

Neutrality

the most balanced state

Meditate with Tessa Gottschal

Therapist & Author of books and cd's



CD contents:

1. Introduction
2. Neutrality
3. Neutrality & Other People
4. Neutrality & Your Sub-personalities
5. Neutrality & Unpleasantness

This cd is, among others, for those who:

- ✓ Suffer from emotions and/or (annoying) behaviour of others. This could be colleagues, partner, family members, clients, neighbours, employer, etc.
- ✓ Is unhappy with a relationship (e.g. quarrels or conflicts at home or work)
- ✓ Want to break free from old, limiting or negative (family) patterns.
- ✓ Is often the 'underdog'. I.g. feels more often dismissed or 'redundant', shunned, bullied, ignored, unable to keep a relationship etc.
- ✓ Want to increase their professional attitude.
- ✓ Want to increase their open mindedness, unbiasedness.
- ✓ Want to suffer less from the defences of others.
- ✓ Want to stay more true to oneself.
- ✓ Find cooperation with others difficult.
- ✓ Need more protection against unwanted energetic & psychological influences.
- ✓ Need to be able to distance themselves emotionally somewhat more.
- ✓ Want to learn to neutralise their own defence mechanisms.

English Cd's from Tessa Gottschal

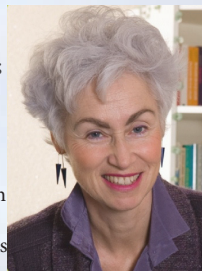
Hara Chakra – health, vitality and recuperation

Mindfulness – strengthen your focus ability

Neutrality – the most balanced state

"For many, meditation is just a moment of relaxation. Yet I think continuous relaxation is more important. By which I mean holding a relaxed state as much as possible in everything you do. Or; when that is not possible due to busyness or circumstances, you are able to bring yourself back to that state in a short time."

"Hence my fascination with psychological meditations. After all, you always have yourself with you and if you often are at war with yourself, at crucial moments undercutting yourself, or thwarting yourself, rushing too much, etc, what use are those brief moments of relaxation? After all, you are supposed to be the most best friend of yourself. Thanks to psychological meditations, you can learn that."



Background information about Neutrality

Being neutral sounds boring, the opposite is true. It is full of dynamism, strategy and control. Neutrality saves you from relational blunders and collegiality. It prevents you from getting carried away; by events, an emotional appeal or ambition. Life becomes a lot more enjoyable when being neutral is easy for you. For your career it is a valuable trait and privately it gives depth to your relationship.

My book 'Ik voel (n)iets voor verandering' (translation in progress) explains how essential neutrality is. Its opposites are subjectivity, bias, discrimination, exaggeration and prejudice. In itself, there is no harm in having sympathy or preferences, but it becomes different when it affects your objectivity.

After all, you cannot always avoid being biased. But you can prevent it from affecting your sense of judgement and that is what this CD helps with.

A stylized, handwritten signature in black ink, which appears to read 'Tess'.

Withstand pressure

There are circumstance when your neutrality comes under pressure. Anyway, the longer you deal with someone, the more you come into contact with the risks of insufficient neutrality. Time pressure, forced partnerships, strong competition, high rewards, wrong power relations, gossip, inner discontent et cetera; these are all factors that jeopardise your neutrality. Even (top) athletes know the value of neutrality and there is good reason why they also train on emotional control.

Success formula

Simply put a bunch of people together for many hours and, despite all good intentions, irritations and affections flare up. This can be in a work context, but also during family outings. It is the key to success behind programmes like Big Brother, Expedition Robinson, the Bachelor and the like.

Usage recommendations

- Track 2 : Meditate daily with this track, for two weeks.
- Track 3 - 5 : Take three weeks or longer for each track. Just until you reach more neutrality.

Background information on the tracks

Track 2 aims for you to become at home in an emotional energetic neutral state. This is a psychological and energetic attitude where you approach situations or people without prejudice or expectations. You will then, as it is called, stay as close to yourself as possible.

Track 3 to 5 cover the actual practice. These are powerful meditations. That's why I recommend performing them with care. You may unexpectedly encounter strong energetic antipathies or sympathies. And in such a way that you can literally feel a physical shock from this or become a bit unbalanced emotionally.

Especially if there is a fraught relationship or situation. Hence my advice to initially practise with less heavily charged relationships or situations. Make sure you have mastered the technique before attempting more complicated relationships and/or events.

Track 3 - 5

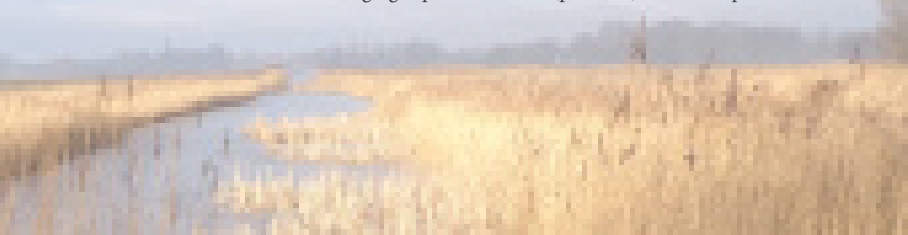
Obstacles when meditating on track 3, 4 or 5 are indications that you have difficulty with the neutral position. You can request personal consultation with Tessa (Zoom).

Effects

The effects of this meditation have an impact on a wide area. The following is a brief outline. It is divided into physical, emotional and mental characteristics. You can boost your self-development with this CD by practising with your subpersonalities in track 4. Or with opposite qualities, such as your Patient and Impatient Self, etc.

Overall effects

- Increase of self-esteem
- Increase your neutrality. This is beneficial in relationships. E.g. because you are taken more seriously
- Growth of your energetic and psychological stability
- Improving your relationship with others
- Growth of your ability to deal more easily with difficulties or 'difficult' people
- Improvement of a proper, pure involvement towards others
- Breaking free from old, unhealthy relationships
- Also suitable in case of damaging experiences from (previous) relationships



Physical effects

- One of the most noticeable is: less fatigue. Especially a fatigue that can arise during or after contact with others. Or before a difficult, unpleasant job has to be done.
- Less physical pains or complaints that arise without apparent cause.
- A clear mind, making it easy to maintain an overview.

Emotional effects

- Fewer mood swings.
- Especially: less 'picking up' and carrying around other people's moods.
- You experience more optimism, life feels lighter and tidier.

Mental effects

- Your thoughts are clearer, your thinking is more organised and structured.
- Compulsive thoughts diminish or disappear.
- Your head becomes calmer. In the sense of less continuously changing thoughts, negative thoughts, worrying etc.

Neutrality and transference

Transference is a technical term from psychotherapy. However, the phenomenon occurs in ANY relationship, not just in therapy. The nuisance it can cause is considerable. The only difference with counselling is, that this hindrance is then used as an instrument.

What is transference?

Transference is the 'moving' of feelings, thoughts, fantasies, physical phenomena and defence mechanisms from one person to another. You can read the exact definition of transference and all the phenomena it can evoke in detail in chapters 9 to 15.

A small example: suppose you are talking to colleague John. And John happens to resemble

your old neighbour. He talks and behaves a bit like that man.

Now, were this a nasty neighbour, the transference manifests itself because you react to John as if he were that nasty neighbour and quickly get annoyed by everything he says.

If you had a nice neighbour, then John can do nothing wrong.

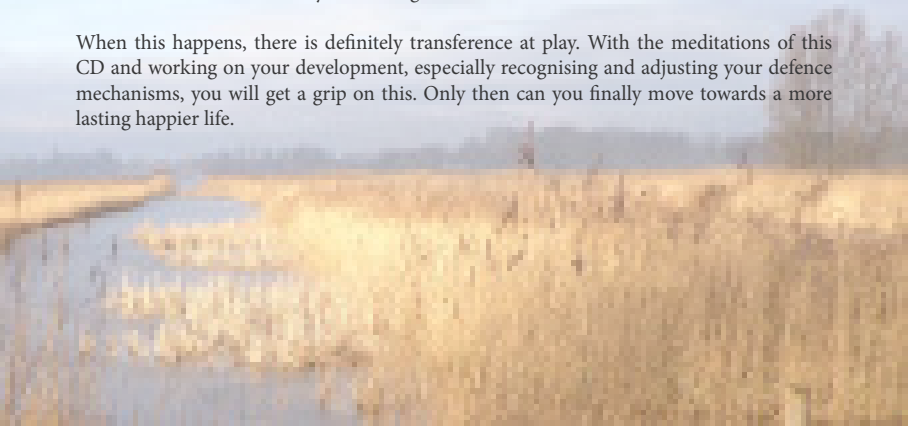
Vicious circle

Transference can leave you feeling cranky after contact with someone. Or with depressing thoughts, restlessness, anxiety (fear), fatigue, et cetera. The possibilities are endless.

One of the most annoying features of this particular psychological phenomenon is that feelings can move unnoticed. A 'sneaky exchange' takes place. For example, the other person is refreshed and you feel less fit, worse tempered etc.

It rarely involves good feelings. Seemingly all of a sudden you sound like your mother/father, your relationship is messy, you're fighting again (at home or at work). It's as if your life is in a vicious circle with you drawing the short straw each time.

When this happens, there is definitely transference at play. With the meditations of this CD and working on your development, especially recognising and adjusting your defence mechanisms, you will get a grip on this. Only then can you finally move towards a more lasting happier life.



Site

Look for more information on my Blog on www.gottschalmeditaties.nl

Distant - Healing

When giving healing, one main aspect for me, is to stay neutral. Otherwise moods, energies, thoughts from my client can easily effect me. And thus effect the quality of the healing. I give distance-healing, so feel free to contact me from wherever you live.

On my site you can read more about healing. What qualities are necessary? What can intervene with the healing? What are the differences between healing, reading, or channeling? Etc.

Book

The mentioned book *'ik voel (n)iets voor verandering* is in progress of translation.

