



The Magic of AcuDetox®

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Chapter 13: The Role of AcuDetox® in freeing up the SENSORY RESOURCE

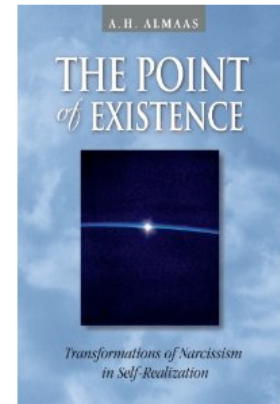
Self and Narcissism •

- 4 When we know what we want, and see that our desires authentically reflect who and what we are, our self-esteem improves, and we find ourselves enjoying truly human interactions. The more effortlessly secure we are in being ourselves, the more we can afford to open up to others, and the more we can naturally act with generosity and magnanimity. Then we are able to feel more in touch with our humanity, and more willing to be kind and sensitive to others; loving becomes a joy and giving a gift.

However, the moment we feel insecure in our sense of ourselves, the moment we sense that we are not centered in what and who we are, this whole picture reverses. A heavy darkness descends on our experience; we cease to be open or generous, and we find ourselves forgetting our humanity. We begin to feel self-centered and self-conscious, and we become anxiously and egotistically concerned about ourselves. An obsessiveness over how we appear to others develops, and we find ourselves needing an unusual amount of admiration, approval, and recognition. Our self-esteem turns extremely fragile, and we find ourselves unusually vulnerable to feeling hurt and insulted over the slightest lack of understanding or empathy. Our sense of ourselves grows shaky and, rather than coming from within, depends upon feedback from others, making us defensive. Our actions and expressions tend to become false, inauthentic, and reactive, making it difficult to know what authentic action would really be. Without a spontaneous and free sense of who we are, we can only feel empty and unimportant; our lives will lack meaning or significance. Rather than experiencing a sense of value and esteem, we find ourselves feeling worthless and ashamed; rather than enjoying our interactions and activities, we find ourselves beset by anger, rage and envy; instead of being generous and magnanimous, we slide towards exploiting and devaluing others.



FEELING RESOURCE people who move (aggressively) against obstacles are the least likely to seek treatment for stress. The impetus for outside help is usually a response to a sense of inadequacy, while they find themselves “beset by anger, rage and envy; instead of being generous and magnanimous, we slide towards exploiting and devaluing others” - a situation which they would usually handle themselves.



The accompanying description of narcissism, the central issue of the **SENSORY RESOURCE PERSON** appears as Page 4 of A.H. Almaas' *The Point of Existence*. Our work doesn't take the reader/ AcuDetox recipient nearly as far as Almaas, but is a fast way of opening the door to the early introductory aspects of such work - where stress is supplanted by the enjoyment of true self expression.

The **FEELING RESOURCE** Person's Defense Against the Anxiety of Being On One's Own



The **SENSORY RESOURCE** person's brain hard-wiring makes use of the *instinctual* and *conceptual* brain functions, initially fashioned in their earliest years as a defence against the anxiety of being on their own in the world on their own, by which they rely on themselves for support.

As a result, **SENSORY RESOURCE** people are extremely self-reliant in comparison to other **RESOURCE TYPES** - quickly moving *against* obstacles in the way of getting what they want - on the drop of a hat, when things aren't going their way - while the other **RESOURCE Types** move *towards reality* (*conceptual defense*) to accommodate it or *away from it* (*instinctual defense*) to avoid it. In a nutshell, these folks use the cortex's **CONCEPTUAL** capacity to **plan**, and the brainstem **INSTINCTUAL** function to **act** on the world. In the three variations on this theme, instinct can dominate, planning can dominate, or adaptation can predominate - with varying and alternating emphasis on the two functions. A means of testing their strategy against conditions around them, especially personal conditions thrown into the mix by where others are at the moment - is conspicuously absent - leaving them to act like *bulldozers*, with little or no awareness of how they are affecting other people, and little or no appreciation or respect for the others' withdrawing or accommodating defenses - which leads to their exploitation and devaluation of others.



Carol (not her real name)

Carol is a late-20's Olympic-hopeful weightlifter who has just moved to the city to live with her longstanding boyfriend. She balances a good career with her full time pursuit of athletics as well and has been preparing for the last year for an attempt to make the Olympic team. But since her move, old allergies she had once had under control have flared up, and her doctor as noticed that she is quite uptight. She was referred for treatment of anxiety, but she doesn't see herself as anxious. On closer questioning, she reports she is not sleeping well, and her weightlifting performance has fallen off - at exactly the wrong time.

When she heard the description of the *bulldozer strategy* if moving against obstacles in her way, she immediately related to it, and this unusual but accurate description of her defenses was probably the reason she so readily signed on for **AcuDetox**.

Carol was full of plans, options in life that she wanted to pursue, and she saw herself as *smaller than the world*, and needing to establish her **superiority** over reality. This need to be on top of things had functioned as a good incentive for her weightlifting, as it took up a lot of time of her life, in addition to her very-full-time job. Several times during her **AcuDetox**, she seemed lost in pleasure, and I concluded from this that she was a ringer for success.

That's why it surprised me when **Carol** came to her post-treatment session, still looking perky and full of pleasure, but reported that she was, if anything, worse at this point. She reported that her sleeplessness had turned into unpleasant dreams, and that her weightlifting performance had further deteriorated. But then she moved on to describe a meeting with her mother, which was something she'd dreaded usually, and this time too. Her mother was prone to give her advice; she was prone to resent it. Conversations rarely went well. But this time it had been quite different. Her mother was still in advice-giving mode. She found herself not feeling any resentment, and in fact understanding much better what her mother was all about. She genuinely enjoyed herself, and raved that this had never happened before. Then a big smile came over her face, and she said that things were going fabulously with her boyfriend. She had neglected to tell me that they were often at each other's throats since they moved in together, and now she was feeling much more relaxed. At this point she declared herself an unmitigated success, and said that she had a good sense that her dreaming and weightlifting performance would right themselves as well.

Everything **sensory resource** people think of tends to involve action and change. Taking action is what makes them tick - as is being on top of life. If they're not, they're miserable. It was typical afterthought thinking by which **Carol** realized that her interpersonal life has suddenly improved, and that it was not on account of action - hers or anyone's. Carol's successful treatment, 3 weeks of **AcuDetox** and one session afterwards - is the standard of perfection which is only rarely reached - requiring my knowing where to focus my questioning, and my knowing that **FEELING**

Resource people have quite a propensity to be unhappy, and that it is necessary to help them to see beyond this, to ask the right questions, and often get answers which can be surprises as they leave the person's lips. To look underneath or beyond any current unhappiness could function as good advice for anyone dealing with **Feeling Resource people** who are in the midst of change - including being good advice to the person themselves. These people often look in the wrong places for success ("Am I getting more of what I want?") and can find themselves quite unhappy, intermily, especially if unexpected vulnerability or tenderness descends on them - as seen in the cases of **Massima** and **Linda** on pages 37-38. I'll have more to say about **Massima** below, as she is the bigger-than-the-world **INSTINCT-predominating** variation, in contradistinction to the **THINKING-predominating** smaller-than-the-world variation we see in **Carol** and **Linda**.

It is abundantly apparent in these folks that real change always appears as *presence* in the real world, not as some intellectual insight. It can easily be that *true presence* - which doesn't have any defensive quality to it - as compared to *defensive presence* - which tells me whether I'm on top of things or on the bottom, is not always welcomed at first blush.

Since the defense in play in **FEELING RESOURCE** persons has been the *narcissistic defense* - a focus on me - beyond anything else - and since talking about one's experience is always salutary for **FEELING RESOURCE** persons, it is very helpful to get these people in - and talking. What we saw with **Carol** is typical. In the critical period just after **AcuDetox**, talk can begin on a negative note, and suddenly you can break into the person recalling a time when they were free, when perhaps they didn't even notice it at the time. As many times as it takes for the typical **Feeling RESOURCE person** to get to where **Carol** got in one session, our job as coaches is to watch for the brightening on their faces as they talk about things that have happened, and when one reaches a bright spot, it is important to stop them and underline what they have been saying, making sure that they have noticed what we have seen. This functions as a way of having them notice the same kind of things themselves. If there is even one incident per interview when one can point to something new and delightful happening, they'll pursue and bring back similar stories to the next interview.



I want to tell you one more story about a **smaller-than-the-world THINKING-predominating man** - whose process has a lot to teach us as providers and as recipients about what to look for as a result of **AcuDetox**.



Gordon (not real name)

Gordon, a 53-year-old high school teacher, showed up with a complaint I had never heard before and had no understanding. He'd found himself becoming a compulsive Peeping Tom, peering in the window of a previous girlfriend, even though he had moved on and found a new girlfriend following their breakup. Because he was known to me before coming to see me, I went to visit him at his apartment, where he showed me how his ex-girlfriend's house was visible from his bathroom window. While there, I experienced him compulsively walking by the window frequently, and he told me that the whole thing started when he happened to see that his old girlfriend was entertaining somebody new in her backyard, and that gradually he had been pulled into watching for every time the new boyfriend appeared. Gradually his curiosity had grown, and he had started by hiding in the backyard between their two houses late at night. His watching escalated and soon he was peering in the window. He had been caught twice, once by his former girlfriend and once by a neighbor, and was in jeopardy of losing his job had they reported him to the police. He was still at it.

Gordon was not really the type to come for psychotherapy - worldly, somewhat pompous and a touch disdainful and I was, at the time, still dabbling with **AcuDetox** so first I tried a psychotherapeutic session which pulled in his many friends - several of whom were anxious to help - particularly those who didn't know him very well. A few of his closer friends found themselves disgusted, and urged him to just stop what he was doing forthwith. That was not going to work. Regardless of his tearful appearance at the event, and regardless of the support it garnered for him, it didn't produce any results. And he needed results - yesterday - not next week not next year. He was welded the process, and I was wondering what to do next. Enter **AcuDetox**! Like anything else which was new, I wasn't sure at the time which things it would work for and which things it wouldn't. I was also just twiggling to the idea of the **Resource Types**. **Gordon** agreed to **AcuDetox**, and as I was still only using it occasionally, he came as an

individual patient. I spent the hour he had the pins in with him each day. It was a curious process throughout, as I didn't know what to expect. He didn't know what to expect either and so he began to compose voluminous notes about his childhood and his unsatisfactory relationship with his mother. He began to develop a theory that this all had happened because his mother had not given him enough attention growing up. I was kind of amused at his note-writing, as I knew that it was not going to be because of insight if **AcuDetox** worked for him. I did note that everything he said was self-referential - things that happened to *him* - *caused by others*, misfortune directed towards *him*, negligent mothering of *him* - and finally his recurrent complaint that his ex-girlfriend had done him in by declining to be with him for no good reason. He just could not understand it, and it made him miserable.

Then his last day of **AcuDetox** came. He told me that he had an odd incident to relate. The night before he had been at his new girlfriend's house, and she had been rushing around to get ready for an employment interview. She was washing and ironing her clothes, and suddenly it came to him to ask her if she wanted any help. He told her that he was a good ironer. She accepted and he found himself standing at the ironing board with the odd feeling that he had never done anything like this before - i.e. that he had never looked outside of himself and assessed somebody else's need, then done something about it. Everything before had been self-referential. While he had been anxious to tell me the story, it was not because it had delivered any insight - only that it he found it odd. On my side I could see that he was having an experience of *reading* somebody else for the first time in his 53 years. I told him what I saw in this, and he broke down crying, realizing for the first time that his old girlfriend had feelings which he could now appreciate. This was the missing factor in his Peeping Tomism - a notion of the peepee being a feeling human being.

The next day he tearfully apologized to his ex-girlfriend, and never once engaged in this compulsion again.

This sequence of events taught me a great deal in my early days of **AcuDetox**. Firstly it was my first real view of a result in a **FEELING RESOURCE person**. Secondly, I learned that such people are so self-referenced that they simply don't experiencing feelings in another person. There's no sense being angry with them, even if their behavior is atrocious - as they are simply missing a badly-needed skill - and don't know it's missing. I also learned that even though they may have experiences of breakthrough in which they do see other people's feelings, they usually don't have insight at the time. You've already seen that on some occasions, the experience they are looking for is actually so disliked by them, because they associate it with vulnerability, that they can be mad at you as the person they hold responsible for evoking these feelings. Thus you must work with them, and you'd better have thick skin. And if you're a **FEELING RESOURCE person** and you're reading this, my advice is to make sure you're working with someone who really understands what it takes to evoke the full sensory response which comes with **AcuDetox**.

Larger-Than-the-World, Instinct-Predominant **FEELING RESOURCE person**



Early in my learning about Enneagram personality types, I was at a conference also attended by several nuns and priests. At lunch I found myself seated beside an 80-year-old nun, who was quite excited by her morning's discovery that she was an **Enneagram Type Eight**. She was quite chirpy. When one leads with *instinct*, rather than thinking - what is at stake is *control*, not mere *superiority*. The **Enneagram 8** needs to *control* things at all costs, and can go through a lifetime, as **Massima** had, without experiencing a single intervening moment of vulnerability.

My lunch companion told of growing up in Montréal. When 7 years old, her teacher, **Sister Soandso** piled her students into a bus, and took them down to the cathedral, pointing to a statue, telling the students that the statue had turned 180 degrees overnight - and that it was a miracle. My new friend related how she had shot back, quick as a whip "No, it didn't!"

Sister Soandso reported this insulting rebuke immediately to her parents, and she was soon on her way to a life time as a nun. There was no room in this family for insolence in the presence of **Sister Soandso**. I never forget being taught **Enneagram Eights** always say “no” to the world’s challenging them. Talk about acting against reality! If you want no-oriented Eights on board you almost always have to ask 6 or 7 times before getting a “yes.”



The *the-best-defense-is-a-good-offense* stance taken by **Enneagram eights** is much better tolerated in males (like **Frank Sinatra** or **Fidel Castro**) than it is in females where it seems very unfeminine. **Eights** are the last of the last people to show up for stress management. They must be quite desperate to put in an appearance, because they associate any attempt to help them with helplessness on their part - which is something they have made every possible attempt to avoid. My experience is, however, that they readily become purring pussycats, smiling with contentment following **AcuDetox**. It is really just a matter of getting them to admit that they enjoy this - or else they will have the experience and then turn their back on it - telling other people, even with a tinge of pride, that **AcuDetox** didn’t work with them. One certainly needs a sense of humor with these people. They can be exasperating.

Self-Referencing and Narcissism

The difference between the **Smaller-Than-the-World THINKING-Predominant (ENNEAGRAM SEVENS)** and the **Larger-Than-the-World, INSTINCT-Predominant (ENNEAGRAM EIGHTS)** is that the former have a *narcissistic defense* which believes that they are *potentially superior* to others, but that they have to keep striving to acquire it and to defend what they have achieved, while the latter already see themselves at the top of the heap, with the necessity of beating back or putting down potential rivals. There is little doubt that both of these types really believe in their own *superiority*, which is matched by *high self-esteem*. Enneagram typing is not akin to DSM-IV, where the diagnostic markers are arbitrary, and do not conform to a particular view of the world. Enneagram typing springs from the observation that none of us see the world in which we live without a layer of defensiveness separates us from the truth of how things are, and that the various types are really descriptions of different forms of a *blind spot* towards the truth. This settles the question of whether these *narcissists* really believe the view they hold of themselves. They do! It’s just that this view has a functional purpose as a defense against the anxiety of being on one’s own - which solidifies during the *Rapprochement Phase* of development, to allow the child to have an independent existence. Since the *narcissistic* view is never true in the strictest sense, even though a high IQ person may correctly perceive themselves as smart, the universal antidote for it is to be *present to the world*, with nothing added. Thus, for our purposes, being *narcissistic* is no worse than any of the other defenses. **AcuDetox** melts all defenses equally - regardless of the differences in treatment results with other forms of treatment.

Here we will add the **Must-Adapt-to-the-World FEELING-Predominant THREES**. The *narcissistic* viewpoint here has more to do than the other two types above with *the achievement of superiority through one’s efforts, and equally through the recognition of it by grateful others*. It really matters to **THREES** that their read on things is correct, but also that it is seen to be correct. This can hurt if the matter they need to be right about concerns how people are feeling. The need for recognition of a **THREE**’s superiority distinguishes them from others, whose views are rooted more so in their own perception. This makes **THREES** highly sensitive to criticism, and more likely to see criticism where it isn’t, because, to them, not to perceive their superiority is akin to destroying it.



Leonard
(not real name)

Leonard is a super salesman in his late 40s. He continually makes the mistake of going to work for people he thinks can help him demonstrate his sales superiority in the wider world, and getting into relationships with people whose adoration he comes to count on to feel good about himself. The problem he gets into is that the performance of others promoting his superior image highly affects his ability to get along with them. On his private stage, and occasionally in public, he lets loose on the people he expects to perform according to his narcissistic needs, but they would have to be mind readers to do so. He projects his own shortcomings on the people around him, leaving people caught between admiring his real qualities, and feeling put down more often than not for things which may be real, but which would be accepted as mere foibles by others.

Despite the fact that **Leonard** is aware that things are awry, he blames others because he is missing a critically-important look-in on their feelings, while simultaneously believing he is good at assessing them - which then causes him to trample on feelings he doesn't even understand exist. **Leonard** describes himself as often quite unhappy - and then gives a long list of the people who are to blame. It's clear nothing will suffice but to gain the ability to feel others' feelings.

Leonard has tried lots of other things. There is no lack of sincerity on his part. So, he is pleasantly surprised that even during his 3 weeks of **AcuDetox**, he begins to get a much clearer view of people in his life. While we have asked him as we ask everyone not to make many changes during the **AcuDetox** sessions, he renegotiates his relationship with his employer, taking him off the hot seat of his criticism, and entering into a new relationship where blame and recrimination are not in play. While we might have thought from the description he gave of her at the outset, that he might leave his personal relationship, he realized that the blame that he was directing towards her simply melted away, and he was able to appreciate the deep love that she felt for him. **Leonard** bounded out of the sessions, telling all and sundry that he was a new man, and that they should all do what he had done. Two months later he reported that his list of appreciations continued to grow longer - as he vowed to do good in the world.

Leonard is the **AcuDetox** exception rather than the rule. He readily saw himself as a **THREE** early in the game, and began to have results even during his sessions. Often the **THREES** who come to **AcuDetox** remain obscure and hard to recognize. This may be because they can rarely say what they want to achieve. Or it may be that by the time they come they are sufficiently unhappy so as to be non-forthcoming at the outset. But the return of their generosity of spirit is something to behold, and is usually only afterwards that they are identified by the results they achieve. These include a more accurate perception of others, greater generosity towards them, and on their ramped-up self-esteem - which is now based on *being in the present moment*, not by others performing according to their demands.



Lauren and Bob were introduced to you on P. 54. After being in a relationship for four years, they started in to do **AcuDetox** together. We knew that **Bob** was an **EIGHT** and therefore a **SENSORY RESOURCE** type, as this was his third rather than his first **AcuDetox** treatment. He had previously done well.

We didn't know which **RESOURCE** was going to manifest in **Lauren**, (*and we often don't know because taking the time to find out in advance serves no purpose most of the time*). We knew she was highly anxious and feeling burnt out but she was not depressed. In retrospect, it would have helped somewhat, in her case, to have tested her to determine that she too is a **SENSORY RESOURCE** person. It is certainly relatively rare for two such persons to be in relationship - as two *aggressive* types are so often in conflict.

Some couples key more on each other's state of being than others - while in most pairings, if one member of the couple decompensates, the other becomes a tower of strength. When **Bob** and **Lauren** both looked like they were off balance towards the end of treatment, I considered a closer look at what was going on, but they flitted off on holiday which had been planned before their sessions, unbeknownst to me. Had I known, I probably would have suggested that they wait until they had their **RESOURCES** operating.

The holiday turned into an unmitigated disaster, as there was no one, at least at the outset who had their feet on the ground. Communications between the couple were tinged with anger, and produced an exaggerated response

in the other, to the point they were actually afraid to be with each other. Fortuitously, each had gone their own way after arguing bitterly, and **Bob** was able to rein in his emotions - and ground himself. **Lauren**, however, was new to transition they were going through, and she didn't do nearly as well. After many difficulties and delays they arrived back home. Having held the fort for a long time, **Bob** began to have some physical symptoms of stress, and had to be checked out at a hospital - where he was eventually told that his physical health was fine - and that he needed to relax. Suddenly, without yet resuming their **AcuDetox**, the couple let their affection for each other turn their so-called "*transformed side*" out, and each of them lost both their anger and fear. **Lauren** and I had a conversation which convinced me that she was an **Enneagram Type THREE**. Testing confirmed my impression. In this almost unique situation where one has two members of the *aggressive type* (**SENSORY RESOURCE**) doing **AcuDetox** simultaneously, there is the possibility that the two can turn their worst side out at the same time, and make things much worse for a while. This is referred to in Chapter 10 as getting *stuck* in the liminal phase.

I told them the story of the first time I had seen two people stuck in keying negatively on each other, long before I knew about **AcuDetox** when two friends of mine who were both **INSTINCTUAL RESOURCE** types, therefore prone to *withdrawing* under stress, got married after a long successful courtship. To my surprise, I didn't see them for almost two years, to the point where I even thought they might have moved way without telling me, but they suddenly appeared at my office after a major fight.. Both husband and wife had socially acceptable ways to *withdraw* before they got married. If one was feeling stress when they were together, he or she would just excuse himself or herself with "*I have to go and get ready for work now.*" "*I'm due at the shop in 15 minutes.*" and the like. It was never connived. It was the natural rhythm of a withdrawal-prone person to leave when they were uptight.

But once they got married, things changed. There was no easy or socially-acceptable way to withdraw - and since they, of course, lived together, neither could really get away to satisfy their need for a timeout. Withdrawal led here - in the same way as anger predominated in Bob and Lauren. To make things worse, unwittingly, the husband planned to conduct himself differently now that he was married, vowing not to upset his new wife with stories he knew upset her, like stories about his trips to see his aging parents (which made her jealous). He thought he would now edit stories on his way home from work, and only tell the bland ones. This was singularly unsuccessful. His wife, was very tuned in to the nuance of conversation, and would detect that she wasn't getting all the stories - and would *withdraw* a little. He in turn would *withdraw* a little response to her *withdrawal*, especially if she began to get angry. Little by little, *withdrawal* by one of them and mirroring *withdrawal* by the other - would escalate very quickly and produce, in short order, a situation in which each then retreated to their corner of the house, and felt negatively towards the other for the entire evening. This happened day in and day out. They were a regular *withdrawal* factory.

But I knew something they didn't. I knew that *withdrawal* spawning *withdrawal* worked in reverse too. If one of them started to *come out of withdrawal*, that would spur the other one, to reflexively *come out of withdrawal* - not even at a conscious level. It is really quite an amazing phenomenon. So I explained this to them, showed them how it worked hands-on, and then created an exercise for them to do on arriving home before either of them started to tell their stories. Before the story telling began they would hold hands and look into each other's eyes until either one of them could say "*No matter what happens next I commit myself not to withdraw.*" It worked like a charm. Even though I had never seen two *aggressive types* spawn aggression in each other, with **Bob and Lauren** it only made sense that it would work the same way - especially following **AcuDetox**. The equivalent exercise was for one of them to say "*No matter what happens, if I feel aggression I will hold onto it and not act it out.*" when I saw that they were happily interacting when we had a session together, I realized that they had preempted my exercise and had found a way to take responsibility for holding on to the angry feelings which all too naturally arose within them.



When anger arose, instead of trying to get rid of it, each had become pleased to hold onto holding on to acting it out - in favour of not spurring the same aggressive feelings in the other. I have spoken about focussing on **anger and hatred** and working with it in this way at length in previous chapters, and would recommend it highly to **SENSORY**

RESOURCE persons in particular. I had actually suggested this with **Bob and Lauren** near the end of their **AcuDetox** when they were starting to get into trouble, but the timing wasn't right just then for them to be able to take conscious action to make things work. But it worked now even if it seemed improbable. One has to take a chance on it - or perhaps several chances. Eventually it works. Otherwise it would have been hard to explain their remarkable transformation to the loving couple they wanted to be. **Lauren**, who rarely trusted anyone else to do what she could do (her workaholicism) began to actually ask help of others in certain situations, finding that the world around her was much friendlier than she had realized. She had been feeling paranoid - but it all disappeared.

A Summary of What To Do After AcuDetox As Work on Yourself If You Are A Sensory Resource Person



Firstly a few words on the word **aggressive**. Calling you **aggressive** is not criticizing you or calling you a bad person. It's merely saying that your inherent style since way back when you were in the *rapprochement stage* of development (18 months to 3 years) was to reach out and test reality by pushing against it. Other people developed other styles - namely *withdrawing* or *accommodating*. You adopted the style which fit best with your environment at the time (at least we think so.) That style of approaching life will not change to one of the other styles or to no style at all, but if stress intervenes it is wise to upgrade your style. In your case, as a **SENSORY RESOURCE person** you can be *aggressive* without being caught up in *anger*. Be proud of the style you have while realizing that there are ways it can perform better.



You wouldn't be reading this if you hadn't taken up **AcuDetox**. So you already know that we consider **AcuDetox** one of the fastest and most effective ways through. In fact, there are not that many ways that work at all. Medications are out of the question as you are neither characteristically anxious or depressed. But even if you were, the activation of your hidden and unexpressed **RESOURCE** is the absolute best way to do it. But even this won't happen overnight. Other than the few people who experience

spontaneous change touring **AcuDetox**, 95% people who require one to 4 weeks after **AcuDetox** for the spontaneous appearance of the upgraded version of your **RESOURCE**. Even at that it will be "clunky" in the early going, because you are not used to it. Calling one's early efforts *clunky* means that it will perhaps occur at inappropriate times, or else you may be loud and boisterous with it in the early going. But more commonly **SENSORY Resource persons** may experience freedom the first few times as *weakness* - and not want to encourage it. As with anything else, practice will make you better, and patience with it will make your practice pay off. Firstly, if you feel you have lost an old friend in your **SENSORY RESOURCE** shows up spontaneously as a softness or a feeling of deep affection, you may characteristically misinterpret it as a weakness, and may not want to encourage it - but actually it is just **vulnerability** on its way to becoming **openness**.

Once you have decided that it is safe to encourage, there will be times when you feel **anger** or **hatred**. Since these normal emotions have been learned throughout your life, in order to cover essential qualities which you weren't ready to manifest, they serve a defensive role to vouchsafe you against the anxiety of really being on your own. Of course, they defend you against other things as well, but you learned them at a time when you were first venturing out to explore the world and wanted to feel independent of mom.

When you got out there a little too far way from mom for comfort, you adopted one of these emotions to make you sufficiently strong so as not to run back to mom with your tail between your legs. In your case, your defense was an aggressive or narcissistic defense. No big thing, especially since you are soon going to have the adult version of it.

To be free of stress you can still do this in an *aggressive* way. No one is asking you to lie on the road and be run over. The feeling which emerges which underlies **anger** is **STRENGTH** - a great capacity to do things which were beyond your reach previously. The feeling which underlies **hatred** is **PEACE and CERTAINTY**. These function like a guidance system providing you with clear intuition and perhaps even synchronistic opportunities. If you stick with it you will love these qualities, and you are free to use them *aggressively*. Again, nobody who understands what you are going through is asking you to be a pushover. *Does it really matter how you get what you want?*

Each of these new essential qualities is associated with the further feeling of *being present*. But being present is something that you need to work at least for a while. There will be times when you are sailing along feeling great, and send me something happens to knock you off your horse. This when you need to be able to create *being present*. Practice becoming present by doing the *Odd Man Out Exercise* found in the second last chapter.

While the work that we have presented will just be a starting point for some of you, there will always be enough here to move you from being a person who feels under stress to becoming a person who has mastered stress, not by changing into somebody else (which really is impossible) but by being the highest representation of yourself that you can be. In your case it will be trading in anger add hatred for openness and love. And you'll love it!

