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Negative Ideas  
Workbook

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**Instructions**To discover the cause for our Suffering States of the mind can be difficult.  
  
Because when we experience the state of fear, of anger, of unhappiness, it can make us reactive, and when we become reactive, it can drive us to point and blame at the events and people around us as the cause for our sufferings, not knowing that the deeper cause of suffering comes from within.   
  
To really know the cause of our Suffering States of the Mind. One needs to learn how to stop reacting and simply observe. Often this can be very difficult without the calming practice of meditation which I highly recommend you to take especially if you are trying to address the suffering states of mind.  
  
The other way is to just take your time and sit down and write down your thoughts after a suffering experience.   
  
So I've created this workbook to help you to understand better about how all your suffering states of mind are caused by your Negative Ideas.   
  
As you go through the videos, this book will help you to learn how to transcribe your suffering experiences into Negative Ideas This will help you to see the seed cause for your unhappiness clearer  
  
And if you wish to transform your Negative Ideas, which is the cause for your suffering states of mind, you can simply use my website as there are many free resources already that can help you on your journey  
  
So Best of luck

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| **What Are Negative Ideas Video 19**  Negative Ideas can be the following  **"I don't like him because he was wearing strange clothes yesterday"**  **"I am scared of that girl because she's unreasonable"**  **"I get nervous when I am in an interview because I might fail"**   Because there are so many ways to write a Negative Idea We simply simplify it to the following template  **"It is not ok..."   i.e. "It is not ok to wear strange clothes" "It is not ok to be unreasonable"**  **"It is not ok to fail"** Notice how writing Negative Ideas in this way does not include people or events or  situations or time? This is because as long as you have a Negative Idea, it will apply to everything you experience in life. That is why we omit these things.  See if you can simplify these Negative Ideas into **"It is not ok.."**  -"Yesterday when my boss looked told me to do stuff I don't want I was pissed" -"I hate it when the printer fail on me" -"I am a bit scared trying that new sushi"  **Suggested Answers  (on the next page)** |

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| **What Are Negative Ideas Continued..**  **Suggested Answers  (No right and Wrong as everyone's reaction will be different)**  "It is not ok to be bossed around"  "It is not ok to be betrayed" "it is not ok to not know"  "It is not ok to embarrass myself"  "It is not ok to hurt myself"  Etc... |

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| **Discovering Negative Ideas Video 20** | |
| **Think of a situation that made you unhappy** | **For instance, yesterday I worked an hour on editing a video then my computer crashed**  *Write down your experience here* |
| **Cause** Can you try to transcribe the suffering experience into Negative Ideas?  **i.e. "It is not ok....."** ? --> | **i.e. "It is not ok to waste time"** Here realize that many Negative Ideas can be experienced in a given situation. Simply tune in with your reactions, writing down your emotions and thoughts will help you to understand just what it is you are rejecting.  *Write down your emotions, thoughts here and then your Negative Ideas* |

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| **Expanding Your Negative Ideas Video 21**  After you have discovered some of your Negative Ideas, expand your Negative Ideas here to see how it affects you.  Use the example template below. If everything resonates with you, it is likely that you have correctly  located a Negative Idea  **Template** I will experience negative judgment towards myself when "......[example]." " And experience negative judgment towards others when "....[example]." " And experience fear of "...." because "It is not ok..... [example]." " And experience negative emotions/ thoughts / physical sensations "when I... [example]." " And experience wandering thoughts to do with " [example]." " And I will have attachment towards "[ opposite of example]"  **Example** **"It is not ok to fail"** Then I will experience negative judgment towards myself when "I fail." And experience negative judgment towards others when "they fail " And experience fear of "failing" because "It is not ok to fail" And experience negative emotions/ thoughts / physical sensations "when I fail" And experience wandering thoughts to do with "failing " And I will have attachment towards "Not wanting to fail, i.e. (success)" |

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| **Transforming Your Negative Ideas** **Video 22**  The purpose of understanding about the Cause of your suffering is so that we can know the direct way to Transform it. So although this course is helping you to understand what the cause of your suffering is, the goal is to inspire you so that you have the desire to take the steps to transform it. .  So we will talk briefly about the journey of Transforming the Negative Ideas.   To know your journey, simply invert the Negative Ideas **"It is not ok.."** to "**It is ok"** then you wil be able to find the path of action you will have to take to transform the Mind.  I.e. "It is not ok to be bossed around" ---> "It is ok to be bossed around"  "It is not ok to be betrayed"--->  "It is ok to be betrayed"  "it is not ok to not know"--->  "it is ok to not know"  "It is not ok to embarrass myself"--->  "It is not ok to hurt myself"  So the opposite of Negative Ideas (Potentiated Ideas) will poetically represent the journey you will have to take to transform the Mind. On paper it may look like a ridiculous journey. For instance the Idea **"It is ok to be betrayed"** the mind might ask "Why do I even want to be betrayed?"  But simply realize that the journey is about transforming the state of mind. So it's about the mind accepting that it is ok to be betrayed if it does eventually happen. And this journey happens through accumulating the wisdom of life experiences which helps one to develop Self-Acceptance.   If you wish to know more about your Negative Ideas and the ways to transform it, you can ask the following questions   **"Why can I not accept this Idea?"**  **"Why can I not accept Other selves when they are...i.e. failures"**  **"How can I accept myself and others when the Negative Ideas are triggered?**  The journey can be confusing for some. So for more articles on how to transform Negative Ideas you can visit my website <www.creationwithincreation.com> |

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| **Habit And Negative Ideas**  **Video 23** | |
| **Think of one of your habit patterns** | **For instance, I have a habit of always avoiding talking to my boss**  *Write down one of your negative habits. A negative habit is a habit that will make you unhappy if you try to stop your habit from manifesting.* |
| **Cause** Can you try to transcribe the suffering experience into Negative Ideas?  **i.e. "It is not ok....."** ? --> | **i.e. "It is not ok to be confronted"**  *Ask yourself what is driving this Negative Habit. Write down your thoughts and emotions and then try to transcribe your Negative Habit into Negative Ideas.* |

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| **Stillness And Wandering Thoughts** **Video 24 & 25**  Meditation can help you greatly to discover and transform your Negative Ideas  I have many free guided meditation practices that you can try.  [Guided Meditation For Self-Knowing](http://www.creationwithincreation.com/courses/guided-meditation-self-knowing.html)  After meditation, write down some of the wandering thoughts that you have experienced in meditation and transcribe them into Negative Ideas | |
| **Wandering Thoughts**  Write down a wandering thought that you have experienced in meditation | i.e. "I kept thinking about what was going to happen at work after the boss announced that people were going to be made redundant"  *Write down your wandering thoughts here* |
| **Cause** Transcribe your wandering thoughts in the form of **i.e. "It is not ok....."** ? --> | *The more deeply rooted a Negative Idea is, the more difficult it will be to let the wandering thoughts go  Try to transcribe your wandering thoughts into Negative Ideas here,* |
| **Stimulation And Attachment**  **Video 26 & 27**  It's ok to do stimulating things in life, but when we have an attachment to those things we do it can create unhappiness when we cannot obtain what we desire. And thus there would be a Negative Idea at play influencing our experience of happiness.   We can have an attachment to stimulation, for instance, sex, alcohol, playing video games, youtube.  What your Negative Ideas are will be up to you to discover.  But here we learn how to transcribe attachments using Negative Ideas  Use the following template **"It is not ok to not.."**  i.e. If you desire for Alcohol Then you can transcribe it in the form of  "**It is not ok to not drink alcohol"** And then as you develop Self-Knowing, you will be able to go deeper into this Negative Idea to find the causes as to why you are drinking that alcohol.  Maybe it's because you are stressed that you are not making enough money then you can find Negative Ideas as to why you are expressing that stress and like this deeper and deeper into yourself.   I cannot tell you what your Negative Ideas are. So it will be up to you to make that journey of Self-Knowing. And the practice of Meditation can help you greatly in this respect. | |

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| **Health**  **Video 28**  When we live with intense negative emotions and thoughts it can lead us down on the road of ill health. Realize that Stress in the Mind will always create Stress in the body.  So here you can ask yourself,  **"What negative states of mind do I experience daily?**   **Is it guilt? Is it anger?  Is it fear?**   And so forth.   Pick at least one of your negative states of mind and be specific by asking the following questions -  **What am I really fearing?  What am I really rejecting?** | |
| **Negative States Of The Mind**  Write down some of the things that bother you all the time, i.e. things which give you stress. | **Maybe it's thoughts about your boyfriend or girlfriend.**  **Maybe it's thoughts about work etc.**   *Write down some of the things that stress you out* |
| **Cause** Why do these thoughts give you stress? Write down the causes in the form of Negative Ideas. **i.e. "It is not ok....."** | **I.e. "it is not ok to be betrayed"**  *Try to transcribe your stress into Negative Ideas* |

I hope you have enjoyed getting to know more about the Dark Side of the mind.  
  
Always see that unhappiness in life as not a misfortune or imperfection or some sort of a divine punishment, but rather as opportunities to develop even greater happiness! For it is by overcoming the challenges in life that can make one wiser right?  
  
So you've come to know more about the cause of your unhappiness.   
  
Well Done.   
  
If you wish to go even further which is to transform it you can visit my website for free resources.  
  
  
  
*"Be happier than the day before"*

-Jonny John Liu