



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #295

Hale Dwoskin

Hale Dwoskin has dedicated more than four decades to teaching and sharing the Sedona Method, which helps people alleviate their suffering and discover the truth of who they are.

Hale is the author of the New York Times best-seller *The Sedona Method* and the co-author of *Happiness is Free and it's Easier Than You Think* with Lester Levenson. He is one of the featured teachers in the book and movie phenomenon *The Secret* as well as a featured teacher in *The Greatest Secret*. He is also featured in the movie *Letting Go*. Hale is the Director of Training, Chief Teacher, and Spokesperson of Sedona Training Associates, an organization created to promote the emotional releasing techniques inspired by his friend, mentor, and teacher Lester Levenson. He is also a founding member of the Transformational Leadership Council.

Top Quotes From This Episode

"If you embrace failure, you learn from each one and eventually you get to the point where you've learned enough so you don't fail in that particular way again."

"When you let go, your mind quiets. You have more ability to focus, to concentrate, to follow through, to get out of your own way."

"Just trying to hold in mind the 'positive' does not work unless you let go of the 'negative' — the past, your excess baggage."

Show Notes

This episode touches on the following key topics and ideas:

- **The Sedona Method (3:20):** A powerful yet simple technique that shows you how to let go of whatever is holding you back from having, being, and doing whatever you want in life
- **Too good to be true? (4:32):** Hale shares the biggest challenge in promulgating the Sedona Method and the power of letting go to improve your quality of life
- **A testament (12:09):** Jim shares the time he discovered the value of letting go of fear, failure, and wanting— and how it paved the way for his success
- **The beginning (14:55):** Hale on learning the Sedona Method from physicist and engineer, Lester Levenson, and becoming a Sedona method teacher
- **Of wanting and lacking (19:37):** Letting go of the wanting is replaced by the feeling of having, of self-confidence, of ease, of certainty, of empowerment
- **Be in the flow (22:04):** Letting go doesn't equate to giving up on your goal, it's giving up the inner resistance that hinders you from achieving your goal.
- **In sports (27:19):** Hale, who doesn't enjoy exercising, shares how letting go made working out a part of his life that he now enjoys
- **Getting out of control (29:37):** The fear of being out of control keeps us from letting go fully
- **On failures and successes (33:06):** Holding on to the failures won't get you to where you want to be and what you want to achieve
- **Try the Sedona Method (34:53):** Hale demonstrates the Sedona Method

List of Resources Mentioned in the Episode

[The Sedona Method: Your Key to Lasting Happiness, Success, Peace and Emotional Well-Being](#)

[Happiness Is Free: And It's Easier Than You Think](#)

[The Secret \(book and movie\)](#)

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