



Hale Dwoskin

**The Sedona Method
Pioneer**



Chris: Welcome to this next edition of the “Passions” series, sponsored by *Healthy, Wealthy nWise*. My name is Chris Attwood, I’m the Features Editor for the magazine. I am filling in tonight for my partner, Janet Attwood, the author of *The Passion Test - Discovering Your Personal Secrets to Living a Life On Fire*, who is also the Cover Editor for *Healthy, Wealthy nWise*, and the host of this amazing series.

Those of you who are joining us for the first time, I welcome you, and those of you who are Elite members, I want to remind you that you will be able to get the recording of this call in about two days. The transcript of this call will be available for you to download in about 10 to 14 days.

Those of you who are not yet Elite members, which means that you are regular participants in these calls, I invite you to consider becoming Elite members. You will be able to not only listen in on these calls, but also to receive the recordings and transcripts of the calls, and our guests also provide a special report, ebook or audio recording, which can provide you more knowledge and information about their particular area of expertise.

That’s in addition to a library of some 70 ebooks that *Healthy, Wealthy nWise* also makes available to you as Elite members. To become an Elite member, you can get a taste of it for just \$4.95, so it’s almost nothing. You’ll be able to receive the recording and transcript of this call tonight, as well as our call on November 9th with Rabbi Yehuda Berg of the Kabbalah Center, the spiritual guide of Madonna, Demi Moore, Ashton Kutcher and others.

Those of you who continue as Elite members over time, it’s just \$14.95 a month to be able to listen and get the recordings, transcripts and special gifts from people like: John Gray, the author of *Men Are from Mars, Women Are from Venus*, who will be our guest in December; Neale Donald Walsh, the author of *Conversations With God*; Jay Abraham, an absolute marketing legend, and many, many others. I encourage and invite you to take advantage of that tremendous opportunity.

Tonight, we are very, very fortunate, and I am so honored that I get to be the one doing the interview tonight. Janet is traveling in India, for those of you who don’t know.

Janet: Chris?

Chris: Yes?

Janet: I’m here!



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Chris: Oh, she's here!

Janet: Hi, everybody. I'm going to be listening tonight. Chris, you sound so good. I'm here in Hyderabad, India. Hale, I know you're there and I'm sending you my love. I'll be on the phone with all of you tonight and I'm just going to be listening in because this keeps disconnecting. Chris, you sound so great, so continue on, and Hale, all my love to you.

Hale: Likewise.

Chris: Thank you so much, Janet. That was a special treat direct to all of you from India. Tonight, I have the great honor to introduce to you an amazing man, the major spokesperson and teacher of an incredible, life-changing technology called the Sedona Method.

I want to read what Jack Canfield, the author and co-creator of the *Chicken Soup for the Soul* series, had to say about Hale Dwoskin, our guest tonight. Jack said, "Hale is one of the calmest, clearest, most joy-filled people I have ever met, living proof that the Sedona Method works wonders. I am ecstatic about our friendship. During Hale's seminar, I found myself constantly in awe of Hale's brilliant teaching style, and I experienced one breakthrough after another."

That's from a man who, those of you who know Jack Canfield, know is one of the master teachers on the planet, so that has to say an awful lot about Hale. Hale is the author of the *New York Times* Best Seller, *The Sedona Method - Your Key to Lasting Happiness, Success, Peace and Emotional Well-Being*.

He's also the CEO and Director of Training of Sedona Training Associates, which is an organization headquartered in Sedona, Arizona, which is dedicated to making the Sedona Method available to people throughout the world. He's an international speaker, featured faculty member at Esalen and the Omega Institute, among many others.

For the last 25 years, a quarter of a century, Hale has been regularly teaching the Sedona Method to individuals, corporations and groups throughout the US and United Kingdom. He's led an untold number of facilitator trainings and advanced retreats. He's also the author of another book called *Happiness Is FREE and It's Easier Than You Think!*

Hale, thank you so much for being our guest tonight.

Hale: It's my pleasure. Great introduction!



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Chris: Well, thank you so much. I think it's only appropriate for someone of your stature and with the gifts you bring to the world, Hale.

Hale: That's very sweet, thank you.

Chris: At *Healthy, Wealthy nWise*, and particularly through this *Passions* series, we believe that the things we love are the things which are most important in our lives, in other words, our passions, and are the clues or guideposts to our personal destiny.

Could you comment on how the things which are most important in your life played a role in your discovery of the Sedona Method? Then would you also share the story of how you first came across the Sedona Method?

Hale: Sure. This lifetime, I've had two very strong passions. One is to uncover or discover my true nature, to wake up from the dream we call life and to live life fully-awake, wide open and enjoying peace. The other one was to be of service to the world and to find a way to help as many people as possible.

The fruition of both of those intentions or passions was a very fortuitous meeting back in 1976. I was organizing a seminar for another seminar leader, and a man named Lester Levenson, a physicist, engineer from New Jersey, came to the seminar as the guest of the seminar leader. I didn't even notice him when he was in the seminar because he was very unassuming.

I was fortunate enough to go out to lunch with him, the seminar leader and a few other people, and as I sat there across the lunch table from him, I was really blown away by his very profoundly peaceful, loving presence; more than that, the fact that he really wasn't full of himself, which unfortunately, I found was unusual.

Most of the teachers I had met, both from the East and the West, if they had made any contribution to others, felt they were kind of special for doing it, whereas Lester was the exact opposite. He thought he was completely ordinary, and he treated everyone completely as his equal and as a friend, even total strangers.

In the 18 years or so I've had the pleasure of working with him, I never saw that waver. He always put everyone else first, but not in a one-down way, just in a way because he felt like they were him. There was definitely no sacrifice in it.

Chris: Hale, you described some wonderful qualities of Lester. Was that unique about him



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or was it in some way related to the Sedona Method?

Hale: Well, it was very much related because Lester Levenson, back in 1952 was sent home to die from a second coronary. Rather than give up, he decided to go back to the web within himself, and he started a process of self-inquiry, asking himself questions like, “Who am I? What’s this world? What is happiness? How did I get myself into this mess?”

In addition to the second coronary, he had diverticulitis, ulcers, and migraines. He had four years of therapy with an associate of Freud, who after four years said, “Lester, some people just can’t be helped,” and said, “You’re beyond help. You just go out and deal with life on your own. I can’t help you.”

Because of the intensity of the situation, he had such a strong desire to find an answer that he went beyond his conscious mind and discovered that we all are unlimited, limited only by the concepts of limitation that we hold in mind, and that these concepts of limitation manifest consciously as our emotions, and those can be easily discharged.

When he discovered that, instead of just using it to feel a little better, he kept letting go until after just three months, he entered, in the East, what they call “sahaj sumani.” Sahaj sumani is the sumani where you’re completely awake in life and completely functional in life. It’s not an altered state; it’s your natural state. He lived that way another 42 years after the doctors gave him a few weeks to live.

During those 42 years, he only had one passion or one goal, and that was the goal to help, what he saw as the rest of him, discover their unlimited nature and to really have, be or do whatever they chose in life. He was an unusual teacher in that most teachers who achieve the state of understanding, their only interest is helping other people wake up, but Lester just wanted to alleviate suffering, period, whether or not people awakened.

With the help of people close to him, he devised his discoveries into a do-it-yourself system that anyone could use, to not only discover their true nature, but to have more money, better relationships, better health and eliminate the stress, the tension, the angst, the anger, the depression and all the other issues that most of us struggle with every day, in a very easy, direct, non-invasive way.

The Sedona Method is the fruition of his life work. I was very fortunate. When I met Lester, I knew right away that he was my mentor and his work was what I was going to dedicate the rest of my life to sharing. It’s now been over 27 years and that’s my main focus.



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What I do every morning when I get up, is I look forward to a day where I can help individuals, companies and the whole planet start to shed their sense of constriction. Plus, in my own life, I live a life wide open.

Right now, I'm in the middle of redesigning my web site, running my company and I'm moving into a new home, where the remodel isn't done yet, on Thursday. I've been on the road for the past three weeks except for two days.

Chris: I don't think you have enough to do here. I don't think you're accomplishing enough either!

Hale: The cool thing for me, is not so much what I'm accomplishing, anybody can accomplish, but that I'm doing all of this and still completely at peace and at rest.

Chris: Going back a little bit, would you describe what happened once you were introduced to Lester and the Sedona Method? What was your experience of it and how did you notice changes in your own self?

Hale: My experience of it was very similar to what people's experience is now, except that I was able, very quickly, to recognize how truly, profoundly powerful and unique this was. I guess that's not really even that unique now. Most people still notice that even today.

When we first started talking about releasing in the early 70s, the only other people talking about it were the 12-step community, and they were just talking about it, not doing it. Now everybody is talking about letting go and releasing. In my experience, the Sedona Method is still the most powerful and direct way to do it.

What I noticed immediately is that my seeking dropped away. I felt at home and at peace, and I started using it in life to achieve goals. I'm happily married now. I've been with the same woman now for 12 years, and our relationship now is better than it was in the honeymoon phase of the relationship. It just keeps getting better and better. I'm deeply in love.

I have tremendous financial abundance, and even when I am faced with health challenges, which is rare, that doesn't waver. Plus, my life is now dedicated to doing something, that I really am passionate and in love with, every day. All of that is directly related to releasing.

Also, I speak regularly now, in front of hundreds of thousands of people, and when I learned the Sedona Method, I was extremely shy. A group of two was sometimes a little



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overwhelming. [Laughs] Someone can say, without any warning, “Go up and speak to this group of a few thousand people, and I want you to speak about this,” and I’ll just pause for a moment, center myself, and then start to speak and not be completely concerned about it, have no anxiety about it, feel no stress about it, just have a good time.

Chris: Amazing. I know that there are thousands of people who’ve learned the Sedona Method now, around the world.

Hale: Yes.

Chris: Are they getting similar kinds of results? Is this kind of a general experience?

Hale: Yes, that’s kind of the wonderful thing about it, is that this technique is so simple and so powerful that anyone who has a sincere desire to change or improve their lives will see radical benefits very rapidly. Because the Sedona Method goes to the core of growing, which is the point of letting go of the limitation, whatever your goal is, you can achieve it quicker and easier with less stress and angst with the Sedona Method.

Just a brief sampling of some of the benefits that I’ve seen people achieve - I’ve seen people let go of even extreme anxiety, to the point that they had been on medication for many years. I’ve seen people let go of even clinical depression, as well as mild depression. I’ve seen people completely eliminate stress from their lives, not challenge, but the stress.

I’ve seen people lose weight, stop smoking, break all sorts of unwanted habits, and relationships tend to improve dramatically and do does people’s bottom line. What I’ve seen is that people who let go also have their bank accounts get very healthy, not just their bodies.

Chris: Well, I know that’s a very popular thing. When Janet and I take people through the *Passion Test*, I would say it’s pretty close to 100% of people that, at the very least, financial comfort or financial stability or financial abundance, something in that realm, is in their top ten if not in their top five.

Hale: Hey, that’s interesting. When you did it with me, it wasn’t.

Chris: I know it’s very interesting. Do you mind if I share...

Hale: No, sure. Here’s the thing - one of the things about me is that I like to be spontaneous and also, my life is an open book. I don’t have secrets, so because this is part



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of what you guys do together, I'd be happy for you to share. You can share all ten, or the five winners, or whatever you want, I don't care.

Chris: The five winners? [Laughs] Well, I would love to be able to share with the listeners your top five passions.

Hale: Sure, sure.

Chris: In Janet's book, *The Passion Test*, she talks about the fact that people who have enjoyed great success in their lives, and there have actually been studies done on this, have typically achieved or nearly achieved all of the five top things that are most important in their lives.

It's so interesting to me, Hale, in having taken you through this to see what were your top five, and that just as you've been sharing tonight, you are really living these in a very significant way.

Hale: Right.

Chris: Your number one was "loving all." Your number two was "living life wide open as play." Number three was "helping others discover their unlimited potential and expressing it." Number four was "constantly growing and stretching." Number five was "engaged in celebrating with like-minded individuals."

It sure appears from the outside, Hale, that your life is all completely wrapped around these things.

Hale: Yes.

Chris: It also appears, just as you've been sharing with us, that even though financial abundance for example, was not listed specifically in those that seems to have been the natural outgrowth of your living these things in your life.

Hale: Yes. It's interesting. There's a book, I think it's called *Do What You Love, The Money Will Follow*. I could never read that book, it was too complex for me, but honestly, that's been my life. I've done what I love and the money has always followed.

Chris: What I love about both about your story and what you've been sharing, is that you talked about the Sedona Method as the means of releasing, right?



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Hale: Mmm hmm.

Chris: What you've been describing for us as the result of that releasing, is these amazing things showing up in your life and the lives of others who've been using this method.

Hale: Yes.

Chris: It's so interesting to me that the gaining or getting what you've really wanted in your life was the result of letting go or releasing.

Hale: Right.

Chris: I wonder, is it possible that you could give our listeners a taste of this?

Hale: Oh, sure. What I'd like to do, since we have almost an hour together, I'd really love to share as much of the Sedona Method as we can. I mean, I'd be happy to share lots of things that people can start to use immediately.

My goal for this hour is to share enough, so even if your listeners never come to one of my seminars or never get the Sedona Method book, or never decide to do our audio program, they'll still get enough benefits from this conversation and from listening in, that they'll start to see really profound results in their lives.

Chris: Thank you for your generosity in that, Hale. It's very much appreciated. Maybe we could start by, if you could share with us, what are the most common emotions that you find that people want or need to release? Maybe you could then choose one of those and take us through? Would that be all right?

Hale: Actually, I can do the first part, but rather than just pick one, the method is more generic than specific to any particular emotion. What I'd be happy to do is describe the emotions that most of us experience so that people will have a sense of the emotional scale of energy that we all live in.

These emotions are not unique to any one person; they're what everyone experiences from moment to moment. The Sedona Method is effective at powerfully shifting any one of these emotions that are unwanted, and uncovering the emotions that are much closer to our true nature.

We have something called the "scale of energy," or the "scale of action," or the "chart of



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emotions.” This is from our audio program, our courses and the book. The basic emotions that everyone experience are apathy, and then a little more energy than that is grief.

Most people don’t see grief as moving up from anywhere, but actually it’s higher energy than apathy. Then a little higher energy is fear, and then a little higher energy than that is lust, and still more energy is anger, and still more is pride.

Now, those first five emotions are mostly “I can’t.” They’re mostly self-involved and selfish and they have relatively little energy compared to the next three, which are more accurately descriptive of our basic nature. A lot more energy than pride is what we call courageousness.

Even more energy than that is what we call acceptance. Even more energy than that is peace. In peace, you are at rest, however you have the ability to move into courageousness or acceptance any time and really shift anything you want in life, but because you’re at peace, you don’t feel that much motivation to change anything because you’re at peace, you’re at rest.

Acceptance is a feeling of love and caring for all, and it’s also a feeling of having anything you can choose and not wanting it, but actually having it.

Courageousness is the feeling you can do whatever you want. Basically, it’s a feeling you can master any task that’s thrown at you, whereas the apathy, grief, fear, lust, anger and pride, where most of us spend a lot of our time in those energy states, we’re more the victim, we’re more dependent, we’re more at effect, we’re more feeling “I can’t.” We have less energy.

What happens as you use the Sedona Method, as you let go, is no matter where you are in this particular moment on that scale of energy reaction, you uncover your courageousness, acceptance and peace. You can do that in just one session of using the process. This is a very uniquely American process.

Chris: You mean it doesn’t take 20 years?

Hale: It doesn’t even take half an hour. The cool thing is, if you’re feeling serious with someone, you can use this technique for two minutes and you can move from rage to acceptance, or if you’re feeling depressed, in five minutes you can move from depression to feeling happy. You can be feeling fearful, and in just a few minutes, move into courage.



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This is very, very unique. What it actually feels like is it produces the same inner results as say, an hour meditation, but in minutes. What's also unique about it is, I've met many meditators who are very happy and calm when they're meditating, but you get them back into the marketplace of life, and they're a basket case, whereas the Sedona Method is used in life, and you learn to be free in life, so you can be at peace and at rest, no matter what else is going on.

Let's get into describing how it works and what it is, and actually start getting into process. All these processes - whatever we get to share on this conversation - can be used on any emotion or on any problem. Just so we're all clear on what we mean by letting go, first of all, what we usually do when we're not letting go is expressing our emotions: if we're angry, we'll yell, if we're sad, we'll cry. We'll put the emotion into action.

Then on the other end of the scale, when the emotions come up, what we're doing most of the time is suppressing them or avoiding them. The balancing point between these two is what we call the Sedona Method, or letting go. A great way to get a sense of what we're talking about is with this example.

Can you pick up a pen or a pencil?

Chris: Yes.

Hale: Those of you listening to this conversation, whether in the recording, or you're reading the transcript or listening to this conversation, I highly recommend, even though this is very simplistic, that you do this along with me, because this will start to give you a sense of what we mean by letting go. It may even cause you to let go, just doing this.

For the sake of this analogy, this pen or pencil, or whatever object you're holding in your hand...

Chris: I have a pen.

Hale: That's good. It represents your unwanted emotions, your anger, fear, grief - all the things we describe. Your hand represents your gut, or simply, your awareness. Now grip the pen really tightly with your hand. If we did this long enough, it would start to get really uncomfortable and then start to feel really familiar, because this is what we're all doing most of the time with our emotions, but that's enough gripping for now.

One of the unique things about the Sedona Method is we don't believe in creating any more



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extra angst or tension in order to feel freer. Now roll the object around in your hand. Is this pen attached to your hand?

Chris: No.

Hale: Obviously not, but has it ever felt that way with an emotion?

Chris: Yes.

Hale: Yes, it feels that way all the time. It's even in our language. When we feel angry, what do we usually say? We usually say, "I'm angry," or if we feel sad, we don't usually say, "I feel sad," we say, "I'm sad." "I am the emotion." We actually live life as though that's true.

Every emotion we have, no matter how supposedly justified, no matter how long standing, no matter how good a story we've made up about why we feel the way we feel, it's attached to us as this object is attached to our hand.

Now close your hand lightly around the object, turn your hand upside down, and just drop it. That's what you can do with any emotion. You can simply choose to let it go. I'm not just saying this based on hearsay or belief. Lester proved it in his own life.

Lester worked with people in small groups and on a one-to-one basis for 20 years before this was developed into a do-it-yourself system, which has now impacted hundreds of thousands of people, and they all had a very similar experience. They can drop any emotion as easily as you dropped that pen.

Chris: What's so interesting, and I was really fascinated by the way you described it, Hale, that we typically say, "I'm angry. I'm sad." We take ownership of the emotion, and in this example, you've just shown us that we can let go of the emotion, which also, if we take ownership of that, "I'm not sad. I'm not angry," once it's released.

Hale: Right, exactly. Even though that's simple, it's tremendously life-transforming because even people with huge spheres of influence suffer from, often a lot of unnecessary emotional turmoil, both when they succeed and when they fail, both when things go well and when they don't.

Our emotions often run over our lives like a shotgun. The thing is that there's nothing wrong with the emotions themselves. The problem is we lose discrimination and we turn over our lives to them, as opposed to just using them as a vehicle for communication or for



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experiencing life.

That's constructive, but what happens is, it becomes destructive when our emotions tell us what we can and cannot do. They often will put us into actions that we later regret, or prevent us from taking the actions that we know are our best choice.

There's a series of questions we can use to start getting into the experience of letting go. I'll describe the questions and then I'll take everyone through, not just you, Chris, and then we can discuss what we did and then we can take off from there and see where we go.

This one technique I'm about to share, to give you an idea of how powerful it is, when the Sedona Method book came out a little over a year ago, one of the first testimonials I found out about from the book...

By the way, the interesting thing about the book, I probably shouldn't say this because I'd love for you to buy our audio program, but people are finding that they're getting many of the same benefits from just reading the book that people used to have to attend the seminar to achieve, or work with our audio program.

Not that there isn't tremendous benefit from a seminar or our audio program, but people are getting the same benefits just from reading the book because of how powerful and simple the tool is.

Anyway, this woman read just the introduction of the book and the first chapter. The first chapter describes the technique which is the basic building block for everything else we do. She just read about it and tried it on her own. She had an extreme fear of public speaking. It was so extreme that she was scheduled to give a talk that night, and she was having a panic attack.

In desperation, she decided to try these simple questions and in just a few minutes, she was able to go from extreme anxiety to excitement about the talk. That night, she gave the talk the first time in her life without fear and for the first time in her life she actually enjoyed it.

To give you the idea of how much she avoided public speaking up until that, it had been 15 years since the last time she had spoken to more than one or two people, because she was that afraid of public speaking. Just using these simple questions that I'm about to share, she was able to let go of that extreme fear of public speaking.



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If you know a little bit about the fear of public speaking, most people rate that right up there with dying.

Chris: Hale, I think we're all sitting on the edge of our chairs now.

Hale: The questions I'm about to ask, the first question is: Could you let it go? If you were able to drop that object a moment ago, then you can let go of any emotion. I know that from working personally with tens of thousands of people.

The next question is: Would you let it go? "Would you" just means "are you willing to?" Would you rather hold onto this feeling or problem, or would you rather be free of it?

The last question is: When? "When" is simply an invitation to decide to do it now. It's a point when you open your hand.

With these questions, all you simply need to do when I ask them is say "yes" or "no" quietly, to yourself, and "no" is a completely acceptable answer. I've seen people get huge breakthroughs even though they said "no" when I asked, "Could you let it go, would you, and when?"

Chris, I'm going to do this with all listeners, so I won't put you on the spot, although you can share whatever you want after we're done, but you don't have to answer out loud.

Chris: Okay, good.

Hale: Everyone, think of a situation in your life, one that's causing you some distress, an area that you're wanting to change or improve, or just something you'd like to feel freer, lighter or happier about. As you think of that situation, notice what you feel inside. Could you simply just welcome that emotion, let it be here as best you can.

Then I'm going to ask you the questions, and remember to just say "yes" or "no" quietly, to yourself - just avoid debate as best you can, and do this as best you can with your heart as opposed to just with your head.

As you feel this emotion, could you let it go, just could you? Would you? When? Now focus on that feeling again, or that situation, and notice how you feel. If you're like most people, you probably already noticed a little bit of a shift, or maybe even a profound shift, although you may still be a little unaware of the shift because it can be subtle in the beginning.



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Just allow yourself to feel however you feel in this moment. As best you can, could you just let it go? Would you? When? Let's do that one more time. Allow yourself to feel however you're feeling in this moment. As best you can, just for now, could you let go of that emotion, that feeling? Would you? When?

If you were doing this on your own, you could say, "Could I, would I and when?" You would go at your own rate and you would keep repeating these questions until you felt as relaxed and as open, courageous, accepting or peaceful as you'd like.

The woman I described would just use these questions, and she had to say it more than three times, but it was probably less than 15 times she said it to herself before there was no more anxiety.

Chris: Wow. It's so simple, Hale.

Hale: I know. Again, that's part of the reason the book is 432 pages, there are 13 CDs and it takes a whole weekend of seminar to communicate this, because we're so habitually into overcomplicating things.

A wise man once said, and I wish I knew what his name was, this is an anonymous quote, "Truth is simple. If it was complicated, everybody would understand it."

Chris: That's so great. Would you be kind enough to review the three questions one more time?

Hale: Sure. Do you want me to just describe them or take people through the experience again?

Chris: Let's go through it one more time.

Hale: Okay. The other thing is, when you're doing this, if you're struggling at all, remember, you're only letting go of whatever you're feeling in the moment, and you're only letting it go for now. The cool thing about that is when you let it go for now, most of the time it doesn't come back.

Actually, it never comes back. Anything you let go of is gone for good, but if there's more anger, frustration, anxiety or stress about that particular topic, it will continue to come up until it's all gone. Whatever you let go of, is gone for good. What I find is that if you're willing to do just these simple steps, there isn't any emotion that you can't let go of.



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The other interesting thing is you don't need to know why you feel the way you feel. Often we get really hung up with wanting to know why we feel the way we feel. We want to understand our problems or emotional issues. I'll tell you a little secret about wanting to figure things out or understand it.

The only reason we want to understand our problems or our deep issues is because we're planning to have them again.

Chris: [Laughs] Now I don't know that that's obvious to most people, Hale. It sounds a little bit like, in *The Passion Test*, Janet talks about one of the principles that what you put your attention on grows stronger in your life.

Hale: Absolutely. Absolutely. All of us are meditators, except what we're meditating on usually is our problems. That's our favorite meditation. We start from the moment we wake up in the morning until we go to sleep at night!

Chris: I remember Janet once saying that the definition of worry is vividly imagining exactly what you don't want to happen.

Hale: Exactly, and actually I have a technique for that. Let's do the "could you, would you, when," and since you brought that up, after that, I'll describe a short cut for letting go of fear.

Chris: Wonderful. Thank you.

Hale: Everyone, again think of an issue. It could be the same issue or some other issue that you'd like to feel freer about. Could you simply allow yourself to feel however you feel in this moment? Could you let it go, just could you? Would you? When?

Focus on that same feeling or whatever other emotion you're experiencing in this moment. Could you just welcome it? Let it be here as best you can, and then as best you can, could you let it go, just for now? Would you? When?

Let's just do that one more time. Focus on that same situation or some other situation where you're experiencing some stress or distress. Could you just welcome however you're feeling in this moment? Could you just let it be here? Could you let it go, just could you? Would you? When?

Just a reminder, if you were doing this on your own, you'd use the same questions, either in third person, or you'd say, "Could I let it go, would I let it go, and when?" Remember, "yes"



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or “no” are acceptable answers. Just avoid debate as best you can.

Chris: We can't argue about it?

Hale: Yes, well, you can, but it kind of slows the process down.

Chris: I noticed you using a couple different words, and in both listening to the audio series and in looking at the book, I noted that you describe three different ways of letting go.

Hale: Absolutely. We've been just doing the first two.

Chris: Could you just talk about that for a minute?

Hale: Oh, sure.

Chris: Is that appropriate?

Hale: Oh, sure, it's completely appropriate. There are four different ways that we approach letting go with the Sedona Method. The first two, we've been doing. The first one is just choosing to let it go, and that's the equivalent of dropping the pen.

The second one is welcoming it, and when you really, fully welcome any emotion, you simply open to it and let go of resisting it. In doing that, there's no longer anything for it to stick to, and if you do that fully enough, the emotion completely dissipates and it's no longer there.

The third way we teach letting go is, one of the misconceptions about emotions is if you go deeply into them, you'll get lost or it gets worse. In my experience, if you dive deeply enough into any emotion, it completely dissolves, revealing a sense of emptiness, space, “being-ness,” or “is-ness.” This is unique to everyone I've ever done this with. When you dive into the very core of emotion, it just dissolves.

In my experience, every emotion, every problem in fact, has as much substance as a soap bubble, and when you poke your finger into a soap bubble, what happens? It just pops. Well, the same thing is true when you move your awareness into the core of any emotion, it simply dissolves.

Chris: Don't you find that it's awfully scary for people...

Hale: Yes! Yes, and that's why we don't, but that's also why they persist and why they



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often get worse. What I recommend with diving in is that you do this with the assistance of someone else the first time; you have the audio program, the book, or you come to a seminar, because most people are a little afraid to do this on their own.

Although I've gotten literally thousands of reports of people, just from hearing about it, either reading the book or listening to the audio program, they were able to do it without any other outside intervention.

The reason it's as powerful as it is to dive in is that all our turmoil is always on the surface. We are a vast ocean of awareness, and even with a regular ocean, there could be a typhoon or hurricane on the surface, but you go 20 or 30 feet deep, and it's calm.

The same thing is true with us. On the surface, we could be going through an emotional hurricane, but if you go just a little deeper, you'll see this calmness, vastness, spaciousness that is really what's always here. It's just we lose touch with it when the turmoil is boiling on the surface.

The other way we teach letting go, we call this "holistic releasing." It's actually something I discovered as I worked with the Sedona Method. One of the things that happened is, before Lester died, he passed all his copyrights to me and asked me to continue the work and I, of course, said, "Sure." He also asked me to continue to perfect the technique and to come up with easier ways to help people to let go. The holistic releasing process came out of that.

What it is, is that everything we experience in life, whether it be real or imagined, arises in pairs or in duality. If you have in, you also have out. If you have right, you also have wrong. If you have good, you also have bad. We live life as though it's flat and that isn't true. We actually believe that you can flip a coin and you'll always get one side, even though there's heads on one side and tails on the other.

You also believe that you can separate the two, and you can't have a coin without both sides. What I find is that if you lovingly welcome both sides of the equation, if you welcome as much anger as you have, as well as, as much love as you have towards a person, they cancel each other out. It's like bringing matter and anti-matter together, a positive and negative charge. That very powerfully shifts awareness.

In fact, why don't we do that together, so I can give another practical technique?

Chris: That would be great. Thank you.



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Hale: Okay. What type of issue do you think your listeners would be interested in?

Chris: There are many different kinds of people who listen to our calls, but would love it, if it's appropriate, that you could deal with someone who's maybe faced some sort of major business reversal or something, and is having a lot of depression.

Hale: Sure. To you, what is the opposite of depression, or feeling like giving up?

Chris: It would be excitement, fully engaged.

Hale: Okay, so that's what we'll do. Here's how it works - this process actually takes even less effort than "could you let it go, would you and when," because you don't even have to try to let go.

Chris: That's hard to believe.

Hale: With the holistic releasing process, all you really need to do is be as open as you can to the experience on both sides. That, in itself, dissolves both sides. Could you, in this moment, allow yourself (this might be hard for you at this moment, but maybe some of your listeners will be able to get in touch with this) to feel as contracted, depressed or as "I can't" as you do, in this moment? Then could you allow yourself to feel as relaxed and open, expanded and excited or passionate as you do, in this moment?

Could you allow yourself to feel as contracted or depressed, or as "I can't" as you do, in this moment? Could you allow yourself to feel as relaxed and open, expanded and passionate as you do, in this moment?

Could you allow yourself to feel as contracted, depressed, or as "I can't" as you do, in this moment? And then as relaxed and open, and as capable or passionate as you do, in this moment?

Could you allow yourself to feel as depressed, contracted or as "I can't" as you do, in this moment? This is probably getting harder and harder to do on this side. And then as relaxed and as open and expanded and as passionate as you do?

Okay. Now again, if you were doing this on your own, you would pick your own, whatever the problem was, you would simply look to see what would be there if that problem wasn't there, and then you simply go back and forth between the two. Very quickly, you feel the problem dissolve, you feel the stress dissolve, you feel the contraction dissolve.



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You go at your own rate, and you keep going back and forth until it dissolves completely.

Chris: Hale, it's an interesting thing, and I wonder if you could speak a little bit more about it, because some people who have experienced what they consider very severe problems in their lives, have entered into deep, deep depression, and the thought of being able to experience any kind of openness...

Hale: Oh no, absolutely - but here's the thing. The reason that this is as powerful as it is, is you only have to be open to it. You don't even have to experience much of it in the beginning. It gets stronger each time you do it. I've worked with people who were severely depressed, severely contracted or really had given up. They had a really easy time feeling that side, but in the beginning, they had maybe a faint memory of feeling relaxed, open, expanded or passionate. That was enough to ignite the dissolving, and by the time they were done, that was basically all they could feel.

Chris: Wow. That's amazing. Now I want to take you in slightly a different direction...

Hale: Oh, sure.

Chris: ... just sort of by contrast. You've told us all the incredible benefits that come to people from releasing emotions. Could you go to the other side and share what happens when people don't release their emotions?

Hale: Well, all you have to do is look at our political system.

Chris: They're like deep separation and deep division.

Hale: Yes, look at our country right now. It's never been more torn apart. No matter who wins in the next week, they're going to have a real challenge uniting the country behind them because the country has gotten so polarized. A lot of that is due to just holding onto emotions, but ulcers, migraines, allergies and most disease has at least some emotional component.

Plus, if you've ever said, "I'm going to do something," and not done it, or said, "I'm never going to do it," and done it, that's also due to unreleased emotions. Our emotions, when they're not dealt with effectively, play a huge role in sabotaging our success, happiness and well-being.

Chris: In your work, you've also said, and you've touched on it a little bit, that it's valuable



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not only to release negative emotions, but even to release positive emotions. Why is that? Usually we think that we'd rather have more positive emotions.

Hale: Of course. You'll find experientially that if you let go of even the positive emotions, and by the way, you don't have to do this. There is no releasing police. I'm not going to come through the phone and follow you around.

Chris: I'm glad you made that clear.

Hale: Oh, good. I know you were concerned. What happens is most of us live in such scarcity of feeling well or feeling good that when we do feel good, we actually see it as a unique, special experience, and we try to hold onto it, and in doing that, it slips away and we're less likely to allow ourselves to have it again.

If you're willing to let go, even when you're feeling good, right in that moment, it starts to feel better because our limiting emotions of apathy, fear, lust, anger and pride, are a very small percentage of our wholeness. Most of us, most of that which we are, is already whole, complete and perfect (actually, all of it is), but that which we're aware of.

When you let go of even the good feelings, because they're infinite, they simply get better and better and better and better. You don't lose anything by letting go when you feel good. It also helps make it easier to let go the next time you're feeling a challenge, because if you're in the habit of letting go and you're challenged, instead of collapsing under the challenge, you can continue to move forward and find a way to really bring it to a much more positive conclusion.

Chris: It's so interesting, because I'm sure for many of our listeners, it may seem a little counterintuitive, what you're saying.

Hale: Oh, it does, but again, one of the ways to let go of positive emotions that's less threatening to most people is to simply welcome them fully. What happens for most of us, even when we're feeling good, we resist it. A lot of people actually get a little afraid if things get too good.

Chris: It's true. They're sort of, "What's going to come now?"

Hale: "Uh oh! This means something terrible is about to happen!" That is just a belief, it isn't what's true. One of the most powerful ways of letting go of a good feeling is to simply welcome it fully. Allow it to be there instead of resisting it, doubting it, moving away from it,



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or trying to hold on to it.

If you simply welcome it and allow it to be there, that's a way of letting go. It's the second way of letting go that we teach. Most people are willing to do that and it feels less counterintuitive than actually choosing to let it go by saying, "Could I let this go?" A lot of people say, "No, I don't want to."

If you say to them, "Well, could you simply welcome it and allow it to be there," most people can say "yes" to that, even if they have a little trepidation. In doing that, it gets more relaxed, more open, deeper and more available.

Chris: Would you say that this simple process is maybe a way of allowing the mind to cooperate with the emotions?

Hale: Absolutely. Most of us have torn our head off our bodies and it's floating around in space, and our heart - forget about it. There's not a lot of cooperation between our heart and head. When you let go of the unwanted emotions, you clear the heart to be a true channel for love and openness, and you clear the mind to be a really clear channel for reason, and they find ways to cooperate with each other in a very natural, harmonious way.

It's our conflicting thoughts and feelings that prevent the heart from talking to the head and the head from talking to the heart, and also there are these imaginary battles between the two. As you let go, there is this state of ease and cooperation between the two that is very, very natural.

Chris: It sounds like a life which is more flowing. That's the image that comes up in my mind.

Hale: Yes. Actually, one of the ways people describe their experience as they let go is being more in the "flow" state. It's exactly the same thing, even if you don't believe in any kind of mystics, or mystical experience, it's what athletes describe when they're really in the flow.

Good athletes do this, at least on the court or on the playing field, naturally. They let everything go and they just focus on the next shot, the next pass, the next tackle or the next swing, and when they let go and are fully present, they're really in the flow. It feels like time expands and their acuity, their physical, visual and auditory acuity goes up very dramatically.



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Acuity means their openness to it, their ability to do things the way they want to do and feel the way they want to feel, and to see and hear things. That goes up dramatically as you're in the flow, which is a natural outcome of letting go.

Chris: I know athletes often talk about being "in the zone," right?

Hale: The zone, right, the zone or the flow is exactly the same thing.

Chris: It sounds like this amazingly simple method is really a technique for living life in the zone.

Hale: Exactly.

Chris: Amazing. Hale, one thing we always ask every one of our guests at *Healthy, Wealthy nWise* on these interviews is based on our belief that intention is a very powerful mechanism for manifesting outcome, so we would like to ask you what is your current, most important project and what intention would you like us at *Healthy, Wealthy nWise* as well as all of our readers, to hold for the fulfillment of that?

Hale: Well, there are two things. My main intention is to have as many people on the planet as possible, or as open to it, shed their suffering so we can create a much more peaceful, harmonious, loving environment for us all to live in. If everyone would join me in holding in mind peace, love, goodness and more freedom to have, be or do whatever we choose, that would be a lovely thing for us all to join in.

Especially now, as the United States goes through this tumultuous election, in my experience, whoever gets elected is going to have his hands full and they don't need our stress and tension on top of it, or our angst or anger at them.

They're both courageous in their willingness to take on these huge problems that the world and our country are facing. I would encourage everybody to join me in holding the best for everyone, not just us individually, but for the whole planet.

Chris: Thank you for that. Could you share with us what is the single most important idea that you'd like to leave all of our listeners with?

Hale: Oh, sure. Two very simple things: You are already whole, complete and perfect as you are, and you can live that if you also remember that the feelings are just feelings. They're not facts and they're not you, and you can let them go whenever you choose, and



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live life at choice, wide open and fully engaged at just celebrating and having, being and doing whatever you choose.

Chris: You are such an inspiration, Hale.

Hale: Oh, it's my pleasure.

Chris: It's a great delight, honor and a privilege to be able to spend this time with you. I'd like to let all of our listeners and readers know that to learn more about the Sedona Method and to get copies of the book or audio program that Hale mentioned, or to attend any of the courses that are offered by Sedona Training Associates, anyone who's on the call can go to: <http://www.sedona.com/cgi-bin/protrack/link.cgi?1202ST>

There's a complete description of the programs that are available, right?

Hale: Yes.

Chris: On behalf of *Healthy, Wealthy nWise* and our host from India, Janet Attwood, I just want to again, thank you deeply, Hale, for taking the time to be with us, and also for your willingness, with all your great success and accomplishments, to go through *The Passion Test*, and to share with everyone your own passions and how that has led to the extraordinary work you are doing in the world.

Hale: That's very sweet, thank you very much.

Chris: I would also encourage our listeners, if you haven't taken *The Passion Test* yourself, you can go to <http://www.ThePassionTest.com/?af=1675> and get a copy of Janet's book, go through and take the process that Hale did, and discover your own passions, so that as you're using the Sedona Method to release those emotions, then you'll find your life aligned with those things which are your passions, aligned with your destiny in life, and be able to enjoy that maximum success that Hale's been talking with us about tonight.

Hale, thank you again.

Hale: My pleasure.

Chris: I'm just going to open up the lines so we can say good night to everyone.

Participants: Thank you very much, Hale. Thanks Hale, I use the program, I love it. That was great fun, thanks. You give hope to the world, Hale. I love your voice.

Mi Hamba



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Hale: That's very sweet.

Participants: Thank you so much. Thanks, Hale. You're very inspiring. Thank you to the host and the gentleman who's speaking. I don't know your name. I think you may have given me a breakthrough just in that short time.

Hale: That's wonderful.

Participants: Thank you, Hale.

Chris: Good night, everyone. Good night, Hale.