

Conventional Sabotaging

You have looked at many things that have influenced the way you've been creating your life up to now and the many reasons that hold you back in creating your best life. Let's now look at some of the sabotaging techniques you might begin to bring into your game at this point. Things look like they might change for the better, so why wouldn't you sabotage them? Up to now you have been working on familiar ground, looking at the past, looking at the effect your emotions have had on you and at the other areas that show where you have been unconsciously creating to date.

In the last three sections we took a specific look at what it is you think you want why you want it and why you haven't already got it. These questions were very powerful and they enabled you to see things you may not have wanted to see. As much as we think we want something, it is often easier to stay stuck and come up with excuses for not being able to get what you really want. That is how victims remain as victims.

This may be the point at which you want to forget The Creating Game, put down this book and start something else. Don't do that. Stay with it and you will get past the self sabotaging patterns that you continually live with. One of the biggest reasons for giving up at this stage is that you are beginning to see that to get what you really desire you need to take responsibility for your actions, your life and your own well being. The Creating Game is absolutely up to you and no one else. This is a big moment and you will feel fear when you recognise this. You can do EFT at this stage;

'Even though I feel the fear of going forward, I love and accept myself completely'

You may also think about giving up because you've found that the things you thought you wanted are actually not that important and you lose motivation to go forward. There are two points to make here.

Firstly you should look at the true reason for changing your mind about your desires. Often when we get closer to something our self sabotaging voice says, "You cannot have that because you don't deserve it." If this is the case you should be able at this point in the game to be able to hear this inner voice and use EFT again;

'Even though I do not deserve...I love and accept myself completely'

The second point is that you have truly realised the original things you thought you desired have no draw on you anymore because this work has changed your perception. If this is the case then go back and ask yourself the question again. What do I think I want? After answering it make yourself a different list. If you find you are coming up with all the common excuses you made in previous chapters, go back, re-read and re-evaluate these points and notice if you have shifted your excuses, changed any, or come up with new ones. Accept that this is common for everyone and that it will fade through playing The Creating Game. Re-commit yourself to continue and, if you wish, practice EFT;

‘Even though I have all these excuses that stop me, I love and accept myself completely’

Focus Point

Close your eyes and take three, deep slow breaths and see yourself as already a magnificent creator. See yourself creating wonderful things for the world to see and experience. Don't hold back see what a difference you can make in the world? See how important you really are. Imagine yourself creating a better world in what ever way you would like to see it improved.

INSIGHT (HOW DO YOU SABOTAGE YOURSELF?)