

THE TRADING TRIBE



ED SEYKOTA

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By

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Trade tribe

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**The Trading Tribe
Incline Village, Nevada
2009**

**Trade Tribe
Village on the slopes, Nevada
2009**

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January 14	

The first appearance of the term in the text of the glossary *in italics*.

Thanks

Basic and lasting effect on me has my grandfather, **Art Hawker (Art Hawker)**, an avid golfer and a skilled carpenter, my other HS, teacher and protector in the early years. I remember his kindness and patience e endlessly with me. I remember how everyone called him, gently, "leaders".

In 1989, **Jack Schwager (Jack Schwager)** included me in his book "Magicians Market", and in 1992, its sequel "New Market Wizards".

In 1992 in Los Athos, Ka liforniya, I published a four-page monograph "Tribal Trade," which gave rise **First of mu mu Commerce Yeni tribes.**

In 2003 Mike Kouvel (Mike Covel) puts a link to my website on their website [www. TurtleTrader. com](http://www.TurtleTrader.com) . In 2004, he mentions Trade Tribe in his book "trend following» (Trend Following).

My dear friends I snab Dili trials through which I grew up and studied.

My son **Ziz**, my daughter **Aziz** and my sister **Susan Seykota Smith** are among my best teachers.

This book is a continuation of the enthusiasm and commitment of **Member Trading Tribe worldwide and Trade tribal villages on the slopes.**

I dedicate this book to members
Shopping Tribe

About this book

Life seems to be full of surprises and paradoxes. One of them is that I'm writing this book. I have very little formal education delivery in the psychologist and and m is personal growth or even to write on this subject. By nature I am an engineer, and education, strong in math and science, and relatively weak in the social sciences. I come from unwilling to express his emotions family, and I have a record of two divorces.

It seems that I can be called a wounded healer who tries to heal itself, and then goes to get the same effective in the conduct of others on this path.

The purpose of this book

Trade Tribe began in 1992 in Los Angeles, California as a small group of traders who meet once a week for that would help each other improve their trade. Today tribes around the world meet regularly to practice *the process of the Trade Tribe (PTP)*. Many of the new members are not even traders. They attend the meeting due to the benefits they cause in their lives in general.

This book is a history of Trade Tribe, a description of how it works, and an invitation for you searcheth Article PTP magic in your own life.

Writing style

I am writing to direct expression in the present tense. I call this style of communication CDF-N (subject, verb and object - present). You rarely find links to the past or future or passive expression in my style of writing. You may find CDF-n bit strange. As soon as this moment *now* continues to evolve, however, this style may grow in you.

I am writing layers. I imagine Mr. omnig topic and leave a few questions on the table. The next time I have been left a few questions and leave with new ones. I do not pretend that I have all the answers. I see my role is to raise a few questions and encourage you to find your own answers.

In the examples that relate to people, I use personal pronouns vicariously. *He, she / he* can all relate to any floor.

Deep feelings

This book discusses the deep feelings. Some of the themes may affect any of your sensitive areas and encourage you to ensure that you had a feeling that you traditionally avoid. Some parts can lull you or be sent to you in dreams, while your eyes finish this part without you. We strive to associate the feelings that we do not like to *have-not*. Your conscious mind and instinctive off in order to avoid such feelings. Such as the nature-have not.

The absence of trade secret formulas

I am a trader and mentor traders. In this book, I refer to trading. However, it does not contain any secret formula or magic trading methods.

Most trading systems are simple. They trade with long-term trends. They allow profits to grow. They suppress losses. They are well managed risk. They have small daily fluctuations of capital. They are similar to the business.

Although the possession of a good system needs more for success, the main difference between traders is psychological. Even the best trading systems have similar entry teeth and the sensing range and downs of capital. Ups, downs and laterals to follow the system can cause feelings such as boredom, hope, fear, greed and despair. If a trader can not control these feelings, it is we can be tempted to deviate from their system. The main problem with the trading system does not follow them.

PTP

As you read about the theory of TAP in this book, and perhaps come to understand it, you will not be able to develop skill in PTP, just thinking about it. The only way to develop skill in PTP is its practice. The best way to practice is membership in the tribe and visit the workshop of

PTP. You can find more information about these opportunities in the resource part of this book.

Thanks

I regularly receive thanks from people who write that PTP helps to improve everything from finances to relationships, from the emotional to satisfy the clarity of mind. They write about improving relationships with colleagues, other uzyami, friends and children. They also point out that naturally drawn towards *the Right F Life Span* [1] and deep satisfaction. TAP seems to be working against people from all walks of life, not only in relation to traders.

Some of these thanks lyayutsya The appearance in this book between the marks. And, the content of copyright. My **names**. For example:

<=====>

Wife notices

At a meeting of the Tribe I'm working on some tension in the neck and throat compression.

I find that my posture improved immediately. My chest expands, projecting a lot of confidence. My singing range is reduced by a note or two. I'm a little less snoring and need somewhat less sleep. I feel more positive nervous energy, which is related to the excitation of the project (perspective). My wife noticed significant positive changes constantly and commented on them.

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Know what to do

Here are a few to please me, the benefits of participation in TAP:

I feel happier and less anxious.

I'm easier to interact with people.

I "see it" when others try Tue yanut me and my drama, and I find that now I lose less time and energy playing games other people. I think I also create less of their own drum.

The more questions I worked out, the more I find that acting in their best interests, automatically, without remembering that "what I should do."

This is similar to what I just know what to do in situations znyh are diverse, and I do it. And when I do not know what to do, I feel that it is too normal. That is, I feel less stuck to his place of fear and more free to move forward. Growth in the fact that as I move forward, I feel even better feelings to himself and to what I do in my life.

<=====>

<=====>

Works wonderfully

I attended a meeting of TP just over a year and would like to share their experiences.

Until PTP my trade was subject to very large fluctuations. My yatie when n solutions to enter the trend was based on the observation of John intensity graphs and then of doing what I felt. I was a typical day trader entering the market and coming out of it with many small profits and repetitive heavy losses.

My results were the same, then there is a good trading period gave way to a powerful breakdown where I traded / played like a madman. I really felt as if the trades someone else, and I'm just looking, unable to stop this behavior. I have tried many techniques and methods to stop this behavior, but with little success.

I am happy to say that the last time this happened a year ago. At the meeting, the TA I was fortunate to get a skilled and artful *recipient* Tribe who helped me endlessly.

Looking back at their real trades I get a lot of pleasure, seeing as I was disciplined, using all the signals in accordance with its previous testing. This powerful shift in trading methodology is the result of PTP. For me, it really works wonderfully.

PTP easy to do. I am constantly horrified by the fact that you have to go to meetings, knowing that I have to be completely dedicated to the discovery of his soul Tribe. It would be much easier to stay at home and keep my feelings well hidden. However, I made a conscious choice to fully experience the feelings within the tribe, rather than act them on the market. It's much more fun, leads to insights and it's much, much cheaper!

$$\mathbb{R}^n \times \mathbb{R}^n \rightarrow \mathbb{R}^n \times \mathbb{R}^n$$

This book is an interactive work in the development of

PTP is a work in development. Something new and surprising th
appears at every meeting P Lehmen. I feel tempted to delay the

completion of this book and on a slightly later time to see what the case may be by the following. In that case the following, it is natural that I continue to delay the completion of the book. In order to pass this book in your hands, I just have to take their feelings "desires that it was perfect," and do it now.

If you have questions, comments or suggestions for improving this book, please check the website [www.Tradingtribe.com / book](http://www.Tradingtribe.com/book), to see if there is an answer to this question. If not, there you will find Mauger those instructions to transfer your insights.

Section first

The notion of PTP

**Everything you want to know about TAP,
including this *desire to know* is,
are just another sense.**

Introduction to PTP

The primary motivation for the Trading Tribe

In 1992 th year, I began to think about a problem common to many traders, including myself. We opened a good position, and then we are a factory, getting the band loss, yielding to his emotions. Hope, fear, greed and despair seemed to go outside and suppress us. Our feelings make us leave their good position and enter into bad just not time.

I write down some of my thoughts on the establishment of a group of emotional support for traders, retail Tribe. I prepare this monograph and disseminate it. Some raiders t like the idea Xia strong enough for regular attendance of meetings. Our goal is to help each other find ways to overcome emotional interference in trade.

Finding a deep connection

As soon as we explore our feelings about trade, we find that they go deep into the other areas of our lives. As soon as we work to improve our trade, as well improved and other areas of our lives. Our relations are improving, we find less *drama* in our lives and we see that our priorities change. Our elections are beginning to support us in communion with each other and self-expression. We call this state of oneness with our true "I" and the goal - the good life. Proper Life seems to naturally occurs and s PTP.

Development of PTP

Over the years, the TA goes through several incarnations. I continue to study a variety of disciplines and to assimilate them into the PTP. PTP has some skhodst Islands with breathing exercises, eastern religion, Erickson hypnosis, est, group processes, lifespring, NLP, physics, etc. sihologiey, positive thinking, psychotherapy, systems theory, the twelve-step program and Western religion. PTP is a product of my

observations and experiments with many hundreds of members in more than 12 years.

Trade tribe and women

Business Preliminary, historically, almost entirely male. Later, the women are showing interest in PTP and appear at the meetings of the Tribe. Women seem to be more willing to *experience* some feelings, whereas men seem more willing to try different. Tribes that have both men and women, offers an unprecedented opportunity to understand each other deeply supportive ways.

Website Trade Tribe

By 2002, I get a steady stream of letters by e-mail. mail with questions about TP. I'm creating a free website:

www.tradingtribe.com .

It breaks through the dam. Questions flooded. When I get an email from someone, I check it to get oschu schenie overall tone. I say who wrote at first as a person, and then only slightly on his question. I rarely give a Li Bai Council, except the recommendation to join the Trade Tribe.

Tribes appear. In 2003, I was giving a seminar. I spend three more in 2004. Demand continues to grow. In early 2005 Trade Tribe has offices around the world, and TAP becomes a powerful system of knowledge about personal growth. The website attracts over a million page visits per year, each with a kind word.

Elements necessary.

Necessary elements for PTP are:

Ready About *tpravitel*
Relentless P Answered
Leader
Use sc *F ORM*

In the absence of any of these elements does not work process. Of these relentless P Answered seems alien to most beginners.

Relentless P Answered.

Relentless P Answered create a *field* around *Confessions* sender. Sender - is the one who transmits feelings *to the recipient*. We create a field of Recognition by the approval, adoption and by responding to the feelings of the sender, not the content of e communication. Confessions of a field similar to the magnetic field pulls out the feelings associated with the problem. In particular, it draws the feelings that the sender is not otherwise able to experience. Some people show surprise, surprise, and then delight when impres ryve experiencing relentless P Answered and communication in the field of Recognition.

Emotion in contemporary culture

Modern culture has a strong bias against the adoption of the senses. We do not instinctively take their own feelings and the feelings of others. At the beginning of our life we learn that some feelings are good while others are bad. Anger, nenavi st, frustration, jealousy, Mr s, loneliness and grief are generally poor. Joy, happiness, love, affection and warmth are good as long as we are not showing them too hard.

It seems that it is convenient to their good feelings. However, when we see someone who is experiencing a bad feeling, we usually try to take him out of the words he or try to rectify the situation, that he had no

reason to feel it. We almost never support him in the experience of the senses. We too almost never set fields Confessions.

People learn to associate their bad feelings in the y-not. Do-not - this feeling, intertwined with a negative judgment [2] this feeling. Have a double meaning, it is not: (1) tie in a **knot**, and (2) something that you **do not** like.

When we perceive our feelings as enemies, we relate them to the y-not. We become blind to the situations in which these feelings are contrary to save us. A person who does not feel thirsty, can come to dehydration. A person who does not feel hunger, may die of exhaustion so. A person who does not feel anger, may have weak personal boundaries and subjected to invasion. A person who does not feel the sadness, can tolerate the loss of a loss.

Everyone knows that good sobs weaken print s, and that a small splash of cooling leads to anger. What many do not know is that the process of in-depth experience of feeling has additional beneficial effects that go far beyond the short-term stress relief. These beneficial effects come from the reverse proclamation of sadness and anger as a powerful ally that can help in making wise decisions.

All the senses have positive intentions. They lead our lives for the good life. TAP helps to unleash our in-and not to release our feelings. It helps to make our feelings from enemies into allies. These allies are helping us to make choices that lead us from the drama in the direction of right living.

Psychological models

Psychologists like to say that the brain has two parts: the right and left. In PTP, we use a two-part sci-fi model of the mind: the top and bottom. In this model, the upper part is Part conscious mind. This is the part that thinks logically. The lower part - is Fred. Fred contains

the subconscious mind, the limbic system, autonomous system, plus a strong desire to convey feelings.

Fred, in the industrial act ivny e ru, says in the Catechism of the pressure that builds up or charged, if not find any way of relief, sublimated and expressed as symptoms. Fred, born in the era of the Internet, does not discharge the frustration, the steam from the engine. It conveys the full range of feelings conscious mind so that he could try them out and accumulate wisdom.

Fred

Fred manages a large number of vital work. In critical situations, he responds quickly and automatically intuitive answers. If Fred does not know what to do in an emergency, he puts his best efforts. Later, when a critical situation has passed, it sends feelings about her conscious mind so that he could experience [\[3\]](#)it. This experience helps Fred better programmed to respond in similar situations. Fred and the conscious mind collaborating in this way for the production of wisdom. Wise men are wise by gaining experience.

Student: How is it that you are wise Bench?

Teacher: I have a lot of experience.

Student: How did you gain so much experience?

Teacher: I do a lot of mistakes.

Student: What do you do with the feelings that arise from making so many mistakes?

Teacher: I enjoy experiencing them.

If many of our senses are in the y-not, we will likely not able to enjoy experiencing them. We may not be able to experience them all. If we

resist the urge to experience feelings of Fred, that he makes about these feelings more intense. If we continue to resist, Fred Fred collaborates with other people in *Sub-Fredovskoy Network*, preparing us for the drama, which is, after all these feelings will lift up.

Sub-Fredovskaya Network

Sub-Fredovskaya Network - this is the place where all the Freda communicate with each other directly. Community in which members are aligned with the Under-Fredovskoy Network can actually achieve anything. Commercial P lemya is similar community. TAP helps us to experience the power of sub-Fredovskoy Network.

As I rovozhu P in P stretch Lehmen

Members of the Trade tribal villages on the slopes are fortnightly on Tuesdays at 19.00 in my house at Lake Tahoe in Nevada. The meeting lasted almost until midnight, and sometimes longer. Usually attend a

meeting of six to twelve people. They come from Nevada, California, Minnesota, Texas, New York, Canada and other distant places, so regular visits require a high level of involvement.

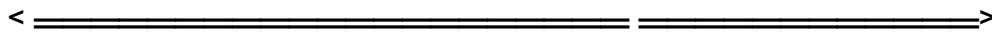
A little before 19.00 tribal members occupy space in my living room on the first chair or couch in a large circle faces inward. With twelve people in a circle of diameter ranging from four to five meters. Everyone keeps the drum or other percussion instruments. I love to sit by the fireplace.

At 19.00 I start to beat his drum, signaling the beginning. All follow me. I support a permanent, easy rhythm. Other reinforce my drawing or supplement its counter rhythms. This orchestra is like a cacophony until everyone is looking for and then finds its niche. A few minutes later the overall sound is included in a rut. Then beating the drums for some more time to develop as members of the tribe are finding new ways of cooperation. Then, it seems, gradually falls silent, and the room becomes silent. Each member finds himself in a pleasant, peaceful state.

About 19.10 I nod from me sitting to the left member starts logging. Registration gives each member the opportunity to express what he feels at the moment. She also is a window where you can briefly mention the personal progress since the last meeting. A member may report the feeling of happiness or sadness, or inconvenience, or it may be noted tingling in his hands. During registration a person other keep silent and do not meet neither that, said sender. Registration usually takes a couple of minutes with each person. When one person finishes his registration, he nods to the left, and he is registered.

Around 19.30 I conclude its own Registration. I'm going to last. As in L Ider, I have several roles. I have my own REGISTRATION, participation in the process and sometimes I sit on the *hot seat* and explore their own feelings before the whole tribe. I accept the guiding decisions about who sits down smiling on the hot seat. I give instructions and train other members. As soon as the tribe becomes

more mature and cohesive, the guiding / instruction role appears less frequently.



P no longer roblema

Yesterday my method signaled the room a few large orders. I calculated the position in accordance with the parameters of risk and place an order.

Sounds simple. It is.

However, prior to the last meeting, when I determined by the size, risk, placed orders, a strong sense of fear filled me, and I reduced the size of the orders, or sometimes aggressive sense of knowledge of the future filled me, and I just used burghers *of* ever larger orders.

Because of these emotions, I often did not follow his orders to the size of the position, which in my method is considered optimal.

After passing *the opposite process (Polarity Process)* at a meeting of the Tribe of the feelings that affect the size of the order, simply absent. No internal battles. Simply no longer a problem.



In bidding the tribal villages and tend to eat the set of professional recipients and many leaders of other tribes, so I usually jump introductory training. If you are just starting out or tribe to join him, the study guide in this book will help you master the basic techniques.

Selecting the Sender

I ask, who wants to work. Several members raise their hands to indicate that they have ongoing issues or disorders, or goals they want to accomplish. The question must be something so that they can feel at the moment. Then I interviewed each candidate about the nature of his situation and the intensity of his feelings.

Every member starts to give a brief description of your situation. He may say that he has a great sales presentation and that he is nervous or that he had problems with the girl, or that he feels that he is losing interest in his work. It gives other members of the schematic general description of your situation. PTP does not require anyone to disclose their personal details. Privacy allows him to travel deeper into your feelings with less deterrence. Later, at the end of the process, again, I ask that member of his situation. This answer is always very different, showing a significant shift in point of view.

During the interview, I define the level of emotional expressiveness. Members describe their emotions, such as sadness, anger, fear, and their bodily senses, such as itching, cramping, heat or cold. Then I define the order of the members in the order of their foreign "maturity". I usually causes the most emotional member. For example, during his Opis yv anija it may wince because of abdominal cramps or bang his fist in anger, or his eyes are moistened.

I say most emotional member that he (or she) is the sender and can take the hot seat. The sender does not have to get up and go to another chair. The chair or a place on the couch (sofa), where he was sitting, it becomes a hot spot.

New Tribe leader, having used *about* lshim experience, usually spends the whole process. In more mature tribal leaders can pass this function to others. Managing the process is a great workout for those members of the tribe who want to conduct their own tribes.

Checking on T otovnost [\[4\]](#)

I begin, Ref ashivaya sender if he was ready to work. Willingness to work is essential to the process. We often check on her. The sender is almost always says "yes" to the beginning of the process. I appeal to the important topic of what to do if the sender says "no" later in this book.

When the sender says "yes", I note, it seems that the sender does at the moment. If he is angry, already gritting his teeth and clenching his fists, I support him to grind more and harder to compress. Other members of the tribe used relentless adoption and support of the sender in the direction t th, no matter what he did. Together we create and apply a field of Recognition. The sender feels tremendous support to the extent that, as in the process of experiencing a ovlekaetsya [\[5\]](#) their feelings. Field recognition of the need for Trade Tribe. Without it, the process simply does not work.

Golf II riznaniya

Recognition - is a powerful motivator. PTP uses it to help the sender that he usually can not do. The sender must face and fully experience the feelings that are in his near-no. These are the feelings that he does not like, he condemns and koto ryh all his life he avoided. Golf II

riznaniya helps the sender to perform a complex task of translating feelings that he does not like, in a sense, he likes.

Shape

Another essential element in the tribe, an element that supports the way out and the adoption of the senses, is the practice of dealing with the forms.

Form - is an external physical manifestation of inner feelings, thoughts and emotions. Forms allow tribal members to read the progress of a man sitting on the hot seat, so that they can effectively apply Field Recognition.

Feeling can be an emotion such as sadness, or bodily sensations, such as abdominal cramps. Form printing can be inflated lips, the appearance of tears and rocking back and forth. Form of spasm can be creaking teeth, squinting, clutch hands together and putting them on his stomach, and leaned forward. Forms - is nat analogues of sul feelings. We can say what one feels watching his forms. Form - is the native language of Fred.

E same word as "spasms" and "sad" is defined conscious representation. Such words - it's name suggests, they are only approximately indicate that we really feel. Trying to talk about feelings, using these words, the sender leads to the exit of its process in your conscious mind.

In PTP, we avoid the use of names to feelings. Instead, we use the language of forms. Tribe can not effectively support the person on the hot seat "feel more spasm" or "feel n echalnee." The tribe, however, can support these forms and accompany these feelings in words "Squinting more" or "stronger than your lips." Communication senses with forms tends to be rather natural. When manifested form, they give

Tribe keys by which to hold and maintain the process. Forms required for PTP.

Development of forms - a physical process. However, we do not touch the sender during the process. Physical intervention leads to the conclusion that the sender of its process.

If the sender on the hot seat blows to unnecessary conversation, more and more dive into the details without dipping into their own feelings, I usually support his words, "continued M. OVOR and avoid their feelings." This intervention is usually sufficient to bring him back into the mainstream.

Experienced members of the tribe take the sender, not engaging in intellectual exchange or analysis that can pull it out of its process. Members of the tribe did not ask, "So, how do you think you should tell your wife?" They say, "Well, go on bare rock howl and stomp his foot." Recipients are focused on maintaining forms. It automatically Tue yagivaet sender deeper into its process and its outputs feelings.

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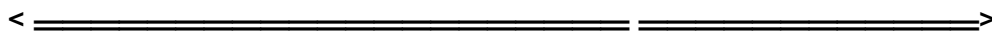
Just seriously

TAP is an easy concept to understand, but it requires a serious effort in order to adapt it to everyday experience. The reward for me was greater awareness of "now" and satisfaction with their lives. I feel (worried) their feelings. This brings me clarity in its decision-making. My drama did not live long, because now I realize that I myself deny feeling. I understand that, can not be resolved only with the help of others in an atmosphere of a family, and I founded a local tribe.

Through PTP I saw the world around me has changed. PTP proved a critical tool to be able to me to be more tolerant father, husband and son st. Being in the now and taking their

children to the emotions I experienced unconditional love, forgiveness, openness of mind and pure pleasure.

My life is simple. I spend less time trying to sort things out. Instead, I'll just go with the flow and try to stay in the now. I no longer wait to get anywhere. I enjoy the experience of this trip.



The conventional talk therapy depends on intellectual exchange between patient and therapist. It may involve the patient in his mind and pull out their Chuv PTS, and prevents him fully develop their forms. The therapist and patient can talk about feelings. They rarely with deep experience of their shape.

In traditional talk therapy therapist maintains the status of excellence, knowledge and authority. It is aimed at solving the problems of the patient with a combination of analysis and advice. In PTP no therapist, and it is assumed that the leader himself from time to time takes the hot seat.

Commercial use of members of the Tribe relentless adoption of applications for creating and Healing Fields Confessions. In traditional talk therapy group not to provide fields of Recognition.

P erevorot

At the beginning of the sender chuvs Twa are inevitable feelings that he condemns, even hated. Such is the nature-have not. Going through the process, the sender starts to notice condemnation, intertwined with their feelings. Vision conviction necessary for the process. Condemnation holds our y-not together. Condemnation provides traction in the clamp y not. To unleash the y do not we relax conviction, testing it.

As soon as the sender continues to develop forms related to your question, his conviction begins to dissolve. He begins to feel their feelings in a new way. He finds great satisfaction one experiences its shape. Approval coming from the members of the tribe, it is necessary to do a turning process.

Tribe can quite easily notice coup. The sender can start to smirk or something else to show pleasure. At this point, members of the tribe relentless double its adoption and invites the sender to "go to the end" and "F O R enjoy mine." Sender allows its shape to develop fully, it can become extremely active. Shortly form wasting all your energy and voltage drops. The sender may at any time take a deep breath and relax. *Process Form* - is the process of localization, development and adoption of forms all the way to *the zero point*.

Condemnation

Sometimes the sender gets bogged down and seems unable to enjoy the shape and seems unable to detect the positive intention of their feelings. I ask him if he wants to feel your feelings and he replied: "No". This response indicates that his conviction is strong feelings *about* . At this point, we just follow the trend. We accept this "no". I invite him to provide a "no" (his conviction) as another form. I help the group to focus attention on how to help th e experience *the judge* . I n this maneuver be ordered "shaping resistance" or "glorification of the judges." When the sender is fully experiencing the judge, the judge and the related conviction disappear t together.

When the judge dissolved, I return to the process of development of the form. Now, without a judge, he goes to a smooth continuation. Sometimes the sender becomes so experience difficulties with the judge. There may be a second judge condemning him. Some forms may have a stack of judges, sometimes up to six or seven. In this case, I IU todichno trace the whole stack with the desire to find a judge, which the sender wants to feel. I call it "the judge happy." Once the

sender undergoes a happy judge, the entire stack appears to be destroyed. Tracking the judges need to PTP.

Useful results

The immediate results of this process staggering. Sender wave develops insights or AHA. His view of their situation in comparison with the view to the process of radical change. He loses his affection for the drama associated (associate) with his form. He radiates peace and quiet strength.

Secondary useful results rise after a meeting of the Tribe when the new behavior of the sender starts to work in his network of friends and colleagues. The sender can notice that his support system set up and operate more efficiently.

Re integration [\[6\]](#)

We find that we can expand and strengthen the process of using the Form II *The process of reintegration*. When the sender re integrates its forms, they tend to disappear forever. Reintegration process requires skill and good familiarity with the processes of form.

Collection forms are condemned by our senses and settle (park) in certain areas of our body as a y-not. If someone does not have, with respect to anger, and he is not able / willing to feel his anger, he is subject to attack others. Rather than feel his anger, he can keep it in their hands, feet and scalp. As he develops his wrath in the form of PTP, he may find himself pounding on the knee, stomping on the floor or pulling at his hair.

We strive to keep our in-not isolated in various parts of our bodies. Process Form pulls them out, recognize and unleashes them. When we

untie our in-not, we free ourselves from unproductive dramas and reorient themselves towards the productive activity of the good life.

We can go the distance above. We can balance its shape by bringing them together and reintegrirovaniya them with each other. Reintegrirovanie forms is the intention and the process of reintegration.

When the sender completes the form and get a chance to relax s, we ask him if he was ready for another question, feel or form. The second and subsequent forms are then elements used by us and reintegration process. During the second form processes OTP ravitel experiencing other physical forms. We support him in the full development of this new odds m s. Soon he's doing it, and as he unleashes the y-not, come to him additional insight.

The sender can continue to develop from a few to a dozen or so forms per session. When he starts to finish the forms, I ask him to repeat these forms in rapid succession. He enjoys doing it, and now considers all its forms as their allies. At this time, members of the tribe continue to provide and maintain a relentless Adoption Field Recognition. When he passes her a couple of times to form a circle, I ask him if he was ready p azvit them all at once in a moment now.

Many f ormy themselves are not comparable, such as bulging chest and folding up or shaking both legs and standing on one leg. However, agreeing on one experiences all its forms at the same time, the sender somehow finds a way to do it. This process is, he reintegrates all your senses. Tribe closely watching this process and offers support and assistance, saying, for example, "OK tightly with his fists," or "Great job, even shake his shoulders." All the time, we continue to remind him to "continue to feel all the senses at the same time now."

After some time, the body of the sender seems to perform the miracle of collecting all the forms together. During this process and synthesis, developing composite (composite) form incorporates elements of all other forms. Soon, the composite acquires its own form. At this point,

members of the tribe can maintain the sender's words: "Good! Follow your body. Your body knows how to put it all together. " The sender goes deep inside and establishes We establish emotional connections, while his body unites these forms externally. As soon as an integral form is established, and the sender is experiencing reintegration, it can become more active. He can shake wildly different parts of his body, change hundred breathe, cry or scream and feel "electrical storm" in his body. Tribe maintains them his. Form reaches a peak and then diminishes rapidly. Sender comes to a deep rest and finds himself in the zero point.

If the form is not balanced, the sender does not reach this state of rest. Instead, he expresses some form of discomfort. We call this F o r th "misguided form." At this point we return to form processes and help develop this sender astray form and then together with other forms to include it in the reintegration process. The sender can open one or more errant forms that appear only in the process of e Reintegration. Again and again returning to the form processes, the sender will inevitably reintegrates all its forms.

Subsequently, if the sender is trying to use any of the individual forms, it generally is that they are back to its relaxed form a composite. When the individual forms are combined, they cease to exist as individual forms.

Checking.

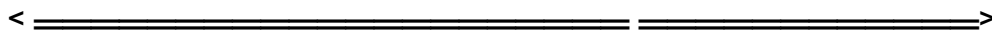
Once the sender has completed its reintegration, he usually just sits peacefully grinning, enjoying the feeling of freedom from their in-not. At this point I'm starting to check, where every member has the opportunity to share their feelings s Xia from the process. I check one by one and the sender gets the last word.

After verifying the sender, I declare a break during which members of the tribe can go to the bathroom, something to eat in the kitchen and

talk to each other.

After five or ten minutes, I once hit in his drum, giving all signals return to their seats. Then I call the next person to occupy the hot seat and become the sender. We can take other processes PTP, such as *Goals* , *Opposites* or other reintegration process. After each process we take a break.

Toward the end of the evening I announce the final test, where everyone has the opportunity to share their feelings about the whole evening. Then I close the meeting, and tribal members can leave or stay and socialize.



My seeded schenie tribal villages on the slopes

After landing in Reno (Reno) I took a rental car for your trip to Ed. It took me about 40 minutes. to get to his house. It was a hard trip. You climb the mountain (3000m.) And then descend to the foot of the lake Tahoe on a streamer.

I arrived and knocked on the door. We shook hands and I thanked Ed for the opportunity Preece mc tvovat. I see a lot of old friends at the workshop. Each member of the Tribe IV arrives early on Thursday for research on trade.

The aim of the research topic is to teach to what your passion is. Edd wants every member of the finished report to the website. This is perceived as a trade university. Half of the members of the Tribe IV futures traders, and the other half in shares traded. The meeting lasted until lunch.

Similarly, during a personal chef Ed comes to cook dinner for the Tribe. It was cool and the food was fantastic. Lunch ended and the meeting of the tribe began.

Started drumming and drum and each took a chair. Drumming is so intense and rhythmic that I really became involved in it. He gradually comes to an end, and Ed asks each of registered ro vatsya.

He asks if there is someone "something alive." Several members say "yes," and Ed try each to see who is the hottest, whose issue is already on the surface. Ed stops its decision on someone, and the process begins. Ed asks another member to be the leader of the process.

The rest of us always follow the leader of the process. Ed interrupts the couple of times to teach Th mu-and highlight various issues that he wants us to realize.

The process is really handles the situation and the sender successfully be on the hot seat. At the end of the head asking the sender to combine form and the sender does just that.

RP does an excellent job, and the sender receives a positive experience.

We take a break and then Ed appoints the head for the next process.

The sender of complexity. No flow. The sender feels bogged down, odes monks and isolated. Then Ed chooses other ugogo manager process, and that does an excellent job. It is easy to recognize the signals and helps him develop some form.

I intervene in the actions of the head of the process, and Ed quickly stops it. He says he can only be one leader to the sender does not strayed. The rest of us can maintain the sender, but not to send it. We continue, and I do not do such a mistake.

Ed clearly shows the influence that the leader or the head of the process is necessary. I think it's all clear m. In the end, the sender feels great hot seat.

Between each hot spot we do a mini review. We support from the governor to the excellent work and describe what we feel during the hot seat. We use it within their own tribe, and I believe that it is really beneficial for everyone. This is more important than business be more long test at the end of the evening.

There are many things for which I came, leaving. Here are some of them:

- In the villages on the slopes no time limit, things happen when they happen.
- Drumming is necessary to establish the tone and rhythm of the meeting.
- Everyone wants to take the hot seat.
- Setting is 100% supported (approving).
- Everyone knows that everything that happens at the meeting is a meeting.

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HOW DOES THE TAP

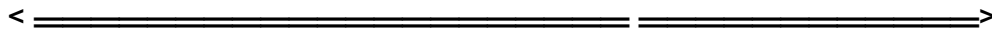


Road to close

One way to look at PTP is that it is expressed in a certain form way to express intimacy. We really do not have it in any other format in our society.

Experienced tribes seem to consistently get good RESULT Ata. Best practices - it's a member of my tribe villages on the slopes, past seminars PTP or members of the tribe, whose leader - a good practice. It seems that TAP is best covered by personal example and practice.

In this section, I present the main operating items in PTP. I assume many experiments with many groups, the importance of checking the various factors selectively including or excluding them from the process.



The purpose of PTP

PTP intention is to reduce the drama in your life and strengthen shu wa attunement to the good life.

Theory PTP

TAP is based on the idea that the feelings that you do not want to experience, lead to counterproductive dramas, while the feelings that you want the testing yvat, lead you in the direction of P ht Zhi situ. When you have your lokalizujete-and not feel and x, you can untie them and translate your feelings of asylum seekers in the drama enemies right living allies.

Essential elements of e PTP

- Ready Sender
- Relentless Adoption
- Leader

- Using Forms

This list is the result of the necessary elements of checks at the meetings of the Tribe, in which I tried to exclude one or the other element and watched the efficiency of the process. This list is also a product of discussions with some of the most skilled tribal leaders and members of.

Ready [7] the sender.

For me, the word "**will** [8]" means "*desire*", "*goal*", "*commitment*", "*intent*" or "*desire*", while the word "**ready**" means "*strongly agreed*".

Being similar in spelling and sound of the word "**will**" and "**ready**", seem to have conflicting values. "**Will**" indicates the resolution, while the "**Ready**" indicates consent.

A deeper study, however, they intersect. At this point of intersection we find the meaning of the word "**ready**" in the form in which we use it in the PTP.

The boy goes to the beach and standing on the shore looking rolls to his feet and runs back into the sea waves. After some time he enters into the rhythm of the waves. When he sees the wave begins to roll on the shore, then lures her to him. When he sees exhausted itself at his feet wave that starts to fall back into the ocean, he extends his hand, pulling the thumb and index finger in the direction of the water. It becomes perfectly **ready** to go with the flow of the Oka Ana. The outside observer, seeing the boy concludes that the **commands** to move the water.

In the stock market trend trader does not try to buy at the bottom. He buys shares have traded above. Some of its shares continue to move in the direction of the trend. He holds them up as long as they are not

linked and do not begin to move down. Some stocks are moving in the direction of the trend for a long time, and the trader makes a good profit. Some of its shares fall, and he sells them. At the end of the year it has several Kru pnyh profits and some small losses. His strategy is to move with the flow. He **is willing** to buy and sell power weakness. He was so successful that some people think that it is able to predict the market, or perhaps even **to command** it to move.

The sender on the hot seat there is an intention to unleash their y-not atsy and moving in the direction of the Right F Life Span. He has **the will** to do it. He knows that this needs help and that he should be **ready to th** succumb to it. He combines them together: **the will** to achieve the good life and **willingness to** go with the flow of the process. He is both energetic and **resolute** in achieving its goals and **ready** to give in to this process.

If the sender is not **ready** in the truest sense, the process is not running. If the sender does not have **the will** to go through their in-not, the process does not work. If the sender is not **ready to** give in to the process, the process does not work.

The continuing adoption

Receiving [\[9\]](#)- it is art. A skillful recipient receives the sender regardless of the fact that the sender sends. He is relentless in his decision. It takes fine sender in the form of what is already one, and then support it to be even more so. He continues to take the sender, even if the sender is trying not to take the recipient. If the sender is a skillful verbal attack the recipient, the recipient ignores the content of the sender's attacks and focuses on prospect inyatii sender, as a person.

In physics, the field - is the volume surrounding the object emits gravitational or electromagnetic force on other objects. Group skilled recipients generates field recognition, which attracts and heals feelings.

"Do not," the man is the opposite skillful recipient. Many of his senses are u not. He judges what others say, and transmits its own judgment to others. "Do-not" prevent people themselves and others to experience feelings.

As consent and dissent are forms of judgment. Skillful recipient does neither one nor the other. It supports etc. Izenave feelings without any judgment, including a judgment about the judgment. Skillful recipient receives the sender by recognizing his feelings and being indifferent to the content of his communication with and do not respond to it.

If the sender says, "I am frustrated and angry. My girlfriend does not want to talk to me. I believe that after she d uet think that she's my ex-girlfriend ", the recipient receives a skillful frustration and anger with the words:" Yes, you seem upset. This is great. Go to it. Tightly with your lips. "

He does not respond to the situation by offering analysis or advice. He did not agree or disagree with Actio tviyami girl. It focuses solely on feelings and forms the sender and ignores the content of communication.

At the meetings of the Tribe, we sometimes run an experiment, which we call the SS (DIY) process. In this process, we follow the processes of form, except for the fact that we deliberately exclude the role of recipients and leaders. We find that if the leader and the recipients are not fully engaged, the field Confessions does not materialize and the process does not work.

Tribe skilled recipients generates a strong field of Recognition. The recipient is experiencing a strong supporting force. If someone recipients and s y are not similar to those in non-sender, he may not be able to remain clean enough to receive. It can "stick" and immerse sya to their own problems. This may limit its role in generating the field. Full Tribe from other recipients, probably, almost no problems in the preparation in non-sender, so he can maintain the pitch.

Leader

TAP is a process that should be defined step by step sequence. Leader manages this process and monitors the sender and his progress. Usually the leader - is the person who organizes the tribe. Members of tribal villages on the slopes is usually the leader s other tribes.

One of the roles of the Leader to Right turn vlyat processes and support them about moving forward. If the sender does not reach completion form Leader can intervene in several ways. It can check on gotovnot, to help in the localization of judges and invited to participate recipients. After the test, the sender of several forms, the leader can check it on the willingness to combine all forms through the process of reintegration.

In the absence of the Leader of the sender tends to lose in RA zlichnyh interlocking forms of judgments and stuck. Leader helps to keep the focus on the process to the sender always progressed.

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Complete evaporation

For the first time in the hot seat, my problems and Strongly evaporated and left. Since then, I do not repeat this behavior increases the losses account. Not repeated once.

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Using Forms

TAP, as well as many other methods of personal growth, stress the importance of the senses. But unlike other methods PTP does not rely on verbal or intellectually to the senses. Skillful use of words and logic reside in the conscious mind, whereas feelings and staying in shape Fred. No matter how people claim to use logic and communication, he can not use this ability to transmit the true nature of his feelings.

The sender can not really express their feelings, calling it "sad", "anger" or "jealousy." These words do not even begin to cover the complexity and depth of real feeling. In addition, these words mean different things to different people. If I support you to feelings of sadness and s, it is nothing specifically does not help you in moving through the intricacies of your experience.

For the analysis of feelings, think about them. To move through the feelings experienced by them.

Fred the feelings denote by form. About Mr. communicate using your body. The language of feeling - a fusion of all of your expressions (facial), sounds, postures and movements of the body. We encourage you to turn out your lip more or to rub the knee faster or grit your teeth stronger.

Forms provide senders and recipients a way to communicate. Maintaining your shape, your recipients can provide you with a special prinyatie, approval, acceptance and guidance to help you in one experiences the feelings.

Which does not require PTP

PTP does not require a therapist. PTP does not require anyone to disclose personal information to someone else. PTP does not require giving or receiving advice.

PTP and Health

This is my report on the experience of one of the members of our tribe with PTP.

He was survived by two essentially life-threatening episode related to his heart. One - a heart attack a few years ago, and the other - an operation to transplant an implant in one of his blocked blood vessels. (He still is the fifth decade and it looks and feels physically healthy.) The consequence of these episodes is that he lives in a constant state with fucking about their health. At public meetings, for example, he often finds himself on the fact that checks the pulse and at regular intervals because of the fear that it is too much straining your body.

He wants to address this problem of constant fear for their health in the hot seat.

We start by asking him to describe us your feeling. He holds on to through a big story about what he is afraid that his fear manifested that he constantly trains that he believes that sometimes can get overloaded, etc. etc.

Every time we have Osim to describe one of his senses, he plunges into another round of story. So we support this story - analytical, logical description of his feelings.

This lasts about 10 minutes. He knows what we are, but, nevertheless, continues analytical story. This continues for a considerable time.

At some point of his story, he said that is difficult to feel the feeling of fear, which he describes. So, we ask him to describe the feeling, "find it difficult to" feel a sense of fear.

This is the passage which we have been waiting for - he begins to be describing the feeling of "tension in your jaw." We ask him to feel that feeling of tension and describe it to us. He does it, and then slowly moves to feel pain in his neck, chest and back. It describes all the physical senses and said that the pain in his neck is becoming more and more intense.

He now puts his head back on the chair and feel the pain in his neck and shoulders. He feels the intensity of pain in the base of the neck. Soon tears come to his eyes, before long begin to flow in streams down her cheeks. It is within this intense feelings and experiences it.

We push it to strengthen this feeling of pain at the base of the neck. He does it. It becomes painful. He tells us that can feel something hard in the base of the neck. He accidentally touches his face in his hands. We support him to do more and that. He tilts his head from side to side. We support this too.

This lasts for at least 20 minutes. Then slowly the pain subsides, the tears stopped, and he slips into a state of rest. He seems relaxed in his chair. We ask him how he feels. He says the pain was gone. At some time in the room there is a silence. Then a few minutes later, we again ask him how he feels, and he says that the pain in the neck and shoulders back. Again, we support him to feel pain. And then the whole process starts again.

We ask him to describe the pain at the base of his neck. He says it feels like something really hard, like a stone at the base of his neck. He feels it, touches it and then says that it feels like a solid ball. "As the ball ... the cricket ball" - he said. We support him to feel the ball. And feel the pain. He feels it intensely. Soon again appear tears, and he feels the pain even stronger than before. He swayed a little with his head and says: "... the left of the ball to the right of the ball on the ball ... Linda ... Linda left of the ball." We support him in this, too.

After some time doing this, he gets up from his chair, fully stretched out, falls to the floor of the room. All the while he continues to feel painful solid ball in the neck based his neck.

After some time, he rises from the floor, sits back in the chair and continues to feel pain in his neck and shoulders. We repeatedly act through its various forms. This continued for many minutes as long as the ball felt more like a ball, now is a bone at the base of his neck. And the pain has decreased.

Over the next few minutes, he reaches a state of rest and looks relaxed. He tells us that the pain was gone, and he feels relaxed and easy. The whole process lasted more than one and a half hours.

We are more about what does not ask him or ask him to describe how he feels. We give him some time to sit with yourself. A few minutes later we again ask him how he feels. It's still quiet. Still relaxed. No more pain in the neck or shoulders, or back. No tension in the jaw.

Session the hot seat over. To us, for it is also the recipient was intense, absorbing session.

Second section

Living with PTP

**When you fully experience the PTP
he disappears, turning into a process of life.**

Fred

Origin Fred

Some psychologists believe that the mind has two parts: the left and right. Some psychologists believe that the mind has three parts: lizardicheskuyu (lizard), the limbic (limbic) and logic (logic). In the sci-fi mind PTP model we have two parts: the top and bottom.

I remember that I heard the name, Fred, and the notion of vertex and bottom brain in the 1980s in an interview with science fiction writer Damon Knight (Damon Knight) (1922-2002).

The upper part - is the conscious mind, and the lower part - it's Fred. Fred - this word to refer to PTP subconscious mind, the limbic system and autonomic (autonomic) systems, plus the desire sharing feelings with the conscious mind. In addition Freda each connected to all other Sub-by Fred Fredovskoy Network.

B Triune Paradigm Mind (Triune Brain P Paradigm) Brain Reptiles (Reptilian Brain) (survival) and the limbic system (emotions), it seems, roughly correspond to Fred, while neocortex (Neocortex) (logic), it

seems, roughly corresponds to the conscious mind. In "Fredicheskoy psychology" Fred is not only a physical area in the brain. Fred is also a need to experience feelings, learn and develop wisdom.

As soon as developing PTP, without rigid restrictions on scientific, Fred seems to grow their own lives, including personality. He partially helpful partially possessed and partly prokazliv [\[10\]](#). He usually collaborates with the conscious mind in order to generate wisdom. Sometimes he opens his involuntary tendency to transmit feelings. If the conscious mind is disappointing Fred, tying feelings in the y-not, Fred encourages his mischievous nature to create problems in the form of increased dramas until the conscious mind in the end should not experience feelings.

Fred function

Fred manages the basic tasks for survival. He sets up the heart rate and breathing, making them ideal for current conditions. It helps keep the balance on the bike, just a "feeling" it. The conscious mind is too slow to control cycling. He would have to keep track of the position, velocity, acceleration and inertia, and then provide appropriate control signals, again in many dimensions, working through a complex network of muscles and bones.

Fred helps you draw back the hand from a hot stove even before you consciously aware of the danger. Fred n omogaet you interpret the signs on this page as words directly. Fred helps you and sit the sounds that convey what you mean by language. It helps you to transfer feelings through facial expression and body posture, even though you may not be aware of this transfer on a conscious level.

The conscious mind is logic and reason (sense). When you see a rabbit that ran behind a tree and does not go out, your conscious mind tells you that he should still be behind a tree. Your conscious mind can even create a model forest and wood and turn it so that you can "see" the rabbit behind a tree.

Fred and the conscious mind to work together for the development of Wisdom

Together, Fred and conscious mind develop the ability, experience and competence. They define your approach to life and your personality. This cooperation is manifested in dreams, meditation, contemplation, meditation and reflection and result in the accumulation of wisdom.

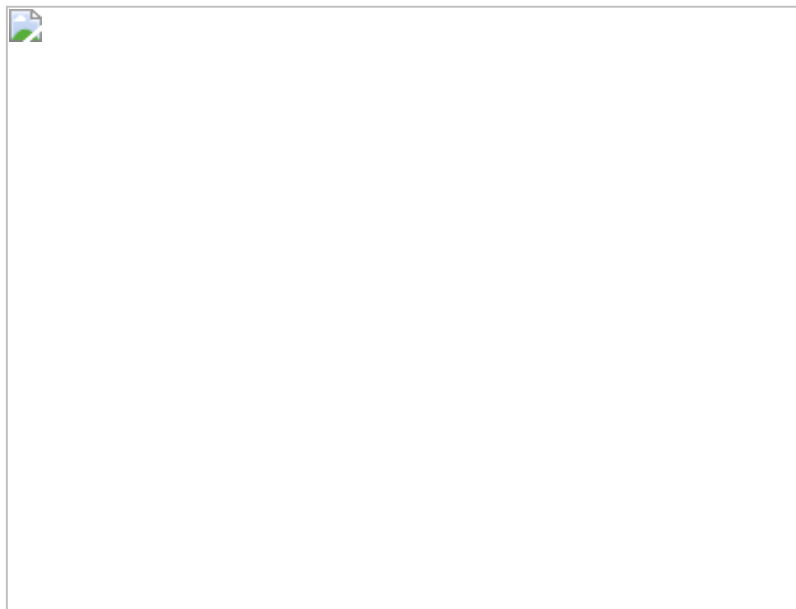


Figure 1: Fred (subconscious) is responsible for the situation quickly and automatically. When Fred meets a new or a difficult situation, Fred before flushes feelings about her conscious mind so that he could experience these feelings and reprogram Fred. This cooperation generates wisdom. Do-not (judgments about feelings) interfere with the process. In response to the y-not Fred creates drama in order to experience the feeling of the conscious mind.

Wasps uzhdenie interfere in the process and leads to drama

In our culture, we develop a judgment with regard to the senses. Parents say: "You should not feel." When we seem frustrated, friends and colleagues in a hurry to help us "overcome" our inconvenience. Whereas conventional psychology and religion provide some methods

for the expression and stress relief, they also justify many other methods, mantras and prayers to ignore, suppress and overcome our feelings. Our society sends a message for that feeling - it's a bad thing.

When you accept the idea that feeling - it's not that bad, you tie their feelings in the y and not let Fred to transfer them to your conscious mind. This interrupts the process of experiencing feelings and develop wisdom. As long as Fred does not succeed, he continues to try forehead be feeling your conscious mind.

Recognition of feeling helps Untie U-not.

PTP - e is a process that allows Dr. Fred Onesti feeling to the conscious mind directly, without costly productions of drama. We use a variety of techniques to assist the sender in the experience, recognition and acceptance of their feelings.

For more how we dissolve condemnation own feelings, we untie their y-not, and drama in our lives searching for ways to extinction. We feel more peaceful and moving to right living.

Sub-Fredovskaya Network

Sub-Fredovskaya Network - a network of Fred. Et on that network, which we use to draw all the others both in drama and in the good life.

Fred mission is to transmit a sense of your conscious mind. If you do not get a sense of Fred, Fred creates drama in your life, trying to make you feel your feelings. It does this in two ways:

- First, Fred uses the Sub-Network Fredovskuyu to attract players collaborating to populate your drum. Fred uses body language, facial expressions and gestures to a combination of people. Budding victim is the offender and the victim is an aspiring hero.

- Second, Fred ceases to warn you of the danger. Positive intentions anger to warn you of the need to protect your borders. When your anger in the y-not, you ignore the warning Fred. Coming as a result of a vulnerability in violation of your borders provides many opportunities to feel anger.

In general, do not cause drama, which produce feelings inside y not. So your in-not control your life.



Figure 2: Fred uses the Under-Fredovskuyu network to communicate directly with other forms by Fred (body language, tone of voice and movement). If you have not, Fred and Use this network to find people to populate your drum. You can unleash in-without experiencing them. When you want to feel your feelings, Fred finds people to support you in achieving the good life.

When you experience your feelings freely, you unleash your in-no, Fred and conscious mind work together. Fred uses the Under-Fredovskuyu Network to encourage people to support you in the right life. At the

meetings, members of the Tribe Tribe regularly experience the power sub-Fredovskoy Network.

Development of Competencies

One of the first steps in learning to play the banjo is a wasps military roll. Roll - it's eight-note plucked string.

A beginner banjo tablature can be found for most tunes. Tab shows off fingers in Rolla. If you follow the tablature, you can play "Crippled Creek" ideal, but one note. After each note you have to stop, checking smiling with tablature, put their fingers in the following positions and play the next note. So you can go through the whole song though is to play one-minute song, you can go all day.

As soon as you practice, you learn to play a few riffs, not thinking. Reef - a familiar sequence of several notes. Many musicians have their own reefs or pieces (licks), which recognize their fans. To learn riff you keep repeating the notes again and again, faster and faster, and once again by more and more accurately. When the riff becomes second nature and automatic. You can play riff using his senses. This is the essence of practice. The conscious mind is trained by Fred.

Sometimes players to perform like new banjo riff's and his own pieces (licks) festivals. Other musicians playing in the lower instruments such as violin, bass, mandolin and guitar, usually standing around in silent asc ischenii when the banjo players showcase their latest pieces. Some of these musicians are banjo with envy, making jokes about it. For example: the question: "What is the ideal height (sound) [\[11\]](#)? Answer: "Throwing ba ndzho into the well so that it does not hurt its walls."

When you practice in the flow ie a long time, you may feel that you need to stop smiling and do something else. You may even feel the urge to take a nap and get some sleep. During your sleep you can dream about your reef. When you wake up and try to play a riff again, you can play it even better, more instinctively, from the inside, without thinking

about it. Something happens during your sleep. After waking up, you can play better. The conscious mind and Fred cooperate while you sleep.

Thomas Edison is famous for the presence of the couch in his laboratory Melno Park, and its her usual nap often to resolve particularly complex problems.



TAP solves software problems

This weekend I was working on a presentation for school. I spent many hours trying to attach a video clip to slide. I was totally disappointed. My father recommended PTP. He received me when I visualized the whole project right in front of him. I tried to close my arms around him.

It was really hard to close their hands. I pressed and pressed, and finally did it, he felt a strong strain relief.

Literally the next site, where I went through 10 seconds with a solution. Now my presentation ready.

I love TAP!

This is really the way to go!



Crisis management

Let's say you get a bouquet of flowers from a friend. You dip deep into the face of a bouquet, to inhale the scent. You feel something hot and sharp in his nose. You throw flowers and grabs his face. You see flying

away bee. Your nose is burning and throbbing, and it does not pass a few hours.

During these hours MULTI kih ripple you almost nothing can think more. You realize the pain and continue to play the situation over and over again, looking for another way to interact with it, if it be repeated in again. The conscious mind is feeling, gaining experience and training Fred. A few days later you fall asleep and dreaming about this situation.

Another friend brings you flowers. At this time, you instinctively hold them at arm's length, a little shake, his fingers Spreading some buds to examine the inside of the bouquet, and listen whether buzz. Fred has a new intuitive reaction to the bouquets. The conscious mind and Fred work together to create wisdom.

Personality

Personality - this is how you treat others. Say you're at a restaurant, enjoy a meal. Stranger enters and sits down without your invitation to you at the table. You instinctively feel anger. Do you like your anger, and you treat it as a response to the invasion of your personal space.

Your anger is manifested freely on your face in the squinting eyes and clenching teeth, tilting your head. It feels good and natural. You do not say a word. You should not do this. Stranger feel your anger, apologizes and retreats.

Now let's say that your anger in the y-not. Do you have a judgment that anger - it's bad and you do not ravit Mr. Xia feel it, and you rarely see it. Do you have sufficient consent from the other people in your church or community of believers that anger - it's bad. Do you remember how your parents in childhood punish you for what you showed anger.

Stranger enters and sits down at your table uninvited. You instinctively feels anger for a split second and quickly succeeds, hiding it so that it does not show. You even smile at strangers. He interprets your smile as

an invitation and pulls his chair closer to the table. You're sitting there, holding back his anger. The man reaches across the table and takes one of your bagels. You feel like your blood begins to boil and you want to take your fork and stick it into the hand of a stranger. You just sit there and smile.

He breaks a bagel and stretches to you. You hold the butter knife, which he needed in order to spread butter on your bagel. You bristles of his arrogance. Still you keep it all inside. You know that anger is bad - and you do not have to show it. He becomes impatient and asks you, "Do you mind? I want to spread butter on your bagel. " You continue to control his anger. You pay him inside. Soon he (the stranger) goes along with your wallet, watch and keys to your car.

You, of course, furious inside. Your anger at its highest point. You continue to hold it inside. The feelings that you do not want to experience, define your identity and run your life.

Fred and the conscious mind, with all their differences, share a common language, the language of feelings. Fred wants to transmit a sense of the conscious mind to the conscious mind could have feelings and to generate wisdom. When we allow Fred to do their job, we live full, more genuine lives that seem to be getting better and better. When we stop Fred, we get stuck in a drama.

Shape

TAP, as well as many other methods of discipline and encourages contact with our senses. PTP, however, goes a step further by using the form. Forms help us locate and fully experience our feelings, especially in the field of Recognition.

We keep the feelings that we do not like, in the y-not. In this sense, not with the intervention of the judgment that this feeling bad *about*. This judgment is itself a feeling. So, feeling and (v) the judgment related to the y-not [\[12\]](#), and we do not want to feel any of it. Do-not - it's shorthand reminder **not** and **assembly** .

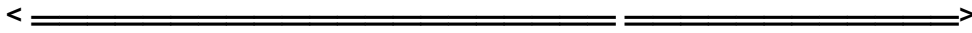
If we have been trying to get in touch with their feelings, we usually tolerate n eudachu. I call this an attempt to SS (C do C s) th process, and it rarely works. Our in-not just too strong. The purpose of the node to protect us from the experience of feeling. Y is not effective. It is here that the form and field Confessions justified.

Form - a set of physical postures, movements, expressions and sounds that accompany feeling. This is a physical analogue of your senses. Usually you can tell that someone is upset or angry because they look upset or angry. In PTP, we use the correspondence between feelings and forms to assist in the development of its sender's forms. We note his every small gesture at a time when he describes his situation. Then, with unrelenting acceptance, we continue to support it in the strengthening of their gestures, knowing that at the same time, it should strengthen the feeling isolated.

We have no way of knowing that the sender feels. Even if he tells us that he feels sorrow, this title does not give us enough information about the t th, in fact they felt sadness s. Different people feel grief differently and have a unique shape. Instead of trying to call a sense, we just support forms, such as *clenched fists, teeth, trampling on the floor or rubbing his temples* .

A key element in helping the sender fully experience their feelings field is recognition that members of the tribe is created by unrelenting Acceptance. We welcome his every twitch and turn and push him to the development of their slightest gestures in full, trembling, shaking, coming from inside the form. At some point promotion sender notices that he really likes to perform elements of its shape and really immersed in it. This TURNING [\[13\]](#) point at which it recognizes its own judgment

about. When it is dissolved on the judgment, he suddenly free to enjoy this feeling.



Simply embracing and Sense

I like the theory about feelings. There are a lot of good theories about where they came from, who created it, why would I want them why they do not need me why I am more powerful as to control when they should appear when I have to suppress as many deep insights in I had.

The new idea is that none of these theories does not matter.

Just hold feeling.

There are various theories about promotions, P / E ratios, profit expectations, insider buying, real value, analyst reports, sector analysis, economic data, Federal statements, profit margins. The new idea is that none of this does not matter, just embrace the trend.

Liberation!

Ruby tree. Wear water. Place the order.



The sender starts the process, saying little about his situation. Leader and recipients recognize the physical elements of his stories, such as wrinkling brow, clenching fists, squinting eyes, lifting the head or foot twitching. These elements provide a point of entry in the form of the sender. Recipients are responsible for the emergence of forms of support such as cheers, and the words "Yes, keep it good Started!" This is even more of this form. Leader continues to remind the sender to the

experienced their feelings at the time, when he develops his form. Each element has an inner feeling, and every feeling has an associated form.

Leader and recipients are not able to say exactly what the sender feels. They, however, are clearly visible form. They know that the sender has a tight correspondence between their inner feelings and their external forms. Leader and recipients, to the extent that, as there are shapes, forms can give names. For example, they may notice a *tilt of the head, twitching leg, growling, twitching ears, top of Contents on the floor and hunched posture* .

Part of the work as a leader is to keep the focus on the members of one form at a time and the belief that every form ends before moving on to the next.

In the process we use PTP Form for the full development of forms. Then we use the reintegration process for combining individual forms in a composite form. This composite form leads to a state of extreme peace and quiet strength. We say that people in this state at the zero point.

Manipulation

TAP provides immunity to manipulation. It also builds your efficiency in manipulating others, even though you have a tendency to lose the desire to use a "skill." Manipulation goes against the nature of right living and prevents real intimacy.

The manipulation is simple enough, at least in theory. You just find that someone does not want to feel, and then threatened him that he will feel

it.

Table of some manipulative strategies

If someone does not want to feel _____ then to manipulate it just _____

Anger _____ shouts at him, push him _____

Fear _____ threatens its security _____

Guilt _____ Tell him it hurts hours your feelings _____

Jealousy _____ Tell him that you go with someone else _____

Loneliness _____ threatened him leaving _____

Sadness _____ Tell him that he is losing you _____

If someone wants to experience all of their feelings, none of these strategies are not working. He likes their feelings, they have had on their dashboard emotions, and he can just use them as indicators of your unacceptable behavior.

Tribe members are enjoying their senses, using them as indicators that lead them on the path to the good life. Manipulation based on threats to force members of the tribe feel its not u do not work. More likely that members of the tribe can thank you for bringing it into contact with your feelings. He may even ask you to do it again, that would be able to locate the form.

<=====>

Great game

You know, the tribe is such a thing - with the right people - that must be a great game in town.

<=====>

Children love to explore things and feel their feelings. They come into this world have basically no-no. Therefore, in order to manipulate a child, you need to install some in-not. You have to teach the child that some bad feelings. Then you can have zovat Execu-child not to manipulate your work. No matter how disgusting it may seem, this is how many people try to control their children.

If you regularly manipulate child, may soon e find that you have no real communication or real close to it. Then, one day your force your child to manipulate begins to exceed your own. You may recall, for ak took on their skills from their parents in the same way. This is the kind of "family cancer" is transmitted through the generations.

Handling Hassle

When one partner in a marriage threatens another departure, usually in reality it is not going away. Rather, he intended to say: "I want to make you feel lonely, vulnerable and jealous. If you do not give me what I want, I'll do just that. " When the arm is some in-not the victim, which he can use to leverage he can manipulate his victim on their own.

Manipulation does not work in relation to the practice of anti-TB drugs. When his partner says: "If you do not cook me dinner now, I'm gone," he says simply: "OK, my dear, I do not really have hoch now cook dinner, so all good."

His partner can then countered: "OK, then I take a pretty new secretary in the office for lunch and drinks." To which she simply replied: "Well, it makes me a little jealous. I there must be some kind of not-in. Thank you for helping me to find it. "

Her partner then lays out the following: "You do not seem to understand. I'm serious and I plan to output a date with a pretty secretary. " He and says: "Well, I feel a strong rejection [\[14\]](#)., and notice that it really wants to feel it. "

At this point, her partner loses all interest in the continuation of the company. There is no sense and manipulate those who are ready to experience your feelings.

Mr. otovnost experience feelings makes you safe from manipulation. If you do not want to feel your feelings, you are a target for manipulation. For example, if instead of feeling his feelings - in the above example - she chooses to defend and counterattack with his partner lovami: "Oh yes, I hope you will spend a good time with his secretary, but prepare yourself to the beat, so that when you come back, the door will be closed, children will not, and you will be happy to stay only with what you're wearing. "

This, of course, attempt to make your partner feel art tures. If her partner's fear is in the y-not, and he does not want to feel that her trick may be sufficient to win the "battle" and to stop Finno memory of his partner to leave. However, if her partner is ready to feel fear, its manipulation will fail.

Manipulation - a game in which you threaten your victim feel things that your victim does not want to feel. Victims usually find a way to reverse manipulation, so you find yourself in a threatening-threatening [\[15\]](#) relationship without any possibility of real intimacy. If in such a situation you dare to open any of your real feelings, your partner can then use your weaknesses against you in the next round.

Correctional

At the last meeting of the tribe sender begins to show his aching form. We support him, and he plunged into it willingly and easily. He is a professional in the PTP and even which are a leader of his own P Lehmen. He leans forward, strongly bent, Rusk achivaetsya back and forth, wringing his hands and high tone emits plaintive sounds. We make relentless Adoption, and he soon immersed in it and experiencing joyful moments, enjoying a perfect transformation into a whiner.

Then comes to him AGA. He compares that every second week, the day before he holds his own appointment Tribe, the wife of one of the members of his tribe calls him and whines about half an hour. She complains about her husband. She wants to be the leader of the tribe (the one that is now on the hot seat in my tribe) did something to fix her husband.

As he describes his AGA, he sees that there is something that he would like to change this situation. He just did not really see what it was.

Sometimes we use role play to help the sender to develop, strengthen and to practice any new behavior that he wants to apply in their relations. I choose to volunteer for her performance as a wife. Lyubopyt nym in relation to role-playing games is that the actor-volunteer seems to instinctively knows how to play the role, even to the level of voice pitch and intonation. In role-play men can play women and vice versa with stunning accuracy.

In this role-playing game "wife" call to the sender:

Wife: Oh, I just know you'll be there. You are always there for me. You are helping me. Guess that just did my husband. You have to do something to correct it. He took the kids for the weekend and left me at home.

Send eh: OK. Well, I remember that the last time you complained that you do not have a quiet and relaxing place in the whole house. (Note: it is a fatal error response to the content, not the feelings).

Wife: Yes, but he was just so angry with me. He does not listen and just leave me alone for the weekend. I was so upset. I am so unhappy. You have to do something to help me.

Sender: Good. What can I do for this? (Note: the sender passive Connectivity control and On unable to answer)

Wife: Well, you have to do something to fix it. He is uncontrolled, and I need your help.

At this point I interrupted the process and give the member m Tribe opportunity to express their feelings about this interaction.

All congratulate "wife" for a very accurate portrayal of his wife. Some are wondering what exactly the relationship the sender really wants with the wife. Others are wondering how is it that he can not seem to interrupt the dialogue. The sender acknowledges that does not really want to stop your conversation with her. He also sees that if she is catching him on the phone, it seems, somehow control it. He agrees to continue the role-play to the next step.

Wife: Do you really need me now. He is terrible to me. You're the only person that could help me. I'm so happy that you are with me. You must help me.

Sender: Well, I'm a little busy. Let's take a little bit later.

Wife: It can not wait another minute. You have to help me now. You have to do something to correct it.

Sender: Well, what can I do?

At this point, I again interrupt the process. Everyone, including the sender, see that he has some in-not, let it be to be vnym effect. I ask other volunteers to play it (the sender) to show him some other behaviors.

1: I can not talk right now. Goodbye. Click.

2: I'm not interested in this story. Tell me what you're feeling is, and where in your body you feel it (silence on the other end). Well, if you want to talk about your bodily feelings, let me know. Goodbye. Click.

3: You eb- th manipulative bitch, and I'm sick of your whining voice, and never call me anymore. Click.

The sender addresses these ideas and recalls the various members of the tribe, which are used in communication with him the first option when they are too busy to talk to him. About district, still, Mr. OVOR that feels uncomfortable using any of these options, especially the third. I ask him to show us the shape of something standing in the way of that in a conversation with her to hang up the phone. As soon as he says, he starts to shake his hand up and down and KAZ yvat right index finger to gain their perspective.

This form gives us the entry point, which we waited. We jump to the relentless adoption and create a field of Recognition.

Soon he grits his teeth, pointing and shaking his finger, as if punishing the child. He says he remembers how his mother was doing it against him. We support him to delve into it. It enhances the movement. He continues to shake his finger and shouted: "You should not do this, you should not do this." We support him in the continuation of this, is to continue to strengthen it. He begins to be immersed more I do. "You're not supposed to hurt chuvs Twa people. You're not supposed to hurt chuvs Twa people. You should not hurt the feelings of the people. "

We welcome him in this. He was still in the role of his mother. We support the continuation of its "non-owed by" in relation to itself. He tosses and fuel continues. He had other goy AGA. You can touch people pointing a finger at them and telling them what they should do. It is suitable to capture y-not. You make a knot in people, telling them not to do that thing that makes e themselves, telling them not to do so.

He returns to it. He wildly shakes his fist and finger and shouted: "You should not point to people. You should not point to people. You should not point to the people. " We welcome it. He plunges into it and begins to enjoy it. He sees how silly it all. "You f indicates someone and says he is, is not specified. Unbelievable! "He laughs and continues to shake his finger pointing and saying," Do not tell, do not show and do not show any more. That's the point. Do not tell (Don 'T Point. Here 'S the point. Don 'T Point.). " then he just lets it all and relax in his chair with a satisfied look. He ends up pointing form.

I invite him to develop another form. This something in his throat. We help him complete his throat shape. Then we help them to complete another form.

Then, with three completed odds Mami, I ask him if he is not ready to join them together in the reintegration process. He says, "Yes", and we help them reach the zero point.

It still has a few AGA. He says: "I just noticed that I have to be so polite. I'm so polite that end up hurting people pits and SEB e his politeness. I let this woman to write me in her army against her husband. I'm sick of all this. "

We ask him to try again play a role. He agrees.

Wife: I'm so glad I found you. I need so much to tell you. He's so angry and he repeats it again.

Sender: Thank you for calling. As you know, in the tribe, we focus on feelings. If you are in the body have any feelings that you want to test, you can come to a meeting of the Tribe. I can not advise you other than that.

Wife: But, but, but I need to get you fixed my husband. He's so evil.

Sender: Well, I'm not trying to correct people. I was just easier for them to experience their own feelings. If you have any feelings about it, you could come to a meeting of tribal and try them out.

Wife: Well, I'll think about it, but I do not think I would be interested to do so.

Sender: OK, well, let me know if you want to experience their feelings.

Wife: OK. Goodbye. Click.

Incorrigible people

Incorrigible man does not accept *Responsibility* for their feelings. Incorrigible person usually says something like: "How can you talk to me like that. It's so cruel. You, probably, like hurt my feelings. Your words are so offensive. " Incorrigible person does not consciously trying to manipulate you.

Incorrigible behavior comes from a deep belief system. This man really believes that someone else is responsible for his feelings. If you're trying to talk about it, it is reasonable to argue about this with an incorrigible man, saying something like: "I can see that, so I said, do you really think that I'm trying to hurt your feelings," he might have parried as follows: "You again start all over again, trying to analyze me. All you're doing is trying to analyze me. You're not a psychoanalyst, so how can you continue to analyze me and make me so sick? »

When you realize that you are dealing with an incorrigible person, you also realize that no matter how you try, he has no interest in a sincere dialogue. He prefers to manipulate. He was not interested to share feelings.

If you have your own in-not just in relation to the charm and if you need to act to correct the incorrigible person, then you may find that incorrigible people are extremely attractive. If you are ready to experience your own frustration, then you are likely to allow the person

to continue incorrigible, fast, nice (nice) in a manner that leaves no trace of S THE.

In PTP we do not treat anyone else like to terminally incorrigible th. From the point of view of our prop-governmental y not we all incorrigible. Such is the nature-have not. We protect ourselves from those feelings that do not want to experience. Interaction with the incorrigible man is merely the continuation of basic PTP.

Essentially, the difference between the ready [\[16\]](#) members of the tribe and incorrigible person that incorrigible people more skilled in finding your in-and not to use them in order to whisk you out of the way. If an incorrigible man shows at one of the meetings of my tribe and sits on a one ohm of the chairs in my living room, I guess, that some part of it want to follow the process.

Some therapists (psychoanalysts) believe that the person can not help incorrigible, as he only adept at protection of experiencing (feelings) Property ennyh feelings. This is exactly the condition, which may apply to tribes.

In the Trade Tribe we consider incorrigible man as a gift. We know that it protects ce os, isolated from other people, not to then relying on them (on the y-not), distract others from the fact that to get to you. Therefore, the interaction with the incorrigible man - is the possibility of opening our existing in-not.

At some plot ways to interact with incorrigible man fired at a meeting of the Tribe process may come to a standstill. Tribe members can feel a sense of frustration and failure. In e the point P in the experimental Lehmen someone might notice the drama in the room and point out that all play the game incorrigible chelove ka. Incorrigible people, of course, is defective, and tribe trying to fix it. This is an example of the importance of the presence of several members of the tribe. Incorrigible sender could involve two or three recipients in the drama. In a small tribe that is all that he needs to stop the process. In a large tribe, one member is usually seen when the sender delays of several other recipients in their network.

When one of the recipients indicates that the tribes in the drama, members of the tribe have to stop and recognize that they are each individually deep into the drama. This observation is usually worth a good chuckle. Members get a chance to do their needs to correct the incorrigible man, and then go back on the rails.

One illustration of this process was a recent example on the one n th of my meetings Tribe. At this time, an incorrigible man recently joined my P Lehmen, after a visit to one of my seminars. He attends several meetings and lets me know that the Tribe has on a very weak positive effect and that he feels that it is for the most part ineffective.

Listening to it, I feel the anger and the need to defend himself. I also notice your feelings and use them as indicators of the fact that I still have some in-not for the fact that TAP is not sufficiently good, and he is trying to engage me in a drama where he fails, blame for which the blame on me.

I also notice that it continues to appear at the meetings, that is, does one thing and says another. I see his desire to visit as a sign that he really wants to unleash their y-not.

He takes the hot seat, and for a time worked. Tribe helps him to dive into some feelings. Then, when he looks ready for a revolution in their in-one experiences not, it stops. We try different approaches. He closed again, and then stops. We continue to try different approaches, all with the same result.

Then one of the members of the tribe notices the obvious. This incorrigible people like to stop. To the tribe comes AGA group, when we realize that we are all part of the drama. We are trying to fix it, but he fails and blames us.

We immediately change direction and go back to the adoption. We know that we must maintain it stop. He again approach TURNING IT straight to the point and stops. This time, instead of playing the game on its corrective Tribe welcomes when he stops. We celebrate it stop.

We're doing it again. We will support him to the AEM TURNING point, and then when he stops, we welcome his successful stop. He just sits there and smiles. He sees his own game and feels that we recognize it. We did not want to get him in the end get to him.

Our initial failure with him - when we see that it points to our own in-not - this is our opportunity for growth. In this case, we are working on our own in-not his duty to help him to experience his feelings. Incurable people - this is the best teacher. In this case, our AGA that you can not effectively carry out anti-TB drugs, when you try to push someone in accordance with your program of action. This is a good lesson for the recipients.

Two weeks later, he was again on the hot seat. He - the other person. He is emotionally open and ready to show much more sense than ever before. But he, nevertheless, still continues its stopping drama. It's suitable. He still does not pass the entire process of reintegration to their forms. He had not even finished any form.

This time I'm doing something slightly different. I want to withdraw from the tribe correctional sentiment and return to create a field of Recognition. I want to structure the process so that the incurable can play all the drama within his body, while the tribe gives him the Field Recognition.

He sits on a chair. I give him the assumption that his left foot might like to break away from the floor and that it might rise until upright in front of him. I also guess that it is completely opposed to my assumption and continues to hold the foot firmly on the floor, despite the fact that she wants or does not want to do.

He leans forward and puts his elbows on his knees, as if trying to prize his feet to the floor. Then he leans back in his chair, with the power zashmurivaya eyes and clenching of the jaw, as though trying to sort it all out.

Soon his leg is lifted, and welcomes this tribe. He just sits there in amazement. His whole drama goes inside himself. His leg is lowered. He smiles a little more. Then both of his legs raised. Some of the members of the tribe, notice that their own legs moving.

At this point, I say, "Well done. We are pleased to support you in what you just like this. " He asks then smiles. I continued, "I think you might be interested in know how I got your foot to deceive you in this way. You seem to can not stop it. I think you might like to know that my explanation on how to do this comes in the last 20% of the process. I know that it is now important for us to stop, because this is the way that you love to do things - stopping. And I want to honor it. So, I would like to stay here and now declare verification.

He just sits there in a state of wonder, while we carry out inspections. When it was his turn, he gently thanks us for what we had. We do not push him. We just gladly support him in what he is. For it is impossible to do anything more than take this for what it is.

At the next meeting of the Tribe, he says that unhappy that should not be its commitment to eat healthy foods. I notice that it stops your diet and that he was not able to stop Stopping. I ask him if he wants to work. He says he does not. No one is pushing it.

During the last check is, he says what he thinks about what he does is that he knows that he is trying to process the SS, and he sees that it does not work. He says that, perhaps, is ready to take the hot seat at the next meeting.

He may need a few more sessions on the hot seat before he would be ready, willing and able to complete several forms and then their reintegration th e. No matter how long it may continue, to the mayor would by no matter - at about for the Tribe. We see our job is to be with him wherever he went and no matter how long it may continue.

Incorrigible man serves Tribe, bringing us all the gift of clarity.

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Do not want to move

Last night, I again had an excellent session PTP. I am determined to go through with it, no matter what it takes.

And at the peak I just explodes. I found Vayu himself lying on the floor face down. I was born. I was born into this world. I feel that God is telling me: "Welcome to the world! Now go and fulfill his destiny. " I feel so calm and peace, I do not want to move, while lying on the floor, but just cried and smeared saliva and snot his tie and pants. This feeling is so great that I do not want to move. It's a great feeling here. I was born.

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Parting tsya Hard

At a recent meeting of the members of one tribe takes the hot seat with a question that is likely familiar to all. Mornings th day of the meeting, about 12 hours before it, he found evidence that his girlfriend is dating someone else.

He confronts her with this information, and soon she admits his infidelity. He feels anger, jealousy, rage, confusion, sadness and many other feelings s, which does not even have a name. He's trying to stay calm. He tells her to collect their bags. She leaves.

And when he leaves his house, it also leaves a nagging gromnoe place in his heart. He brings the matter to a meeting of the Tribe as their entry point.

Because it is the most emotionally ready member in the room, I choose it to hot places. He begins to tell his story. As soon as he says, he keeps his elbows pressed to the lower abdomen, and his hands raised, swinging it from side to side.

Member of the tribe was immediately picked up tons of this form and support so it does not weaken with the adoption. They quickly build Course Recognition. He is responsible. As iron filings in a magnetic field, his feelings begin to lift up tsya to the surface, and its shape becomes more intense. Soon he begins to shake hands wildly, as if trying to shake off something with his fingers.

I ask him if he enjoys it. He replied: "Yes, in some ways." Members of the Tribe increase the field strength, and it explodes in a frenzy of wild rukotryaski. We support him in this action filled s several times as long as it does not show that he fully enjoyed it.

Then he starts to spend his fingers through his hair back and forth, over and over again. We have prevails over the field and keep it in an intensification of this form. Soon he vigorously rubs and scratches his

head in front, on the top, sides, back of the head, repeating it over and over again. It seems that he likes this form, and he repeats it several times.

Then he sits down smiling on the floor, pull the legs with the letter V, leans forward and holds his hands on his right knee to right ankle, leaning forward. Then he does the same with the left foot. As soon as we support it, it continues to shift from foot to foot. Its shape is similar to mad yoga.

He then rolled in a ball and groans. It seems that he did not like this form. We continue Ying tensifitsirovat field until he begins to enjoy his form. We can be extended to support him and he continues to enjoy it.

He then sit on for L with legs tucked under him, and quickly pulls his hands away from your body, as if something was pushing. He keeps repeating this movement faster and faster, until the movement of his hands, does not seem to blur. Then he slows it down a bit and every repulsion shouts extremely emotional phrase: "What, fucked-be, is it? (What the fuck is this?) ». As tog about how he continues to perform it, we welcome it.

After he completes this form, I ask him to repeat each of them to be sure that he enjoys each. He does this mean about. Then I ask him if he was ready to reintegrate them all. He says that he is ready.

He begins with the quake hands, and members of the tribe continue to remind him of the inclusion of other forms, such as "repulsion", "folding", "sweat yagivanie ankle" and "What eb- be, is it?". He really wants to take the process and at it very much energy and intentions. We welcome it.

As soon as it works its reintegration forms one component form, it passes through various phases. Toward the end of the process form an integral begins to emerge. He sits with arms impres ed feet, leans forward, hit the air and makes a sharp growl. At my suggestion, he takes this form several times. After each performance, he leans back

peacefully on the carpet (mat) with a satisfied look. He comes to the zero point.

In the end, I ask him whether he feels the fullness of the zero point. He says yes. I ask him to show individual forms. He is trying to show them, and they all seem pale and lifeless all lead back to zero on T chke.

I ask him if he was ready, being in this relaxed form, experience all your feelings about this issue. He says "yes" and does it.

I declare the test. Tribe members are grateful to him for his courage and willingness to experience your feelings. Many also are grateful for the fact that it acts on their behalf for the many times when he were in a similar situation and was not able to locate or express your true feelings s with respect to this.

He tested the latest and says he feels umirotvorennos be, and notes the apparent lack of voices and feelings, which he remembers his upset. He no longer chuvs tv uet resentment of his girlfriend. He wishes her all the best. He feels optimistic about the fact that h is free to find for yourself something that is in line with the good life.

A few hours later, at the end of the meeting Tribe he tells me that is still in peacefully m, blissful state, full of satisfaction and joy.

Our usual method for the treatment of cardiac pain is gradually letting the feelings out, say, a country music. This process may take 24 days, 24 weeks, 24 months or even 24 years old. In the field Confessions heartache decreases less than 24 hours.

I talked to the sender in a few days. He said that his ex-girlfriend still talking to him, telling him that she meets with others. He tells her that he feels jealous and that t Appreciate the opportunity to get in touch with that feeling.

He and tells him that he is somehow different from the others that she likes that e and that it can not determine exactly what it is. He says as he thinks he is too concerned about this whole topic with feelings and that

she would never do that. He tells me that he likes where he is, what he does not know where it leads, and that he has a good chu vstva about their situation.

A few days later he called again and said that his ex-girlfriend threatened him what would become a dancer in a nightclub. He also says that the news arouses his jealousy. He again thanked her for the help sch to feel their jealousy. She did not respond to his gratitude.

At the next meeting of the Tribe, he returns to the hot seat with the same question, this time going a little further with their feelings. He completes the form of jealousy, blood rushes to his chest and face, saying "yes", saying "no" and shaking his body.

When it reaches zero points come to him several AGA. A s it AHA is that he likes to feel jealousy and smiling that he can feel it at any time he wants. He did not need his old girl as an excuse for jealousy. He can do it yourself cheaper, faster and more completely. He likes his jealousy, and he perceives as a convenient e th warning system at a meeting with a new woman.

Three weeks after the breakup and after two meetings of the Tribe, he says his former girlfriend that he is open to one-to-support, nedramatichnyh relationships. He tells her that - still would like to have such a relationship with her, and that it is also open to that to move forward and find someone else. She rejects the offer. He sees the continuation of its remoteness, as part of the process of finding the suitable part- pa. He had a good feeling both themselves and in relation to it.

Typically, the reduction of the five-year relationship after separation takes about a year (twenty per cent rule points to 9.6 months). Our tribal members, with developing a Custom shape, untying knots and experiencing their feelings, almost completed it in less than a month.

In PTP we do not try to predict the future. We can see it, I vozvrashchayuschims to his former girlfriend. We may see him, meet someone else. We can see that some of t he stop in ag ood sort alone.

We do not give him a plan and nothing can not be expected. We are content with the fact that no matter how developed his life, he leads her so that his feelings of jealousy are its allies, rather than manage his life as his enemies.

Rejection, jealousy, envy and disappointment

About tverzhenie

Rejection is vital in maintaining and in the end the relationship. Rejection helps you keep in touch, reminding you that if you do not hold back on their promises to others (partners, customers, boss, friend or client), he may reject you. If you value your relationship, the prospect of rejection brings you motivate good behavior. If you want to feel rejection and treat it as a positive motivator, you will most likely be e succeed in personal relationships and in business.

If you can not or do not want to feel rejection, or if rejection is in your in-not, then you are likely to have problems in the relationship. In fact, you are likely to use their bud ete relationships and your business as a stage for feelings of rejection. The feelings that you do not want to experience, manage your life.

Sometimes the prospect of rejection developed further, turning into a real event of rejection. One party decides to end the relationship and move on. Two people who do not fit together, simply separate, releasing each other and continuing to move on. Or perhaps an employee leaves, or the company dismisses him. Likewise, people eventually sort out the path of right living.

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More Than Understanding

TA process that you have developed a powerful system ... what is it?

I do not even know how to call it more. This is more than understanding. "One experiences feelings" sounds too corny. You have to go through the floor on to evaluate it, and it looks like there is no word to express the fullness of the process.

This is the Holy Grail of emotional th Intelligence. No coercion. Each volunteer determines when he is ready to listen to Fred. Just as a stop inside the trade. Ignoring intellectual noise, stories, jokes, and analyzes traffic on the trend to end.

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Now, if any of the parties has not y rejection against it (not Y) intervenes in the natural process. Relationships become useless, erratic, even disgusting and soon provide more than enough reasons to feel rejection. Typically, one party (rejected) wants to leave before the other party (rejected) ready.

If there otvergayusche of y is not in respect of rejection, he does not want to deal with rejected, as it can go upstairs feelings of rejection. He is likely to slow in order to say denies that he wants to leave. This delay

only extends the relationship, while things get worse and worse. Eventually, the situation deteriorates to the point where the rejects must act. By this time, both sides inflate the sense of rejection to infinity. They have, not run their lives. Fred builds the situation so that he must experience the feelings that condemn.

If rejected by eating bj-not to the rejection, she wants to feel NE rejection and therefore stick to your partner loves it soothes and continually asks him to confirm that she needed him. The more she calms him, the more he tries to wriggle out, and it makes it even more comfort him. In the end, her reluctance to feel rejection pushes it on things that lead him to reject it. Again, the feeling that she does not want to experience, comes to managing her life.

Note that if both - and rejected by rejecting enjoy and welcome the feeling of rejection, and they see the positive intention of rejection, the scene played out differently.

He: You know, I have a feeling that it's not working.

She: Yes, I have the same feeling, and now that I know what it is and you have it confirmed.

They diverge friends early relationship before they have invested heavily. Each of them knows it ravit Mr. Xia and he relies on his sense of rejection as an indicator of their freedom. The feeling of rejection both of them said that it was time to go to something else, something better.

Les Miserables is, it is quite often have-not our About bschestve.

Almost no one likes the feeling of rejection. Those who wish to (ready) to experience it and uses it as an indicator in their relationship, so I have a huge advantage. Most people are very hate that feeling.

In such a situation it is not surprising that we make such a huge deal out of divorce, termination, dismissal and separation. These are quite simple event turns into a huge drama, and Fred Marshall everything so that in the end we feel our feelings about tverzheniya. We continue this drama again and again, sometimes forever, or at least second until until we arrive at the point where recognize and welcome the positive intention of rejection.

Jealousy.

Jealousy and Envy - two other feelings that almost no one likes.

Jealousy - a feeling of wanting to defend something that you consider as their property, whereas envy - this feeling of wanting something so that belongs to someone else.

When jealousy is you have to have, no, you aspire to staging dramas that give rise to jealousy. You instinctively attract flirt and others who continue to make you jealous. Jealous man spends a lot of time and energy to find a hiding Py wrong partner, and then stop your partner is cheating on you. Some of these measures prevent even pushed his partner to find an affair as a way to avoid harassment. It all added up together through the Under-Fredovskuyu Network.

Whatever did jealous man to control the situation, this leads to increased drama. Way out of the drama for the jealous person is to test their form of jealousy. When it dissolves in their re-vnosti not, he loses his interest in the staged drama. He begins to choose loyal partners and stop worrying about the control of those who can not be relied on.

Positive intention jealousy is to protect what you own. When you unleash your e n u jealousy, you release your feelings of jealousy in order to be indica Ator. When jealousy is smiling on your toolbar emotions, it can help you to choose people who are not going to cheat you or break your heart.

Envy

When envy is smiling at you in the y do not you put the drama to evoke envy. You instinctively choose those people who have a lot of things and who like to show off. As with jealousy, attempt to solve the problem only adds to the drama. Unleashing y-drama does not help dissolve and release the positive intention of envy. If you welcome the fact that others have, it can motivate you to work hard to acquire these things.

Disappointment

Disappointment - a feeling of collapsed expectations. If you have not, in respect of frustration, you are likely to put the drama ending destruction. If you have, do not untie and experiencing positive intention of frustration, you can include it in the toolbar of emotions. In this case, the disappointment becomes a powerful ally in helping you to focus your intention at the time of the project to match or exceed expectations.

Commercial and Dramatic and growing-Growing [\[17\]](#).relationship

TAP provides a convenient way of looking at relationships and their division into three types, depending on the role of the feelings that are involved.

Commercial relations - indifference to the feelings

By ommercheskie relations are you with the cashier in the soup rmarketete. You bring up their purchases to the checkout. Your cashier summarizes their value and tells you the bill. You pay the bill and take away their purchases. It may take a few minutes, and you can exchange the following courtesies:

- How are you today?
- Thank you, good.
- And you?
- Well, thank you.
- Have a nice day.
- Same to you.

Although you can ask about the feelings of each other, no one expects a conversation about the true feelings.

However, you can exchange the following:

- How are you today?
- I am glad that you show interest in my feelings. In fact, I have some tension in the elbow.

(This is followed by a silent long pause)

- Well, it would be \$ 49.53

This interaction shows a transition line of acceptable behavior in commercial relations. You may notice some signs of surprise at ka ssira, some gestures of dissent for those who are behind you in the queue, and after some time, if you insist, some anger on the part of the store

manager. People in commercial relations, usually indifferent to the feelings of m, and except for formal courtesy stey exchange of feelings of place and is destructive to relationships. Y ou do not express their feelings and do not expect it from your partner in a commercial relationship.

Dramatic Relationship - Rejection of the Senses.

Do you have a dramatic relationship with someone who irritates you, upsets you or climb on the skin d. Sometimes, when someone crosses the border and trying to use another person's feelings, commercial relationships can develop into a drama. If the boss insults waitress, but she rejects him, the commercial relationship can develop into dramatic.

Dr. Fred manages ramaticheskimi relations. Fred wants us to feel our feelings. In particular, he wants us to experience those who are in on with a y-not. One of the mechanisms by which operates Fred - a blind spot. When we do not wish to feel a sense of m, we have a blind spot on the dashboard of our emotions. This makes the blind spot on with NKM vimymi to attract this kind of people who are most likely to help us act out the drama for the feelings that are in our near-no.

If jealousy is in your in-not, then you are vulnerable to manifestations of flirting. You enjoy attention and completely ignore the warning signs. You do not seem to realize that the relationship with such a person is likely to lead to jealousy when he / she goes to the next uyuschemu conquest. As time goes on, and you are involved in relationships deeper and deeper, you continue to ignore alerts when your new romantic interest appoints dating on a mobile phone when you are near.

In the end, the inevitable happens. He / she is moving forward, and you feel jealousy. In the sense of jealousy, of course, the whole point of dramatic relationships. The feeling that you do not want to experience, manage your life so th. Until it's time, until you are ready to experience them, you vovlekaetes s in your drama of experiencing for their y-not yet. I f you do not have experience, no, you can tie it even tighter. The

next time you can bring dramatic partner who can play this game even at a higher level.

Imagine wife talking to her husband: "Not tonight dear th, I have a headache."

In a dramatic about elations's husband says: "One to seem that you have n e b Olelo head when you sweat Ratilal half my salary on a pair of shoes." Such a response mustache ilivaet drama, especially if the wife also receives a salary.

Growing-Growing Relationship - Adoption of the Senses

In growing, growing relationship both sides realize that they have not had-that prevent them in full, free, joyful expression, full of intimacy and properly th Life. They know that their one-quarter of the greatest gifts that you make another ozhet m - is the help Grigorievich him in starting their in-not, and a great honor to be able to do it. In growing-Growing relationships both sides lifelong process give themselves to assist each other in the y-decouples yvanii not. If such a relationship one person feels anger, the other is not offended, not attacking or defensive. He simply says, "I feel like you're mad. I think you're gorgeous and your feelings are precious to me. " It creates a field of Recognition.

Again, imagine what the wife says to her husband: "Not tonight dear, I have a headache."

The husband who knows how to create this field, says: "Thank you for telling me about his feelings. I think you're gorgeous, and I appreciate your feelings. Maybe if you want, I can stay here with you until you have a headache, and find out what's bothering you. " Most likely, this translates into close contact, disappear Aries headache and some insight about how to solve the problems that lie behind it. For these meters can also follow good lovemaking.

Or imagine a husband tells his wife: "Here GUT th gift for Valentine's Day."

In a dramatic Relationships wife responds: "Hey?!? What's going on? What kind of gift for Valentine's Day - for the turkey roaster? Gift on Valentine's Day to be romantic. Have you ever Lane ECTA think I might like Xia something pink or brilliant? It does not bring me a romantic mood. You can now sleep on the couch after ak to cook their own dinner at their roster m stupid. "

In growing, growing relationship wife is grateful to her husband, because it is quite thoughtful and thought about the gift. Getting him (husband) in a similar manner generates Field Recognition and frees space in it to understand what gifts she likes.

In theory, growing-growing relationships look much better than Hugh ozhayusche p-threatening and manipulators nye. If you practice PTP, you can think that you can live permanently growing-Growing way. Unfortunately, it does not always work. Those who practice PTP often find yourself failing ayuschimisya in older models, blocking their feelings by blaming others and putting yuschimi-Contracting for manipulation. The difference is that we recognize that slips, even when we do it. We can get out of it fast enough. As soon as we continue svoiyu practice and attract more and more friends and colleagues, who are also practicing, we seem to spend all changed it bigger and less time acting menacingly Ugorzhayuschim-way, and more and more, a growing method acting -Rastuschem.

PTP - it's not a quick fix, magic pill like that helps once and for all. It's more like a way of behavior to which you come, pos Degree, with a little help from its their friends. At first, it may seem rather artificial and awkward, giving varying results. Soon, it just becomes a part of your nature.



Twenty minutes on the hot seat = years of therapy

My background includes training in disfunksionalnoy environment where I mo mother was clinically diagnosed schizophrenic, and his father - an alcoholic. In childhood, I also went through the physical, emotional and sexual abuse. I participated in support groups and resorted to professional psychological counseling flow f and a half years.

In truth, I never expected that PT P will help me in this way. In the beginning I thought that PTP only allow me to improve my trading skills. Instead, I feel like a different person and see the world and people in a different light.

I feel more personal growth while sitting in the hot place for e 20 minutes, than by going to counseling with a psychologist for several years.

Two years ago, I experienced feelings. I did not have the toolbar emotions. I lived with a blindfold. I could not feel any of the basic emotions such as anger, sadness, fear, happiness, surprise and disgust.

This process is invaluable. It enriches my life.



Taking the sender and not the Message [\[18\]](#)

Communication - is a process in which information is transmitted from the sender to the receiver. Typically, the information is transmitted in both directions as the sender and receiver roles are reversed.

In a "normal" conversation two people try to open a channel, and then both try to send at the same time. In addition, they tend to emotionally react to the content of communication. When both are sent at the same time when both emotionally react to the content of another, communication is fast becoming dramatic. Parties raise opposition to each other on an increasingly high level of intensity of the spine as long as one of them does not close the channel.

Example:

A: I'd like to have a massage.

B: You're just the same as other men. I think you want more than that.

A: Well, it sounds like you should be familiar with many men.

B: Are you calling me a woman of easy virtue?

A: What do you call a woman who knows what "all the men?"

In PTP we ReA Gere on the content of the message, even if it looks not accept us. We support the communication to the moment when the sender completes the form. We accept the sender and ignore the data.

In TAP recipient acknowledges each message. The recipient can use the nod, a smile or other facial expressions, or some kind of verbal key, for example, "uh huh" or "thank you." If the receiver detects that the sender demonstrates the form, the recipient of the sender supports the development of the form. Similarly, the recipient of honors and supports the sender and support the channel open.

Example:

Q: I would like to have a massage.

D: Thank you for telling me. Tell me something else.

Q: Well, well. It seems to me that I feel emotional intimacy with you, when we are physically close.

D: Thank you for telling me this.

Q: Wow, I really like it when you listen to my feelings.

T: OK, tell me more.

Q: I am so happy that you are in my life.

D: I also feel happy from what you have in mine.

Or:

D: I would like to have a massage.

E: I'm too tired.

A: Thank you for telling me. Tell me something else.

E: I still come to after a hard day at work.

A: OK, tell me something else.

E: Yes, I'm still hungry because they do not have breakfast and supper and a.

A: Thank you for telling me.

E: I really like that you care about me.

D: I strongly care about you. You are very important to me.

E: When you care about me, it makes me feel close to you.

D: Yeah, I feel close to you.

E: I'm going to go buy something to eat, and then come back and be with you.

In PTP, we always take the sender, despite the neighing of his soda message. We create and maintain Field Recognition. We appreciate the channel more than the content, and we support the channel open. We accept the sender, even when it does not take us.

If we fail to take the sender, if we consider his words as attacks, if we begin to defend or counterattack, we just are involved in drama. The trail follows the drama usually do not have, which are available for parties.

At the meeting, the Tribe intending group I usually enough to unite all members to follow the task. In personal relationships, where the

parties are interested in the behavior of each other, they are much softer and sink to the dramatic exchange.

When you feel an attack is, by her partner, Tes focuses on maintaining an open channel and on the acceptance of his partner and his feelings. Create and maintain field Confessions.

You may find that while you are busy maintaining the field, your partner will not send you away, no matter what he says, even for you. You go to when to see its role in supporting their partner to feel the shape. You ignore the content of communication and focus on something in to be the recipient of their partner. In addition to the satisfaction of helping your partner to dissolve in, no, you also get the benefit of avoiding the drama and watching your partner settle down and replaced temper justice with mercy.

Intimacy - is a function of maintaining an open channel and acceptance of each other, regardless of content. The proximity is not that what you say, it is your commitment received by another person, even if, and especially if the content is the Covo that you do not want it SLN shat. In PTP - a version of unconditional love.

Beginners practice PTP sometimes forcibly transferred some of the processes in their daily lives. Newbie may require that his partner was his destination. Coercion does not work here. You can get someone else, just as it is you, and lead by example. If your deskner does not want to be a recipient, you may receive in the fact that your partner does not want to be the recipient. Requirement h To someone else gets you is a sign of the fact that you act in a drama.

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Ideally

Through persistent practice PTP I came to this place in confidence, where I accept and love myself more than ever

before. I accept and respect others as they are, and share more joy and love with your family and friends.

I feel that I have more confidence in myself. I feel th, as if it is easier going through his life's journey. I can clearly see that I have, and to share it with others. I know its purpose. More and more I am in now, where everything is perfect.



Disappearance

Novoprishedshie in PTP in their first few collisions tions with him usually amazed disappearance. When he and fully feel so feeling u do not wage and hour uvstvo seems to disappear, taking with them the anxiety associated drama.

In the tutorial in this book, one of the initial exercise teaches partners to change, pushing each other to the feelings one experiences. Participants in this process is frequently noted surprise and amazement when painful feeling just disappears.

Painful feeling really disappears. We come to what would experience it differently. It becomes our guide, ally and friend. We find it less painful and more rewarding. We see its positive intention. It ceases to draw us into the drama and begins to lead us in the direction correctly th Life.

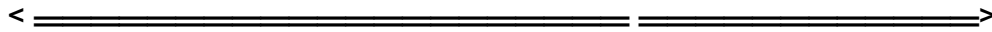


Feeling usually cool enough

I notice that sometimes the feeling is the feeling of judgment, which, I believe, I feel.

For example, I can sit on the hot seat, believing that know how to feel fear. So, I discovered that what I really feel is the fear of judgment m.

When I get to the actual form of fear, it is usually cool enough and did not like the feeling of not judgment.



Objectives

When you use Global Developing skill in the outbreak have not-in You can use your skills as a basis for the process of the Millennium. Goals process - a process in which you define goals and then untie all the knots in between you and your goal.

The process uses Form Field Recognition to help identify the sender and unleash y-not, as he is traveling in the direction of peaceful self-acceptance and comprehension of right living.

By using the process of the Millennium less Confessions somewhat differently. Goals process allows the sender to travel in the direction of the target. It helps him realize his passion.

Sometimes we call the process of the Millennium "Die Hard", recognizing the seriousness of intent, which you must call in order for it to work.

To start a process and a recipient of the Millennium Ask After ivaet: "Show me what is smiling between you and your goal." As soon as you show the form of the feelings that stand between you and your goal, these feelings disappear. You get a sense of movement in the direction of your goal. To the extent the goal is for the most part a question of readiness to do what determines success in unleashing your not-goes a long way towards your settings for success.

During the process and you do not actually do any physical work towards the goal of working in its everyday sense. You do not make any calls and do not talk to people who r mo ut help you. The whole process you go through as a sender using the recipient. Emotional work, however, can be enormous.

In a discharge of process variations Millennium two people alternately reversed, so that both could unleash its y-not. The benefits of such a change of places that the quality of both - the sender and recipient - improves as the process continues. Goals process takes about an hour to two-stand and can have a profound effect.

When you finish the process of the Millennium, floods you confidence that you are on your way to your destination. Almost immediately you will find that the world conspires to your dreams become reality. For example, one of my friends tells traders t om that performs a process for the purpose of obtaining the Millennium used *to* brings more money to the management. It works by passing through its not-in untying blocked. Then, after the process and before he even started a marketing campaign, his phone starts ringing off the hook with offers of money management. Somehow this intention is passed and people respond when you go out of your own way.

I have reports from people using the process of the Millennium to attract buyers, finding a partner to improve relations, better relations with parents and children, finding a home, started a pregnancy, making a lot of money and start a business. This list goes on and on.

Another benefit from the process of the Millennium is h it clarifies the intention. If someone really wants to achieve the goal, then the goal itself seems to disappear. When it disappears, it frees up space etc. To the other targets that are smiling more in line with the good life.

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It really works

Firstly, let me say that in my business has come significant progress since that time, as in our tribe's visited in early 2004. I'm on a new high territory and enjoy the challenge of new levels of stimulation and new levels of performance.

Physically, I am also very much progresses, it becomes a new caliber athlete.

Significantly in the PTP, is the fact that it really works. Contrary to what had, that we humans think of our mind and body, in m wide sense of these words, we still have a lot to learn. When it comes to psychology, there are things that work,

things that do not work and things that work for some and not for others.

My personal experience is that many Western psychotherapeutic techniques huddling together and often ineffective. "Talk e" and "therapy" is usually transformed into dacha definitions and analyzes, of which there is no easier by the direct approach to the issues (judgments, feelings and forms) and does not stimulate personal growth.

In addition, I found that self-treatment and are often only short-lived attempt to divert or destroy the conscious mind and try to skip some feelings through the filter of judgment, often as part of the continuing drama rather than continuations of the underlying form.

PTP is special in its innovative approach and forwards in approaching judgments, feelings and forms, resolution and dissolving them and, as such, produces stunning results.

In my own experience in PTP leads to a dramatic personal growth, achievement of the objectives, improve personal relationships and general enhances the experience in all respects. I increased sense of awareness, increased depth of compassion, persistent ivost, attention, loyalty and currently own aspirations, there was a big "fluidity" and a sense of deep and true confidence.

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Questions Why does not work

Title to this chapter has two meanings. One says that the *questions do not work* and that you have to learn *why* they do not work. Another

meaning is that questions beginning with " *why* ", particularly inefficient. The ambiguity of the title is symptomatic of the problem and reflects with questions. In PTP we avoid asking GPs Ros. Instead, we share the feelings. For information we share a sense of wonder, curiosity and desire to know. The information that we pass, when share our desire to know the sender helps to focus and transmit the compressed response.

When we asked, we do not open enough information about what it is we want. The recipient must issue to guess what we want. Responses to some questions require Dogadov tion. In general, you can get much better information be sending their feelings about what you want, rather than asking for information.

Issues such as the following examples show, inside is not ambiguous:

Q: Do you have time?

A: No, I'm busy.

Q: No, that's not what I mean. Do you have time?

A: No, I Newsweek (Time and Newsweek name of the newspaper).

Q: No, that's not what I mean. Do you have time?

A: No, Sally has in its schedule of meetings.

Q: No, that's not what I mean. Do you have time?

A: Today 3:15, plus or minus a couple of minutes.

Q: No, that's not what I mean. Do you have time?

A: Planting a flight at 7:45 am and departure at 8:15.

Q: No, that's not what I mean. **I want to know** , if you have a new speed record , **so I can stop worrying about this** .

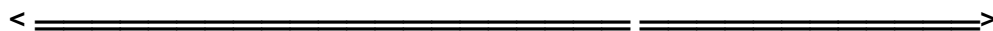
A: Oh, I did it. I have time. And we have a new record, 11.385 seconds.

When you need information, talk to people, you need to open so many senses as you can. The more you discover about that feeling, that it more than the other person understands what you need, and the more accurate the response you get.

Questions of "why" is particularly ambiguous. VP TP we maintain that the intention of I = result. We support that *causality* - a social myth. "Why" questions require reasons. We maintain that the questions why, in a fundamental sense, m, do not have an answer. Moreover, the "why" questions reinforce public myth about cause and effect and indirectly undermine the idea of Liability.

In PTP we communicate using language CDF -n (subject, verb and object - present). We avoid asking questions.

Beginners usually feel some discomfort, trying to reformat the questions in the discovery of what you feel. As soon as the Cubs practice these agreements, it improves their skills. When he and I start to floor chat good results in the combustion of n and in the exchange of feelings, they feel more comfortable using it. Those people who oppose the use of CDF-N and / or ask endless questions are likely to be involved in this as a drama.



Clarity

I benefited from the PTP by improving their sensory abilities by practicing confident communication and behavior based on

the fact that "let go." In short, I quickly suppress disappointing situation, retain and satisfy live with the possibilities.

I define it in one word: clarity.

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Familiarity

The use of anti-TB drugs in a relationship Mauger t be misleading, particularly if the relationship is "convenient agreement" in which both art Orono tolerate those things that do not want in order to get what you want. In PTP has a tendency to clarify the true nature of the

relationship. PTP Affairs flushes good relationship even better and so helps some people to break bad relationship faster and with less drama.

In this chapter I n rivozhu three examples showing varying degrees of use PTP in a relationship. In the first, for example, and does not receive B. In the second A receives B. In the third example, and A and B n oluchayut each other and create mutual Field Recognition.

Example 1: While A and uses the language of anti-TB drugs, it does not get B in the sense of creating Fields Confessions of a PTP.

A: (on phone) I feel something in my throat - perhaps loneliness or sadness. I do not know, I just feel like I want to cry, and I feel so alone.

B: I'm sorry to hear that.

A: You're sorry? What this means is that you're sorry?

B: Yes, I'm sorry. You're a good person and do not have to feel it. You have no reason to feel bad. I'm going to see you this week, and I know what to do to make you feel good about themselves.

A: I know you think that I should not feel. However, the truth is that I feel it. I'm just trying to share their chuvst you with you. You did not get me.

B: Well, why do not you, for a change, do not share with me what a good feeling? You always seem so sad. Why do not you just cheer up and not think about how to do something fun?

A. OK, if you do not like my feelings of sadness or whatever it was, I can not stop sharing them with you. I can do it. I can share with you a happy feeling. I can find someone else to share with them the fact that in my throat. I want to share what I feel. Maybe I need someone else to get those feelings that you do not like. You do not

seem to x ochesh or a way to get me amb. You seem to fail to grasp this.

B: I just do not like to see your pain. Why do not you become lighter and not think about those nice things that we can do together.

A: I do not think that the pain - it's bad. Pain - it's just a feeling that I have in the y-not. I need someone with whom I could articulate my feelings until I can enjoy them and move forward.

B: Well, good luck. If you ever will deal with it and want something fun, let me know.

Example 2: A creates and maintains field recognition for B in the spirit of anti-TB drugs. B again not familiar with the PTP.

A: (on phone) I feel something in my throat - perhaps loneliness or sadness. I do not know, I just feel like I want to cry, and I feel so alone.

B: I'm sorry to hear that.

A: Thank you for taking care of my feelings.

B: Well, of course, I'm sorry that you're sad. I care about you. You're a good man, and I want to see you happy and not suffering.

A: Thank you for taking care of me.

B: Well, I care about you and I'm glad you'll notice it.

A: I still feel something in my throat, I may just want to share your feelings.

B: OK, then why do not you share with me what a good feeling?

A: Thank you for what you want to support me, and for the support to share with you what a good feeling.

B: I think about that soon see the smiling to you.

Example 3: A and B instead of field support in the spirit of anti-TB drugs.

A. (by phone) I feel something in my throat - perhaps loneliness or sadness. I do not know, I just feel like I want to cry, and I feel so alone.

B: Thank you for telling me. Tell me more.

A: Well, it really upsets me. I feel that many others need to eat - So what to eat, what those feelings are gone, or have a beer to sleep. I know that this is not the solution. It is an escape from their feelings, so I do not want to do that. I feel like I need to do something to unleash the y-not. This is difficult to do by yourself. I feel that it is better to tell you about it.

B: I like it when you tell me your feelings. You know, many people do not even try. I am happy that you are in my life. I feel very close to you.

A. When I talk to you about it, I also feel bl izost with you, and the feeling in my throat starts to feel better. The impression is that this is the same feeling, but its nice to feel when I share it with you, and disgusting when I carry it alone.

B: I know what it is. I feel the same way.

A: Sometimes when I think about you and about some of the things that we do together, I just pluck and crying. I do not know, I'm sad or happy. I think that I do not know, good or bad feeling.

B: I miss you, too.



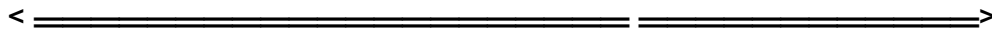
His wife and daughter are changing

I came home, and either me or my wife, or daughter changed. Everything was somehow different. Lack of drama was noticeable.

Intends to look into the eyes, I said, "I just want that to t s and knew that your feelings are important to me."

She laughed, but without mockery, and later said, "You - the other. I like it, very much like smiling. "

After 20 years, she decided under e showering with me their feelings. I think that here is trust. So today we went deep into her feelings about her fear that she, among other things, can no longer get pregnant.



Causation and Responsibility

The conventional thinking is based on the reasons. In PTP, we rely on responsibility. Your choice of models has a huge effect on how you experience life.

In PTP, we support that reason - is a convenient illusion, without any factual basis.

Let's say two cars collided at an intersection in the morning rush hour. It is curious that people call it an accident and are looking for the cause.

Determining the cause must be a model of causality, as this determines who to blame, who is guilty or innocent, and who will pay for the accident. This game is so common and so arbitrary that people even purposely committing tons accident. Using causality shifts the focus from the acceptance of responsibility towards the attribution of fault mechanics.

Note: The words "**responsibility**" and "**Cause**" mean radically different things from each other, depending on which model you prefer. In each model, ensuring he is responsible for everything, and the reason - is an illusion. In the model of reason, everything has a cause, and we can always choose those few people who are responsible.

In PTP, we see that road accident has no simple cause. For detection of the reason we need to have knowledge of the position, velocity and acceleration of the two vehicles during their collision. The position of each machine at the time of collision is a function of the time the driver from leaving the house. This in turn depends on how and when he eats breakfast and its second numerous other factors. The position

of each machine is also dependent on it, the driver's interaction with all the other drivers on the road throughout his way to the scene.

In addition, the positions of all the other machines depend, in turn, their interactions with each other and on their departure from home, and whether they stopped to talk with their children on the way to work. When you begin to count all the "causes", you will soon see that everyone in the world is somehow playing a role in the overall calculation. Determining the cause would require calculations that go beyond today's technological possibilities.

In reality, there are no such simple things as cause and effect. For a more accurate model of the world - is a complex system, all elements of which are simultaneously co-creating constantly-changing moment now. Everyone involved in everything. To determine the guilt of the accused, you really need to know who you want to blame and who is accused before you begin to count.

In the model we support PTP Responsibility that everyone participates in everything and that there is no such thing as a cause of accusation or blame.

We recognize that we can not predict the future. In fact, we do not even think that the future exists. We do the best of what we can control risk, follow with the flow of life and to stop the losses when things go against us. This is also a trend trading rule.

- Trade with the trend (trend in the direction of the trend).
- Hold a profitable position.
- Curb Losses.
- Manage risks.

Causality provides the philosophical basis for Western Civilization. In our causal world we stuck to blame people who do not follow the rules, and punish them. Without faith in reason, our Western legal and political systems fail.

At TAP, we are not dealing with an accusation or blame. This concept of "at-United" of relations. In PTP, we focus on building a good relationship with someone who understands the value of clear intentions, taking responsibility and help each other in starting our in-not.



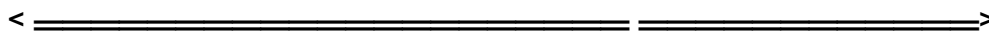
Do not Crash

I said less mood swings. I feel less inclined to argue and become more tolerant and is not easily annoyed.

Last week, I had a small car accident. I was surprised at how calmly coped with all the situation without any ill will against another driver. I did not attempt to explain why it happened and was able to move on and enjoy the remainder of the day.

I know what my reaction would have been more dramatic prior to the submission of trade Tribe.

In addition to these changes in myself, I noticed a change in the people around me. In a recent conversation with relatives, they demonstrated more openness in their emotions and feelings. They have more confidence to share with me their problems.



Appendix to Trading

Causality provides the basis for a "fundamental analysis". Fundamental analysis is an approach to the investment, which forms the analyst opinion on what factors are really important reasons. Then he continues to spin the story of how these reasons are related to

influence what happens in the future. Pioneering Fundam analyst usually make a recommendation that any company the future looks bright, as well as for the entire sector. Here are some problems s fundamental analysis: 1) About bution reasons at best arbitrary, ambiguous and impossible. 2) The future does not exist. 3) Current price can already play a fundamental story. 4) Trade in the basic model does not provide any control risk.

Of these, the lack of risk control, perhaps the most ruinous I reason. The problem of fundamental analysis - especially if the analyst believes in the myth that "things return to normal" - is that what you buy for \$ 50, it looks even better if drops to \$ 45. Let's say you buy more at \$ 45, and then it goes down to \$ 35. You buy more. If it is good for 50%, it should be great for \$ 35. Then you borrow money and double your purchase at \$ 25 and now \$ 15. Y ou are sure that it will come back, and you would have bought more if it is not bogged down in debt.

In PTP, we do not claim that we understand anything. Everything we know about floor the trend, and even it is subjective. Some people look at long-term trends, while others - in the short term. It does not matter what you look at the trend, but if you sign up for e model of responsibility, all you can do is to follow the trend, let your profits grow, to stop their losses and manage risk.

You see recommendation fundamental analyst buy a stock at \$ 50 for a variety of excellent reasons. Naturally, you are in doubt, but, nevertheless, decide to watch this action. You can see that it falls from \$ 50 to \$ 45. You can see that the stock falls in price, so it interests you even less. It drops to \$ 35, and it is for you is even more evidence of her decline. You think you can ever consider buying it only if it shows enough strength back to \$ 50 and start from there to climb higher and higher. You place an order with your broker to purchase for \$ 51 on foot. She had never traded there, and you do not lose on this penny stock.

Meanwhile, a fundamental analyst opens some new cause and gives some new recommendation. He believes that it's time to leave this paper, as the prospects for the sector seem bleak.

Instead of signing the reason, the practice of PTP are under the responsibility, with its conclusion - deliberately I = results. For the definition of le your intentions, you just look at the results that are getting. This will place your intention is, your results and your responsibility - all this in a moment now. If you do not like the results you receive, you will also notice that you did not enjoy your intentions. You can use your intention. In the reason you have the temptation to blame others and treat them as responsible for your life. Such action reduces your power. It's easier to change yourself than to change others. In PTP you ete knowledge that they themselves are responsible for their intention, free and strong enough to act accordingly.

Trend trading is different from the fundamental Commerce. Trend trader simply buys something that goes to the top, and sells what goes down. In this case, it usually contains a portfolio of securities with a large profit and Malen kimi losses. He, on balance, is a step forward and continues to win. Trend trader does not allow losing trades erode capital or St. oh my soul. One of the problems of the trend of trade that sometimes, once a trend trader enters the market, the trend reverses and goes against him. In this case, he should get out of the trade with a small loss. Trend traders call these trades "saws".

Sometimes the trend trader may be a chain of "drunk". This is reflected in his account as a series of small losses. It is here that comes into play risk management. Trend trader examines himself, he studies the markets and it develops its own system of investing. He tests on historical data to get the feeling of stiffness and frequency "saws". He sets the time measures the position that can withstand the chain "drunk." Then, when coming so good e mar k, and he is ready, willing and able to get the full benefit from them. In a time when so Rendova Island trader buys share, fundamental analysts for the most part do not

even look her and not even less likely to recommend it to purchase tons.

Fundamental anal ITIC begins to look at the action and look for reasons for its growth, when he learns that some trend traders have already received from her earnings, and its customers want to know what is happening. These clients need a standard reason why the share is growing before they can buy it, and it provides a fundamental analyst.

Fundamental analysts often recommends buying below market share. This tactic contains the problem. If the stock goes down to the point of purchase, it is already showing weakness. If the paper and children up, then "limit orders" missing movement.

Some traders, who call themselves the fundamental analysts seem to be very successful. If you, however, to examine their methods, you'll see that they closely follow the strong Trade in prices, profits and shares.

Trend traders buy a stock at a time when they begin to realize that it is trading above. If it continues to grow, they are logged, and if it decreases, they simply sell it.

Causality is expensive at the crossroads of two streets and expensive at the crossroads of buyers and sellers. TAP is to maintain a clear mind and spirit combat.

CDF-N

I love writing in the direct expression in the present tense. I call this style of communication CDF-N (subject, verb and object - present). You rarely find links n and the past or the future or liability overt suggestions in my style of writing.

We use the CDF-N at a meeting of the Tribe almost exclusively. Members of the P Lehmen usually find CDF Mr. uncomfortable and awkward at first. With practice, it comes more naturally. I am writing this book in the CDF-N.

Putting the subject in the first sentence says the recipient of who commits the act. Sometimes you see sentences without a subject, such as, for example, as "Your cooperation is appreciated." "Cooperation" - this is not the subject. This object, and we do not know the subject. We do not know who appreciates. Most likely, no. Contacting CDF-N is: "I appreciate that you maintain a clean sink. Thank you, Joe. " You can feel the difference.

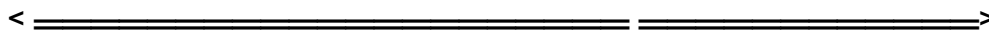
Or in respect of signs on the lawn: "Walking on the grass is prohibited." Again, there is no subject. It is possible that no one in the organization does not want to be responsible for creating the rules of walking on the grass n. M ezhdu case, I wonder how those Reb Yata that put banning e walking on grass plate, lawn moving, to get back into the house.

People who do not want to deal with things directly, and sometimes put them in a non-existent future. Instead say, "No, I do not want to

have dinner with you," they say, "Well, let's somehow lunch together." CDF-N communication helps keep the speaker at all now. With about CDF-n you give and get straight talk. The more you use the CDF-N, the easier you can notice a vague sense.

Beware of official documents, which are full of subjectless without date language. These documents show that no one wants to carry otvets bility. Transactions based on such documents can end conflicts that. CDF-N eliminates ambiguity. The next time you listen to it, note how much of it is pronounced in the CDF-N.

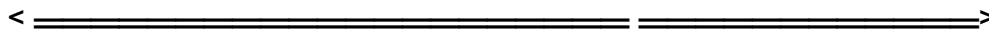
After about a year, members of the tribe using CDF Mr. almost exclusively as the meetings of the Tribe, as well as in everyday life. Their thinking strive to clear up more and more. He is beginning to attract those who also like to think and communicate clearly.



The Best Technology

From the time of immersion in the PTP my life is where I want it now was. I practice PTP almost two years, and I say that this is the best technology of all, I knew in my life (business, trade and personal relationships).

It came to the fact that when others Ask After quire about what your advantage th s trade systems, I say that the matter is in PTP and throughout Sub-Fredovskoy-chains, shopping Tribe.



Now

In PTP we maintain under that everything happens in an evolving moment now. Nothing ever happens in the past or in the future.

If you want to do something, you should do it now or do it now. You can not do it in the past or in the future. Past and future, there exist only as concepts in now.

People who are not ready to experience their feelings, sometimes refer to the past and future, as a convenient place and in order to hide. The "All right, I'll do it tomorrow" there are many ways of retreat.

Compare this to the more "in-the-present" approach. "Well, I decide to do it now" is a direct, personal and compelling.

Dinosaurs did not exist in the past. Thoughts about dinosaurs occur now and dinosaur bones there now. Treatment of the budget deficit does not exist in the future. Treatment currently exists or does not exist. If you want to do something, you should do it now or do it now. You can not do anything in the future.

Now - this is all that there is, at least for now.

In general -not

Some groups of people have common interests. Play the banjo get together at festivals. Ski enthusiasts are going to pave the trail at the first snow. Avid readers gather in circles of readers in libraries and bookstores. People with common interests and meet in virtual chat rooms on the Internet.

Other groups have common financial interests. Employees of the company are all in the same building in the morning and spend the whole day together, working to advance their common financial interests.

Larger groups: political parties and religious organizations, it seems, as there are in general-not. Speech political and religious leaders focused on the promise of escape from those feelings that are not in-

the members of these organizations. These members want to hear that they do not have to deal with their in-not.

We can imagine some of the U-not-General Group:

Group 1: Members of this group are not y against imperfections. They can not make sense of what they are wrong. They do not like to make mistakes ed. Their lives are full of right and wrong. They can not make sense of his own wrong. They like to think that their group is the only truly tame (righteous). They condemn people who are not adjacent to their group. He even condemn each other. They love to talk about the days of Judgment.

Group 2: Members of this group are not y against envy. They do not like the feeling of envy. They put the drama surrounding his envy to others. They like to transfer wealth from those who have it, those who do not, in order to reduce envy. They oppose the business that concentrates wealth in the hands of others ah.

Group 3: Members of this group are not y against fear. They do not like the feeling of fear. He put the drama surrounding his fear of other people. They support laws that protect them from collisions with their fears. They want a strong police and army, where they live outside their country and on the borders. He wants to punish those who do not like them.

If you do not want to associate itself with any of the above, and the GRU paragraphs, it is likely that you are a member of some of them. Such is the nature-have not.

I can imagine a situation gather several leaders of the main political parties and religious organizations in the tribe. I can even imagine how they accept each other and help each other to unleash their y-not.

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Reversal

PTP has completely changed my life and my trade.



TAP and Other Movies

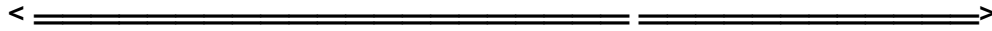
TAP supports most approaches to personal growth.

Adjustment of breathing - a process that manifests itself in many disciplines of personal growth. Breath - it is a necessary process of life. Changing our breathing can change our minds and allow us to get to our feelings, emotions and archetypal images. Hypnosis, chanting and other practices have the same effects.

In these practices subject begins more aware of their internal processes. His unconditional hope that awareness itself is holotropic [\[19\]](#). That is, he hopes that awareness itself leads towards wholeness.

However, people have a tendency to have many of their senses in the y-not. Even honey itativnom state where feelings go up easily, people tend to find ways to avoid the majority of experiencing their "at-United" feelings.

We find that this process can enhance the value of s PTP, helping so the sender in the localization of deep feelings. As soon as the subject identifies his feelings, he can use PT P to unleash their y-not bringing the holotropic favor, to which the conduct of these disciplines.



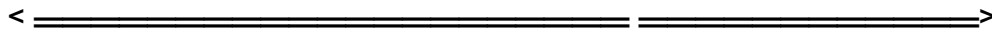
Unlimited Impact

I observed an increase in the level of commitment and a sense of purpose in their lives. In addition to this, I am proud not only that occupy the hot seat and test forms, but also the fact that I share his experience with other members of the tribe. Thank you !!!

You know, I feel like I am greatly indebted to you for what you have shown me a different world. When I come back to this, I think that the meeting with you, getting to know you, asking you questions, teaching you - this is one of the greatest gifts I've ever received.

You can not put into words the limitless impact that you had on my life and the way I see things now.

I can not dos sufficiently thank you enough. No amount of "thank you" can not express the depth of my gratitude s. I wish you all the best, and let me say it again: "Thank you !!!"



PTP in Business

TAP reduces the drama and reinforces the good life. Some practitioners talk about direct benefits to the business.

PTP sale

Experienced TAP recipients are ideal sellers. They have a relationship with the client on the emotional plane and transmit intentions directly. They are committed to serving the customer. They transact easily and naturally and do not leave their customers in feelings of regret. It does not matter, they are making a sale or not, they help the customer find what he needs, and how to get it. Vendors involved in PTP, build strong long-term relationships and provide excellent reputation.

TAP Administration

Experienced TAP recipients are wonderful colleagues. Administration lies partly in the fact to tell people what to do, and partly to decide what to do. Colleagues appreciate the help of the good listener. Good recipient attracts people of all levels in the organization who want someone to listen when they talk about their problems. Experienced recipient builds and maintains a growing-growing relationship and increases its power and influence in the organization, not playing office politics. TAP recipient is fast becoming invaluable to the organization and appealing to colleagues. People want that to TAP recipients were in their teams and their committees.

PTP at the meeting

Business meeting may develop in the direction of a similar meeting with the Tribe. Before proceeding to the formal business, every report on the level of feelings. This step quickly leads to an understanding. The remainder of the meeting and even beyond people more deeply communicate with each other and come straight to the goal.

PTP practice communicating in CDF-N. CDF district centers at each moment now and reduces the references to the past and future. CDF-N focuses people on the things that they can do to ensure that the

company was moving in the direction of your goals now. CDF-N also destroys passive thinking, as each sentence had to contain a subject who takes responsibility.

Orientation to follow the trend in the TAP shifts the focus from cause (the attribution of guilt) to account (commit action). People lose interest in analyzing why something does not work, and focus on finding ways to ensure that things worked.

TAP in the General

PTP pushes people away from the drama in the direction of the good life. Group of people finds a sense of purpose and with internal setting that bring it a competitive advantage. Strategic planning, research and development, human resources, training and other areas - all work better when people support the company's goals.

PTP Trading

The primary objective of the Trading Tribe - is to support traders in managing their emotions. Traders who have PTP develop calm detachment from the daily fluctuations in their accounts. Their desire to pen eigrat their systems. He gets satisfaction from following their systems even when they receive damage.

Quality Winning Trader

The winning trader has intellectual curiosity and sincerity in **creating** a working **trading systems** and has a willingness to steadfastly **follow this system** .

It establishes rules for the identification, definition of the size, onset of action, tracking and closing trades. It applies these rules to the historical data as to confirm their system, and to improve it. Then, in real trading, he should be on your system no matter what happens. It takes a winning chain and losses as part of the process.

Investment Model Trading Tribe can help traders develop both the quality of the winning trader.

Traditional Structures Investment Management

In the traditional structure of the investment management customer places funds with a trader through the trading organization. A formal agreement between the customer and the trader is often long and uncertain. Once there was the Fund's investment, the customer and the trader usually little communicate with each other.

This isolation from the trader client often deliberate. Sociable client can unintentionally hurt the trader. It can respond to fluctuations in their accounts and to exert pressure on the trader, pushing it out to move away from the system, following the latest whim.

Typically, the trader does not want to deal with the feelings of the client.

TAP is introducing a new structure of Investment Management

Investment Model Trading Tribe offers a structure that aligns to sell participants with those factors that are involved in successful money management.

Elements of investment model Trading Tribe follows:

- Determination
- Testing
- Trading
- Paskhozhdenie
- Cyclic repetition (recursion)

Determination

- Trader quite accurately defines its system to the programmer can enter it into the computer methodology. During this process of intense determination, verification and revision of the trader should reflect deeply, perhaps for the first time about how he actually sells. Usually he reveals that about ninety percent of what he was doing, ritual and / or dramatically, whereas only about ten percent of the offer in so much of the profits.
- This system automates the process of determining the portion of its trade and determines the parts that require judgment, intuition and experience.

Testing

- When our system is translated into a programming language, we can test it on historical data to gain valuable knowledge about its results. In particular, we can see what is its profitability and volatility.

- We can also optimize the system. Each system has parameters that determine how exactly it should be trends, how often it trades, how many markets it trades and how much it is tied to a position.
- We can try different combinations of these parameters to find the optimal set. We can also drop sensual tears over how sensitive it is to each parameter separately. Her good system is one that has a good annual rate of return (rebound), low volatility, low sensitivity to its own parameters and specific instructions about how you can enable traders judgment.

Trade

- When our computer has an optimal system, we can generate daily trading model for the trader. The computer does not get tired, it is constant and clear. He notes all trades according to the settings of the trader. A trader can use this model for the organization and direction of trade.

Difference

- In practice, the trader can either follow or not to follow their own rules m. At the end of the day we can compare it with the real trade model for the creation of a "discrepancy report". If his trade fits into the framework of its rules, it does not have differences. If not, then it has a positive divergence.

Cyclic repetition

- If the report is positive difference, then a trader there are two possibilities.
- Option 1: If he does not like his own signals, it can work with a programmer to change their system. It may include additional rules or excluding yuchit any of the existing ones. He can try another combination of parameters. He can then carry out the simulation in order to verify whether the change results in higher yields, less volatile or has some other advantages. If a district succeeds, then it has a few best trading system.
- Option 2: He admits that he has a problem with following its eigenfunction of the system. We know what to do with this situation at the meeting of the Tribe. Trader takes the hot seat and locates its y-not to the trades, which he does not want to follow. He experiences and translate them from enemies into allies. Psychologically, it becomes a better trader.
- In any case, the trader is doing something to improve their trade. He clears his system and / or enhances its willingness to follow th s.

The new role of Client

Traditionally, the client responds n and the ups and downs of your account with enthusiasm at its highest point and with fear at the lowest. It can transmit their own in-not even a trader in a short telephone conversation. The result of this call, is likely to be an increase in emotional baggage Trade pa at precisely the moment when it can be vulnerable to depart from their system. If a trader succumb to fear or greed on the bottom at the peak, in both cases, the results can be extremely expensive.

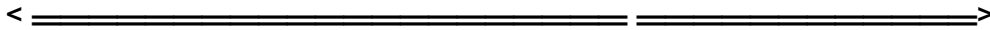
Investment Model Trading Tribe can realign the client with the factors that are involved in the success of the investment by inviting the client to monitor reporting discrepancies. This invitation shifts the focus from the client short-term profits and losses to the system development and consistent execution.

The purpose of pin act between the client and trader in this case is to keep the trader in line following their system, rather than holding the trader responsible for the behavior of the market.

Investment Trading Tribe Model provides the customer with the ability to track trader "being adhered." Trader, knowing that his client keeps track of his fellow way more able to maintain its systems s.

Investment Model Trading Tribe can combine mutually supporting traders with a great Istemi and following them with clients who want to support traders in doing what works.

The recommendations from the confession P Traders



Taking responsibility

How anyone can thank another for guidance that you gave me many years? I see myself as a capable person who usually finds ways to subordinate their goals regardless of the obstacles, but in this case I do not see myself no way to be where I am today without your extraordinary kindness and generosity during all these years.

When I contacted you about 12 years ago, I was a "painful one unit," crippled and evil man, accusing the world for their problems, not having M career and hoping not to have it. Now I have just signed an agreement about how to be an independent portfolio managers \$ 3.8+ billion hedge fund. It is equally important that I take full responsibility for my life and I'm happy.

Ed, it's hard to describe overwhelms me thank you. In the end, you gave me life. Now you might say, "Oh, you need someone who gives you life, maybe you should explore their feelings about it," and you will be right. 12 years ago I needed someone like you, to give me life, to say that it is OK, it is not abnormal to have a life long ambition.

I felt so disappointed and zbitym and that have a person of your caliber, who would take care of me, so it was essential to my process, without that I would not do that.

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Tears success

PTP process produced a dramatic change in my trade. I have had great results.

I traded for a long time, much longer than I can afford to admit, but I've never been able to trade consistently successful manner.

PTP requires some getting used to and a lot of practice. But sticking to it, I finally got my AGA. I finally began to

communicate with her best friend of Fred, who served as my best interests of all those years.

Tears roll down my cheeks as I write this. I had a hard life. Complexity happened to me not once, not twice, but did not stop the first 27 years of my life. I was humiliated at school and called a moron for strong speech problems. All these old memories stayed with me even when I already had children of their own. And although I was very successful in other professions, but never in trading.

I make a mad effort on their part to learn NLP and half a dozen other techniques, attend more than 50 sessions in all kinds of therapists (psychiatrists) to erase his past, and all for nothing.

All I have to do is recognize their feelings from the past, to fully experience them. Fully experience the feelings of sadness, feelings of constant terror, which live people who stutter.

It's amazing, so effortlessly flows now my trading, I do things in their own best interests. Whatever talents I had, now, in the end, they find a voice without any drama from Fred.

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Adhere (not to deviate from) Systems

At the November workshop in Reno you asked us to make a list of what limits our growth. "Do not follow your system" was my main growth constraint. I have a good, no, great news. They are that I have not missed more than one signal and, after returning in November.

I followed each input, output, profits and losses that the system gave me, and I have no desire to ever cancel or overplay their system.

I am delighted with this change. I do not know "how" it happened. But it happened. And I have a great feeling about this!

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PTP Lets recklessly

Trading can be severe and long road. Therefore, to have a mentor and a guide, especially so amazingly capable - it is a rare gift.

Like most traders, I am about shibochno believed in finding the right system is all you need for the ultimate success. However, I learned that the secret lies in that a person needs to seek and embrace all of its deeply rooted e feelings that lie waiting to stop us if we ignore them.

Must be accompanied by attention. Now I am much more able to stay in the moment now, identify and control the feelings that once broke my decision-making system.

This means that greed that pushes my risk tolerance to dangerous levels, now under control (but under constant supervision!), And now I can take but unemotional periods without loss of ritual tears, as it was before.

However, I have won even greater reward: my life as a whole, not just my trade, infinitely more joyful and successful as a result of these same techniques and awareness.

One really gets what he wants to, from markets and from life.

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The benefit that I received from the Trading Tribe amazing.

I traded for 19 years, and descended down the dangerous road. My life was almost lost and sitting at a computer screen or in any office from 8 to 10 often daily!

Now I spend time with my son six months, with his wife, or doing something else that I like. I'm not a zombie and not a robot, I live! My portfolio does not control me anymore. I just keep your risk under control.

Tribe filed a pre me a new trading lesson in "risk management." A great change took place not in the simple trading principles, which I already knew. The main change has occurred in the way I think. My mind is clear again, the body feels healthier and less prone to stress I have.

Being in the Tribe is not a pleasant walk on a yacht. I still are difficult days. For some reason these heavy days now easier to handle. In front of me also raises many new challenges and meet them with my new tools PTP.

With all of these positive results, I feel that only scratched the surface of learning. The first step is to get some help from the

Trade Tribe, and your new journey begins.

Oh, another thing on the odes. My baby wants to print something: mnfk 1 lnb 7

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Start Your Own Trading Company

I joined our TP Bole e 18 months ago, today we are three times per week plays host to a meeting ... we all share the same sense that our tribe - a unique place where we enjoy giving (receiving) and taking (sending) each other.

On a personal level, I always felt that my trade (over 5 years) lacks the psychological element to formulate a successful trading plan. So, I went to your website and get immediate AGA - that is what I am missing.

You by PTP, helped me on two main levels:

My personal relationship with everyone around me transformed into something more clear, open and sincere in zatrachivaniya time and thoughts to those people for whom I really want this.

Not a professional level, I was able to find an opportunity to base their own investitsinno-management company in the past year. My Trade pleases clarity and awareness, which has been stripped before.

Your personal commitment to anti-TB drugs has led to the prevalence Anenii people around the globe who have dared to

meet their internal issues in order to improve your life in the same way that I have experienced. I thank you for your kindness.



Part Three

Resources for PTP

**Vebs Ait, Special Study II, Summary
and Glossary**

Website Trade Tribe

The primary sources of POPs are the book and the website at:

www.tradingtribe.com

This site contains tons of great section FAQ (frequently asked questions), which contains the ongoing dialogue between the members of the tribe and me. This site can help you find an existing tribe or

establish your own. The site also advertised workshops that you can visit and learn directly from the PTP active practitioners.

You can also use this site to communicate with me about this book. If you have offers small dix, comments or questions, and if you do not see on the site of fasting, which has already been written about this, you can send an e - mail me directly. I usually place your e - mail (minus your name) on the site so that everyone can benefit from it.

< =====>

I would like to bottle PTP

Too bad that this case can not be bottled.

< =====>

Textbook Trading Tribe

Step by step instructions for teaching Trading Tribe

This tutorial presents the basic techniques of PTP in practice. This course requires the exercise of the Tribe of four or more people, the drum for each member, and a separate room for about six hours at a time. Privacy is necessary in order to allow members to express a wide range of emotions.

A typical process takes about an hour. Five-minute breaks follow each process. A small tribe is likely to complete given in this tutorial exercises in two three-hour session. These sessions can be conducted in one or various days. When the tribe assembled and functioning, it usually does not repeat all the preparatory exercises. Mature Tribe mainly relies on drumming, registration, several key x processes, such as the reintegration process and verification.

Although these instructions may allow the group to train newcomers each other, learning takes place much faster when the session leader exercises has some personal experience of existing tribe or experience gained at the workshop PTP. TAP is best transmitted through personal interaction.

S process for the New Tribe

- Drumming
- Registration
- Sending and Receiving Thoughts
- Sending and Receiving Sensitivity

- Sending and Receiving Form
- Developed forms
- Developed forms in the tribe
- Glorification of Judges
- Reintegration Form
- SES process
- Check

Processes for the action of the Tribe

- Drumming
- Registration
- Reintegration Form
- Check

These sessions of exercises will move much faster if each participant familiar with the website www.tradingtribe.com and with this book.

How to Use This Training Manual

Leader leads the meeting. At the beginning of the meeting tribal leaders began drumming. After drumming leader announces registration.

Before each leader repeats instructions to all members of the training manual and make sure that everyone understands the process before starting it. He then selects the senders and recipients. At the end of each process leader announces the verification process. The leader then announces a five-minute break. Before the end of this tribe break again come together and leader announces the following process.

When the process requires an exchange in pairs, leader instructs find partners. Members usually works every time with a new partner, to everyone had the opportunity to work with all the others.

Tribe sits in a circle, faces inward. During these exercises, as paired exchange, the couple moved their chairs to sit facing each other. After the pair exchange they move their chairs in a circle back to check.

Tribe Leader trains, carry out the process and take part in them as the sender.

Checking is an opportunity for everyone to express their feelings and insights after each process. At the end of the meeting Tribe Checking enables each person to express their feelings and insights with respect to all meetings of the Tribe.

Checking begins with the person who is sitting to the left of the Leader, and goes in a circle. Each it can spend several seconds to several minutes. Each person is given one and only one way to check. All others receive and can not comment on or else interfere in the actions of the sender. At the end of each sender verification nods to him who sits on his left, and a new person starts checking. Leader tested last.

CDF-N is the style of communication that we use at the meetings of the Tribe. Epistle support subject, verb and object - now. You can say whatever you want, in the CDF-N. We live in the moment now. Verbs in the present tense indicates that point now. CDF-N requires that your name was the subject, the responsible party. When you use the CDF district, you accept responsibility, stay in right now and clearly express that the subject does.

1. Drumming - 5 minutes

Everyone keeps silent drum or other percussion instruments. Leader starts to play the drum and support sustainable basic rhythm. All join him. Someone could copy the game Leader, while others can create counter rhythms. Members usually close their eyes, feel the rhythm and plunge into it. When a group is included in the working resonance,

drumming included in a rut. After some time drumming weakens, and the group is immersed in a pleasant state of readiness.

2. Registration - 2 minutes for each person

Registration and Verification similar. Each sender expresses the feelings that come "right now". Focusing on the present focuses whole group in now and sets the tone in the process of following mu. In this case the Leader goes to "send and receive thoughts." He can choose to manage the process yourself or call someone who will lead it. The current tribal leaders may ask, who wants to work, and then go directly to form processes and processes Reinte grace.

Registration examples:

- I feel tinnitus
- I'm happy to be here. I'm starting to calm down. I like to play the drums.
- I feel peace and now realize that I did not have that soothing feeling.
- I feel relaxant ix voltage - even in unfamiliar surroundings - I feel the warmth in the chest, maybe it has something to do with playing the drums. I am aware of their own hands. It seems that something is happening.

Note: the growth of the Tribe members with three use CDF Mr. almost constantly. The above examples in the CDF-N, except the phrase "I do not have enough."

3. Sending and Receiving Thoughts - 10 minutes

Leader instructs members to find partners and in pairs. People in pairs rearrange their chairs so that they sat facing each other. Each pair chooses who will be the sender and who is the recipient. Recipient to the sender says exactly the following: **"Tell me what you think now."** The sender says it all, and that would be Mr. occurred to him, for example: "I wonder how the second point in this process," or "I think to buy raisins silent on the way home. " The sender transmits only one thought at a time, usually one short phrase or sentence. Whatever may be said sender, recipient replies: **"Thank you"** . This response Covenants p creases transmission.

The pair then switch roles, the sender becomes the new recipient and conversely. The pair then completes the next gear. Couple exchanging roles after each second transmission until as leader does not announce the end of the process. He instructs the members of the stop s smiling and thank each other.

In the case of an odd number of members in the tribal leaders can sit down to a pair and form a triple. The three have a sender, recipient, who asks, and one additional recipient s, which only receives. Troika change roles to each participant passed to each role every third time.

Remarks:

Recipient: Be careful to ensure that adhere strictly to the script. You can only speak: **"Tell me what you think NIL, now"** , and **"Thank you"** . You just can not comment or join the sender in the dialogue. If you find it difficult to abstain, you're not alone. People in our society are not used to serve others with the intent to support them in the administration. In particular, pay attention to the opportunities available you tend to agree or disagree with the content of your dialogue with the recipient, smiling, nodding or using other body language.

Sender: Y ou can see that when you have someone who gets you and enduring judgment about you, do not agree or do not agree with you

and, or simply do not respond to what you say, it feels like something unnatural or uncomfortable. You can pochuv isting that a little nervous or that you find it difficult to speak. In this case, when the recipient asks you: **"Tell me what's so Dumai NIL, now"** , you just say that you notice, for example: "Well, I think I do not know what to say." You can even say the same thing in a few exchanges in a row.

Both: When the sender and receiver have successfully transferred the message, it will be released for both disappears and gives place to sledujushchi th time manifested vehicle function else. If the message is not sent, it has a tendency to stay for a few rounds. If you are sending, and your recipient will not be the scenario, you serve your recipient, reminding him that to return to the task at hand. You may say, **"I believe that we should follow the process exactly"** .

At the end of the process leader conducts the verification process. Then, thanks Tribe Leader and announces a break. After the break Tribe going again, and leader announces the following process.

Examples of couples:

Q: Tell me what you think t's now.

A: I'm excited about it, thinking, what I want to learn.

Thanks: Thank you.

Note: Parties change roles now and after each subsequent transfer.

Tell me what you think now.

I think that the light is too bright.

Thank you.

Tell me what you think now.

I feel the anticipation.

Thank you.

Tell me what you think now.

I feel that it will release in the last round. I think I embarrassed.
Thank you.

Tell me what you think now.
I can not concentrate when others talk in this room.
Thank you.

Tell me what you think now.
(Laughing) I feel distracted.
Thank you.

Tell me what you think now.
This reminds me of a situation where I had problems with clarity.
Thank you.

Tell me what you think now.
I notice that he judge himself. I just need to stop all this
condemnation itself.
Thank you.

Tell me what you think now.
I like the rejection of judgments.
Thank you.

Tell me what you think now.
My mind was thinking and thinking and thinking, or even come to
that in that there is nothing to say.
Thank you.

Tell me what you think now.
I think that it is difficult to focus.
Thank you.

Tell me what you think now.
It's hard to focus when others talk in this room.
Thank you.

Tell me what you think now.
It feels more natural. I'll go with that for now.
Thank you.

Tell me what you think now.
I am easily distracted.
Thank you.

Tell me what you think now.
I think people are doing too many things at the same time.
Thank you.

Tell me what you think now.
When I eat, I watch TV, then there is no food. I do not even
remember eating.
Thank you.

Tell me what you think now.
When you eat chocolate, really important to focus on the
chocolate.
Thank you.

Tell me what you think now.
It's hard to just talk about the thoughts and feelings do not mention.
Thank you.

Tell me what you think now.
I think that quality of life depends less on what you have, than on
the quality of communication.
Thank you.

Note: The question of focus and distraction was a few rounds before
weakened and disappeared. Such repetition may indicate that both
people are in-not in respect of the same matter and that they are not
able to speak clearly about it. Changing partners in consecutive
exercises helps to overcome the effect of "common penumbra." Also,

subsequent exercises that support the transfer of feelings as well as thoughts, much more effective projective run by people through their issues.

Examples of other couples:

Tell me what you think now.
I think about the site of the Trade Tribe.
Thank you.

Tell me what you think now.
I think it's a good job that requires a great sincerity, both emotionally and intellectually.
Thank you.

Tell me what you think now.
In this situation, it is easier to communicate, I do not need to get involved in their vanity.
Thank you.

Tell me what you think now.
I like it.
Thank you.

Tell me what you think now.
I want to deeper insights.
Thank you.

Tell me what you think now.
Maybe we can get there in the pair exchange - the exchange works better than Thinking alone.
Thank you.

Tell me what you think now.
Group process seems like a good way to learn different things.
Thank you.

Tell me what you think now.

I find it difficult to think. I want to tell you how I feel.
Thank you.

Tell me what you think now.
I have problems with bringing things to the end.
Thank you.

Tell me what you think now.
Priorities are such that the commitment to personal growth is not normal in our society.
Thank you.

Tell me what you think now.
The lack of passing-through in my exercise to know yourself better
- I may not like what I see.
Thank you.

Tell me what you think now.
I am using C C process to remain prkleennym.
Thank you.

Note: The couple seem to have a common concern about how to bring things to the end.

Checking for all four:

- It is difficult to talk about their thoughts, not to mention their feelings. I think I caught the flow of what we do.
- I noted that Thinking is different from feeling.
- I enjoy the process, I think that we have with my partner have a lot in common.
- I think it's amazing that complete strangers can be so meaningful dialogue.

4. Sending and Receiving Sensitivity - 10 minutes

This process is similar to the process of the "Send and receive thoughts", described above. In this exercise, the recipient says: "**Tell me what you feel NIL, now**". The sender then expresses feeling. The sender and receiver roles are reversed at the end of each transmission. Feeling - an emotion or physical sensation, such as pleasure, temperature, voltage, flavor, etc. This feeling is also something of what you can discern with any of your senses, such as touch, taste, sight, hearing and smell. This includes no thoughts, ideas, or analysis logic.

The act of sending and receiving feelings tend to be more intimate than the act of sending and receiving thoughts. If you notice a feeling of embarrassment or discomfort when sending or receiving, you can talk about it is, exactly: "I feel embarrassed and Choe Neboli inconvenience." Both the sender and the recipient may notice that a hen feeling is transmitted, it disappears. Experienced senders and recipients say that freeing ayuschy effect applicable to emotions and even to certain physical conditions such as pain. If the feeling persists, it may indicate that the sender holds back real feelings or that I have a recipient of a judgment in respect of that feeling, and he does not want to receive it.

For each process, be sure to choose for themselves a new partner to the end you had the opportunity to work with everyone.

Remember to check after each five-minute break and before the next process.

Examples of one pair:

Tell me what you're feeling now NIL.
I feel a little pain and some heat. Now it becomes handy.
Thank you.

Tell me what you're feeling now.
I feel a little pain in the neck. It is unusual for me, I want to relax.
Thank you.

Tell me what you're feeling now.
I immerse myself in it, I feel that my fingers are cold.
Thank you.

Tell me what you're feeling now.
I feel that I think too much.
Thank you.

Tell me what you're feeling now.
I feel pleasure in the toes and feet in his lap.
Thank you.

Tell me what you're feeling now.
I feel their complexes and a foretaste. I feel surprisingly open.
Thank you.

Tell me what you're feeling now.
I have a new feeling in the solar plexus, I like it. I feel safe.
Thank you.

Tell me what you're feeling now.
My hands get hot and sweat it tion. I'm in the amniotic [\[20\]](#) state.
Thank you.

Examples of other couples:

Tell me what you're feeling now.
I feel calm and relaxed and feel some tension in the back of the neck. I want to relax.
Thank you.

Tell me what you're feeling now.
I feel comfortable, I ask myself, "Maybe I'm just lazy?" I want to be here more and think less.
Thank you.

Tell me what you're feeling now.
I feel like scratching at the shoulder. I feel itchy.
Thank you.

Tell me what you're feeling now.
I feel relaxed because you relax. I relax.
Thank you.

Tell me what you're feeling now.
I feel silly. I feel like I'm falling out of his chair and fell asleep on the floor. This is fun.
Thank you.

Tell me what you're feeling now.
I feel like it's all some kind of fun.
Thank you.

Tell me what you're feeling now.
I feel that I need to get together and become a serious th, and I do not want that.
Thank you.

Tell me what you're feeling now.
I think it's fun. I have a happy, good feeling.
Thank you.

Tell me what you're feeling now.
Good smile for a change. I do not feel the grip around his head.
Thank you.

Tell me what you're feeling now.
I like this feeling, and I wonder why I can not be still more m.
Thank you.

Tell me what you feel now.
I'm just here now.
Thank you.

Checking for all four people:

- This was different - it seemed that was going faster. From strangers to me a man I did not feel glued to their own stereotypes. I had a lot of insight.
- I want to get away from thinking and dive into the feelings. I like it more than thinking. I feel like I want to get together with people closer.
- I slipped back into my thoughts, it is difficult to distinguish, to think better. I hope I can do it all.
- I have to re-establish contact with your body to do it. I noticed relief from different and I feel acceptance and greater convenience.

5. Sending and Receiving Form - 10 Minutes

This exercise is similar to exercise "Sending and Receiving Thoughts" described above. But this time, the sender does not say anything logical. The sender can use facial expressions, body postures, movements, gestures, sounds and primary short phrases that contain emotions. The sender can not use Covenants p shennye logical sentences. This is similar to communication via pantomime. The sum of all these manifestations is the form. Recipient asks: **"Show me the form, now"** . Then the recipient continues to receive as long as the form is completed by no. When the recipient feels that the form is completed, it is thanks, saying **"Thank you"** . This exercise gives the sender and the recipient Neko ELSE experience in the development and transfer forms. S forms also tend to disappear when the successful transfer.

Examples of forms of display:

- Jitter (shaking) of the upper part of the body
- Saying, "Oh, it burns"
- Shaking cheeks [\[21\]](#)
- Smile
- Obhvatyvanie head hands
- Stretching back and forth
- Fidgeting in his chair
- Saying "It feels emptiness"
- Rubbing feet
- Banging his fists on hips
- Fast fingers and pulling explosion at l ybki
- Getting up, stretching arms to the side and walking around, simulating aircraft flight
- Head shaking gesture of dissent
- Necking trunk

Example verification of four people:

- I cared more execution. X It is well that we do not appreciate how we do it. I felt stiff, expressing the feeling of flying, then melting - again, a good trip.
- I was nervous and shaking the sweat from his palms. I decided to deal with this stress, and it is gone. I found that I observe how my partner gives me. I noticed that trying to interpret the movements of others and want to analyze them. I noticed that I was uncomfortable being so close so quickly with a woman.
- It's like a game. I have not played enough in his life. I need to move around the body in various ways. I wanted to dig deeper into the left eye of his partner. I have a good feeling about yourself.
- I feel playful mood. I want to remove all the kinks out of his body. Then I saw that my partner is flying around the room, and I also wanted to fly. This euphoria - to be with

each other and play with each other. I want fun. I also want to fly. I like to do things together.

6. Development of Form - 10 minutes

This exercise is a continuation of sending and receiving forms. In this case, the sender and recipient remain in their roles for five minutes and then switch roles. Throughout the process, the recipient once asked: **"Show me the form, now"**. Then, when the sender is immersed in its form, the recipient of support in his words: **"Good job, do it well, untwist it, yes, oh, yes, even more so, and the like."** Is a good recipient of perfection the art of support without using logic or analysis. With gear "Do you really like to do it smiling, so do it yet," analyzed the sender and address logic. The words "oh yeah, good job, do so still" support, without analyzing.

The role of the recipient in the maintenance process and is essential for its success. The more you send, the more you appreciate the importance of careful recipient. The more you get, so you appreciate it more ready sender. The recipient generates and maintains Field Recognition.

Form is completed when the sender becomes calm and peaceful, and both: the sender and the recipient feel that it is over. Both can be noted that the issue is released and disappears. At this point, the recipient acknowledges the completion of the word **"thank you"**. If time remains, the recipient may request another form of words: **"Show me the form, now"**. In another case, the sender and receiver are sitting in silence. Logical communication, small talk and chat notes lead to the conclusion of other people from the process.

Five minutes later the leader declares: **"Stop. Thank your partner. Switch roles, now"**.

Example verification of four people:

- When I sent, I do not feel a connection with his partner. I just would I in his body five minutes. This is a luxury that I do not often can not afford.
- I chvst Vova that was part of the process and communication of its sender, being expressive. I could feel what he felt my sender. I felt responsible for his partner and some stress about it. Now I do not feel fear.
- It was marvelous. I notice that I continue to think about what I was doing, instead of going to the senses. I could feel that my partner progresses, and it inspired me. At first I felt discomfort, receiving, and then when I sent, I realized the value of preparation.
- I was lost in the feeling. I like to shake his cheeks. I just follow next with a sense of when it changes. Support from my recipient really helps - even a complete stranger. I notice one of their classes mo to find others to distract me.

7. Development of Four meters in a small tribe - 30 minutes

This process requires the Tribe, to collect the first of four or more people. Leader works with one the sender within e of the process. If the leader chooses the head of the process, the head of the process and work with the sender during the entire process. When one person is the sender, and all the rest - the recipients, we say that the sender in the "hot seat."

When the leader of the sender and work, other members of the tribe to join the process as recipients. Their role in the acceptance and support of the sender. After you spend some time on the hot seat, you have direct experience of how great the need for recipients to the success of the process. Recipients trace the sender and usually say the following: **"Good work and, do it, yes, great"** .

Recipients shall refrain from agreement or disagreement with the content of n Oszlanyi sender. Recipients recognize form without

judgment. Recipients create and maintain Field Recognition.

At the beginning of the process leader asks who the "hot" or "ready to work". If you volunteer a few people, the leaders briefly interrogates them about their "entry points". "Entry Point" - a short feeling now, possibly related to the situation with which the sender is currently facing in life. After questioning all volunteer leader chooses the one who, as he feels most "alive". The leader of the tribe is helping to develop their form to the sender.

In the beginning of the leader asks the sender to say anything about the situation, which is associated with feeling. The sender does not have to disclose something sensitive, personal or secret. The sender simply said enough to give him receive basic management situation. For Tribe One way to check liberating effect is repeated question to the sender about how he sees the situation. Normally, the sender receives a significant insights about the management of the situation and feels against her much calmer.

Another interesting "side effect" of this process is a "remote release". Sometimes, when the issue affects another person who is not present at a meeting of the Tribe, removed person experiences a sudden release and disappearance, along with CAA and a new look at the situation. That is, curiously, for remote person does not necessarily know anything about the PTP.

Leader also requests the sender to put it at its original situation to confirm his progress. Leader announces check from first to last at the end of the process, and the sender to verify the latter.

Example:

The primary view of the situation

My daughter is very serious about academic performance. It is strictly an excellent student and now is close to that in, to get the top four in

their lives. She is upset. She thinks that disappoints me. I feel a little disappointed. This creates a problem in my relationship with her.

Some types of support by the recipient

- Continue to move the head
- Continue to sigh and holding heart
- Stay with a burning feeling
- Go for it
- Shook his head yet
- Reinforce this
- Do this
- Even so
- Oh, yeah
- Good
- Bend back even stronger
- Twist yet
- Good work

Checking Recipients

- I also felt vol- tage in his neck and shoulders. I wanted to swing - for calm. I notice that I want to rest.
- I also attended the tension. My own history in school: I remember that I had only five, I could not even imagine fours. I find the process frustrating. I do not know whether I'm useful. I do not know what to do. I immerse myself here in your own process: their children and their own problems. I still have a lot to do.
- I'm trying to keep the sender. I try not to analyze and ask directions, and find that still do it. I really got the feeling of relief when the sender's release. I knew he was finished.

Sender Verification

- Burning feeling in my stomach went pretty quickly. Pain moving around my body. I recognized some old pain and noticed some new. I was just trying to follow the process. Support from the recipients really helps. I follow the process and let the feelings come and go. I feel carefree now. Support helps you follow this.

A new look at the situation

- I was less concerned about it. It's just a minor glitch. I received the AHA. My daughter was ready for that at that I would be upset. She wanted me to be upset about it. I just succumbed to this (got into it). I'm just going to let this alone come to con ca without worrying about it. I feel much better - a sincere, serious optimistic. Now this is not a serious problem.

As viewed poison the situation later that evening (by email)

- Thanks again to spell my workshop. I liked the experience. I believe that your discovery about the sudden removal of the release, when one party dissolves the problem is true. Since my daughter, who quietly avoiding me the last couple of days, when I got home, behaved as if nothing ever happened and no! Very interesting.

Note: Here ends the three o'clock session. The three-hour limit - it is an agreement for the first session. Group chooses to disperse and continue the next time. Therefore Tribe (four) passes the last check:

- I have had several experiences Tribe. I do not know, we could do so much if we had more.
- Good session. I like Xia process. I like to work. I like to be with you all. I like smiling idea that people can come together to help each other. There is no therapist, we just help each other. I think that a physician has a financial interest and it makes me feel isolated. I want to continue this work. I feel frustrated when others do not stand out. I'm tired of his tribe. I would like to communicate with others on a regular basis.
- This is good. I noticed a difference between the way men and women communicate. I like the ability to open things about yourself. I could not do that before. I like the support of others. I like the idea of work each time with the same people. It would require too much time - to disperse the other to the desired speed. It's a waste of time - to play with people who do not want to be fully engaged.
- I'm happy to be here. It's an interesting process. I need some time to see results. I think this is similar to brewing tea. You should continue to dip in tea bag. I like it and I would do it again.

Note: The meeting ends with the Tribe. A week later, the tribe is found again. After playing the drums and Registration Tribe continues the process.

8. Praise Judges - 10 minutes

LEADERS (process) and help recipients sender develop to their full form. When the form is completed, the sender demonstrates the willingness to experience the joy of showing the form and showing it. Sometimes the sender has a block, it (the sender) demonstrates a judgment and can not seem to develop its shape to the point when it is

released. In this case, the leader is looking for a judge who can restrain form. The leader of the sender asks: **"Show me what you enjoy form"** . If the sender can not enjoy the form, then leader praises the judge, asking: **"OK! Good! Show me the part that you do not like "** . At this point, no matter what the sender did, leaders recognize it as a judge.

Localization and shaping the judge (as another form) allows the sender to test it. This judge is the primary form of blocks. When the sender undergoes shape, it tends to disappear. In this case, the shape - a judge. When a judge disappears, then Leader can return back to the process of experiencing the original shape.

If the sender has difficulty one experiences a judge, he (the judge) can in turn contain another judge. Sometimes judges have up to several levels. The leader of the work and is to continue to praise all the judges as long as the sender does not want to experience one of them. Once the sender that localizes the judge, whom he wants to experience, we say that he is "happy the judge." When the sender feels happy judge, all stack judges usually destroyed, and the sender gets ready to experience the original shape.

In this exercise leader is looking for volunteers from those who have had problems with the forms of experiencing in the previous exercise. The leader then works with the sender in the format of a small tribe to help the sender in the form of one experiences through localization and of experiencing a judge.

Example:

Leader: All right! Cultivate this form even now.

Sender: I can not. I feel that I must do it right. I have to be perfect (the judge).

Leader: Show me the shape of t th, you have to be perfect.

Sender: (Sender clutches his neck and holding his stomach) There's everything - acid (Sender sobbing and holding his stomach). It is

unpleasant to feel.

Leader: So show me the judge. Show me the form "it is unpleasant to feel."

Sender: (sender puts his hand on his forehead and rocking back and forth, clenched his fists, grabs his hair and starts coughing, crying and showing his fists). No!

Leader: Good work - go on to say "no." Continue to praise his judge.

Sender: No, no, no, no, no, NO! (Sender stamps his foot and clenched his fists)

Leader: Show me pleasure "no."

Sender: NO, NO, NO, NO, NO! (Sender smiling, laughing and repeating "no" over and over again).

Leader (to the tribe) Poster experiencing judge. When he disappears, we can return to the original shape without a judgment of experiencing it myself. (Sender): Continuing th. Show me the acidic stomach now.

Sender: It is gone.

Leader: Show me grabbing by the throat.

Sender: (Sender plays with a double chin). It's almost gone.

Leader: Show me clenching fists and blows on her thighs.

Sender: (In a playful manner the sender knocks on the thighs).

Leader: So, show me "must be perfect."

Sender: Well, e-amb it. I do not want to be perfect. I just want to be who I am, and I want to have fun. I feel like dancing (sender gets up and impromptu dancing). I used to think that vulnerability - is openness harm. Now I see that you have to be open to send and receive. PTP - an awakening and a show jump.

Check and leader announces a break.

9. Reintegration Form - 60 minutes

Leader works with about tpravitelem with other members in order to complete the development of the form. He can just ask: **"Are you ready to experience a form now?"** Check for readiness confirms that the sender is ready, and reminds all the families that the sender must be prepared to process works. Leader and other recipients simply facilitate the task.

When the form is completed, Lida district asks the sender, if he is willing to try out the following form.

Ready sender is usually able to experience multiple forms in one session. Once the sender expresses his form one, Lida district asks him if he was ready to try and send all your odds m s at the same time. If he's ready, leader tells him: **"Do it now"** .

When the sender starts to experience all its forms at the same time, they are reintegrated so smiling. Members of the tribe are continuing to push him to the addition of new elements, which they will remember what they saw, such as jumping on one foot, clenching fist, smile, etc. As soon as the sender reintegrates all forms, they tend towards equilibrium, and the sender receives an equilibrium position, such, for example, still sitting with her hands lying on her hips. If this balance is not achieved, and the sender seems upset, then leader of the sender requests take the form of this disorder and reintegrate it with other forms. In the end, the whole network comes to equilibrium forms.

To Prove RCT completion leader asks the sender to try again individual forms. If a process p Covenants shen, the sender usually experiences a deep relief and relaxation, discovering that his curious form soft, paste flax and not to impress. We call it the achievement of the zero point. The leader can also claim the sender interview to describe their initial situation. If the process is complete, then the

whole tribe there is a feeling that the sender knows exactly what to do to solve most of the time their situation.

Reintegration of forms - is one of the fundamental processes of Trade Tribe. Two other refers to the process of the Millennium and the opposite process. Usually the leader can hold three or four processes on a single meeting of the Tribe. Each process can take about an hour with short breaks of between processes, that is, meeting the Tribe can last from three to five hours. The leader can choose the head of the process for carrying out the processes. This allows the leader to observe and train at the head of the process.

Example:

Leader: So, the races tell me about your problem now.

Sender: Well, I met this girl at the conference, and she flirted with me. She is divorced and evil men, and it also creates a sense of its availability.

Leader: I do not see your problem.

Sender: Well, my wife will leave me if I'll get in touch with her (the girl). I can also see that this woman is absolutely no good for me. I just do not like what I feel for her is really strong attraction.

Leader: Now, show me the shape of this dilemma.

Sender: My father was not loving. He was used to change my mother. My mother compensate for this and gave me a lot of love.

Leader: All right. Continues to tell his story th and stay in my head, and when you're ready, right now, show me this form.

Sender: (Sender wring their hands and shakes his head from side to side) Hot hands!

Leader: Good work, let your hands get even hotter.

Sender: (rubs his hands on legs) It's hot (sender shakes his head, clutches his chest, shaking cheeks and clutches his stomach). My stomach hurts. I'm afraid my wife will leave me.

(Leader and other recipients are working with the sender about half an hour. The sender is developing several forms.)

Leader: Now, I want you to show all of these forms in a moment now, when you're ready.

Sender: I'm ready.

Leader: Come on, now, and show us all their forms together and experience all the feelings now.

Sender: (Sender immersed in a wild harmony, performing all the movements one after the other, and then at the same time)

Tribe: Good job, stronger grasp smiling belly, still sweat ryasi cheeks, stronger wringing his hands, still hot hand, rub your head still.

Leader: All right. Let your body do what it wants to connect it all together.

Sender: (Sender immersed in the wild activity and then collapses into a chair) Wow! (Wow) Good feeling. I want to do it again (sender again immersed in the wild activity and then falls with a broad smile, resting a minute, and then doing it again. The sender peacefully sitting with a big smile).

Leader: So, Russ kazhi me about your problem.

Sender: My wife is afraid that I might be having an affair. She tells me: "If you will be having an affair, do not tell me." It connects me.

I want to tell her that a divorced woman and told her my feelings, and I thought that I could not deal with this. I realized that just SEL RAL such a woman to be unstable, angry, and very likely to go to my wife. With Sub-Network Fredovskoy it will provide my wife the experience that so and avoids. I'm gonna tell the whole story to his wife and say, how I love her and how much I am afraid that it will go away. I'm glad I got to meet the Tribe before I had the opportunity to act on the drama with the divorced woman.

Check and leader announces a break.

10. C C Process - 5 minutes

When you have a working Tribe with experienced recipients and leaders in this exercise, you can see the importance of the Tribe, P olya Confessions and the head of the process. In the absence of a field and the recipient process does not work. Just ask the sender to try to develop a form without the aid recipients and the head of the process as well. Leader says, **"Begin and submerge smiling in his feelings, now"** . Then a member of the tribe's still sitting passively and watch tons of the sender. This starts the process of SS (DIY).

SS process is similar to thinking about their problems. He does not help much in one experiences or forms to achieve the zero point, or to obtain insight.

Forms of experiencing goes against our own protective nature. It seems that we need the support of others and in the process managers and to unleash our in-not.

Example:

Leader: And so, we're all just sitting here, and you begin and carry out the process without our intervention.

(It takes a few minutes without any special events)

Sender: My question is expecting something to happen (sender banging his fist on his knees, crying, hit the pillow, taken hands behind his head and rubs his neck). I realized that I need to learn to laugh more (sender frowns, saying it).

Note: The tribe says that the sender does not have any unleashes-not and does not solve any problems. The sender, however, is emotionally active and willing to work, so the leader decides to start the process for cleaning Reintegrating this sender. He (the process of) the resultant development of several forms and allowed a deep peaceful sedation.

11. The final Inspection - 3 minutes per person

In conclusion, the tribal leader announces final inspection. This is an opportunity for all members to express their feelings about the whole meeting. At the end of the final checks leader dissolves the meeting.

Example:

- I feel enlarged, aware of their feelings. I feel accepted and tolerated. I can feel the other participants. Love heals all in the room. It really felt differently expansion. I want to keep coming back to this place. I like emotional relief. Thank you all.
- I feel that the meeting of the Tribe makes more than a solution to my problem. I feel a deep connection with all of you.
- I just unearths it. It has parallels with golf, family, and trading. It is now a place of acceptance, the exact place to be at the zero point.
- Thank you for sending and for what were my recipients.

Summary of Concepts PTP

Fred

Each of us has a conscious mind that can talk, think and multiply 123 by 5. We also have Fred, who can ride a bike, translate sound waves into words and hastily withdraw our hands from the hot plate. When Fred faced with a familiar situation, such as a bee sting, he puts his best efforts. When I first encountered the new situation, there is nothing really does not fit, so maybe the best of what can do in this case, Fred, is crying. Later, Fred again and again Music player yvaet this event the conscious mind to the conscious mind could think about it and reprogram Fred to better respond to the case, if the situation happen again. So we gain wisdom. We learn to stop, look and listen bee before sniffing bouquet. Ed F - is that part of us that controls a replay. Language, jointly shared by Fred th and conscious mind th, is the language of forms and feelings.

Wasps uzhdenie U-ed does not interfere in the actions of Fred

Wasps uzhdenie - this reluctance to feel anything. If you do not want to feel angry, then you condemn anger. Y ou do not let Fred transmit angry feelings conscious mind. You find yourself in a situation where Fred wants to feel the wrath of the conscious mind, and you do not want it to feel. This in-not. You **do not** train elaeete feel something, and your feelings are in the **site** .

Your U-layers control not Your Life

Let's say you have a conviction in respect of any feelings. You can not stand this feeling. You avoid to feel it at all costs. You never listen to that warning, which gives you the feeling. As a result, you find yourself in a problem situation. The problem is the fact that in the end you have to feel this feeling, very intense. If you do not wish to start to feel your feelings, you keep repeating the drama.

Every feeling is a positive intention

Have to have a sense of azhdogo function. This function t t h to lead us to the good life. When you unleash y not fully experience the feeling, you begin to realize its positive intention.

We teach Xia what some feel I vlyayutsya The bad

Parents, environment, churches, schools and society in general, teach us that some feelings are bad. Boys tend to take in-not with respect to sadness, tenderness and vulnerability. Girls tend to take at-not to the anger and confidence. People grow up, unable to be fully operational in areas that rely on these feelings. They roll into the drama that fill their lives with these feelings.

You can fold his U-knit and do not regain their Force

Until such time as you do not want to experience this in chuvst as anger, you are blind to it. Y ou get into situations that anger the end you. When you recognize your anger and translate it from an enemy into an ally, you regains his strength.

PTP relieve you of so unproductive Drama and puts you on the trail of the good life

PTP works by combining the fields and forms of Confessions, providing a way of experiencing feelings. When you remove a judgment from their feelings and get ready to experience them, you transfer them from enemies into allies, inhabiting your dashboard emotions.

Glossary

This glossary contains some parts of the language that we use in the PTP. Although the requirements for use of these words does not exist, many practitioners like to use them. It allows us to express things efficiently.

Aha - this insight, usually accompanied by the removal of the voltage at the point where the conscious mind will connect with Fred during the PTP.

Hot place - this is the position occupied by the sender at the meeting of the Tribe. The man on the hot seat, holding the position e, indicates a willingness to test their form, even if one of its forms is a statement that (indicates) that he does not wish to do so.

Drama - is a recurring sequence of events arrayed Fred for what would make us feel their feelings.

Of experiencing [\[22\]](#) - is a conscious n riznanie feelings. When we condemn the feelings we tying them in knots and can not test them. PTP - a method of experiencing in-not, unleashing them of experiencing feelings and transferring them from seeking drama enemies in seeking the good life allies.

Adoption relentless - a gift that recipients do sender. Doing it, they create and maintain field Confessions.

Point Zero - a state of tranquility and grace, indicating the completion of the process of reintegration.

Responsibility - a model that supports the fact that the world - it is constantly evolving system that everyone is responsible for everything and that the intentions of equal results. People taking models of liability, notice that their intentions are expressed in the results quickly. See: Causality.

Sender - is any person who intends to test their form within e PTP. When one person sends the remaining Tribe during the process, it is on the hot seat. See: Receiver.

Sub-Fredovskaya Network - a network of Fred. It is a system of communication that we use for the involvement of all in the drama and in the good life.

Confessions of a field - it is the external environment unrelenting acceptance and support, which creates the recipient to the sender. This step helps the sender to unleash their y-not, to experience their feelings and acquire wisdom.

Recipient - a person who listens, supports, and takes to create a field of Recognition to the sender could feel their feelings. Look Poster.

Proper Life - it's a lifestyle, which includes life on the model of responsibility, desire to experience feelings and sharing their special gifts concentration and vigorously.

Causality - a model to explain how simple things work. In the game of pool [\[23\]](#), we say that the ball hit the cue on which is the cause of motion and the ball, scored in the pocket. The reason is not working very well to explain situations in real zhiz no. It does not provide a sense of the emergence of balls, table and all players in the same place and at the same moment now. Fundamental analysis and Western culture polagayuts I model the cause. See: Responsibility.

The inverse of (polar) - a set of methods for simultaneous two forms of experiencing. This bipolar version of the reintegration process.

Reinteratsii process - a set of methods to help the man sitting on the hot seat in the United its forms in the peace and a strong unified form. By doing this, he reintegrates their individual inner feelings. Upon completion of the Reintegration individual forms are all automatically lead to a unified form and cease to exist as separate forms. Drama associated with individual forms, tend to disappear (tend to disappear).

Trading Tribe Process (TAP) - a set of methods, which promotes personal growth. TAP helps Fred to cooperate with the conscious mind. TAP helps unleash y not. In PTP senders and receivers change places to help each other. PTP (TTP ®) - a brand that you can not use without permission in writing Ed Seykota.

The objectives of the process - the application of PTP to unleash those have-not that stand between a sender and its objectives.

Process Form - a set of methods by which members of the tribe can help a person in the hot seat to take shape until it is completed.

CDF-N - a style of communication, subject, verb and object, now. CDF-N promotes clear thinking, keeps people today and reminds them of their responsibility.

Now - is a growing point at which things happen. Past and future do not exist except in the concepts now.

SS is DIY. **SS** - an attempt to execution without the help of PTP Fields Recognition and recipients. Independently, we are rarely able to experience feelings that have traditionally avoided.

The conscious mind - a place of awareness, as part of the mind that we use to understand the concepts. The conscious mind also contains a logical process. If we see a rabbit ran behind a tree and ran out on the other hand, we can use the conscious mind to calculate what he (rabbit), most likely is behind the tree.

The judge - a feeling that another feeling bad or wrong. Do-not - this feeling, plus the judge. Y does not protect the feelings and gives us experience them. The judge may also be the judge. Feeling can be woven with a pile of judges. We untie y-not by finding that the judge, whom we wish to experience. We call it "the judge happy." When we experience this happy judge stack quickly collapses and frees us to feelings of experiencing the original.

Trade tribe - a group of people who meet together to help each other through a process of Trade Tribe (PTP). Trade Tribe (Trading Tribe ®) - a trademark, and you can not use it without written permission Ed Seykota.

Do-not (k - not) - the feeling I sud plus who does not like it and the feelings of. We are tying feelings that do not like to have-not. This interrupts the transmission of feelings from Fred to the conscious mind and prevents formed vaniyu experience and wisdom. Judges - is also a feeling, which may have their own in-not. Some feelings are deep tangles y not.

Form - is the outward physical manifestation of inner feelings, thoughts and emotions. Forms provide a way to tribal members tracked tion human progress, Naho verging on the hot seat, and let t effectively use field Confessions.

Fred - it is the subconscious mind, the limbic system and autonomic nerve tion system, plus the desire to transmit feelings. Fred runs most of our daily lives: how to talk, to listen, to balance the body and react on a hot stove. Fred the feelings of the conscious mind for the development of wisdom and abilities. When the conscious mind does not recognize Fred, Fred can organize drama to attract his attention. Fred controls subtle mezhlichnostnostnoe communication through emotions manifested through facial expressions and body postures, and uses them to involve others in the execution of intentions. See: Under-Fredovskaya C et.

[1] Right Livelihood

[2] Judgment - judgment, condemnation. Hereinafter - both depending on the context.

[3] To experience - experience, feel, experience. (Hereinafter, Translator's Note)

[4] Willingness - willingness, desire. Meaning of words includes both the first and second.
Then - depending on the context.

[5] Experiencing (from Ch. to experience - experience, experience) - here and hereafter I translate this word as "one experiences" (instead of "experience"), which, although it sounds a bit ugly, in my opinion, more consistent with the essence of the phenomenon.

[6] Re - Integration - letters. re-unification

[7] Willing - ready, willing to do, voluntary. Hereinafter referred to as the word almost always translated as "ready", but the reader must take into account other shades of its value.

[8] Will - here: will, willpower, desire.

[9] Receiving

[10] Impish - mischievous, naughty, evil.

[11] Pitch - here, the height (pitch of sound).

[12] The two different senses, that is the emanation of different qualities, are closed to each other within our energy shell, forming a stable emotional fixation.

[13] Tipping - over - tipping

[14] Rejection - rejection, rejection, rejection, rejection.

[15] Threat-Threat - threat - a threat to threaten - to threaten.

[16] Willing - see. p. 25

[17] Grow-Grow

[18] Literally - Take the sender, not the administration.

[19] The term "holotropic" is formed from the Greek roots - holos, meaning "whole", and trepein, which means "to move toward." Together they mean "move toward integrity."
(Wikipedia)

[20] Amniotic - adj. from amnion - the thin membrane that forms a closed bag containing the embryo or embryo of reptiles, birds and mammals, and containing the amniotic (serous) fluid.

[21] Shaking the jowls

[22] Experience - translator introduced the term "one experiences" (as opposed to "perezhivaenie"), which is somewhat sloppy sounds in Russian, but it seems that most closely matches the nature of the phenomenon.

[23] Pool - kind of billiards.

