

## The Kwan Yin Journey



### Week #5 Q&A Call – December 8, 2013

Tim: Hello, Tim Emerson of Kwan Yin Healing. We're here for our Q&A call, and it looks like it's just me and you today, Bruce. [LaTresa joins us later, and Deborah participates via Facebook messages.] I thought that this might be an easier time for folks, when I set it up, but apparently that's not the case. Oh well. Let me start by going over some things about where we've been here.

We started looking at the Thought plane this week. When we looked at the Levels of Being, the Thought plane is right in the middle. This is where we spend most of our time and awareness, and this is a really, really tricky point. That's why it's important to really get into the physical and the emotional aspects first, so that we can get a handle on that before going into the thought plane.

As Buddha pointed out, everything flows from the mind. The trouble is that the ego has also set up shop there, so it's very, very difficult at first to see that the ego is going to say everything flows from me, and conversely, everything happens to me. It's not fair. It's one of the reasons why, right at the outset, I really want to keep the focus on what's good, gratitude, and what's working well because it's really easy to get sucked up into that whole ego game. So it's well worth repeatedly going over that foundation.

One of the interesting things about being human is that, as soon as we start getting into material similar to this, we latch onto *here are my demons, here are my trials, here are my tribulations, here are the things I have to wrestle with*, and we very quickly make a list of all the problems, and then that's what we see. *Look at all the problems*, and this is where we put our thought, and *I live in this world of problems*, and that, in fact, is what we're manifesting.

It's not that we want to not look at our problems, but it's extremely important to look at the bliss, the mercy and the joy because, if we don't, we'll say, "I'm working on my demons right now, so I don't have time to be happy. I don't have time to be blissful," and the bliss is very much an important part of working on the demons.

When Joseph Campbell pointed out to follow your bliss, it's important because battling demons is not a reason to get up in the morning. It's not a reason to work through things. Even if we're very stubborn or combative, at a certain point we just get tired of fighting and we give up. When we follow our bliss, we have something that's pulling us, so then we don't have obstacles, we have hurdles, and hurdles are meant to be jumped over. It's hard to imagine a mother saving her children, saying, "I don't know. The obstacles are just too big." No, saving her children is the given.

It's really easy to fall into this trap, if we're not careful about that. *Everything happens to me, everything is somebody else's fault*, everything comes to us from outside, and then we're truly stuck.

If you think back to any of the material that we've looked at before this course, for many of you, the *Nine Steps Towards Getting Unstuck*. The number one reason people are stuck is they are looking outside of themselves. It's the fault of other things around me. But it is human nature, so we don't want to beat ourselves up, but we do have to recognize this, and to watch it happen and to catch it because however much we construct the justifications, it will keep us stuck. We will be there forever because we'll be continually recreating the problem and continually recreating the situation.

Nor do we want to get into blaming ourselves. There is a tendency that, "Oh man, I should have mastered all of this already," and that's just unrealistic. It's a work in progress. It always will be.

Understanding that distinction, to reemphasize that thought is the creative force. Thought is the Law of Attraction. Thought is the power to transcend and transform, and the physical and the emotional things are reflections of this. If we fight that and get caught up into all of the various yeah buts, we will continually recreate that problematic world, and it's not that, "Jeez, my thought isn't creating my world," it's that our thought is

continually creating that problematic world, so it's a very dangerous and difficult cycle if we don't make that really, really crucial shift.

This physical and the emotional things can get in our way, but what we can do about that is recognize that the physical and the emotional things are mirrors of what's going on in our thoughts, and we can use them as very valuable feedback in a way that our thoughts sometimes don't really help with, if we're in that cycle.

It's really interesting. I'll have to blog about this. I'll add that to my to do list, but there is a great deal of science now that points out, as a result of studies, that if you believe something to be true, it is, and if you believe something not to be true, it isn't. We can see this medically, not simply in our circumstances. The film *The Living Matrix* features several of these medical studies, where we can actually see and measure the results. This is a very early field in Western science. It's very ancient field in Eastern philosophy.

What do we do to begin with? There are a couple of things that we can use quickly, while we're getting into these new habits. First of all, ask which is the empowering thought? Which is the thought that is going to move me forward? Which is the thought that is going to keep me stuck? And however much we want to fight for the thought that keeps us stuck, understand this is extremely unhelpful, and however much we may want to question the empowering thought, recognize that embracing the empowering thought is going to move us forward in some way.

To understand that our emotions are reflections of our thoughts; good quality thoughts feel good. Poor quality thoughts don't feel good. Checking into the quality of our thinking can help us show what we're creating in any given moment. Then we can make decisions to think better thoughts that are reflected in better emotions.

We can look around in our physical world. Again, I know this all too well, personally. I've done it to myself for years and years and years. How easy it is to justify my circumstances? Instead, to look honestly at my physical world and ask myself, objectively, how is this working out for me? And wherever it isn't, to realize I need to change the way I'm thinking and to accept the evidence in front of me, even when I don't want to. This is a

difficult shift to make, but it's a really, really crucial changing point. That's the first main point.

The second main point, we talked just a second ago about how difficult it is to separate this creative force from this ego force because, in our heads, it looks so similar, and to understand this crucial point that we are not our thoughts, that we tend to identify ourselves as our thoughts, and this is completely ego at work. The reason this is a problem is that it shuts off connection to higher vibration, entirely, because in a very literal sense, it's making ourselves to be God, and when we make ourselves to be the divine, there is no higher power, there is no higher source, there is no cavalry, there is no other way to do it unless we can do it perfectly, so wherever we are, we will stay stuck.

Learning even that small bit of separation, this is where meditation is oh so very important. We can still have all this static. We can still have all these confusing thoughts going on, but to be able to step back, even just a tiny bit, to recognize this is me looking at those thoughts, not these thoughts are me, is a really, really, really crucial distinction, and it's entirely the key to moving forward from this thought plane.

It's also the key to peace, even in a troubling period, because we can let our thoughts go through whatever gyrations they are going to go through, and we can step back and watch it, almost objectively, as our thoughts swirl, and not be caught up in it. Again, a difficult shift at first, but an absolutely crucial one.

The idea that our thoughts are creative is ancient, even in Western philosophy. It actually goes back to Plato. Before we have a chair, we have the idea of a chair. Everything that comes is created in the mind before it gets created in reality. The thing to understand is that the moment it's created in thought, it does not exist in physical reality. People often get caught up into this, "Yes, I can think it, but it's not real." Things start being real in physical reality by starting to be real in the mind.

In the same way we invent something, we think of something, it doesn't exist yet, but it has to exist in the mind first before it can exist in physical reality. It's those beliefs in this, even though it "doesn't exist," that make things true. A really good illustration of this is when Roger Bannister was trying to break the four-minute-mile. It was just believed impossible, and

Roger Bannister believed he could do it, so without that belief, all the things that need to happen to do that wouldn't happen. He had to believe, first, that it was possible, even when everybody reasonable was pointing out that he was crazy and it was not possible.

It's not that he is super human. As soon as he did it, hundreds of other people did it because now they believed it was possible. Thought is really that powerfully creative, and a common point of getting hung up is, "Yes, but it's not real. It doesn't exist yet." That's the entire point of thought being creative. If it exists yet, you're not being creative. If you're only thinking thoughts that exist right now, there is nothing creative about that. You're just recreating the same things that already exist. There is nothing new.

This is also why it's important to take time. We talked at the beginning of this program about getting clear about what we want and what we love because without that passionate attachment, without that desire to move forward, we're not going to have the kind of feedback on those powerful, creative thoughts. It's that desire and that love that pulls us, rather than pushing us, that we were talking about just a minute ago, into creating those things that don't yet exist, forming those relationships that don't yet exist, coming up with those solutions that don't yet exist.

Then conversely, negative thoughts are not mere worries. They actually create negative conditions in the same way that positive creation moves from concept to physical manifestation, negative conditions are flagged by negative emotion, pointing out that we're going in the wrong direction.

Since we commonly believe we are our thoughts, we tend to think incessantly and the voice in our head never shuts up, but these are the keys. The mind/ego will fight very, very hard to keep its place, but it's not really in control. It's the illusion of control. This is the benefit of a daily spiritual program because we begin to first accept, and then truly learn, and then finally deepen that we are not in control of the universe, and it opens up to so much more possibility and purposeful creation in harmony with the things that truly are.

Once we get our own minds out of the way, we can start to see the possibilities, and the reason we can't see the possibilities when our own

mind is in the way is that our own mind is seeing only its vision of things, and it is the very opposite of possibility. It's severe limitation.

A difficult thing, to both be paying attention to what we want, and at the same time being unattached to the way we feel it should happen because we want to be open to a world of possibilities. We've talked about these things before, the difference between desire and attachment, and so forth. The difference is one is positive and creative, focus of attention and thought, and the other is wasteful, worry and speculation, and dissipates energy.

Having a *why*, a purpose, is really, really helpful for focus. When we have not just what we want to do, but a reason for doing it, a purpose for doing it, that tends to drive us in very positive ways. There is something to be accomplished here.

Then the *how* and the *what* can flow from the *why*. If we don't have that focus, one of the things we asked in the very first week is not only what do you love and what do you want, but *why do you want it? What does it do for you? And what does that do for you?* When we get clear on the *why*, we tend to think about *how do I get this and what do I want?* And that tends to be very limiting. When we focus on the *why*, the *how* and the *what* will flow from this in a way that is much more balanced.

Creation flows from the heart. The heart should be governing the mind, not the other way around. In this module, we looked at some several examples of this in the business world, in the Eastern philosophy, in Western medicine; the importance of this direction, this purpose.

Also, this week, we looked at the reminder to not forget the good. Gratitude is not the final step. It is the first step. If it's not the first step, then we are still recreating the negative things. We are still clinging to the negative thoughts and behaviors, and we're still going to be recreating those situations. It's really crucial to start with that point of gratitude, wherever we happen to be.

So when we're taking our personal inventory, to remember I have a few problems, but I have a lot of things going for me, and a lot of things are going really well, and that we work from this point of not crashing away bad things as much as embracing the good things, and building on those,

focusing on those, embracing those. These are the things that make life and love worth living. It's only then that we can start to have meaningful conversations about abundance, to understand how abundance is an energy, not a state of being.

The problem that I see people having is that they jump to all of this too soon, without laying the foundations. The fundamentals are crucial. As a professional musician, certainly the wind musician is what I know best. Breathing is crucial. Slow scales are crucial. Long, slow tones are crucial. Paying attention to the tiny, tiny little burst between notes. These kind of very basic points about learning to play a musical instrument are crucial, so you'll see amateurs who learn it and move on to practice the hard stuff. You'll see professionals not even bothering to practice the hard stuff very much, and focusing, literally, most of their time on breathing, long tones, very slow scales, getting all these little bursts out because, as a professional musician, I can tell you when you truly master those professions, those fundamentals, the rest of it happens by magic.

I've heard many other examples. Attributed to Picasso, or if it's not Picasso it's some other artist of that time period – "First, learn all the rules and master them. Then throw them away." But they have to be mastered first. Or some famous basketball coach who started off with this professional team and said, "Okay, I want to see layups," and the players protest, "Coach, I can do that shot in my sleep." He says, "Great, I want to see 400 of them. Go." Understanding how crucial fundamentals are.

I see people jumping right to things, without putting in force the fundamentals, and I want to stress how important that is. People tend to think the problem with their dreams is that reality is tough, and it's not. Mostly, they just give up too soon, and how do you know it's too soon? They haven't got there yet.

It sounds so cliché and simplistic, and I suppose it is, but the only way to not achieve this is to quit and, in fact, to choose to quit. It's a choice to be unhappy. In that case, the reason people do that is they are shaky on their why and their purpose. It's crucial to define our definition and our purpose. It is crucial to get clear about all this, to understand why you want this. It is crucial to understand what are you willing to give for this goal so that there is a proper energy exchange, so that you're not just wanting stuff, that you are making a significant contribution, an exchange. It's

crucial that you love yourself. You can't love what you're doing, the divine and others, and so forth, without loving yourself. To do that, we have to truly understand.

It is crucial to detach from other people's thoughts. Like it or not, we tend to look for other people for approval. We are a social species. It also means that we accept a lot of thoughts that mean nothing more than that a lot of people think them, and this holds us back. Every major breakthrough is a break with. So step back from those things.

Also, in this module, I pointed out that another way we make things tough is addictions, and here I'm not talking simply about things like alcohol or tobacco, or whatever else, but all kinds of addictions. We have things that we do that don't necessarily make sense because they fulfill some void that has no real justification for this, whether it's too much time on Facebook when we don't really value it, or whatever. How do we make our way through addictions? Again, turn it to positive things. Doing service work; *how can I help other people?*

Stop trying to do everything by yourself. Next to blaming other people, I think the second most common thing is everybody wants to do everything by themselves. It's ridiculous. It's a major limitation.

Replace old habits with new ones. It's very difficult to simply stop doing something. It is much easier to replace it with something else. That's one of the key habits we want to get into, gratitude and a daily spiritual program. Instead of I don't think negative thoughts, no, here are the positive thoughts I'm focusing on. Here is where I'm headed. That is much easier to do.

Pay attention to the things we surround ourselves with. Avoiding people, places and things that don't serve us, that are working against us. One obvious example, for me, someone who definitely doesn't want to pick up alcohol again, I'm not going to hang out in bars. That would just be a silly thing for me to do. Avoiding the people, places and things, but again, not just avoiding but looking towards who are the people, places and things that represent where you're going? Surround yourselves with those people, even if you haven't quite got there yet. It will pull you in a positive direction.

The Rule of Three is really useful to keep things in perspective. If I'm not feeling good, if I'm in pain, I'm not going to feel this bad in three hours, things won't look this bad in three days, the situation will look very different in three weeks, things will be completely different in three months, and you can't even imagine where you'll be in three years.

It's easy at the moment to say, "Yes, I don't think so because," but if you look back, honestly, three days ago, three weeks ago, three months ago, three years ago, you realize the truth of it. Things change really, really quickly. Our moods are very cloud-like.

Then, in the moment, I can recognize that if I just relax. What helps me do that is a daily spiritual program. It is so, so crucial. Whatever works for you, even if that's get up in the morning, ask for help, and go to bed at night and say, "Thank you." The serenity prayer, if nothing else; *Grant me the serenity to accept the things I cannot change, the courage to change the things I can, the wisdom to know the difference.*

Take things one day at a time. You can't take off the whole universe at once. One day at a time, just for today. Understand that addiction comes from fear. There's nothing logical about it. Our addictions, whatever they happen to be, serve purely emotional ends, and not in logical, healthy ways. Denial parading as a solution, and like all lies, it comes from fear. Truth has no need to lie. How do we do this? To counter fear, you choose love. Then we can really start to look honestly at ourselves and the confusion that we, ourselves, cause.

To counter fear, choose love. Why do we block out love? Why is happiness too great a price to pay? There is nothing logical about that either. To counter darkness, turn on the light. Rationalizing the dark is never going to make it light. We need to love ourselves, love our fellow humans, love our current situations, even if it seems there is not much to love, but love. Love our fears. Face our fears with love and they will run.

This is why will power so often fails. It's the wrong weapon and the wrong target. Face our fears with the help of whatever higher power we have, with the help of other people, and even if it's not easy, we'll be real and it will get better, and life will improve beyond your wildest dreams. I can say this from personal experience.

Another way we make things tough, time takes time. Most of the time we're just in a big frigging hurry. What we want to know is why isn't this happening instantly? Try that with your garden. Put in a seed and then say, "Why isn't it happening already?"

I've been trying to remember who said this, so I can credit him. It might be John Assaraf, I'm not sure. He said, "There is not only a Law of Attraction; there is a Law of Gestation." The point was that things take time. Right after intercourse, you don't have an instant baby. It takes time.

I love Burt Goldman's illustration. Going to a restaurant that makes special soups entirely from scratch any time you want. You decide on the garden tomato, the chef gets right to work, chopping up vegetables, processing the fresh tomatoes, and 20 minutes later you complain, "Where's my soup?" The waiter explains the chef is working on it, but you can't see why this should take so long, so you say, "Never mind, just give me the French onion," so the waiter tells the chef, the chef takes the simmering tomato soup and throws it out, starts working on the French onion, and we repeat the process over and over again until you get frustrated that you can never get what you want.

You need to take time, and we need to do our own due diligence. I've also shared this week's transcript of Napoleon Hill's story about R.U. Darby, who literally gave up on a gold vein when they were three feet away from gold. Sold it to a junk man who actually was interested not simply in getting rich, but was truly interested in mining. So because he was interested in mining, he talked to engineers who took a look at it and said, "In this kind of a vein, probably the vein runs this way," and he knew right where to dig to make his fortune, so he did really well in mining.

Darby, who was looking for wealth, actually learned his lesson and found wealth, but in insurance, not in gold. So it's very important to be clear about what we want. I want to have a rich gold mine. No, you really don't, in this case. Darby didn't. What he wanted was wealth, and he got this in a different way.

Self-knowledge is a difficult thing. Emotions reveal our thoughts, to ourselves and to others. Really look at this. The negative ones are warning signs that we're thinking counter-productive thoughts and we're creating undesirable outcomes. Positive emotions are reflections of positive

thoughts working toward positive outcomes. When we feel bad, we have to change our thinking or we're going to get more of what we don't want. Then we use this as self-justification.

People succeed when they have a passion for what they do. That's because they don't quit. They just simply pursue it because they're having such a good time. It's grateful.

Complaining, on the other hand, is simply wasted effort. It literally perpetuates the negative situation by continually recreating it. Complaining doesn't reflect reality. Complaining prolongs it. It's really, really crucial to understand this.

When I hear people talk about acceptance, they almost discuss it as if it is resignation. That's not acceptance. Acceptance is what it is. The world is full of joy, the world is full of sorrow, the world is full of pain, the world is full of pleasure; the world is a wonderful place, but it's a packaged deal. It just is what it is. Life is good.

We have to overcome some old things. A good read I very highly recommend is Don Miguel Ruiz, *The Four Agreements*. We tell children, "You can be anything you want," and then as adults we tell them, "Be realistic." It's no wonder we have trouble. Dream big, work past fears.

There are ways to do things, so we find people who have the skills and can give us what we want to do. Stop doing what doesn't work. We have a tendency to defend the status quo, and all I can say is how is that working out for you? When we recognize that it's not, we can become willing to change.

Face fear, follow passion, but appreciate how much is truly right here, in each moment. If nothing changes, nothing changes. To get somewhere else, we have to change not first the circumstances, but first the attitudes and perceptions. It starts in the mind and then reflects to the emotions, and then into physical reality. That's simply how it is. It takes patience. Time takes time.

From ideas down to physical relations to physical manifestation, and understand that we tend to live in this world of ideas. To see those ideas

down through to physical realization is a process. It's not something where we can just snap our fingers and accept magic.

Finally, there is talking about *The Hero's Journey*, at the end of this, and the majesty of being, and all these so-called struggles are part of this, part of the majesty of being, part of the whole point, part of what gets us toward where we're going.

At the end of this, you may have gotten the introduction to this, but *10 Meditation Tips For People Who Just Can't Meditate*. If you tried to meditate but you can't, because my thoughts just keep racing, you already are meditating. You're recognizing that your thoughts are going on. That makes you separate from them.

Understanding that we need to slow down. You can't slap down the waves. That isn't going to make it still. We have to step back and let it settle. There are so many ways to benefit, but the top of the list is just watching your breath. Feel the expansion and contraction; just being aware of this. Practice after practice after practice stresses the importance of breathing. There's a reason.

I can tell you, as a professional musician, if you're facing something that's really difficult and you pay attention to your breath, there is something beyond the physical that happens. There is this connection. You ask any musician you want who is a professional musician. They will tell you there is a connection. You slip into something deeper. You have access to something you don't have access to every day. It's more than just you, and it happens from breathing.

So just watching your breath, that alone will calm, focus, and center. Even if that doesn't work, go for a walk, and on the walk be present. There's a saying I love, "Look to your feet. Is your head where your feet are?" If you're thinking about all different things, just keep bringing it back. If you have trouble, just bring it back a lot.

Meditation in the mornings, sorting through your day in the evening, but have a daily practice. Having a mastermind group of both the real kind, where you actually get people together so that you're accountable and you have other people looking at you than just you, as well as making one up who are half a dozen to a dozen people that you greatly admire. Sit them

around you in a circle and ask them what they think. This may sound silly, where they're not really real, but you'll be surprised what this will bring up for you. It's really totally powerful.

One thing I would say about meditation is make sure you sit up. Don't lie down. Lying down is for sleep and you won't get the same results. Have some sort of a positive daily mindset to keep you present in the now. When we're worried, we're projecting into the future. When we're depressed, we're clinging to the past. It sounds simplistic, but it's literally the reality of things.

There is a lot in this week's module, and like I said upfront, it's really crucial to have in place those things we talked about in week one, to really look at what's going on in my physical world. I'm not going to achieve these wonderful results if I skip breakfast and lunch. At four o'clock, I'm going to be tired and irritable, and getting lousy results.

It's really important that I look to my emotional state. It's really important that I look to the quality of my thoughts and what I want to create, and I'm not simply repeating where I am. So that's a pretty long summary, but really kind of a crucial summary.

Deborah is asking, "Like the *Rule of Three*, do you have that written so I can do the easy copy and paste?" It's in this week's module that went on Monday. I'll tell you where. *Rule of Three* starts on the bottom of page 18 of the transcript. The bottom of 18, top of 19. Do you have any questions, other than that? I know Bruce certainly does. Bruce, Deborah posted some responses to your questions on the Kwan Yin Journey group.

Participant 1: I did see those.

Tim: All right. I'm trying to think of how to address what you posted because a lot of this is something that you're personally going through right now, and I don't want to highlight what's a personal matter for you, in public. I'm looking at some of the principles here, and a lot of the key principles we just reviewed, a lot of what we just said totally applies to this, but I do have some quick responses from there.

If you're listening to this recording, what Bruce writes is about a personal experience that's going on right now for him at work and his relationship.

That's why I don't exactly want to share this publically. I will say that my first reaction in looking at what you wrote, and I think you'll see this if you later carefully read what you have written, and I'll pull out some things here. You write this as if this came out of left field and you don't understand why it isn't working, and then you say in your parenthetical notes how you totally get it.

So on the one hand, you say, "This team came to me at work and told me they didn't want to do this anymore and they gave me these reasons, and I was totally floored with the confrontation." At the same time, in your notes, you also recognize that everything here is actually true and not a surprise to you.

Participant 1: You're reading it wrong if you read that. There was one of those that I agreed with, but most of the stuff I didn't know where it was coming from.

Tim: Okay, so I'm just looking here at what you wrote. "Thought is a creative force. Why does so much random, unwanted stuff show up?" The quick answer to that, just objectively, is that very few people think and focus in coherent ways. Usually we're all over the map, and so we get results that are all over the map.

You talked about, "This is a great place for the last few weeks, I'm thinking very positively, I showed up to work after vacation, confronted, a crew doesn't want me there because I'm basically lazy," and then you say, "I have lazy days." Where I'm going here is because I'm not going to get into the situation here, because I have no way of knowing what's true, and I wouldn't want to, even if I did know what was going on, but people tend to look at the negative things. We do it in ourselves. We do it in others.

If I have a lazy day, that sticks in people's minds and that becomes a perception. It's not fair, but it happens to us all the time. If I have one bad day in a class and the rest of the term is great, there are going to be students who bitch about that day until the end of time. It's what people do. They find problems. They said you were rigid, and you say there is probably a fair amount of truth to that one.

Participant 1: That's the one I agreed with.

Tim: Okay, now this is how human reactions work. Unpleasant to be around, and then you say, "I was getting this from a guy who is one of the ones most of the people don't need to work with." I think that answers the question right there. Unhappy people see themselves surrounded by unhappy people. These are people you haven't known very long, correct?

Participant 1: No, it's people I've known for quite a while.

Tim: Okay, because this says, "I was in a great place these last few weeks," so apparently a great place emotionally.

Participant 1: Yes, I've been on vacation for four weeks. I came back, so I've been working with the stuff that we've been doing in class, so I didn't have anything negative on my radar. I wasn't processing anything negative. I was just in a good space, and all of the sudden I came back and all this crap shows up, so I'm wondering if thoughts are creative, I wasn't creating any of that. Where did it come from?

Tim: Again, "I thought I had a good relationship with the members of the crew. I was interested in joining." Obviously this wasn't true. We're going to go in circles around this, and I'm not going to get sucked into this one. If you want to, we can hash this out privately, if you wish, but because we're totally dealing here with perceptions, rather than objective reality, there is your perception, there is their perception, and as somebody coming from the outside – and with all due respect, for I can understand how this feels really shitty – this is everybody's different perspectives, and that their perspectives are different in no way shocks me. That happens all the time.

If we were to pick a person at random, there is going to be some similar story to this within recent weeks, about differing perspectives. That's actually what's going on.

Participant 1: I just wanted to address the generality, not the specific. If I'm in a good space, I'm thinking good thoughts, I'm thinking positive thoughts, why am I suddenly flooded with a bunch of garbage?

Tim: Again, your point is this. Creative force and attraction. First of all, like attracts like, right? Clearly, this is not a good match.

Participant 1: But it was coming from somebody who wasn't even a part of that.

Tim: Wait. It doesn't even matter who it comes from. It's clearly not a good match.

Participant 1: I didn't think it was not a good match. I thought it was a good match, but apparently they thought otherwise.

Tim: Right, okay, and the fact that you thought and they didn't means it's not a good match. It doesn't mean that it's your fault or their fault, or anybody else's fault. It's clearly not a good match.

Participant 1: Again, I don't care about the specifics. I care about the generality. I just gave that for illustrative purposes.

Tim: In that case, because when I'm looking at the conversation, you're looking at why isn't this working, creatively and attractively? It's working perfectly. It's actually spot on. Something that is not a good match, for whatever the reason, could entirely be their fault. It's vibrating out.

Now, the question here is what happens now? The question here is what am I creating? Am I headed somewhere I want to go or am I reacting to something? Is this an obstacle to what I'm creating, or is this just a side thing to what I was creating on the side? The answer to either one of those is the question to what's next, so that this is simply an episode and not, "Oh my God, how did this all fall apart?"

The whole issue of communication, this is a whole different course. Most people don't like confrontation. There are a number of reasons why this could have come down the way it did, and I don't know any of the people or the personalities involved, and again, it doesn't matter. The very fact that people came up with, "Look, we need to talk," that, in a way, is a reason for appreciation. People aren't very comfortable with doing that, usually.

You've recently found out a couple of things. One of the things you've found out is that you have this interest in noetics, so there's a direction; at least a start of a direction. Do you want to be doing what you're currently doing? And if you do, why? And getting clear about that.

Is there a miscommunication that needs to be cleared up? In which case, go clear it up. But there is a whole bunch of questions that have nothing to do with thought is creative force whatsoever, other than the fact that there is a bunch of cloudy thinking and it created a bunch of cloudy results, all the way around.

Additionally, I don't create the entire world. I don't create the motivations of other people. I can focus on creating the kind of world I want to live in, and I can get closer and closer to that, but that doesn't mean that I control other people.

Let's just stretch this, to make a point. This would be like saying, "Why did I have Bruce create hard thoughts? That's not what I wanted." That's because I'm not Bruce, and I, quite appropriately, don't get to decide how things go for Bruce.

Then you say the same experience in a different situation; in this case, a romantic one. "Open to reconciliation, open to moving on, sent a genuine message of gratitude for all the things, felt in a good space, went on a dating site that I liked, found a number of people I was compatible with, and so far, everybody has either not responded or responded negatively. This was the farthest thing from my mind. I was feeling open and positive."

Remember time takes time. This only just happened. Instead, look at what are the positive things here? I have work, I have a job. I have some open and honest communication. I didn't like hearing all of it, but I got some open and honest feedback. I can at least think about it. If it's not true, why is it people's perception that it's true? As well as understanding. When I go through experiences on a dating site, where you're getting shot down, this is excellent information.

One book I would recommend very highly is by Clement Stone on positive thinking. *Success Through Positive Mental Attitude*, by Napoleon Hill and Clement Stone. This is a wonderful book. One of the wonderful things he says in this book is instead of why do these things happen, to take that thing that happens and say, "Wow, this is great because this means," and embracing the opportunity for where it goes next. This is the way to move forward.

Now, you can agree or disagree, and that's fine, you have that right, but this speaks to what we're talking about, the earlier thing about asking yourself which is the empowering thought? "This isn't work. These things shouldn't have happened to me. I'm stuck here. This thing doesn't work." You're stuck there. You will forever be there. There is no way out of that.

If, instead, you say, "Even if I can't see it, this is clearly not a very empowering thought. I think this is Pollyanna bullshit, but I can totally see how," well, this is great because it's at least an empowering thought that moves me forward, and you're going to see progress, and that's the answer. One keeps you where you are. The other moves you forward. Time takes time.

Part of the way that we learn what we don't want is by learning what we don't want. I know that certainly governs a lot of my decisions. The other question you asked in the group was you had shared a story about a pathological liar, who actually his *why* has ended up turning true for him, and you say manifesting great. Lying, not so much. I have no quarrel with that. Totally true. The story isn't to say the benefit of lying. The story is to point out that things are, in fact, created first in the mind.

This is a piece of this guy's story, right? Creating from a point of being dishonest is going to also create manifestations. It's going to create a very inauthentic life, and people do this. They're good at their jobs, they work hard and they're not really behind it, and they feel empty because they have created very inauthentic lives because they're not being honest with themselves. They are creating what they want to create and they're creating the empty feeling. It takes a whole different level of courage and honesty to step forward.

A final answer to your question, which may not sit with you, but nonetheless, we just did your energy alignment earlier, and one of the common things that happens from that are disruptions, where things that are inappropriate start falling apart, new doors start opening, and you find yourself a couple of months later in something that's different, that you wouldn't have imagined, as the old ways fall apart, because we have zipped past the usual mental creations into some place that is truer to who we really are and truer to what we really love. While it's a painful process at times, it's a very effective one.

This is still the beginning of that process, for you, and it may very well be at the end of January that you look back and say, "One of the best things that ever happened to me."

You point out another problem with this is, "I don't believe it." Yes, there you go.

Participant 1: If I'm telling myself that something is not real, it's not real, so how do I say something that's a positive manifestation in a way that – for me, I've always said this is what I'm working towards. People say, "No, you have to be present." It isn't present.

Tim: Yes, it's like saying, "I want the laws of the universe to work differently than they do. What do I do to make them work differently?" Good luck with that. I don't want my garden to take months. I want it to grow really, really fast. Sorry. So you look into other options. What else would be possible? If it's something you want to create. "No, I need these vegetables in April." All right, well you can import them from somewhere else. You could do container gardens inside. There might be ways around this, but as long as you want to sit and say, "This just isn't working," and that's the end of it, then that's true. It's no different than – you have children, right? Your child sits in the corner and keeps saying, "No." There isn't any way out of there until that stops.

Participant 1: I'm asking you how do I be authentic and get out of that? Tell me the way.

Tim: I feel like I'm going in circles here.

Participant 1: Me too.

Tim: That's what we spent the first 45 minutes talking about. What are the things that are really good about this situation? What new opportunities does this open?

Participant 1: If you're asking me a question, I'm still trying to say how do I be authentic? It was the same question I posted. I listened to the first 45 minutes. How do I be authentic with myself and still feel like I'm being honest?

- Tim: I'm answering your question. Authentically, what's really good about what happened? What new possibilities does this open for you?
- Participant 1: It reinforces that I want to be doing something different, but –
- Tim: Okay, wait. You want to be authentic, right? All the *yeah buts* are the list of problems, even if you're right. Just get down to what are the things that are authentically true for you? Not the things that this is authentically bullshit. What are the things that are authentically true? One of them is – I forget how you put it.
- Participant 1: I want to be doing something different. I don't know how because I have to have an income still.
- Tim: Okay, you jumped right back into here are the problems with that. You're going to shoot down everything as quickly as it comes up. One way is really understanding that *I want to be doing something different*. I could add to that. I'm hearing and understanding there is some pain about where you are. This is not an arbitrary. It would be nice to be doing something different. This is like, "I would like to get out of what I'm doing." And that's an important realization. What else is good about this?
- Participant 1: It means I'm not going to bid that crew because I don't want to be somewhere where I'm a disruption for them.
- Tim: Okay, so the whole question of *should I try to stay here*, it sounds like you've largely answered that, and that's good information. What else?
- Participant 1: When I say here, I want to leave this field entirely. I work as a firefighter, and there are multiple crews. I was going to be looking at going to a different crew, but I want to be doing something different. We talked about there are areas I have interest in, and but I don't know how to make those a career yet, so I'm working on how do I bring those into a place where I can leave here?
- Tim: Okay, so there are a couple of things. You have an area that you want. Before, you were frustrated because you didn't have that.
- Participant 1: I always knew I was interested in noetics, but I still don't have a really clear idea of where I want to go. That's still very muddy for me.

Tim: Okay, so a month ago, we were having a circular conversation about, "No, I don't know what I want. No, I don't know what I want. No, I don't know what I want." Then we came to noetics. "Well, I always knew," which raises the question why were we having this circular conversation before? But, you have job options. You're not on the street. You have crews you can go to. You can start finding out about noetics. These are all positive things.

There are things like dating sites. They are flawed, but they exist. This is a positive thing. You're taking a direction. That's a positive thing. You got some feedback. You don't like the source and you don't like what you heard, and I totally get that, but you have some things to think about, and these will affect and help you move forward for wherever direction you're going. These are positive things. These are all starting places. These are all next step moves.

Participant 1: My next step would be to identify what specifically was I doing that wouldn't do that because it would cause that perception, and I didn't know or I wouldn't have asked.

Tim: So you're going to have to figure this out on your own. You can do that. You're a smart guy. You have people like me in your life who are willing to go through this with you, and to stay in here and hang in here. The point is this. You keep asking how do I do this, and I say this is how. You come up with the things that are authentically moving forward places, and you embrace those instead of embracing the *stay where I am* things, and that's how you move forward.

Participant 1: At the risk of sounding circular, which I know frustrates you, I feel like I'm getting little micrometer movements. I want to start moving forward. I don't want to be moving so slow that it's imperceptible. It's frustrating because it feels like that's where I've been. It's like one of my big gripes with religion is they hold the carrot out. You need to just keep exercising faith, you need to just keep exercising faith, you need to just keep exercising faith. When is the answer actually going to show up?

Tim: I disagree with that entirely. Every little step handed to you about how to move forward, you want to point, instead, to the negative things. It's like, "How do I move forward?" "Here are forward-moving steps." "I get that,

but those are too slow, so let me go back to my mountain of things that are getting me nowhere, and this is my whole problem with everything."

This is holding you back, and you have to take the steps that you actually have. As far as, "I want to move forward," okay, what exactly do you want to do with noetics and what would be the steps, and what's the schedule for taking them?

I'd like to have my whole business planned out in a five-year plan so that I can work comfortably in tiny sections, as I go through each week, and I'd like to have all that done today. It isn't going to happen. It's too much. I'm going to have to take smaller steps. So how do I take smaller steps? A couple of things. I learned to be grateful for where I am. That makes life a whole lot easier. I learned to look at what are today's steps? What's a step I can take today? Because I'm going to feel good about that and that's going to give me more momentum.

Just like that whole trip to California; the car is packed, I am still in the driveway, but I'm feeling it because I'm going to California. If I'm in the driveway saying, "But there are so many things. There could be bad weather. I could get flat tires. What if I get into an accident?" Then I'm going to feel crappy, and it's totally created by my thoughts that are creating that reality that I'm experiencing, that emotional reality.

Taking time in a daily practice, to focus on the gratitude and to focus on the spiritual practice; this is the path to authenticity. This is getting out of that swirling mental pattern and setting all that aside, and just looking at what is. Just what is. This is what opens the door to higher guidance, not in a way that says, "Just have faith and trust," but in a way that says, "Let me tune in and see what's going on."

If we insist that, "No, no, no, things are just like what they are. Everybody is wrong," okay, you're right. That's a stopping point. And you're right, no religion, no program, no book; nobody is going to get you past that if that's where you're going to camp.

Anyway, time takes time. Focus on the positive things, focus on the things that are authentic for you, focus on the things that are empowering steps forward, and all the things that are shut down steps, that are shut down thoughts, if nothing else, recognize that these are the things that are

keeping you where you are. They are not helpful. Replace them with thoughts that move you forward, even if just, "What can I do about it now?" And take that step. Small steps matter.

I live in the middle of a beautiful forest that didn't exist when I moved here. I planted these trees. Small steps matter and they make a difference, faster than you think.

Deborah is posting a bunch of stuff here. That's an interesting thought. Your absence for several weeks is key. They're likely thinking that a guy that left, you're coming back a new person, doing the work you did while you were gone, and they need to get to know the new you, and that this is a permanent change.

It's an interesting thought. I totally agree, Deborah, about new possibilities. She says, "I truly enjoyed this week's module that we are creating our reality with our thoughts, even if we're unaware, it's unconscious. It led me to a new meditation to release every thought or belief I had about my purpose and destiny, health, finances, and abundance. Lots of things along these lines.

It was really driven home when my college son called the Thursday before Thanksgiving and his house was on fire. Long story short, he lost everything. Not his first setback. I've observed similar patterns of my own. We have more "bad stuff" happen in our family than most, and it finally occurred to me that over a decade ago, in the midst of a crisis, I prayed to God to intervene and "save my family."

As anyone who has ever prayed for patience knows, the world responds with traffic jams and long lines at the grocery stores. In a moment of clarity, I realized that I had, at least in part, created the situation for my family and son, created an intervention where they would need to be saved. Oh my God, how do you undo something you thought 10+ years ago? Hence the meditation to release all my thoughts and start to now fill in the blanks."

Deborah, I think the important thing here is you focus on where you're going. I see people who have a thought and say, "Oh no. Cancel, cancel, cancel," and I think it's important to understand that we're not the universe, in that sense. A better way to think about this might be to keep in

terms of coherence. By getting clear about what we want and getting clear about where we want to go. We can make our thoughts and our actions more coherent and less scattered, so that we're not sending out conflicting things.

The relationship thing is very common for people to say, "I want this relationship. I want this relationship. I want this relationship," and miss that what we're missing, what we're actually doing is saying, "I don't have a relationship. I don't have a relationship," instead of enjoying the process and moving forward.

I don't have a lot to add here, other than starting to repeat. This module is long, for a good reason, and I would stress again the importance of looking at the physical reality around us and taking it seriously. Whether I understand it or not, I created this, and to look at what's going on with me, to look truly at our emotions. If we're feeling negative emotions, say, "I'm thinking unproductive thoughts." Start to change to more productive thoughts.

You turn to gratitude, you turn to daily spiritual program, you turn to what you love, to what you want to create, and you know you're doing a good job of it when you feel better. And when you're feeling crappy, you know that you're doing a poor job of it, and to understand that pain loop, that the kind of thoughts that you're thinking are reflected in the emotions that you're thinking. When we get that, then we can start to really learn to focus our thoughts and to make that separation between ego, where everything is happening to me; total ego versus stepping back from our thoughts as a creative process.

Everything is happening to me is the ego involved. It's not the creative process, so what we're going to do, in that case, is continually create problems for ourselves to justify our own ego because ego wants to be in control, and it shuts us off from other possibilities.

It is scary to let go and say, "I'm going to be open to all kinds of possibilities." It means stepping away, that we're no longer in control, but it's also where we get all the power. It's frightening at first, as a musician, to let go and to just breathe, and something else just takes over, but it's also wicked awesome cool. It's the key to moving forward, as we start moving into the higher plane energies next.

Bruce, I wish you well, and I hope maybe with some time to sit with this, because I know this is kind of recent and raw, and so that's understandable to have that focus there, but we'll see where you are moving forward, and I hope things start sorting themselves out for you soon. Any last minute thoughts, anybody, before we call it a day here? LaTresa, do you have any questions?

Participant 2: I just got in at the very end, unfortunately, but I agree with what you said, and sometimes it just takes time to get into that place where we surrender to being a victim, because we've all been there, and to really just move forward and think about all the good things, all the gratitude.

I just continue to make a list of all the things for which I'm thankful, and that seems to really help. I know that it helps my clients, as well, as to just continue to be thankful for the small things and for the big things.

With me and with my clients, it really propels them forward, and for them to really embrace all the things for which they're grateful and all the things that are coming up for them that help them see things more clearly, and to give them more hope and gratitude, so I think the biggest thing that we can do is really give thanks and make a list of all the things for which we're grateful, and how we want to move forward in our lives as well.

Tim: It's interesting, too, that you joined us because before you joined us, Bruce was talking about some negative things that happened at work, and I'm remembering when you and I first met that you were doing a great job and things weren't fair at work, and you got called in. Things went very negative fast, and now you're in a totally different place.

Participant 2: Yes.

Tim: It reminds me of that process.

Participant 2: Yes, and it seems like sometimes you just take things for granted and focus on the negative, but that doesn't serve us at all, so the more that we can really embrace all the things for which we're grateful, like here we had four or five inches of sleet, and then probably another seven or eight inches of snow on top, and it's kind of crazy. It's beautiful to look outside and to see the beautiful snow, where it hasn't been touched at all, and how grateful it

is to be able to see that and to experience that, and watch these huge flakes the size of half dollars coming down. It's really pretty.

A lot of times, we just have to look within, or at least I do. If there is something that doesn't feel right within me, then I go back to my gratitude list and write all the things for which I'm thankful, and then I can come out of it. If there's something that bothers me, then I can come out of it really, really quickly, so that's a good thing. And just being positive and focusing on what's good. That really gives us more hope and the ability to move forward because we're not just focused on that, but we're focused on abundance and all that is.

I think that sounds hokey-pokey or whatever, I'm sure, to some people, but truly, that is the way to really turn things around in our lives and to make it so we are the facilitator of our life. We are the ones that create what it is we want, so we can either focus on being sad or angry, or not knowing what to do, or we can focus on all the things for which we're grateful, and there are so many of those things for us out there to really be grateful and really know that we are here for a reason, we are here for a purpose, and it's a really beautiful thing to just embrace in that energy, and to just keep looking forward at all of the gifts that we really do have.

There are a lot of things that have gone on in my life and that are going on right now that are pretty big things, and normally that would make me feel sad, upset, or thinking, "Oh my gosh. What am I going to do?" But really, I just give thanks for what it is, and know that they are things for me to learn from and things for me to help others learn from, and to just really be grateful that we have what we have and have the relationships that we have.

I had this friend who called me and she said, "I have \$10,000 I want to give you and I don't want you to ever give it back." Now, imagine that. That's pretty amazing. I said, "Thank you so much. I love you so much. That is the most beautiful thing that's ever been offered, but right now, I think I'm good, but I appreciate it." She said, "Well, it's here for you. I'm not going to spend it, so if you ever need it, it's yours." We have been friends for about 30 years, so that's pretty amazing. No one in my family has offered anything, but just to have a friend being willing to offer \$10,000, that's pretty awesome.

So there are miracles that happen, just like that, and there are miracles that can happen for each and every one of us if we just focus on what it is that we desire and focus on the energy of love, of abundance, and of joy. Sometimes we just have to get out of our own way in order to make things be the beautiful things that they could be. That's pretty much what I have to say with that.

Tim: Thank you for sharing that. For what it's worth, Bruce, there's the reflections from somebody who was in a very similar situation to yours half a year ago.

Participant 2: That's awesome, and I hope that you, Bruce, will start seeing – and I just got in on this call a few minutes ago, but just to really focus on the positive and have your gratitude journal, and just continue to write in it, and continue to move forward with it because I promise that if you will do that, it will change your life in an amazing way, and it will bring more abundance, and I totally believe that. I hope that helps.

Tim: And Deborah writes *Rule Three* in action. Good point.

Participant 2: It's all good. It doesn't feel good sometimes. It felt a little scary, just briefly, but it's all good. We are here for a reason, and it's something that will help others. Hopefully, whatever it is that I'm experiencing or will be experiencing, or continue to experience for a little while, anyway, hopefully it will help others to really see what it's like and to see how they can totally shift their vibration and make it be something that will help not just themselves, but others that come along their path and come along their way because, I guarantee you, we're not the only ones, and there are lots of people who are having a really, really rough time, so the more that we can be thankful, and the more that we can focus on hope, peace, joy, prosperity, kindness, and love, that's really all we need. I wish everyone the best.

Tim: Yes, Latressa, we should package that for you. That's a beautiful little Christmas holiday message, right there.

Participant 2: Yes, really it's a hard time for so many people. In northwest Arkansas, there are a lot of wealthy people because of Wal-Mart and different places like that, but it's really just instead of focusing on ourselves, focusing on what we can give to others, and whether that's just a smile when you're

standing in the grocery line, and there's a woman with all these kids that she's about ready to blow a gasket, and just smiling at them or winking at them, and just helping them totally change the energy of where they are, that makes a huge difference.

So it's the small things that we can do that can really make vast changes in the world, and of course, with others. I'm not saying it's always easy, although smiling, being happy, and being grateful, that's all a really good thing to be and a good thing to share with others.

I think there are more suicides around Christmastime than any other time, so it's really focusing on those people. If you're going to Wal-Mart or watching the Salvation Army person and giving to them, but it's really being aware and cognitive of where people are.

For me, I can feel all this energy of all these people I come across, whether at a store, at a gas station, or whatever, so when I see them and I feel their energy, I just send love to them. It's almost from my heart to theirs, and just sending that love, gratitude, peace, hope, and knowing that they can shift and they can make a movement, and really enrich their lives.

Tim: Beautiful.

Participant 2: So it's all good, even though it doesn't feel good and it doesn't look good, but in the end it is good and everything happens for a reason. I never thought I would be in the place that I am now, ever, because I've always had it together.

Some changes that took place recently, with family situations. I was supposed to get a huge inheritance and that never happened, so it's all good.

I'm excited to see the changes that come along the way and to see how I can help others to experience the joy that comes from it instead of the anger, the sadness or not knowing what to do next, but just taking charge and knowing that there is something better coming, and holding onto that because that really is true.

- Tim: It's so nice to hear you in such a positive place, especially relative to difficult places to where things started, so this is just wonderful and I'm so glad that you joined us.
- Participant 2: Well thank you, and I'm glad too. I'm glad that I saw the call and was able to get in on it, so thank you for all that you do. You're an amazing light and you give so much to so many, and I have such gratitude for you, so thank you so much.
- Tim: Thank you. I feel the same way about each and every one of you.
- Participant 2: Thank you. Blessings to everyone. Are you going to have another call before Christmas?
- Tim: Yes, we'll have a call next Sunday and the Sunday after, and then we'll pick up again in January for the first three Sundays in January.
- Participant 2: Wonderful. I will do my best to be on the call.
- Tim: Very awesome.
- Participant 2: Okay. I feel honored to be with all of you guys, and thank you for letting me come in at the last minute.
- Tim: My pleasure.
- Participant 2: Have a great week. Thank you all.
- Tim: All right, and you too. Also, thanks for joining us Deborah and Bruce, and anyone else listening to the recording, and we'll talk to you soon. Take care everyone.