

RESOLVE

how to flow through your life with more lightness and clarity

40 PAGE EXCERPT



from
Light Minds Coaching

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PART II

How the Resolve Coaching Protocol Works

Chapter 4 - Universal Energy and The Ego

Central to this approach is the reality of universal energy. This isn't a mystical or spiritual thing but a scientific one, rooted in Einstein's principle that matter and energy are interchangeable. Everything in the universe, from the stars to our emotions, is made of energy. By understanding this, we can begin to see our emotions not as problems but as energy in motion. In the same way, the energy that constitutes you and me is the same energy that forms the sun, the trees, and even our emotions. To understand universal energy is to glimpse the interconnected nature of life and to unlock a powerful tool for emotional and spiritual transformation.

Imagine an iceberg floating in the ocean. The solid ice, the liquid water, and the gaseous vapor are all manifestations of the same energy. Similarly, our emotions, thoughts, and physical sensations are all forms of universal energy. When there is little to no resistance to where energy seems to be flowing, we feel balanced and aligned. When it's blocked, we experience stress, mental health and behavioral issues like addictions, even physical illness.

This understanding bridges the gap between science and spirituality. While science describes energy as infinite, eternal, and ever-changing, many spiritual traditions use similar language to describe the divine. Concepts like "chi," "prana," or the "Holy Spirit" are cultural interpretations of the same universal truth. They all point to an underlying force that is constant and boundless, capable of manifesting in infinite forms. Whether viewed through the lens of science or spirituality, universal energy remains a unifying principle.

THE EGO DEFINED

Central to the Resolve Coaching Protocol is defining the ego. The ego gets a bad rap especially in spiritual circles. Many conclude that it is the ego that causes human suffering and is therefore one of the main problems of being human. The ego, person, or sense of "you" in the body is a purely mental and emotional construct and part of your body's survival mechanism. Not only does it give the body the sensation of "me" in the body to protect for that body's survival, but it is also the interface mechanism human bodies use to communicate - we communicate to each other through our

personalities. At its core, the ego is an energy in the body that believes the thoughts about who we *think* are. It is the “I” in statements like “*I* am successful,” “*My* son is having problems,” or “You hurt *me*.” These self-referential thoughts form the foundation of our ego, it then shapes how we perceive ourselves and interact with the world.

From an evolutionary perspective, the ego developed as a survival tool. The primary function was to help the body to survive. It was never a problem at all, it’s supposed to be there. The ego then developed as something that also helps us to thrive and improve our lives. So, if there are energetic thoughts occurring in your consciousness that say: “I have to read and do the exercises in this book to improve my life.” That’s the ego as well.

Many people live as though they are their thoughts, feelings, and stories. The ego, at its core, is an emotional and energetic attachment to these narratives: my life, my history, my problems. The brain creates these stories as part of its survival mechanism. It also talks to itself to solve problems and process experiences so it can communicate with others to navigate the world. But the issue arises when people mistake these patterned thought stories for their true self.

For example, if I replaced all of your thoughts, feelings, and memories with those of someone else—say, the president of the United States—you wouldn’t be “you” anymore, even though your physical body remains. Similarly, when someone with dementia loses their memories and personality, their loved ones may eventually say, “They’re gone.” This begs the question: who or what were they, if not their thoughts and stories? The first step toward freedom is realizing that the ego is not “you.” It’s a construct, a tool for processing and communicating, but not your true self. However, this intellectual understanding, while important, is only the surface. Many people grasp this concept intellectually but don’t profoundly experience this truth.

Experiencing that the ego is not what you really are, and the thoughts it creates were never talking to who you really are. It allows us to see that the thoughts and emotions we identify with are not inherently “us.” They are manifestations of emotional energy filtered through the ego. For example, the physiological response to public speaking—racing heart, sweaty palms—can be labeled as “fear” by one person and “excitement” by another. The experience itself is neutral; it is the ego that assigns meaning and labels.

One of the ego's defining traits is its tendency to separate and categorize. It sees the self as distinct from others, the mind as distinct from the body, and humans as distinct from nature. This illusion of separation fuels feelings of isolation and disconnection. Yet, science and spirituality alike suggest a deeper truth: everything is interconnected. The energy that forms you is the same energy that forms the trees, the stars, and even your thoughts. Experiencing this interconnectedness can help dissolve the rigid boundaries imposed by the ego; it can even dissolve the ego itself.

A FURTHER EXPLANATION OF THE EGO

I used to be an artist, and I remember how I could draw for hours—five or six at a time—completely immersed in the process. During those moments, my ego wasn't present. The body was simply drawing, fully engaged in the flow of the activity. If you asked me afterward where I was or what I was doing, I could tell you: I was at the art school, drawing. But while I was in it, there was no sense of ego. There was just the act of creating.

The ego would show up later, when something went wrong or when external circumstances triggered it. Anxiety would creep in, along with a sense of desperation. That's the ego. It's the part of you that gets caught up in thoughts like, "This person is so important to me; I need to make sure they stay in my life. Or even, "Awakening will make me feel better; I have to achieve that." It's also the part that clings to judgments: "I don't like my mother because she always does this, or, I can't stand people who don't share my values."

When your body and mind are fully immersed in something enjoyable, it is basically in a meditative state, whether it's drawing, gardening, playing guitar, or walking the dog. In those moments, the ego is effectively not there. The body is simply present being and doing what it is doing. Thoughts may occur but everything is allowed to be what it is. The ego is only there when you feel that it is energetically pushing away something it doesn't like or thinks is a threat, or when it is pulling to itself something that it feels it is missing. In those moments, "imperfection" is then perceived, and the ego arises to solve this "problem" pushing away or grabbing and pulling towards.

THE EGO CREATES STORIES WHEN TRIGGERED BY STRONG EMOTIONS

When the ego dissolves—or even when it begins to soften—something profound happens to the way we experience emotions. Normally, the ego constrains our behavior and creates expectations about how we "should" act or feel. When emotions arise, the ego doesn't simply let them flow; instead, it

wraps a story around them, trying to rationalize, control, or suppress the experience. And in doing so effectively “traps” that challenging emotion in the body.

Let’s say someone cuts you off in traffic, triggering a fight-or-flight response. Your heart races, your body tenses, and adrenaline floods your system. This is a natural reaction, one that anyone might experience. But what happens next is where the ego steps in. The mind starts crafting a narrative: “Why does this always happen to me at this intersection? If I’d left five minutes earlier, I could have avoided this. If my car got hit, I’d have to deal with insurance and the shop. My whole day would be ruined.”

These stories aren’t necessarily true or helpful—they’re the ego’s way of trying to make sense of or escape the discomfort. The mind doesn’t know how to resolve the feeling on its own, so it intellectualizes it, often amplifying the intensity of the emotion and getting it stuck in a feedback loop. The same thing happens with deeper emotions like depression or anxiety. The ego looks for a cause: Why am I so sad? Oh, it must be because my mother got mad at me three days ago. This story might even contain some truth, but the mind clings to it as a way of avoiding the raw emotion itself. Instead of feeling and processing the deeper emotions, the ego effectively distracts you from resolving it by wrapping a story around it instead.

The Resolve Protocol helps to interrupt this cycle. When you integrate the energy of the core emotions—the pain of victimization, the hopeless despair that life is meaningless, and self-loathing—with the peaceful flow of universal energy, you disperse the concentrated intensity of the emotion. The feelings aren’t thrown out, on the contrary they are integrated into the rest of your energetic system. When that happens, they lose their overwhelming power. Your body may still have an initial reaction of anger or fear when triggered, but the ego’s thoughts are simply not there. You don’t have to do therapy on yourself or say affirmations because there is no longer egoic thinking on which to do the therapy! The self-loathing, victimization, or sense that life is meaningless simply isn’t there, or it’s drastically diminished to the point where it doesn’t control your behavior.

I’ve experienced this transformation firsthand. As someone with ADHD, autism, PTSD, and a history of addiction, I’ve faced countless triggers that used to throw me into a tailspin. I lost two careers and a marriage because of how intensely my egoic thinking took over my body. My fight-or-flight system was like a stereo on standby—ready to blare at the push of a button, no matter how small the trigger. Getting caught in the rain, having a disagreement or losing my wallet would feel in the body like life-

or-death situations. My brain would go into full survival mode, and the ego would add fuel to the fire with its stories. But after doing this work, those triggers don't stick anymore. The bodily response may still occur—a rush of adrenaline, a quickened heartbeat—but there is no ego to create a narrative around it. There's no inner dialogue telling me I've failed or that life is unfair. Instead, the feeling arises, peaks, and moves on.

This is what I explain to clients: the mind doesn't naturally know how to resolve emotions. It tries to solve them intellectually, but many times it can't. Instead, the emotion gets stuck because the story keeps it alive. That's why people can carry trauma or grievances for years. Someone might say, "My aunt did something terrible to me!" and when you ask when it happened, they'll reply, "Fifteen years ago." This is because the same story keeps replaying, preventing the feeling from being processed.

When you stop attaching stories to emotions and allow them to flow with the help of universal energy, they resolve naturally. That's the power of this work. Triggers may still happen, but they don't define you. The emotions arise, but they no longer control your narrative or hold you hostage. They simply move through, leaving you freer to experience life without the weight of the past.

Chapter 5: The Ego Is Not The Enemy

There's a book called *Ego is the Enemy* by Ryan Holiday, where the author argues that our biggest problems don't come from external factors like people or circumstances but from our own attitudes, selfishness, and self-absorption—what he attributes to the ego. For years, I wholeheartedly agreed with that perspective. I spent a lot of time trying to get rid of my ego, believing it was the root of my issues.

But here's what I've learned: nothing reinforces the ego's energy more than an ego trying to get rid of itself. Why? Because in trying to eliminate the ego, you must first start with the premise that the ego is real—like it's something real and solid in the body. It's not (never is), but this very premise

strengthens its grip. When you believe the ego is something you need to battle, you're feeding it the attention it craves, reinforcing its presence.

What I've come to understand is that this premise is false. The ego is a mental construct—it's not inherently real. But it does serve a purpose. The ego is part of the body's survival mechanism, a tool humanity has developed as an advanced species. It creates this sense of "personhood" inside the body, believing, "This is *my* family. *I* need to protect them. Taking care of myself, stay healthy, and succeeding is important to *me*." These thoughts aren't inherently bad—they're the ego doing its job, keeping the body and mind safe and functional. If there is any kind of problem (in the end there isn't), it is believing that those thoughts are talking about you (they aren't). Do not make an enemy of the egoic mind, for that is a war of conflicting thoughts that will never end.

It's just that the ego is not the right tool for understanding deeper truths about the nature of reality, or our relationship to the universe. Using the egoic mind for these purposes is like trying to hammer a nail with a laptop—it's simply the wrong tool and will show you this is so when you try. The ego operates through control, categorization, and narrative. But emotions, the flow of universal energy, and a profound deep inner grounding require something different: surrender, openness, and connection. But when egoic thoughts start to dissolve, this doesn't mean the memories of the person are lost. It is just seen that the ego was never your true identity.

However, instead of fighting the ego, it's more effective to go around it and focus on the emotions instead. Let them be felt without judgment, resistance, or the ego's interference. When you do this, you bypass the ego's stories and allow emotions to move through you naturally. The ego isn't good or bad—it just is. When we recognize it as a tool for survival rather than an enemy to overcome, we free ourselves from its grip and open the door to a deeper understanding of reality.

The ego begins to dissolve after you understand its purpose. Because it is doing its job of helping the body to survive and thrive, it follows standards, projects images, and motivates behavior many times based on what it perceives others expect of us. For the ego/person only know itself in relation to other persons. When we don't meet those standards, the ego often punishes us with guilt, self-criticism, or shame. The egoic mind is great at creating goals, lists, and motivating action, but the only way it knows how to resolve difficult feelings is to fix problems.

In doing this, the ego clings to its stories, trying to suppress or avoid emotions it doesn't like. This resistance is the essence of personal suffering. The physical body itself is an organic mechanism. Unlike the mind, it doesn't categorize certain emotions. It was designed to experience all emotions. It's the ego that steps in and declares, "I don't like what is happening because it creates this emotion", and that resistance needlessly magnifies the discomfort inherent in the situation. In reality the ego is the only thing suffering. It misunderstands the nature of emotional energy and doesn't seem to realize only it is suffering (not the body) and that it is doing this to itself.

When the ego dissolves, I tell my coaching clients that I can't predict the exact outcome in their lives, but wherever the energy of life was flowing, it will get there smoother with less resistance. Problems become less overwhelming because they're no longer wrapped in layers of narrative and judgment. The Resolve Coaching Protocol seems to kickstart this dissolving of the overly anxious controlling parts of the ego.

The challenge, of course, is that the protocol is communicated through language, which the ego filters. The ego often acts like a security guard in an office building, rejecting ideas or insights that don't align with its current beliefs. It might say, This doesn't fit with the way I see the world, or simply dismiss the message outright. This is why thinking your way to this peaceful freedom is ultimately a never-ending task. True liberation comes from experience, not intellect. It's like trying to describe the taste of an orange to someone who has never tasted one. Thoughts and words can point to the experience of this profound inner peace, but they can't replicate it. Similarly, no explanation can convey the vastness and interconnectedness of universal energy—it must be felt. And when it is, the ego's stories fall away, leaving only clarity and peace.

EMBRACING EMOTIONS IS THE KEY TO A PEACEFUL LIBERATION

Tapping into intuition requires cultivating awareness of universal energy—the fundamental essence that connects all things. This energy is not abstract; it is as tangible as the warmth of the sun or the breath moving through your body. Matter and energy are interchangeable. Understanding this scientific truth allows us to see intuition not as a mystical concept but as a natural alignment with the energy that forms and powers all existence.

Instead of letting the ego control how we respond to emotions, we can shift toward embracing and experiencing them. When we stop relying on the ego to dictate our reactions, we find a deeper freedom—one where emotions can flow naturally, without being tangled in the stories or judgments

the ego creates. This shift allows us to act not out of fear, projection, or rejection but from a place of authenticity and alignment. For when the ego dissolves, what's revealed is the nature of reality itself: that everything has always been the same universal energy, interconnected and vast. Your sense of self shifts fundamentally, from being a small, isolated wave to recognizing what has always been, you are the ocean.

Practically, developing intuition involves stepping back from the ego's need for control. Techniques such as mindfulness and meditation can quiet the egoic mind, creating space for intuitive insights to emerge. Mindfulness teaches us that we are not our thoughts and emotions, therefore we can observe them without judgment, breaking the cycle of resistance that keeps us trapped in egoic thinking. Meditation, similarly, allows us to connect with the present moment and tap into the flow of universal energy.

Remember that the shift from ego to intuition is not about rejecting the ego; it is about integrating the feelings behind it into a larger understanding of the self. When we embrace all our emotions, especially the challenging ones, we move from a life driven by fear and resistance to one guided by the clarity and connection of our intuition. This transformation opens the door to profound peace and creativity, allowing us to experience life with authenticity and acceptance.

Chapter 6: Emotional Blocks

As stated earlier, Universal energy appears as everything, including the emotions and thoughts that flow through our consciousness. This energy being felt running through the human body are the emotions. Anxiety, anger, and joy are simply energy in motion, rising and falling like waves in the ocean. The ego, however, often resists these natural ups and downs of life, labeling them as "good" or "bad" and adding needless turbulence for itself. By understanding emotions as energy, we can begin to dissolve this resistance which automatically aligns us with the natural flow.

This alignment requires recognizing that universal energy is not bound by moral judgments or egoic concerns. Energy simply is. It does not distinguish between "good" and "bad" forms or assign value

to its expressions. For example, the same energy that powers a car can fuel a hurricane. Similarly, the energy behind an emotion like anger can either fuel destruction or catalyze positive change. When we stop resisting and start observing energy as it is, we can better take things as they come.

A key aspect of universal energy is its interconnectedness. Like waves in the ocean, each of us is a unique manifestation of a larger whole. The wave is not separate from the ocean; it is the ocean expressing itself in a specific form. Understanding this truth dissolves the illusion of separateness perpetuated by the ego. It reminds us that we are not isolated individuals but integral parts of a vast, dynamic system.

In embracing universal energy which is life itself, we open ourselves to profound insights and transformations. We begin to see that the challenges we face—whether emotional blocks, conflicts, or traumas—are not barriers but blessings that teach us to align with the flow of energy. This alignment brings clarity, peace, and a deeper connection to the world around us. Universal energy is not something external to be sought; it is already the essence of who we are.

THE ROLE AND ANATOMY OF EMOTIONAL BLOCKS

Emotions are a natural expression of universal energy flowing through the human body. When this energy moves freely, we experience clarity, balance, and alignment with ourselves and the world around us. However, when the flow of energy is resisted, emotional blocks can form. These blocks, often rooted in unresolved trauma or deeply buried feelings, veil our inner-peace and strain our relationships. To understand the role of emotional blocks is to uncover the root of many of life's challenges which paves the way for meaningful transformation.

Certain emotional blocks (specifically fear/anxiety and anger/rage) keep us in an active problem-solving mode, thus suppressing deeper more challenging emotions. This resistance can arise from past experiences, societal conditioning, or generational trauma. For example, if a child grows up in an environment where expressing anger is met with punishment, they may learn to suppress that emotion. Over time, this unprocessed anger does not disappear; instead, it becomes an emotional block. The energy of the anger remains trapped, subtly influencing the person's thoughts, behaviors, and relationships.

Emotional blocks are like unseen barriers, quietly shaping our thoughts, decisions, and interactions. They stem from unresolved energy—rooted in past experiences, generational trauma, or deeply

buried emotions—and manifest as anxiety, self-doubt, avoidance, or destructive behaviors. While these blocks may feel insurmountable, they are not permanent. Part II of this book focuses on understanding and dissolving these blocks, allowing emotional energy to flow freely and fostering profound personal transformation.

The journey to dissolving emotional blocks begins with awareness. We must first recognize that the anxious controlling part of the ego is an amalgam of these unresolved emotional blocks. This type of resistance often manifests as skepticism, defensiveness, pride, or an aversion to change. To overcome it, we must create an environment that supports vulnerability, stability, and self-motivation—the foundation for meaningful emotional work. Dissolving emotional blocks is not about fixing yourself; it's about rediscovering the flow of universal energy within you. By embracing this process, you can move from resistance to peace, from emotional stagnation to freedom, and from disconnection to alignment with your authentic self.

These blocks manifest in various ways, from recurring patterns of anxiety or anger to feelings of guilt, shame, or self-loathing. On the surface, we may experience these emotions as reactions to specific events. However, beneath these reactions often lies a core emotion that has not been resolved. Left unaddressed, these blocks perpetuate cycles of avoidance, resistance, and even self-sabotage.

The impact of emotional blocks extends beyond the individual. When unresolved emotions are not addressed, they often spill into relationships, creating conflicts and misunderstandings. A parent, for example, might project their unresolved fear or guilt onto their child, leading to tension and distance. In romantic relationships, these blocks can manifest as defensiveness, insecurity, or an inability to trust. The ripple effects of emotional blocks can also perpetuate across generations, as unresolved trauma is passed down biologically or through learned behaviors.

Dissolving emotional blocks involves creating a safe space to explore these emotions without judgment or resistance. By recognizing that emotions are simply energy, we can allow them to surface, peak, and dissipate naturally. This process not only resolves the immediate block but also transforms the patterns of resistance that sustain it. Ultimately, emotional blocks are not barriers but opportunities for growth. They invite us to look deeper, to confront the core emotions we have avoided, and to realign with the flow of universal energy. In doing so, we create space for healing, connection, and a more authentic experience of life.

Chapter 7: Integrating and Resolving Trapped Emotions

Emotional blocks are not obstacles to well-being—they are simply universal energy in emotional form waiting to be felt and experienced in the body. Understanding their anatomy requires a deeper dive into how emotions manifest, how they are stored, and how they can create profound impacts on our thoughts, behaviors, and relationships. By dissecting the structure of emotional blocks, we can begin to resolve them, allowing for personal growth and liberation.

A chart challenging emotions to be integrated is on page ###

At the most superficial level, emotional blocks often present themselves as surface emotions like frustration, anger, or fear. These feelings are immediate reactions to specific situations or triggers. For example, a coworker's criticism might elicit anger, or an unexpected challenge might generate fear. However, these surface emotions are rarely the root cause of distress. Instead, they act as signals, pointing toward hidden emotional layers beneath.

Beneath the surface of anxiety and anger lies the middle layer of emotions—guilt, shame, sadness, or depression, loneliness, grief. These emotions are more enduring and often tied to past experiences or unresolved events. Unlike surface emotions, which are reactive and transient, middle emotions tend to linger, subtly influencing our sense of self and our interactions with others. For example, shame might stem from a childhood incident where one was unfairly blamed, while unresolved grief could linger after the loss of a loved one, influencing one's behavior in relationships.

At the core of emotional blocks are the root emotions, which are the deepest and most hidden layers of emotional energy. These include the emotions of self-loathing, the hopeless despair that life is meaningless, the immense sadness of loss, or a sense of victimization. Root emotions are formed from a combination of intergenerational trauma and conditioned experiences. They are rarely acknowledged directly, as the mind really does not know how to resolve these, so it avoids them to protect the system. Yet, these core emotions hold the key to understanding why certain patterns of behavior or emotional responses persist despite conscious efforts to change. Generational trauma is a critical factor in the root emotional blocks. We'll discuss this in more detail in a later chapter.

CHALLENGING BUT EMPOWERING FEELINGS

Fear • Anxiety

Anger/Rage

CHALLENGING FEELINGS RESISTED BY THE MIND

Guilt • Shame • Loneliness

Depression • Grief

CORE/ROOT EMOTIONS THAT THE MIND AVOIDS

Self-loathing • Primal Pain of Victimization

Life is Meaningless • Immense Sadness of Loss

(Forms of resistance: addictions, people-pleasing, enabling, avoiding, procrastinating, over-working, relocating (moving), accepting abusive relationships, controlling behaviors, etc.)

Unresolved emotional blocks create resistance to the natural flow of life. Just as a clogged artery disrupts the circulation of blood, emotional blocks impede the free movement of emotional energy, leading to stagnation or turmoil. This resistance manifests as patterns of avoidance, procrastination, reactive behaviors, or even addictions all of which are attempts by the ego to protect the self from confronting painful emotions. The process of dissolving emotional blocks involves moving through these layers— starting from the core. With safety and support, one can process root emotions, resolving the energy that has been trapped. This journey is not about fighting emotions but understanding and integrating them as part of the ocean of universal energy. And the way you integrate them is to simply feel these emotions, allow them in the body as much as you can without any resistance. Then you will find that the peaceful presence of universal energy does the rest.

THE EGO'S PURPOSE: PROTECTING YOU FROM VOLATILE EMOTIONS

A client once asked me, “Why do you say that anxiety and anger are just surface emotions? They feel like the worst ones.” Remember the ego is created by the brain as part of that body’s survive and thrive system. So when it comes to challenging emotions it’s primary purpose is to protect you. It can therefore keep a person in the energy of anxiety and/or anger for many years, because uncomfortable

feelings demand action. Fear and anger mobilize the body to solve problems; therefore, I call them empowering emotions. For instance, because you felt anxious, frustrated or in pain about something, your body went into action, searched around through your friends/family and the internet, and are reading this book. Anxiety and anger are supposed to feel uncomfortable, sometimes intensely so to move the body into solving whatever the problem is.

These emotions, while distressing, are often the ego's way of shielding itself from deeper, more painful emotions beneath like guilt, shame, grief, loneliness, etc. Remember no emotion is good or bad, but when a person slips into these, the body no longer mobilizes to solve the problem. Sometimes a person can be in bed for days feeling these difficult emotions and doesn't try to move their life forward. When the mind takes hold of these emotions in the body, wraps a story around them and ruminates over and over, this can be called dwelling or wallowing ("poor me"). Again, there is nothing wrong with any of this. But the mind doesn't realize that by spiraling into this story of blame and angry righteousness it actually traps that energetic feeling in the physical body. Have you ever heard someone complain of something or an event with someone that happened years ago, sometimes decades?

But it is those core emotions that the egoic mind views as the ultimate threat – self-loathing, the hopeless despair that life is meaningless, and the pure emotional pain of past victimization and the immense sadness of loss. Because when the focus drops down into these core emotions and the mind cannot resolve them, the body/mind system can go into self-destruct mode. Self-destructive thoughts may come out of the mind – “I don't deserve to be here.” “What's the use of going on?” I've been there myself. What was most scary was how calm the body felt when I justified leaving my daughter and my family with an eerie sense of peace and relief. This underscores the importance of addressing these deep emotional layers safely. Please seek professional help if you or your loved one is experiencing significant emotional instability or thoughts of self-harm.

(National Suicide Prevention Hotline: Call 988)

The ego often chooses to keep us in anxiety or anger because those feelings, though uncomfortable, make the body act. In contrast, the calm of hopelessness, emotional pain or self-loathing paralyzes the mind, leaving it unable to solve the problem. Ultimately though, resolving these core emotions is the path to healing and transformation. Like a gathering of weeds on the surface, but with a central root system, when you resolve these core root emotions, it seems to dissolve the emotions on the surface. And the effect seems to be abiding, they do not come back.

The Resolve Coaching Protocol prioritizes helping people to first access the peaceful presence of universal energy as an “emotional cushion” and then has them resolve these core challenging emotions by simply feeling them, rather than going with the stories and patterns created by the egoic mind. When it’s effective, the anxious sometimes neurotic controlling part of that person/ego begins to dissolve. More than that, it is seen that the egoic person-centered thoughts were never talking to you or about you. They were the mind’s self-talk which human beings use to process things - through the construct of this character, this person, “me”. But it cannot never know who/what you really are. This understanding is transformative because it’s felt and experienced, not thought about or intellectually analyzed. When the shift occurs, you will experience this truth even if I take away your ability to think about it.

One client shared a powerful example of this shift. She had a history of being deeply triggered by interactions with her mother and children. After going through the protocol, she said, “When I was with my mom, I could feel my mind thinking, ‘I need to get out of here, go watch TV, just distract myself.’ But this time, I didn’t act on it. I saw the thought for what it was, and it didn’t control me.” Before this shift, her emotions were so overwhelming that she would *become* that thought, believing it was real and acting on it. But now, she could observe the thought without being consumed by it—a key marker of emotional and intuitive understanding.

The Resolve Coaching Protocol works by bringing the person into the present moment and helping them to see through direct experience that they are already surrounded by this peaceful presence universal energy. It is inside their heart and their consciousness, but it is also present on the outside of the body as well. The here and now is the only place where the energy of now can be accessed. When clients stay present with their emotions—without getting lost in the story—they are beginning to resolve their issues through their intuition (their direct connection to spirit) rather than their problem solving egoic mind.

Accessing the peaceful presence of universal energy is central to this process. Many deep emotional challenges are rooted in the past, tied to unresolved traumas or generational pain. There are some similarities to the process of Eye Movement Desensitization and Reprocessing (EMDR), a therapy designed to address trauma. EMDR works by bringing up a traumatic memory while engaging the brain in present-moment sensory input, such as following a light with the eyes. This forces the brain to remain in the present while processing the memory, creating new associations and dissolving the strong emotional behaviors the trauma caused.

The Resolve Protocol does something similar but focuses on the emotional energy itself. I guide clients to access the feeling without reinforcing the story behind it. If a client starts to get lost in the narrative, I gently redirect them: “Let’s refocus on the energy.” This isn’t about giving fuel to the mind dwelling on the past—it’s about feeling the emotion fully in the present moment, allowing it to move through and be integrated into the totality of the emotional system. When this happens, clients often report profound shifts towards an imperturbable inner peace they didn’t know they had.

Then they are encouraged to safely and gently bring up the difficult core emotions that block their lives from moving forward and simply feel them. These are emotions just like happiness, peace and joy and they’re just needing to be felt like all the others. But the egoic mind judges certain emotions as bad simply because of the way they make the body feel. It then creates all these ways to avoid them. The mind can never really know that these emotions are resolved by experiencing them fully in an unconditionally loving environment.

When clients fully engage in this protocol they later report changes that are “miraculous”, “amazing” and “unbelievable”. When the event that used to trigger the intense feelings occurs, the emotions are still there, but they are so subdued that they no longer control the body, and the client can respond to life’s challenges with clarity, inner balance and usually more peacefully. The ego’s voices may still be heard—it’s part of the body’s survival mechanism—but it no longer dominates the client’s life with such strong emotions. Sometimes the mind’s troublesome emotion around their coached topic disappears altogether. By integrating, this protocol helps clients break free from the patterns of the past, empowering them to live courageously in the moment unafraid of any emotion that may arise. This process not only resolves deep emotional challenges but also fosters a sense of peaceful stability, connection, and authenticity.

CREATING NEW RELATIONSHIPS WITH EMOTIONS

This protocol combines an understanding of neurobiology, the way repeated emotional patterns create "ruts" in the brain—deeply ingrained neural pathways that make it difficult to break free from certain thoughts or behaviors. These patterns form because the mind naturally reverts to familiar responses when confronted with similar triggers. The goal of this work is to create new associations between emotions, memories, and the body by incorporating mindfulness, sensory input, and universal energy, disrupting negative cycles like useless rumination on thoughts of self-loathing.

Neuroscience shows us that the brain is plastic—it can rewire itself and form new neural connections. When someone repeatedly experiences guilt, anger, or self-blame, these emotions reinforce specific neural pathways, making it more likely that their mind will revert to those patterns in similar situations. For instance, if your core issue with your mother stems from childhood guilt, your brain may automatically respond with guilt whenever similar emotions arise, even in unrelated contexts. Over time, this becomes a conditioned response.

This protocol helps change those neural pathways. By grounding oneself in the present moment/the peaceful presence of universal energy while resolving deep-rooted emotions, the brain can begin to access alternative thoughts and responses. For example, someone might realize, my mother had mental health issues that I've inherited but I've done things differently in my life than she did. This new awareness disrupts the established patterns and opens the mind to healthier perspectives.

Before there was an energetic shift here, I was terrified of my own angry feelings because I experienced the violence that my mother inflicted upon her children when she was angry. As a result, I never felt that having anger was a neutral thing, neither good nor bad. I got mad at myself for having anger. But after the energetic shift that occurred here, it was more easily seen that it wasn't my mother's anger that caused the painful childhood, it was her inability to acknowledge it.

There is a natural sense of peace which creates a safe space for emotions to be felt and resolved. By combining mindfulness, sensory input, and universal energy, this protocol helps clients disrupt repetitive thought patterns and create new, healthier responses. The result is not amnesia or avoidance but a deeper understanding and release of the emotion, freeing the mind from the ruts it has been stuck in for years. An 80-year-old client was coached, and on resolving some trapped emotions and unhelpful beliefs, she began laughing saying, "I've been carrying that around for decades. I didn't know this was possible."

Chapter 8: Avoidance and Resistance

In this protocol, I guide clients to focus not on the story but on the core emotion. By combining the feeling with universal energy—accessible only in the present moment—they begin to dissolve the

intensity of the emotion and reframe their relationship with it. For example, instead of prescribing affirmations for a story of self-blame, I redirect the client's attention to the energy of the emotion itself, helping them stay present. This approach avoids dwelling on the narrative and instead resolves the emotional charge that fuels it.

But another way the mind tries to avoid experiencing feelings it deems as bad, wrong or even dangerous is to prop itself up with affirmation statements. During the coaching process, when the client says, "But I'm doing really well now. My therapist says I am. And I've made so much progress!" I gently invite them to realize the mind is trying to distract them, so it doesn't have to feel. I simply redirect their focus back to the feelings.

Yet another way the mind tries to avoid this is through strong skepticism. Someone criticized this approach, saying, "I don't like dwelling on these things. It seems like dwelling on depressing thoughts." But that's not the case. Dwelling happens when someone ruminates on thoughts and stories, endlessly rehashing the details without addressing the underlying emotion. This protocol shifts the focus to the energy of the feeling, encouraging resolution rather than perpetuation.

A Deeper Dive into Resistance

Resistance is an innate part of the human experience. It's the invisible force that keeps us stuck in old patterns, prevents us from facing uncomfortable emotions, and stalls our growth. The ego IS the energy of resistance, which can manifest in different ways: avoidance, skepticism, defensiveness, being distracted, addiction, people pleasing, over-working, staying in abusive relationships and controlling behavior. Remember that nothing is inherently good or bad, neither is resistance. It's a natural response rooted in survival mechanisms, and understanding it is a crucial step toward emotional transformation.

Understanding the ego's protective mechanisms allows us to address these deeper emotions effectively and safely. This protocol is designed to help people access those core emotions without reinforcing the ego's patterns of avoidance or suppression. By guiding individuals into the present moment and encouraging them to feel their emotions as they are—without judgment or resistance—we create the space for those emotions to dissolve naturally.

RECOGNIZING FORMS OF AVOIDANCE/RESISTANCE TO FEELING EMOTIONS

Resistance to feeling deeper emotions takes many forms, from outright denial to subtle self-sabotage. Some of the most common manifestations include:

- Avoidance: keeping oneself from addressing uncomfortable emotion, such as procrastinating, people-pleasing, over-working, relocating, staying in unhealthy relationships
- Defensiveness: Reacting with hostility or dismissal when challenged, often to protect the ego from perceived criticism.
- Over-intellectualization: Using logic and analysis to avoid engaging with emotions, such as focusing on “why” something happened rather than how it feels.
- Skepticism: Doubting the process or dismissing its potential effectiveness, often as a way to avoid vulnerability.
- Perfectionism: Setting unrealistic standards that make progress seem unattainable, creating an excuse not to start.

These behaviors are not bad, many times they are not conscious choices; they are reliable automatic responses driven by the ego’s need to preserve its sense of control. While resistance serves a protective function, it can come at a cost. By avoiding uncomfortable emotions, we prevent ourselves from fully processing and resolving them. This leads to emotional blocks, which manifest as anxiety, self-doubt, or reactive behaviors. Over time, these blocks can erode our sense of well-being, strain relationships, and keep us from pursuing meaningful goals.

For example, a person resisting the work of resolving self-loathing might suppress their emotions, focusing instead on staying busy or moving onto a new relationship. While this might provide temporary relief, the unresolved grief can resurface later as depression, irritability, or difficulty forming close relationships. Resistance doesn’t eliminate emotions; it merely delays and amplifies them.

SEEING THE PURPOSE IN THE ACTIVITY OF RESISTANCE

The first step in overcoming resistance is to recognize when the mind is doing it and why. This requires shifting from judgment to objectively observing resistance without labeling it as “good” or “bad.” For instance, if you notice yourself avoiding a difficult conversation, instead of berating yourself for procrastinating, ask, “What is the procrastination protecting me from? What feeling is underneath my anxiety?” This gentle inquiry helps uncover the underlying emotions driving resistance. It’s also important to understand that resistance is not a failure—it’s the mind trying to protect the system from what it sees as threatening emotions that it doesn’t understand or know how to resolve. Resistance thrives when the reward of doing it is greater than the motivation to look at the emotions underneath.

Usually, a person is motivated to look deeper when the activity of resistance that they've been doing begins to fail at keeping the troubling emotion hidden. Therefore, many clients I work with are in a very difficult time in their life: their child is dying from an addiction, a marriage is failing, an unavoidable health problem surfaces, etc. The person can then see the resistance as the rewarding distraction that it is and move past it quickly to the emotional resolution work. Until the stress becomes too great to ignore, sometimes the person doesn't even realize they're stuck in a pattern of resistance and are practically addicted to it. I tell clients that this is all meant to be. In the end, I encourage them to see the destabilizing stress as the check engine light in a car telling us there is something underneath the hood that needs to be addressed. Instead of interpreting it as a failure, they can recognize resistance as the ego's attempt to help you by covering up the difficult core emotion. This awareness allows them to choose differently, leaning into vulnerability rather than retreating from it.

When the person feels safe enough to see they're doing this and motivated enough to integrate the challenging emotions that drive it, they are shown a path to healing. Techniques like mindfulness, breathwork, and journaling can help create the feeling of peaceful security needed. For example, mindfulness practices teach us to observe thoughts and emotions without attachment, reducing the ego's need to control or resist them. Ultimately, resistance is not a problem—it is a gateway to transformation. The process of confronting the challenging emotions is not necessarily comfortable, but it feels better integrating the trapped emotions than experiencing a bigger consequence later.

WHEN HIDDEN CORE EMOTIONS ARE EMBRACED

What I tell people is that because this work initiates an identity shift and begins dissolving the ego, there's no longer a part of me that takes what this body thinks, feels, or does personally. For the one that did that was the ego, and that has been dissolved. Before, the ego would take everything personally. For example, if I acted a certain way, my mind would flood with thoughts like, "Oh, now you've upset your wife. Now your mother is mad. Now you're the bad guy". But now, those emotions behind them are miniscule so the thoughts can be seen and waved aside. It becomes easier to approach things with clarity and acceptance.

It's important to clarify something here: people sometimes think that after doing this work, you turn into a Buddha—completely unaffected by life, like someone could stick a pin in your foot and nothing would happen. That's not the goal. I don't want anyone to become a zombie or a robot

devoid of feelings, that's not the point of life. These bodies were designed to feel, act, and behave in certain ways.

I often tell my daughter, "Due to my ADHD I forget things sometimes, but I'm doing my best. I manage my condition, but it's never perfect." She's used to me driving her to school and suddenly stopping a half block away because I forgot something. The difference now is that I don't engage in a bout of self-flagellation when life throws me a curveball. In the past, that would have turned into an episode of frustration, but now it's just another fleeting moment in my day. When it's done, it's done, nothing inside holds onto the event making a story out of it.

One client recently told me that going through the protocol led to feeling more emotions, not fewer. Many of his emotions had been repressed or buried by the ego—denied, avoided, or intellectually rationalized. Part of this transformation simply allowed him to feel those feelings fully, without judgment. Even if it's not complete ego dissolution, the ability to experience emotions authentically is profound. Interestingly, many people who've gone through a full ego-dissolution experience describe something similar. They often say that emotions feel even stronger afterward because there's no ego trying to hold them down or suppress them. That's how I'd describe it, too—this work doesn't remove emotions; it integrates them into your emotional system revealing a profound sense of grounding and a deeper connection to the world around you.

ADDICTION – A FORM OF RESISTANCE THAT HIDES A SPIRITUAL AFFLICTION

The work I do as a family addiction recovery coach often intersects with the foundational principles of Alcoholics Anonymous (AA), an organization born out of the experiences of two recovering alcoholics in the 1930s. In 1933, one of these men, Bill Wilson, found himself in a detox facility, desperate to stop drinking but unable to do so on his own. In his moment of despair in a detox center, he prayed, "If there is a God, let him show himself! I am ready to do anything, anything!"

What happened next, as Wilson described in *The Big Book*, was profound: "A great peace stole over me and I thought, "No matter how wrong things seem to be, they are still all right. Things are all right with God and His world." This moment of surrender brought him what some might call an ego death or a spiritual awakening. After that 7-day detox, he never drank again, and his experience became a cornerstone of AA's philosophy: relinquishing control to a higher power.

For alcoholics, this concept resonates deeply because they've already experienced the act of surrendering control—to a lower power, alcohol. Recognizing this, AA teaches that recovery involves shifting that surrender from the grip of addiction to the care of a higher power, whether that's God, universal energy, or another force greater than themselves.

Addictions are often described as a form of distraction or avoidance, but they can also be understood as a spiritual affliction. This term refers to a deeper emotional and existential disconnection—a void that many people attempt to fill through substances or behaviors that offer temporary relief but ultimately exacerbate their pain. At the core of addiction is the avoidance of deep emotional pain, which can include fear, anxiety, depression, or hopelessness. The addictive behavior temporarily numbs this pain, but it also perpetuates the cycle of suffering.

The concept of addiction as a spiritual affliction stems from the idea that the person is disconnected from something greater than themselves. When I worked as an addictions counselor, I would sometimes ask clients, "What kind of relationship do you have with God, or a higher power, something beyond yourself?" I heard answers like, "I don't even like using that word," or, "I have no relationship with God." This lack of connection is often a key part of their struggle.

For some, religion or spirituality provides relief from emotional pain. By connecting to a higher power—whether it's framed as God, Christ consciousness, the Holy Spirit, or universal energy—they experience a temporary sense of ego death. This connection can help them feel part of something greater than themselves, alleviating their emotional burden. However, when this connection is absent or disrupted, the emotional pain often becomes overwhelming, leading to reliance on substances or addictive behaviors for temporary relief.

But substances or compulsive behaviors temporarily dissolve the energy of the ego, numbing feelings of fear, anxiety, or depression. As one client described, "When I'm using, I know I have problems—I know I have bills and issues—but in that moment, none of it matters." This is the appeal of addiction: it offers a fleeting escape from emotional pain. But unlike true spiritual connection, the relief is short-lived and comes with its own costs, including legal, financial, and health problems.

The real answer isn't to find another way to not feel these feelings but to change one's relationship to them. Spirituality, in its various forms, can offer a pathway to this shift. It's not about adopting a specific belief system but about using the language and framework that resonates with the individual.

For a Christian, this might mean exploring Christ consciousness or the Holy Spirit. For someone else, it might involve connecting to universal energy or simply acknowledging the vastness of the universe. The goal is to help people see what's already there from an experiential perspective—something greater than themselves that can provide peace and grounding.

Ultimately, the Resolve Protocol is about fostering connection, not avoidance. It's about learning to embrace emotions like anxiety or hopelessness, to experience them fully, and to realign with the flow of universal energy. Addiction points toward the need for this connection, but it does so in a way that is artificial and unsustainable. By addressing the deeper emotional and spiritual disconnection, we can help people break free from the cycle of addiction and find a lasting sense of peace and meaning.

This idea of surrender is also central to the work I do. But rather than trying to control emotions or situations through the ego, the goal is to embrace emotions fully and align with the universal energy around us. When you stop trying to force control through the ego you open yourself to truth behind the vastness of existence. This perspective not only eases the burden of self-importance but also fosters peace, balance, and clarity in the journey toward recovery and transformation. This isn't about diminishing self-worth; it's about recognizing that you aren't just connected to something larger, you ARE something larger.

Chapter 9: A Holistic Approach

The Resolve Coaching Protocol takes a holistic approach to addressing emotional challenges, combining biology, psychology, social and behavioral science, and spirituality. I believe this "bio-psycho-social-spiritual" model is the most effective framework for addressing complex issues like addiction, mental health challenges, and emotional dysregulation. By integrating multiple perspectives, this approach reinforces the strengths of each discipline, leading to greater insights and results in a shorter period of time.

For example, I recently worked with someone who was experiencing severe anxiety. Through this protocol, we explored their emotional responses from a psychological perspective, identifying triggers and patterns. At the same time, we addressed their physical health by looking at biological

factors. In their case, a particular medication was exacerbating their anxiety. Once the medication was adjusted their symptoms improved significantly. Social and behavioral factors were also part of the solution, as we worked on improving communication with their family and creating a more supportive environment. Finally, the spiritual aspect of the protocol helped them reconnect with a sense of purpose and universal energy, fostering peace and grounding.

This holistic approach also involves being something of a detective. For instance, I've heard stories where families were locked in cycles of intense conflict, only to discover that the root cause was environmental—like mold in their ventilation system, which was affecting everyone's physical and emotional health. Once the mold was removed, the conflicts diminished. Similarly, a deficiency in certain vitamins can cause irritability, highlighting the importance of considering physical health alongside emotional and social factors.

The idea is to view the "problem" not from one narrow angle but from all possible angles. This allows us to understand how biological responses, psychological triggers, social dynamics, and spiritual disconnection interact to ongoing stress and escalating unhealthy behaviors. For example, in family dynamics, the psychosocial and spiritual aspects often play a significant role. The way family members interact, the energy they bring to conversations, and the underlying emotions can all affect the outcome of those relationships. Understanding these dynamics helps us address them more effectively.

In my own life, I've had to embrace this holistic approach. I've experienced anxiety exacerbated by medications that didn't work for me, and I had to find alternatives that better suited my body's needs. At the same time, I worked on understanding my mental health diagnoses and how my body responds to triggers. I often explain to clients that the body is like a vehicle. If you want to travel the road of life, you need to know what's under the hood. Different "vehicles" (bodies) will respond in different ways to stressors, and understanding your specific "vehicle" helps you stay on course rather than veering off in the wrong direction.

This protocol is about addressing the full picture. By combining biological, psychological, social, and spiritual perspectives, we create a more comprehensive approach to healing. Each element strengthens the others, leading to a deeper understanding of the challenges at hand and providing a clearer path toward transformation and well-being.

SEEING ONE'S BEHAVIOR THROUGH THE MENTAL HEALTH PERSPECTIVE

One of the fundamental challenges of ADHD is the brain's inability to maintain adequate dopamine levels. Dopamine is not just the chemical responsible for regulating impulse control, focus, and behavior—it's also the brain's primary reward system. When dopamine levels are low, it's difficult to feel motivated, happy, or accomplished. This leads to behaviors that may seem problematic to others but are, in fact, the body's intuitive way of seeking balance and recovery.

I hear this from parents once and a while: "My son plays video games all day. That's all he does. He doesn't know how to get a job, but he knows how to do that." One mother told me the same thing about her son. I asked her, "What happens when he does try to do the chores you ask him to do, like mowing the lawn?" She said, "Sometimes it turns into this emotionally dramatic, intense thing. If he stubs his toe on the lawnmower, he'll have this big emotional outburst, and I'm standing there thinking, *Oh my God, calm down.*"

I often explain this to parents: Look at what your son is doing. For example, when their son procrastinates on his chore of mowing the lawn for hours, maybe playing video games, then he finally gets up to mow the lawn, it often becomes a dramatic ordeal. Something as small as stubbing his toe might escalate into what feels like World War III. These meltdowns are not random—they are the body's response to the emotional stress caused by everyday tasks due to this genetically inherited neurobiological condition. The body of someone with severe emotional dysregulation intuitively understands that these seemingly simple activities can trigger a full emotional upheaval.

Instead of just laziness and an addiction to video games, I try to show what's really happening here is that the body is attempting to rest between stressful emotional episodes. The body, when under chronic stress or frequent emotional upheaval, releases cortisol and other stress chemicals that can be destructive over time. The body instinctively knows it can't stay in that heightened state forever. So, it seeks rest and recovery between episodes of emotional distress, often choosing an activity like video gaming, which provides small, manageable dopamine hits to stabilize itself. For someone with ADHD, video games are like a dopamine intravenous (IV) drip—little bursts of reward that help compensate for the brain's natural deficiency. The body isn't being lazy; it's recharging in preparation for the next inevitable emotional challenge.

The same principle applies to other behaviors. For example, I don't play video games, but I could sit for hours listening to classical or jazz records on my stereo. For me, this activity provides the same

dopamine boost as video games might for someone else. Others might fidget, work with their hands, or fix cars and motorcycles—activities that naturally engage their brains and give them the dopamine they need to feel balanced. It's not about the activity itself; it's about how the body is wired to seek the dopamine it cannot produce on its own.

This understanding is critical when addressing behaviors that seem unproductive or problematic. For someone with ADHD, Asperger's, or anxiety, the body's need for rest and recovery between emotional episodes is real. Even activities that might seem like a lazy waste of time to an outsider, like playing a video game, can feel controlled and manageable within that context. It's the body's way of maintaining equilibrium. By recognizing these patterns, we can better understand that these behaviors are not failures or flaws but adaptive responses to how the brain and body are designed. It's as if the body is intuitively trying to live with and survive its own condition. This perspective allows us to approach these challenges with empathy, helping individuals find healthier ways to manage their energy, emotions, and dopamine levels while navigating a world that often doesn't align with their needs.

ADDICTION: A BODY TRYING TO BALANCE ITSELF

This raises the question: is this behavior addiction or just dependency? The distinction lies in the consequences. Compulsive behaviors, such as drinking coffee every morning, might create a dependency (e.g., withdrawal headaches if you stop), but they don't necessarily cause significant harm. Addiction, on the other hand, is a compulsive behavior that leads to severe consequences in critical areas of life—such as health, relationships, finances, or legal issues—and persists even when the individual is aware of those consequences.

Take video games as an example. For many, gaming falls into the mild end of the behavioral spectrum. It's a coping mechanism that provides a sense of control, rest, and small dopamine rewards. However, if gaming consumes all their time, leading to neglect of their health, relationships, or responsibilities, it becomes problematic. It's not the activity itself that defines addiction but its impact on the individual's life and the lives of those around them.

Similarly, consider coffee drinkers compared to heroin addicts. Both behaviors involve bodily dependence—coffee drinkers may experience withdrawal headaches if they skip their morning brew or it can last many days if they try to cut out caffeine, but this dependency rarely disrupts their lives in severely negative ways. Heroin addiction, by contrast, often drives people to extreme behaviors,

such as stealing from loved ones or putting themselves in dangerous situations to obtain the drug. The distinction is clear: addiction involves repeated risky behavior with severe consequences.

Understanding this range of behaviors is crucial. Many actions that might initially seem problematic—like gaming—are often the body’s way of managing stress and recovering. It’s only when these behaviors escalate to the point of significant harm that they become true addictions. By recognizing the body’s intuitive efforts to cope, we can approach these behaviors with empathy and address the underlying emotional or physiological needs driving them.

HAVING MULTIPLE MENTAL HEALTH DIAGNOSES

Living with conditions like ADHD, autism, and PTSD is like carrying multiple layers of emotional dysregulation stacked on top of each other, each compounding the challenges of the others. For someone like me, it’s not just a matter of being a little anxious or reactive—these conditions amplify and intensify emotional responses, often making them feel overwhelming and unmanageable.

I didn’t even know I was on the autism spectrum for much of my life. What I did know was that I was “too emotional”. As a child raised with this heightened sensitivity, I developed PTSD on top of my existing challenges. This "stacking" effect isn’t unique to me; I’ve seen it in others too. Studies show that having ADHD increases your likelihood of addiction fourfold, and when you add autism or PTSD, the risk multiplies further. I’ve worked with clients who face ADHD, autism, bipolar disorder, and PTSD—each condition adding to the emotional dysregulation of the others. I used to think I had an anger problem. My wife and I would discuss how my outbursts would create chaos at home. But when I finally saw a psychiatrist, he explained, “It’s not anger itself—it’s your fight-or-flight system. For most people, it ramps up gradually. For you, think of it as always being on, like a stereo on standby: press one button, and it’s immediately blaring at full volume.”

I use this analogy when I try to describe to others what it is like with this condition in which your fight/flight system is always on, because saying it like this is a very polite way of putting it. To me, it is more like this: Imagine you are going through every day of your life, doing your normal routines, waking up preparing for work, cooking, raising kids, cleaning the house, but in one hand you are permanently holding a cup of sulfuric acid. So, whenever something unexpected happens that acid may spill on your skin, your heart more than skips a beat, it goes into a frightening trauma response. This overactive fight-or-flight response can be triggered by anything—losing balance, sudden unexpected noises, spilling a drink, or dealing with traffic. My first time using a snowblower, my

body was going into a physiological response like I was defusing a bomb; I was sweating, jittery, and on high alert, as though a life-or-death situation was unfolding. This physiological reaction wasn't rational, but the bodily response was real. The nervous system is usually over-reacting as if it is convinced its facing mortal danger, then sends the body into a trauma emotional state that's way beyond what the situation calls for. And once the initial fear subsides, anger often follows, as a reaction to the sheer intensity of the experience.

When emotional challenges stack on top of each other, it becomes harder to identify the root cause of an issue. For example, in moments of anger, the real driver might be anxiety or unresolved trauma. That's why the protocol I use with clients is designed to address multiple root emotions. Sometimes the work starts with addressing fear or shame, but as layers are peeled back, deeper emotions like grief or guilt emerge. Each layer must be explored and resolved to allow the emotional system to regain balance.

For people like me—and many clients I've worked with—traumas such as divorce, the death of a loved one, or getting fired from a job can destabilize us entirely. In the first 18 months after my marital separation, I finally got in touch with my dysregulated emotional core. I told people emotionally inside my body was feeling like a child falling down a flight of stairs, a visceral and inescapable sensation. Even if we appear composed on the outside, the internal experience can be of complete chaos or terror. But when one is aware, it's possible to make the dysregulated emotional system much more manageable, allowing the body to function with much less fear and impulsive behaviors.

EXECUTIVE FUNCTIONING ISSUES WITH EMOTIONAL DYSREGULATION

When I work with parents of children or adults with ADHD, Asperger's, or similar neurological conditions, I often explain that there are two major challenges at play: poor executive function and emotional dysregulation. Both issues must be addressed, as they significantly impact a person's ability to navigate life successfully.

Poor executive function, a hallmark of conditions like ADHD, affects time management, concentration, and the ability to finish tasks. This issue is often exacerbated by what is known as "time blindness." For example, if someone tells me, "Mike, I need this project done in three months," my brain struggles to comprehend what "three months" actually means, you might as well tell my brain three years. That deadline feels so far away it can't mentally prioritize it, and as a result, I often

do nothing until it's almost too late. This is a common experience for people with ADHD. Parents often tell me, "That's exactly how my son approaches his homework." The ADHD brain tends to generate the necessary thoughts and focus only when the deadline is imminent. But by then, the person is in a panic, pulling others into their last-minute drama. Unfortunately, unlike neurotypical individuals, who might learn from these experiences and develop better planning skills, the ADHD brain isn't wired to adapt in the same way. It often takes much longer—if at all—for these lessons to stick.

This lack of executive function extends beyond deadlines. For instance, when assembling something like a barbecue grill, I've been told it should take 45 minutes. For me, it takes three and a half hours – 4 to 5 times longer than the average. Why? Because my brain skips words in the instructions, assumes pieces go where they don't, and constantly makes errors that need to be corrected. This inability to plan and follow through can create a cascade of challenges. Without the ability to set goals and execute them, everyday life can feel too difficult to handle.

EMOTIONAL DYSREGULATION

The second major issue as we've already covered is emotional dysregulation, which makes it difficult to maintain healthy, stable relationships. If someone cannot manage their emotional responses, they are more likely to struggle with jobs, marriages, and family dynamics. Emotional outbursts, impulsivity, or withdrawal can damage trust and communication, making it hard to build or sustain meaningful connections.

These challenges are compounded by the societal pressures to "keep it together." For those of us with these conditions the statistics can be staggering approximately 85% of people with these conditions are unemployed or underemployed, and a similar percentage face higher divorce rates. Emotional dysregulation spills over into every aspect of life, magnifying the impact of poor executive function.

Poor executive function and emotional dysregulation create a unique set of challenges that require a multi-faceted approach. It's not just about "fixing" one area—it's about finding a combination of things that addresses both the practical and emotional barriers these individuals face: support groups, diet, sleep and exercise, therapy, walks in nature, psychiatric medication assessment, etc. With the right combination it's possible to help people with these conditions live more fulfilling and stable lives.

I emphasize the need to address both executive function and emotional dysregulation. These two issues are deeply interconnected, and managing one without the other often leads to limited success. For example, while we can work on emotional stability through coaching, therapy, or other tools, I also recommend hiring a coach specifically for executive function challenges. Tools, strategies, and accountability can help someone learn to manage time, set realistic goals, and follow through.

But I also tell parents to observe carefully: Can your child actually implement these strategies? Sometimes, even with external support, the neurological barriers remain. The goal is not to expect someone with these conditions to function like everyone else but to equip them with the tools and support they need to navigate life more effectively so they can see what I call the “ceiling of their abilities” for themselves.

When working with parents, I often emphasize a challenging but important reality: not every individual will be able to function in the way neurotypical society expects. And that’s okay. Every person has their own path and purpose, and for some, that purpose may not align with conventional definitions of success. Instead, their purpose may be deeply tied to addressing generational trauma and emotional challenges that have gone unresolved for years, if not generations. For example, when parents come to me concerned about their adult children’s ability to be independent, I encourage them to consider the broader context. If their son or daughter is in their 20s or 30s and struggling with work or independence, it’s reasonable to continue trying to support them in achieving those goals. But if they’re in their 40s or even 50s, still unable to hold down consistent employment or live independently, it may be time to reassess expectations. I often say, “At this point, they’ve shown you a significant enough sample size of their ability to maintain financial independence.” This is not about laziness or a lack of trying—it’s about their capacity to function within the structures of society as it is currently set up.

Some individuals simply do not fit neatly into society’s expectations, and that doesn’t make them failures. As I often tell parents, “*Do you believe everyone’s purpose on this earth is to pay taxes? Or is your child fulfilling a more cosmic purpose?*” This is where I introduce the concept of generational trauma. For some people, their life’s purpose is to confront and resolve deep-seated emotional pain that has been passed down through their family. By working through that trauma, they are breaking cycles of suffering that might otherwise continue to impact everyone around them. This work is profound—it prevents future pain and creates the possibility of healthier, more stable relationships for the generations to come.

When parents struggle to accept this perspective, it's often because society has conditioned us to equate success with certain benchmarks: a steady job, financial independence, and meeting conventional milestones. But those benchmarks are not achievable or even meaningful for everyone. For families with neurodivergent members or those with significant emotional challenges, success might look very different. It might mean providing a stable home where their child can heal and grow, or simply accepting and supporting them in their purpose of resolving their family's generational trauma.

This shift in perspective often requires an emotional adjustment for the family as well. Some parents feel disappointed, saying, "You're not giving me much hope." To this, I respond, "If you measure your child's life by how well they fit into the mold of societal expectations, I can understand your concern. But if you measure their purpose by the healing work they're doing—work that will ripple through your family for generations—that's a very different kind of success."

Ultimately, this process is about recognizing and embracing each individual's unique journey. Some people are here to resolve deep emotional pain and serve a purpose that may not align with conventional ideas of productivity. That work is no less valuable—in fact, it may be the most important contribution they can make, breaking cycles of trauma and creating a foundation of stability for those who come after them. Helping families reframe their understanding of purpose and success is central to the work I do, and it can profoundly change how they view and support their loved ones.

Chapter 10: Introduction to The Resolve Coaching Protocol

The Resolve Coaching Protocol is a process tool for integrating difficult emotions in a way that takes into account the egoic mind and its purpose. And in doing so, these difficult core emotions are not only resolved quickly but also the inner peace that is uncovered in this process is abiding. By understanding and honoring that part of the mind that is serving a purpose through anxious, neurotic and controlling behaviors, we can begin to dissolve it.

This journey is not about getting rid of certain emotions or eliminating the ego altogether because it is “the real problem”. It is about integrating both into the system with acceptance, allowing us to experience life with greater clarity, peace, and authenticity. As one continues to use the simply coaching tools to resolve emotional blocks, that inside you which resists suffering is dissolved. The difficult emotions we call suffering are embraced. Then it is seen that the true suffering was not the difficult core emotions but the resistance to them. Our concept of suffering is then transcended as these feelings are welcomed as much as any other emotions.

Through this protocol, we reclaim our ability to navigate the waves of life with unconditional acceptance and resilience, no longer in resistance to the reality created by universal energy. Emotions are not obstacles to be avoided; they are signals, guiding us toward greater self-awareness and alignment with universal energy. By reframing emotions as helpers rather than adversaries, we can develop a healthier, more intuitive relationship with our inner world. This shift allows us to respond to challenges with clarity and intuition rather than being swept away by reactive patterns.

A RIPPLE EFFECT

I often explain to clients that when they begin to access and resolve their core emotions, it doesn't just create a shift regarding their coaching problem—it can ripple out and affect their relationships in unexpected ways. People around them, especially loved ones, may notice these changes even before they do. One client shared an impactful story about this. Her husband, an alcoholic, had grown accustomed to her anxious and controlling behavior. After going through the protocol, she began to approach situations with a calmness that surprised even her. She told me, “One day, my husband came up to me and said, ‘Don't you care about me anymore?’ She was initially caught off guard by the question but quickly understood where it was coming from. Her usual pattern had been to react emotionally to control his drinking. But now, her approach had changed. She explained to him, “I do care, but I'm just not doing it in that anxious, way anymore.” He responded, “So, you're not going to call me a drunk?” She calmly replied, “No. What good did it ever do?”

To him, her newfound calmness initially seemed like apathy. But in reality, it was the result of her letting go of the anxious, controlling energy that had once dominated her personality. By addressing and dispersing that energy, she had fundamentally shifted how she related to her emotions—and to him. And the story didn't end there. Her husband, intrigued by the change he saw in her, eventually asked how she had achieved it. He later became a client himself, undergoing the same protocol to

address his own challenges. This illustrates how emotional transformation can create a ripple effect, inspiring those around us to seek their own paths to growth and healing.

When the anxious, controlling parts of a personality dissolve, it's not apathy—it's clarity and alignment. It's letting go of patterns that don't serve us, which can profoundly impact not just our inner world but the way we interact with others. Loved ones might not immediately understand these changes, but over time, the benefits become clear, fostering healthier and smoother connections.

SEEING EMOTIONS AS PART OF THIS OCEAN OF UNIVERSAL ENERGY

Emotions are often misunderstood as fixed states or problems to be solved, but in reality, they are simply physical sensations, or universal energy moving through the body. This perspective—rooted in both science and ancient wisdom—transforms how we relate to our feelings, shifting us from a place of resistance to one of understanding and flow. At their core, emotions are biochemical and physiological responses to stimuli. When you experience fear, for example, your body releases adrenaline, increasing your heart rate and preparing you for action. Similarly, feelings of joy or love release dopamine and oxytocin, creating sensations of pleasure and connection. These physical responses are manifestations of energy—energy that rises, peaks, and eventually dissipates when allowed to follow its natural course.

Problems arise when this energy is resisted because the judgmental controlling part of the person/ego, seeking to maintain control, often labels emotions as “good” or “bad” and creates narratives around them. For instance, anger might be tied to a story of childhood victimization, while sadness may be viewed as weakness. These judgments block the natural flow of emotional energy, causing it to become trapped and manifest as anxiety, chronic stress, or even physical illness.

Reframing emotions simply as waves energy can begin to dissolve this resistance. Instead of fighting or suppressing feelings, we can observe them as waves in the ocean—rising, cresting, and falling back into equilibrium. Techniques like mindfulness, breathwork, and grounding exercises can assist in this process, allowing emotions to be experienced fully and released naturally. By embracing emotions as energy, we create space for transformation. We move beyond the ego's stories and align with the flow of universal energy, allowing emotions to guide us toward deeper self-awareness, balance, and peace. This understanding empowers us to live with greater authenticity and freedom, no longer fearing or avoiding the emotional currents of life.

Chapter 11: The Resolve Coaching Process

BE AWARE OF AND UNDERSTAND WHAT THE EGO IS

The first step in the protocol is developing an awareness of the ego. The ego constructs a narrative about who we are and how we fit into the world, shaping how we respond to emotions and experiences. It assigns labels, creates judgments, and generates resistance and puts all of this with including the emotions into a story. “I’m angry because they disrespected me,” creating a cycle of blame and justification – that is the ego. But if you’re reading this now, and there are thoughts in your mind of “This is great, I think this material can be very helpful for me! It might even help improve my relationships and my career!” – that’s also the ego! The ego is not the thoughts or stories in the mind, the ego is the solid energetic “sense” of a person in the body that attaches to these thoughts and believes them.

To dissolve emotional blocks, we must first recognize the ego’s purpose in resisting emotions. A key practice here is mindfulness—observing thoughts and feelings without judgment. By doing so, we begin to separate ourselves from the ego’s narrative, creating space for deeper emotional work.

THOUGHTS WERE NEVER REFERRING TO YOU

The ego often identifies with emotions, creating a sense of “I am” tied to specific feelings. For instance, “I am anxious” or “I am angry.” This identification amplifies resistance, as it feels like a threat to the self. However, the ego is actually a mental construct created by the brain as part of its survival mechanism. It enhances the survival aspects of the human body because it senses it has a person in it, a sense of “me” to protect. But all of this still isn’t what you really are.

In this step, we practice disidentifying from the ego. Techniques like guided visualization can help here. Imagine yourself as the ocean, with emotions as waves rising and falling. The waves are part of you, but they are not the entirety of you. This imagery reinforces the understanding that emotions are only a transient form of your core self. A great stride towards an inner peace resulting from unconditional acceptance of what is begins with realizing the ego’s thoughts/your thoughts were never referring to what you really are.

ACCESS THE PEACEFUL PRESENCE UNIVERSAL ENERGY

This is much simpler than one may think because everything, including emotions, is already this Universal Energy – it is being accessed right now! This principle, rooted in science, provides the foundation for resolving challenging stuck emotions. Universal Energy appears as everything, including all of your emotions. This step invites you to access that part of Universal Energy that is felt in the human body as a peaceful energetic presence. This is in combination with the volatile emotions that the mind tries to avoid like anger, terror, depression, self-loathing etc. helps to resolve these emotions. Feelings are not fixed states but manifestations of energy moving through the body. Resistance occurs when we try to suppress, control, or avoid this energy, causing it to become trapped. When this resistance is relaxed, these difficult have a smoother path of integrating back into this energetic ocean.

In this step, we embrace the idea that emotions are not problems to be solved but simply energies to be experienced as fully as possible. This shift in perspective allows us to approach emotions with openness rather than fear. For example, instead of viewing anxiety as something to “fix,” it is energy that needs to simply be felt. When it is, most times it resolves naturally.

EMBRACE THE EMOTION FULLY

Unconditional acceptance of whatever is going on in your inner emotional landscape is a transformative act. Most of our suffering comes not from the emotion itself but from resisting it. For example, the pain of grief is natural, but the additional resistance— “I shouldn’t feel this way” or “I need to get over this”—creates unnecessary suffering. It’s not that you have anxiety, it’s that you don’t like when you have it. In this step, we practice allowing the emotion to be in the body exactly as it is. This involves creating a safe space to feel without judgment or resistance. Techniques like deep breathing or mindfulness meditation can help ground us in the present moment, providing the stability needed to fully experience the emotion.

As stated earlier, emotions have layers. Surface emotions, such as anger or anxiety, are immediate reactions to triggers. Beneath these lie middle emotions, such as shame, guilt, or sadness, and at the core are root emotions like self-loathing, the energy of life is meaningless, immense overwhelming pain and/or sadness.

In this step, we move through these layers, guided by curiosity and compassion. For example, if you feel anger, ask yourself, “What’s beneath this anger? Is it emotional pain? Is it sadness?” Journaling

or working with a coach can help uncover these deeper layers, providing insights into the core emotions driving your resistance.

INTEGRATE THE EMOTIONAL ENERGY TO RESOLVE IT

Once an emotion is fully accepted (even embraced) and felt in the body, it begins to sink back into the entire emotional energetic system naturally. Emotions, like waves in the ocean, rise, peak, and recede when they are not resisted. And just like in the ocean, some waves are bigger than others, therefore taking a longer time to peak. This step involves letting go of the need to control the processing of this emotion, allowing it to flow through you.

The body is designed to feel emotions. The body can handle it. Do you notice that the physical body itself doesn't have an opinion or judgement about what emotion it is, it just feels. It's the egoic mind that doesn't like certain emotions that it deems as destructive, even to the point where it may label that which triggered the core emotions as "evil" if the feeling is strong and scary enough.

When emotions are regularly embraced into the system no matter how volatile they may be, the flow of universal energy is now free, and that body is liberated. It is liberated from the desire that life be anything other than what it is. The ego is then transformed and rebuilt into some that is much more open, accepting and connected to the flow of universal energy. I never predict what's going to specifically happen in a person's life as result. I just tell clients that wherever Universal Energy was going to flow in the first place, it usually gets there faster and smoother with less resistance. This step is not about eliminating negative emotions. Instead, it's about seeing all emotions like waves in the ocean rising and falling naturally.

EMBRACING EMOTIONAL ENERGY DAILY

Transformation does not happen in isolation—it unfolds in the rhythms of daily life. The insights gained from understanding emotional energy and dissolving emotional blocks are powerful, but they must be integrated into our routines and relationships to create lasting change. This chapter explores how to weave these practices into the fabric of your life, fostering resilience, balance, and authenticity.

The first step in integration is reframing emotions as natural and essential parts of life. Recognize that emotions are energy, not obstacles. When a challenging emotion arises—such as anger or anxiety—as long as your body is not going to be threatening and unsafe, allow the feeling in the body. Learn to say to yourself about this emotion, "Anxiety, good. This is The Universe/God/My

Higher Power telling me there is an inner core feeling it needs me to resolve.” By shifting your mindset, you begin to be open to all your emotions and eventually have gratitude when they appear – “This is being done to help deepen my inner-peace.”

CREATING A NON-STICK SPACE IN YOUR CONSCIOUSNESS

This protocol is like pre-seasoning a carbon steel pan, creating a non-stick surface that gets better with time. Imagine this: when you first get a new pan, anything you cook clings to the surface, creating a mess that’s hard to clean. But when you season it—burning thin layers of oil on it over and over—you develop a smooth, resilient coating. Over time, with consistent care, the pan becomes more non-stick, making cooking effortless. In the same way, the protocol helps you build a “non-stick” emotional surface. Life will inevitably drop triggers into your consciousness—like cracking an egg into a hot pan. The emotions sizzle, and your mind may initially light up with reactions, much like the pan heats up. But because of the emotional “seasoning” you’ve done, those reactions don’t stick. The emotions run their course and, when the episode is over, they slide away effortlessly. You’re left with clarity—an empty pan/consciousness, free of residue.

Just like a well-seasoned pan becomes more non-stick with care and use, the emotional resilience built through this protocol strengthens over time. Every time you are courageous and don’t shy away from feeling your feelings, you cultivate a surface that allows life’s challenges to come and go without leaving a lasting mark, freeing you to navigate life with ease and grace.

THE OPPOSITE OF NIHILISM

Embracing this protocol is not nihilism. Nihilism, the rejection of all religious and moral principles with the belief that life is meaningless, is fundamentally different from what this work is about. This protocol and the concept of universal energy are quite the opposite. Instead of rejecting meaning, they invite us to fully embrace and feel the life that has been laid out for you. Stories and concepts of nihilism are simply that, intellectual categorizing by the mind in an attempt to understand this world. The ego, with its judgments and stories, struggles to understand this concept because it’s attempting to fit the ineffable into a framework it can control. But the ego is not the right tool for comprehending the vastness of universal energy or the true nature of reality.

As part of this protocol, I sometimes guide clients to experience their bodies as just another object in the room. In moments like these, they often feel a sense of spaciousness and presence, as if their life force is no longer confined to their body but exists everywhere. This is not about negating the self but

about expanding one's awareness beyond the ego's limits. It's this sense of vastness, aliveness, and interconnectedness that defines your essence. Explaining this shift in your fundamental identity is challenging. Trying to describe this experience to someone who hasn't felt it is like trying to explain the taste of an orange to someone who's never seen or tasted one. Words can point to the experience, but they can't fully capture it.

Many describe similar feelings after psychedelic experiences. Psychedelics can temporarily dissolve the energy of the ego, allowing people to step outside its constant narrative. In those moments, they often feel deeply connected to the universe, saying things like, "I know I have bills and problems, but it just doesn't matter right now." This isn't apathy; it's a reprieve from the ego's incessant worry. When the drug wears off, the ego returns, but for a time, the intensity of the ego's hold is diminished, and the individual can experience the vastness beyond it.

This protocol doesn't deny religious or moral principles—it makes no judgments about them. Instead, it shows us how to dissolve the ego's constant striving and worrying which can make the body reactive. By embracing emotions and the flow of universal energy, we realize that life isn't really meaningless; it's a vast undulating ocean of energy with many aspects to it, from the peaceful and loving to the volatile and scary.

ALIGNING ACTIONS WITH INSIGHTS

Integration also involves translating emotional awareness into action. For instance, if you've dissolved a block around self-worth, consider how this new clarity can influence your choices. Perhaps you set healthier boundaries at work or pursue a passion you've long avoided. Small, intentional steps reinforce the progress you've made and create momentum for further growth. Daily integration is supported by self-care. Activities such as exercise, restful sleep, and nourishing meals help regulate your emotional baseline, making it easier to remain balanced. Self-care isn't indulgent—it's foundational. When your body and mind are well-nourished, you are better equipped to navigate emotional energy.

By integrating these practices into your daily life, you create a steady foundation for transformation. The journey is about showing up each day with awareness, compassion, and a commitment to living life on life's terms by embracing all your feelings. In doing so, you bring the profound insights of this work into the everyday, enriching your life and those around you.

TRANSFORMING RELATIONSHIPS

Relationships are the heart of the human experience. They reflect our deepest emotions, amplify our vulnerabilities, and shape our understanding of connection. Yet, relationships can also be sources of conflict, misunderstanding, and pain, especially when emotional blocks and ego-driven patterns dominate our interactions. Transforming relationships begins with transforming ourselves—shifting from reactive, egoic behaviors to intuitive, compassionate engagement.

At the core of most relational challenges lies egoic thought. Again, because it is part of the brain's survival mechanism, its foundation for understanding the world is duality and separation, perceiving the self as distinct from others and fueling narratives of blame, defensiveness, or inadequacy. In relationships, this often manifests as reactive patterns: criticizing a partner for perceived flaws, withdrawing in fear of rejection, or overcompensating to earn approval. These behaviors are driven by the ego's need to protect itself and maintain control. For example, imagine a parent who frequently feels disrespected by their teenage child. The ego might interpret the child's behavior as a personal affront—"They don't value me"—leading to reactive anger or frustration. However, when viewed through the lens of universal energy, the child's actions may reflect their own struggles with identity, fear, or autonomy. The parent's reaction, then, becomes an opportunity to address their own emotional blocks, such as a fear of losing authority or unresolved feelings of inadequacy.

Transforming relationships requires recognizing the ego's influence and shifting focus from external triggers to internal awareness. When one accesses universal energy, it is seen that the ego's stories are not absolute truths, we create space for more authentic and compassionate connections. Emotions are not just individual experiences; they are energetic exchanges that influence the dynamics of a relationship. When emotional energy flows freely, relationships feel balanced and nurturing. However, when emotions are blocked—by unresolved anger, shame, or fear—they subconsciously control you, creating tension and disconnection.

Consider a workplace scenario where a manager's unresolved frustration leads to micromanaging their team. The energy of frustration spreads, creating an atmosphere of distrust and stress. In contrast, when the manager addresses their frustration—perhaps recognizing it stems from a fear of failure (which points to the core emotion of self-loathing)—they can release the emotional block. This shift in energy fosters a more collaborative and supportive environment transforming relationships requires aligning with the flow of emotional energy. For example, instead of dismissing a friend's concerns with "You're overreacting," try acknowledging their feelings: "I can see this is

really important to you, this must feel frustrating.” This simple act of validation creates space for emotional energy to flow, deepening connection and trust.

Many relational patterns are driven by cycles of resistance, where unresolved emotions create recurring conflicts. These cycles often stem from generational trauma or learned behaviors. For example, a parent who grew up feeling unsupported may struggle to provide emotional support to their own child, perpetuating a pattern of emotional distance. Breaking these cycles begins with addressing the emotional blocks that sustain them. This involves recognizing and resolving core emotions like guilt, shame, or fear. For instance, a parent who feels guilty for not being emotionally available might avoid difficult conversations with their child, fearing they will “make things worse.” By confronting and releasing this guilt, the parent can approach their child with greater authenticity and presence.

Dissolving resistance also involves practicing forgiveness—both for yourself and others. Forgiveness is not about condoning harmful behavior but about releasing the emotional energy of the past. When we forgive, we free ourselves from the burden of resentment, creating space for healthier interactions.

Chapter 12: Case Studies

CASE STUDY: NOT FEELING SOCIAL PRESSURE TO CONFORM

A mother of a high school football team captain came to me seeking help with emotional challenges she faced in her family. She’s on the autism spectrum and often felt overwhelmed in social situations, particularly at her son’s football games. She wanted to support him but dreaded sitting with the other football moms, whose gossipy conversations left her drained and overstimulated. All she truly wanted was to sit quietly and read a book, but the social expectations and fear of judgment—“What will they think if I sit alone?”—kept her locked in a pattern of discomfort.

After completing the protocol, she didn’t expect much to change in this specific area of her life. But at the next game, she made a different choice. Instead of forcing herself to sit with the other moms,

she brought her book and retreated to her husband's truck. When her husband found her there and asked, "What are you doing? Why aren't you with the other moms?" she surprised herself by answering calmly and confidently: "Just reading."

She later recounted to me, "There was no guilt, no defensiveness, no need to explain myself. I just didn't feel like I had to justify it." That evening, she realized another unexpected shift—there was no residual tension. "Usually, I'd spend the whole drive home complaining about those conversations, but this time, there was nothing to complain about."

What struck her most was that this wasn't even the issue we'd worked on—it was unrelated to the emotions we'd addressed. Yet, as she put it, "This work started changing other parts of my life, too." The lesson? When you dissolve core emotional blocks, the shifts ripple outward, transforming areas of your life you hadn't even targeted. This mother discovered the freedom to live authentically, aligned with what felt right for her, without fear of judgment.

CASE STUDY: HOLDING SPACE FOR MY DAUGHTER

When my daughter experienced her first heartbreak, she was devastated. She cried on the couch for what felt like an eternity. My instinct was to intervene—to offer comforting words, distract her, or tell her everything would be okay. But instead, I decided to simply be there for her, allowing her to process her emotions without interference. The next morning, she came to me with a newfound clarity and said, "Dad, I had an epiphany—I need to love myself." Her realization wasn't something I could have given her; it came from her sitting with her feelings and allowing them to flow. As I reflected on this, I realized how powerful it is to let emotions rise, peak, and dissipate naturally, just like waves in the ocean.

Many times, the best way to help someone learn their life lessons is by creating a safe space for their emotions to unfold. By resisting the urge to fix or control, we empower others to discover their own strength and insights. As I often remind clients, "Emotions are simply energy in the body asking to be experienced in order to be resolved."

CASE STUDY: POSITIVE IMPACT, LIKE RIPPLES IN A POND

A mother came to me seeking help with her son, who was struggling with serious challenges that had brought tension and chaos into their relationship. She wanted to understand how to approach him in a calmer, more effective way, and through the protocol, we focused on addressing her emotions around his behavior—her guilt, fear, and frustration.

When I followed up with her later, I asked how things had changed with her son. She said, “Honestly, things with my son got pretty tumultuous. But I was able to handle it really well.” What surprised me, though, was what she said next: “I don’t necessarily relate what we did to just that anymore.”

Curious, I asked her why. She explained, “The work we did changed my entire life. It increased my self-esteem, helped me understand that God loves me, and helped me release so much shame. It’s changed how I am at work, with my friends, with everyone. It’s not just about my relationship with my son anymore—it’s about how I see myself and how I interact with the world.”

She went on to describe how her newfound sense of self-worth and calmness had influenced every aspect of her life. “I feel so much more grounded, and I don’t let people’s negativity or challenges throw me off like I used to.” Emotional healing doesn’t stay confined to one area of your life. When you address core emotions, the impact ripples outward, transforming not just one relationship but how you navigate all of them—with yourself, others, and the world.

CASE STUDY: SPEAKING FREELY TO THE BOSS

I worked with a woman, helping her with emotional regulation and confidence, particularly in professional settings. She often felt overwhelmed by her reactions, describing moments when she would freeze in meetings or overanalyze her words, fearing judgment from her colleagues and boss.

After going through the Resolve protocol, something remarkable shifted within her. About a week later, she attended a staff meeting where her boss was, as usual, rambling on about unrelated topics. Normally, she would sit silently, rolling her eyes internally, but this time was different. She told me, “I don’t know what came over me, but I said, ‘Wow, you really love to talk a lot during these meetings!’”

Her boss looked at her, surprised, and remarked annoyingly, “Huh, you’re feisty today!” She surprised herself by replying confidently, “I guess I am,” without a hint of anxiety or self-doubt.

Reflecting on the experience, she said, “Before this, I would have never spoken up. And if he had said that to me, I would’ve wanted to crawl under a rock. But this time, I felt no fear—just calm and clarity.” When emotional blocks dissolve, the body becomes free to act authentically, aligned with its natural flow of energy. For her, this meant speaking her mind, without hesitation or fear.

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CONTACT INFORMATION:

Website: <http://light-minds.com>

Email: lightmindsllc@gmail.com

The Three R's To Make Resolve Work For You

RECOGNIZE: in the absence of any judgement or criticism from you or anywhere else do the research to know exactly how your organic vehicle and onboard computer (your brain/mind) were designed and what needs to be done to function smoothly. (Remember that your bodily vehicle is NOT who you really are, but it is what gets you around in life.)

RESPECT: As you find out all this information, respect and understand it's power, so you don't keep experiencing consistent negative effects in your life. Find the proper help you need and most important, *don't give up*. Keep your negative learning consequences to a minimum by learning what their purpose was in your life.

RESOLVE: Resolve yourself to feel and integrate all stuck emotions as they come up in your life. From this space your intuition and the evolution of your life merge into one.

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