doubt about your ability to go through this process on your own, contact me for a Mind Detox mentoring session – www.sandynewbigging.com.

TOP 20 TOXIC BELIEFS

1. "My parents didn't love me enough."
2. "I'm unloved."
3. "I'm unwanted."
4. "I'm rejected."
5. "I'm on my own."
6. "I'm abandoned."
7. "Someone important left me."
8. "There's nobody there for me."
9. "I'm alone, lonely and/or isolated."
10. "There is something wrong with me."
11. "I'm bad."
12. "I'm not good enough."
13. "I've let others down."
14. "I'm let down by others."
15. "It should not have happened that way."
16. "I've lost someone/something I love."
17. "I feel bad for others."
18. "I'm not able to do what I want."
19. "I'm unprotected, unsafe, weak or vulnerable."
20. "I can't stop bad things happening."

Other Common Toxic Beliefs Include:

- “There’s something wrong.”
- “I’m weak.”
- “I’m confused.”
- “It’s my fault.”
- “I’m separate from the source of love.”

Real-life Root-Cause Reasons justifying the most common toxic beliefs:

IMPORTANT: It is *not* recommended that you read through all of the following Root-Cause Reasons: they do not make for light reading! Just read the examples listed below of the toxic belief(s) that feel most true to you.

1 Real-life Root-Cause Reasons justifying the belief
My parents did not love me enough
include:

- “Sad not loved by Mum and Dad”.
- “Hurt that Dad loves Mum more than me.”
- “Sad Mum and Dad didn’t care enough.”
- “Sad, scared and vulnerable my parents didn’t care about me.”
- “Sad and vulnerable Dad didn’t love me.”
- “Hurt, sad and rejected Mum and Dad loved my brother more.”
- “Sad, hurt and abandoned not cared about.”
- “Sad Dad doesn’t love me.”
- “Sad Mum and Dad couldn’t be bothered helping me.”
- “Hurt, sad and scared Mum didn’t want me.”
- “Sad, scared and vulnerable Dad didn’t fight for me.”
- “Sad, alone and left out, parents didn’t love me as much.”

- “Hurt, sad and vulnerable Mum didn’t love me.”
- “Sad my parents preferred my brother.”
- “Sad I don’t feel loved and supported by Mum and Dad.”
- “Hurt that my mum and dad resent me.”
- “Angry and sad Mum and Dad didn’t give a shit about me.”
- “Sad Dad doesn’t love me for who I am.”
- “Hurt Mum didn’t tell me she loved me.”

2 Real-life Root-Cause Reasons justifying the belief

I’m unloved

include:

- “Left out and lonely not loved as much.”
- “Hurt and angry not cared about.”
- “Sad and alone not loved.”
- “Sad I don’t matter.”
- “Alone and lonely because I’m not lovable.”
- “Scared of not being loved.”
- “Sad I don’t know why I’m not liked.”
- “Sad and scared not liked”.
- “Sad, scared and vulnerable not loved by Mum.”
- “I need to work hard in order to be loved.”
- “Sad and useless not lovable as I am.”
- “Hurt, sad and scared not lovable.”

3 Real-life Root-Cause Reasons justifying the belief

I’m unwanted

include:

- “Sad treated so unfairly all the time because I’m not wanted.”
- “Hurt and worthless not loved and accepted for who I am.”
- “Hurt Mum and Dad didn’t accept me.”

- “Sad that I’m not wanted.”
- “Scared that I’m not needed.”
- “Empty because I don’t matter.”
- “Sad, vulnerable and scared that nobody wants me.”
- “Lonely and isolated never good enough to have a best friend.”
- “Hurt that I’m not noticed.”
- “Feel worthless and not wanted.”
- “Sad and angry that I don’t matter.”
- “Sad and worthless when people are happy without me.”
- “Scared and alone because I’m not wanted.”
- “Sad unwanted because I was a girl.”
- “Hurt there’s something wrong with me and I’m not wanted.”
- “Sad Dad didn’t want me.”
- “Sad parents didn’t want me.”
- “Hurt, sad and vulnerable Mum and Dad sent me away.”

4 Real-life Root-Cause Reasons justifying the belief

I’m rejected

include:

- “Hurt and rejected by people.”
- “Hurt, rejected and worthless Mum doesn’t love me.”
- “Scared of being hurt and rejected by someone I love.”
- “Sad, angry and worthless I was rejected and replaced.”
- “Hurt and rejected because I was a girl.”
- “Sad and rejected when misunderstood.”
- “Sad my brother rejected me.”
- “Sad rejected by Mum.”
- “Sad, hurt, unwanted and rejected when people leave me.”
- “Hurt rejected by my dad.”

5 Real-life Root-Cause Reasons justifying the belief

I'm on my own

include:

- “Left out and alone.”
- “Sad, scared and vulnerable on my own.”
- “Scared when I’m on my own.”
- “Lost, alone and lonely on my own.”
- “Sad they are going to leave me on my own.”
- “Scared and alone left on my own.”
- “Isolated and vulnerable I’m on my own.”
- “Helpless completely on my own.”
- “Sad about being left out.”
- “Sad, sick and lonely when I’m left to survive on my own.”
- “Let down, lost and lonely left to get by on my own.”
- “Sad, lonely, left alone and having to do things on my own.”

6 Real-life Root-Cause Reasons justifying the belief

I'm abandoned

include:

- “Scared of being abandoned.”
- “Sad everyone I love abandons me.”
- “Sad and scared abandoned by my mum.”
- “Hurt and angry that I was abandoned.”
- “Abandoned in my moment of need.”
- “Completely lost and abandoned not cared about.”
- “Sad, lonely and helpless when abandoned and left behind.”
- “Alone and abandoned not cared about.”
- “Sad, shocked and confused abandoned by Mum.”
- “Hurt, sad and scared not safe abandoned by Mum.”
- “Terrified abandoned by Mum.”

- 7 Real-life Root-Cause Reasons justifying the belief
Someone important left me
include:
- “Hurt, scared and alone when Mum left.”
 - “Sad Dad left me behind.”
 - “Sad, scared, alone and vulnerable when Dad left me.”
 - “Hurt and angry Mum and Dad left us.”
 - “Scared and hopeless when people I love leave.”
 - “Sad I miss the people I love.”
 - “Sad, scared and vulnerable parents left me on my own.”
 - “Sad, hurt and unwanted when people leave me.”
- 8 Real-life Root-Cause Reasons justifying the belief
There’s nobody there for me
include:
- “Sad nobody there for me.”
 - “Sad Dad wasn’t there for me.”
 - “Sad, weak and rejected nobody there for me.”
 - “Sad and alone without my soulmate there for me.”
 - “Lost and alone nobody there for me.”
 - “Sad and lonely nobody there for me.”
 - “Sad, scared and vulnerable not looked after.”
 - “Sad, scared and vulnerable nobody there for me.”
 - “Sad, scared and alone nobody there for me.”
 - “Sad nobody there to help me.”
 - “Sad, lonely and isolated Mum and Dad not there for me.”
- 9 Real-life Root-Cause Reasons justifying the belief
I’m alone, lonely and/or isolated
include:
- “Sad I’m so isolated.”
 - “Sad nobody to play with.”
 - “Lonely and isolated with no support.”

- “Sad that I’m alone in the universe.”
- “Sad and lonely my sister didn’t want to be seen with me.”
- “Sick, scared and vulnerable when left out and not liked.”
- “Sad and lonely not seen or understood.”
- “Sad and isolated when unfairly ganged up on.”
- “Sad and helpless when people turn and walk away.”
- “Left out and alone nobody to turn to.”
- “Sad, lost and lonely nobody there for me.”
- “Sad I had nobody.”
- “Sad and lonely because I’m alone and not liked.”
- “Lonely and isolated coz Mum and Dad split up.”
- “Sad, lost and alone Dad’s gone.”
- “Sad and vulnerable Dad’s gone.”
- “Lonely and isolated because I should be something else”.
- “Sad Dad not there to comfort me.”
- “Sad and scared people think I’m disgusting and exclude me.”
- “Sad and angry when separated from Mum.”
- “Scared of being alone and lonely.”
- “Sad, scared and isolated because I’m fat.”

10 Real-life Root-Cause Reasons justifying the belief
There’s something wrong with me
 include:

- “Guilty because I should have been a boy.”
- “Hurt, sad and angry always told something wrong with me.”
- “Sad, scared and guilty there’s something wrong with me.”
- “Sad and frustrated always something wrong with me.”
- “Scared of being exposed as a fraud.”
- “Sad there’s something wrong with me.”
- “Hurt, angry and guilty made to feel dirty.”
- “Shame from being violated and dirty.”

- “Sad, scared and vulnerable when I do something wrong.”
- “Upset that I felt stupid.”
- “Angry made to look stupid.”
- “Sad, alone and not lovable because I’m different.”
- “Sad and lonely I’m different.”

11 Real-life Root-Cause Reasons justifying the belief

I’m bad

include:

- “Sad I’m bad.”
- “Sad not normal.”
- “Sad I’m ugly.”
- “Sad and guilty I’m naughty.”
- “Sad I don’t deserve to be alive.”
- “Sad and ashamed because I’m stupid.”
- “Hurt, sad and guilty that I’m bad.”
- “Hurt, isolated and alone there’s something wrong with me.”
- “I’m worthless compared to others.”
- “Sad I’m a bad person.”
- “Hurt, sad and worthless I’m not doing it right.”

12 Real-life Root-Cause Reasons justifying the belief

I’m not good enough

include:

- “Sad never good enough for Dad.”
- “Hurt about not being good enough.”
- “Deflated that my best is never good enough.”
- “I’m not good enough to meet my soulmate.”
- “Sad not good enough for other people to want to be with me.”
- “Sad never good enough for the people I love.”
- “I’m shit and worthless compared to others.”
- “Sad I’m always second best.”

- “Sad and isolated because I’m not important.”
- “Hurt always wrong and never good enough for Mum.”
- “Sad and rejected because I’m not good enough.”

13 Real-life Root-Cause Reasons justifying the belief

I’ve let others down

include:

- “Sad let Dad down.”
- “Sad and guilty that Dad has never been proud of me.”
- “Sad let my mum down.”
- “Sad and guilty I disappointed my dad.”
- “Panic about letting Dad down.”
- “Sad and guilty that I’ve failed and let my parents down.”
- “Sad that I’ve let my parents down.”
- “Feel really bad that I’ve hurt my mum.”
- “Sad and guilty not there for my mum.”
- “Sad I couldn’t help Mum.”
- “Sad and guilty I couldn’t save my parents.”
- “Sad that I’ve not been there for my mum.”
- “Scared to let people down.”

14 Real-life Root-Cause Reasons justifying the belief

I’m let down by others

include:

- “Sad let down by the people I love.”
- “Scared of being hurt by people close to me.”
- “Lost, alone and let down by partner.”
- “Hurt about being let down.”
- “Sad and lonely nobody understood me.”
- “Hurt Mum always put herself first.”
- “Hurt, angry and disgusted at Dad.”
- “Let down that Dad was so selfish.”
- “Scared Dad wasn’t in control.”
- “Sad Dad never supported me.”

- “Hurt and sad that Dad was mean to me.”
- “Angry Dad bullied the confidence out of me.”
- “Hate Dad dominating me.”
- “Hurt let down by Dad.”
- “Pissed off because I hate Dad’s wife.”
- “Angry I never got support.”
- “Sad and scared Dad left me alone with Mum.”
- “Hurt, stupid and worthless when brother put me down.”
- “Sad, scared and alone when betrayed by partner.”
- “Angry people do things I don’t want them to do.”

REMEMBER: You are a good person. You always do your best. Your intentions are positive. And nothing can ever impact your lovability.

- 15 Real-life Root-Cause Reasons justifying the belief
It should not have happened that way
include:

- “Sad I didn’t get to know my mum.”
- “Sad I’ve wasted my life.”
- “Sad my kids don’t have grandparents.”
- “Sad I got rid of my first baby.”
- “Shame and guilt that I let X abuse me for so long.”
- “Sad, lost and alone falling apart after abortion.”
- “Sad Dad died before I got to know him.”
- “Sad that I shouldn’t have been born.”
- “Sad I wasn’t close to my parents.”
- “Sad missed out on attention from my mum.”
- “Sad he/she couldn’t come to me for help.”
- “Angry because I was forced to do things I didn’t want to do.”
- “Sad and guilty I was too busy and missed time with my child.”

- 16 Real-life Root-Cause Reasons justifying the belief
I've lost someone/something I love
include:
- "Sad I lost my dad."
 - "Sad and overwhelmed I've lost the people I love."
 - "Sad, scared and alone when I lose the people I love."
 - "Hurt, sad and scared that people I love leave me."
 - "Sad I lost my brother."
 - "Empty when I lose the people I love."
 - "Sad, left out and lonely when people I love are taken away."
 - "Sad and scared of losing people I love."
 - "Sad to lose people I love."
 - "Sad and scared everything was breaking down."
 - "Sad and scared about losing Dad's love."
 - "Hurt because the people I love don't love me enough to stay."
 - "Sad I lost my child and missed out on having a family."
- 17 Real-life Root-Cause Reasons justifying the belief
I feel bad for others
include:
- "Sad my dad was so weak and vulnerable."
 - "Sad and scared Dad was so pathetic."
 - "Sad my dad is sad."
 - "Sad and scared to see Dad hurt and vulnerable."
 - "Tired of carrying my dad's heaviness."
 - "Sad and scared to see Mum so weak."
 - "Sad and guilty to see my mum hurting."
 - "Sad and alone Mum gets upset and can't help me."
 - "Sad and weak not able to help my mum."
 - "Sad and scared to see Dad so ill and weak."
 - "Scared of Mum being upset."

- “Angry Mum’s parents hurt my mum.”
- “Sad and helpless to see my dad suffering.”
- “Sad and scared Mum so vulnerable.”

18 Real-life Root-Cause Reasons justifying the belief
I’m not able to do what I want

include:

- “Stuck and helpless not free to do what I want.”
- “Hate being told what to do.”
- “Angry not able to do what I want.”
- “Sad and stuck not free to be me.”
- “Pissed off at petty rules.”
- “Sad they don’t care about what I want.”
- “Hurt not allowed to do what I want to do.”
- “Helpless I can’t do anything to fix it.”
- “Scared and powerless not able to stop bad things happening.”
- “Sad and angry not able to complete my life purpose.”
- “I’m frustrated that I’m not able to do what I want.”

REMEMBER: If you want to see something inspirational, then look in a mirror! You have already accomplished so much with your life. You are more confident than you think. You can do it!

19 Real-life Root-Cause Reasons justifying the belief
I’m unprotected, unsafe, weak or vulnerable

include:

- “Sad and vulnerable Mum didn’t protect me.”
- “Lonely and vulnerable Dad not there.”
- “Let down and vulnerable brother didn’t protect me.”
- “Scared, vulnerable and unprotected.”
- “Sad I was violated.”

- “Scared that people will see that I’m vulnerable.”
- “Scared and helpless I couldn’t stop them hurting me.”
- “Scared of being exposed.”
- “Scared and alone struggling for life.”
- “Scared and vulnerable Dad’s so unpredictable.”
- “Hurt, scared and helpless couldn’t tell him to stop.”
- “Scared and vulnerable when out of control.”
- “Scared and weak when people see I’m weak.”
- “Scared left alone with nobody to protect me.”
- “Hurt, unprotected and violated.”
- “Sad and scared helpless and vulnerable.”
- “Hurt and isolated not safe.”
- “Sad I couldn’t stop my dad from hurting me.”
- “Scared of being weak.”
- “Sad and alone nobody there to stick up for me.”
- “Scared to be weak and crumble.”
- “Scared of being hurt when exposed and open.”
- “Vulnerable when I’m outside my home.”
- “Scared of people seeing me.”
- “Scared and vulnerable of Dad hurting me.”
- “Scared my life is so vulnerable.”
- “Tired of feeling suffocated and powerless.”
- “Vulnerable when people invade my space.”
- “Sad and frightened not protected by Dad.”
- “Scared, alone and vulnerable nobody there to protect me.”

20 Real-life Root-Cause Reasons justifying the belief

I can't stop bad things happening

include:

- “Scared of being hurt.”
- “Sad and scared of getting things wrong.”
- “Scared to be homeless.”
- “Scared I’m going to die.”

THE TOP 20 TOXIC BELIEFS

- “Sad and scared to lose my safety net.”
- “Scared of being stuck.”
- “Scared something bad is going to happen.”
- “Scared people I love could get hurt.”
- “Sad and scared of being abused.”
- “Scared of hurting my kids in the same way I was hurt.”
- “Scared to get it wrong and hurt the people I love.”
- “Scared of Mum and Dad splitting up.”
- “Petrified of getting ill like my mother.”
- “Scared of losing what I’ve got.”
- “Scared of losing my mum and dad.”
- “Scared that I will end up like Mum.”
- “Scared I can’t cope.”
- “Scared of screwing up.”
- “Sad and scared that I’m going to get into trouble.”

REMEMBER: Holding grudges hurts the hands that hold them. You do not have to agree with the actions of others to heal your relationship with the past. Compassion sets you free!