

## Frequently Asked Questions

These FAQ's aim to answer questions you may have about your practice of the SEJ process. If you can't find the answer you are looking for, please attend a SEJ Practice workshop, or email [enquires@thesej.co.uk](mailto:enquires@thesej.co.uk) for support.

### 1) Do I have to stick to the 4 (steps) x 4 (bodies) process, is there a shortcut?

Yes, you MUST stick to the 4 x 4 process, as the SEJ is a structured framework of self-enquiry, use the SEJ Worksheet which is downloadable. Print them ready for use.

### 2) How do I know if the mind or Truth is speaking?

Remember, the mind will limit you and cause lower vibrational emotions. The Truth, however, will resonate deeply within you, feel empowering and cause higher vibrational emotions. It will feel like an Aha! moment, a light bulb moment, a satori moment, at the very least you'll be smiling crying with joy or laughing aloud.

### 3) What if I cannot find any 'mirrors' at Step 3?

Remember mirrors are reflections of your own attitudes, beliefs, and behaviours. What you see in another is in you too. You simply need to own the mirrors. If you are writing out your story without any projections, there may not be any mirrors. The question to ask yourself is am I projecting onto someone else within my story at Step 1?

### 4) What if there is no evidence at Step 3?

The evidence is simply a continuation of the Truth found at Step 2, sit, and allow the Truth to rise from within. If you are struggling leave the worksheet for a while and then come back to it or attend a practice workshop to get support.

### 5) Can I do the SEJ without a worksheet?

There will come a time when the SEJ process will simply work through you, until this time please ensure to use the SEJ Practice Worksheets. Remember the mind loves to rush, the worksheets will help you to embed the process into your consciousness.

### 6) How will I know the SEJ is working through me?

You will be the observer of your thoughts being questioned. As soon as a limiting thought arises you will see it being questioned within you and the lower 3 bodies responding accordingly.

## 7) I don't have time to write it all out, can't I just do it in my head?

No, at some point the SEJ will work through you naturally. Please put the thought 'I don't have time to write it all out' through the SEJ. You can play the 'game of opposites' to support in the moment stimuli triggers a limiting thought.

## 8) What is the 'game of opposites'?

I often suggest playing this game to help change your psychological and physiological reactions to thoughts that are triggered by stimuli in the moment. The game is a precursor to completing the SEJ Worksheet which can be done at a more convenient time. Quite simply, the moment you realise you are having a limiting thought just think of the opposite thought. E.g., 'they are boring' to 'I am boring'. To the untrained mind this seems negative but in truth it is both empowering and limiting, as we own our mirrors. You will see a positive shift in the emotions as you play this game.

## 9) What do I do if I cannot find the opposite when 'climbing the ladder of Truth'?

Remember it does not have to be an exact opposite, the ladder exercise is simply a way of opening you up to Truth, you are in essence trying different thoughts on for size to see how they fit (feel).

## 10) How do you know if the thought fits?

It will resonate, it will appear as a 'light bulb moment', a 'satori' moment. Often you will smile as you realise this truthful thought.

## 11) I have hit upon a long-held belief that seems too difficult to shift. Where can I find support?

Bring this belief/thought to the weekly SEJ Practice Workshop. Alternatively, book a 1:1 consultation with a qualified SEJ Consultant. Equally, keep working on the thought including this thought 'I have hit upon a long-held belief that seems too difficult to shift'.

## 12) How do I know when I've got a limiting thought?

'Your feelings are your barometer' as in the training - so every time you become aware of your lower vibrational feelings (see vibrational emotional scale handout) you have a limiting thought that you are believing. This thought will determine how you experience the moment.

### 13) I am not clear on the process, what should I do?

You can review the training videos initially; however, the best option is to attend a SEJ Practice Workshop where you can ask practice questions or reference the SEJ Handbook.

### 14) What if I can't remember the process?

You do not need to remember the process, just do the worksheet and eventually the process will work through you. The process comes from Truth not memory, so no remembering is required.

### 15) Why should I dedicate my time to the process?

Because you want to reach your full potential, and like going to the gym, you are not going to get fit and healthy physically unless you put in the work and become dedicated. Staying mentally healthy also requires your commitment and dedication.

Consider it is like learning to drive, at first it seems like there is too much to be aware of, or to fit into your day. Then with your determination to succeed, one day you just notice you can drive, and it becomes part of you. So will the SEJ process if you practice and are equally dedicated.

### 16) How long will it take to go through this process?

Take as much time as you need to go through the SEJ process. Although in truth it also happens in the moment with practice. It is of real benefit if you spend dedicated time somewhere where you will be able to focus on it, particularly at the beginning when you are 'learning to drive' with each step. The SEJ process will become a part of you as you practice more, but it is a meditative practice of self-enquiry so please take as much time as you need, you are worth it.

### 17) I have not reached Self Empowerment at Step 4, why not?

The SEJ works 100% of the time if you do the process correctly. So, there will simply be a practice error. Go back over your worksheet to see if you can spot the error or attend a practice workshop for support. Often the error begins at Step 2 if you have chosen a thought that you 'think' is Truth, ask yourself does it resonate?

### 18) How can I get the SEJ to work in the moment?

As you use the SEJ worksheets the SEJ will begin to work through you naturally in the moment. So please keep up your practice and don't give up. The mind is always in a hurry and wants to know how long it will take to work through you. However, this question cannot be answered for everyone is unique, for some it happens immediately

they learn the SEJ for others it takes time. Your dedication to the practice of the SEJ is key.

19) I really appreciate how much the SEJ can help me personally as well as professionally. Where do I go next? How can I progress further with my Self Empowerment Journey?

You can attend various events both online or in person, join as a member, or learn the SEP Process. If you would like to seek a career using the SEJ please see the websites for career opportunities as a SEJ Consultant or Trainer.

**You can see more FAQs in the SEJ Handbook which can be purchased here.**

<https://www.amazon.co.uk/Who-Am-Empowerment-Journey-Handbook/dp/B09JV9NFSG>