WHAT WOULD YOU BE DOING IF YOU WEREN’T SO AFRAID?

“Being Conscious” Understanding we create our own reality and being fully committed to participating in life. (Roy) Vs. Gay’s version with the alternative to letting our life follow the trolley tracks of our conditioning.

Conscious ~ an undeniable acceptance of individual freedom (and the responsibility that goes with that freedom) allowing an individual to be Awake to choices…all of which create his or her true essence.       .....from Jean-Paul Sartre’s philosophy…..

“Tossing out the Anchor” regards to planting my body in Limbo and not participating in life. Sitting on something.(Alan)

Observe your life through your actions. They will teach you all you need to know. ~ Nari

Solgno d ‘oro (Dreams of Gold)

Tante Belle Cose (Many Beautiful Things)

FLOW ~ here are 8 components people have mentioned, when they enjoy what they are doing. Author / Mihaly Csikszentmihalyi

1. Clear sense of goals
2. Knowing what they are doing.
3. Skills are matched with their challenges.
4. Attention is concentrated on what they are doing.
5. Operating in the moment.
6. Not worrying about being out of control.
7. Not worrying about how they look in the eyes of others.
8. Time passes fast, one is glad to be doing what ever it is that provides such an experience.

If confronted directly and bravely, any tyrant emotion reveals itself as a mouse rather than a lion, a mouse whose terrifying roar is really a squeak held up to a microphone. (Days of Healing, Days of Joy)

”Once drowned in truth, one wants to sink deeper.” (Rumi, Parrot & the merchant, Masnavi I)

Polaties ~ Is an exercise program that promotes strength and well being from the inside – out. Promotes upright posture as opposed to being hunched over.

10 KEYS TO FREEDOM OF SPEECH from Pam Chambers Presentation Courses
1. Know your intended result and call for action
2. Release control
3. Know, and love, your subject
4. Connect with your audience
5. Seize the opportunity
6. Use questions
7. Pause
8. Be specific
9. Read the audience
10. Let them in on it

What would you be doing if you weren’t so afraid? from Who Moved My Cheese?

Conscious Living Quote:
“You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quite still and ordinary. The world will freely offer itself to be unmasked, it has no choice. It will unroll in ecstasy at your feet.”
Franz Kafka

“The illusion is that we are separate” The Course of Miracles

“Bodies never lie” Agnes DeMille

Shifting from expectation to appreciation in relationships. Having appreciation be an art form.

BOOK referred by Prativa “Kryon” (entity)

**Why are we here?** From “Spirit Guides” by Iris Belhayes
- We are here for the playing of the game of life in physical form.
- We are here to learn how to create with thought and emotion.
- We are here to learn how to create responsibility – our lives, our relationships, our fulfillment of personal and spiritual growth.
- We are here to learn again that we are part of All There Is.

“You can change the recipe, but you can’t change the cook.” quote by Alan

“Get out of the way and let it happen.”

Addiction is your greatest inadequacy. Gary Zukav ‘Seat of the Soul’
GZ says,
Look at someone as a soul verses the personality they have chosen. When someone passes (dies), know that the soul is much bigger than the personality. They have chosen when to come into this earth plane and they will choose when to go. Appreciate the gifts the soul has brought.
GZ says,
Emotions are energy currents. When you are doing something that you feel you must do, you are following your soul’s path. Our life is an episode of a bigger story, ‘The Story of
the Soul’. When you die, your sensory friends will write, ‘died…month/day/year.’ Your multi-sensory friends will write, ‘TO BE CONTINUED….’

GZ says on true love,

Every experience you are having is about spiritual growth. You are learning who you are. Become the artist of your life. Romance is not love. Romance is a projection of the beautiful qualities you don’t see in yourself. Look at romance as a signal that you are trying to change someone. This is not always true. Example: If you are clear in your life as to why you are with this person. How clear you are with your life will define your level of romance. Instead of romance ending, look at it as a beginning to true love. If you can’t accept the person you are with, you’ll be continually trying to change them. Are you manipulating your experience by putting conditions on it? Your life is a spiritual journey and this is one of the experiences.

Love is a deeper experience than romantic love. Align your personality with your soul for authentic power. A relationship is a partnership between equals for the purpose of spiritual growth.

What is the romantic illusion of love? What are your projections? Look at what you most want in another, then cultivate that in your life. Are you looking for someone to complete you?

Drs. Gay and Katie Hendricks write their real rules-how to enjoy close relationships:

WARNING! ONLY FOLLOW THESE RULES IF YOU WANT CONTINUOUSLY EXPANDING CREATIVITY, JOY AND EXCITEMENT! DON’T DO THE FOLLOWING FIVE THINGS IF YOU WANT TO STAY COMFORTABLY NUMB!

REAL RULE ONE
Tell the truth all the time about everything. Every withhold, no matter how small, decreases the feeling of aliveness.

REAL RULE TWO
Take 100% responsibility-no more, no less- for everything that occurs in relationship. Give the other person room to take 100%, too. The two of you equal 200%, and the 200% has to be equally divided for relationships to work. Be sure to take responsibility for those things that really look like the other person’s fault, especially if those things keep recycling.

REAL RULE THREE
Fire any “friend” that encourages you to think of yourself as a victim. Train all your real friends to greet any complaint you utter with a response like, “Well now, why do you suppose you created that in your life right now?”

REAL RULE FOUR
Regard the urge to complain exactly as you might regard spitting in public. We’ve found that complaints are almost never about the other person, anyway. When you feel a complaint bubbling up, consciously turn it into a request.
REAL RULE FIVE
Make appreciating your loved ones your highest priority. In fact, turn appreciating into an art form. Speak at least one appreciation per hour. Place a very low priority on improving the other person. Never attempt to improve the other person without asking permission first, and never use criticism or blame as an improvement tool.

Ask the universe (God), What is it that you’ll have me be? What is my greatest contribution? Surrender and if you can’t give up your intentions, then line your attention with the universe’s request.

“If you are distressed by anything external, the pain is not due to the thing itself, but to your own estimate of it; and this you have the power to revoke at any moment.” – Marcus Aurelius

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle

“In the middle of difficulty lies opportunity.” – Albert Einstein

“You attract to you only that which is your consciousness. The way to harmony is by remembering who you are in every moment…a divine expression, spirit into matter.” - Shanta Hartzell, 1994

In today’s modern medicine, 80% of today’s illnesses can’t be treated, 10% are treatable or relieved and the other 10% are caused by today’s medicines and surgical side affects. Says Edward A. Taub MD from Wallace D. Wattles / Science of Getting Rich

The subconscious mind controls behavior and has no ability to reject what the conscious mind accepts.

Life Success Production (www.bobproctor.com) 1-800-856-7632

Get the message and move on. Don’t get the message and spin out. (Katie Hendricks)

All emotions are like gentle, short-lived waves, unless there is unconscious resistance to feeling them. (Gay Hendricks) With this in mind, look at any strong emotions as resistance and shift to loving and accepting your self more?

“Common Sense” as defined by Oscar Wilde ~ “The sum total of all prejudices and superstitions we acquire by the age of 18.”

I am creativity in motion vs. a working issue in process.

Are you using your process to create separateness?
Book…”Be Heard Now” by Lee Glickman

4 Basic steps to connecting with an audience:

1) Stand with your feet planted into the center of the ear and listen to your audience before you begin speaking.
   Leave at least 5-10 seconds of silence..at least one deep breath..so you can “arrive” before you start speaking, and open the door to connection with your audience.
2) Speak clearly, from the heart, in short sentences.
   Tell a true personal story.
3) Say every sentence into the eyes and heart of a human being in the audience.
4) Spend 5-10 seconds of quality time with each listener before moving on to another.
   Listeners feel more fully included and connected with us when we make deeper connections.

www.realresults.net   Ed Ferrigan referral.

Fernando Flores, assessment/commitment, speech action

Behave your way to success.

In relationship, Claim verses Blame (taking 100% responsibility).

Shame issues many times go back to 3-5 years old.

The question “What is Love?” is asked to 4-5 year olds.
• Love is what it feels like when you come in from the cold and drink hot chocolate.
• Love is when someone speaks your name in a way that you know it’s safe in their mouth.
• Love is when you stop opening presents at Christmas and just listen.

A ritual can be an act-ment of a myth. By following a ritual you can have a mythological experience. (Joseph Campell, Power of Myth)

Regarding addictions, “You’re as sick as your secrets”.

Apprentice Program (notes from Katie) ~ The apprentice group is not a therapy group or social organization. It is intended to create a container for committed learners to explore co-creating, facilitating and living in integrity.

ACTIVITY Send Intention into Space (Jean Houston)
Make a noise and notice where you feel vibration. Let it permeate your entire body. Plant intention in the middle of vibration, then let it expand. Bring in qualities of truth, strength and power. Bring in qualities of love compassion and acceptance. Magnify vibration send it out into the room, outside, then into the universe. Send it into space including all time.
Lifeforce Energy referred to as, an “Animated Current of Love”.

Breathing raises your vibration.

**Four Process Questions:** Byron Katie’s “Loving What Is: Four Questions That Can Change Your Life”
- Is it true?
- Can you absolutely know that this it’s true?
- How do you react when you think that thought?
- Who would you be without that thought?

Turn around to claim complaint. Example: Rather than, he’s always late try I’m always late. Notice how you feel with this statement.


**Sounds Have Power**

Sounds are a powerful energy. Every sound is a vibration made of waves oscillating at a particular frequency. The frequency range of the human ear is approx. 16 thousand vibrations, up to roughly 40 thousand vibrations per second. Higher on the scale, with increasingly faster vibrations is electricity, at about 1000 million vibrations per second. At 200 billion vibrations per second we find heat. Light and color are at 500 billion vibrations per second and an x-ray manifests at two trillion vibrations per second. It is theorized that thoughts and the unknown etheric and spiritual dimensions are in the realm of increased vibrations beyond anything that is calculable at this point in time. Vibrational frequencies are very clearly the very nature of our material Universo.

Sound as we hear it is low on the scale, just above forms or solids.

Keep in mind that sound is the vibrational frequency between the world of solid matter or form as we know it and the higher vibrational frequencies of the formless world of Universal Spirit. Learning how to use sound is a way of harnessing its power for manifesting thought into the world of form.

Sound is the only vibrational frequency that we can utilize and change with our senses. Harmonious sounds are the ones that most contribute to a balance and creative life.

The higher state of conscious beyond the mind is called “siddhi” awareness.

“Aaah” is the sound of creation. Aaah is the sound of effortless perfection, as is creation itself effortless and perfect.

Dr. Phil says, replace your fictional thoughts with precise (authentic) truth. The alternative accurate statement is your authentic accurate alternative. He refers to this as, AAA.

**Litmus Test**
- Is it a true fact?
- Does it serve your best interest?
- Does it affect your health?
- Are you getting what you want, need and deserve?
**ACTIVITY**, modify depending on group

Person #1 (example role: teacher) Name five things a student does that most bothers you.

Person #2 Become the student.

While person #1 is doing lifestream, #2 acts out the things that most bothers person #1.

Advice verses Feedback

**advice**, Opinion. Recommendation regarding a decision or regarding course of conduct. The phrase, *it seems so to me* and *appears to me*. ADVICE, COUNSEL implies real or pretended knowledge or experience, often professional or technical. Counsel often stresses the fruit of wisdom or deliberation.

**feedback**, The return to the input of a part of a system or process. Corrective information about an action or process. The information was solicited to help revise the curriculum.

**COMMITMENT** – Goethe

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then the providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in ones favor all manor of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come this way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now!

**STORY** – Deepak

This story was attributed to Buckminster Fuller.

There are three kinds of people in this world, those who are asleep, those who are stirring and those who are awake. If you try to wake up the sleeping person he will just mumble and go back to sleep. If you wake up a stirring person he will wake up just long enough to curse you and then go back to sleep.

Instead of trying to wake them up, if you come across someone who is asleep or stirring what you should do is, fluff their pillow, tuck them in and kiss them on their forehead. The important joy for those who are awake is to seek each other out, connect with those who are awake, talk, sing and celebrate together. This will create a groundswell of awareness. As this groundswell increases and spreads out, it will awaken the stirring and will began to stir those who are still sleeping.

A “healer” is one who wakens the capacity in another to feel better.

**BRAWL**, an acronym for breath, reveal, appreciation, wonder and looping. (Nicola)

Desperation drove my marketing and no one wants to be dinner. (Linda Brannen)

How can you best convey your personal values and feelings about a service that has tangible benefits for clients?
Addiction is a sincere attempt to feel good. With addiction, introduce an alternative way.

A mother overhears her 5 year old whispering to her new baby brother. She says, “Tell me about God, I’m starting to forget.”

One professor says addiction is a disease of unexpressed grief. Check out Kubler-Ross’s book on grief.

Story….That what we repeatedly talk about, that which is arguable.

Violence is the last resort of a limited mind.

Gay Hendricks said, “Burn out in the service of your magnificence, rather than rust in your mediocrity.

“We never had a problem with who we are, only the audience that sees us does”. From: Twin Falls Idaho

Regret is the result of choice.

**Gay’s Sugar Addiction Exercise:** Choose what you want to swallow.

1. First, place sugar or something with sugar in the palm of your hand. Feel the vibration of the sugar as it sits in your hand.
2. Next, place the item between your lips and feel the vibration of the sugar.
3. Now place the item in the middle of your tongue and squish it into the top of your mouth. Tune into the essence of the sugar, the spirit of the sugar.

“Life was meant to be lived and curiosity must be kept alive. One must never, for whatever reason, turn his back on life.”…..Eleanor Roosevelt

When someone is expressing emotionally at a high volume around you, look at where you might be holding back in that area. It is not uncommon that when you keep a lid on your thermostat (like that of a volcano) it will want to erupt somewhere close by.

**FORGIVENESS**

I see fear as a survival feeling as is grief. Recently someone brought to my attention that in her life she has a need to redefine forgiveness, the importance of forgiveness and the crippling effects of not forgiving. I resonate with facing and accepting and opening a space for learning. I appreciate the imagery of letting go and opening to giving and receiving. And to add, being fully with the emotional experience (anger specifically) until that organically releases. I see that forgiveness cannot exist in the triangle and only by stepping into authenticity will forgiveness be truly embraced.

Forgiving and forgetting leaves you open for giving and for getting.
Receiving feedback as an invitation to locate and occupy even more of my energy and to play from that place. (Corinna Bloom)

When people imagine they are being attacked, they usually respond with agreeing or defending and then they make the statement real.
Gay H. said: Getting defensive is the cue that you’re taking something as true and real. You flinch in a 3-D movie theater when an imaginary spear is hurled at the audience. Your body would have no reason to flinch unless it took the spear as real. What if you didn’t make it real by agreeing and defending? What would that look like and sound like?

Choose an option that resonates with your current experience. Feel free to fully inquire into them, having made the choice to neither agree or defend them. (Corinna)