

Exploring Blocks to our Development

By David O'Rose

What's Stopping You?

The key to breaking through to the next level lies within. Identify your blocks, use simple techniques to release them, and enjoy the ride!

Identify Resistance

A block is anything that holds you back from self-expression and achieving your goals. Here is a simple technique for identifying a block:

1. Think about a thing that you want to achieve.
2. Now make a list of limiting beliefs that come up when you think of the goal. Let it flow, some items might seem ridiculous, yet are the very things that are stopping you.
3. Go through your list and identify whether an item is a fact or a feeling.

Releasing Blocks

Fact

If a blocking belief is a fact, make a list of options that would change the situation. Then list people and resources that you could use to transform limitation to possibility.

Feeling

If the resistance is a feeling, here are three effective techniques that I use with clients:

Voice Dialogue Technique:

Within each of us are various sub-personalities (not to be confused with psychological disorders such as multiple personality disorder). For instance, a part of us wants to be laid back while another part wants us to be organized and structured. These two parts can be in conflict when it comes to earning money, for example. Using this method, you have these conflicting aspects of yourself dialogue with each other and integrate

them. In order to be integrated in the outside world, we need to be integrated inside first.

Empathic Listening:

You talk about your blocks. I paraphrase back to you what I hear you saying. For instance, "I hear you telling me that you feel that you aren't good enough to take a leadership role in this." The dialogue continues around the belief with the listener continuing to give you feedback. If the feedback isn't accurate, you correct it. Often a shift will take place in the belief and you will be able to move beyond the resistance, simply by being listened to and listening to yourself. You can do this process with a friend.

Identifying unconscious contracts:

You most likely have unconscious contracts with your family, a group, such as your culture, or friends. These agreements can often limit us. For example: "I won't make more than you, mom and dad, and then you won't feel embarrassed by your business failures and you will love me." These agreements can be unilaterally released. After you have identified unconscious agreements you are then guided through a process of releasing them and with it the limitations that they imposed.

What is Voice Dialogue and the Psychology of Selves?

Voice Dialogue is a powerful therapeutic, relationship and personal transformation tool. Through Voice Dialogue we work directly with the selves or subpersonalities of our psyche. The intention is the development of the Aware Ego - a conductor of the psyche - which can orchestrate the way in which the selves come in, so that none dominate or are absent. In practical terms, the process means that we can change the "stuck" places in our life; we can experience greater freedom, choice and aliveness individually and in relationship.

These are state-of-the-art psychological skills for working with the unconscious and deeper blocks that impact personal relationships and well-being. They are designed to access psychological material not normally available through traditional methods and work with the hidden aspects of the human psyche to help heal relationships and create meaningful personal change.

When I work with clients in this way I find the dream process is activated, giving direct insight into the nature of sub-personalities and how they have been running our lives.

I will tell you the story of Clare. I have both changed her name and created a composite case history made up by combining details of a number of clients. I do this for reasons of confidentiality but the essential points can still be made.

Clare is turning forty this year and came to me following the sudden onset of heavy menstrual bleeding which landed her in hospital for blood transfusion. She was scheduled to have emergency hysterectomy. Her fiancé was seeing me for work related stress and asked if I could help.

When I saw Clare she was frightened and grief stricken at the thought of losing her womb as she planned to marry and have children soon. As I talked to her it became very clear that she had many unresolved issues relating to her sexuality which she had been too embarrassed to tell anyone. She had one part of her who was eagerly looking forward to getting married and another part who felt she did not deserve to be happy and thought she would be an awful mother.

As she told me the details of her life she sobbed almost uncontrollably but was clearly very relieved to be able to be received non-judgmentally. Because I had been seeing her future husband who had mastered his stress problems, she trusted me enough to do deep work quite rapidly. Mostly people take their time to open up but time was running out for her and she desperately wanted to save her womb.

In a series of Voice Dialogue sessions daily over four days we managed to clear all the pent-up emotion relating to her conflicts. She had a good imagination and was able to tell her story as though she was an embodiment of her womb. She also had no problem in speaking for the other sub-personalities involved. This had the effect of stopping the uterine bleeding completely. It is now nine months since the crisis and she has had no further bleeding, in fact she is planning a pregnancy after she marries early next year. As a couple they have regular playful and humorous "chats" with her womb.

Her recent dream of a field of wheat glistening in the morning sun with small children playing hide and seek bodes well for their future.

I think the outcome was so positive because she was able to trust the process completely and she was desperate for change.