

The Recall and Create Practice

The following information is a detailed explanation of the meditation practice 'Recall and Create', a three step process that involves imagery, memory, and foresight. It is a method to more clearly understand who we are at a much deeper level than previously imagined. The practice provides a look at where we have been, what we are currently dealing with, and what we can look forward to in the days ahead.

When we mix time management with concentration, we create a truly life changing formula. The following practice is a combination of a method of time management called "Pomodoro", and a method of visualization that recalls yesterday and creates our today. If this is done daily, it will change your world in extraordinary ways. It truly has to be experienced to be believed, here's a shortlist of what this practice can do for you:

- You will see exactly where your time is going.
- You will no longer say that you do not have enough time.
- You will get much more done in a shorter amount of time.
- Your creativity level will go through the roof.
- You will realize your limitlessness (your limitless capacity to create and accomplish).
- You will feel more organized.
- You will spend more time feeling complete, less time struggling.
- People close to you will understand why you need moments alone.
- Your concentration will improve.
- You will have more direction in life.
- You will understand why time seemed to fly by.
- You will be happier and feel lighter about all aspects of life.
- You'll understand the importance of practice, and what it truly means to accomplish.
- You will be able to easily plan your days, and your life.
- You will start each day a new. (a clean slate)
- You will more easily forgive yourself and others

- Your acceptance of all negativity will increase
- People will be attracted to you.
- You will be attracted to you.

How it works:

We begin by looking at the Pomodoro technique and then we will look at the three steps of this method separately. When combined there will be a complete understanding of this practice “Recall and Create”.

Understanding the Pomodoro Technique

The Usage of Time

The Pomodoro technique is a time management method developed by Francesco Cirillo in the late 1980s. The technique uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by short five minute breaks. These intervals are named Pomodoros, the plural in English of the Italian word pomodoro (tomato), after the tomato-shaped kitchen timer that Cirillo used while he was refining this method of time management.

- Choose a single topic to focus on.
- Spend 25 minutes working on that topic while avoiding multitasking.
- Take a short break. After every four cycles, take a long break.
- Repeat.

This is a simple method that requires nothing more than a timer and intention, I personally use my phone as the timer. I speak into the phone saying “Set timer for 25 minutes” and it's done. This 25-minute block is set aside as a dedicated time to work on what I intend to work on.

Intention is everything, which could be looked at as concentration in the form of stick-to-it-iveness. Some people have referred to this as ‘stick-to-business-ness’ because this method is used frequently in the business

world. There are many phone apps that can be downloaded into the phone or computer that can be used for this method. One app that I have used with my iPhone is called the Focus Keeper. Nice name!

This method is an effective channel for creativity in that it reminds us that with consistent effort, intending to do something daily proves to us that repetition is king when it comes to mastering something. If we want to accomplish something and we set aside 25 minutes a day towards its achievement in nearly all situations our intended goal can be accomplished. If you want to stay in excellent health you work out for 25 minutes a day. If you want to write a novel you can write for 25 minutes a day. If you want to call yourself a meditator, you can sit in silence for 25 minutes a day or you can do the following exercise and call yourself an incredible achiever. Who does not want to be able to call themselves an incredible achiever?

So let's say that you have now set the timer for 25 minutes. Think of this as being a one half-hour segment in your day. The idea is that the remaining five minutes of the half-hour is used for relaxation before the next 25-minute segment is setup. You could be working on the same project for another 25 minutes or you might be doing a completely different project. At this point, we are not yet concerned about what you're doing with the time.

Some people create Pomodoros throughout their day, some people might do a couple of these (Pomodoros) in the morning, a couple in the afternoon and possibly a couple more in the evening. Done this way, we are looking at three hours of dedicated, concentrated time, applied to your intended goal or whatever you might be working on. The Pomodoros are mentally concentrated moments of time, as well as moments of time that are strung together for organizational reasons.

The Pomodoro method in itself is very powerful and when we combine it with additional methods, it becomes even more potent.

It's important to understand that typically meditation is not a time to visit the past or the future. Here we will be using this exercise to work with the past and the future as a practice that is related to meditation (although if we look at meditation from the standpoint of the eastern practices, it is a practice of letting go and not a practice of trying to fix something that happened in the past or to create something that we feel should happen in the future). It's a practice of being very still and present and accepting the moment as it is. If nothing else, our meditation practice should be increasingly about letting go, rather than adding things to our life. This practice, whether we call it meditation, self-hypnosis, or contemplation, is very beneficial.

Step One - Recalling your Day

This practice involves visualization which is very natural for most people but in many ways it is a learned art in itself. There are some who do have difficulties with visualization; these people report that they primarily see black when the eyes are closed. If this is the situation for you, do not lose hope. The more intention we have to see objects within the mind's eye (that is, with the eyes closed), the more effective visualization will be for the person who may be having difficulty or does not visualize well. It can be viewed as a training exercise so if you feel you have difficulty visualizing, stay with it. Use all of your senses and imagination and your visualization will improve.

If we divide our 24-hour day in two half hour segments, we of course have 48 half hour segments. Let's eliminate 8 of those hours right now, as these are the hours that we need for sleeping which is very important. That leaves us with 16 hours or 32 half hour segments that we will consider the time components of our day.

At this point let's call the half hour segments Pomodoros. (a 25 minute working segment, with a 5-minute break).

One day = 24 hours or

One day = 48 half hour segments

Minus 8 hours sleeping = 32 half hour segments

Result: 32 pomodoros

Now here is the tricky part and the area that might take some practice. The better you get at this, the more it will improve the overall quality of your life. You want to find a quiet place and not be disturbed and where you can relax with your eyes closed. You want to visualize yesterday in half hour segments or Pomodoros. For example:

- (7:00AM) You wake in the morning and use the bathroom — —
MORNING
- (7:30AM) You sit in a meditation posture and do this exercise
- (8:00AM) You make breakfast
- (8:30 AM) You eat breakfast
- (9:00AM) You read the newspaper
- (9:30AM) You drive to the office
- (10:00AM) You attend a meeting
- (10:30AM) You work at your desk
- (11:30AM) More desk work
- (12:00 Noon) You take a friend to lunch — — — — — — — — — —
AFTERNOON
- (12:30PM) Enjoying lunch with your friend
- (1:00PM) Attending a meeting at work
- (1:30PM) Napping in the meeting
- (2:00PM) Finishing up the meeting
- (2:30PM) Checking emails
- (3:00PM) Doing desk work
- (3:30PM) Still doing desk work
- (4:00PM) Taking care of a situation at work

- (4:30PM) Talking with coworkers about the situation
- (5:00PM) Driving home

----- EVENING

- (5:30PM) Stop at the store to pick up groceries
- (6:00PM) Stopping at home to change clothes
- (6:30PM) Go to the gym to workout
- (7:00PM) Work out
- (7:30PM) Continuing the drive home
- (8:00PM) Preparing dinner
- (8:30PM) Eating dinner
- (9:00PM) Relaxing with a book
- (9:30PM) Writing down ideas for your business
- (10:00PM) Checking emails
- (10:30) Meditating
- (11:00) Preparing for bed

This is an example of what a typical day might look like. Notice that the details are not there but just the primary activity itself. You will find that this practice will be very easy on some of the days and more difficult on others. Some days will be very much a routine, while others may be scattered

with many different activities. At times you will find yourself involved in a single activity for several hours, or you may engage in a less common activity like going to a movie theater which can take several hours. It is suggested that you be introspective and think in terms of what your mind was doing during day's longer activities.

The more this exercise is done the easier it becomes and the clearer you will be with your daily activities. You will begin to think in terms of how each area of your day will be looked upon tomorrow.

It becomes much easier if you can consider that there are approximately ten Pomodoros in the morning, ten in the afternoon and ten in the

evening. By doing this it becomes easier to keep track of these specific areas of the day. You can even use your fingers to count in order to keep track of how many Pomodoro's you have in the morning, afternoon, etc.

Once you become familiar with the practice you may decide that one hour segments work better for you than half hour segments, so your pomodoro could be one hour (60 minutes) instead of a half hour (30 minutes). You may also find that a combination of one hour and half hour pomodoros works well for you. Feel free to work the system a little and no need to be exact. Doing something for 50 minutes and then moving on to an activity that takes 70 minutes is close enough in equaling two hours. Always have fun, be kind to yourself, and be consistent.

How is this practice beneficial? For all of the reasons listed above. First of all, we're building our ability to concentrate and to recall. Let's face it, if we can't remember what we did yesterday we should be striving to strengthen our recall. When we recall our activities from the day before we can better see what we accomplished and what we wanted to achieve and perhaps why it wasn't completed. Just like a meditation practice, this practice must be tried in order to fully experience the benefits. For many people it's the most rewarding thing they do each day.

Step Two - Letting Go

After having used the technique above and have recalled as many details as possible about your past day or the past 16 hours, You will soon begin creating your tomorrow, this is where much of the magic of this practice comes in. In the practice as a whole will be working with the recall of your past 24 hours and the creation of your future 24 hours. There is one very important step that must be done before you start to do any creating of

your future, and that important step is for you to let go of any negative emotions that maybe attached to your yesterday, your past.

It is important to understand the essence of letting go and how it can awaken one to a level of completeness that many can only wish for. Done correctly, It it is the catalyst for higher consciousness and without it one's life can crippled by the clinging thoughts, and emotions, that do not have to be present in our personal story of who we believe ourselves to be. We will now look at some of the main points of the action of letting go in regard to this exercise.

In the subconscious intervention program we work with the past by using timelines and graphs and have work at letting go of the suppressed or conscious negative emotions that may have come up as a result of doing this work. One of the goals in doing this work is for the repressed or subconscious negativity to arise and be seen for what it is. The result being, that we can then work at letting go of this negativity. The better we get at this, the freer, lighter and more complete with life, we will be. Many of these emotions have been buried for years or even life times depending on our beliefs, and are difficult to identify because they are hidden in the folds of experience.

Imagine if you will, that all of the negativity has been clearly seen, accepted and let go of, and you are now starting from a clean slate. This would not mean that any new or current negative emotions could not be created and be suppressed or repressed within. Emotions can be buried day by day, even moment by moment, so if we can keep the slate clean the easier the negativity can be seen and the less chance of any accumulation of negativity. To keep it clean we most work on it daily,

and if something is cleaned daily, there is no chance for the dust of negativity to build up to the extent that it can even be noticed. The only possible way to live a life with no negativity is to keep it clean so to speak. In this case we will be continuously cleaning and dusting and when done daily it is surprisingly easy to do. It is the build up that is the problem, thus the reason for the Subconscious Intervention program.

The Daily Practice of Letting go

Daily cleansing is done by recognizing that something needs cleaning. When recalling our past it is important to notice the sensations within, remember, “the body does not lie”! If we mentally move through our day and notice any negativity we should realize that it is there for a reason

and the reason is that it is a type of communication. Every sensation or feeling is speaking to us, giving us information if we are able to listen, and

in the case of a negative sensation, it is saying that you are not getting along well with a particular experience. You must be willing to be open to

the very fine nuances of the body and know that in the past much of this was likely ignored. Now is the time to zoom in on this communication.

Sitting still in meditation allows us to become more sensitive to what the body is communicating to us. Let’s say you are recalling your day and while you remember an experience you notice a general uncomfortable feeling or sensation within the body, use this by asking yourself the following:

- Where do I feel this sensation within the body? - Really pinpoint the sensations keeping in mind that it is a chemical reaction to the thought or memory itself. Know that it is your body talking to you

and is not your body complaining or rebelling in some way but simply wanting to be noticed.

- Why and what is this? - If your body was a separate entity, such as a smart professor that has all the answers, what is it saying? Imagine that this professor is smart, friendly and loves to help and protect you. Your body is that professor. It knows all the answers but it speaks a different language and one that you can get very good at interpreting.
- How can I use this valuable information? - Look at these sensations as a gift, because they are. Link the sensation with a very specific area of the memory. For example: Does the sensation arise more prominently when you visualize yourself or someone else doing a specific action, or when a specific word or phrase is said, or the way someone looks at you etc...
- Having gathered all the necessary information, am I now ready to accept what is being told to me and can I use this information for future references and for growth? - What is the lesson and how can you use it for your future growth?
- How do I now feel in this present moment? - Are the sensations quiet, or is there more to be said? Notice when the body is talking to you throughout your day. Is it giving you information before or after a meal, or while you are with a particular person for example? Is it communicating to you when you are thinking or discussing or recalling a specific topic like money or work. Is it more responsive when you are mentally visiting the past or the future? Stay open and responsive and learn about you.

Once you learn to effectively use the information from past by asking the above questions, you can find what you should be letting go. The aim is

to be Okay with everything that is being recalled. If there is discomfort in a memory about your yesterday, you are letting it be there, using the information and looking at what is behind the the memory, emotion, and feeling. Making sure that is no resistance to thoroughly investigate this

energy. If there is resistance to dig in and see, this is the first thing to let go of because, this is the egos way of hiding the truth from you. In fact you will find that most of the negative sensations that you come up upon within, is this resistance. Resistance to look for, to find and to accept the lessons that are there for you. When this is done. The letting go happens naturally, without anything further for you to do.

If this is done daily, your life becomes a creation, you design your life in such a way that even the negative events are welcomed and used for your creativity. To use the negative as building blocks for your future is key in having a happy, fulfilled life.

Looking at and working directly with the future is the next step in this practice of recall and create. That is to create your tomorrow, the next 24 hours. Remember that when you create your tomorrow, you will be recalling your creation. Make it positive and real but be ok with any changes or uncertainty and the lack of total control that is characteristic of designing your life.

Letting go is of the utmost importance for happiness in daily living but there may be situations where a person does not feel as if they can or are willing to let go of negativity that is held within. This is a common form of attachment. It is called an attachment because the person knows they would feel better if they were to let go of this negativity even though there is a resistance to do so.

Example: Jim says something hurtful to Sue. Even though the memory of what was said as well as her reaction to it is very painful, Sue holds on to this experience in the form of a memory. When a friend of hers asks “why don’t you just let go if this, Jim didn’t mean anything by saying what he said”, Sue says “I can’t, it’s too hurtful”.

When investigated, We find that the deeper reason why Sue is unable to let go of the pain and is actually because she is not yet willing to let go of the event or memory. This is because of the subtle feeling of wanting to be in control of her feelings. It is not unusual for someone wanting to be in control of their feelings, good or bad. Because by hanging on to this is a method for us to identify with who we think we are and what we unknowingly created. This is a huge part of our identity, this is how we create the ego moment by moment. So even if it means hanging on to a memory that causes pain and possible emotional and physical damage, we can be reluctant to do the work needed to allow letting go to happen. If we wish to wake up from this self made affliction, it is necessary to realize that we are not yet ready to let go or to do the process.

In our example - without her realizing it, Sue's subconscious is hard at work trying to repress and store this event and it is succeeding, the basic memory has been stored away within the subconscious memory. Why is this happening?

One of the reasons this happens is because the subconscious is receiving the message that this past experience hurt, and you should remember this hurt as a type of protection so that it will not happen again, this is happening because of several reasons:

- If it happens again you will be prepared and ready to fight.
- Remembering the hurt can keep help to keep score of the hurt, and use this information for your defense for the next exchange of words. (last week you hurt me by saying so and so too me.)
- The hurt reminds you that your being right, will never be forgotten. (the hurt means the other person is wrong, otherwise it would not hurt).
- If you let go of all the hurt, what will happen to you? (the ego thinks it will become weak and disintegrate) Here we have an identification problem.

When we look at the above reasons for our inability to let go of negativity, it comes down to one thing or one reason why this is the way it is, the reason it is so difficult for us to let go is the need for control. The fact is, until we are ready to accept that our trying to hang onto a false sense of control comes from our feelings of lack, and that the struggle to maintain this control is harmful and not necessary. Negative memories will be held onto for as long as possible and the subconscious will repress the information as a type of pain that the conscious you, should be avoided or fight against. On the other hand, if the event and the related negative emotion is processed as a valuable lesson or as something that was said based on someone else's pain, it will not be repressed or even labeled as negative, eliminating any anger, resentment, and need for control.

Acceptance

Acceptance is the first step in letting go, and often times it is forgiveness of the other that is needed. Forgiveness is a common type of acceptance. In some situations there may be a need to forgive in order to let go, such as the case when something is said or done to you based on another's pain. We may also have to forgive ourselves for any pain we have caused ourselves, in order to completely accept and let go of certain types of negativity.

Forgiveness can be accomplished very quickly through an understanding of how the lack of forgiveness has come about in the first place. Forgiveness comes about when we realize that by forgiving, we are not giving up our control. In fact the thing that happened that lead up to our need to forgive happened because we felt that our sense of control was diminished in some way. This happened ether by an action of another person or group of persons, or by ourselves. Have you ever been angry at yourself for losing control in a situation? Example; I got angry and lost it,

I could not maintain my sobriety, I was not myself so she left. Have you ever been angry at another for taking away your sense of control. A few examples; limiting or controlling your driving (being cut off), limiting or controlling your spending (we don't have the money for you to have this), controlling who you should or should not see (I don't want you to see her again). I am not asking that you forgive and forget, but to forgive and learn.

What to look for

The following is the subconscious aspect of ego, doing what it does best. That of protection by hiding information and of protecting itself (preserving its identity)

It does this through:

- Resistance to do the work of seeing.
- Resistance to do the investigation.
- Resistance to learn the lesson.
- Resistance to let go because of the need to remember.
 - Remembering because of fight or flight, to survive.
 - Remembering because of preservation

Below is a meditation that is provided If you need help with the practice of letting go. For example if you have difficulties finding the sensations in the body that signal a need to let go in a particular area, try using the following meditation.

A Guided Meditation - Letting Go and Moving On

(use the asterisks as breaths)

Think of how many times in the past 24 hours that you felt as if you were not in control and wanted to be. . . . The need for control is a desire for more out of life, it is a factor in our being complete in some way. . . . Think of the times you may have been fearful, fear is a feeling of the

lack of control of a future situation. . . . Was there any anger that came up for you in the past 24 hours, anger is a resistance or a lack of acceptance to a past situation. . . . think of how this was felt or is felt within the body.

Was there a time in the past 24 hours that you wanted to do something but were unable to do so?. . . . this too is a feeling of the lack of control. . . . Was there a situation where you wanted another person to do something in a particular way but they didn't do it the way you wished? notice the feeling of lack of control that likely came up for you. . . .

Look back to see if there were any moments where you did not want to do something but had to, or a moment when you did not want someone else to do something but they did it. . . notice the feeling within, that feeling is also a feeling of lack or loss of control a stickiness, an attachment to an outcome, can you accept and let go of this

Now think of any negative situations that may have happened in the past 24 hours. . . . anything that arises in the mind such as a negative memory, it may be very subtle, it may be very light, it could also feel heavy and very prominent. . . . notice how it feels within the body, can you feel the chemical response to the memory, the sensation. . . ask, is this memory a form of an attachment. . . . have I let go of this memory, this emotion, or am I still hanging on to it?. . . .

Ask, how would I feel now at this moment, if I was to let go of all negativity from the past? If I was able to forgive any and all of the things that others have done either directly or indirectly. . . . how would I feel if I were to forgive myself for all of the negative memories and emotions that I have held on to, all that I have put myself through in the past 24 hours. . . . How do I now feel, as a result of letting go? By giving myself permission to accept (forgive) and let go of all negativity in this

moment. . . . how will I feel in everyday living if I am able to let go of all that does not serve me moment by moment. . . . How would life be without the stickiness, the attachment of negativity, through the cleansing of forgiveness and letting go day by day. . . .

upon sitting in meditation with this, and when you are ready, move on to the next step of “Recall and Create”, that of creating your future 24 hours.

(Work with the practice of letting go in between the recall and create practices, it is a practice that asks you to let go of all negativity from the past 24 hours and to give yourself permission to accept, forgive, let go and move on. The idea behind this is for you to see how letting go can be done moment by moment, regardless of whether you are in meditation or not).

Step Three - Create

Reviewing (recall) what we did yesterday and letting go of any negativity that has been noticed is very beneficial for many reasons. Looking at what we will be doing today (creating) is extremely beneficial for many for the same reasons and more. When these methods are combined, the results can be astonishing.

Immediately after doing the above practice you will want to continue with the the next step, which involves visualizing the next 16 hours in your current day (8 hours of sleep time do not have to be visualized). There is an advantage of do this practice in the morning because you are planning your day. You may choose to, or have to do it the evening and this is fine, in this case you will be creating your tomorrow. If done before you go to sleep please consider taking a few notes after your

practice if there are actions or activities that you will be doing the next day that you feel you could forget.

When doing the recall method, what we are doing is recalling the Pomodoros of yesterday. Instead of recalling what we did, we are creating what we want. This is the reason this exercise is called “recall and create”.

In this step the key is to simply plan your day. We are not trying to necessarily create our future, or identify how it's going to be different from what we did the day before; not yet anyway. So, if your today looks much like your yesterday, this will be a fairly easy practice for you. When you decide you want your today to be different from your yesterday, the magic begins!

What would your day be like if you spent one or two Pomodoros each day creating something that inspired and motivated you, which encompassed your passion and purpose? Could this propel your life in a totally new direction? What if you could actually see your life unfold just the way you planned it, Would that be insuring for you?

Try adding to or changing your day at first, perhaps just slightly and taking it eventually in to a whole new direction; one of purpose.

What would happen if you used the portion of your day doing what felt the most important to you? Perhaps you would research something that you are interested in? Maybe you would write a few pages every day in that book that you always wanted to write? Maybe you would do some things that ‘other guy’ you envy is doing? Think in terms of small steps in the right direction.

When this is done daily, we naturally become more organized. We soon realize that we are actually living each moment more thoroughly by

being more aware of our time and how we are using it. We become more aware and more mindful. Imagine driving from one location to the other and knowing that it takes 1/2 hour to do so. What this means is that this takes one Pomodoro from your day. This is neither a bad thing or a good thing. What happens is that you're becoming more organized mentally, more aware of your time and this begins to happen naturally. You begin to pay attention to the following half hour, and then the half-hour after that and so on.

It is important to note that this method is not supposed to provide or cause a strictness or a 'stuffy' structure. Some will get the wrong message about this technique and will say and feel as if they want freedom in life in regard to their time, rather than their time being controlled by some regimen. What this practice provides is an organization of time. The ultimate result is that we get more done in less time. We feel more complete with ourselves and feeling more complete is the primary goal for everyone. It is our desire in life to feel fulfilled and satisfied. That's exactly what this technique can provide, it just has to be practiced in order for you to prove it to yourself.

Practicing Recall and Create

As suggested earlier, there is an advantage to doing this practice in the morning because you want to be creating your day. It is possible to do this practice in the evening, and this is the second-best choice. If you choose the evening, you want to recall your current day and then plan your tomorrow. You might want to experiment with this. Some of you might even want to practice this method twice a day; if so, you would do it once in the morning and once in the evening. Simply put, your morning meditation would be to recall yesterday and create today, your evening meditation would be recalling your day and creating your tomorrow.

Practice daily and you will reap amazing benefits. The construction of this should take no more than 20 minutes or less unless you wish to create a lot of detail. It's personal preference on how much time you want to spend doing this exercise although I would suggest that you start with a 20-minute session.

You may find it helpful to take notes immediately after the session whether or not you do it in the morning or evening. When I work with people privately, I encourage them to set aside five minutes after their 20 or 30-minute session to jot down their intentions for the day and any other personal messages that seem pertinent. I do not suggest that you do this during the session itself because this will take away from the concentrated focus. It is not advantageous to add another distraction; exactly what you would be doing if you would stop to write while you are creating or recalling. Again, have a pad of paper and a pen or pencil sitting next to you so that once you're done with your session you can write for about five minutes. Being very detailed here is not as important as it is when creating your daily/hourly structure. The primary thing is to do this daily and to allow the natural results and the natural benefits unfold for you.

This practice is normally done in the same posture as you would if meditating. It's your preference whether you sit in a chair or on the floor. It's important that you are comfortable and relaxed, in a quiet place free from excessive noise and disturbances. When doing meditation and similar practices, the intention is to first eliminate the worldly or outside distractions, and then work on the non-worldly or inner distractions. We will be talking a great deal about this in Part Three of this book.

If you're new to meditation, know that practicing daily is very important. Daily practice will eventually eliminate bodily discomfort. In time,

discomfort will fade away allowing you to use this special time to fulfill your intentions, that is, to recall, let go, and to create for the betterment of your quality of life.

Note - It is worth mentioning again that once you have become familiar with the above exercise you may find that your preferred Pomodoro length may be 60 minutes or 50 minutes with a 10-minute break or 25 minutes rather than 30 minutes. Or a combination of 60 and 30. If you find this to work better for you feel free to make this adjustment to the Pomodoros.

The main concern at this point is that you practice the above exercises daily until it becomes a habit. Embracing this technique will provide lasting, beneficial results for a happier, more intentional life!