

Dissolving

Issues

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The Root

1. Bring up a real issue (be specific):

Pick something concrete:

- a person who triggers you
- a stressful situation
- a habit you can't break
- a fear or pressure you feel

Let it come up fully.

Not thinking about it.

Feel it in your body.

NOW CLOSE YOUR EYES

2. Locate it in the body:

Every pattern has a physical anchor.

Ask: Where is this in my body?

You might feel it as:

- tightness in chest
- knot in stomach
- pressure in head
- subtle vibration or contraction

The key is, you're no longer dealing with a problem, you're working with raw sensation.

3. Don't fix it. Stay with it:

Don't:

- analyze
- reframe
- try to “be positive”

Instead:

- keep your attention on the sensation
- *starting with belly breathing, slowly expand the energy to it*
- let it be there without resistance

This almost feels like awareness is *holding* the sensation.

4. Let awareness dissolve it:

When you stay with it without reacting:

- the sensation may intensify briefly
- then start to shift, move, or release
- sometimes it turns into warmth, energy, or even that bliss you've felt

You're allowing the pattern to lose the resistance that was keeping it alive.

5. Notice what remains:

After it softens or dissolves, there's usually:

- more space
- less emotional charge
- clearer perception

Now ask:

- what is the clean action here?

This is where your “inner knowing” becomes usable.

6. Act differently (this locks in the shift):

If you don't change behavior, the pattern rebuilds.

So:

- speak differently
- set the boundary
- take the step you've been avoiding

Even small shifts matter.

Example, let's say someone disrespects you.

Old way:

- react → frustration → overthinking → same pattern repeats

This method:

1. feel the tightness in your chest
2. sit with it, breathe into it
3. don't justify or suppress
4. let it dissolve

Now:

- you're not reacting from emotion
- you might calmly address it
- or decide it's not worth your energy

Same situation.

Completely different outcome.

Why this works?

Most problems persist because:

- they are resisted or avoided
- they are constantly replayed mentally

When you bring pure awareness to them:

- you remove resistance
- the stored energy releases
- the pattern loses its grip

Don't rush it. Some patterns unwind fast. Others take repetition.

The real sign of progress is:

- you react less
- you see clearer
- your actions improve

Spiritual growth is not just about having intense inner experiences.

Here's a simple way to use this daily:

- 1–2 times a day: sit and do this with whatever is present
- during the day: when triggered → feel it instead of reacting
- always follow with a small aligned action

Bottom line -- You don't change the "mirror life" by imagining something new.

You change it by:

- dissolving what's unconsciously driving you
- then acting from clarity instead of conditioning