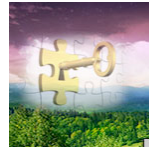




Robert Scheinfeld

Secret Desires

Part 2



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In the last episode, I talked about the power and impact of what I called your Secret Desires. I'm recording this second part in the Secret Desire series in order to respond to the obvious question that comes up from the first part, which is "Okay, Robert, I understand what you're saying. I get what my secret desires are. I understand what the power and impact of them, but how do I do it? If my secret desire is to be happy, if my secret desire is to experience inner peace, if my secret desire is to feel comfortable and safe, how do I do that? Because I don't feel that right now."

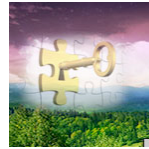
In this episode, I'm going to talk about this a little bit, and then at the end, I'm going to invite you to register for a free video training that will take you deeper than what I'm going to offer now, if you feel so moved to register and go deeper.

So, the first thing that I want to say is if you have been in my sphere of influence for any length of time, then you know that my journey at its core was about not liking many, many things in my life being negative all the time, struggling with so many things, wanting so many things and not getting them, and trying the typical techniques and methods and practices and strategies for how to get what you want in life, finding out that they did not work for me at all, or they did not work consistently, and then ultimately throwing them all away, so to speak, and seeking to discover an alternative, and then ultimately finding alternatives that did work for me, that did support me in finally making the big changes and Transformations (with a capital T) that I discovered so much, and then ultimately sharing those things with other people by writing, speaking, teaching, and coaching.

And the same thing happened to me as it relates to secret desires, as it relates to feelings and emotional experiences. I wanted to be free from anger, which was the big one for me, from frustration, which was a big one for me, and nothing worked. And what I noticed on my own journey, and I know that you have experienced on your journey too, whether you're fully conscious of it or not, is that when it relates to emotional feelings, emotional experiences, they just happen to us and then we become aware of them.

There's a mysterious process, if you will, that seems to go on inside of us, and so we're living our lives and something happens, and the next thing we know, our feelings are hurt. We're angry. We're frustrated. We wake up in the morning, we become aware of our emotions, and I call that inner space. When things happen inside of us now, I call that inner space.

And we wake up in the morning, or whatever it is, and we look at what's going on in inner space, and we see depression is there, fear is there, whatever it is. Or again, something happens in our lives and there's a trigger, and the next thing you know, we're feeling angry, we're feeling frustrated, we're feeling afraid, we're feeling whatever.



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To my bias, we don't choose the emotional feelings and experiences that we have. They just happen. You don't get up in the morning and say "Oh, I'm going to choose consciously to be depressed today." "I am choosing consciously to feel fear because of ... that's just happened in my life." "... just happened in my life, and I am consciously choosing intentionally to be angry about it and to stay angry about it for three days straight." Or whatever it is that happens with you.

Again, there's something mysterious that goes on, let's say on auto-pilot, that goes on inside of us, again in what I call inner space, and the next thing you know, we're off to the races with whatever feeling we have. And if we happen to have experiences of what we would call happy, or peaceful, or serene, or whatever you want to call a "positive" emotion, we're just going about our business and we notice that that's what has appeared inside of us, that's what's appearing in inner space, but we did not consciously choose it, we did not do it, we did not make it happen.

Now there are all kinds of teachings out there, you may be familiar with some or many of them are not, that say you have to take responsibility for your own whatever. And so, on some level, you're choosing these things. And I have to say no, sorry, I do not agree with that. If you look at your actual experience of what happens every day as it relates to emotions and feelings, this is what you see. In essence, they have a life of their own.

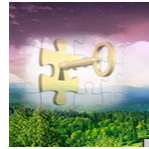
Again, I'm going to repeat it because it's important. Something mysterious goes on inside of you that shapes, creates, forms the specific emotions that we have, and then we notice what it is.

As a result, what I noticed in my own life, on my own journey, and I'm sure you have, and it's rampant out there if you look at the various solutions and other kinds of things for how to deal with negativity and make it go away, is that where they all start is—okay, I'm just going to call it negativity.

"Negativity is present. Now what do I do with it?"

So, this mysterious process that I'm talking about has done its thing; there's an emotion that is present in inner space, in my language, and we are aware of it. And then it's almost like we're the military, you know? The military has targets that they want to destroy, and they target it, they locate the specific thing and then they fly a bomb there and they blow it up. And it's a similar kind of a thing. I'm being a little bit general and I'm exaggerating a little bit, but it's kind of like that. It's a search and destroy mission.

So, we are aware that we're feeling depressed. We are aware that we feel angry a lot. We are aware of whatever negativity it is that you struggle with. And once this mysterious process has done its work and it's present, then we try to do something to get rid of it, to muffle it, to reduce its intensity, to make it go away, whatever it is.



And then there's all kinds of techniques that are offered. For some people, it's prescription drugs. Some people take illegal drugs in order to change how they feel. Other people drink alcohol. Other people work out. Other people do things like yoga and meditation and different things, with the intention of making this bad thing go away.

Now in most cases, again, it's a military search and destroy mission. "...negativity is up and I'm going to do something to make it go away, or hopefully make it go away." Now sometimes that's not the case. Sometimes with certain approaches to meditation or yoga or other kinds of healing dynamics, the intent is to get to the core of what's causing the negativity, remove the core, and then you can feel better, and it isn't just a search and destroy mission. But most of the time it is.

And with my experience, with a lot of these kinds of things, there was some form of negativity that was present, and then I would go do something. I'm just going to use these examples; there's lots of other alternatives and options, and you may be embracing one of them. I would be feeling really lousy emotionally; I'd be feeling really negative and I would go do yoga; I would go meditate; I would go use some sort of technique.

And sometimes it didn't do any good at all. The negativity just stayed because this mysterious process was still active and doing its thing. And sometimes I would feel better temporarily. And then I would come back out of the meditation, I would end the yoga class, I would stop whatever it was that I was doing, and then all of a sudden, either immediately or relatively quickly, the negativity would return. So, whatever that technique was gave me temporary relief but not permanent relief.

And I've heard this from so many other people, including people who have been practicing various methods of meditation for decades, and in some cases, are teachers of meditation, leading figures in that world or other spiritual kinds of techniques. And they've said the same exact kind of a thing. "Yes, when I go into a meditative state, I feel at peace and all is right in the world, and .... Or when I do whatever, I do this breathing technique or whatever it is, but whenever I stop, there is that negativity again."

And the reason is, is because none of this addresses the mysterious process that I'm talking about here. And even if there's a healing dynamic that heals some old wound or releases some other form of negativity, whatever it is, that does lead to relief, if you will, a healing from a particular thing, my experience in my own life, and thousands and thousands and thousands of people who have come into my sphere of influence will say to me "Yes, I did ... and I don't feel bad anymore about that one particular thing, or if a certain thing happens in life, I don't feel bad anymore because of that healing or that whatever that I got."



But then there's all kinds of other things that still do happen, that still do cause negativity, and so there's still this ongoing battle with emotions and search and destroy, when negativity is up and the war continues, even if there was a one battle that was won, one skirmish that was won, the battle continues.

Now, in some cases, there are people who struggle with certain emotional negativity, and they take a particular drug, a prescription drug, and it appears to work. And so, as long as they take that drug, they don't feel depressed. They feel happy, they feel joyful, they don't feel whatever, they don't struggle with whatever form of negativity, because of some prescription drug, or in some cases it could be some natural substance, a supplement or some natural substance, or a tea or whatever else.

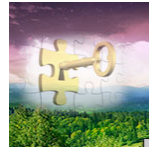
But that comes down to the same thing, which is even if that kind of a thing works, then you are either addicted to it, or you're dependent on it, and you have to keep taking that substance, whatever it is, because the minute you stop taking the substance, within a relatively short period of time, all the negativity is back because of this mysterious process that I keep talking about.

Now, sidebar here. What I'm narrating here is what happened to me and what I struggled with for decades. And what I have narrated here, speaking very quickly and generally, is what happens to most people, from my bias, from things that have been shared with me from people all over the world, thousands and thousands of people over decades now.

This is the rule, if you will. This is what happens most of the time. Are there exceptions? Yes, of course. There's exceptions to everything. Is there an example out there somewhere of somebody that was struggling with some consistent form of negativity and they did ... and they got permanent relief from that negativity? I'm sure there are some examples, some exceptions.

But again, looking at my own life and looking at the people that come into my sphere of influence when I play the role of writer, speaker, teacher, coach, that's just not the case. The average person, and again, I was like this, are constantly at war with their emotions. This mysterious process is running, they're becoming aware of this negativity that appears consistently in response to consistent triggers, whatever it is, in inner space, and then the search and destroy mission starts and there's this constant war of trying to change how you're feeling, trying to get back to or create happiness, inner peace, serenity, whatever you want to call it, and it's an ongoing battle that nobody ever wins.

And so, one day, as has so often happened on my particular journey, I finally just got this, and I looked at it and said "Okay, I'm not winning this war, and all of these search and destroy mission techniques are not working for me, they're not helping me, I'm not feeling better. So, I'm going to look for a different kind of solution."



And what I realized was what I said to you before, “There is some mysterious process that’s taking place inside of me that, lack of a better term, is putting all this negativity in inner space, to use my language. And so, I’d better find out what that mysterious process is and how it works, and see if it’s possible to make a change there, in terms of what’s happening in that mysterious process so that the negativity does not appear in the first place.”

Let me say that again. Get to the core of what’s going on in this mysterious process and see if there’s something that can be changed in that process so that the negativity permanently stops appearing in inner space.

And if that could happen, and in the beginning, I didn’t know if that was possible, but logically I knew that if I could do that, then the search and destroy missions would end, the war would end, the need for repetitive use of techniques, or pills, or substances, or whatever it is, would end.

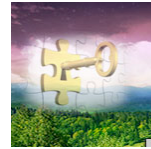
And when I realized this, I got really excited. I mean again, I didn’t know if it was possible. I didn’t know if I could ever do it. But I got really excited by the possibility that if I could really pull back the curtain and find out what was going on in that mysterious process and make a change there at the true core, at the true cause of negativity, then I could experience a miraculous transformation in my life in terms of being what I now call Forever Free from Negativity.

Now it took me a really long time. I went through an awful lot of stuff before I ultimately did discover what that mysterious process was all about, exactly how it worked, and exactly how to make changes at that kind of a core, primal, causal level, that does in fact lead to a radically different experience of emotions and feelings and actually being forever free from negativity.

No matter what’s happening in your life, no matter what’s happening in the world, there is the possibility to be forever free from negativity and have a radically different experience of what’s appearing in inner space that we call emotions and feelings.

Now if you are aware of the Busting Loose or the Phase 2 teachings that I shared, through books and courses and events, and the tool that I offered through those teachings called The Process, that’s what began my journey to this breakthrough that I now call being Forever Free from Negativity.

Now that, there was a tool in that called The Process, and it was designed to be used whenever you were feeling uncomfortable. And most of the time, that meant emotional discomfort, negativity. Now sometimes it was physical discomfort, what we would call physical pain. That tool was designed to be used whenever you are uncomfortable in any way. But the primary use of it for me and for most people was negativity, was emotional discomfort.



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Now, that particular tool, and you know this if you're familiar with those teachings and you've been using it, it was not designed to make the negativity go away. It was not a search and destroy mission. It was not designed in that moment, "Oh, negativity's up, discomfort's up, use this tool and then you'll make that go away and you'll feel good, you'll feel better."

It was designed to do something else, that I call knocking out cloud cover, which is a topic for another day if you're not already aware of what that means. But it was still a technique that was designed to be used when negativity was already present as a result of this mysterious process that takes place inside of us that shapes our emotions.

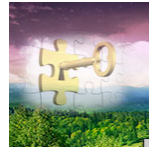
But that's what started my journey, is that by using that technique called The Process over and over and over again every day whenever I was feeling uncomfortable, it led to the unveiling of what was really going on in this mysterious process and how ultimately to make changes there, and it led to that extraordinary and to me miraculous change in my experience of emotions and feelings, and it led to me offering online experiences that I call Forever Free From Negativity, which only focuses on emotions and negativity, and then what you're probably familiar with, what I also call The Ultimate Freedom experience, which includes that but also goes into a lot of other aspects of life that go way beyond just emotions and feelings.

Because as you know, if you've been in my sphere of influence for a while, that's what my journey has been like. Been there, done that. Experienced it to a deep degree, so that there's no question I can be asked that I have not experienced the answer to, and then pop up and share it with other people and help other people to have the breakthroughs and what to me were the miracles that I had experienced by helping them to go through exactly what I did.

And so, what I'd like to do now, rather than make this particular audio 20 million hours long, is to invite you, if what I said here interests you, if you'd like to understand more about this mysterious process and how changes can be made there in terms of what really causes the emotions and feelings that you have every day, and what to me the only genuine opportunity that there is to be forever free from negativity, to permanently end the war, to permanently end the search and destroy missions, to me, my bias, my bias only, this is the only path, the only solution that ever worked.

And so, if you'd like to find out more about this, including a little bit more about trainings, these are paid trainings where we would work together much more closely than is possible through a simple audio like this, that's also included after the training goes into a bunch of other stuff. I'd like to invite you to register for this free training.





And you can get it by going to one of my websites. It's [RobertScheinfeld.net/BeFree](http://RobertScheinfeld.net/BeFree). Now depending on how you got access to this audio, if it's on my blog, you'll see a link to this underneath the video. If you're listening to this as my podcast, then you'll have to just kind of listen to it here. You may see it in the description of the podcast episode. Or if you got this audio some other way, again, the link is [RobertScheinfeld.net/BeFree](http://RobertScheinfeld.net/BeFree).

And when you get to that page, you'll have an opportunity, you'll click on a button that says, "Get Immediate Access," and you'll have the opportunity to register for a free video Master Class that will go into much more detail on this mysterious process, and also at the end, let you know the possible options for how we can partner up if that's something that would interest you, in order to facilitate you actually becoming forever free from negativity.

Now whether that happens or not, whether we partner together, whether you check out the details on the Forever Free from Negativity experience or not, what you will discover in the free video Master Class should really open your eyes and be enlightening and life-changing in and of itself.

And I have to warn you, what I discovered about this mysterious process and what it really takes to be forever free from negativity is very hard for certain people to believe. We are so conditioned and ingrained and trained to go on these search and destroy missions and try to pounce on the negativity once it's present, as I mentioned, to try and make it go away or muffle it or lower the intensity.

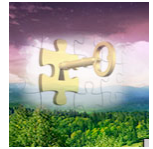
We're so ingrained in that, we're so ingrained and conditioned to ignore the existence of this mysterious process, much less look into it and see what kinds of changes can be made there, that when the truth is revealed about all of this, the curtain is pulled back, the nuts and bolts of what's really going on can be very difficult to believe.

But whether that happens for you or not, it's still the truth, it still works, and to my bias, in my story, in my life and in the lives now of tens of thousands of people all over the world, it works in terms of supporting being forever free from negativity and is the only thing that I have ever seen, my bias, that actually does that, that actually ends permanently the search and destroy missions, the war, the battle with emotions and negativity.

So, I'd like to invite you, again, to register for that free training, [RobertScheinfeld.net/BeFree](http://RobertScheinfeld.net/BeFree).

And on that note, I will close this particular episode and wish you well, wish you, however it may happen for you, to be forever free from negativity, and to have the opportunity to get what you really want in terms of visible and surface goals while also experiencing, on a consistent basis, the secret desires that really have been driving everything in your life, which is all about feelings.





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Okay, bye-bye for now. I'll look forward to our next form of contact, whatever shape that takes.

*[End of transcript]*

For more information on the topic discussed in this transcript, and/or Robert Scheinfeld and The Ultimate Freedom Teachings, visit:

<http://www.robertscheinfeld.com/>

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