

**Core  
Method  
Coaching**

# **Conquer Fear, Anger, Anxiety & Failure *in 6 Seconds***



**The Core Method**  
by Jim Shane

# **The Core Method**

How To Beat Fear, Anger, Anxiety,  
Limiting Beliefs, Lack Of Confidence,  
Low Self Esteem and Failure ...

**IN 6 SECONDS OR LESS**

**Manifest The Peace, Relationships,  
Success And Life You Actually Want.**

**In This PDF, You'll Learn  
How to Use The Core Method to**

**Get Out Of Your Own Way!**

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## What is the Core Method? Good Question!

The Core Method is a **simple** yet very **powerful** “thought technology” that makes it easy to eliminate any negative emotion or the effects of any negative belief in 6 seconds or less, anytime, anywhere, because it’s hidden inside as you do it which means no one would even know you were doing it.

The Core Method eliminates all of the reasons why you may have failed in the past to manifest your goals and desires or failed in relationships or business or school or sports. Anything that’s important to you. The method eliminates beating yourself up over the past and helps restore your self-confidence.

### Let me ask you a question...

What is the one “underlying current” that has been present throughout your entire life that has affected everything you think, say, do and experience?

### The Answer?

**It’s your “Emotions”**. How you feel! And as much as the ego would like us to believe we are not bothered by anything, (You know, “Never let ‘em see you sweat”?) your emotions are a fact of your life. Everything you think, say, do and experience in life is affected by your emotions. Especially when it comes to your goals, desires and anything else that’s important to you. We humans tend to get pretty tied up in knots over our desires and goals, right? Emotions do that!

Fear, doubt, shame, anger, stress, impatience, anxiety, rejection, confusion, beating yourself up, negative responses to people, situations and things, pain, suffering and trauma of the past – and on and on. The energy of negative emotions stored deep inside attract negative experiences, negative people and negative results in life. And because most people do not realize the attractive power of these negative emotions, lives fall apart and people ask, “Why me?”

No matter how hard you try to succeed in life, if these kinds of emotions are hiding behind your efforts to succeed... or on the flip side – if you are **hiding from or denying** these kinds of emotions... they will block your money, success and happiness and you will eventually fail. We become emotionally attached to

things we want to believe. But we also become emotionally attached to things we wouldn't consciously choose to believe. This is why Carl Jung said...

**“Until you make the unconscious conscious,  
it will direct your life and you will call it fate.” C.G. Jung**

This means you may be living with beliefs that you don't realize are guiding your life. The Core Method is an excellent tool in shadow work.

The Core Method does not require your faith or belief for it to work. Simply follow the instructions in this PDF and notice that you feel lighter, more at peace, more confident, more capable, more willing to go for what you want and more willing to believe you will succeed. And that's exactly why you will succeed.

**Here is the Key to manifestation...  
“Knowing”.**

**Why?**

**Because “Knowing” it's done... is “How” it's done.**

Ponder that statement for a moment. It means “Knowing” and the “How” are one and the same. Once you “Know”, the “How” is done and is no longer your concern. “Knowing” is an advanced state of Confidence. Going a step further, Knowing is Ownership. There is great power and confidence in knowing you own something. This is having the “Right to”, being “Worthy” and “Deserving”.

Think of something you own right now. Is there any question you own it? Of course not. That's the feeling state of Knowing. The state of Confidence. The state of Ownership. Remove all feelings of doubt, disbelief and skepticism and all that's left is “Knowing”. Ownership. Confidence. As Neville Goddard says, this is the wish fulfilled. This is living in the end. The Core Method does that.

The Core Method makes it easy to assume the state of Knowing because doubt, disbelief, and skepticism have their own specific feeling. You know what doubt, disbelief and skepticism feel like. They affect your ability to accomplish anything. Also know this... doubt, disbelief and skepticism are a state of mind and emotions. All states of mind and emotions are energetic states. They are “energy”. The energy of mind and emotions is the domain of the Core Method.

**And one more thing...  
The more you use the Core Method, the better it works.**

## **This is good news not just for manifesting, but for all parts of your life.**

Using the method a little every day helps you to be more mindful of your emotional states because now you know what to do with your emotional states. You have the Core Method to calm them so you can focus on what's important.

Most people have no idea what to do with their emotional states. The emotion just makes them reflect back on what happened to make them feel so bad. This makes it easy to blame what happened for their negative emotional states.

You have a negative experience. Then you feel bad. Later you think of what happened. You feel bad again. You don't know how to deal with the emotions. They just make you ruminate over what happened. You feel bad again and end up spinning your wheels... and it just gets worse and worse. This turns into a pattern that's hard to break... **IF** you don't have an effective tool to break it.

### **The Core Method is an Effective Tool.**

The Core Method is not a manifesting technique. It's actually a skill-set that you can apply to all parts of your life. Including your manifesting efforts. Choose your favorite manifesting technique and apply the Core Method to it. The method will "power up" any manifesting technique by removing any blocks to your success.

Plus, if you are a fan of Reality Transurfing, the Core Method also eliminates excess potential or importance in a matter of seconds. Just think of excess potential or importance as excess or too much emotion.

When you get anxious or worry or are afraid or feel any kind of negative emotion in any situation, you're simply putting too much emotional focus on a thing. That's really all it is.

The Core Method eliminates importance or unnecessary, excess emotion and brings you back to a calm state of neutrality. So, Transurfers... welcome!

### **And what about limiting beliefs?**

Think about it... what is the power of a limiting belief? It's the negative emotion you feel when you think of it, right? Even when you're not thinking of them, those beliefs and emotions are hiding there in the background of your life.

The emotion... That's what supports and sustains a negative belief. However, if the emotion is gone, the belief has no power. It's just so much inert information.

A negative limiting belief with no emotion attached to it is nothing more than another dusty old memory sitting on a shelf in the library of your memories.

The Core Method eliminates negative emotions which eliminates the power of negative beliefs. And it does this in seconds.

OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO

**Now...**

What I'm about to give you is a very abbreviated or Simplified version of the method. Believe me when I say there is a LOT more to it. I could easily do a whole day seminar on the method.

**This is why I will encourage you to get the 56 minute training video available in my website. Also included are two videos that teach you two ways to talk to your subconscious mind. In fact, I consider communicating with your subconscious mind to be the other half of the Core Method.**

If you will sincerely follow these simple instructions, you will be able to feel the liberating and empowering effects of the Core Method. I say "feel" because in most all cases where you apply the method, you will have a felt sense and measurable experience of the changes you are making. This is how you will know..."**Something is different. Something has changed**"

Once you understand the steps of the method, you'll be able to do the method in 6 seconds or less. In fact, simply reading this PDF is instructing your subconscious mind in the Core Method. Then just do it over and over on every part of your life to deepen your skill. Which will also make your life flow easier.

**"Intention"**

You're going to find that your intention is a very powerful part of the method. Your subconscious mind is a quick study. It will follow your intention and fill in the details for you as you do the steps of the method.

Also, there is a big difference between "Doing" the Core Method and "Applying" the method. Doing the steps of the method will be basically the same every time. On the other hand, "Applying" the method will generally depend on the issue you are applying it to. This is why I offer this PDF and the training video to teach you how to "Do" the method. I offer my Youtube channel to teach you how to "Apply" the method to different issues.

**So, if you're ready, below are the instructions to "Do" the Core Method. And I PROMISE, once you Understand and have done the method a few times, you'll quickly get to a point where all this will happen within seconds.**

**First – Think of what's bothering you.** Choose something that you consider a current problem or issue.

As you get good at the method, you'll come to understand a more full meaning of that instruction. When you "really" think of an issue that's bothering you, the deeper you go into that experience, the more you will realize there are many aspects to it. The more aspects you clear with the Core Method, the deeper the release will be. And remember, it only takes 6 seconds to clear each aspect.

Discovering each aspect has to do with "mindfulness" of your emotions. When you have an effective way to deal with negative emotions, you tend to not mind if they come up. **So, think of something that's bothering you right now.**

**Next –** Notice how that problem makes you "feel". What's the feeling or emotion that thought generates?

**Example 1:** You want to manifest \$100,000. (Or whatever amount is a serious challenge for you.) Notice how you "feel" when you try to believe you could actually do this. Do you feel confident that you can? Or do you have some doubt or skepticism about this? **Feel that doubt, skepticism or disbelief.**

**Example 2:** You had a disagreement with someone and now you feel bad about how it all turned out. **Feel the emotion that experience generates.**

**Next,** Set the experience aside and focus intently on the "emotion". The problem is now clearly intended. Your subconscious knows this is "the one" you're working on. Direct your attention to how this emotion feels in your body. Really allow yourself to feel into it. (**The more you feel it, the more of it the method will be able to release.**) And if you can, name the emotion. Doubt, disbelief or skepticism? Fear, anger, embarrassment, shame, worry, guilt, anxiety, etc.

Also, know this... you don't "have to" name the emotion. In some emotional states, it can be hard to clearly name what you're feeling. But you know you feel it. Which means, sometimes a simple grunt, yell or scream or a hard grimace is enough to label the emotion. **Your subconscious mind will "get it".**

**As a beginner**, I recommend using a “0” to “10” scale to gauge the intensity of the emotion before you do the method. “10” being the worst or highest intensity of the emotion and “0” being “it’s no problem”. This will help you know something has changed when you do the method because the intensity will have dropped down on the scale after you do the method. Although, the biggest clue for most people is how they “feel” the change even without the scale. So using the scale is up to you.

Think of the story, feel the emotion and notice how intense it is. Your **intuition** will tell you the intensity. How intense is that emotion? A 3? a 5? a 10? Make a mental note of the intensity. **Only use the scale the first few times as a beginner. It’s not necessary after that.**

**Now** – you know the problem, you know the emotion and you know the intensity of the emotion. Your intended issue is set.

**Next** – I realize this next direction may sound a bit strange, but please trust that I know what I’m talking about. It took me 17 years to develop the Core Method. I’ve spent the last 10 years using and sharing the method successfully. You’re about to learn that you have a super power you didn’t know you had.

**Believe it or not, your Spine is where the magic happens.  
Touching your spine with your awareness causes amazing changes.  
And it does so in seconds. The training video explains why.**

Direct your awareness into the center or “Core” of your body, down low at your tailbone. Simply think of your tailbone. That’s all you do to start the change.

### **Why?**

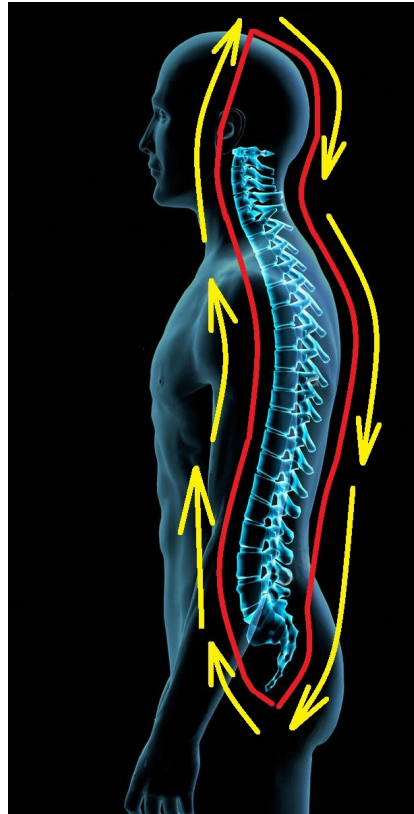
Because there are several very sensitive systems of communication built right into your spine that will sense your awareness and your intention.

**Again, a greater understanding of the Core Method and how and why it works is extremely helpful. This is why I encourage you to get the 56 minute training video. You’ll learn even more things in there you’ve likely never heard of before.**

**Next** – With your awareness at your tailbone, think this thought one time...

**“This \_\_\_\_\_”** – and name the emotion. Shame, guilt, anger, fear, doubt, etc. You don’t have to say this out loud. Just think it **clearly** one time...

“This \_\_\_\_\_” and think of the emotion.



**Next** – Visualize moving your awareness up the front of your spine to the top of your head. Like shining a bright LED flashlight spot on the front of your spine.

That spot is your awareness on your spine. **This should only take a second or so.**

**The moment you get to the top of your head** – Move your awareness down the back of your spine down to your tailbone.

← **Like this. This takes another second or so.**

No need to go slow as you do this. Move your awareness up the front and down the back of your spine quickly enough to make two or three quick circulations.

**Like... Up and Down – Up and Down – Up and Down – in 6 seconds!**

**Moving your awareness up the front and down the back of your spine two or three times in 6 seconds is what causes the change!**

**It works that quick!**

Also, if you don't visualize well, your subconscious mind will follow your intention to run your awareness up and down your spine and fill in the details for you.

Once that up and down circulation is done, stop and take a breath.

**Running your awareness up and down your spine to cause change.  
That's The Core Method!**

Now, check the intensity of that emotion. Is it still the same? Or did the intensity drop down on the scale? If you have any sense that the intensity has dropped, the method worked for you. **You'll also feel it.** Using it more and more often will deepen your experience and result in faster and deeper releasing and changes.

Most of the time, one application is enough. However, if you feel any of that emotion left over, just do the method on what's left. It only takes 6 seconds. With a little practice, you'll be eliminating whole emotions in one pass.

Also, when you get into the training video, you will learn an even more effective way to do the method. You won't focus on just the emotion. **You'll focus on one or more of the three most important things in the world to you and all of us.** This is the most effective and powerful way to do the Core Method.

### **Why does the method work? 2 Reasons:**

**First:** your awareness is a powerful force. You feel all kinds of feelings and emotions when someone is looking at you. That's the power of awareness.

**Second:** Your spine is a Lot more than just a stack of bones that hold you upright. Believe it or not, it's also a Highly Sensitive Communication System!

Putting your awareness and spine together as I've described here will result in amazing changes that can not only improve your manifesting, but it can change your identity and your life for the better.

**Again, this is all explained in the training video.**

**Including 2 ways to talk with your subconscious mind and get answers!**

And don't worry about getting it perfect. Your subconscious mind is very in tune with your "intention". It knows exactly what you intend to do when you have the thought in your mind to move your awareness up and down your spine. You intend to release and heal the emotion. It will work with what you intend by filling in the details for you.

**In fact, your subconscious mind is being "instructed" simply by reading this PDF. This is what I mean by installing this "skill set" into your consciousness.**

You've just done the Core Method. Believe it or not, that whole process, from realizing you're feeling a negative emotion about anything, to completing the method and eliminating that emotion only takes 6 seconds or less. And it's all



You now own the Core Method. You'll have it for the rest of your life. Use it on your money mindset, your health, your relationships, your work experience, your business, while driving, (it works great for frustration in traffic.) Use it on every part of your life. Not only will you notice feeling lighter and more confident, other people will notice something about you has changed too. I've had actual reports of this. Over a short time, you'll come to like and even love yourself more and more. This is when your life really starts to flow. Self love is a key to success.

In the last several years since I created the method, I've gone from a noisy apartment in a so-so part of town to a nice three bedroom home in a nice neighborhood. I've gone from an old ailing Pontiac car to a much nicer Infinity. I've gone from working to being retired on an income that has been plenty to pay my way including some travel and riding the roller coasters. I love amusement parks and look forward to going to as many as possible. Really, I'm just a big kid at heart. Life Is Good! <3

And with that, I wish you all the best in life.  
I hope I've helped you get it.

Sincerely,  
Jim Shane