

Vywamus

Avoidance Patterns

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Good morning, today we are going to talk about avoidance programming.

Before we begin talking about avoidance programming, we will talk about habits.

We all have habits which stem from subconscious programming, right?

I have recently changed a habit this year, which involves juicing fruits and vegetables.

With this new habit that I've created and has built momentum since January, I've noticed I feel stronger, I feel healthier, I'm more energized, and not just in the physical sense, but more of how a habit gains so much strength and power and momentum can be better for us in the long run, right?

Not just short term, but long term also.

This is nothing more than organic spinach, organic celery, organic turmeric, organic ginger root, organic beets, and water.

That's all and that is today's drink.

Yesterday, it was something different, the day before, it was something different, but primarily all the same type of fruits and vegetables.

Sometimes there's apples, there is also lots of blueberries and cherries.

Cherries are a natural ibuprofen.

I have a back that was injured when I was in the Marine Corps and so as I get older, I need to actually pay attention to a lot of my movements.

I cannot lift as much as I use to without getting a herniated disc, but there are natural ways that we can heal ourselves.

We can use our thoughts, which is sort of the beginning process of making a choice to choose, for example, make my back heal and feel better by eating more cherries and blueberries, strengthening my immune system.

Alright, enough of that, I want to share my screen and we're going to talk about avoidance programming.

I'll read a little bit and then share my thoughts.

What are you trying to avoid?

Well, usually it is something you are afraid of, such as not comfortable with, don't like, feel that you can't do well are bored with, or feel will lead you into responsibilities or experiences for which you are not prepared.

Whenever we're uncomfortable with something, avoidance programming will turn on, and then we will default to try and become comfortable again, right?

That's human nature in a sense, but eventually, life will come at us in different degrees that will allow us to be uncomfortable, and then if we can push through this growth process of being uncomfortable, eventually we will not be uncomfortable anymore.

We will overcome that difficulty.

Also, to feel that you can't do well.

That's lack.

When my thoughts are generating some sort of lack, I feel like I cannot do well at work, immediately I am constricting myself into a smaller Josh, but if I change my thoughts to I feel that I can do well, and I'm going to try my best.

It's sort of like an affirmation, but at the same time, where I'm focusing my energy is more expansive and towards a better experience.

I'm not setting myself up for failure.

Feel that I can't do well, that thought should not even be generated within our psyche.

Anytime we are constricting ourselves, our potentialities are also constricted, right?

We want our possibilities and potentialities to be as expansive as possible.

Think of the blue sky from the east to the west horizon.

We want to be able to scan the entire spectrum of potentialities and possibilities to make our freedom of choice, alright?

Avoidance programming is often connected with addiction.

You take up an addictive habit to escape from or avoid something.

In fact, one way to look at what you are avoiding is to notice at what time or in what situation you find it necessary to indulge in your favorite addiction, alcohol, drugs, eating, sex, movies, anything that is used in an out of control fashion for the purpose of relaxing or shutting out the world.



I sobered up from alcohol in 2015 after 18 years of drinking alcohol almost every day, and if not every day, I made up for it in the following days.

I look back now since I have some clarity, I see the avoidance programming that I had created within me in order to escape, not to feel the feelings that I were encountering.

Where did the feelings and the emotions come from?

Well, everything on the outside of myself is a reflection, right?

If I was, I'll use the word, triggered by some person, place or thing that I didn't want to feel uncomfortable with, what did I do?

I had alcohol to numb, to escape, to avoid this opportunity to discover something about myself.

Whatever was misinterpreted on the outside, I probably generated some type of fear or resentment and so by numbing my thoughts and quieting my mind in a darker way, right?

I actually go into the dark and shut out the world, I explored that aspect of myself for a long time, but it comes to a point where avoidance doesn't work anymore.

I believe we all have to face ourselves eventually.

This means what we talked about before, the unconscious belief patterns that need to be identified in order for us to know what we're working with.

It can be very challenging and difficult to actually explore belief patterns that are unconscious that we thought were true.

What do I do when I find out their false?

Avoidance programming.

Addiction is one way of avoidance and another is holding on to an old pattern and not allowing anything new into your life.

That way you avoid the discomfort and sometimes confusion, mistakes or miscommunications that result from venturing into something new.

Any addiction to alcohol was a confinement of a relationship with me and the alcohol only.

I had people around me and I could have been standing in front of someone talking to them, but with alcohol that was the real relationship.

As long as I had my "drink in hand", a drink nearby, that type of escape from anything that will numb any type of feelings or emotions that are generated within me, then I seem to be okay.

I created a pattern of avoidance from people, places, and things, even though I went to college, was in the military, I got a job, and was doing all these things, but I wasn't very comfortable in my own skin.

I was avoiding listening to myself.

Adopting new patterns, procedures and ways of operation test my awareness, my communication abilities, my ingenuity, my creativity and my balance to the limit sometimes and many are not ready for that.

It is especially true that people have a limit to the number of new experiences that they can cope with.

That is why it is wise to hold on to a few possible boring duties, such as doing the dishes or mowing the lawn, to keep something traditional that you are familiar with and for which you don't have to build a new procedure, thus you can avoid having to face new decisions on every level at every time of the day.

Some can handle this and more, which means they look for adventure, excitement and new experiences, but others and that is most, can only handle a certain dosage, and your subconscious will tell you by putting up a great deal of resistance as you try to move into something that is outside your limit.

This is shifting direction a little bit, so a lot of us are comfortable with our routine, our patterns, and we will be hesitant to new experiences.

That's fine, right?

The reading saying that's okay.

In fact, a lot of us are the other extreme, where we're constantly seeking new experiences, especially the younger versions of us and the younger crowd.

New experiences, excitement, well, that's okay also.

The message is basically saying that we need to moderate our energy, frequency management, right.

Not have knee jerk reactions to every new experience.

We should discern on the new adventure and excitement and experiences that way we can handle a certain dosage, because our subconsciousness is already programmed from age zero to age seven.

That's a solid foundation, but then all the other patterns that are collected and built on top of that foundation, our subconsciousness will build a resistance when we try to move into something that is outside our limit.

A lot of this is obvious.

For example, I'm not going to sit in a airplane as a pilot and try to fly on the first day.



That's an extreme case, but the point is we know our limits.

I will sit in a car and drive to the store because my subconscious programming and that habit that has been created over the past 30 years, I have a strong foundation for driving a car where I have no foundation for flying an airplane.

I believe that the best use of the avoidance pattern, and it is occasionally useful, is to protect yourself from overwhelm or an overburdening of new experiences at one time.

You do know when it is getting to be too much, when you have more stress than you can cope with, and in that case, a little avoidance, a healthy escape to a more stress free environment or situation is a reasonable choice.

An easy example is it's highly recommended that families take one good, solid vacation a year.

Recently, me and Chevon went to the Redwood Forest for one week in California.

That was a little bit of avoidance for my responsibilities raising our family, but this allowed us to recharge and a new experience that expresses joy with each other, bring all of that back from our vacation to our home life.

It really is a healthy large dosage onto the subconscious that breaks up patterns that are just very rigid, or habit patterns for when we're in our comfortable routine.

The best way to handle this overwhelm, of course, is to attempt to bring your body back into balance through handling the energy, seeing all the chakras open, meditating, moving into alpha, going for a walk, exercising, social encounters, these work much better than the most of your addictive patterns, with the advantage that you don't have to break the habits later.

This is saying we don't have to go on vacation.

That's just a external way to move our energy around.

But we can also go within ourselves and move our energy around.

We can mentally open our chakras.

We can slow down our mind and our thoughts and meditate.

There's always the simple just going for a walk and exercising, talking to friends.

Change it up, do it differently.

This will break addictive patterns that we get caught up in.

Be sure also to look at what you're avoiding, not just a particular action, but the perspective, the overall results that particular activity would bring forth and work with clearing any fear of that.

So our perspective is key, right?

If I tell myself I need to drink alcohol every day, well, then I will drink alcohol every day.

If I tell myself I cannot quit drinking alcohol, then I am impacting my subconsciousness making that habit stronger, that groove is getting deeper, and it says in the previous paragraph, the sooner we can catch these addictive patterns, we don't have to break them late.

It becomes easier to just identify it, know what we're doing, we choose to do it, then that's okay.

At least we know we are actually choosing to participate in this addictive pattern or experience.

Allow yourself to accept your joyous child aspect.

Let that guide you through the heart, in avoiding what is becoming overwhelming without bringing in something that you will later need to handle.

In other words, try to live in the now with the child aspect.

We actually come into this incarnation already perfect, even if we have disabilities.

How do we come into this incarnation perfect?

Well, we have a blank slate when we're born, the influences in the culture, the world, the dense Earth shrouds and surrounds our perfectness.

We actually collect a lot of these influences that create unconscious beliefs.

The challenge comes later in life, when we start questioning these beliefs, why am I avoiding certain things, and why am I creating addictive behaviors.

All of these are simple questions that are in cognitive behavior training within therapy.

When we actually question our thoughts instead of just going forth and doing something without questioning.

That's something which should be looked at within self.

It mentioned perspective, we have to have more than one perspective when we use our freedom of choice.

That will be all for today. Thank you.

Let's look out for our avoidance patterns, right?

Remember, avoidance patterns can be beneficial too.

Set up boundaries.

I need to regulate how I use my energy every day.

Do I need to avoid going to a gathering of some sort, because if I'm not good for myself, I know I will not be good for others.



Those are the type of choices we have to make in order for us to learn how to be of service of self first, so that the others around us can be reflected back with that joy and freedom that is experienced from within.

If I'm not genuinely myself or as transparent as I want to be, there's hesitation or avoidance, then I need to actually work on identifying why I've created a story within my mind that seems to be true, and then smash it.

