

What is The Tool?

The Tool is a seven step method of personal contemplation. It offers a way to talk and consult with your 'self' in order to become your own best counselor and advisor, to answer questions, resolve issues, and relieve stress in your life.

It is hoped that the Tool will help uncover the magical being within each one of us and to enable us to create with the most joy and pleasure, and experience our greatest expansion as human beings.

This is done by uncovering and dealing with the invisible, protective veil that shields us from reaching our potential—our fears. The Tool presents a method that shows how we can address our fears in a way that is participatory rather than reactionary. Mostly though, the Tool is about *not* being controlled by the past.

The Tool

Our past experiences are a very useful part of who we are as they lend a foundation for us to stand on and create from. We are able to recognize every part of our world that is useful because of our past experience. We know where to get food, how to drive a car etc., all based on the past.

Our past, however, also includes the fear and pain we felt as children. All of those times when we perceived that we were abandoned or ignored are also part of the past. Those childhood fears, if left unresolved, can be very powerful creative forces in our adult lives. Without a way to examine them and perceive them in a more appropriate, clear manner, they can begin to control our lives in ways that are most undesirable. Like any other part of the past, these childhood fears are not to be ignored, for they also serve a valuable purpose in our lives, but it is best if they can be placed in their proper perspective. They truly are more relevant and appropriate to the past.

The Tool gives us a way to examine these past experiences through different eyes. These different eyes won't change the events of the past, but they *will* change the way those events are perceived. The Tool

is a method that can present a larger perspective of the events of our life and this new perception can allow for a more appropriate view of *all* our experiences.

The Tool is not the only way to discover the truth about yourself, but it is one of the most gentle, consistent methods that you can always count on. After learning this process, you will have a tool and a friend that you can confide in for the rest of your life.

Change, Change, Change

The Tool is also about change. It creates a platform for change—it changes as you change—it evolves and moves and can be nailed down only long enough to be experienced, then it moves again. As with Life, change is an integral part of the Tool.

Within these pages you will find questions and answers and suggested ways to use the Tool. It should be remembered that as you read the questions and answers it is the *intention* of the question that is the key, *not* the concrete form of the question. We'll go into this in more detail in the section entitled 'Using The Tool.'