

IntrAnaut Melt Stress Method — Level 2

Level 2 of the **Melt Stress in Minutes** (MSIM) method (aka the **IntrAnaut Melt Stress Method**), builds on the basic MSIM Level 1, therefore, this article assumes you have already tried MSIM. To get more from MSIM, we add a new component — **MSIM + Past & Future** — that's Level 2.

Feeling highly stressed? Do a round of MSIM Level 1 **before** going on to level 2.

Because, at higher levels of stress, it may be harder to be **playful**. Playfulness is not a requirement for level 2 MSIM, but any amount of openness (less rigidity/tension in our mind) will help the method be more effective. Even a modest attitude of playfulness will help Level 2 do its job.

One to Ten

As with MSIM, you assess your stress level in the present moment, and give yourself a number between 0-10 (0= no stress, while 10= the highest stress, or panic).

The Bucket/Skip/Cauldron/Pot

Imagine you have a pot in front of you. The pot can be any shape or size. Your imagination could create something that resembles a bucket, skip, cauldron, Marry Poppin's carpet bag, or anything else. It is simply a vessel to put stuff into. I'll call it a 'pot' for simplicity.

Although you might put a lot into this pot, it doesn't have to be big. It acts like the Tardis of Dr Who (or Marry Poppin's bag) — it looks small on the outside but can contain a huge amount.

You do not need to 'visualise' the pot. If a visual enters your mind, that's great, but you shouldn't 'try' to create a picture of the pot. What's more important is the feeling, or acknowledgement, of having a pot in front of you; ready to receive the items you are about to throw inside.

Processing or Healing, Not Deletion

As with the basic MSIM method, you have a choice to use the phrase "Healing this" or "Processing this". At level 2, the word "this" now points to everything within the pot.

Notice we are not "Deleting this". Even if you imagine a bucket or skip, it is not for deletion. It's for processing or healing. That's not to say; a healing or process will never completely dissolve (delete) an item (belief, attachment (via identification or otherwise), false memory, etc.), but our attitude is to allow our higher-faculties (what I call our intuitive mind) to make those decisions.

Imagine Stuff Getting Thrown Into the Pot

I'll tell you what goes into the pot in a moment. First, a couple of other principles...

There is no need to 'visualise' anything. A vague acknowledgement that stuff is being added to the pot is more than adequate. You are allowing your subconscious, intuitive mind to do all the work.

Your conscious mind only needs to ask for things to be added to the pot. You do not need to list everything in detail. Your subconscious already has all the details.

You can trust your intuitive mind to comply with your general request: adding everything you request, because it has access to all the information (unlike your conscious mind).

List of Things to Throw In

All the stress I'm feeling right now.

All the things that have caused any stress from the past that still needs processing/healing.

All similar things to those things already in the pot.

All things that may have contributed to the stress.

All beliefs about anything in the pot.

All the opposites of those things in the pot.

Anything else I haven't mentioned that needs healing/processing.

Opposites?

Have you had, or heard of, a 'love-hate' relationship — either with a person or a thing? It's as if the 'bad' thing is stuck to the 'good' thing. We can get to the stage where any mention of the 'good' thing automatically produces a nice feeling, immediately tainted by the not-so-nice feeling associated with the 'bad'.

Remember, the pot is not a deletion pot. Which means: when you add 'love' (for instance), you will be processing anything that is attached to that love. Since love is pure (in itself), the healing process (on the non-love) will leave the purity to shine more brightly.

There are other ways of looking at the processing of opposites. The pragmatic view? The processing of opposites has beneficial effects — whatever reason you choose to do it.

What Next?

You follow the MSIM method as described in the basic protocol. However, each time you say "this", you are now pointing to everything within the pot.

What about the "Storage" statement?

When you say, "...all the ways & **places** *this* is stored", remember that adding stuff to the pot, isn't actually putting anything into an actual pot. You have put signs, copies, or representations into the pot. Your intuitive mind knows where they are, so will process the real ones.

Level 3, provides you with many more statements — for the pre-step of level 2, and during MSIM.