



## END OF WORDS

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*The non-dual states of empty consciousness are an indication and mechanism of change. Cultivating an awareness of these states contributes to increases in compassion and present-focused attention, and decreases in reactivity.*

*~ Melanie McGhee*

**End of Words (EoW)** has many creative applications, especially related to self-limiting cognitive activity such as worry and regret. It can also be used to disrupt stress responses such as tension and anxiety. You can find a link to the video series in which I teach this method [here](#).

### **Instructions**

With EoW, we are using the fundamental polarities of good and bad to facilitate integration. It is important to understand that all situations and experiences have elements of something good and something bad. Most people can think of a bad situation or person, and find something good about it or them. Or conversely, we can think of a good situation or person and find something good about it or them.

We can use this cognitive flexibility to our advantage to untangle from charged mental energy at will.

### **EoW Instructions**

- 1. Identify focus for your practice**, the self-limiting thought, feeling, behavior, idea, decision, etc. It might also be a cluster of thoughts and feelings. However, the more specific the better. Notice the content of your focus, does it feel heavy or light?
- 2. FEEL the thought, feeling, idea, belief ...** *What's bad about \_\_\_\_\_?* This is important. Taking the time to feel the content in play BETWEEN identifying the good and bad allows for the acceptance of what is discovered in the exploration, ultimately decreasing the charge, rather than engaging in a pro-con list driven by the mind. As you FEEL, notice thoughts, images, emotions and sensations.
- 3. FEEL** the \_\_\_\_\_. *What's good about \_\_\_\_\_?*
- 4. FEEL** the \_\_\_\_\_. *What ELSE is bad about \_\_\_\_\_?*

5. **FEEL** the \_\_\_\_\_. *What ELSE is good about \_\_\_\_\_?*
6. **REPEAT** steps 4 and 5 until you reach the end of your words, there is nothing good or bad. There will be a bit more inner spaciousness. It will start to feel like you are reaching for a thought, image or emotion. Pause there.
7. **Stabilize** with light. Imagine filling all the spaces where this problem took up space in your mind and body with light.
8. **FEEL** the \_\_\_\_\_. Now does it feel light or heavy? Generally, the content feels lighter.

**Trouble shooting:**

- It is **ESSENTIAL** to **FEEL** the content as you swing between explorations of the good and bad. This begins loosening and neutralizing the energetic charge of the content.
- To **FULLY** neutralize the charge and make gains towards disrupting this type of cognitive activity, it is necessary for both sides to be completely empty of content. This means there is, no thought, image, emotion or body sensation other than being present.
- Oscillating between opposite energetic content while **FEELING** the content takes this far beyond a familiar pro/con list.

Scribing your experience will help you guide yourself through end of words. The chart below is **JUST** a guideline, a practice guide. It's likely that you will have many more layers of content than the lines in the chart below. After much practice, you will be able to do this as a walking around practice and it will take less time.



What's GOOD about ---?	Content	What's BAD about ---?