

De-Bugging Your Dragons

by Nettie J. Meissner

Tools for Emotional Healing.

Hard-Wiring Concept.

Like a computer we are born to follow commands as we are taught. Our basic commands are instinctive to Love, seek peace, pleasure, joy and happiness. Therefore we seek that which is in the light or good. Good is open and we can see it as it should be seen. Life grows in the light. This is the way God created us and the computer is set up on the same premises. On the other hand things that are bad for us will create pain and suffering, sorrow and misery. Evil normally lurks in darkness and in the darkness of our minds, something we don't want to face.

Pain and suffering can be our friends. If we did not recognize pain, we might not remove our hand from the burning stove, also if eating were not a pleasure, we may starve ourselves to death. Sickness and injury does result in us by violating our natural instincts whether it be accidentally or intentionally.

On the emotional plane, we experience inner peace, harmony, love and joy as we move in harmony with the divine messages. We are on the right track when these feelings give us this inner peace. When something is wrong, we feel the pain, anguish and this calls for self-analysis and change.

Enter life's Dragons.

We all ask the great question of why does God allow the suffering and bad things to happen. A Dragon is an illusion, a lie or a misperception that enters our thought pattern and gives us that visual image. Dragons are false beliefs that cause us to mistake darkness for light and light for darkness (Isaiah 5:20).

On the level of physical and emotional, we may crave foods or something else that may be bad for us, with the idea that the end results will be good for us. That will be on the physical level. The emotional level shows we can only remain in situations causing

suffering if we perceive it to be ultimately for the good.

The Brain Computer needs De-Bugging.

1. Negative self-talk and self-belief are Dragons.

TRIGGER (person, place, thing or situations,) creates ILLNESS (physical, mental or emotional).

EXAMPLES: "Sally's behavior makes me sick to my stomach." — "My job gives me a pain in the neck." — "I'll just die if anybody finds out about this."

WARNING: BE CAREFUL OF THE WORDS YOU USE, BECAUSE THE WORDS YOU USE, USE YOU.

2. Unable to act: The inhibited ability to perform a certain ACTION.

EXAMPLES: "I could never speak in public." — "I can't dance, I've got two left feet."

WARNING: OUR LIMITS ARE EXACTLY WHAT WE PERCEIVE THEM TO BE.

3. I AM or I EXIST in a negative state of being.

EXAMPLES: "I'm so fat and unattractive." — "I failed." — "I'm worthless."

WARNING: TO BE OR NOT TO BE IS NOT THE QUESTION. THE ONLY QUESTION IS WHAT TO BE. ALSO, NEVER PUT ANYTHING NEGATIVE AFTER GOD'S NAME (I AM).

4. YOU ARE or something IS something negative are programs that give us control over what others ARE.

EXAMPLES: "My children are little monkeys. They are naughty." — "You are so

stupid you will never amount to anything." — "You little devil, you are always hyper."

WARNING: THE TROUBLE WITH IS, IS THAT IS, IS.

5. **VOODOO HEXES** are curses we place on others to control their life and destiny.

EXAMPLES: "This disease is fatal. You only have about six weeks to live." — "You are so stupid that you will never amount to anything."

WARNING: LET BLESSINGS NOT CURSING PROCEED FROM YOUR MOUTH BE- CAUSE WHATEVER YOU PUT OUT COMES BACK TO YOU MULTIPLIED.

Muscle Testing is needed to complete the following.

A. EXAMPLES of affirmations to correct programing errors in locating dragons.

1. I am filled with love and trust for others.
2. I have all the love I need from other people.
3. It is all right for me to cry and grieve when I need to.

1. The world is a beautiful place, filled with joy and wonder.
2. It is all right for me to play and have fun if I want.
3. My inner child is happy and prosperous.

1. I have inner peace and tranquility.
2. I can adapt well to stressful situations.
3. It is all right to experience stress in my life.

B. WHEN WORKING WITH PEOPLE'S DRAGONS.

1. We see the world through dark glasses (I Cor. 13.12). They are the illusions from someone else's world and won't hurt you. These illusions become our dragons.
2. If other people's belief systems bother you, you may have some dragons to

eliminate for yourself, before helping others.

3. Illusions cannot remain when reality has been seen because you have exposed the DRAGON. This becomes permanent.
 4. Never challenge a person's belief system directly because that may ENTRENCH their dragons more firmly. If they try to adopt your ideas and beliefs, it just adds another dragon to them.
 5. You cannot take someone else's dragons away from them. Unless the person perceives the illusion for themselves, they will never be free of it.
- C. THE QUESTION-AFFIRMATION** technique is the most powerful way we have found for exposing dragons for what they are. When a person asks themselves, "HOW WOULD I FEEL IF ... ?" THEY ARE EXPLORING WHAT the result would be if they pursued a course of action or belief. This allows a person to safely look at their subconscious objections to a belief or action and find out if they are valid. Once a person genuinely perceives that a change of belief or action would bring peace, happiness or joy, then their "hard-wired" desire for that which is good will take over and will automatically redirect the course of their thoughts, feelings and actions.

Summary

Trust yourself in using these techniques. Commit yourself to finding the problem, ask the question "HOW WOULD I FEEL IF ... ?" It doesn't matter if they have ever been loved, but to feel how it would feel and in this lies many answers.

References

- Horne, Steven, *Tools for Healing Mind, Body, Spirit.*
- Walker D.C., Scott, *Neuro Emotional Technique*, May 1989.