



UNLOCK THE CHAINS! BREAKING FREE FROM THE BONDAGE OF EMOTIONAL PAIN.

The purpose of this report is to introduce all my old and new friends to **The Freedom Step**.

“So often times it happens that we live our lives in chains. And we never even know we have the key.”

Already Gone
by the Eagles

So, what is The Freedom Step?

The Freedom Step enables participants to take the **critical step out of the bondage of unresolved emotional pain into the light and joy of Pure Awareness**. Over the past three years, the program has helped hundreds of people recover from life-destroying mind-slavery, often manifesting as addictions of all types. By applying the steps of The Freedom Step, hundreds of men and women have freed themselves from **slavery** to their ego-driven minds and emotional pain, experiencing peace and the **joy of life**.

“When graduate degrees, food addictions, anger, manic-depression, and OCD behavior made life too ugly to live, God put Marty in my path... Only through his patience and clear communication was I able to turn off my mind for the first time and begin to practice using it as a tool, rather than letting it drive me insane...it truly took a whisperer to serenade me into sanity and arrive at a place of rest--true freedom.” Pam Fox, PhD

Now, what’s the problem?

“Shame on you!”

“Shame on you” triggers one problem that we all share in one form or another...**unresolved emotional pain**.

Toby first heard that phrase (or something like it) at about the age of three. I’m not sure, because Toby couldn’t even think for a couple of more years. When you just read those words, did a familiar **charge** come up in your body (usually between your neck and your solar plexus), a charge that sort of blocks the free-flow of your operating system? Well, if not, try, “**You’ve never been good enough.**” or “**Can’t you ever get it right?**” or ...well you know your own triggers. Some have occurred for us all just recently. Those could be:

- “Where’s the report that was due this morning?”
- “What time did you get home last night?”
- “Is this all the money we have left?”
- “May I see your driver’s license, please?”
- “You just don’t understand me. You never will.”

Those “charges” are **intense pockets** of unresolved emotional pain. We all have our own. We also have our own solutions. **Toby’s solutions have failed to resolve my emotional pain, often exacerbating it.** This has led me to seek more solutions...more pain. This cycle ultimately sent me to hospitals and jails. It constantly destroyed whatever self-esteem that I had.

Say Hello to Toby

Let me introduce **Toby** to you. Toby is one of the “stars” in *The Mind Whisperer*. When I refer to Toby, I am speaking about that “other person” in my life story, my **ego-driven mind**. Sometimes there is a negative force (charge) associated with the words “ego,” “ego-driven mind” and such. I often refer to the whole thing as Toby...takes the charge out of it. Each of us has our own Toby.

The mind is a wonderful, valuable tool. It serves our life situations with a plethora of indispensable functions. It helps us laugh, cry and experience countless other emotions. It’s a great planner and analyzer, ready and able to assist us every day.

In my experience, however, Toby is a **terrible driver!** When left to its own devices, Toby will **always** eventually “**crash!**” It is one purpose of *The Mind Whisperer* to enable us to neutralize Toby’s enslaving force, to take **The Freedom Step Out of Slavery.**

Can Toby Ever Fix Us?

Stick with me, says Toby. I’ve got lots of super tools to help smooth out this hard life. For example, I’ve got:

- *A whole bunch of things for you to believe in, things that convince me that while this may hurt now, “help is on the way!”*
- *Then, I have this neat invention of mine. It’s called time. You are really going to like how time works. Time really fixes everything...eventually.*
- *I have lots more. I have alcohol, drugs and any number of physical pleasures.*
- *Don’t worry, I’ll fix it. Have I ever let you down?*

Frankly, Toby, you have!

We are not our minds or who our minds tell us that we are. **When we are aware that we are thinking, that awareness is who we are. We are not the thinker.** We are not Toby.

We can become our own Mind Whisperer. We can make Toby “**Hush!**” We can. **Really!**

Before we get too far into this thing, I hope that we can agree here on some basic “truths.”

Everything is energy

Most everybody agrees that everything is energy (Einstein put it, $E=mc^2$). Science and spirituality often agree that all energy in its purest form is the same energy, manifested (solid, liquid, gasses) and un-manifested (thoughts, etc.). That includes our physical body, our thoughts, intents, perceptions and our **emotional feelings.**

Since everything is energy, emotional pain is an **energetic condition**, requiring **energetic solutions.** Where does emotional pain come from?

Our emotional system depends a lot on our “wiring.” During infancy, our brains are not wired to respond to outside events as being appropriate or inappropriate. Just like everything else, plants, animals and other “things,” we existed in a field of instinctive awareness.

As we aged, we gradually grew neurons in our brains called spindle cells which help us sense the appropriateness of events. When we were born, we had none. At around the age of four months, they started to appear. During the second and third year, **guilt and embarrassment** appear as emotional experiences.

Now, we're getting somewhere!

Our conditioners (parents) had no real control over us **until we could feel guilt and shame**. When we could feel guilt, we could be conditioned.

From the beginning of parenting, parents established psychological and emotional control by shaming children. Now, let's be clear on this. My mother called me a "Bad Boy!" She did this, she thought, to make me a good boy. What I experienced was the overwhelming energy of, "**Shame on you!**"

A "good boy" is a boy with consistent **conditioned responses**. I learned that if I responded to events using my **natural impulses**, I would often be **overwhelmed** by feelings of guilt, fear and shame. I would not be loved! So, **conditioned responses became preferable to my natural impulses**.

I the Computer

Our computers are all clones of our own sophisticated operating system. As we reach adulthood, our system is thousands of times more sophisticated and more powerful than the most powerful machines thus far created. There we process emotional energy. Much of this is generated or fed by the computer's brain (Toby). When there are no viruses in our hard drive, the system runs smoothly and we experience comfort, peace, joy, love, power. These conditions are Pure Awareness, our essential nature.

When the "**Shame on you**" first arrived, the **energy** of guilt and shame put my system into overload and threatened to crash my hard drive. **I did not have the capacity to resolve the energy**. So, I locked the energy in my operating system and there it stayed. **I continually created viruses** that would remain in my system until I resolved them.

Whadaya mean, virus?

A virus is a sub-microscopic infectious agent that is unable to grow or reproduce outside a host cell. It's a parasite, not innate to the host that it invades. **Viral activity disrupts normal cell functioning, creating disease**. This applies to all viruses. Emotional pain viruses feed on pain. Eventually the virus **will be resolved**, or it will **bring down the host**.

Ever since we put the first viral pocket of unresolved emotional pain in our system, most of us have allowed ourselves to be controlled by our pain and Toby's feeding thereof. **Unresolved emotional pain is death!**

The Dance of the Pain Body

Unresolved emotional pain is a negative energy field, a discrete, invisible entity that occupies, often **seems to possess**, our bodies and minds. The prime directive of this **pain body** is to maintain emotional trauma in the host. The host would, of course, be you and me.

As a child, we developed reactive solutions (*I'll scream and cry, etc.*) to avoid feeling the pain. Often we found that compliance brought a bit of relief, but **it did not resolve the emotional pain**. The pain, the viruses, remained.

This trauma blocks the easy flow of energy, becoming stronger demanding stronger solutions, **more food**. As we aged, our ineffective ego-solutions to the trauma changed. **These solutions often become addictions**; causing more destruction than the original predicaments.

When pain emerges in our system, it says, **Feed me!** Toby is the nearest source of pain food. Toby feeds the pain with negative thoughts until Toby runs out. The pain body demands more. Toby causes and finds pain on the outside, causing and feeding on the pain of family, co-workers and colleagues.

Curiously enough, once the pain body has had enough to eat, it goes into a dormant state. It **will** come back later for another feeding. We all know the dance. What we must face after the feeding is the enormous havoc that we wreaked in the people around us.

There are some simple solutions to this. That is what **The Freedom Step** and the book are about.

- **Only we have the power** to identify and **delete** the pain viruses and to upgrade our system. **Resolution of the virus of unresolved emotional pain does not occur by any treatment external to us**. At first, we may need guidance to access our innate energy-healing power. **Guidance from teachers assisted me in the beginning of this journey**. Now, I am spring-loaded to heal myself.
- Using tools that we all possess, we experience the power of **our own anti-virus**. Such tools are found in **The Freedom Step** and *The Mind Whisperer*. We discover how to delete these viruses, **every one of them**. It's easy. It's fun. It's elegant. It works every time! Really...every time!

The first step in **The Freedom Step** is a simple, elegant exercise meant to introduce us all to our own anti-virus. Remember: **The Freedom Step enables participants to take the critical step out of the bondage of unresolved emotional pain into the light and joy of Pure Awareness**.

The feeling will be fed or felt!

The Freedom Step program consists of five steps, each designed to bring us an intimate involvement with our essential nature, **Pure Awareness**. This awakens in us the peace, serenity, joy and love—the Being that we already are.

As a practical matter, the first step has been the most elegant exercise in energy healing that I have ever experienced.

The Freedom Step, Step 1

- Resolving the energy of unresolved emotional pain
 Feeling into the feeling
 Allowing it to be

Once I have identified a “charge” in my system to be a pocket of unresolved emotional pain, I close my eyes and move my Pure Awareness into the center of the feeling, **leaving my thoughts**

(Toby) behind me. I stay with the energy (everything is energy) of the feeling until it is all felt. When there is nothing left to feel, **there is nothing left!!** The virus has been deleted!

We all have lots of these viruses in our system. We just delete them one at a time allowing our system to run free. Just take your Pure Awareness into the center of the energy and stay there. **I know of no other way to delete these viruses.**

Learn this technique. Practice it. Practice it often.

All the steps of The Freedom Step are covered in detail in *The Mind Whisperer: The Freedom Step Out of Slavery*. The book was created to tell the reader specifically how hundreds of colleagues and I achieved freedom.

So, there!

Marty