

Instructions for The Moore Method

Take a few moments and pay attention to what you are feeling NOW.

Belief/Judgment Think of an experience you had that pains you and that you have judgments about at that time. Go to where it really hurts.... Who did that to me, who brought me to that, who showed you _____? To develop a Judgment of another is to be as judgmental, childish, and petty as you were in that situation. Don't try to be wiser or more spiritual or kinder than you were. This is a time to tantrum, to look within yourself, to look back at that specific situation and be totally honest and uncensored about why you were hurt and how you felt when the situation was occurring. Doing the method from this perspective gives us an opening to see ourselves as others are only a mirror to our own soul. As the old saying goes.... "if I have my finger pointed at you, there are 3 pointed back at me." It is a way to open to the method that is safer than the belief method as we do not feel as vulnerable when we are looking outward. .

If you want to do it on yourself, you can do it either as a judgment or a belief. This way of inquiring with the method has some pitfalls to watch out for. This is not meant as a way to shame yourself. This is meant to help you hold your thoughts and feelings with a lighter touch. If you find yourself shaming yourself go back a try it again as a judgment of another person.

See Appendix A for further instructions on writing a belief.

Now do The Moore Method on this feeling and belief/judgment no matter if it is about the self or another.

Allow your feelings to express themselves as they arise, without any fear of consequences or any threat of punishment.

Inquiry 1 is where you briefly tell your story about your judge/belief. What happened from your perspective? What is the story behind the belief/judgment from Inquiry 1? Give as much detail as possible. Do not edit or sort, just write.

Inquiries 2 and 3 are not meant to be shaming but more about opening ourselves to the possibility that there might be more than one way to see our judgment/belief. They are a way to ask your mind is there another way of seeing this belief/judgment?

Inquiry 4 is about tuning into yourself and be present with yourself in this very moment so what do I feel in this moment and being able to stand with it. This is the time for bravery. Really let yourself be aware of what it is you feel NOW. Close your eyes and invite yourself into your body, into this stressful situation. Drop into the specific situation, notice you with the physical sensation. Finish the sentence "This feeling means..."

Inquiry 5 To welcome the feeling feel the pain of the offense the way you first felt it or are feeling it in this moment, and feel the hurt in your body. Feel the pain, grief, and anger, but do not create the usual win/lose scenario. Identify yourself with the suffering side of life, how much it hurts to hurt. Hold this in your heart space, your body space, instead of processing it mentally, or creating a story line. After you have allowed yourself to feel the feelings it is time tell the story of your past.

Inquiry 6 Based on the story and the feeling is there an older story that goes with this belief/judgment. The earliest memory you can find that matches this story/belief/judgment. I find it helpful to focus on the message and feelings not the details of the story.

Inquiry 7 How do treat others..... Does this make me more or less honest; friendlier or less; guarded or free...etc.? Does it affect the way I am in relationship with other people?

Inquiry 8 The first step in healing is to ask who would you be without this story? Would you be happier? Sadder? More confident? Less? Etc.... imagine yourself without your story and who you would be.

Inquiry 9 You want to go back to the body and pay attention to your experience in the present day moment. Pay attention to your feelings and answer what do I get out of staying in resistance. Write it down. There are 3 payoffs to pay close attention to and they are the need for approval, control and security. Am I wanting to hold onto one of these needs/wants?

Inquiry 10 Could you let your story go? Pay close attention to your experience. Let yourself feel all the feelings you have associated with this story of your belief/judgment. Then you want to ask yourself "Could I let this go?" Say the truth sometimes we can and sometimes we cannot. If not, are you open to letting go in the future? If you can say yes, I can let this go. Am I willing to let it go? If so when? Even if your answer is no, a crack is opened for the future just for being willing to ask yourself the inquiry. If I can let it go am I willing to? And when? Pay attention to yourself and make sure you are honest with yourself there is not a right or wrong answer.

See Appendix B for ways to let go.

Inquiry 11 Simply rewrite your original **Belief/Judgment** from the beginning of the worksheet.

Inquiry 12 Turn your thoughts arounds. This is important to be able to help with letting go. When we are stuck in our belief about being a victim of ourselves, others or the world we have... as Byron Katie says.... "turn it around." Not every belief will utilize all 3 turn arounds but see if any can. Be figurative and not literal in your turn arounds. So really think outside of the box.

See Appendix C for an example of turn arounds.

Inquiry 13 We go back to our body and pay attention for any **residual feelings** associated with our belief and judgment. We take notice of them. Again we ask ourselves; do I have any resistance. Write it down. There are 3 payoffs to pay close attention to and they are the need for approval, control and security. Am I wanting to hold onto one of these needs/wants? How does my belief/judgment effect my need/want for approval, control or security?

Then we work on the letting go process here are some ways to left go

If I can let it go am I willing to? And when? Does this effect my need/want for approval, control or security? Could I let go of this need/want? Am I willing to let go of this need/want? When? Repeat this process until you address your experience/feelings and you feel clear. I have found it usually takes me at least 3 rounds. The first one for my resistance and then at least 2 more rounds of letting myself feel and then release with the Could, would and when inquiries, sometimes more. Do not rush this step.

See Appendix D on steps for forgiving.

Inquiry 14 is simply instructing you to re do Inquiry 13 until you feel clear with your feelings

Inquiry 15 is **The Grateful Flow** from “The Tools” This is a way end this exercise with gratitude.

See Appendix E on How to start a Grateful Flow.

See Appendix F for a copy of The Moore Method Worksheet

Appendix A How to Write a Belief

To help with discovery and understanding of a self-belief write on a separate piece of paper about the following inquiries:

What’s my mind’s favorite thing to beat me with?

When was the last time I had that belief/judgment?

What was I afraid of not getting or afraid of losing?

What could possibly be worth getting, to do a full on assault to myself?

Who needs me to be... _____?

What’s not ok with... _____?

Where’s the problem with/when...?

Who would agree with me / who taught me in the first place what?

For the final statement on your belief/judgment and feeling sheet for The Moore Method

Go to where it really hurts who did that to me, who brought me to that, who showed you that
_____?

And this means _____ ?

Appendix B How to Let Go

There are several ways to LET GO:

1. For a minor irritation it is just a decision to **let it go**. Sometimes just acknowledging something is all we need to do to **let it go**.

2. **Welcome It** This is sometimes referred as the Welcoming Prayer. With this one you intentionally do not resist the thoughts and feelings that are coming up and they will naturally dissolve on their own. Another way of doing this **Letting Go** is called "**Bring It On**" From the Tools Lean forward on the edge of your chair; Scream to yourself "*I am an animal.*" Tell yourself Bring on the pain! I love pain! Pain sets me free! Then imagine jumping through a cloud of pain and to the other side.

3. **Make It Bigger** With this letting go you consciously focus on the experience and try to intensify it. You let yourself be completely taken over by the emotions. With this one the story is to be avoided and you focus on the feelings that come up.

4. **Whole Releasing** This based on the fact that everything happens in duality. You cannot have good without bad, right without wrong, deep without shallow. We usually try to believe it is one way or the other with this method we let ourselves feel both sides of opposite feelings and thoughts Be sure you take time with both sides. If you do not feel a release after 10 times back and forth go back and see if something else has come to the surface.

5. **Triple Welcoming** with this release we welcome all aspects of the issue, the resistance and wanting to change it, our judgments about it, our feelings about it, our wanting to figure it out and any other related thoughts and feelings. We let all of this come together and then welcome our attachment or aversion to the issue. With this last release we start to see that it is the attachment to the energy that is keeping us stuck. We can see that it is just energy not who we are and that it is the identification with the issue that is keeping us stuck. When you are lost in a feeling or a story from the past or you simply would like to see through the illusion of "me," ask yourself: Whose feeling, thought, or story is this?

If you are identified with the false center, the answer will be "mine." If you are not identified with the false sense of "me," which may happen at any time, there may be an experience of no one and no thing taking delivery or claiming ownership of what is being experienced. If this happens, just rest as that and know that no further questioning is required. If the answer is "mine," then ask: In this moment, if you do not go into memory, can you actually find this "me"? You can also follow it up with, If there is no me in this moment, is it possible that there has never been one?

now? Keep asking this simple question until you notice that all mind-generated answers dissolve. Then check to see if it is possible that the Beingness or presence of knowingness that is more obvious in this moment has always been here. In my experience, what we are is always present, but sometimes ignored. You can also ask yourself Are You? And simply rest as the answer to that simple question. Then ask yourself Could you allow that to be enough? Keep asking these questions until you find that the mind no longer feels the need to answer and you are at rest as that which you are. Allow this to happen naturally without forcing, and do this from your direct experience as opposed to from memory or what you think should be experienced. Also, know

that this is really not a technique, but a direct looking through the illusion of separation to the ever present presence that is shining as the love and beauty that you are. The bottom line is that when you look with an open mind and heart into what is actually being experienced here and now, two things become obvious: First, that the separate “me” with its story of suffering isn’t, and what is here is simply the Beingness, presence-awareness, the knowing emptiness that allows for all experiencing. This is like cutting the head off your problem; and if you do this with an open mind and heart as best you can, you will find that it not only causes your suffering of the moment to release, but will cause huge chunks, if not all, of your attachment to suffering to dissolve as well.

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Appendix C How To Do a Turn Around

This is an example of turn arounds on the thought I am angry at Sam for smoking.

The First Turn around is to The Self.

It is how I am judging others for doing what I am doing to myself.

A turn around to self could be

I am angry at me for smoking.

And then 3 examples of how that is just as true.

(It does not matter that I do not smoke cigarettes)

1. I am SMOKING MAD at myself.
2. I am SMOKING with judgments about myself.
3. I smoke in my mind all day long as I am so focused on Sam’s SMOKING

The Second Turn around is to The Other

Playing off the above example I might would say

I smoke at Sam

My 3 examples could be

1. Sam is in his business of smoking and I am in his business of smoking and no one is there for me
2. I am so smoking mad at Sam I am rude to him when he does smoke
3. I try so hard to control Sam’s smoking I do not have time to live my own life

The Third Turnaround is to The Opposite

To further use the above examples:

Sam’s smoking does not affect me.

The 3 examples could be

1. It is not Sam’s smoking but my thinking that is hurting me.

2. I think about Sam's smoking more than he smokes so it is not him but me that is upsetting me.
3. Sam smokes outside to make sure it does not bother me physically.

On the opposite it could be that the belief/judgment I have is not effecting me but my thinking about it does or we could do the revers of the original statement such as Jean betrayed me becomes Jean did not betray me and then the 3 ways that is just as true.

Appendix D Steps on Forgiving

According to Desmond Tutu there are 4 steps to forgiving: Telling the Story, Naming the Hurt, Granting Forgiveness, and then Renewing or Releasing the Relationship – Forgiveness is a decision to let the pain go, so I do not have to suffer and you are free.

Appendix E How To Start a Grateful Flow

1. Silently state to yourself specific things you are grateful for, particularly things you normally take for granted. Do not use the same things, think of new items each time you use this tool. You should feel a slight strain from having to come up with new items.
 2. After about 30 seconds stop thinking and start focusing on the physical sensation. You should feel it coming directly from your heart.
- Connect with "The Source" which is within you. The Source is always there for you. Ego does not want you to know The Source is there. As this energy emanates from your chest will soften and open. In this state you will be filled with the power of infinite giving the source.

Appendix F

What is your most stressful thought? What is your mind's favorite thing to beat you up with? Who are you most upset with and why? Allow yourself time to meditate on your answer.

Now, write down the issue you are going to work on as either a **Belief** (thought) and/or a **Judgment** (person).

1. What is the story behind this **Belief/Judgment**? (Don't edit or sort, just write)

2. Are you sure it is true?(Yes or No)_____

3. Can you know with absolute certainty this is true? (Everyone else would agree?) _____

4. Take a moment to feel. What is the feeling associated with this thought? Describe in detail physical and emotional.

5. Could you welcome this feeling in this moment?

6. Think back in time. Is there an even older story that goes with this belief/judgment or feeling?

7. How do you treat others when you believe this thought and these feelings?

8. Who would you be without the story you are telling yourself?

9. What does holding on at this time mean for you? What would you lose?

10. What feelings come up for you? Welcome them. Could you let them go? Will you let the story and the feelings about belief/judgment go? If so when?

11. Now let's turn the thoughts around. Re-write your original belief:

12. Turn the thoughts around:

To the self and then come up with specific examples of how this is true

To the other and then come up with specific examples of how this is true

To the opposite and then come up with 3 specific examples of how this is true

13. Allow yourself to welcome any residual feelings. Allow yourself to feel all the feelings associated with this story of your belief/judgment. What are the feelings that are left over? What does holding on at this time mean for you? Could you let your story and the feelings about your belief /judgment go? If not now, would you be willing to look in the future? Will you let go of the story and the feelings about this experience?
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Could you allow any forgiveness that needs to be extended? If not now could you in the future? When?

14. Repeat the releasing process until you feel relief.
15. End with the Grateful Flow. Allow yourself the opportunity to be grateful for your original belief and what you have learned in this exercise as well as all other good things in your life.

Books to Inspire

Pema Chondron	The Places That Scare You Comfortable With Uncertainty Living Beautifully Practicing Peace
Hale Dwoskin	The Sedona Method
Thich Nhat Hanh	How To Love Fear The Heart of Buddha Taming The Tiger Within
Byron Katie	Loving What Is A Thousand Names for Joy Who Would You Be Without That Thought Question Your Thinking, Change The World
Gay and Katie Hendricks	Centering and the Art of Intimacy
Barry Michels/ Phil Stutz	The Tools
Jett Psaris/ Marlena Lyons	Undefended Love
Richard Rohr	Falling Upward Falling Upward Journal Breathing Underwater Breathing Underwater Journal
Eckhart Tolle	New Earth: Awakening to Your Life's Purpose
Desmond Tutu	The Book of Forgiving