

ADVANCED PRAISE

In clear, precise prose, Dr. Laurie Weiss makes the case for Logosynthesis, a tool for releasing psychic energy long bound up in stressful experiences. With strong supporting anecdotes, she introduces the reader to a deceptively simple method for enriching one's life. Fascinating.

– **Mike Keefe,**
Pulitzer Prize-Winning cartoonist (US)

You have an absolute GEM In this sweet little book! I love it. I could not wait to use it! It is simple, to the point and makes the reader comfortable with using it.

– **Rhonda Hartman, R.N., M.A. Author,**
Natural Childbirth Exercises (US)

I am struck by the clarity of your writing and the straightforward way you have organized and presented the material. I very much liked the step-by-step instruction! Your personal anecdotes made your own experience with Logo-synthesis more present and accessible. I am sure it will make a meaningful difference in the lives of many people. Bravo!

**– Foster Brashear, Designer,
Electronic Systems and Devices (US)**

You have a very engaging writing style easy to read. Great case examples. THIS BOOK IS GOING TO BE A VERY IMPORTANT TOOL FOR SELF-COACHING. Many, many thanks.

**– Julie Jacinthe Arsenault, MSW Clinical Social Worker,
Psychotherapist, Logosynthesis Practitioner (Canada)**

This book opens doors to stuck emotional spaces we experience, regardless of “who,” “where,” “how,” or “why” we are. It was, for me, an empowering read. I predict this book (and Logosynthesis) to be beneficial to individuals, families, and faith groups. The “sentences” proposed, are liberating and truly help me look at life challenges from an “energy viewpoint.” I agree with Dr. Weiss’s own words, that this book and its approach is a great resource for “spiritual awakening and transformation.”

**– Ralph Datema, D.Min., M.Div., LMFT,
Diplomate – American Association of Pastoral
Counselors (US)**

Your book explains the Logosynthesis process in a way that will make it easy for me to use this process to relieve stress and fear from various incidences in my past and help me release the energy that I have given up to them. I don't know how or why it works, I just have experienced the relief it brings.

**– Karen Bartholow,
Home Health Care Provider (US)**

I work primarily with corporate coaching clients and executives and it is amazing how I end up using Logosynthesis with the majority of them. I am thrilled that you've written this as a simple guide which they can refer to and use for themselves. Thank you for doing this.

**– Pamela Burkhalter, Management Consultant,
Facilitator, Logosynthesis Practitioner (Switzerland)**

What a wonderful and inspiring book. Your writing is easily understood, in spite of the very complicated subject matter you are dealing with. If everyone knew and used this tool, everyday life would greatly improve for most of us. I can't imagine anyone who would not benefit from making it a part of daily practice.

– Judy Warren, M.ED., Educator (US)

I like it a lot. I was drawn into the story lines that you cleverly presented and especially like how you interweave your personal experiences. Examples are clear, interesting and easy to understand and relate to.

– **Trish North, Director, Logosynthesis Canada;
Logosynthesis Practitioner (Canada)**

You have a wonderful way of putting things into clear words and digestible form.

– **Karin Martin (Frischluff) Business Consultant, Coach,
Logosynthesis Practitioner (Switzerland)**

RAPID RELIEF WITH LOGOSYNTHESIS®

Letting *it* GO

RELIEVE ANXIETY AND TOXIC STRESS
IN JUST A FEW MINUTES USING ONLY WORDS



DR. LAURIE WEISS



Empowerment Systems Books

Letting it Go

Relieve Anxiety and Toxic Stress in
Just a Few Minutes Using Only Words

Laurie Weiss, Ph.D

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Quick Start Guide:

***Using Logosynthesis to Release
Anxiety, Stress and Worry***

www.BooksbyLaurie.com/guide

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PREFACE

Introducing Dr. Willem Lammers

In this book, you'll learn how a new and highly effective method of guided self-change can help relieve your toxic stress and anxiety. This methodology was discovered by Dr. Willem Lammers and is becoming increasingly popular in Europe and spreading to other parts of the world.

I am very honored that Dr. Lammers is offering this preface to my work.

Laurie Weiss, Ph.D.

* * *

If you can't make it simple, you don't understand it well enough.

– Albert Einstein

The method presented in this book is the result of

40+ years of experience in the guidance of people on their life path. In these years I studied many approaches to coaching, counseling and psychotherapy, but again and again I came to the conclusion that there must be something more simple, more elegant, more effective. Coming of age as a professional in the sixties, I learned Transactional Analysis, Psychoanalysis, hypno-therapy, NLP, EMDR and many of the new models of energy psychology.

Between 2001 and 2005 I went through a crisis in my motivation and creativity as a professional: I was still convinced that there must be a more direct way to guide people through their pain, into their development. I also knew this way wouldn't be rooted in more concepts, more neurology and more techniques, but in a deeper understanding of human beings.

Human beings are more than biological machines with a wet computer between their ears. In reality, we are energetic manifestations of something bigger, wider and higher, which I call Essence, and this Essence is the answer to the question why we live here on earth. If we lose the connection to what we really are, we become the slaves of our biological and psychological needs, and if these needs are not fulfilled we're caught in fear, guilt, grief and greed.

From the increasing awareness that we are more than our physical body and our mind I discovered Logosynthesis in 2005, and I have spent my years since then to make it simple. First as a model for my colleagues in the healing professions, then as a method people could use for themselves to cope with the challenges of daily life.

Laurie Weiss, whom I deeply respect as a colleague, as an author and as a fellow human being, has taken the simplicity, elegance and effectiveness of Logosynthesis for self-coaching to new heights. Her use of examples from years of practice, her clear style of writing, her deep understanding of the theory and the method of Logosynthesis, all wrapped in a deeply human attitude are guaranteed to open your eyes and your heart to a new future for yourself and those who you love.

That doesn't mean that you have to solve every problem on your own. Our growing international community of Logosynthesis Practitioners is here to assist you on your path to healing, your path to discovering who you are and why you're here.

Maienfeld, Switzerland, January 2016

Dr. Willem Lammers

Founder and developer of Logosynthesis

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CHAPTER ONE

DISSOLVING TOXIC STRESS

There cannot be a stressful crisis next week. My schedule is already full.

– Henry Kissinger

Are you singing the song you came here to sing?

– Lawrence LeShan, Joe Sabah

You want to live with less stress and more joy. You just want to stop feeling so anxious about all the things you think you should be handling when you already feel like a stretched rubber band. You wonder what happened to all the energy you used to have.

But, no matter how hard you try to stay in control, stuff keeps happening. People make demands on you and you expect yourself to be able to do it all, so of course, you're stressed.

- Then you can't stop thinking about it all.
- You start feeling anxious and it drains your energy.
- You know you should let it go but you can't figure out how.
- You try to fix it, but take out your frustration in ways that make things worse.

And furthermore, you don't have time or resources to get it fixed!

You are not alone! In the 45 years I have been helping people heal their lives I have used many different tools to

help them calm their anxiety, take charge of their busy lives and find what they need to live joyfully. And I have used those tools on myself as well.

So imagine my surprise when a long-time colleague and friend showed me a new tool that simply blew me away!

I Was Amazed

It happened this way. My husband and I went to dinner with old friends after a day at a professional conference in Montreal. Our friends picked a Mexican restaurant which was supposed to be quiet and pleasant. We live in Colorado and can get that kind of food any time but it was a special treat for them.

I am a “highly sensitive person” whose body rejects highly spiced food and loud noises and the evening did not go well. Waiters kept promising food I could eat and delivering food that made my mouth burn and induced violent coughing. As we sat there very loud families arrived and the mariachis began to play trumpets! Can you imagine how stressed I felt?

I excused myself while my husband paid the bill and

went outside into a beautiful quiet evening to calm myself down. I did some breathing exercises and tapping and I thought I was fine. Then the friend came out and asked if I was OK. I told him, truthfully, that I was. He asked me to describe what happened and I did my best to explain how my body had become extremely tense.

He asked if I would try something new and had me repeat some words I barely understood. Suddenly I experienced a whole new level of deep relaxation of the remaining tension that I had not even been aware of before. I was stunned! I asked what he had done and he told me he had used a new European technique called Logosynthesis.

That happened in 2010. I started taking professional Logosynthesis training a few months later and it has not only changed the way I practice coaching and psychotherapy, allowing me to help my clients much more rapidly and with much less pain, it has changed my own life.

One change is that since that encounter in 2010, my life-long stress reaction to noise has simply disappeared. Another change is that after my first training weekend, which I had been reluctant to schedule because of my

stress reaction to the intense overstimulation of airplane travel, I traveled home and simply forgot to be stressed. I have been able to travel on airplanes without any particular reaction ever since. Sadly, I still can't manage spicy food.

After several years of study and supervision my husband and I have become the first and (as of this writing) only certified Practitioners and Basic Trainers of Logosynthesis in the United States.

Logo What?

Dr. Willem Lammers, DPSYCH, MSC, TSTA, the Swiss-Dutch discoverer of Logosynthesis and author of several important books on the subject, has asked me to create a simple, more accessible version of this information for people who are looking for help managing stress, anxiety and myriad other challenges in their lives.

On the surface, Logosynthesis is a surprisingly simple tool. You learn to notice certain things about yourself and the flow of your life energy. When you find something that is uncomfortable or out of alignment you say three sentences and notice your own responses to each sentence.

Sometimes you don't notice anything at all. Sometimes old memories are activated. Sometimes you feel weird, surprising physical sensations. Often your experience of discomfort shifts and whatever was causing you distress vanishes.

The premises on which Logosynthesis are based are also simple. I will explain them in more detail later but this is enough to get started.

If you have any type of spiritual or religious practice you probably already recognize that at your core you have a true Self or Essence. When you live your life as your true Self you experience a flowing energy often labeled as joy.

When your energy is not flowing this way you may experience various kinds of discomfort. Life is messy and you frequently encounter all kinds of stress that block the free flow of your energy.

Willem Lammers says that energy is either moving or stuck and that it is in the right place or the wrong place. The purpose of this process is to get energy that is stuck moving again and to move energy from the wrong place to the right place.

The first time I heard about this process, I simply

dismissed it. My friends had tried to share it with me before our evening at the restaurant and I just didn't get it. So rather than tell you about the process, let me share a few more stories about my experience using it.

An Experiment That Worked

The first time we (my husband Jonathan and myself) explained what we had experienced to a group of friends they wanted a demonstration. A 60-something-year-old woman volunteered, explaining that for as long as she could remember she felt scared and noticeably flinched back when a car in which she was a front seat passenger approached another car. Her husband verified this behavior happened nearly every time they were in the car together.

Her energy was clearly stuck in something but we were not sure what so we asked her to repeat sentences focusing on "this experience of flinching back." After each sentence we asked her to notice what she experienced and she reported a memory of being in an accident where her head had hit the windshield of a car when she was 17 years old.

We had her say the sentences again focusing on "this

memory of hitting the windshield” and she reported feeling relaxed. Then, because we had been told that sometimes personal energy gets stuck in objects, we asked her to say the sentences focusing on taking her stuck energy back from the windshield and she reported even more relaxation. The entire process took about 15 minutes.

Several weeks later we were astonished when she reported that she had not flinched even once since we had done the process. Her husband agreed. Many months later he wrote a letter saying that the change seemed to be permanent. You can see the letter at LogosynthesisColorado.com. Magic???

Magic or not, there was something very different about this tool. The more I experimented with it, the more excited I became. I was able to help clients resolve painful issues with so little fuss that they often forgot the reason for their newfound freedom. I found that work that used to take many months could now be resolved in just a few weekly sessions.

Yes, I will tell you the magic words, but not yet. You need more information about choosing your focus points before knowing the exact wording of the sentences that

will be useful to you. Even after you learn those sentences, I suggest reading this book through the instructions in chapter 7 before experimenting with using them yourself.

Giving Up Suffering

Then there was the work I was able to do by myself! I've known for years that "suffering is optional," which means that we don't need to focus on existing discomfort and tell ourselves stories that make us even more uncomfortable. However, I never expected my license to suffer to be revoked. Once I learned how to use Logosynthesis to release my own anxious feelings I simply could not justify letting them continue to bother me.

It usually works this way for me. When I am preparing for bed the unresolved stuff of the day tends to surface. One evening while brushing my teeth I kept going over and over the ways I could have responded differently to a fairly nasty conversation with a man I barely knew. Since it was over and unlikely to cause any further problems (other than those I created myself) in my life, I decided it would be nice to stop thinking about it now instead of lying awake and obsessing about it later.

This would have been easy to say but hard to do without my new tool. I used the sentences focused on the belief that I should have acted differently. Suddenly I had a very clear picture of myself at 10 years old in a new school being teased by a girl named Betty. Now we would call that teasing bullying but that concept for teasing was unknown 65 years ago.

The kind of vivid picture I remembered contains an amazing amount of information: the things we remember as well as all the other things that are present but out of our immediate consciousness. That kind of picture creates a powerful focal point for this work.

I used the sentences again (aloud, but garbled, I was brushing my teeth) focused on this memory. I found that my worrying about what I could have, would have, should have said earlier in the day completely disappeared. I was relaxed and went to sleep.

You Can Learn To Do This

I have created this book to give you enough information for you to use this tool yourself just as I did. As you develop your skill you will be able to use it when you are feeling stuck, stressed, anxious, overwhelmed,

depressed, or otherwise upset. It will help you to relieve your distress, reclaim your energy and get on with your life.

You'll also learn when it would probably be a better choice for you to ask a professional therapist or coach to help you resolve these issues. You will find a list of helpful resources at the end of the book.

CHAPTER TWO



IS SUFFERING REALLY OPTIONAL?

This instant is the only time there is.

– **Course in Miracles**

The reason for most of your distress is often very different than you think it is. Remember the two examples in the last chapter. My friend seemed to be reacting to approaching another car when she was a