

Comparison Table: LET MY SPIRIT GO vs. Leading Methods

In-Depth Analysis of LMSG's Unique Differentiation

Criterion	LET MY SPIRIT GO	Tony Robbins	NLP	Joe Dispenza	Mindfulness	Trilotherapy (Nissim Amon)	Nader Butto
Target Audience	- Truth seekers and called ones - people going through a deep life crisis - those who feel stuck despite years of personal development - intellectuals seeking to understand spirituality without mysticism	Success seekers, motivation, business and personal empowerment, performance	Those interested in communication techniques and quick behavioral change	Self-healing seekers, intensive meditation, "higher consciousness"	Peace seekers, stress reduction, presence, secular approach to spirituality	Inner balance seekers, emotional work, Eastern wisdom, mental peace	Holistic healing seekers, complementary medicine, energetic balance, practitioners
Theoretical Foundation	Three separate consciousnesses: intellectual, emotional, spiritual. The spirit is meant to lead	Mindset, NAC (Neuro-Associative Conditioning), Six Human Needs, willpower. Uses NLP techniques	Language and thought patterns, VAKOG. Considered pseudoscience with no proven scientific basis	Neuroplasticity, "quantum field," extended meditations to create reality	Present moment awareness, Kabat-Zinn's 7 principles, non-judgmental observation	Head, Heart, "Owner" (the Middle). Based on Zen Buddhism + Gestalt + chair work	Body, psyche, soul. 7 universal laws, "seventh sense" for energetic diagnosis
Human Inner Structure	Precise anatomy: Intellect = cunning lawyer; Emotions = drama queen; Spirit = natural leader overthrown from the throne	Six Needs (certainty, variety, significance, love, growth, contribution). No distinction between consciousnesses	Sensory representation systems, personal "world maps." No spiritual dimension	Brain, body, consciousness - no clear distinction between consciousness types	Body, emotions, thoughts - no spiritual dimension as separate consciousness	Head = logic, Heart = desires, Middle = awareness. Like "parent and two inner children"	Body, psyche, soul - three components without clear hierarchy of leadership
Identity of the "Third Consciousness"	Spirit = eternal consciousness, created in the radiation of God, subject to the objective Laws of Creation!	No such distinction exists in this method	No such distinction exists in this method	Vague "higher consciousness," connection to "quantum field" without clear definition	"Awareness" as observation only - not a separate consciousness with identity	"The Middle" = Zen awareness, the self before conditioning. Not connected to God or laws	"Soul" = anti-matter of the body, part of the universal primordial energy
Root of the Problem	Intellect and emotions became independent consciousnesses that dethroned the spirit → birth of the EGO!	Limiting beliefs, lack of clarity, negative "state," lack of action	Ineffective language and thinking patterns, limited "world maps"	Addiction to past emotions, repetitive negative thoughts, lack of coherence	Lack of present moment awareness, identification with thoughts and emotions	Gap between head and heart, "owner" fell asleep, lack of internal balance and harmony	Dissonance between soul and body, energetic blockages from unprocessed emotional conflicts
Treatment/Change Approach	Don't treat intellect or emotions - return the spirit to leadership! Not improvement - LIBERATION!	Change "state," empowerment, massive action, new neural conditioning (NAC)	Change language patterns, anchoring, reframing, modeling success	Extended meditations, visualization, creating elevated emotions, "becoming supernatural"	Practice awareness, breathing, acceptance without judgment, "being with what is"	Bridge between head and heart, "awaken the owner," chair work, meditation	Energy wash (EWO), regression (TTRT), releasing blockages, "seventh sense"
Role of Emotions	Tool meant to serve the spirit only. Unstable by nature - can NEVER provide stability!	Resource for changing "state," tool for motivation and vigorous action	Sensory information, tool for anchoring and pattern change	Elevated emotions create new reality; disconnect from past emotions	Observe without judgment, don't identify, let them pass	"The inner child" that needs listening, love and balance with the head	Energy that needs balance and release, source of blockages when unprocessed
Role of Intellect	A cunning lawyer: only how to analyze and dig in endless loops. Intellect alone cannot lead to truth!	Central tool for analysis, decision and strategic planning	Central tool for pattern change, communication and modeling	"The analytical mind" that blocks - needs to be bypassed through meditation	Not central, just an object for observation	The second "inner child" - logic and responsibility, needs balance with emotions	Tool for understanding energies and structures, part of the psyche needing balance
Place of God/Divinity	Connection to God beyond religions - the ONLY source of stability! Through the Laws of Creation	Vague or neutral "Higher power," not central to the method	Not relevant to the method at all	"Quantum field" or "universal consciousness" - vague and undefined	Not religious, spiritual in a neutral and secular way only	Not central - based on Zen Buddhism which is non-theistic, no connection to God	"Primordial energy" whose laws match God's attributes in religions, not explicitly religious

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Objective Laws/ Guidelines	Laws of Creation - objective order like body structure. No coincidences! Every effect has a cause	Subjective success principles, no absolute legal framework	Techniques without proven scientific validity, considered pseudoscience	"Quantum laws" - inaccurate use of scientific terminology	Kabat-Zinn's 7 psychological principles, not laws of existence	Principles from Zen and Tao, Eastern wisdom - not absolute objective laws	7 universal laws - unifying physics, biology and spirituality
Central Framework/ Metaphor	Exodus from Egypt: Egypt = Matrix, Pharaoh = Ego, Desert = Transformation, Promised Land = Freedom	"Awaken the Giant," control your destiny, success as daily habit	"World maps," mental models, reprogramming the brain	"Becoming supernatural," quantum field, "no body, no time, no place"	"Four foundations of mindfulness," presence, acceptance, letting go	"Parent Day" - parent and two children, internal mediation, "peeling the onion"	"The Human Code," 7 energy centers (chakras), body-mind-soul connection
Approach to Trauma/ Past	No coincidences! "What can I learn?" instead of "Why me?" - incarnation, reciprocity, Laws of Creation	Change the meaning (reframing), your decision determines the interpretation	Change the pattern, anchor a new state, model behavior	Completely disconnect emotionally from the past, create a new "self" in the quantum field	Observe without judgment, accept what was, let go	Heal "emotional wounds," clean "the cellars of the heart," mediation and emotional work	Regression to traumatic memories, releasing energetic blockages in time and space
Goal of the Method	Spiritual freedom, joy independent of circumstances, breaking the Matrix, connection to God	Success, personal power, achieving goals, extraordinary life	Behavior change, effective communication, modeling excellence	Creating new reality, self-healing, "becoming supernatural," mystical experiences	Inner peace, stress reduction, full presence in the moment	Inner happiness, balance between head and heart, awakening the "owner," peace	Body-mind-soul wholeness, energetic balance, spiritual development and ascension
Promised Outcome	Inner stability independent of circumstances! Eternal love, freedom from ego, connection to Source	Measurable achievements, success, performance improvement, motivation	Behavior and communication change - without proven scientific validity	Reality change, "spontaneous" healings - scientifically controversial	Mental peace, tension and anxiety reduction, ability to "be with"	Inner balance, quiet and harmony between the parts, awakening	Energetic balance, wholeness, body-mind-soul healing, completing the learning process
What the Method Doesn't Provide	The main barriers are the faulty wiring people have regarding the Laws of Creation, spirituality, and God	No real spiritual connection, no solution to deep existential questions, no deep inner stability	No spiritual dimension, no scientific basis, no answers to life's meaning	No distinction between consciousnesses, vague use of science, unproven	No connection to spirit as separate consciousness, no answers to existential questions	No connection to God, "owner" is not an eternal spiritual consciousness, no Laws of Creation	Clear hierarchy of consciousnesses, high complexity, requires long training

Summary: The Key Differentiation of LET MY SPIRIT GO

- Unique Three Consciousnesses Model:** Only LMSG identifies three separate consciousnesses (intellectual, emotional, spiritual) and explains how control of the earthly consciousnesses over the spirit creates the ego. "Trilotherapy" Method also speaks of three parts, but its "owner" is Zen awareness - not an eternal spiritual consciousness as the ONLY real part, connected to God and the Laws of Creation
- Spirit as Leader - Not "Balance":** While other methods try to "balance" or "improve" the intellect and emotions, LMSG claims they were never meant to be independent consciousnesses at all - only tools serving the spirit. Not balance - correct hierarchy
- Objective Laws of Creation:** Not subjective "principles," not baseless techniques, not vague scientific terminology - but an objective order of existence. No coincidences - every effect has a cause
- Exodus Framework:** A unique working protocol for liberation from the inner Matrix. Egypt = Matrix, Pharaoh = Ego, Desert = Transformation, Promised Land = Spiritual Freedom
- Connection to God Beyond Religions:** True stability doesn't come from managing emotions, "balancing" between parts, or techniques - but from connecting the spirit to the one and only source of Power: God, through the Laws of Creation
- Not Improvement - Liberation:** LMSG doesn't try to "improve" the ego or "balance" its parts - but to free the spirit from their prison. This is not personal development - this is personal redemption