

DISCOVER YOUR CORE ISSUES

NOTES & STUDY GUIDE TO ACCOMPANY THE AUDIO PROGRAM

By JONATHAN PARKER

Core issues are the ones that cause you the most conflict, frustration, and upset. Your core issues are what thwart your best efforts to have spiritual breakthroughs, block receiving abundance, sabotage your relationships, and undermine your health. When you have a core issue triggered it can throw you off balance for hours, days or even months and the effects can be emotionally draining and devastating.

Your core issues are the ones that are really intense and have the strongest hold on you, and cause the deepest pain and problems. If you don't deal with them, they will continue to create conflict, failed attempts, and block you from your goals.

It is essential that you become aware of the many and varied ways your life is determined by your core issues if you ever expect to live the life you want. This is the most important subject to understand if you are to move forward in pursuing your potential and realizing greater possibilities.

Core issues infiltrate every aspect of your life because they are rooted in your deepest and subconscious beliefs. **Your core issues affect all of your decisions and choices.**

All of the work you do to address your pain, struggles, and suffering are peeling away the upper layers of issues until you finally dig down deep enough to get to the big core.

Your core issues are the ones that lie beneath your negative thoughts and feelings, and there is usually a long string of memories and beliefs that form many layers of the patterns. Your emotional pain is rooted in your past and comes from your core issues. Here's how that happens:

At some time you've suffered loss, been emotionally wounded, experienced lack, felt betrayed, disappointed, or have been involved with psychological trauma.

These unfortunate events leave emotional scars which then create layers around your core patterns, and they then act like programs creating and attracting similar circumstances over and over. This is why negativity continues to repeat in your life.

For instance, here are examples of how core patterns can show up:

- Re-living emotionally painful experiences indicates you are on a core issue.
- If you withhold your love or find intimate relationships difficult, or
- You are sometimes irritable, moody, or grumpy, or
- You find yourself feeling anxiety, worry, or fear, or
- You feel like you are blocked from your goals, happiness and harmony...

These are all indications you are hitting core patterns.

- Core patterns can cause you to become overly controlling and defensive...
- Core patterns can cause you to withhold love...
- Core patterns can even push away the very people you love the most...
- Core issues prevent you from manifesting what you want...
- Core issues can make you think you cannot win the struggles...
- Core issues can also be causing you to have bad luck...
- Core issues can make you feel struggles and misery will continue forever!

If you don't release and let go of the negative thoughts, beliefs, and emotions that make up your core patterns, you will repeatedly experience the negative conditions over and over in new situations.

Here's why that happens:

Every time you react with a judgment or emotion you feed energy into the program that triggered you. What this means is that your life-force energy fed the very pain you were experiencing and wanted to get rid of.

For instance, think about how many times you've been frustrated, angry, and upset; maybe at times you lost your temper. It's not difficult to recognize that this generates a strong negative energy, but what you probably didn't realize is that you were actually energizing the very thing you didn't want.

So the reactive energy that triggered you actually empowered the anger program, and even when you settled down, it was lying in wait until the next triggering event happened so it could leap into action again.

It probably **feels to you like your reaction came out of nowhere**, but it didn't. It came from the underlying program that was activated. These are **mostly in your subconscious** mind so you typically aren't all that aware of them.

RELEASING CORE PATTERNS CHANGES YOUR LIFE

When you release core patterns your whole life changes because you release a tremendous amount of negative energy, and you stop behaving as though the destructive patterns were true.

Discovering your core issues is the most important part of the clearing process because you generally only release and clear what you are aware of.

When you know how to let go of your core issues like fear, guilt, shame, anger, depression, anxiety, blame, etc. you will witness something seemingly magical happening in your life; except, it's really not magic.

THE FIRST KEY TO DISCOVERING HOW TO ADDRESS YOUR CORE ISSUES

The ancient Greek and Roman philosophers figured out the mechanism of how our thinking and emotions work. They said it is not the event that upsets you, it is what you think and believe about the event that upsets you.

Beliefs are responsible for the emotions you feel. For instance, if you believe that you are unworthy and unlovable, you are likely to feel sad and discouraged. Or, if you believe that something shouldn't happen, you'll feel frustrated or angry, and that can lead to fighting, arguing, denial or giving up.

Imagine, for example, you walk into a room with a group of friends or colleagues and you don't get acknowledged, how would this trigger you? You may conclude and believe: "There's Something Wrong With Me, I'm Unimportant, I'm Unlovable, I'm Unworthy, they don't like me, or I'm Not Enough."

There could also be outer directed beliefs such as: "It Shouldn't Have Happened, Life is Unfair, If anything can go wrong it will. I have the family curse," and so forth.

Where do these beliefs come from?

In most cases, your beliefs have deep-rooted histories and strong emotional attachments that can stretch all the way back to childhood.

In the example of walking into a room and not being acknowledged, there isn't any factual basis for believing you are unworthy. But, based on your experiences, self perception, feelings about your own value and so on, you form a subjective opinion that forms your beliefs about yourself and they in turn become your reality.

NOW, FINALLY, HERE'S THE GOOD NEWS

Your core issues can be cleared. You don't have to settle for the way things are. You can ask for and receive a lot more when you know how. I'm talking about a life of peace and joy where goodness and abundance come to you as a natural response to becoming clear of the core issues.

YOU MUST FIRST DISCOVER WHAT YOUR CORE ISSUES ARE AND ONLY THEN CAN YOU LEARN HOW TO LET THEM GO

You've no doubt heard that you need to let go, but **there are two important keys to succeeding:**

1. You must first discover WHAT to let go of, and that can be tricky, because they are not always immediately obvious.

2. You need to know HOW to release from the places where you hold the core patterns; and this can include your conscious beliefs, your subconscious mind, and even your physical body and subtle-energy field.

The clearing process isn't complicated or difficult, but you must follow the steps.

When you effectively surrender and let go of your core issues, it releases the resistance that is blocking your energy from manifesting what you want.

The first thing to be clear on is that your deepest thoughts at your core are what create your reality, and determines the way you respond to people and situations.

I have found that **besides just letting go of negative feelings and beliefs, you also need an upward shift in your consciousness** to automatically operate at a higher and more positive level than the way you've been operating under your core issues.

When you clear your core issues that **opens you to your soul**. That means as you eliminate the effects of the ego and reveal more of your soul, you will experience life in a beautiful state that is peaceful, pleasurable, spacious, loving, and energized **and** you'll have an open-hearted lightness-of-being. I have helped many people go through this kind of shift and now live amazingly happy lives.

Over the last **40 years I've worked with thousands of people privately doing more than 30,000 individual sessions** and I've guided many groups through hundreds of meditations in workshops and classes, so I have a lot of experience with knowing what works and I've developed unique and effective techniques that trigger the release process that are vital for your success.

HERE'S THE FIRST OBSTACLE TO YOU GETTING CLEAR

Who most people *think* they are is actually a constructed personality which is often called the EGO. **The Ego refers to an aspect of a person that operates primarily through the analytical mind, memories & conclusions.**

The Ego is primarily driven by core issues of Insecurity and Fear, so it is always *SEEKING* safety & security.

This is the *root* of issues like Anger, Guilt, Depression, Futility, feeling Stuck, Blocked, Victimized, and having Doubts and being self-critical.

You could safely say the ego is the source of every problem personally, interpersonally, and spiritually.

So basically anytime you are feeling negative you can know you are operating under the control of the Ego.

The good news is, I have found a way for you to effectively address and release all of the ego issues.

All of the Ego's core issues are based on conclusions it has come to from your past; most of which are in your subconscious mind. These conclusions form your beliefs, which in turn form your identity and personality.

I have a chapter in my Soul Solution book titled *The Mirror Universe* which is about an important way to recognize how your life works.

This is another way of saying you reap what you sow. In other words, you have reflected back to you what you project through your thoughts, beliefs, and feelings; especially including those you have at a subconscious level.

In his classic book *Think and Grow Rich*, Napoleon Hill wrote about a secret that many successful people have discovered: You attract what you think about. In other words, you're like a magnet, constantly attracting opportunities, people, and situations.

But it's not just what you think you want.

You attract and become what you hold in your mind both consciously & subconsciously.

In fact, it is your subconscious beliefs and patterns that energize the attractive forces that most strongly determine your life, and that's precisely where your core issues are.

What Napoleon Hill and others have called "the secret" is really not a new idea. Buddha said, "All we are is a result of what we have thought."

On the surface, this seems to offer a simple solution to all the challenges you experience, since apparently all you would need to do to be successful is to start thinking about success. But one of the biggest obstacles related to Hill's so-called secret is that it is not just what you think consciously but you must also address your hidden core issues.

Besides your thoughts, your feelings also provide important clues about the core issues you hold in your subconscious mind — and your thoughts and feelings are the force behind the attraction and creation process that is at work on your life right now.

When you really grasp this fundamental process, it's actually quite empowering. When you shift your inner beliefs and feelings to a positive level wonderful things open up for you.

HOW DO YOU SHIFT INTO POSITIVE FEELINGS?

Joseph Campbell put it this way on his *Hero's Journey* DVD: "When you follow your bliss . . . doors will open where you would not have thought there would be doors and where there wouldn't be a door for anybody else . . . and the world moves in and helps."

So rather than living with fear, if you can find a way to live with bliss, wonderful things open up.

What did Joseph Campbell mean by following your Bliss?

Your bliss is not only an inner feeling that generates positive outcomes; it's also a **natural characteristic of your true, deep self and soul.**

Yes, your very own soul is always happy and at peace, and therefore when you operate from the soul this causes your life to create and attract good people and opportunities.

When you've integrated the bliss, happiness, and goodness of your soul, you more naturally attract and manifest the results you want in your life, because your core thoughts, beliefs, and feelings have come into alignment and harmony with your true self or soul.

Leonardo da Vinci understood this as well. He said,
"Do you know that harmony is the basis of your soul?"

Alice Bailey, the Theosophist (1880-1949) wrote in *Esoteric Philosophy*,
"It is the soul alone that heals (the form)."

By recognizing and applying what these luminaries discovered about the soul, you can eliminate the underlying core causes behind negative situations and whatever is not working in your life, and that can often include your physical health, relationships, emotions, finances, happiness, and fulfillment.

How do you discover and clear your core issues so your soul can come forward?
I have boiled it down to a basic 3-step *process*.

(1) Step one is the information gathering phase and is the most important part of the process because, for the most part, **you only clear and release what you are aware of and what is undiscovered continues to have an influence on you.**

Step one requires you to be a detective to find the components that make up your experiences. The reason this part of the process takes time is that many of the causes behind your experiences arise from unconscious or subconscious realms. These are called your Blind Spots.

While some issues have obvious causes there are also usually more subtle influences that are not as obvious. That is why it can take some time to discover all the patterns and programs that are the causes of conditions. So this is why I've created a list of core issues to help you. You will want to realize that this is not just something you can read about and expect the core issues to disappear. You will need to devote serious attention to this process over the coming weeks if you want to succeed. I can promise you it is well worth your time and attention.

There are 4 major areas of core issues that you'll want to focus on.

You most likely have more than one core issue and to discover them all you'll want to be honest with yourself. **The 4 Core Issue categories are Fear, Anger, Futility, and Abandonment.** Under each category there are many specific characteristics that describe how that core issue expresses itself in your life.

You'll probably have more than one core issue as you'll soon realize as I go through the list pointing to various aspects of core issues. In order for you to become aware of the nuances of each aspect of a core issue, it is best to do this part of the process in a relaxed meditative state. For this reason I have recorded this to guide you through the process.

This part of the session should be done when you will not be disturbed and you can focus on the practice. You'll also want to have a pen and paper nearby to write down whatever negative emotion, belief, or memory comes to mind so you'll know what your core issues are.

FEAR

Let's start with **Fear** since it is the most prevalent and often underlies the others. Fear comes in many forms such as worry, guilt, self-doubt, phobias, victimization, vulnerability, terror, panic, insecurity, anxiety, and a lot of others. If I didn't mention what you experience hang on because we'll get to it.

The way you can discover the nature of your core issues is through self-inquiry. That means asking yourself some simple questions about whether you ever feel or think a certain way.

For instance, as you pay attention to the following words and phrases ask yourself, **"Does this trigger anything negative inside of me?"**
The triggers can be emotions, negative beliefs, or painful memories.

You cannot rush through this part of the process. This is not a quick 10 minute read. It will require you to let the words sink in to see if they trigger a reaction. You will also need to return to this practices numerous times over the coming weeks until you have explored all your inner thoughts and memories.

Remember, the question you will be asking yourself is if you ever think or feel any of the following:

Life is a struggle	I feel trapped	I feel guilty
I am not safe	I feel unsure	I'm afraid of intimacy
I feel threatened	it's a scary world	I get nervous
I can't trust myself	I worry about things	I don't feel secure
I'm afraid I'll fail	I'm afraid I'm wrong	I'm afraid of death
I feel shy	It's hard to forgive	I feel burdened
I need to be in control	Some people intimidate me	
Fear of not being in control	I'm afraid something bad will happen	

Now if any of those describe your experience, then you have a core issue of fear. Just make note of any of those words that hit home.

ANGER

The next core issue category is anger. There are degrees of anger from mild to severe, but even the mild forms can indicate something more strongly at a deeper layer. Pay attention to the following words or phrases and ask yourself if they trigger anything negative inside of you.

That can be in the form of feelings or emotions, negative beliefs, or painful memories. You'll want to let the words I say sink in to see if they trigger a reaction.

Do you ever think or feel any of the following:

I am impatient	Sometimes I feel like a caged lion
I must fight for my way	I hate some people
I get easily stressed	some people aggravate me
revenge is sweet	I resent the way some people treat me
I have a short temper	I'm irritable
I can be demanding	I blame others for my situation
I resist change	Sometimes I get livid with rage
Some things revolt me	I can be pushy
Life feels like a tug-of-war	I hold a grudge
I can be argumentative	Sometimes I am Stubborn & Defiant

Now if any of those describe your experience, then you have a core issue of fear. Just make note of any of those words that hit home.

FUTILITY

There are a lot of different forms of futility. Pay close attention to the following words or phrases and ask yourself if they trigger anything negative inside of you. That can be in the form of emotions, negative beliefs, or painful memories. You'll want to let the words I say sink in to see if they trigger a reaction.

Do you ever think or feel any of the following:

I'm not enough	I don't count	I'm not important
I feel hopeless	it's too late	why try
I sabotage my life	I'll never escape	I'm trapped
I feel powerless	I give up	I feel drained
There's little hope	I'm backed in a corner	I am weary
I am misunderstood	I feel sorry for myself	It's all downhill from here
My life is going nowhere		If I get it I'll just loose it

ABANDONMENT

The 4th core issue category is Abandonment. This is experienced in a variety of ways. Pay close attention to the following words or phrases and ask yourself if they trigger anything negative inside of you. That can be in the form of feelings or emotions, negative beliefs, or painful memories. You'll want to let the words I say sink in to see if they trigger a reaction.

Do you ever think or feel any of the following:

I am unlovable	I'm passed over	I'm neglected
I feel empty inside	If only...	I'm a loser
Nobody loves me	I have nothing to offer	I'm inadequate
People leave me	Something is missing	I feel alone
I feel lost	I feel despair	I'm remorseful
I'm forgotten	I feel unworthy	I am forsaken
I'm unfulfilled	There is something wrong with me	
I'm not good at anything		
I was let down (by God or Fate)		
I'm Longing for Something		

Now that you have an idea of what some of your core issues are, let's go further and explore them.

Bring the issue that triggered you the most to mind from the core issue search you just did. Each time you repeat this process you can select a different core issue.

Bring up one memory of what happened that stands out that demonstrates the core issue you have selected. (pause)

First: Pay attention to what you tell yourself in your mind. This is called your Self Talk. Everyone has thoughts they don't say out loud and for most this is going on most of the time. By paying attention to these thoughts you can discover your core beliefs about situations.

So explore what you think about the core issue ask yourself the following questions: **What do you say to yourself about the situation?** For instance, if you chose “I’m afraid of intimacy” you would ask yourself what you believe to be true about why your are afraid. State to yourself what your beliefs are on this.

What happened that caused you to form these conclusions?

Get in touch with any memories that come up.

Was someone right and someone wrong?

Did someone make a mistake? Did you make a mistake?

Was it intentional?

What is your belief that causes you to feel negative or upset?

What were one or two sentences you said to someone or yourself about this?

What were one or two sentences someone said to you?

What other conclusions have you come to about yourself?

Do you think you should have done something differently?

Do you blame yourself or someone else?

What else do you need to recognize about this?

Most of the pain from your core issues are contained with your inner voices—that is what you tell yourself about your situation. They are usually in the form of being self-critical or holding self-judgments.

For example, thinking or saying things like, “I’m so stupid. I’m not smart enough or talented enough.” Or, “I’m always forgetting things or making mistakes;” Or, “I’m not worthy of anything better” are self-critical inner voices that build layers upon layers of pain and suffering.

Please remind yourself that for this process you are going to be gentle and patient with yourself.

Another way to get in touch with core issue causes is to pay attention to how a condition or situation makes you feel. So, further explore any feelings that come up when you think about your core issue.

For instance,

How does the situation make your body feel?

Is your body tight anywhere?

Where do you feel it?

How do you describe it?

What are some words you use to describe the situation?

It is on the surface or deep?

Where else do you notice it?

Sometimes just discovering what a core issue is, how it feels, and where you feel it, starts a releasing process, and asking yourself questions like this helps you get in touch with the core issues.

Once you start the process more and more information, insights, and memories will reveal themselves to you over days or even weeks. So you will want to repeat this process a number of times

The second step in the core issue healing process is to recognize that you are not your core issues. This step is actually relatively quick and easy, but very important. What it means is your core issues are programs developed over time that have an effect on you now, but they are not you. The true self you are is a peaceful and loving being. The essential goodness of your soul self is who you are.

This second step is called dis-identification because you cease judging and berating yourself just because you have a core issue program running that makes you feel bad. And you refute the hold the issue has on you by acknowledging to yourself,

“I am not that belief and feeling.” This dis-identifies you from the energy of the core program and it is what sets the stage for the complete release and dissolution of the core issue.

The third step in the core issue healing process is the actual release and dissolution of the core. You initiate this part of the process by acknowledging to yourself you are willing to let go of the *hold* the core of the issue has on you.

The mind generally resists letting go of a pattern it has held because it believes by letting it go things might get worse. I know that probably doesn't make logical sense, but most of the core issues don't make sense either.

Let me explain a little how this works with an example.

Fear is a defense mechanism that is designed to keep you from something threatening or dangerous. It causes you to be cautious and careful to avoid something that could be painful. This makes perfectly good sense, doesn't it?

So if you say you want to release the fear, your mind will think that could put you in a more vulnerable position and you might be worse off than you are now. Since almost all fears are about what could possibly happen in the future and the future always has elements that are unknown. The mind thinks it makes good sense to keep a hold on the very fear you'd like to release. It's logic is that you may need it to protect you from some unknown threats in the future.

So how then do you go about reassuring your mind that letting go of the fear would be a good thing?

There are 3 very important words your mind needs to hear from you that will help loosen the hold it has on the core issue. Here's the full statement:

"I am willing to surrender and release the need for this issue (and this is where you want to be specific about the words describing the core issue from the lists of the 4 core issue areas that we went through earlier).

In that sentence the 3 key words are:

Willing

Surrender

Need

By stating you are willing to release, your mind does not feel threatened, because you are only stating a willingness to let go if there is a good enough reason to do so.

SURRENDER OR SUFFER

The word surrender describes a very deep level of letting go of all resistance to releasing. It is a relaxation of all the arguments for holding on to something, in order to allow a better experience to manifest. Surrender is the real key to your success with clearing your core issues.

And the word "need" further relaxes the mind's hold because if there is no need for the core issue, the mind can feel safe to release its hold on it.

Now, the 3 key words I gave you gives the mind what it needs to hear in order to let go, and those words alone will help, but there is one more very important element that needs to be included.

Remember earlier I quoted Alice Bailey saying it is the soul alone that heals, well this is where **you bring your soul's presence into the core issue and your reactions to it.** In other words into all the words and phrases you discovered earlier when I led you through the list describing the many variations of core issues. You do this most effectively in a meditative state and you call to your soul, and the deep love in your heart, to merge into the core of the negative patterns.

As you sit in a relaxed and peaceful state and do that, you will find the core issues begin to dissolve, and I can help guide you through exactly how to do that in a program I designed specifically for that purpose.

Completely releasing of all the core patterns requires more guidance and methods than what I've presented in *Discover Your Core Issues*. **This is the most important work you can ever do to further your evolution and attain all of your higher goals. It is your key to attaining and sustaining enlightened consciousness and living a fulfilled and enlightened life.**

I've created a unique program to guide you into the depths of releasing the complexity of your core issues. I call the program *The Secret of Letting Go*.

This program contains instructions and guided sessions that lead you through a thorough and deep release and clearing of core issues including all the areas where you may be stuck or blocked.

Whether achieving the levels of spiritual enlightenment you've been searching for, or being able to find and embrace an intimate and loving relationship, or accelerate healing and tap the full flow of life force for a vital life, the key lies in clearing your core issues and integrating the fullness of your enlightened soul.

***The Secret of Letting Go* offers you all of that and more.**

This program utilizes a number of specific formulas I've discovered that make the clearing process effective, and I call it a "secret" because while many people know that letting go is essential they don't know how to do it when addressing the deepest core of their issues.

So now that you know what a core issue is, and what some of your core issues are, you can clearly see why eliminating them is so important.

If you don't take charge and consciously delete them, they'll torture you and keep repeating difficult situations until you do.

No matter what area you are wanting to improve or expand, you won't be able to do that by carrying the baggage of negative programs from your past.

This is your opportunity to leave your past behind, once and for all, and start your life anew with a clean slate.

You'll find *The Secret of Letting Go* at this link: www.letgosecret.com/offer

My main website is: www.JonathanParker.org