



# CHISSENEFREGA

**3 Steps For Clearing Resistance To Health,  
Wealth And Love**



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## INTRODUCTION

I wrote this guide for my clients to help them get started with the Meraki Way™ coaching process, but you can use it on your own, too.

The Meraki Way™ is designed to help you make a dramatic change in your life -- a new relationship, a new job, perhaps a health challenge. The Meraki Way™ helps you shift from...

- *Feeling confused about how to make the best decisions* **to having clarity about what you want**
- *Holding yourself back because you're afraid to take a risk* **to having the freedom to experiment with different options and ideas**
- *Overthinking every move* **to deciding and moving forward with confidence**

I developed a signature coaching process, the Meraki Way, to help you get beyond these types of challenges by giving you a new perspective -- a new way of relating to your circumstances so that you can break free. The Meraki Way is cutting edge, paradigm-shifting technology.

"What we fear doing most is usually what we most need to do."

– Ralph Waldo Emerson

When you put the past in the past and get present to who you really are, you are free to enjoy more health, wealth, and love.



Meraki is a word that modern Greeks often use to describe doing something with soul, creativity, or love. It means putting something of yourself into what you're doing, whatever it may be.

My take on meraki is that being in the state of joy is God's way of reminding you about



who you really are. In other words, you *are* the essence of joy.

The Meraki Way™ is a continuous process. Once you have cleared, conceived, and created something new, you can begin again with clearing, conceiving, and creating in another part of your life. It's an infinite loop.

**CLEARING:** To be free of obstructions or unwanted thoughts

**CONCEIVING:** To imagine becoming

**CREATING:** To bring what's possible into existence

The purpose of this workbook is to walk you through the CLEARING stage.

One last note before we begin: If you have any questions or want help with the exercise, please let me know. Find a moment where you have time, space and silence to do the exercise, imagine you enter into your temple, this is a sacred moment for you.

Print the pages with the questions and have some extra white paper in case you want to add more notes. Make sure to fill the blanks about one single issue you feel there is no exit.

Feel free to send me an email if you have questions or if you want to share an insight you got while working on the questions.

At the end of the workbook, I also have a special free resource for you.

Let's get started!

*Patricia*



## CLEARING: THE CHISSENEFREGA EXERCISE

The first stage of the Meraki Way™ process is about freeing yourself of any obstructions or unwanted thoughts so that you can begin the next stage (conceiving) without the familiar old doubts and fears that have been keeping you from having what you want.

It's like taking out the weeds and old plants before you plant a new crop. It's a fresh start.

Chissenefrega means "who gives a damn" in Italian. I call this exercise the Chissenefrega exercise because afterward, you don't give a damn about your old fears and doubts!

### STEP 1: WHERE ARE YOU STUCK?

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**Instructions:** Print the exercise or use a blank piece of paper to write down your answers to these questions.

1. The ONE area of my life where I feel MOST stuck is:
  - Health** – my relationship with my physical, emotional, spiritual or mental wellbeing.
  - Wealth** – my relationship with money, financial security, career/business or lifestyle.
  - Love** – my relationship with love, sex, marriage, partnership, family or self.
2. Write your complaint about that area at the top of the page. For example, if the area is LOVE, your complaint might be "*I don't feel like my husband wants me anymore!*"
3. Why are you stuck?  
I want to be/do/have \_\_\_\_\_,  
but I can't because \_\_\_\_\_.

**Example:** *I want to talk with him about it, but I can't because I'm afraid he won't understand.*

4. How long have you been stuck? Days? Weeks? Years?
5. If nothing changes about this situation, where will you be in one year? (or even, *How much worse could it be in one year?*)
6. What is your single most troubling thought about this? (This is the thought we're going to work with in the next step.)

The single most troubling thought I have about this situation is:  
\_\_\_\_\_.

**Example:** *I might lose my marriage.*



## STEP 2: STEP BACK AND OBSERVE

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**Instructions:** Now we are going to use a neuro-linguistic programming (NLP) technique to interrupt the brain's association with the meaning of your troubling thought so that you will not be stuck with that fear anymore.

It's important that you do this exercise out loud (not in your head).

1. Say the most troubling thought out loud to yourself.

**Example:** *I might lose my marriage.*

2. Scramble the order of the words and read the sentence out loud again.

**Example:** *Might lose I marriage my.*

3. Scramble the order of the words again and read out loud. Don't worry if it sounds funny or makes you feel silly; that means you're doing it right!

**Example:** *Marriage lose I my might.*

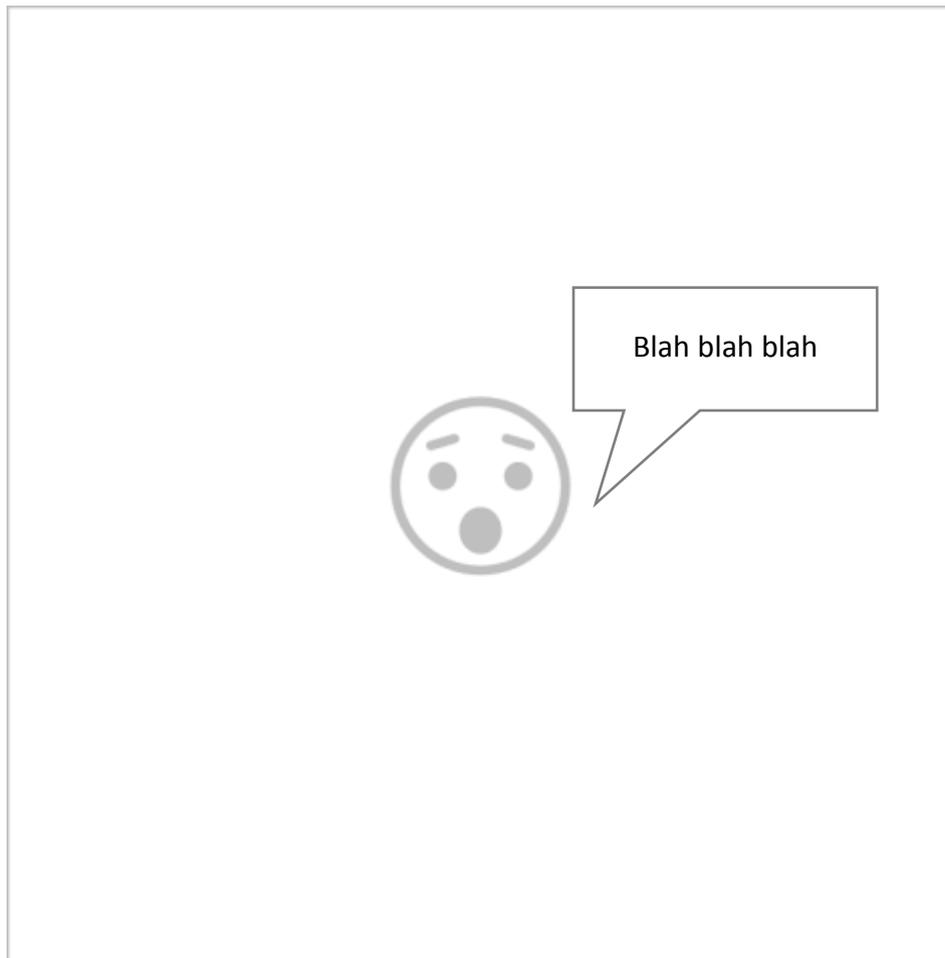
4. Continue scrambling the words and reading the sentence out loud over and over again until you feel neutral about the thought -- without fear, pain, anger, sadness, etc.



### STEP 3: STEP BACK AGAIN AND OBSERVE THE OBSERVER

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**Instructions:** Draw a box on a piece of paper and inside of the box draw a face (or print this page). The box represents the story from Step 1, and the face represents the person telling the story (you).



1. Stand up and place the piece of paper on the floor in front of you.
2. As you look at the paper on the floor, imagine that you are a neutral observer watching from a distance as someone else tells her story over and over. See how stuck she is in the “box” of her story. The more she tells it, the more real the box becomes to her.
3. Take one step back so that you are further away from the paper on the floor. Imagine that the details become less clear as you move back. The image is smaller, and the words are harder to hear.
4. Take one more step back and imagine that you can’t even hear the story anymore, nothing is holding your attention there.
5. Look around the room and let your attention wander. Notice what you notice; this is freedom. Now you have the freedom to choose what to pay attention to.



*“I felt peaceful and with no need to keep re-thinking of all the things that are blocking me from making the change that I need. I was ready to start conceiving what I wanted to do next.”*

**- Olga Kitsou**

### **Now that you've cleared yourself:**

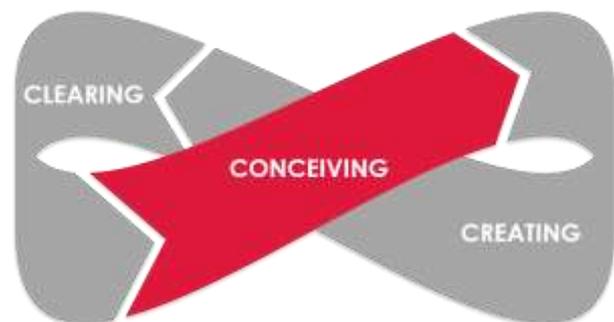
- You may feel more inner joy and enthusiasm than before the exercise
- You may find yourself without a limiting thought for the first time in your life
- You may feel more present and in tune with yourself than you normally are

**NOTE:** If you do not feel clear yet, go back and repeat the steps in this workbook until you do feel clear. It may take a couple of cycles to release resistance, especially if you've been living with it for any length of time.

### **Where to go from here:**

The next step in the Meraki Way process is **conceiving** – to imagine becoming the creator of the health, wealth, and love that you desire.

Before you can build what you want in the outside world, you must first create what you want internally.



And the more “real” it seems internally, the easier it is to manifest it externally.

So, in the conceiving stage, the idea is to have an experience of desire that is as real as you can make it in this moment right now because the mind doesn't know the difference between imagining and creating.

The conceiving stage paves the way for creating.



Now that you have got a taste of The Meraki Way I would love for you to join me in my FB community where we are talking about The Meraki Way Process.

*Click the link below to join the group.*

Please copy this link and paste it to your browser

<https://www.facebook.com/groups/TheMerakiWay>



## ABOUT PATRICIA GOZLAN



Hi, I am Patricia Gozlan, the owner of Prosperous Links SAGL. I provide exclusive coaching and healing services from Lugano, Switzerland.

I am fiercely committed to guiding women to put the past in the past, get present to who they really are, and helping them make big life changes so that they can enjoy more health, wealth, and love.

My approach is unique because I connect heart to heart in a healing way to open the flow of health, wealth, and love.

I am a coach certified in NLP and energy psychology techniques. I am fluent in five languages: English, Italian, French, Greek, and Spanish.

I love traveling, and I love working with people from all over the world.

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