

My Story



I have been a therapist for over 20 years and I am a good one. I have helped many people work through a variety of issues and problems. I thought my life had settled and I had committed myself to helping others. I have been sober and in recovery for almost 30 years.

The Method was developed from my personal work. It is not theoretical. Instead, it is based on my experience with difficult life lessons and is the result of much time and study. As one of my teachers liked to say, "It is *kitchen tested*." It also means I am committed to The Method as a means of doing personal work.

I came from an abusive alcoholic childhood. I was number five of six children from a very poor family. I lost two children in my 20s. I had three disaster marriages. I had been homeless and an IV junkie. I had gotten into legal entanglements. I got sober shortly after turning 30 years old.

With sobriety my life changed for the better in remarkable ways. I worked hard on my issues from growing up in an abusive alcoholic home. I worked very hard on myself. I went to 12 step groups. I attended groups and went to conferences. I not only survived, I thrived. At 30 years of age, I went to college and got a master's degree in Social Work Counseling. I met my husband, Steve, during my fifth year of sobriety. He was and is a very good man. We read the book "Centering and The Art of Intimacy" by Gay and Katie Hendricks. We structured our life around their work after attending their workshops and trainings. Our motto was Feel Your Feelings, Tell the Truth and Keep Your Agreements. We even structured our wedding vows around these three principals. We went even deeper when introduced to "Undefended Love"

by Jett Psaris and Marlena Lyons. My life became good and steady. I really felt like I had gone through all the negative I was ever going to experience in my life. I helped Steve raise my stepson and then, when I was 16 years sober, we adopted our daughter from Cambodia. She was the joy of my life. Suddenly the pain of losing my two children was gone. My life was full and complete.

It all changed. A series of personal crises ripped my world apart. I felt completely alone and was consumed with a barrage of negative emotions: anger, fear, resentment, confusion. With each crisis, my mind created a story, complete with a firm belief and solid judgments. For months, despite new information and hearing different perspectives, my mind kept repeating its original stories, making no changes to the initial beliefs or judgments. It was like a recording stuck on "repeat." Looking back, I now see those original stories contained some truth related to the respective crisis but for the most part they were created around past trauma. I was not sure I was going to make it to the other side. I felt completely alone and I blamed everyone else. I really thought I might die from broken heartedness.



I knew that I had to either give up on life or find a way out of the hell my life had become. I worked hard in my own counseling.

I began to study and to be open to new practices. The first relief I stumbled upon was Richard Rohr and The Welcoming Prayer. In this prayer you welcome all of your feelings. I saw that I was running away from everything I was feeling. I stopped and would "welcome" the experience no matter how painful. Desmond Tutu's book "The Forgiving Book" gave me concrete things to start doing to let go and to forgive both real and perceived hurts. Then I came across Pema Chodron and her work which again encouraged one to stay with the experience as well as to question your thoughts. Pema shared the light of understanding that we are all neurotic and that a big part of our problem is believing our neurotic thoughts. This brought me to "The Work" by Byron Katie. The Work gives you a format on how to question your neurotic thoughts. I started learning much of what I had believed and had been so angry about was just that ... my thoughts. I started inquiring and really being open to what I was telling myself. It started changing me and my life. I had read "The Tools" by Phil Stutz and Barry Michels years before but went back to it and it helped me get clearer about how I needed to question what I was telling myself and to not just allow but embrace my experience. This led me to Thich Nhat Hanh and his book "How to Love". Finally, I found "The Sedona Method" by

Hale Dwoskin. The Sedona Method gave me a way to release the emotions that my thoughts had created. By combining all of these methods, I found relief. I also believe I found a way to help others. Each method provided me a piece of my personal puzzle. I slowly worked through, melded, and modified until I developed The Method. From the development of The Method, it allowed me to go deeper within myself and discover parts of me that were still hidden (my shadow self). The Method has awakened me to see my life as a continuous journey. I am never 100% done with my thoughts, feelings and judgments. However, now I have tools that help me confront and see clearly. I am more gentle with myself and more loving by using The Method.

Although I had been meditating on a regular basis, my practice became more profound once I incorporated The Method into the routine. With all facades removed, I saw that others were a projection of me and my fears. By using The Method to remove projections I have gotten to know me. My life has changed in deeper and richer ways and in ways that I could not have imagined. I feel more at home in my skin than I ever have in my life. I know me better than I ever have in my life. I know that I can walk through anything. I do not believe that all my problems in life are over. I believe I have a way to walk through and use my problems to meet and know Pam on a deeper and more real level with every problem that comes up. I had done good work through all those years but there were parts of myself I kept hidden, even from me: my shadow self. It contained my insecurities, pains, dysfunctions and hidden assets. Using The Method, I am now able to know myself on a deeper, more vulnerable level. It has taught me that much of my pain and anger were created by my thoughts.



Today, I see the world and myself through much gentler eyes. I am no longer afraid to feel my feelings. I can dance with happiness and mourn in grief with the same touch, by using The Method.

I learned that my thoughts and my feelings change very quickly, depending on what I am listening to inside of myself. They changed so rapidly, they were not the best method for making life decisions. I was so confused. Through all the practices I realized that I was not a rag doll that could be blown around based on what my mind was saying or what I was feeling in that moment. The next moment might be completely the opposite. How could I be sure that

both were the absolute truth in the moment? I used methods from all of the professionals I mentioned earlier but it started getting confusing. I had to put things together in a way that I could understand. I started figuring out what was the most helpful from everyone I studied.

The Work and questioning your thoughts were so helpful for me in starting to separate from my egoic mind. The Tools cemented that in for me. I realized that there was a part of my mind - all of our minds - that will talk me into wrong action, by the egoic mind lying, judging, criticizing, and hurting in any way possible. I learned from Pema and Thich Nhat Hanh that I must befriend this part of my mind. The more I tried to reject and run away from it the louder it became. I needed to stop and just ask it some friendly questions. I learned the main way the egoic mind gets me is through my shadow self - the parts of me that I have discarded: my shame, my fears, my traumas, and my undeveloped attributes. All these were available to the egoic mind to twist and distort and use against me. I had to learn to shine a light on my shadow self and heal the shame that had a hold on me. I also learned there was a true self (my spiritual self) that was there also; the wise and knowing part of me. Once I started investigating the process and contents of my mind, I grew so much. I also realized that something was missing. It was the emotional part of me. Although my thoughts were healing, my spirit, my feeling part, was not. That is when it occurred to me that forgiveness and gratitude are the glue that holds all of these together. Slowly, this is how what I later termed The Method came into being. This is something originally intended for me and my own growth.

I found so much relief for myself I wanted to share what I learned. The Method was created to help individuals become more aware of background thoughts and triggers that affect their behavior. It includes a guide with fifteen (15) areas of "unhooking" that aim to guide a person to an understanding of how and why they react to certain stimuli. If used mindfully, it can provide an individual with fresh clarity which, in turn, can bring about needed behavior change. Not only has my behavior changed but the way I view myself, others, and the world has changed as well.