

# The Big Questions with JD Messinger

## The answers change everything!

### Part 1

Why can't we be more like Joe?  
FLOPS



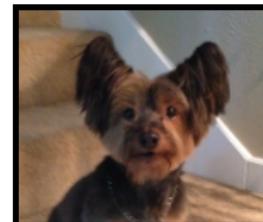
#### What is a FLOP?

A FLOP is a Faulty, Limiting, or Outdated Program. These programs are stored in your cells and are often the product of a memory or belief that is **faulty** (a belief that was never true), **limiting** (a belief that limits your understanding of potential and possibility), or **outdated** (a belief that is no longer relevant or accurate).

Sometimes a FLOP is the result of a faulty belief, and other times a FLOP can be credited to a combination of faulty, limiting, **and**, outdated beliefs.

FLOPs are viruses, stealthy software programs stored in your subconscious mind. They are triggered when certain conditions are met.

FLOPs can originate during your own lifetime or they can be passed down through your lineage. Some originate when we are still in the womb, others are inflicted on us by social pressures and societal conditions.



People are plagued with FLOPs, and they are the reason why we can't be more like a puppy—full of unconditional love and absent of judgement. My dog, Joe, doesn't understand or store labels in his brain; he doesn't know the difference between a

republican and democrat or Muslim and Christian. These categories are artificial constructs and the source of suffering.

Here's the [video about Joe](#) if you missed it.

Here is the [video to watch Part 1](#) if you want to hear the story again.

### **Personal Example:**

In video Part 1, I share a personal story about a time I became irrationally upset with my wife. She came out of the house at six in the morning, still dressed in her pajamas, to give me a goodbye kiss in front of my driver. I yelled at her and later realized my response was irrational and emotional, so I meditated on the pain and suffering and had a flashback—a video playing in my mind's eye—I was about 12 years old and entered the front door of my childhood home with two friends behind me. My mother was standing in the hallway in her pajamas and I was terribly embarrassed. When the same conditions were recreated—a woman representing my mother, pajamas, and an embarrassing moment—the software program that had been lying in stealth mode for over 30 years kicked in and I reacted by getting angry with my wife.

### **Why should you care?**

FLOPs are the source of suffering. They steal our happiness, joy, and potential. They destroy relationships, and are the source of conflicts and wars. FLOPs can influence our ideas pertaining to race, politics, ideology, religion, and much more. If you want to be more like Joe—overflowing with unconditional love, trust, and confidence in your natural gifts—then you have to identify your FLOPS and remove these viruses from your cells because they are the one thing that stops you dead!

### **Take away**

Why can't we be more like Joe? \_\_\_\_\_

Where does a FLOP come from?

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## Part 2

### Identifying your Flops!

#### Examples I shared:

The lady who got agitated on Christmas morning when her children received a lot of presents. She grew up in poverty and her presents were always broken. This stayed with her for twenty years until she recognized that the source of her current holiday suffering (FLOP) was memories her own deprived childhood. She had to identify these memories, forgive her family, forgive herself, and let it go.

The man who became angry and felt physical pain in his gut when he was offered advice or criticism during office meetings. The FLOP was a result of a childhood instance involving his father telling him he wasn't good enough to go to college and his opinion didn't matter.

Here is the [video to watch Part 2](#) if you want to hear the story again.

#### How to Identify Your FLOPS:

It seems counter intuitive, but the way to find a FLOP is to embrace discomfort and reflect on your pain. Examine factors that cause your suffering, question the source of your suffering (conditions). Are you feeling emotional or irrational at the moment because you are still experiencing the affects of a distant memory or faulty, outdated belief? Identify the conditions that led to your suffering. Do these conditions reoccur in your life and cause a similar outcome each time? It may take multiple occurrences before you can find the virus, so be patient. Remember, forgive yourself and others. You are a naturally powerful and loving soul, and this is all part of the journey to unleashing your power and potential!

Here are the steps to follow:

1. Pay attention to what you do—give yourself a reminder to be present and attentive to YOU and your behavior (don't place the blame on others). For example, wear a bracelet, ring, or something as simple as a rubber band on your wrist. Wear the item everyday in a visible place so it serves as a reminder to pay attention to your feelings and behaviors!
2. Keep a journal and write down the conditions (describe the situation that led to your suffering) so that you can identify the program:
  - a. What was the scenario?
  - b. Who was involved?
  - c. What was said or done?
  - d. How did you respond?
3. In addition to exploring your thoughts and emotions, pay attention to physical pain felt in your body. FLOPs are stored in our cells, they are stored in our

physical body parts and often physical pain corresponds with emotional pain. If you always feel pain in your throat when you try to speak your truth, you probably have a related FLOP stored in the cells in your throat. Use this information like clues. For example:

- a. Back Pain – you were metaphorically stabbed in the back
  - b. Throat Pain – someone stopped you from saying what you wanted to say
  - c. Gut Pain – you were sucker punched and it took away your courage
  - d. Below the belt – you were made to feel ashamed or you were blamed for something you didn't do
  - e. Above the belt (gall bladder area) – you were made to feel guilty
4. Understand that people can have hundreds of FLOPs. Identifying them and removing them must be done slowly, in layers. As you explore your memories, beliefs, suffering, and pain you will learn to dig deeper and deeper.

**Why you should you care:**

As you start to remove FLOPs you will be calmer, more relaxed, and more in control of your mind and your emotions. The more you remove, the more confident you become. You will start to improve your relationships, self worth, and your life will change for the better.

**Take away:**

Where did your FLOP come from? Can you define the conditions?

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How does your FLOP make you feel?

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**Part 3**

Coming soon!