

RESOLVE

how to flow through your life with more lightness and clarity



from
Light Minds Coaching

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Dedicated to Alissa Breitstein (1975 – 2015)



Although this coaching protocol is designed to help anyone who is drawn to it, what's the use of putting it out there if it could never help to save a beautiful human being like you? Ten years after you took your own life, I feel like I know you now more than ever. And it is with an overwhelming sadness and sober heart that I regret being unaware of our connection while you were alive, when we were close. Looking back, losing my relationship with you was yet another price of the ego's arrogance. Of course, we must embrace the roles we're here to play, but I cannot accept that those like us are literally dying for sins of the father. We cannot change the past. This is the best that I can do to help people like us. I am grateful for our friendship when our paths crossed for that moment in time.

THE GOAL OF WRITING THIS BOOK

This book is not meant to replace therapy, addiction counseling, psychiatry or any other mental health services. If you are currently receiving these services, it is recommended to continue them if they are beneficial for you and it is recommended that you notify your providers that you'd like to use these coaching tools to help with blocked emotions. The coaching tools presented in this book are designed to complement these and all activities for your health and well-being.

The coaching tools in Part IV of this book are also not meant to replace any meditation, mindfulness-based stress relieving activities, yoga practice or religious/spiritual practice. It is recommended that you use a combination of methods to maintain your emotional stability and well-being.

The goal of this book is simple: to share what I've experienced in the hopes that it might help others and save lives. It's an invitation to explore a different way of understanding and resolving emotional challenges. My ability to guide others through this process stems from my own experience. I've lived through the depths of self-loathing and meaninglessness, even the eerie calm of suicidal ideation, and the profound emotional releases that followed. I know what it's like to face my worst fears and emotional suffering, to emerge on the other side with a new understanding of my place in this world.

Through these experiences, I've created a structured linear coaching protocol to help others navigate their own emotional challenges. The protocol works because it acknowledges the purpose of egoic thought and the importance of safely addressing core emotions. For those who engage with it fully, they reported the effects were transformative—sometimes miraculous.

By understanding the purpose of the ego and its anxious controlling thought patterns, we can work to dissolve these layers of emotional suffering in a way that leads to healing and relief. This approach is not about getting rid of these emotions but about feeling – even embracing them in the present moment, allowing them to release and creating space for whatever transformation is supposed to take place.

It's also important to state that this is not the only thing that I do for emotional and behavioral stability. I have a psychiatrist and therapist. I take psychiatric medication. I changed my life around greatly to give myself more free time to calm down when triggered. I talk with my online support groups 5-10 hours a week. I meditate and do music therapy. Usually those of us with severe mental health issues and multiple addictions use a combination of recovery activities to be as consistently

stable as we can, with the understanding that we may have to tend to our mental and behavioral health as long as we are alive.

This book is split into five parts. It is designed to be read from the beginning or used as a reference guide.

PART I: My Story

PART II: How the Resolve Coaching Method Works

PART III: Generational Trauma: A Shift in Paradigm

PART IV: The Resolve Coaching Protocols

PART V: The Ripple Effect of Doing This Work

Whether you're struggling with addiction, navigating a difficult relationship, or simply seeking greater peace and clarity, I hope this book provides you with insights and tools to support your journey. Together, we'll explore the nature of ego, the science of universal energy, and practical techniques for emotional healing. Most importantly, we'll uncover the power of transformation that lies within each of us.

A SUMMARY OF TRANSFORMATION

Below is a summary of how the Resolve Coaching Protocol may be part of an energetic shift that resolves difficult, even volatile emotions and egoic thinking, helping you to transcend internal blocks to either help with your mental/emotional/living stability or move your life forward.

1. When there is severe enough mental health, emotional and compulsive behavioral issues that result in a noticeable consistent inability to function and live independently, I've found the best thing is research to find out everything there is to know about the way your body/mind system was designed and how it was meant to function. Remember, not every human body's purpose on Earth was to pay taxes and contribute to the economic system (I'm not saying the system for living that we've designed is wrong). Find out your cosmic purpose, the way your body/mind was designed, so you can move towards that to have as smooth a life as possible. This may involve a life of constant reliable mental health and family/social support. Do not make anyone else responsible for this. In the end, you and you alone are responsible for the quality of your life.

2. Prioritize and do whatever is necessary for your overall biopsychosocial spiritual stability; whatever helps you to be accepting, rewarded and fulfilled while being brutally honest with yourself if you're doing anything unsustainable, self-destructive or harmful to others. This is usually a combination of things, and the list of what helps to stabilize and fulfill you will change over time: proper diet, sleep and exercise, fasting, following up on physical health, vitamins and supplements, support groups, socializing with friends, self-help books, life coaching, sponsors, travel and going out, being in nature, creating and enjoying art and/or music, staying in for personal time, spending more time with family, spending less time with family, therapy, psychiatric medication, spirituality, meditation, retreats, yoga, religion, prayer, paying attention to how you spend your time, not worrying so much about how you're doing all the time, finding fulfilling work and personal activities, changing careers, allowing yourself time for those special interests and hobbies, the list is endless. Do any of these things as you feel fit but first, always come from the energy of unconditional acceptance of who you really are.

3. Do your best to work towards consistent living/income stability. Think outside of the box if necessary. From my personal experiences, I've concluded what can really help is to partner with another or others who function either just as well or better than you. Be honest with yourself and

them. Find someone who is compassionate and willing to understand you and how you were designed to be. But remember, it is your job to be responsible for your own mental/emotional and if possible financial stability. Never make anyone feel that they are carrying you and your relationship and *never* make someone else responsible for your feelings. This does involve finding the right partner who is willing to join you on your personal path you've been given to some degree. But this will help you to survive and thrive better throughout your life.

4. Get regular support and love from those who are like you, and understand you are on the level spoken of here. They can help to become your new emotional ground as your previous egoic thinking drops away. A deeper stability can be found in surrendering to the life that is being lived, but the ego inside that resists must dissolve to experience this energy of peace, which is your true nature. Nevertheless, it is strongly recommended to keep interacting with others who understand you and have had a similar shift in identity as the mind's thought patterns may remain possibly for the rest of your life.

5. If you do all of the suggestions above and the quality of your mind is still not able to give you consistent harmonious, accepting and functional thoughts because of certain mental health conditions and you are beginning to lose hope, then find out and know beyond the mind's intellectual understanding, the full reality about Who you really are and what's really happening here. You are not what your mind thinks you are; that is merely an energetic story with labels, concepts and words. *The only thing that seems to change is the perspective in which your story is seen and lived.* And this shift in perspective is not intellectual, it is a palpable energetic felt experience in your consciousness and eventually the body. It really can only be known when the ego/the person/the one that seeks for life to be better dissolves – you really don't need that extra baggage. It will weigh you down as you live life.

6. Don't just accept the life path destined for you, embrace it. Continue to do the coaching protocols in this book, which basically teaches how to resolve all the feelings and energies you were meant to feel by fully embracing them into the body without resistance. Feeling all feelings fully seems to have the effect of dissolving the egoic energy enough that your peaceful intuition can be felt and lived. When you are not afraid of the feelings associated with suffering (especially the volatile ones leading to self-destructive thoughts), then you are free.

TABLE OF CONTENTS

PART I: My Story

Chapter 1: Growing Up Without Knowing

Chapter 2: ADHD, Autism and Addiction

Chapter 3: The Urgency of This Message

PART II: How the Resolve Coaching Method Works

Chapter 4: Universal Energy and The Ego

Chapter 5: The Ego Is Not The Enemy

Chapter 6: Emotional Blocks

Chapter 7: Integrating and Resolving Trapped Emotions

Chapter 8: Avoidance and Resistance

Chapter 9: A Holistic Approach

Chapter 10: Introduction to The Resolve Coaching Protocol

Chapter 11: The Resolve Coaching Process

Chapter 12: Case Studies

PART III: Generational Trauma: A Shift In Paradigm

Chapter 13: How I Was Introduced to Generational Trauma

Chapter 14: Dying for Our Sins - The Stigma of Mental Health

Chapter 15: How Families Can Help

PART IV: The Resolve Coaching Protocols

Chapter 16: The Four S's for Transformation

Resolve Protocol #1: Accessing The Peaceful Presence of Universal Energy

Resolve Protocol #2: Resolving Difficult Trapped Emotions

Resolve Protocol #3: Enforcing your energetic shift towards peace

PART V: The Ripple Effect of Doing This Work

Chapter 17: A Profound Inner Acceptance of Life as It Is

Chapter 18: Integration Into Everyday Life

PART I

My Story

Chapter 1: Growing Up Without Knowing

My parents immigrated from the Philippines in the 1960s, bringing with them both hope and hardship as they sought a better life in America. I was born in 1969, a first-generation Filipino American. Looking back, my life's trajectory—the struggles, triumphs, and eventual creation of my coaching methodology—has been deeply shaped by my experiences.

I grew up in New Jersey as a child with undiagnosed ADHD and Level I Autism, formerly called Asperger's Syndrome. These conditions run in families, and now I can clearly see how I inherited them from my mother. Her thinking patterns, emotional responses, and behaviors align almost perfectly with the ADHD-Asperger's profile. Of course, growing up, I didn't have the language to describe this; I only knew that I was different. My brain was wired for emotional sensitivity—a raw, external sensitivity that left my feelings visible and unfiltered. When I felt something, you saw it.

Children like me, who experience the world through such a heightened emotional lens, often face trauma more intensely. In families with unmanaged mental health challenges, the emotional environment can feel like a storm. My family's dynamics were built on cycles of guilt, blame, obligation and violence. We didn't manage our mental health—we unleashed it on each other. It wasn't just my parents; my brother, who likely shares some of these traits, also played a role in perpetuating this dynamic. I sometimes describe the abuse in my childhood as a war, stretches of peaceful childhood innocence regularly disrupted by traumatic fights and bouts of violence that lasted for many years.

A BODY DESIGNED TO EXPERIENCE TRAUMA

I wasn't diagnosed as a child. While ADHD was recognized in the 1970s, autism wasn't widely understood. Even today, many adults only discover they're on the spectrum after seeing similar traits in their children. As a child, I developed PTSD. For me, trauma didn't always come from overt violence. It could arise from seemingly minor incidents, magnified by my emotional sensitivity. For instance, I've heard parents describe their child's trauma stemming from not getting ballet lessons or

being pushed too hard in sports. If a child's body interprets these experiences as a personal attack, the physiological response is the same as if they had endured something life-threatening.

Adding to my challenges, I attended Catholic school, where physical, emotional, and spiritual abuse were common. The nuns and teachers instilled fear with threats of hell and eternal punishment. By the age of seven or eight, my body was already overwhelmed with stress. This constant tension led to my first addiction: pornography. I now understand that this was my body's attempt to self-regulate the neurochemical imbalances caused by my mental health conditions, and the shock and pain of traumatic abuse.

ADDICTION'S ROLE IN GENERATIONAL TRAUMA

Yes, my addiction began before puberty. Sexual activity releases dopamine, oxytocin, and GABA, providing a brief but critical sense of calm for my hyperactive emotional state. By the time I was 15, I had also discovered alcohol. Drinking quickly became another way to self-regulate. It felt like a vacation from the constant emotional turmoil. Alcohol provided stress relief, confidence, and euphoria—even if only temporarily. I would sometimes drink in the morning before school, an incredibly risky behavior that was a clear sign of deeper issues.

While alcohol helped me mask my autism traits and made me more outgoing, the relief was short-lived. Over time, it took a toll on my relationships, decision-making, and overall well-being. Sex addiction, too, became compulsive and deeply tied to emotional pain. Growing up in a Catholic environment only compounded my shame. The church had drilled into us that such behaviors were sinful, reinforcing my self-loathing. Children are remarkably adaptive in their efforts to survive. When the people raising you are emotionally volatile, your body learns to justify their behavior. I internalized the belief that I was bad, deserving of punishment, because that's what I was told. This self-loathing became a core part of my identity, shaping how I saw myself and interacted with the world.

It took me years to understand the impact of generational trauma. My mother's unresolved experiences from her upbringing were passed down to me, not just through her behavior but also biologically. Research shows that trauma can alter genetic expression, making children more prone to emotional dysregulation and conditions like ADHD or autism. For instance, studies of Holocaust survivors' descendants reveal higher rates of anxiety and PTSD, even though they didn't experience the trauma firsthand. Reframing my struggles as part of a generational cycle helped me shift my

perspective. It was no longer just a problem but an opportunity for healing. Once I saw it this way, I could begin breaking the cycle.

SUCCEEDING DESPITE A LATER ADULT DIAGNOSIS

Despite everything, I found ways to succeed. My parents valued education and demanded excellence, which pushed me to do well in school. People often saw me as very intelligent. Being Asian, articulate, and deeply interested in specific topics—movies, music, and visual art—gave the impression of strong intelligence. But the truth was, I struggled mightily with reading comprehension, retaining information, and taking tests. Art saved me. Drawing and creating for hours on end gave me the focus I lacked elsewhere. It was my lifeline, allowing me to graduate and eventually build a career.

Executive functioning challenges were a constant battle. Tasks like reading instructions or managing time felt insurmountable. I would read the same paragraph over and over, unable to absorb the meaning. Putting together furniture was a nightmare; I'd misread steps and spend hours redoing mistakes. What should have taken 45 minutes would stretch into four frustrating hours.

I didn't receive a formal diagnosis until I was 50 years old. It's incredible how well I was able to mask my struggles for so long. Meeting my wife, now my ex-wife, was pivotal. She played a crucial role in helping me navigate life's challenges. After earning my bachelor's degree in art, I started working as a graphic designer and pursued a master's degree. During that time, I met her, and we were married for 25 years.

Our compatibility stemmed from our shared mental health traits. Looking back, I can see that her father exhibited many autistic traits, which she likely inherited. This common ground helped us understand each other in ways others couldn't. She became my stabilizer, managing the tasks I couldn't handle. Her support allowed me to achieve far more than I ever could have on my own.

EMOTIONAL BLOCKS AND COACHING

Addressing these deep-seated issues was a gradual process. At first, I focused on understanding my emotional blocks. Many people come to me wanting to fix surface-level emotions like anxiety or anger, but I always explain that these are just the tip of the iceberg. Beneath them lie deeper emotions like guilt, shame, and self-loathing. Anger, for example, often acts as a shield, protecting us from

confronting feelings of loss or despair. To truly heal, you have to dig into these deeper layers. It's like pulling out a dandelion; if you don't remove the root, it will just grow back.

In my coaching work, I guide people to allow their emotions to surface, peak, and dissipate naturally. Creating a safe space is essential. Without judgment or resistance, people can explore their feelings deeply and authentically. When they address the root emotions, they often experience profound relief. Their thoughts and behaviors shift naturally as a result.

One example stands out. I worked with a parent whose child was battling addiction. This parent blamed themselves and tried to control their child's behavior out of fear. Together, we explored the parent's guilt and fear, which stemmed from their own childhood experiences. Once these emotions were resolved, the parent's approach to their child changed entirely. They became more supportive and less reactive, creating a healthier dynamic. Resolving emotional blocks doesn't just transform individuals; it transforms their relationships.

Understanding my neurodivergence and its impact has been life-changing. It's given me the tools to help others navigate similar struggles. My journey has taught me that healing isn't about erasing the past but understanding its purpose—digging deep to uncover the roots of our pain and finding ways to grow beyond it.

Through my work, I've seen how addressing generational trauma and emotional blocks can transform lives. It's not an easy process, but it's one filled with potential—not just for personal healing but for breaking cycles and creating healthier, more compassionate relationships for generations to come.

Chapter 2: ADHD, Autism and Addiction

High-functioning autistic people often thrive in structured environments. I've seen this firsthand, both in my own life and in the lives of others. We naturally create systems and routines, which makes us excellent at organizing information, meeting deadlines, and maintaining order. These traits are

highly valued in the workplace. In my case, these qualities allowed me to excel in my career as a graphic designer for many years.

However, where autism tends to create challenges is in personal relationships. Autistic individuals often expect their spouses, children, or friends to follow the same systems and routines they value so highly. This anxious rigidity can create conflict, especially if others don't share the same need for order. It's something I struggled with repeatedly in my marriage. My brain craved structure, but life—especially shared life with a partner and child—was rarely that neat or predictable.

In addition to autism, I also have ADHD. While my autistic traits thrived on structure, my ADHD made it nearly impossible to maintain the routines I needed. This constant push-pull created chaos. Thankfully, my wife at the time stepped in to fill the gaps. She became the stabilizing force that allowed me to function and thrive.

My wife was, in many ways, the office manager of our lives. She paid the bills, handled the car maintenance, bought groceries, and raised our daughter. She even preemptively solved problems she noticed I was struggling with. That was her love language: taking care of things for another. With her support, I was able to accomplish far more than I could have on my own. I earned my master's degree, moved to three different regions of the country, and had two careers: one as a graphic designer and educator, and the other as an addiction counselor.

I didn't fully realize how much she was doing until she left. Her presence allowed me to function at a much higher level than I ever could have managed alone. When that support was gone, everything began to unravel.

EMOTIONAL DYSREGULATION AND SELF-IMPROVEMENT

Even with a loving and supportive relationship, addiction remained a significant part of my life. Addiction was how I self-regulated in the absence of healthier coping mechanisms. During the early years of our marriage, I was still drinking. As life's responsibilities grew—graduating from school, getting a full-time job, having a child, buying a house—so did my reliance on addictive behaviors.

The stakes got higher, and so did my emotional dysregulation. My anger management issues escalated. Even small triggers could lead to intense outbursts. I didn't yet understand the role my large amygdala and low dopamine levels played in this. These neurochemical imbalances made it

extremely difficult for me to regulate my emotions. My behavior became increasingly erratic, eventually putting a back-breaking strain on my marriage.

Around the time my wife and I got engaged, I began attending 12-step groups and therapy to address my addiction issues. By the time we moved to Illinois for my graphic design degree, I was regularly participating in these programs. At that point, I was diagnosed with addiction, anxiety, and PTSD, but I didn't yet know about my ADHD or autism.

Over time, I've come to understand how deeply interconnected these conditions are. They all contribute to executive functioning challenges, emotional intensity, and difficulty managing stress. Recognizing these connections has been a crucial part of my personal growth and the development of the coaching work I do now.

BURNOUT AND ESCALATION

As we got older and life became more demanding, I experienced what's known as burnout. Burnout occurs when your body and mind can no longer handle the stress they've been managing. Executive functioning and distress tolerance plummet. You're no longer contributing the way you were before; your nervous system responds to environmental triggers too easily.

For me, burnout set in after we had a child, bought a house, and I had to maintain a full-time job to help support my new family. My drinking escalated during this time. By the end, I was consuming 4 to 5 shots of hard liquor six or seven days a week. I later told my wife, "Do you realize that for the last few years of our marriage, I don't think I was sober 50% of the time?" On weekdays, I'd start drinking at 5:30 PM when she came home from work. On weekends, I'd drink even earlier. I now see that half the time we spent together those last few years, I was never really clear-headed.

Sex addiction also created significant strain on our marriage. Despite the life I had built—a loving wife, a child, a house, and a career—the stress from daily responsibilities exposed my undiagnosed mental health conditions. This stress caused both my addictions and the severity of my mental health issues to escalate, especially after I had to stop drinking for medical reasons.

Chapter 3: The Urgency of This Message

My drinking eventually led to gastritis, a precursor to ulcers. I've never had a high pain tolerance, so as soon as I felt discomfort, I stopped drinking. I'd wanted to quit for years but didn't think I could do it through a 12-step program. This medical issue caused me to stop cold turkey. Thankfully, I didn't experience seizures or other withdrawal complications. I did try drinking twice over the next year to see if I could resume, but the medical issues persisted, so I stopped completely.

Sobriety didn't fix everything. In fact, it brought many of my underlying issues to the surface. Everything I had been self-medicating for came flooding back. Alcohol, as a sedative, had been suppressing parts of my brain. After I stopped drinking, it took about a year for those brain regions to fully re-engage. Over that year, my autistic traits became more pronounced. I became more intolerant of stress, snappier, and blunt to the point of rudeness. These changes happened so gradually that I didn't notice them at first. Along with the autism traits, my ADHD symptoms became more evident. It felt like I was caught in a paradox—autism demanded structure, but ADHD made it impossible to maintain it.

Sobriety's ripple effects were profound. I turned to marijuana as a replacement, using it constantly for about two years. My behavior became increasingly erratic, which understandably caused tension in my marriage. My wife didn't want to go to couples counseling because, as I've since learned from partners of autistic individuals, therapy can feel futile. Autistic people often mask so effectively in front of a therapist that their partners' concerns aren't validated. I had been masking this condition for years—even from myself.

BEING THE POSTER-BOY OF THE ADHD/ASPERGER'S PROFILE

Ironically two years after I stopped drinking, everything unraveled. On my 50th birthday, I was fired from my job as a drug counselor due to my marijuana use. That same weekend, my wife told me she wanted a divorce. In less than 24 hours, I lost my second career, my marriage, and essentially my family. Looking back, I see how much my wife's support allowed me to thrive despite my challenges. However, I also recognize how unresolved emotional and mental health issues

contributed to the difficulties in our relationship. My journey has been about learning to navigate these complexities, both for myself and for the people I now work with as a coach.

Understanding my mental health—my ADHD, autism, PTSD, and the role addiction played—has been life-changing. It has allowed me to stop blaming myself for things I couldn't control and to develop strategies for growth. Now, I help others do the same. My work focuses on addressing the root causes of emotional and behavioral struggles, creating a path toward healing and transformation.

When I finally received my diagnoses of ADHD, Asperger's, and PTSD, my lifetime of self-loathing started to make sense. These labels didn't solve anything, but they explained so much. I've often encouraged others to seek a diagnosis for the same reason. When you're constantly emotionally dysregulated and don't know why, one of the most pervasive feelings you experience is self-hatred. You see yourself struggling, but unable to control your emotions or reactions, self-righteous anger at others gets turned inward and becomes self-loathing.

For people like me—those with a mix of neurodivergence and high intelligence—the risk of suicidal ideation is alarmingly high. Statistics show that individuals with ADHD and autism, particularly between the ages of 45 and 55, are two to three times more likely to commit suicide than the general population. This is partly because we mask so effectively that even we don't realize the depth of our struggles. My superior masking hid the ADHD and Autism from me. On the surface, we appear functional, with careers and relationships that look successful. But when things fall apart, as they often do later in life, the weight of self-blame can become too unbearable.

When I explained this to a coaching client, she said, "You just explained my husband's life." Her husband committed suicide, and she said he told her that he didn't understand why he did what he did. I was also a textbook example of this. Another time when I explained this, the client said, "You just described my brother, and he committed suicide several years ago." This is a common outcome for people like us. This or either a lifetime of addiction/recovery, suffering medical problems due to stress, or having fatal accidents due to executive functioning problems. As a result we have a lifespan approximately 20 years less than the average American.

BUT THEY HAD SO MUCH POTENTIAL...

The tragedy of this condition is that we're so high functioning. Friends and family may even deny that you are autistic or ADHD. In the end, the volatile emotions these conditions create causes you to

treat those you love the most (and who love you) like the enemy and ultimately, to intensely hate yourself. Up to 80% of us lose jobs or under-perform, get divorced & become depressed recluses. We are the usually the ones in which people say, “But they had so much potential.” There is no one more aware of this than us. The research shows the more intelligent you are with these diagnoses the higher the risk of strong suicidal thinking.

The beginning of the second half of my life, at age 50, was exemplary of this condition – I am it’s poster boy. When my marriage fell apart at 50, I blamed myself for everything. Without understanding the neurological and emotional foundations of my struggles, I was trapped in a cycle of self-loathing and despair. I struggled with suicidal thoughts for years afterward, thinking that my life was one big joke life had played on me. And after I had already put my myself through so much to heal myself and save my marriage.

When you don’t realize you were born with a brain that nature designed to be this way, you keep blaming yourself as you continuously fail to stop certain behaviors. Also, we constantly hear from well-intending people, “Why don’t you try this?...” With my college-professor level of intelligence, here’s a list of things that I tried for 25 years before I knew I was ADHD and Autistic: I did therapy for decades, used prescribed psych meds, did meditation, yoga, hypnosis, support groups, vitamins & supplements, exercised, ate healthier, got more sleep, read self-help books, journaling, wellness retreats, ran wellness retreats, couples counseling, prayer, changed religions, tried to spiritually “awaken”, shamed myself, changed careers became a counselor, tried EVERYONE’S advice especially from my family, tried much harder, tried more psych. meds, had more intense specialized therapy, relaxed & took more breaks, spent time in hiking in nature, got a dog, did daily breathing exercises, did more yoga, exercised more, did longer meditations (up to 16 hours a day), prayed more, changed careers again and became a life coach, taught addiction recovery, joined more support groups, read more self-help books and shamed myself more - my marriage still couldn’t withstand the onslaught of our unrecognized neuro-divergent patterns & eventually imploded.

NON-DUAL SPIRITUALITY

But as I write about all this, I see how lucky I am. Along with my suffering and destructive behaviors, I was also blessed with a love of spiritual self-help activities. There are many like me who do not have this inclination. Fortunately, I had already started a spiritual journey before my life fell apart. My involvement in 12-step programs for addiction had introduced me to the concept of a higher power, and I’d always had spiritual inclinations. When faced with the hopelessness of my

situation, I turned to spirituality with even greater intensity. I was searching for an escape from my suffering, a way to find peace.

I dreamed of retreating to a Buddhist Temple or even relocating to The Philippines. I wanted enlightenment to take away my pain. This journey became my salvation, not because it fixed everything, but because it gave me a sense of purpose and connection. I found a community of like-minded individuals and began to explore concepts like spiritual awakening and enlightenment.

Five years before my wife and I separated, I stumbled upon non-duality through YouTube videos. Non-duality is another path to spiritual awakening, rooted in the idea that we are not separate from the universe. The term itself means “not two,” emphasizing the interconnectedness of all things. This perspective resonated deeply with me. It offered a shift in identity, an experiential realization that we are not just our bodies, thoughts, or actions—we are part of a greater whole.

At first, my exploration of non-duality was intellectual. I watched hours of videos and tried to understand the concepts. Over time, however, I began to experience small energetic shifts. These were moments of oneness, where I could feel the interconnectedness of everything. They brought joy and bliss, though the feelings were fleeting.

When my life fell apart, I leaned into non-duality with even more focus. I worked with an online spiritual teacher for 18 months, immersing myself in practices designed to dissolve the ego. These practices slowly began to unravel the anxious, controlling parts of my personality. I guess what I experienced is what some refer to as an ego death and my personality was rebuilt.

AN UNEXPECTED FREEDOM

It wasn't what I expected. You hear the term “awakening” and imagine something dramatic, but for me, it was more of a gradual shift. Over time, the anxious, neurotic parts of my ego started to fade. For some people, this process can feel like a panic attack. One woman described it as feeling like she was dying. For me, it was intense but ultimately freeing. Once the process was over, the anxious, controlling inner-child part of my personality had become a shadow. Along with that went the need to “make something of myself” (i.e. create a career, date someone again or relocate). Instead, I felt a profound sense of peace as the one living universal energy was revealed as what life was all about.

During my spiritual journey, I had several “awakening” experiences. These moments revealed the oneness of all things. Even when the bliss faded, the knowing that everything is this one living

energy remained. It was a fundamental shift in how I experienced the world. I stopped feeling the need to control everything around me. For the first time, there was a profound sense of peace and freedom that were one in the same.

One of the most profound lessons I learned during this process was the connection between trauma and the ego. Trauma occurs when the body perceives an experience as life-threatening. The body starts a physiological process as if preparing to die. If the trauma isn't fully processed, this energy becomes stuck in the body. Gabor Maté, in his book *The Body Keeps the Score*, describes how trauma is stored physically, not just mentally.

Over a period of a couple of years, the unresolved trauma energy I had been carrying was allowed to finish its cycle and my mind had become emptier and calmer. I had never felt such profound peace. Over time, my body released the unnecessary parts of my personality, leaving me with a sense of inner quiet and stillness.

I wasn't apathetic or nihilistic, I just didn't have the same egoic desires anymore. Life became empty in a good way. There was a quiet contentment in simply being. This doesn't mean I'd given up on living. When new opportunities or relationships arose, there was no resistance to them, but I was no longer controlled by ego patterns of trying to grab what it feels it needs or reject what it tries to avoid. The fear of being alone and unhappy that once drove me greatly dissolved. There is now an unperturbably calm grounding within even when this autistic PTSD body gets triggered.

The experience of ego death and the insights it brought transformed not only my life but also my work. I once heard the ego described as an energetic mass of unresolved trauma energies. These traumas create fear, anxiety, and neurotic behaviors. When those energies begin to dissolve, the ego starts to fade. I realized that the events that began to dissolve my own ego could help others.

BEING BORN THIS WAY WAS ACTUALLY A BLESSING

It is common for an ADHD individual to do something called oversharing. We impulsively give too much personal background information or say more about ourselves than others want to hear, especially when it's not appropriate to do so (parties, workplace, family functions, first-date with someone, etc.). I've done this all my life. But the benefit is that I shared of my deep personal flaws in profound ways that many of my clients say helped them to understand their loved one who is similar.

I began working with parents dealing with addiction in their families. These parents were often anxious, controlling, and emotionally overwhelmed. My protocol helped them experience the same kind of emotional shifts I had gone through. They reported feeling less anxious and reactive, even in the face of their loved ones' addictive patterns.

As this coaching protocol was developed, several clients have described the changes as miraculous. They no longer felt triggered or upset by their loved ones' behavior. The anxious feelings that once consumed them simply didn't come up anymore or were greatly reduced. They didn't need to constantly do therapy on themselves to calm down—those thoughts were simply not present.

Resolving the core emotions of egoic thinking seemed to result in the ego beginning to dissolve, and my clients found a new sense of peace. This process isn't mystical or magical. It's rooted in the way trauma energy is stored in the body and helping that unresolved energy to complete its cycle. By addressing these issues at their core, people were reporting a transformation that was abiding.

Understanding the impact of trauma, ego, and the interconnectedness of all things has shaped my work in profound ways. My journey has taught me that healing isn't about fixing what's broken; it's about allowing what needs to happen to unfold naturally. The peace I've found isn't unique to me. It's available to anyone willing to explore the depths of their own mind and body.

One of the most powerful insights I've gained is the importance of addressing emotional blocks. It's all about the emotions: if you understand the emotional purpose behind the underlying thoughts that block you, then you can then immediately start dissolving them. These blocks are unresolved energies trapped within us, often stemming from unresolved emotions or generational trauma patterns. They manifest as anxiety, anger, or self-sabotaging behaviors, hindering our growth and relationships. To dissolve these blocks, we must go beyond surface emotions like fear or anger and address the deeper layers beneath. At the root of most emotional blocks are core feelings like shame, guilt, or self-loathing. By safely exploring and resolving these emotions, we can break free from the patterns that have held us back.

In the end, I feel blessed with the ability to survive my trauma and mental health conditions and use my experiences to create helpful coaching protocols that eventually became this book.

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 • Emotional Pain of Unresolved Suffering/Victimization

Despair That Life is Meaningless • Immense Sadness of Unresolved Loss/Grief

Primal Fear of Survival

(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.

PART III:

Generational Trauma: A Shift in Paradigm

Chapter 13: My Introduction to Generational Trauma

Generational trauma is another key element of my work. Trauma isn't just an individual experience; it's often inherited, passed down through families like passing the buck to the next generation asking them to pay it. Science has shown that unresolved trauma can alter our DNA, creating patterns of emotional dysregulation that affect future generations. A spiritual teacher once described the ego as a collection of unresolved traumatic energy. It's either trying to push something away (avoidance) or grab something it thinks it needs (attachment). These patterns are reinforced over time, creating deep "ruts" in the brain's neural pathways.

Breaking the cycle of generational trauma requires courage and vulnerability. It means addressing not only our own wounds but also the unresolved pain of those who came before us. When we do this, we create the possibility for profound transformation—not just for ourselves but for our children and future generations. I think it's important to share how I discovered the concept of generational trauma and how it connects to my coaching protocol and energy work. This is a deeply personal and profound story, but it also has a strong scientific foundation.

I have what was once referred to as an Axis I diagnosis, which means I inherited a neurophysiological condition that affected how my brain and its neurochemical balance formed as it grew. So I was born this way, and as the brain develops, it solidifies those patterns. For example, research shows that Autistic individuals have an amygdala around 12-14% larger than average. Similarly, an ADHD brain has this permanent characteristic—much like type 1 diabetes. I was born with ADHD and Level 1 autism (previously known as Asperger's). These conditions made me an emotionally sensitive and anxious child, prone to frequent crying. They also predispose children to PTSD because everyday situations that might not trouble the average person can feel deeply traumatic to someone with these sensitivities.

Looking back, I can see how these conditions contributed to the breakdown of my marriage and thus my family, which was, at the time, the most important thing in my life. My mental health struggles

and not recognizing them played a significant role. When I reflected on how these neurophysiological conditions shaped me into someone who was intensely emotional and impulsive with multiple addictions—someone who struggled to solve problems effectively due to executive functioning challenges, it left me feeling deeply depressed. I started to believe this was an unfixable problem. Even if I tried to rebuild my life—whether by meeting someone new or pursuing a new job—I felt these issues would inevitably lead to the same outcomes. It all felt hopeless.

There I was, a coach helping others with addiction and mental health challenges, yet I didn't have answers for myself. It seemed like people like me were destined to live with higher rates of addiction, divorce, unemployment, car accidents, and stress-related medical issues. That realization sank me into depression, as it felt like there was no way forward—for myself or for the people I was trying to help. I was raised Catholic but do not consider myself even Christian now, but I was so desperate that I found myself praying to God, "*Why did you create someone as useless as me?*"

Then, a thought struck me: I was seeing all of this as a problem. From the perspective of the egoic mind, it was indeed a problem—because survival, independence, stable relationships, and financial planning are considered essential by the ego. But I decided to shift my perspective. Instead of viewing it through the lens of the ego, I chose to see it through the lens of universal energy or God's perspective—the infinite, which is unconditionally accepting and peaceful.

As soon as I made that shift—within seconds—these words came as if they were uttered into my consciousness: "sins of the father." I stopped and thought, *what does that mean?* I realized I had read this in the bible: "Sins of the father are visited upon their children." (Exodus 34:7) Once I remembered this, I immediately thought of generational trauma.

That same week, I brought this idea to my psychiatrist. I shared my thoughts, and he confirmed that generational trauma is a real, biological phenomenon. Generational trauma is an invisible inheritance, passed down from one generation to the next, shaping emotional patterns, behaviors, and even the likelihood of developing addictions. This phenomenon isn't just psychological—it's biological. Groundbreaking research in epigenetics has demonstrated how trauma alters the expression of genes, transmitting emotional wounds to descendants who never directly experience the original traumatic event.

A key study in this field involved laboratory mice. (<https://www.nature.com/articles/nn.3594>) Researchers exposed mice to a specific smell—cherry blossoms—while simultaneously administering mild electric shocks. Predictably, the mice developed a fear response to the scent. What was remarkable, however, was that their offspring, which had never been exposed to the electric shocks, exhibited the same fear response when presented with the smell. Even the next generation of mice showed heightened sensitivity to the scent. These findings reveal that trauma imprints itself on DNA, altering the way genes are expressed and influencing behaviors in offspring.

THE SAFETY VALVE FOR UNRESOLVED TRAUMA

Despite our technological and philosophical advances, human beings are still at their physical core organic animal survival mechanisms. Their goal as a species is to survive and thrive. To do this, human biology and evolution has developed a safety valve in which human lineages over several generations can purge these unresolved destructive trauma energies.

And what is trauma? Trauma is when a human body has an experience causing it to go through the physiological process of feeling like it's going to die. It could be a life-threatening event, or it could simply be any event that triggers that human body's death response. This happens in adulthood, but it often happens in one's childhood as well. A child's body goes through the process of dread, anxiety even panic that it may die, but it doesn't. And if no one teaches that child how to resolve these trauma energies, they stay trapped emotionally and physical in their body. It has been shown that trauma affects a body on a cellular level, which then affects their reproductive cells as they grow, and that young adult then passes this unresolved trauma genetically to their offspring.

Through several generations of a particular human lineage this unresolved trauma builds. It has been studied that unresolved intergenerational trauma contributes to emotional dysregulation conditions like ADHD, Autism, bi-polar, PTSD and others. When this unresolved intergenerational trauma gets so backed up in an individual or two in a particular lineage, the purging system occurs in which that body's purpose is to resolve all the pushed down trauma that was genetically passed into them. This done simply feeling these overwhelming emotions, thus the mental health diagnoses of ADHD, Autism, etc. in these individuals.

The egoic thinking part of the mind, that which is basically the person or the "me" who feels like it's living its life in time. But if that brain has inherited intergenerational trauma resulting in ADHD,

Autism, bi-polar, PTSD, schizophrenia (many times it's a combination of these diagnoses), that brain now creates a "person" that has emotions that can be severely intense, even volatile in the face of even minor stressors. That person's body has been given the purpose of purging the unresolved trauma energies passed into it simply by being this intensely emotional, overly sensitive individual. Many times body/mind systems like this are diagnosed with severe depression and/or anxiety.

Now the ego in that bodily system helps the overall lineage to survive for future generations by purging/feeling all of those backed up unresolved trauma energies. An ego like this has self-destructive tendencies running through it, because trauma itself is the energy of the body gearing up for a destruction that never happened.

For humans, the effects of generational trauma can manifest in similar ways. Studies on Holocaust survivors and their descendants have shown that the children and grandchildren of survivors often exhibit higher rates of anxiety, depression, and post-traumatic stress disorder (PTSD).

(<https://pmc.ncbi.nlm.nih.gov/articles/PMC6720013/>) Though they did not experience the horrors of the Holocaust themselves, the trauma of their ancestors lives on in their biological and emotional makeup. This transmission of trauma is not about inheriting specific memories but rather inheriting a predisposition toward heightened stress responses, emotional dysregulation, or vulnerability to mental health challenges.

Generational trauma frequently shows up as emotional blocks—persistent feelings of fear, shame, or unworthiness that feel intrinsic and unchangeable. A person might say, "I've always been anxious," or "I've felt this sadness my entire life." These emotions are often linked to unprocessed trauma carried forward from previous generations. The nervous system, shaped by inherited patterns, remains in a heightened state of alertness, perpetuating cycles of emotional resistance and avoidance.

Addictive behaviors often serve as coping mechanisms to numb the pain of unresolved emotional energy. For example, a parent struggling with alcohol dependency may be due genetically inherited mental health conditions with emotional dysregulation as a main feature (Autism, Bi-Polar, ADHD, PTSD, etc.) Children of addicted parents inherit not only the trauma-induced predispositions but also the emotional and behavioral patterns that perpetuate addiction. This cycle continues until someone consciously breaks it.

HOW TO RESOLVE GENERATIONAL TRAUMA

Parents often ask, “Exactly how is my overly emotional son/daughter resolving generational trauma?” Trauma, as I explain, consists of trapped emotions that were never allowed to complete their full cycle and get “stuck” in the body. The book *The Body Keeps the Score* by Bessel van der Kolk speaks about this in-depth. Think about the emotions that surface when someone experiences trauma: victimization, sadness, anger, guilt, shame—all these challenging emotions are pushed down instead of being processed. For many modern therapy trauma resolving modalities you resolve trapped emotions by simply allowing the body to feel them in a safe nurturing space.

When I describe these emotions, parents often say, “That’s exactly what my son says that he feels all the time.” I tell them, “Your son is already achieving his purpose. He’s already fulfilling his mission by being this bundle of nerves, feeling all these emotions uncontrollably. That is the process of resolving generational trauma.” From a societal perspective, someone like this might be nonfunctional or too dramatic. But from a cosmic or spiritual perspective, they are serving their purpose by simply being the way they are.

But resolving emotions safely is a skill that must be taught. If a child grows up in a home where no one teaches them how to process difficult emotions, they become an adult who doesn’t know how to resolve their feelings. This often leads to turbulent relationships filled with manipulation, guilt, abuse, or even violence. The Resolve Coaching Protocol teaches family members to resolve their emotions to help them pass that skill on to their child.

I mainly work with parents, partners or other family members dealing with addiction, behavioral issues, and mental health challenges from their loved one. They are often the most motivated to do this work because they’re being driven crazy by their loved one’s behavior and love them so much, they’ll do anything to help. They’re willing to make the necessary changes in themselves first. Once they resolve their own emotions and find greater tranquility within themselves, they can interact with their child or loved one in a completely different way. Instead of being triggered or driven crazy by their behavior, they can remain calm and peaceful.

Breaking the cycle of generational trauma requires addressing the underlying emotional blocks. This is why the Resolve Coaching Protocol was designed. Healing begins with awareness—identifying recurring problematic behaviors and acknowledging the core emotional wounds carried through generations. For instance, a person who consistently struggles with anger might discover that their

reactions mirror those of their parents or grandparents. By uncovering the root cause—perhaps grief, fear, or unprocessed trauma—they can begin to dissolve the block and develop healthier responses.

The process of healing generational trauma involves confronting not only one's own pain but also the inherited pain of ancestors. While this may seem daunting, the rewards are profound. When a person resolves generational trauma, they not only free themselves but also break the cycle for future generations. They create a new legacy—one of emotional resilience, balance, and freedom.

This research into the biology of trauma serves as a reminder of the interconnectedness of all life. Just as the fear of cherry blossoms can pass from one mouse to another, so too can emotional wounds ripple through human families. But with awareness, courage, and deliberate healing, these cycles can be interrupted. Generational trauma, while deeply rooted, is not a life sentence—it is an opportunity for transformational healing of your bloodline.

Chapter 14: Dying for Our Sins - The Stigma of Mental Health

When I explain this to clients—mainly parents and family members of loved ones with mental health and addiction issues—every once in a while, someone will say, "I don't like labeling people. This whole ADHD, autism stuff—I don't believe in labels. Can we just, you know, say this without using labels, please?"

As an adult diagnosed with ADHD and Level 1 Autism only after my behavior contributed to the end of my marriage, I tell them this: "The difference between you and me is that you see labels like ADHD, autism, bipolar, and PTSD as problems. I don't see them as problems. I see them as descriptions of how this body was biologically designed. You know, the universe sets up human beings to genetically pass down their material to their children. It's been designed this way. So, I don't see it as a problem; I see it as the way it is. But if you see it as a problem, you're not going to like the label."

Getting the diagnosis really changed my life. Up until that point—especially with the dissolution of my marriage—I didn't realize that many of my behaviors, thought patterns, and emotional intensity were explained by those three main Axis I mental health diagnoses: ADHD, Level 1 Autism, and PTSD. Until I found that out, I was just blaming myself. It leaves you feeling totally responsible, trying three, four times as hard as everyone else to avoid anxiety problems, anger problems, behavioral problems, or executive functioning problems. You're constantly trying to do better.

When you have executive functioning problems, they are learning disabilities. For example, while it might take an average person three or four times of making a mistake or being corrected to learn something, it takes someone like me 13 or 14 times—or we might never learn it at all. My body just never learns the correct pattern. So, you end up blaming yourself. What I tell people is this: if you've never had your life changed by getting a mental health diagnosis at a later age that explained everything—that's what it's like for me.

FAILURE TO LAUNCH

I understand why parents or loved ones—spouses, for instance—might have a problem with lifelong difficulties of mental health issues. I talk about executive functioning issues, time management issues, and emotional intensity. The family members can see and understand how having executive functioning issues and emotional intensity, combined with impulsive behavioral problems, makes it almost impossible to have a financially independent, consistently functional life as an adult. Many of us are considered “failures to launch.” (I do not like the term “failure to launch” because it connotes a problematic perspective, but it's a term that people understand).

When I mention “failure to launch,” sometimes someone interrupts me and says, “Well, I hear what you're saying, and I believe it, but you're just not giving me a lot of hope.” What I tell them is this: if you think about what we've been conditioned to in this society—what success means—being financially successful, independent, paying your taxes, having a good 401(k), and getting the right health insurance, those things are considered benchmarks of success. I'm not saying those things aren't important, but if you use that paradigm to judge how we're doing, yes, we look like failures. We look incompetent or like we're very far behind.

So, I encourage people to look at it from a different kind of paradigm, and I do feel the need to change this paradigm. Because just like me, their loved ones aren't just struggling with these things—they're getting depressed and hating themselves over it. They hate themselves for these

behaviors and the addictions that are negatively affecting their lives. That's why a paradigm shift is necessary. The societal paradigm we've been conditioned to—where not being able to hold down a job, pay taxes, or have a career means you're a failure—needs to be reexamined. That's just one way of looking at success. If your loved one—or you as a parent—feels guilt, self-loathing, and hatred because these patterns continue into your 40s or 50s, a paradigm shift isn't just helpful, it becomes a necessity. Otherwise, you're stuck in self-loathing, which only deepens over time.

And for people like us, the grim statistic is that we are several times more likely to have suicidal ideation or commit suicide between the ages of 45 and 55. That's why the paradigm shift is not just important—it's essential. To help people break out of this conditioned paradigm, I often ask, "Do you think every human being was put on this Earth to pay taxes?" Most of the time, the answer is "No." People like us are outliers, but we serve a very important purpose.

A SACRED MISSION, A NEW PARADIGM OF UNDERSTANDING

Sometimes, I frame it in religious terms, saying, "I feel God has given people like us a sacred mission to resolve generational trauma in our lineage." When trauma occurs in a human body, it is shown that all of that body's cells vibrate abnormally fast, they become "jittery". And when this trauma happens in childhood and remains unresolved, it then affects the genetic material when that child grows into reproductive age. So Generational trauma happens because parents, their parents, and generations before them experienced trauma, pushed it down, and passed it on to their children. Sins of the father will be visited upon their children. It's like the national debt being handed down to the next generation. Eventually, human biology says, "Enough of this passing the buck. Somebody must pay for this." I don't blame past generations for pushing it down—they were surviving war, depression, abuse, or other hardships. But no one is teaching people how to resolve emotions as they arise. Our society even celebrates the ability to push down emotions as a sign of strength.

Eventually it is passed down to a person who has so much unresolved generational trauma passed down into them that they end up being the ones who are then diagnosed with neurophysiological conditions that have emotional dysregulation as a feature: ADHD, Autism, Bi-Polar, PTSD, Borderline Personality Disorder, etc. Studies have shown that passed down generational trauma contributes to having these diagnoses. And when there are multiple emotional dysregulating diagnoses, many times these people cannot function independently in our economic based society. Most of them are either consistently unemployed and/or underemployed. They are described as the

ones who “had so much potential, what happened!” People with these emotional dysregulation conditions are also several times more likely to get a divorce than the average population without these conditions (called neuro-typical individuals) Many times these people need some kind of assistance and financial help for most of their lives so they can resolve all this generational trauma in a safe supportive environment.

I did 10 to 12 years of therapy and self-improvement work before my daughter was born. She inherited my edgy nervous system but very little of my generational trauma. I also never passed it on experientially through abuse or neglect. My psychiatrist told me, “What you did cannot be overstated. You’ve ended the generational trauma in your family and changed your bloodline forever. It ended with you because you did all that work on yourself.” To me that’s a sacred mission, but our society is not conditioned to see it that way. Our modern economic-based society just hasn’t found a place for us yet.

THEY CAN ALSO BE ENERGETICALLY GIFTED

In addition, people with backed-up generational trauma can be very energetically gifted—that’s what I’ve observed. When I was a drug counselor, I didn’t fully understand what I was seeing because I didn’t yet understand generational trauma. But looking back, I realize these people were energetically gifted. They were backed up, bubbling over with energy due to all the generational trauma they carried. They were overflowing with emotions—very emotionally intense and impulsive. Yet, some of them had unique abilities. For example, some could see auras—they could perceive people’s energy fields. Others were empaths, though they didn’t even realize it. An empath is someone who can experience the emotions of another person. When I describe it to them, I say, “You know it’s not your own emotion because it feels like someone has pushed an emotion into you.” They often reply, “Yes, that’s exactly how it feels.” Many of these people would tell me they suddenly felt strong emotions out of nowhere—on a bus, while driving, or in the grocery store. They knew they were not experiencing their own emotions; they were feeling someone else’s.

In other cultures and time periods, people like us might have been seen as shamans or the energetically connected individuals in a village or tribe. While we might not be practical in terms of gathering food or constructing shelter, people would recognize our spiritual and energetic connection to the universe, God, or the Earth. In India, for instance, after it was proven that they’ve had a strong spiritual shift, many times ashrams were built around them. In Western cultures, someone who had a

profound spiritual or energetic experience might go to a monastery. There, they would find others who had similar experiences and could guide them through it.

DYING FOR OUR SINS

From a religious viewpoint, one can say God has given people like this a sacred mission. In Christian theology, Jesus is said to have died for our sins as an act of atonement—paying the penalty for humanity’s sins. Similarly, I think the phrase “sins of our fathers” reflects the idea that parents experience trauma, and the child, in some sense, pays for those “sins.” This can be seen literally. I tell people that it’s not their fault—they didn’t consciously decide to suppress emotions. They simply misunderstood what they were supposed to do. The way to resolve emotions is by allowing yourself to feel them. But because most people are never taught this, they miss the point. Instead, they push emotions down and unknowingly pass them on to the next generation.

The first language of the New Testament was written in Greek, about 75 years after Jesus died. The word for “missing the point” or “misunderstanding” in Greek is often translated as “sin.” Sin, in its original context, was an archery term that meant “you missed the mark.” So, when Jesus spoke of sin, he might have been saying, “You’re missing the point.” The original sin, then, could be seen as not understanding what to do with your emotions—pushing them down and passing them to your child.

Maybe it was never about being evil, wicked, or deserving of hell. It simply meant you misunderstood. But as a result of that misunderstanding, someone later on in the generational line now must carry this burden. Those who inherit this generational trauma usually do not understand what’s happening and aren’t taught how to resolve these intense emotions. Yet, they are expected to function like everyone else. But they cannot do so consistently and become alcoholics, overdose on drugs, commit suicide, or die from stress-related health problems. They are stewards of generational trauma, yet society sees us as lazy, morally failing addicts. To me, they are literally “dying for our sins.” The original sin of misunderstanding how to resolve difficult traumatic emotions and having those unresolved emotions visited upon the children.

PARENTAL GUILT AND OTHER AGENDAS

Understandably, parents sometimes feel guilty for passing unresolved trauma to their children. They may deny this reality because the guilt is too overwhelming. I try to help them understand that it’s not their fault. I don’t blame my mother for what she did. She carried generational trauma from her own life—she was a child during World War II, witnessed the deaths of her brothers in the

Philippines, and endured significant trauma. She pushed it down, and I don't blame her for that. She had to survive. If she hadn't suppressed her trauma, I don't know if she would have made it through growing up in the Philippines after the war. Because she pushed it down, get an education, move to America, and raise three kids in the suburbs of New Jersey. If she hadn't done that, I don't know what would have happened. So I don't blame her, but it's important to understand how generational trauma works. It's not a mistake—it's how biology and genetics operate. Science is proving this now. I tell parents this not to make them feel guilty but to show them why it's important to resolve their own emotional issues. Otherwise, their unresolved emotions might get mixed in with their interactions with their children. Understanding this can help them break the cycle.

I always tell this story about a father I worked with whose child was close to 50 years old and had been diagnosed with ADHD and borderline personality disorder. She fell into the “failure to launch” category, living in their basement. The father and mother were trying to understand the situation, and I was explaining the concept of generational trauma. I pointed out how his daughter's conditions and behaviors were manifestations of ADHD and borderline personality disorder. He said, “I can see it. I understand.” But, like many others, he said, “You're not giving me a lot of hope here.” I tried to teach him about the generational trauma paradigm and how important it was to understand and accept it. He told me, “I believe you. I understand what you're saying. I believe generational trauma is real.” Yet he kept asking, “But I need her just to do *something* with her life.”

I told him several times, “She is living her purpose in God's universe, she is resolving generational trauma and needs your help. Even though you understand everything I've explained, your suffering continues to a degree because you're not accepting it. And thus, the suffering between you and your daughter will also persist.” But then he replied, “Mike, I became a successful businessperson, and so did my three siblings. We all became successful in our careers because my father pushed us in our studies and pushed us to become successful. If it wasn't for him, we wouldn't be the people we are today.” As soon as he said that, I knew there was an unresolved emotional agenda behind his struggle to accept his daughter's situation.

So, I asked him, “When you look at your daughter, maybe there are feelings of being a failure as her father, because without your father pushed you were successful, and you believe you haven't been able to do the same for her?” Then I added, “If your father had your daughter as his child, with all her

backed-up generational trauma, do you think he could have done the same thing with her that he did with you and your siblings?”

In the end, the father never really accepted it - it remained a difficult situation. What often happens is that a parent’s personal agenda becomes entangled with what they believe is best for their child. Their subconscious emotional baggage—guilt, shame, or unresolved feelings—gets mixed into the situation without even realizing it. This father wanted a different life for his daughter. He might have felt guilt or responsibility for how she turned out. He didn’t like what had happened and believed it reflected on him as a failure as a father. That’s part of what was driving his resistance. But I was also aware that his daughter’s behavior had been ongoing for 40 years. With borderline personality disorder and addiction, you often see lying, stealing, downplaying, defensiveness, and outbursts—essentially the behavior of a 15-year-old teenager in the body of an adult, caught in an unending cycle of challenging behavior, reprimands, and lashing out. He had been dealing with this for decades and just wanted it to stop.

However, because he was viewing the situation from his perspective of anger, frustration, and failure, he couldn’t see the bigger picture. His daughter was following the exact description of generational trauma and the diagnostic features of borderline personality disorder, ADHD, and addiction. Her behaviors aligned perfectly with what you would expect from someone experiencing these conditions. Possibly resolving his guilt, shame, sense of failure, and self-loathing could have helped. If he could release those feelings and stop blaming himself, he would have been better equipped to look at the situation more objectively. He might have realized that it wasn’t his fault; this is biologically and genetically inherited trauma.

Chapter 15: How Families Can Help

I also do emotional resolution work with family members of people with addiction and behavioral issues because, in most cases, the family member with the addiction or behavioral problems doesn’t want to talk to me. The parents, however, are desperate to resolve this problem, so I teach them emotional resolution techniques. I explain that if they want to help their loved one stop addictive

behaviors, they need to understand why we use substances. We use because we don't like feeling challenging emotions. If someone teaches us how to properly resolve those emotions, it at least may reduce the need to use substances and engage in addictive behaviors. I also explain that the way someone with an addiction initially stops their behavior is by experiencing consequences. They need to feel the emotional consequences of their actions—frustration, despair, and the drama caused by their behaviors. These emotional consequences pile up until they eventually say, “I'm sick and tired of the consequences.” For parents, this means being able to watch their child suffer without jumping in to fix it or enable them. I tell them, “You have to feel comfortable watching them go through this. You need to be able to say to yourself, ‘This is what they need to experience right now. It's painful, but it's necessary because they're not learning the lesson from my words—they have to learn it from their experiences.’”

To do this, parents need to learn to resolve their own emotions first. If they can't process their own feelings, they won't be able to sit with the discomfort of watching their child suffer. That's why I facilitate the Resolve Coaching Protocol to parents first, and honestly, I think they need it more than the person with the addiction at that time. When we, as addicts, feel distraught, we use substances or distract ourselves to avoid those emotions. But the parents are the ones truly experiencing the emotional consequences of their addicted loved one's behaviors. I tell parents, “You deserve this work more than we do at this time. Once you learn to resolve your emotions, your energy will change. You'll present yourself differently to your loved one—a calm, composed person who doesn't get as anxious or upset over their behavior.” Over time, this change becomes noticeable. After months of interacting in this transformed way, their loved one may think, *Mom and Dad seem so much calmer than I am. How are they doing that?*

I worked with a family where the wife did this work for over a year. She became a much calmer, more composed person around her husband, even when he drank. Eventually, her husband came to me and said, “I want what she has. How did she get that peace? I want that.” Now I am working with him. That's why I encourage parents to learn this work first.

SEEING THESE BEHAVIORS FROM THIS NEW PARADIGM

Those of us who genetically inherited unresolved generation trauma obviously didn't ask to be this way. We didn't ask for all these unresolved emotions to be pushed into us. It causes strong emotions, behavioral impulses, and executive functioning problems. On top of that, we're conditioned to

function within a system that we don't fit into very well. Then we're blamed for not doing well enough. More functional family members then demand, "Why do you take things so personally? Why can't you just suck it up like everyone else and get a job! I did!"

IF SOMEONE IS RESOLVING THE GENERATIONAL TRAUMA IN YOUR FAMILY

Some may think I'm suggesting letting their child do whatever they want—smoke marijuana, play video games, and avoid responsibility. But if the loved one with the addiction issue was self-motivated to work with me, I would help them to find the ceiling of their ability. I'd encourage them to try to make it in the world: find a job, earn their own money, or pursue education. But I'd monitor their progress to see where their functional limits lie because the human brain is like a thumbprint—no two are alike, not even in identical twins. Everyone has a unique ceiling of ability. Given the jobs and expectations in society, it's important to determine their overall capability to maintain a living wage consistently and live properly within their means, which includes following up on health problems, car maintenance if they have one, groceries, maintenance of living environment I would encourage their loved one to aim for independence, but with an understanding of their mental health condition and the way their body was designed. They might not be able to run a Fortune 500 company or build a stellar 401(k) plan, and that's okay. They still have the very important genetic purpose of resolving their generational trauma to lessen its effects on the next generation of their lineage, and because of this, it's understandable that they may need assistance throughout their lives.

I also advise parents to help their loved ones focus on what they're passionate about. People like us often have a "special interest"—a topic or activity that motivates us deeply. For me, it was movies, music, and stereo equipment. I've met others who are passionate about antique cars, trains, or making beaded purses. These are things they naturally enjoy, and they often do them without being paid. Starting with these interests is key because we excel at things we're naturally drawn to. For people like us, the typical advice—"Sometimes you just have to do things you don't like"—doesn't work. Even if we nod and agree, because of the lack of dopamine compared to other brains it's very difficult motivating ourselves. We're more successful when we focus on things we're already motivated to do. Parlaying those interests into a source of income is difficult for us, but it's possible.

If you want to greatly increase the chances of functioning better in society, pair them with a functional partner—someone who is calmer, organized and efficient. I know this because I was married to someone like that for 25 years. My wife thrived on order, planning, and routine, and took

pride in managing those things. She handled more than half of the household tasks of daily life, like paying bills, taking care of the car, and raising our child. This allowed me to focus on my job and become a university art professor. I don't think I could have even gone to grad school, let alone achieved that level of success, without her support. Functional partners can help people like us go *beyond* our individual ceilings of ability.

Additionally, I encourage people to rethink how they measure success. Many people define a good day by how much they accomplish: *I had a good day! I checked off a lot from my to-do list.* But for those of us with emotional dysregulation, executive functioning challenges, or behavioral impulse issues, that paradigm sets us up for frustration and failure. Instead, I suggest focusing on how they feel, sometimes from hour to hour if need be. I use the analogy of the game Jenga. When your emotional stability is at its peak, the Jenga tower is solid and complete. But as the day progresses, different events knock out blocks from the tower. By mid-afternoon, your Jenga tower might be barely standing. Sometimes, because of sleep problems, anxiety, or bad dreams, you wake up with blocks already missing. You're already starting the day with less stability.

I tell people to base their activities on how they feel that day. For example, if all you managed to do was go to the pharmacy and get your medication, that's okay. Celebrate that: *I didn't use, I didn't yell, I didn't break anything. Today was a success.* Build plenty of free time into your day to recover from triggering events that brought up trauma-like emotions, like putting blocks back into your Jenga tower. Constantly assess how you're doing and prioritize your emotional well-being over productivity. That's how we need to think to manage these challenges effectively.

PLANNING FOR THE FUTURE OF YOUR LOVED ONE

As I said, I work with parents on supporting their child in finding their ceiling of ability. For children between the ages of 18 and 35, I encourage parents to help them explore their working life and financial independence—see what kind of career they can build, determine what they actually need, and identify the situations in which they thrive and can achieve financial independence. However, if their child reaches the age of 35 to 40 and they're seeing a consistent pattern—in and out of jobs, unable to maintain employment for more than a year, constantly underemployed, frequently asking for financial assistance, getting fired, or constantly quitting with a seemingly good reason from their point of view—then you have a good sample size of their ability to function in society, half of their

working life, and that's enough to evaluate whether they can achieve consistent financial independence.

One of the key factors that determines their ability to do this is resilience to adversity. Most of us are fine when life is going well, job is stable, finances are stable, relationships are stable. But what happens when they encounter a problem? Those with intense emotional dysregulation and behavioral impulses usually have very low resilience to adversity, which researchers have found is strongly influenced by their genetics (again inherited generational trauma). With a certain amount of life stressors, they can go into a burnout period (which can last for years) of much lower functioning and distress tolerance, and/or use ongoing addictions to cope. If they only use their addictions at night/after work may think they're functional. They're not. My definition of being consistently functional in this society is that you can confidently pass along your way of living life to your children and feel secure. So if they are not able to feel confident about their child's future, then they are not as functional as they think.

At that stage, I suggest parents consider a financial contingency plan, such as disability support or setting up a trust fund. When it comes to trust funds, I always emphasize not giving them all the money at once if they are historically not good with money management. It's better to create a system where the money is doled out in regular, manageable amounts. These financial contingencies can help them survive and thrive while they work on resolving the generational trauma in their lineage.

But it's still very important to help them resolve their strong suffering. Using the protocol in this book is one way, there are many others (trauma therapy, exercise, diet, spirituality, meditation, support groups, etc.). It's possible that this shift may inspire the loved one to begin addressing their own issues. At least the parent/partner is not contributing to the turbulent escalating emotions in their loved one. They are modelling the peace one finds in recovery. A mother I worked with said her son, now in recovery with a full-time job, once told her, "Mom, when you changed the way you looked at me, I changed the way I looked at myself, and I got into recovery."

PART IV

The Resolve Coaching Protocols

Chapter 16: The Four S's for Transformation

Part IV is about making this work tangible and accessible, helping you create lasting change in your life. Whether you're navigating difficult emotions, strengthening your relationships, or seeking greater harmony in your daily interactions, the tools in this section will empower you to live more authentically and in alignment with the flow of universal energy. Let's explore how to turn insight into action. In this section, we'll explore methods for working with emotions as energy, using techniques that allow them to peak and dissipate naturally. We'll also discuss strategies for embedding these practices into daily life, fostering resilience and emotional balance. Finally, we'll examine how these principles can transform your relationships, enabling you to interact with others from a place of intuition and connection rather than ego and resistance.

Emotional blocks are not permanent. They are disruptions in the natural flow of universal energy caused by resistance to past experiences, unresolved trauma, or inherited patterns. To dissolve these blocks, we need a structured approach that addresses both the surface and core emotions driving our behaviors. This is where The Resolve Coaching Protocol comes in—a step-by-step process designed to align us with universal energy, allowing emotions to flow freely and resolve naturally. This chapter give us coaching exercises, and practical applications.

The practice of dissolving emotional blocks requires more than willingness; it requires an environment that fosters vulnerability, stability, and openness. Over years of working with clients, I've identified four key criteria that are very helpful for effective emotional transformation: Safe, Stable, Self-Motivated, and Sober. These Four S's create the conditions for deep emotional work, allowing individuals to address core emotions and achieve lasting change.

SAFE: CREATING A SECURE SPACE FOR VULNERABILITY

Emotional transformation begins with safety. When we engage with deep emotions—grief, shame, fear—we must feel secure enough to face them without judgment or fear of re-traumatization. This sense of safety comes from both the external environment and internal readiness.

Externally, safety means working with someone you trust, whether it's a coach, therapist, or supportive loved one. This person should provide a compassionate and nonjudgmental presence, creating a space where you feel seen and heard. Internally, safety involves being open to exploring vulnerable emotions without immediately retreating into defensiveness or avoidance.

A lack of safety often triggers the ego's protective mechanisms, such as skepticism or resistance. For example, a client might begin questioning every step of the process—"Why do I need to do this?"—or dismiss the work altogether, saying, "This isn't for me." These reactions are the ego's way of maintaining control and avoiding discomfort. By establishing a sense of safety, we help the ego to relax its defenses, allowing deeper emotional work to unfold.

STABLE: ESTABLISHING A GROUNDED EMOTIONAL FOUNDATION

The second criterion, stability, refers to a person's mental and emotional grounding. Emotional transformation requires a certain level of resilience and balance, as the process often involves confronting difficult emotions and past traumas.

During initial conversations, I assess a client's stability by asking about their emotional history, current stress levels, and coping mechanisms. For instance, if someone is in the midst of a severe mental health crisis, such as psychosis or suicidal ideation, it is not the right time for this work until this is properly addressed. They may need medical or therapeutic support to stabilize before engaging in deeper emotional exploration. Even for those who appear stable, I always include a thorough safety assessment. Questions about past self-harm, suicidal thoughts, or substance use help me gauge whether a client is ready for the process. Stability doesn't mean the absence of challenges—it means having the capacity to face them without being overwhelmed and losing control.

SELF-MOTIVATED: THE INNER DRIVE TO TRANSFORMATION

The third criterion, self-motivation, is perhaps the most important. True transformation cannot be imposed from the outside; it must come from within. Clients who are deeply motivated to change—whether due to a personal crisis, a longing for growth, or a desire to break generational cycles—are the ones who experience the most profound shifts. Self-motivation often arises from a point of desperation. A parent worried about their child's addiction, a professional stuck in a career that feels misaligned, or an individual grappling with a failing relationship might all reach a point where the pain of staying the same outweighs the fear of change. This inner drive provides the fuel needed to confront difficult emotions and stay engaged in the process. One question I often ask clients is, "Are

you ready to not be you anymore?” This question challenges the ego, which clings to its familiar patterns and identities, even when they cause suffering. Self-motivation involves a willingness to let go of these patterns and embrace a new way of being.

SOBER: CLARITY IN THE EMOTIONAL PROCESS

The final criterion, sobriety, refers to the clarity and presence required for emotional work. This doesn't necessarily mean complete abstinence from substances, but it does mean avoiding mind-altering substances during the process. Substances like alcohol, marijuana, or sedatives dull emotions, making it harder to access and resolve them.

For individuals who are dependent on substances, achieving sobriety can be part of the transformative journey. I work with clients to establish a baseline of clarity, explaining that the process may not be as effective if substances are masking their emotions. However, I also approach this criterion with compassion, recognizing that many people turn to substances as a way to cope with their emotional pain. For those who are actively struggling, I focus on incremental progress rather than rigid adherence to sobriety.

THE FOUR S'S IN ACTION

When the Four S's—Safe, Stable, Self-Motivated, and Sober—are in place, the process of emotional transformation becomes not only possible but deeply effective. For example, I once worked with a parent whose child was battling a severe addiction. The parent felt consumed by anxiety, guilt, and fear, which created constant tension in their relationship with their child. By ensuring they met the Four S's, we were able to address the parent's core emotions. Over time, they reported feeling calmer and more compassionate, which in turn improved their interactions with their child.

In contrast, when one of these criteria is missing, the process may not be as effective. A client who feels unsafe may shut down emotionally, while someone lacking stability might find the work too overwhelming. Without self-motivation, the process becomes mechanical, lacking the depth needed for true transformation. Sobriety ensures that clients are fully present, able to engage with their emotions without numbing or distraction.

IS THE RESOLVE PROTOCOL HELPFUL FOR EVERYONE?

The ego is part of the survival mechanism of the brain. Its job is to help the body survive and thrive. That's why I wouldn't say ego dissolution is something everyone needs. If the person is functioning well, the emotions are stable, and the life being lived is relatively smooth and fulfilled, then this

protocol might not be necessary for you. Your ego and emotions may not be causing problems, and that's perfectly fine.

For others, because generational trauma has created an egoic personality that causes immense suffering for itself and others, it's dissolution revealing a deeper seeing of the truth may be a necessity. For example, if the created ego is like a emotionally overreactive and physically volatile child, dissolving these egoic patterns may have a profound impact in one's life and the lives of that person's family. The ego, which desperately tries to hold everything together, might loosen its grip. This often brings more peace, but it also changes how you relate to the world.

For people whose lives are disrupted by emotional dysregulation—whose behavior or relationships are suffering—this work can be profoundly helpful. But it is important to note that it is not inherently “better” to live without an ego or to strive for ego death. It's all subjective, and what matters most is whether your current way of being supports your happiness, and growth in peaceful communion with others. If it does, then the ego is doing its job well.

THE THREE RESOLVE COACHING PROTOCOLS ARE:

- 1. Accessing The Peaceful Presence of Universal Energy - that within which unconditionally accepts whatever situation, thought, or feeling you have with a sense of peace*
- 2. How the Presence of Universal Energy within you can begin to resolve stuck feelings*
- 3. Enforcing the emotional shift by knowing through experience that the Universal Energy is what you really are*

Instead of trying these protocols as you read along, it is recommended that you record yourself reciting them, then listen to the recording. It may be easier to engage with them. Also make sure that you are in place free of distractions so you can be relaxed but attentive.

RESOLVE PROTOCOL #1: ACCESSING THE PEACEFUL PRESENCE OF UNIVERSAL ENERGY

Begin by relaxing the body. First, spend some time focusing on the breath. Notice the body's natural breathing rhythms.

(pause)

From there, elongate the exhalation breathe only. Try to have the breath out be at least twice as long as the inhalation breath, but comfortably. There should be no gasping for air on the inhale. Breathe a few rounds like this until you feel your body beginning to relax and its systems slowing down.

(pause)

Now check to see where you may be holding any tension in the body. Without any agenda to change it, just notice where the tension is keeping the breaths nice and slow.

(pause)

Focus on draining all tension from the body. You can either imagine you are breathing out tension or that tension is draining from your body like water in a bathtub, from the top of your head down the bottom of the feet. Do this until you feel the body is much calmer than when you began.

(pause)

Now we can get in touch with the peaceful presence of universal energy.

(Two ways to access it: #1)

There may be a lot of thoughts and feelings swirling in your head, but notice they are all in the space of your consciousness. Notice the space of your consciousness is a vast space, like the sky is a vast space, and that the space of your consciousness allows all thoughts and feelings to go through without being affected, no matter how volatile the thoughts and feelings are, much like the sky is a vast space that allows all cloud and storm patterns to go through it with being affected. And because the space is unaffected, it is at peace, even if the body's feelings are not.

(pause)

Gently shift the focus from your thoughts and feelings to the space of your consciousness in which they appear. Space is invisible and formless; you can't see it. It is quiet and still; you can't hear it. But when you access the space of your consciousness it is undeniably there, feeling in the human body like a still, silent presence of peace. The body is relaxed, the breathing nice and slow. *(It is important to note that this is not the same as thinking about the peace. If you were to lose your ability to think and analyze it this would still be felt and experienced)*

(pause)

This is the Peaceful Presence of Universal Energy. When you close your eyes you can feel it in your heart and in your consciousness, but when you open your eyes, it is experienced that it is also in the room with you. So the phrases inside the body/outside the body does not apply to this.

(It has been called many things: "the peace that surpasses all understanding", Source, God, Christ Consciousness, Buddha Nature. Please use whatever name that resonates with you, in the end it doesn't matter what it is titled for it is more felt in the energetic system that understood with words.)

(How to access the Peaceful Presence of Universal Energy #2)

As this has been said, this is merely the energy that makes up the entire universe. It is the energy of life that makes everything exist. Therefore, it could be called the presence of existence itself. Another way to access it is to simply follow this instruction: Try to not exist right now, really make an earnest attempt at not existing.

(pause)

It cannot be done, for as soon as it is attempted, one comes up against the presence of existence that makes up you and the universe. This presence of your own existence is also it.

(If the presence feels very thin/slight, or if it seems to come and go, that is fine. It is simply because we are conditioned to tend to our thoughts and feelings more than what is right here and now. But you can never lose this, just as you can never lose the space of a room or the energy of the universe.)

To "enhance" this in the body, try making an earnest attempt to follow this instruction. Immerse more of your attention into this presence and ask yourself: will this energetic presence ever end? The

mind may quickly say, “it never ends”. An intellectual thought-based answer will not help. We are looking for an experienced answer to this question so you may want to try again: will this energetic presence ever end?

(pause)

And just by holding more of your attention there, it may feel “enhanced” in the body.

(If successful, it is suggested that you access the Peaceful Presence of Universal Energy throughout your day and in different places: in nature, at work, in the grocery, etc. It doesn't have to be long, maybe even 20 seconds. But the point is to realize that it is truly everywhere and will never leave you, for it is you. If you can, maintain your focus there; if your mind drifts and you find yourself in a story for an hour, for a day, no need to criticize yourself – that's another story. Just gently put your focus back on the presence of universal energy)

RESOLVE PROTOCOL #2: RESOLVING DIFFICULT TRAPPED EMOTIONS

(This protocol is helpful when there is a recurring issue that always has the same unwanted result, but you know you are contributing to this because you are emotionally blocked.)

For the topic on which you feel emotionally blocked, ask yourself: “What is the worst-case scenario” that my mind fears the most?

(pause)

And if this worst-case scenario were to happen, what is the core emotion that would come up that your mind fears to feel? Grief? Guilt? Depression? *(You can use the emotions chart on page 33.)*

(pause)

Try to go deeper to the core emotion. Is it self-loathing? The hopeless despair that life is meaningless. Or maybe just the pure emotional pain of suffering?

To really get to the core of this emotion, ask yourself: When was the first time you felt this in your life? Bring up that feeling. Where is that feeling felt in your body?

Then access the Peaceful Presence of Universal Energy by reviewing Protocol #1 and add the following:

Go deeper into your consciousness, into this ocean of peaceful energy so you feel its strength surrounding you.

(pause)

Then go deeper into the depths of this ocean, the deepest parts of your consciousness that seldom sees the light, to where this core emotion is, and bring it up as fully as you can in the body.

(pause)

At this time, first notice that you can feel two seemingly opposite feelings at the same time, this deep inner-peace and the other challenging emotion. If you can only feel the troubling emotion, relax your focus a bit until you can feel the ocean of peace surrounding it.

(pause)

Then without any agenda or intention to change this other emotion, to do therapy on it, to make yourself feel better or do affirmations, simply allow this trapped emotion to be felt in the body as fully as possible. If your body has been through trauma and you're concerned what your body is going to do if it feels this emotion fully, then don't feel it all the way, bring it up in small parts. *(It is important though that you can see how the Peaceful Presence of Universal Energy can help you resolve stuck emotions.)*

(pause)

Relax yourself as much as you can, the breathing is still nice and slow, so the body is an open vessel for that emotion to come up. Embrace the emotion into the bodily system. We have no problems

embracing the feelings of peace, love and happiness, but we have problems embracing these. Let that emotion be in the body and do in the body whatever it's going to do, for however long it needs to be there. Remember the peaceful presence of this ocean is your strength. And your body is designed to feel emotions, it can handle it. It is the mind that judges certain sensations as good or bad, but notice how the physical body has no opinion, it feels these emotions as sensations that run through it.

(pause)

Your job is to be relaxed, open and vulnerable in allowing that emotion (and whatever other emotions come up at this time). Then let the peaceful energetic presence decide what it's going to do with it. You're only other job is to observe. The mind may try to distract you with both negative thoughts or affirmation thoughts. If you follow them, the core emotion may not be resolved. This work is mostly energetic, so gently put the thoughts to the side and focus back on the energies within.

(pause)

In the end we resolve this trapped emotion, not by avoiding it, cutting it out, or pushing it down. We are integrating it into the bodily system. Keep the breaths nice and slow.

(pause)

You know an integration is taking place when you are open and willing to feel this emotion as fully as possible, your body is relaxed and calm, and the breaths are nice and slow. Stay in this open allowing space a little longer, allowing emotions to come up as you also feel the ocean of peace around you, until and the mind becomes quiet regarding this topic, like it doesn't have much to say anymore. It is empty of resistant thoughts.

(pause)

Now bring up the original topic you brought to this session and the worst-case scenario but look at it from the point of view of the Peaceful Presence of Universal Energy. Go back to the mind and most likely you'll feel anxiety again. Relax your focus to feel the ocean of peace around you and look at the topic from this point of view. What comes up for you now?

(pause)

If you still feel some tension or anxiety around this topic, that simply means there are more feelings within that can be resolved. If so, simply go through this protocol again until your body is totally relaxed and peaceful, and the mind is quiet and empty.

RESOLVE PROTOCOL #3: ENFORCING YOUR ENERGETIC SHIFT TOWARDS PEACE

(If you feel you've had an energetic inner shift towards peace, you can use Resolve Protocol #3 to enforce the presence of this peace in your consciousness.)

(First complete one or both of the first two Resolve coaching protocols, then add the following:)

Anchor yourself in the Peaceful Presence of Universal Energy by reminding yourself that, at your core, you are this.

You cannot be a thought, no matter how alarming that thought is. For thoughts come and go, and when they are gone from your consciousness, you still exist.

You cannot be a feeling either, no matter how volatile. Feelings, like thoughts, come and go, and when they leave your consciousness, you still exist. Even if you are diagnosed with clinical depression, you do not feel that all the time. Challenging feelings can last longer than we want, but eventually they come and go, especially in deep sleep, and when they are no longer in your consciousness, you still exist.

(Pause)

The last thing the egoic mind will use to prove its existence is the body. The mind may say, "Okay, I'll you that you're not a thought or feeling, but I am this body, and you cannot convince me otherwise."

You may then say to the mind, "so you're saying I am the body, like saying the word "I" equals the body, is this correct?"

The mind may then say, “Well, yes. That is correct.” But if I showed your mind, forgive the imagery, a dead body and said, “If you say the word “I” equals the body, would say “I” equals that body?”

The mind would probably say “No.” When asked why, the mind would say, “Well that body is dead while my body is alive.” Then it can be deduced even by your mind that the word “I” never stood for the body. It stood for the universal energetic life force that animated the body. And that energetic life force is felt in the body as the Peaceful Presence of Universal Energy. So, you are not your thoughts, your feelings or the body. So, when you take away everything that comes and goes but you are left with your core, this essence, would you say that’s what you were all along?

(Pause)

But sometimes one says, “I cannot be this presence, because I suffer.” Bring up a feeling of suffering now (anxiety, grief, anger). And feel the presence of this emotion in the body. Now ask yourself, the presence of this emotion in the body, is it separate than the presence of universal energy? Or do they share the same presence? Universal energy is everything, even your feelings

(Pause)

Feeling the presence of universal energy, again notice that when you close your eyes you can feel it in your heart and in your consciousness, but when you open your eyes, it is experienced that it is also in the room with you. Now look at something that is considered living, like an animal or a plant. It is universal energy that is looking out of your eyes, and when it sees that living thing, what does it intuitively know about itself? Does it say to itself, “This is separate than me. It blocks me, I must go around it.” Or does it say to itself, “I am in this body, and I am also in this living thing.” But to say that universal energy is in that living thing is a duality. Is universal energy in that? Or it IS appearing as that?

Now look at something that is considered not alive, inanimate, like a rock or even a coffee table. It is universal energy that is looking out of your eyes, and when it sees that inanimate thing, does it say to itself, “This is separate than me. It blocks me, I must go around it.” Or does it say to itself, “I am also appearing as this which is considered inanimate.” Another word for universal energy is the energy of life itself. There is only one living thing in the universe, the universal energy itself, appearing as a

solid, liquid or gas, appearing as all this reality. Why is it appearing as all of this? That is the eternal mystery.

(Pause)

Finally, focus the attention back to the presence of you in the body, noticing all of this. The presence of you/me in the body may feel like a heavier, more solid energetic presence. But ask yourself, the presence of “me” in the body, is it separate than the presence of the universal energy, or do they share the same presence?

The search for the realization of God, or “spiritual awakening” has come full circle, like a dog chasing its own tail and catching up with it. All there was, is this energy. And in the end, this energy IS you.

PART V

The Ripple Effect of Resolving Trapped Emotions

Chapter 17: A Profound Inner Acceptance of Life As It Is

Everything in the universe, including thoughts and emotions, is energy. The ego, however, filters and labels these energies, creating judgments and resistance. This filtering creates a sense of separation: “I am here, and the world is out there.” This illusion is the foundation of much of our suffering, as it fosters fear, comparison, and the need for control. When the ego dissolves, the filter disappears. What remains is a direct experience of universal energy—a sense of being part of something infinite, eternal, and unconditionally accepting. Many describe this experience as a profound realization: the boundaries we perceive are constructs of the mind, and in truth, there is no separation between the self and the universe.

This understanding aligns with both spiritual traditions and modern science. Spiritual teachings often describe enlightenment or awakening as the dissolution of the self into the divine or the infinite. Scientifically, everything, at its core, is energy. Whether viewed through a spiritual or scientific lens, ego dissolution reveals the same truth: we are not separate entities but expressions of a unified whole. The dissolution of the ego is not an endpoint but a doorway. It reveals the infinite nature of the self and connects us to the flow of universal energy. This awakening brings peace and clarity, allowing us to live authentically and harmoniously. By embracing the process of ego dissolution, we align with the truth of who we are—not separate individuals but expressions of a unified whole. This shift transforms how we experience ourselves, our relationships, and the world, creating a life of greater freedom, compassion, and connection.

Acceptance is a transformative act, a doorway to liberation from the cycle of resistance and suffering created by the ego. At its core, acceptance is not about passivity or resignation; it is an active engagement with reality as it is. When we accept life—its challenges, emotions, and uncertainties—we align ourselves with the flow of universal energy, freeing ourselves from the ego’s constant struggle for control. This chapter explores how acceptance leads to liberation, transforming how we experience ourselves, our emotions, and the world.

SWAPPING OUT EGO FOR INTUITION

The challenge, then, is not to eliminate the ego—it plays a vital role in our lives—but to transcend its limitations. By observing the ego basically talking to itself, but without judgment, we can loosen its grip and align ourselves with a broader, more intuitive understanding of existence. This shift allows us to experience life not as a constant struggle for control but as a harmonious flow of energy. As we begin to see the ego for what it is—a useful but limited tool—we open the door to profound transformation and inner peace.

The transition from ego to intuition is not merely a psychological shift—it is a fundamental transformation in how we perceive ourselves and the world. It is the process of moving from a life dominated by the ego's need for control to one guided by the quiet wisdom of intuition, an intrinsic connection to universal energy. This journey is not about eradicating the ego but about recognizing its limitations and allowing a deeper, more intuitive part of us to emerge.

The ego operates through stories, labels, and resistance. It is the part of us that clings to the past and fears the future, creating a constant need to control our environment and outcomes. Intuition, on the other hand, exists beyond this need for control. It operates in the present moment, tapping into a deeper awareness that transcends the ego's narrow focus.

Neuroscience supports the idea that intuition arises from a synthesis of conscious and unconscious processes. The brain, constantly absorbing and processing information, often reaches conclusions without the egoic mind's deliberate reasoning. This is why intuitive insights can feel sudden or unexplainable. They emerge from a deeper integration of knowledge and experience, unencumbered by the ego's analytical lens.

Psychologically, this shift from ego to intuition is transformative. The ego thrives on creating resistance to emotions and experiences, labeling them as “good” or “bad.” Intuition, by contrast, is aligned with the natural flow of universal energy, seeing emotions as transient and interconnected. Consider the analogy of a wave in the ocean. The ego might resist the rise and fall of the wave, creating turbulence. The wave, believing it is separate and distinct, eventually realizes it has always been part of the ocean's vastness. Intuition allows the wave to rise, peak, and recede without resistance, understanding it as part of a larger pattern. This realization isn't about declaring that the wave—or life itself—has no meaning. Rather, it's a shift in perspective, a recognition that the wave's

existence is deeply connected to something far greater. It's a fundamental shift in identity, from thinking I am a singular wave to understanding I am/was always referring to the entire ocean.

THE EGO'S STRUGGLE AGAINST REALITY

The ego thrives on control. It seeks to mold life to its expectations, labeling experiences as "good" or "bad" and resisting anything that doesn't align with its narrative. This resistance creates tension and suffering, as life rarely conforms to the ego's desires. For example, imagine losing a job. The ego might spiral into fear and blame: "I'll never recover from this" or "This shouldn't have happened." This resistance amplifies the emotional pain, turning the experience into a source of prolonged suffering. The ego's refusal to accept reality prevents the natural flow of emotional energy, leaving us stuck in cycles of anxiety, anger, or despair.

Acceptance, on the other hand, dissolves this resistance. It allows us to face reality without the ego's judgments, creating space for clarity and peace. Instead of clinging to the past or fearing the future, acceptance grounds us in the present, where true liberation begins.

WHAT IS ACCEPTANCE?

Acceptance is the act of acknowledging reality without judgment or resistance. It doesn't mean agreeing with or condoning what has happened; rather, it means recognizing that it has happened and allowing yourself to feel and process the emotions that arise. This process is akin to allowing a wave to rise and fall in the ocean. When we resist emotions, we create turbulence, much like trying to stop a wave from cresting. Acceptance, by contrast, is like letting the wave flow naturally, trusting that it will peak and recede on its own.

For example, someone grieving the loss of a loved one might feel overwhelmed by sadness. The ego might attempt to suppress the grief, saying, "I need to be strong" or "I shouldn't feel this way." Acceptance invites them to sit with the sadness, to feel its full depth without judgment. In doing so, the emotional energy is allowed to move, leading to eventual resolution and healing.

Acceptance brings profound gifts, chief among them liberation. When we stop resisting reality, we free ourselves from the suffering created by the ego. This liberation manifests as peace, clarity, and a deeper connection to life. Acceptance also fosters resilience. By embracing life as it is, we become less reactive to its ups and downs. Challenges no longer feel like insurmountable obstacles but part of

the natural flow of existence. This perspective allows us to navigate difficulties with grace and confidence.

Finally, acceptance deepens our relationships. When we accept ourselves and others without judgment, we create space for authenticity and connection. Relationships shift from being battlegrounds for the ego to being opportunities for mutual growth and understanding.

This alignment transforms how we experience ourselves and the world. It reveals that peace is not found in changing external circumstances but in accepting them as they are. Through acceptance, we discover the freedom to be fully present, to engage with life wholeheartedly, and to embrace the infinite possibilities that unfold when we stop resisting and start flowing.

Chapter 18: Integration Into Everyday Life

Here's the secret of this work in a nutshell: as long as you remain courageous and willing to volunteer your body to embrace every single feeling you've been destined to feel without resistance or avoidance, the integration into your everyday life happens on its own as the ego is dissolved and rebuilt into something more accepting of whatever life throws at it. You will eventually learn to see every challenging emotion as an opportunity to integrate it thus transcend the mind's fear of it.

The only thing that is recommended is to regularly attend meetings in person or online of others who've done this kind of work and have had some kind of energetic/spiritual personality shift. Many times, there is no one else with whom to talk about that which has happened to you. There are such meetings called Integration Groups or Non-Duality Groups that you can find online.

As we come to the end of this journey, it's essential to reflect on what has been shared and what lies ahead. This book has explored the nature of emotional energy, the blocks that hinder its flow, and the transformative processes that can dissolve resistance and lead to profound change. The ultimate goal of this work is not simply to address individual emotional challenges but to reconnect with the

universal energy that underlies all existence. By doing so, we align with a greater sense of purpose, peace, and connection.

THE POWER OF EMOTIONAL ENERGY

Throughout this book, we've emphasized that emotions are not obstacles to be avoided but signals of energy in motion. Whether it is anger, grief, fear, or joy, each emotion carries valuable insights, pointing us toward deeper truths about ourselves and our lives. Resistance to these emotions creates blocks, leading to cycles of frustration, disconnection, and even physical and emotional suffering.

However, these blocks are not permanent. Through awareness, acceptance, and intentional practice, we can dissolve them, allowing the energy to flow freely once more. This process is not just about resolving specific challenges but about transforming how we experience and engage with life itself. It is about shifting from a mindset of control and resistance to one of openness and alignment.

THE RIPPLE EFFECT OF TRANSFORMATION

When you commit to this work, the effects extend far beyond yourself. As you dissolve your own emotional blocks, you change how you interact with others, creating a ripple effect that transforms your relationships, communities, and even future generations. A parent who resolves their own guilt or fear, for example, models emotional resilience and authenticity for their children, breaking cycles of generational trauma. A leader who approaches their team with compassion instead of frustration fosters an environment of trust and collaboration.

This ripple effect reminds us that emotional healing is not an isolated act—it is a contribution to the collective well-being of humanity. Each person who chooses to align with universal energy helps to create a world that is more peaceful, connected, and harmonious.

This is your moment to take action. The insights and tools in this book are only as powerful as your commitment to using them. Start by setting an intention: What do you feel you are being called to change, heal, or create in your life? Let your intuition guide your journey.

Next, consider how you can create the conditions for transformation in your life. Do you feel safe and supported? Are you stable enough to engage with challenging emotions? Are you motivated to take this journey, and are you clear-headed enough to approach it with focus? If any of these criteria are not yet in place, take steps to address them. Seek support from trusted friends, family, or professionals who can walk alongside you.

The journey of emotional healing and spiritual awakening is not linear or finite. It is an ongoing process of growth, discovery, and integration. There will be moments of progress and setbacks, clarity and confusion. Through it all, remember that you are part of a larger whole—a vast, interconnected flow of universal energy. This energy is infinite and ever-present, supporting you as you navigate life's waves. By aligning with this energy, you access a state of liberation that transcends the ego's need for control and resistance. You learn to embrace life as it is, with all its beauty and complexity. This is the essence of freedom: not the absence of challenges, but the ability to face them with openness, clarity, and peace.

LIFE/THE UNIVERSE IS A NEVER-ENDING STORY

As this book comes to a close, your journey continues. What you do next is up to you. Will you choose to stay as you are, or will you step into the flow of transformation? Will you let your emotional blocks define you, or will you dissolve them to uncover the deeper truth of who you are?

The answers to these questions are not in this book—they are within you. You have everything you need to begin. The tools, insights, and practices are here, but the willingness to use them must come from you. Trust in your ability to grow, to heal, and to align with the flow of universal energy. Trust that each step you take brings you closer to the peace and freedom you seek.

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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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