

# Introduction

We all seem to have them. Those internal, emotional parts of us that drive us to react to situations in ways that are inappropriate. We yell at the kids. We clam up when ‘that’ subject arises. We retreat in fear instead of acting in ways that help ourselves and others. You might know the feeling when your mother says that one thing and — Gotcha! The gut tightens, the adrenaline pumps, and the words start flying out of your mouth. Only later do you get the chance to wonder, “Damn, I wish I knew why I react the way I do when she says those things.”

These internal, reactive spots are often called buttons or sore spots. Whatever name we give them, there seems to be some emotional piece of us that lies hidden and unresolved, a piece that drives our actions and reactions in our lives.

Is anyone immune? Does anyone *not* have buttons? I don’t know the answer to that question, but I know I

## The Tool

have them, and I know lots of other people who have them as well. Some of us have gotten very good at hiding our buttons from ourselves. Unfortunately, it seems they are a thing that we cannot hide for long. They always surface in some form. If not in anger or frustration or anxiety, then they wait and show up in some sort of disease or illness.

So what's wrong with buttons? Nothing, as long as you recognize that you have them, and that you are able to find a method where *you* are driving your life, not your buttons.

If you find that your buttons are driving your life in a way that is paralyzing or just plain painful, and you want to change that, the Tool is written for you.

The Tool talks about 'chakras' and 'energies' and delves into some very different concepts about life. These concepts might seem a little strange if you are not familiar with them but they are worth understanding, even if you have never heard of a chakra.

You do not have to qualify to use the Tool with years of chanting or meditating under bodhi trees. It is meant for everyone to use.

## Absolutely No Absolutes

The information in this book is not meant to be presented as absolute fact. The ideas and concepts are based solely on the perceptions of the author and many cannot be proven by scientific means. They can be proven, however, in your life. If the ideas make sense to you in your life, consider them true; if they don't make sense, consider them untrue.

## Unfinished Work

The Tool is a book that is unique in that it can never truly be a finished work. It can't be finished because, as each person uses it, another chapter is added and it changes to reflect the character of that person. It grows and becomes as unique as the person using it. For this reason we have added a section in the back that you can use as a personal journal.

This journal is designed to allow you a place where you can be entirely truthful with yourself. Not a place to hide things from the rest of the world, but a place to record the secrets you alone know about yourself.