



Conscious Life presents

ANXIETY SUPER CONFERENCE

The Sedona Method for letting go of anxiety

Guest: Hale Dwoskin

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[00:00:10] Alex Howard

Welcome, everyone, to this interview where I'm super excited to be talking with Hale Dwoskin.

Firstly, Hale, welcome and thank you so much for joining me.

Hale Dwoskin

Well, thanks, Alex. It's nice to be here. Thanks for inviting me.

Alex Howard

So just to give people a little bit of Hale's background, Hale is the author of the *New York Times* bestseller *The Sedona Method*, which I've been enjoying getting into this morning, and co-author of *Happiness Is Free: And It's Easier Than You Think* with Lester Levenson.

He is one of the featured teachers in the book and movie phenomenon *The Secret*, as well as a featured teacher in Rhonda Byrne's latest book, *The Greatest Secret*. He's also featured in the movie *Letting Go*.

Hale is the Director of Training, Lead Teacher and spokesperson for Sedona Training Associates, an organization created to promote the emotional releasing techniques inspired by his friend, mentor and original teacher Lester Levenson.

So, Hale, I seem to be starting a lot of these interviews for the conference with what seems like a very simple question, but actually it's a question that has many different answers and many different facets to it, which is that from your perspective, from the work of The Sedona Method and the way that you've been working, I know at this point for decades, how do you see anxiety? When someone says to you, I have anxiety, what does that mean to you?

Hale Dwoskin

Well, to me, it's just an emotion. It may have a story attached to it, it may have a set of symptoms attached to it. It may be very justified or it may appear like it's appearing out of nowhere. But in any case, it's just an emotion.

And emotion is just energy in motion. It's not right or wrong or good or bad. Part of where we struggle with any emotion, including anxiety, is we think we shouldn't have it. It's not right to have, I'm bad for

having it, there's something wrong with me for having it, and etc. Sometimes any emotion we have will come based on a history or a story, and if not, we create one.

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Because again, sometimes for many people, anxiety is free flowing, especially now there's so much going on in the world, and even when you're not thinking about the world, there can be this background sense of anxiousness.

And then there's another level of anxiousness that everyone carries, even if they wouldn't label themselves as an anxious person. And that is to the degree that you've identified as just a person in relationship to other people in a world that may not be friendly to you.

To that degree, there is a background sense of unease or anxiousness because there's a sense of being cut off from the source, cut off from that which truly is. And that's there for almost everyone, even those of us who are the most well adjusted.

So that's how I would describe anxiousness or anxiety.

Alex Howard

And to explore a bit deeper there, you said anxiety is an emotion, and emotion is energy in motion. Say a bit more about that, because I think often with our emotions, they can sometimes feel very big. They can sometimes feel very scary. They can sometimes have a lot of story and history which goes with them. So I'm interested to hear more about how you see that and how you've experienced that as ultimately being energy in the system.

Hale Dvoskin

Well, in reality, it's not really reality, but in the way it's perceived here is that there is just one energy. Thoughts are part of that one energy, things are part of that one energy, the room you're in is part of that one energy and emotion is part of that one energy. And it manifests in infinite ways.

Every book on the bookshelf behind you is just a form or an appearance of that one unified, whole, boundless energy. And so emotions are just like waves in that one energy.

And what's nice is when you see it more from that perspective, it immediately takes the sting out of it. If you think it's my emotion and I'm bad for having it or it's my emotion and it's here because of X, Y or Z, that causes it to be stickier, causes it to feel stickier, to feel more important, to feel more meaningful. And it can make it more difficult to just recognize that it's not the truth and you can let it go.

So that's where the energy piece comes in. It's just energy in motion.

Alex Howard

And you said as a second part, which I thought was also very interesting, that there's a background unease, that we're not connected, we're not being our deepest potential or our true selves. There's different words we could use to describe that. Say more about that piece.

[00:05:54] Hale Dvoskin

Well, to the degree that we feel like there's this one energy everywhere else and then there's me over here or even that there's a whole world everywhere else and people and things, to that degree that we experience life that way, there's a sense of isolation, a sense of being cut off, a sense of anxiousness that can be very subtle or really in your face.

And as it's recognized that there is really no boundary between this you that you believe you are and everything else, or this you that believe you are is not the whole of you. It's just how it's being expressed through that particular body mind. To the degree that there is an openness to that, even just an openness to that or a really felt sense of that.

To that degree, the sense of isolation, the sense of limitation and the sense of anxiousness starts to dissolve. And it's not dependent on what's happening in life. Life continues. There are challenges every day, some of them much worse than others, some of them obviously more anxiety inducing than others.

However, the less there is this sense of a separate individual or an isolated person in opposition to or protecting itself from or in resistance to everything else, as that dissolves, everything is easier, including anxiousness, which may still arise, but the less we have a sense of ownership of it like, it's my anger or it's my anxiety, it's just the anxiousness or anxiety, the easier it is to deal with. And the easier it is to let it go or see through it or just allow it to be as it is.

Alex Howard

What I'm hearing you say is that these aren't the words that you're using, but to get a bit of a label, it's almost like an existential anxiety, like something is missing or we're not connected to that deeper potential. It's almost like the anxiety is an invitation or it's a signpost, like something doesn't feel right. And rather than making that wrong, to actually follow that pathway.

Hale Dvoskin

Absolutely everything is an invitation, in my experience everything is inviting us into the recognition of wholeness, into the recognition of enoughness, into the recognition of completeness, into the recognition of boundlessness, and into the recognition of unconditional love.

Alex Howard

When you were talking a little bit earlier about emotions being ultimately energy, and part of what's implicit, and I guess in many ways explicit in what you're saying there, is that emotions are something that can change, can be transformed, ultimately can let go of.

Because I think, again, part of what's difficult with anxiety can be the sense that it's this powerful, strong thing that has its grip on me and I can't get free from it, but actually what you're saying is something different to that.

Hale Dvoskin

Oh, absolutely. Again, this work that I've been involved with, that I've been doing since the early 70s or the mid 70s, I've watched literally tens of thousands, if not hundreds of thousands of people deal with every emotion, including anxiety, in a way that's healthier, more constructive, less limiting.

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And the basic tenet of the technique is that feelings are just feelings. They're not facts and they're not you, and you can let them go. It's very simple.

So when you see that anxiety isn't who you are, it isn't even attached to you, it is just energy arising, then letting go of it can become second nature. Once you've rediscovered and mastered the natural ability that everyone has to let go, then it becomes more and more second nature.

Just like now, when we feel any emotion, the tendency is either to suppress it or express it. And then some people also make a distinction about escaping it, but when you're trying to escape an emotion, you're trying just to get away from it long enough so you can push it back down. And expressing it is what often healthy therapy is about. If you give it voice, sometimes that's enough to start to take some of the sting out of it, if not much of it.

But there's a balancing point between suppression and expression, which we call releasing or letting go. And in that balancing point, it's not a denial that sometimes you don't want to deal with emotions, so you do put it aside. And it's not a denial of that it's not just in healthy therapy, but in healthy relationships, in all business transactions, just being a person alive, communication of what you're thinking and feeling is just a natural part of life.

So expression is also quite natural and normal. But what happens is most of us have forgotten the middle part. We're either suppressing or expressing, and we've forgotten something that young children still do naturally. And that is to let go of whatever it is that's disturbing them in the moment.

And they don't have a technique. It's just they haven't really learned how to hold on yet. So something comes up in experience, a child will have a knock down, drag out fight with their best friend, and they'll be yelling and screaming even. And then 10 minutes later they're playing as though nothing had happened. They've totally forgotten it.

We as adults get better and better at suppression, expression and creating stories about why the way I feel is real and important and meaningful and often, most importantly, really justified. And the more justified we feel in feeling the way we do, the harder it is for us to let go of it, because we have the whole justification that you don't want to waste. Why would you want to waste a justification? If you could just let it go, then you don't need to justify. You don't need to explain.

And also another big one is you don't need to understand. If you are feeling anxious and you feel like you need to understand why you feel anxious first, now, not that that isn't valid and it can happen, of course, but if you simply allow yourself to let go of the anxiousness, then why it's there may become obvious or it may not. But either way, who cares? If it's gone and you're feeling better, that's often enough.

And again, this is not to take the place of good therapy. Good therapy has its place. And in fact, there are therapists all over the world that use The Sedona Method as part of their practice.

Alex Howard

So let's explore a bit more this letting go piece. So, let's say someone's in a state of anxiety, and to go back to what you were saying at the start, it's not a necessary anxiety. They're not on the edge of a cliff about to fall off in a big rainstorm. It's an anxiety which is not proportionate to the situation in front of them. In that instance, how would they then work with that?

[00:14:57] Hale Dwoskin

Well, the first thing is, I'll take us through a process in a minute so that everyone can experience this and start using it. But I want to just explain what I mean more about letting go, because it seems like it should be obvious, but because most of us don't consciously do it very often or we try to do it unsuccessfully, we've forgotten how simple it can be.

So I'm going to do a little analogy with a pen or a pencil. Those of you listening, wherever you are, you can pick up an object if you'd like. If you're not in a place where you can do that, then just watch and listen and see what you discover for yourself.

For the sake of this analogy, my hand represents my gut or my awareness. And the pen represents anxiety, fear, frustration, any sense of inner limitation and all the stories we have about it and all the behaviors we've built up around, or the compensations around it.

And so take this object and grip it really tightly with your hand. Now, if you did this long enough, it would start to feel really uncomfortable and also, at the same time really familiar, because this is what we're doing all the time without realizing it, to anything that's a persistent or an apparent problem.

So now open your hand and roll the object around in your hand. Now, is this object attached to your hand? Obviously not, but that's how it feels to us. We don't usually say, I feel anxious. We say, I am anxious. We don't usually say, I feel angry. You say, I'm angry. Because that's actually on some deep level is how it feels to us. But that isn't the truth.

Every emotion that we have is as attached to us as this object is attached to your hand.

So now close your hand lightly around the object, turn your hand upside down, and just let it go. That's how easy it can be to choose to let go of any unwelcomed or unwanted or contracted emotional state. And just knowing that you can choose to let it go can start to make a huge difference.

And so let me take us through a process that everyone can use immediately. Now, this isn't the whole Sedona Method, it's just a little taste. It's one of the first things we teach people because it's an initial step that helps get us into practicing letting go.

So let me tell you what I'm going to do, and then I'll take us through the actual experiential process with it.

The first thing we'll do is we'll just simply focus on some issue in our lives that we're wanting to change or improve, or something we feel anxious about. The next thing we'll do is we'll just do our best to just simply welcome or allow it to be there, at least for now. That in and of itself can produce a very profound letting go because most of us are saying no to our emotions all the time, we're resisting them, we're rejecting them, we're trying to figure them out, we're trying to do anything but just simply feel them.

So if you just let yourself feel it for a moment without judgment or with as little judgment as possible, or just simply allow it or be open to it, that's the next step.

And then the core questions are, the first one is, could you let it go? And if you were able to drop that object a moment ago, then you can. Or if you could imagine dropping something, or if you can just remember the last time you dropped anything, since the emotion isn't you, you can drop an emotion, too.

[00:19:08]

The next question is, when? I'm sorry, the next question is, would you? Sorry, I jumped ahead. The next question is, would you? Would you just means, are you willing to? And by the way, if you're doing this on your own, if you're not sure, just ask yourself, would I rather hold on to this pain or this struggle? Or would I rather be free of it and have my goals, whatever they are?

And the last question is, when? And when is just an invitation to decide to do it now. You might find you let go a little on could you? You might find you let go a little on would you? You might find you let go a little on when? Or you might save it all off for when? It doesn't matter.

The only thing I recommend you do is think about this as little as possible. Remember going back to young children, they don't need to think about letting go. It just happens spontaneously.

And once you've gone through this process, even a little, letting go becomes much more spontaneous without thinking. And just to say one other thing, two other things, one is, when you ask these questions, yes or no are both acceptable answers. There isn't a right answer. You can say no and still let go.

And the other thing is, actually the other thing isn't important so we'll just jump into the process.

You don't have to answer, Alex. I'm going to do this as a process I do with everyone who's listening. But those of you at home or wherever you are, please just do your best to engage with the process with an open heart or mind, leading as best you can with your heart as opposed to overthinking it. Avoid a debate or analyzing. You can do all that afterwards, but while the questions are being asked, they're so simple, they don't really require a lot of thinking. Although you don't need to try to not think. That would be a waste of time.

So, okay, let's just explore it together. So in this moment, just notice what is, before we even get into a process, whatever it is. There may be thoughts, there may be feelings, there may be sensations, there may be a picture of a room or space. There's sensations in the body, there's breathing, there's just what's apparently happening.

And then allow yourself to think of some situation in your life that either makes you feel anxious or that you simply would like to change or improve.

And then as best you can, just for now, could you just simply welcome it, allow it, be present with it just as best you can? Even a little bit goes a long way.

And then also, as best you can, could you let it go? Just could you? Is it possible? Would you? When?

Now, you may have felt a little shift, or you may have felt a big shift, or you may not even be sure yet. We all have a lifetime of practice at suppression and expression.

So let's go through it at least one more time, but just be patient with yourself, because for some people you can feel it right away, for others, it takes a while before you really notice a change. If you're doing this on your own, you keep asking the questions. And usually it only takes a few times before you start to feel the relief you're looking for. But stay with it until you get the result you're looking for.

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So, again, could you just simply allow or welcome whatever you're feeling?

And then, as best you can, just for now, could you let it go? Just could you? Would you? When?

And just for good measure, let's run through it just one more time.

Whatever's left of the feeling, could you just allow it or welcome it or be present with it as best you can?

You really can't get any of this wrong. And then, as best you can, just for now, could you let it go? Just could you? Would you? When?

Okay, good. So again, if you were working on your own, you would maybe do it a few more times until you got the level of relief you were looking for. But it happens very quickly, the shift, or it can.

Alex Howard

I'm curious, as I was tracking what you were guiding us through, I was noticing that in each of those questions, I'm sure you've heard a thousand different examples of either the resistance or the reasons why. Could you? Maybe the answer is I don't know how to or it's not possible.

Hale Dvoskin

Absolutely.

Alex Howard

So I'm curious as to what are some of the most common answers and what are some of the ways of...?

Hale Dvoskin

Well, the most common answer is I don't know how. You think of a question, how do I do that? Well, that's why we went through the pen analogy first. Because it's a lot simpler than we realize. Everyone's already doing this all day long without realizing it.

Certain emotions seem to stick because we think about them, we obsess over them, we revisit whatever the apparent cause was over and over again. But most emotions just simply arise and set in that moment. They come up, there's a reaction, and then it's gone.

If you think back to the last time you had a really good belly laugh, I don't mean just a little, but something that just got you laughing spontaneously, it could have been at a funny movie, it could have been just something that struck you as funny out of the blue, it doesn't matter. That's one of the ways we naturally let go, even if we don't know any technique. It's through laughter.

And another question is, how is it supposed to feel? Well, it feels however it does. But one of the most universal things that you'll notice, as you let go, your mind tends to quiet.

And over time, it doesn't necessarily instantly quiet, but it gets quieter. It gets more positive. You'll notice in the moment you may find yourself breathing. You may have been holding your breath or

breathing more deeply. You'll find your shoulders are no longer stuck in your ears. You may find that there's a sense of openness or relaxation. You may even feel a wave of energy wash through you and a sense of warmth or aliveness or openness.

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Now this could be strong, or this can be very subtle. Or you may just notice that the emotion that was there a moment ago is gone, and there's not a lot of fanfare about it. It's just gone. And sometimes it can happen so quickly that it's shocking, especially if it's something you've had, apparently for a long time.

And then another important factor that comes up for people, well two. One is, we don't want to let the person off the hook, and we think we may need to understand it or figure it out first. So I'll talk about both.

One is, when you're angry at something or someone, for instance, you think if you let go of the anger, you're somehow condoning what the person did or didn't do. Well, that's actually not the case. The anger is just the emotional reaction. You can still not deal with that person again or get them to apologize or come up with a solution that involves solving the underlying issue. But if you think you have to hold on to the emotion to not let the person off the hook, the only one who's on the hook is you.

The second piece, the understanding piece, understanding realizations, understanding can produce profound releases. That's again, what the therapy is about. However, what we found is that if you go for the understanding first, it can also slow the process down.

What we found is that if you're wanting to understand, if you already knew the answer, and then there was probably a realization, if you really knew the answer, there's probably a realization, and there already was some sense of relief.

But where we get caught is this loop of wanting to figure it out, wanting to understand it, and we can substitute that for letting go. I've seen that happen over and over again. I can't just let it go. I don't know why it's here. I can't just let it go because if I don't understand it, I may make the same mistake again.

Alex Howard

I guess when we're trying to understand it from a place of its anxiety, we're trying to understand it from a place of high anxiety.

Hale Dwoskin

Exactly.

Alex Howard

Clarity is already diminished.

Hale Dwoskin

Dramatically diminished.

[00:30:02]

So when you let go first, if understanding is required, it comes. So you don't have to wait for the understanding first. And yes, any emotion, strong emotion tends to limit our discernment to see what's actually happening.

Alex Howard

How about the, when? Because I think this is also tied in here, that sometimes what probably comes in is, well, I'm going to let it go when this person does that or when this circumstance changes. It's almost like I need to have this emotion to... And I think going back to anxiety, it might be, well, I can let the anxiety go when I know that this thing is going to be okay. So it's like it's dependent upon an external factor.

Hale Dwoskin

Yes, absolutely. That's actually how we believe. We believe that again, because we don't realize that emotion isn't cooked into the system, it's just energy coming up that doesn't need to be there in order for the situation to be the way it is or for it to change.

So the when is whenever. Whatever the mind says is fine. You can say to yourself, when the person changes. But if you say that and you watch yourself saying that, you might see that, wait a minute, if I'm waiting for them to change, I might hold on to this for a while. If I'm waiting for the situation to change, I might be fearful for quite some time.

So the when question is just an invitation to experiment with letting it go now, because ultimately nothing needs to change in order for what is to be as it is and for you to be able to let go of whatever it is that feels unwanted or unnecessary or limiting.

You don't have to believe anything I've been saying. This doesn't require trust. Openness helps, but trust isn't necessary. Trust comes from your direct experience. As you experiment with this, as you see that you don't need to wait for the external to change, then you trust it more and more, and that's natural.

And so just be open, at least to the possibility that you are already wholeness, you are already enough. Even when you're feeling anxious, are okay. If you can stay open to that, at least as a possibility, and you bring that to whatever you're doing, but including this process, it just is easier and more natural to just simply let go.

And it's also self-reinforcing. Let me just finish. When you ask, when? If you've done it a little bit, the tendency to just say now, or not even say now, but feel now and it just releases, gets easier and easier.

I interrupted you.

Alex Howard

I just find myself thinking as you're talking, how I can imagine a scenario of sitting with a feeling or emotion and saying, could you let it go? No, I couldn't. Would you? No, I wouldn't. When are you going to let it go? I'm not. And still, despite that, because I've taken some time to slow down, to be

with, to make space for, even if all I'm hitting is inner resistance, that something is still softening by the act of being present to my experience.

[00:34:07] Hale Dvoskin

Absolutely. Some of the biggest releases I've seen in seminars is when people say no and they mean it. And by the way, if you find that you say no to the questions, there are several things you can do to help.

One is, then just give yourself permission to hold on for a minute or hold on as long as you'd like. Because even if you feel like you're consciously holding on, that's better than feeling like the feeling is holding onto you.

Alex Howard

That's good. Say that again.

Hale Dvoskin

Even consciously holding on to a feeling, feels better than feeling like the feeling is holding onto you, which is often how it feels, or is you.

Alex Howard

Because there's an empowerment there.

Hale Dvoskin

Exactly. When you say no and you're just being honest about it, sometimes it's a relief to just be free to say no. Most of us are saying yes all the time in life where we're inwardly screaming no. And if we think there's one right way to answer the question, then we're not going to be genuine with it.

This is a genuine exploration. So if you feel free to say yes or no, you'll discover that for the relief to come, it honestly makes no difference. It really doesn't.

Alex Howard

It strikes me that part of this is a shift from knowing ourselves as the emotion and the reactivity and whatever's going on in that level, to knowing ourselves as something more than that.

And I'm interested to hear you say a bit more about what is more than that?

Hale Dvoskin

The parts where we get caught is the emotion itself, but also it's the story we have about it. We identify with our stories. We don't realize it's just a story. Sometimes after the fact we do. When that story drops away, you go, I was just telling myself this whole story about how this person felt about me, and I just talked to them and they never had that experience at all.

But we were telling ourselves this whole story that they didn't like me or they wanted to hurt me or they're rejecting me. And then the next time we meet them, maybe you couldn't avoid meeting them

again even though you wanted to avoid it, and then it's a pleasant experience and it's shocking. But we're having those type of experiences all the time.

[00:36:50]

We're not the stories we tell ourselves. We're not our emotions, we're not our thoughts, we're not the stories we tell ourselves. But there is something that is universal, and that is the sense of presence or beingness that is a natural part of everything that's experienced, yet it's not dependent on experience.

There's a sense in that beingness already, of a sense of okayness, of openness, of relaxation, of naturalness. And that naturalness or that beingness or that isness, that is actually who we are. And that is completely independent. It's not dependent on whether or not you have a thought or a feeling, whether or not you're telling yourself a story.

Where all the stories are dependent, the thoughts, the feelings, the stories, experience, it's all dependent on there being this beingness or isness first. And they're made up of that. They're not apart from that.

Alex Howard

And going back to what you were saying a little bit earlier, in a sense, a lot of parts of the experience of anxiety is a recognition on some level that we are disconnected from that place.

Hale Dvoskin

Yes, exactly. That's what I mentioned in the beginning. Most of us are so lost in our life drama and in our thoughts and feelings and beliefs about it, by the way, we're not our beliefs either. And that's important these days because a lot of people live as though they are their beliefs.

But when you recognize that there's something beyond that and it starts to be more a part of living experience, then everything else takes its rightful place. And it's not that you don't tell stories, of course you do, that's how we communicate. It's not that you don't have emotions, you're just not as identified with them and as lost in them and as wounded by them as you were before.

And it's not that you don't think, it's just that the thinking that's just about emotional trauma drops away. And what's left is just this quiet thinking of, hey, I think it's lunchtime. I'm a little hungry. What's for lunch? Or what do I need to accomplish today in order to achieve my goal? Those type of thoughts persist.

So thinking quiet, feeling continues, but it's quieter. It's not just reacting. Stories continue, but you're not stuck in the same loop. Everyone knows someone who's been telling the same story as long as you know them. And they just keep telling it over and over again, hoping that in the way this telling that's somehow going to make a difference for you or for them or somehow, but those type of stories drop away.

The more you let go, the more there's just a sense of this presence or beingness and a sense of ease, a sense of light, a sense of love, and often a sense of peace and calmness.

[00:40:33] Alex Howard

Of course, part of the challenge is that our emotional responses and the way that we relate to the world is so habituated. That we have these, sometimes decades of patterns and programs of ways of doing things, that in that moment, from what you're describing, we can learn to let go, but we also have to, I guess, over time, retrain these patterns.

I'm curious as to, as someone learns to work with this in day to day life, what that looks like? There can be a one time experience but I'm guessing that there's a practice of retraining in a sense.

Hale Dwoskin

Actually, it's not retraining. It's interesting. A lot of people believe you have to retrain. Our work is based on the direct experience that there is already wholeness. And the body mind has this natural ability to solve problems. It has this natural ability to know what to do spontaneously. There is this clear reason and intuitive knowingness that's always available.

But you do have to unlearn the patterns. And the unlearning, though, can happen spontaneously as you let go, because every time you let go, you're interrupting the pattern. Part of the reason patterns persist is we never interrupt them. They just play uninterrupted. And when they arise, they arise often with an emotion and a whole thought, group of thoughts around it. What happens is that stuff arises and unchallenged or unexamined, it just adds to the accumulation, and it's just a loop of reinforcing.

But every time you let go, you're interrupting that loop. And rapidly, just by doing that, the pattern falls away because it's based on what was or what might be. It has nothing to do with what is. Nothing. It just feels that way.

And then you can consciously, once you feel comfortable with this process, you can consciously invite patterns into consciousness and examine them and let go of the thoughts and the feelings and beliefs and the ideas about them.

But I don't recommend people start there. I recommend people start with just getting comfortable with the whole process of letting go and open at least the possibility that they aren't their stories, they aren't their feelings, they aren't their beliefs.

They are this unlimited energy or beingness or aliveness that animates the body mind but isn't limited to it. And the more that's open to, the more it becomes your living experience.

And that is also another way to release emotions. One way to release emotions is to feel it and welcome it and let it go. But another way is to welcome what they're made of or what's underneath them.

So if you're feeling anxious, you can also just simply welcome the emptiness or the stillness or the peacefulness that may be very faint, but it's in the background. If you give your focus and attention to that, that tends to allow the anxiety in the foreground and that sense of fullness, empty fullness or aliveness in the background, to come into the foreground. And when that happens, it generally dissolves the emotion and also starts to dissolve the pattern.

[00:44:33] Alex Howard

It goes back to what you said earlier around looking at it from the frame that emotion is energy in motion. And if you're putting your attention somewhere different than what you're doing, because that's where the energy is flowing.

Hale Dwoskin

Yes, exactly.

Alex Howard

So, I realize we're running out of time, but for people that want to find out more about you and your work, where's the best place to go and what's some of what they can find?

Hale Dwoskin

Well, the best place to go, and the simplest place, is [sedona.com](https://www.sedona.com), like the city in Arizona.

It's called that, by the way, because everyone wants to know, The Sedona Method is called The Sedona Method because the first courses were held in Sedona, Arizona in the early 70s.

And at one point it was called Mind Freedom because it frees the mind. But if you're old enough you probably remember the Jonestown massacre where 800 people committed suicide and at that time we said, you know, Mind Freedom could be misinterpreted so let's come up with an innocuous way to describe it.

Alex Howard

That's not really a comparison you want, is it?

Hale Dwoskin

No, but I'm just being honest.

So The Sedona Method shows you how to feel as good as you do on vacation at a beautiful place like Sedona, Arizona in the middle of crisis, at work, on the subway. What do you call it again in the UK?

Alex Howard

We call it the underground in London.

Hale Dwoskin

The underground.

Alex Howard

Or the tube we also call it.

[00:46:13] Hale Dwoskin

Underground or the tube or in all the unpleasant places in life.

It's not dependent on that and you can let go even in the midst of the worst crisis imaginable. And then it becomes even more bearable or actually, there can even be a sense of calmness even in the middle of what could seem as an overwhelming problem.

So again, [sedona.com](https://www.sedona.com), I got sidetracked there.

We also have The Sedona Method [YouTube channel](#), The Sedona Method [Facebook page](#) where we have, all three places, we have free videos, we have quotes, we have lots of free material for you to enjoy and there's some information about how to go deeper with this.

And then I also have my own podcast which is called *Letting Go & The Greatest Secret*. And I interview a lot of people from the self-help field and from the spiritual field. And there's a new episode every week of that.

Those are all the different ways you can connect but the simplest is [sedona.com](https://www.sedona.com).

Alex Howard

Fantastic. I've really enjoyed our conversation. Thank you so much for your time.

Hale Dwoskin

Me too. Thank you for having me and thank you all for listening.