



MICHELE WILLMOTT
RELATIONSHIP COACH & MENTOR

The Profound Permission Method™

Please do not share this document with anyone else (other than your partner).

This method is designed to help you clean up your energy when you are triggered by someone/a situation OR by your own mind. It is a powerful method that will help you become more of an energetic match to what you want. It will also help you take the kind of action that is more likely to help create connection and intimacy in your relationship.

In brief it will help you:

- A. Alchemise the energy of a 'negative' feeling into a higher feeling state** (some people call this vibration or frequency). This makes you more 'attractive' or magnetic on an energetic level.

Most people are only managing their feelings. This might help you feel calmer for example, but it doesn't tend to help you create powerful transformation in your love life. It also stops you from going deep enough into your relationship with self. When you can become compassionate, intimate and connected with all parts of self then you put yourself in a position where you can create it with your partner.

Alchemising gives you the opportunity to work with the raw 'shadow' energy and turn it into your own unique form of power.

- B. Access and alchemise your subconscious thoughts that are often driving your behaviour and energy.**

All those random thoughts that come up in your mind, often seemingly from nowhere, where you might think 'where did that come from?' – these are very telling and give you much information about the kind of dysfunction or fear-based programming that is still alive in your psyche. Rather than ignore them, get curious and use the method on the thoughts as well as the feelings. This will really help you breakdown your triggers and shadow over time. You will become far safer emotionally in your relationship than you ever were before.

- C. Get you out of your overthinking mind (Saboteur Archetype),** which i) attaches meaning to your feelings i.e. feeling x = thought y. There will truth in the narrative in your mind because you will likely have evidence to back it up. This element of truth is what hooks you into believing what it is saying to the point you are not open to seeing the other perspectives. If you cannot see other perspectives, you will not be open to the infinite possibilities that can exist.

The Saboteur is overly focused on physical evidence and has no concept of what it means to create our reality energetically. It projects the past onto the future and creates future anxiety. It also lacks the ability to create lasting transformation and is essentially avoidant and risk averse.

ii) The Saboteur encourages you to think your feelings rather than actually feeling them fully in the body because it does not like discomfort. This in turn serves to create energetic resistance and thus more shadow (because you are essentially in avoidance and/or reaction). When you act/speak from shadow you will tend to attract and create more shadow.

An example of this is when someone holds on to their anger, they are more often holding on to the resistance created by not feeling the anger properly. When you feel your feelings fully and properly, they will feel uncomfortable at first but will generally dissolve or be transmuted into another feeling state. **This process will help you to get more present in your body, which can hold good/higher feeling states for longer.**

Your body is great at helping you sense your way through your everyday life, rather than falling foul of your often sabotaging mind. Your body just needs some retraining because it has been conditioned to respond and be 'fed' by your status quo mind, to the point it has been somewhat of a helpless onlooker up until now. This mind is not always a bad thing, it is just limited in terms of being unable to see other perspectives.

This method will help you embody your Power Archetypes more consistently, which are open to infinite possibilities and do not need to try and control everything like the Saboteur.

The Method

You can do this method with a thought or a feeling.

If the feeling is quite strong, do it on that first. It is likely an associated thought will come up afterwards, then you can practice it on the thought.

It is worth doing it on both feelings and thoughts because they are interlinked most of the time. If you can do this, you are really helping yourself to break down the Saboteur who is basically telling you that you should or shouldn't feel/think in certain ways. This is the shadow that limits your energy and therefore the way you show up in your relationship.

Recommended Steps

1. Acknowledging your current experience on a i) Feeling level, ii) Thought level.

Say to yourself in your mind (choose the best fit words in bold below):

Feeling: 'It's ok for me to feel / I give myself permission to feel / I acknowledge this feeling of sadness and I am willing to fully feel this in my body rather than just thinking my feelings.

OR for a

Thought... 'It's ok for me to think xyz / I give myself permission to think xyz because.....insert evidence to support your thinking.

BREATHE, wait for this to land in your body. You may notice resistance and it will likely feel uncomfortable, which is all ok. If you get a 'yes' from your body that's great, you can move on to the next step. If you can feel resistance, get curious about the thought behind the resistance; what is it saying? Maybe a part of you wants to hold onto the feeling...whatever comes up, give permission to the part that wants or doesn't want to feel/think/do xyz. This way you start to release the negative energy that this part of you is keeping alive.

2. Giving compassion to the self that does not know how to transform the feeling and is thus sabotaging / trying to protect & avoid rejection.

Feeling: Say to yourself "A part of me cannot help but feel xyz because.....(insert a reason why that part of you is feeling xyz) (it will make sense to that part of you on some level. There will be a reason either due to a current circumstance or due to a experience)

OR

“A part of me wants to feel / be sad” (often those parts are getting something from the feeling, they like the drama or want to be a victim/helpless OR they were told they shouldn't feel xyz.....this method can be a great way to go against old programming and in essence it serves to give the proverbial middle finger to any messaging or conditioning that was trying to control us).

Thought: Say to yourself ‘A part of me cannot help but think this because.....(apply a general or specific reason) e.g. I have been conditioned to think like this / I don't know how to change things and at least this thought gives me a sense of power / it is easier to stay in blame than it is to change and take a closer look at myself / I am fearful of getting this wrong.

OR

Say to yourself ‘A part of me wants to think this because....’

N.B. It can sometimes help to say the second option i.e **‘a part of me wants to feel/think xyz just wants to be allowed to think/feel this’** because we have received messages that tell us we shouldn't think/feel this way. So these parts of us often just want to be allowed to think/feel whatever they are thinking/feeling right here right now. This may feel or seem a little warped. However, this can help us claim our power back because at the end of the day **NO ONE has the power or right to tell you what to feel or think.**

BREATHE, wait for it to land in your body, check for a yes or resistance.

3. Acknowledging the discomfort / your dislike of the felt experience.

Feeling: Say to yourself “I give myself permission to not want to be OR feel sad (based on the idea that it's uncomfortable and being 'stuck' in it on an energetic level is limiting you in some way).

Thought: ‘It's okay for me to not want to think xyz because....For example (use any of the following or your own): I can see that it is creating resistance in me/it is keeping me powerless/it is holding my partner responsible/there are other possibilities I would rather be open to.

Breathe and **wait for the words to land in your body.** If you notice resistance once again ask yourself what the resistance is saying, give permission to the part of you that is thinking/feeling this way, there will be a reason why. Often it will just come down to conditioning or past experiences. Perhaps a part of you just wants to be allowed to think or feel that way. When you let these parts have a voice they tend to quieten down and their energy dissipates.

4. Acknowledging the part of you that wants to create change / is open to transformation

Feeling: Say to yourself “A part of me does not want to feel xyz because.....insert a general or specific reason here. For example: because I don't want to feel bad/negative. I don't want to be limited by this feeling. / The story that goes with this feeling is not serving me. I want to be more positive & create change.

N.B. Watch out for this kind of thinking: ‘I shouldn't feel sad I've got lots of be grateful for. Whilst this may be true on many levels it's still important to acknowledge the part of you that feels sad; otherwise we are dismissing a part of ourselves.

BREATHE, wait for it to land in your body, see whether you get a yes or resistance. Keep giving permission.

Thought: Say to yourself “A part of me does not want to think xyz because....insert a more positive or truthful reason as above. For example, ‘because I don’t want to let this thought dictate how I show up in my relationship or the person I want to be’.

5. Ask yourself what do I want to feel / think right now or in relation to your situation?

Choose a feeling or statement that resonates (see Archetypal Sayings document to help you).

Thought - What do I want to think (now or about this situation)? (The Archetypal saying document will help you here)

Give yourself permission to think this (say the words to yourself & feel them). Much of the time we are not allowing ourselves to choose a thought that is more empowered because the shadows are not being looked at on a deeper level.

Feeling – What feeling would I like to feel right now instead for no other reason than to just feel it? (E.g. compassion, excitement, aliveness, joy, peace, calm)

Examples that may be useful:

‘I give myself permission to feel joy right now for no other reason than to just feel joy’.

I give myself permission to open up to possibilities (e.g. a feeling of expansion)’.

‘I give myself permission to not think right now’ (goes against the Saboteur’s overthinking).

In step 5 If you are working with the thought, it can help to start by saying ‘it’s not about xyz (thought) but it’s about xyz’; this gives you an opportunity to go against the limited perspective being presented by the shadow thought and instead take a stand for who you want to be moving forwards or how you want to approach/see things. For example: if the thought is ‘my partner doesn’t consider me’....the replacement thought might be: ‘whilst there might be truth in the fact that my partner doesn’t consider me. It’s more about the fact that I need to consider myself more. I need to commit to claiming back my power to create transformation. I need to ensure I speak up in such a way that does help me receive consideration. It is not all on my partner’.

N.B. When you are asking yourself the question ‘how do I want to feel instead’ you may find that a part of you wants to keep feeling the sadness or even hold onto it. Sometimes holding onto a feeling actually enables you to fully feel something rather than numb. Give permission for this too. Allow yourself to breathe into it if this happens. This is not a bad thing at all because you are 'being' present with yourself. You may find the sadness turns into something else like joy. There is no right way to do this, just observe.

N.B. Beneath the shadow thought/feeling is usually fear or anxiety as stated above. Parts of us may try to resist feeling the anxiety properly because we think that if we feel it the disaster scenario might come true in some shape or form or that we might keep the outcome we want away from us. It is a conditioned and often normal human response to create fear and think the associated thoughts. The truth is you can still feel your anxiety and create what you want. They are not mutually exclusive!

6. Ask yourself now is there anything I want/need to do in terms of action?

An action step for you to follow through on may have become obvious for e.g. a conflict with your partner that wasn’t addressed. This is an opportunity for you to clean your energy up and be in integrity with who you want to be i.e. a man/woman of your word.

Caveats:

i) this method can feel tedious and monotonous. However, if you really commit to using it you will start to feel and witness the benefits. Some triggers need to be worked with a number of times before the shadow 'let's go'. If you think 'it's not working for me' give yourself permission to think this, that is fine. If you give up too early, it won't be a surprise that it doesn't work. As with any technique commitment and time are necessary to gain mastery.

ii) You may find that as a result of the above method that you are still left with a feeling of unease or sadness that seem hard to shift. These feelings are an opportunity to be with any deeper feelings of hurt and pain. Sometimes the best thing you can do is to demonstrate to yourself that you are there for the part of you that feels such pain. Hand on heart breathing deep breathing can really transmute hurt and pain into love and compassion for self. Emotional Freedom Technique (EFT) is also a good way to work through anything that doesn't seem to want to shift.