



Steps of the Lefkoe Meaning Dissolving Process

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1. Notice a negative feeling you are having.
2. What is the event that immediately preceded the feeling? Someone did something or said something. Or something happened. _____.
3. What is the meaning you gave the event that produced the feeling?
_____.
4. Initially your meaning seems like it is part of the event, inherent in the event. Make a clear distinction between the event and the meaning, and get that the meaning is only in your mind, not in the world. When you make a clear distinction between the event and the meaning, the meaning will dissolve. (If your meaning dissolves, stop here.)

If it does not, use the following techniques to assist you to make the distinction clearly.

5. Doesn't it still seem that _____ is inherent in, part of, the event?
[your meaning, what the event means to you (#3)]
(The answer will be, yes)

(Use either 5a or 5b, whichever is easiest for you.)

- 5a. What are some alternative meanings? In other words, what else could the event logically mean? (Give two or three.) _____.

- 5b. What meanings might other people, who are different from you in some significant way, give the same event? (Give two or three.)
_____. (If your meaning dissolves, stop here.)

6. Did you ever **really** see _____ in the world? Or did you just see
[the meaning you added to the event (#3)]
_____ ? (Answer will be, I just saw the event.) (If your
[the event (#2)]
meaning dissolves, stop here.)

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7. Can you get that the actual event has no inherent meaning? That _____
[the event (#2)]
doesn't really mean anything until you give it a meaning? (Answer will be, yes) (If your meaning dissolves, stop here.)

8. If the event involves something that someone else did, ask yourself if you have ever done something similar. If so, notice that the meaning you attributed to the other person would not have been true when you did the same thing. (If your meaning dissolves, stop here.)

9. Think about the event. Does the meaning still seem like it is part of the event, or is it gone? Are you now aware only of the event? (Answer should be, only the event. The occurring has dissolved.)

The meaning can dissolve at any point when using the Lefkoe Meaning Dissolving Process (LMDP):

1. After making a clear distinction between the event and the meaning you have attributed to it.
2. After stating several alternative interpretations and getting that your meaning is only one possible interpretation and is not inherent in the event.
3. When you get that you can't literally see your meaning in the world, only the event.
4. When you get that the event has no inherent meaning.
5. When you get that you've done the same thing and you didn't have the meaning you are attributing to someone else.

Use whichever LMDP technique you find easiest to use and continue to use different ones until the meaning dissolves.

Suggestions to help you dissolve your meanings

The basic technique to dissolve your meanings is to make a clear distinction between the event and the meaning. If you have a hard time making that distinction, there are several different techniques in the LMDP (see above) to help you make that distinction.

Before using the LMDP consider the following:

1. The description of an event and your meaning should be no longer than a couple of sentences each. You cannot distinguish between two things unless each of them is very clear and distinct.

2. If you have resistance to doing something, imagine someone else who is not afraid to do what you want to do. Then ask yourself what meaning must this person be giving that has him not be afraid. That will help you find the meaning you are giving because it is probably the opposite of the other person's meaning.

3. Imagine someone else observing the same event. What would that person actually see? What you think you can "see" that the other person doesn't is the meaning you have attributed to the event.

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