

The Kwan Yin Journey



Week #6 Q&A

Tim: Hi everybody, it's Tim Emerson of Kwan Yin Healing, and we are here for our Q&A call. So far we have Bruce, and Eileen has also joined us. This week we were talking about spirit, and I was just trying to get Eileen chatting about her expanded meditation practice, so I don't know if that will happen or not.

Participant 1: Meditation is definitely one of my daily practices, and it has been a daily practice, even prior to my Reconnection, but after my Reconnection, it really expanded. I was counting; it has actually been nine months. I got reconnected on Easter, and now this is the Christmas season; time for another rebirth.

I happen to meditate lying down, before sleep at night, and each meditation brings an intensity of vibration at night, and over the months it has been slowly that it increases, it increases, it increases. I've had some pretty cool experiences, just feeling that expansiveness, like you're part of the larger universe; an intense piece.

Each meditation has a different flavor to it. Some of them are more of a static kind of joy, but there is always a really deep sense of peace. They are not always like that. Not every night when I lie down are they totally there. There are ebbs and flows. There are some nights when it is very light. It has taken a while to understand that, that it doesn't go away when it's not as intense as it was the other night. It's sort of like the ebb and flow of the universe.

It has been really exciting, just experiencing the involvement of it since the Reconnection. They never, ever were the intensity that they were before then.

Tim: Interesting. I like to think of it like tuning in, almost like a radio. When I turn the radio off, the radio waves are still going.

Participant 1: Right, it's consistent. It's always there. Most of it, I find, is just allowing ourselves to tune in instead of forcing things.

Tim: Are you finding that start to spill over into your non-meditative times?

Participant 1: Absolutely. That was another post-Reconnection definite thing that happened, that it wasn't isolated into we're only feeling this during meditation, but that expansiveness of consciousness happens at other times too, and it spills right over into daytime.

It's funny because Heather was laughing the other day and saying, "The Reconnection has ruined listening to love songs because these people just need to get reconnected and read the Four Agreements." You start looking at it from that perspective of not the ego, but beyond.

Tim: I love it. Yes, that's the trouble with getting aware. You start being aware.

Participant 1: Yes. Relationships, too, are another thing. Grace, my older daughter, was the one who hadn't gotten reconnected, and it's really difficult sometimes to relate, where prior it wasn't. It's not difficult, but you have these awarenesses of the communication when people are talking to you of where they're coming from with things. You're able to see it from that higher perspective, from a less ego-oriented thing.

It's really great with Heather and Tess. They also got reconnected with me, and we all kind of call each other out and bring up quotes, "Remember, Tim said." Oh yes. It's been a really wild trip.

Tim: Yes, I remember early on Tess being really excited when she realized—

Participant 1: She has done some really amazing – she doesn't meditate every day, but she definitely has had some higher consciousness, expanded things going on there too. Lots of personal work. Sometimes it's like being around a little guru.

Tim: When she realized she could feel the energy in the car with her dad, *oh, he's going to say something*, and then he did.

Participant 1: Yes, she's learning to listen to those intuitive moments. We all are. We've all become way more, just listening to that flow and not getting so much in the mental, questioning, "Oh, that's not right." It's really just listening to that initial flow and going with it. It has opened up a lot of intuitive avenues there as well.

Tim: Yes, that's an important point, actually. One that Howard also reached. He and I were talking one day. I like the way he phrased it, so I started stealing it. He's a lot like me and wants to analyze everything, and he's good at it. He said, "I needed to let go of my need to understand everything."

Participant 1: Yes, and just let it be, and kind of surrender and allow. Those are tough things. They're simple words, they're simple terms, but they're so major when it comes to understanding the universe and allowing things to flow through you.

We so much want to control everything; think about it, analyze it. I think the discussion we had this Tuesday was a willpower one; if you can't willpower everything but you have to willpower certain things. Tess had been reading, I don't know if you've ever read this book, it's called *The Marathon Monks of Mount Hiei*. It's about these monks in Japan that have 100 days, and I think they run 100 miles each day, or something like that, as part of their moving practice.

We were talking about how you have to have willpower to do that, but at a certain point, I think the willpower ends and it just becomes surrender, and you just become the flow and the source, and that's how you get through those kinds of things.

Tim: That would be quite a distance.

Participant 1: It's crazy, but they're monks, and they run them in straw sandals or something like that.

Tim: I'm looking this up now, the description of the book. The greatest athletes in the world today are not the Olympic champions or the stars of professional sports, but the marathon monks of Japan's sacred Mount Hiei. Over a seven-year training period, these running Buddhas figuratively circle the globe on foot. During one incredible 100-day stretch, they cover 52.5 miles daily.

Participant 1: Oh, 50 miles. I thought it was 100 or something. Even 50 is crazy too.

Tim: Right. Twice the length of an Olympic marathon, and the prize they seek to capture is the greatest thing a human being can achieve, enlightenment in the here and now, with handmade straw running shoes and a ceremonial leap into a waterfall. It sounds like fun. By John Stevens, a professor of Buddhist studies at Tohoku University in Sendai. Interesting. Very interesting. Another book to get.

Yes, this whole thing, at first it seems that we can never turn the mind off, that it just wants to take everything, and then the mind just keeps trying to loop us into things, so we say things like, "I deal in reality and not in imaginary things." Then if you take a close look at us during a walk or something, you realize your mind mostly is imagining crap; anything but paying attention to where it is, in actual reality.

At the same time, we create from the mind so, at first, learning to not totally live in the mind and define that separation, and then learn how to use it as the tool it is, without making it king of the road again.

Eckhart Tolle talks about creative processes going back and forth between mind and spirit every couple of minutes. Going in, pulling back. Going in, pulling back. Going in, pulling back. It's an interesting process, to be sure. While at first, there is this tremendous resistance to letting go of what we see as rational and our tool for sorting out reality, when we realize actually it's not doing that at all and, in fact, it's mostly lying to us, then stepping back and getting into reality that's different than what we thought, and

then learning to sort out, in that new reality, what's real and what's not, and then to use the mind. It's something that takes practice.

It speaks to a couple of things that Bruce has posted on Facebook here. One of the points I would make, before getting into some of those questions, is that like anything else, it takes practice. You don't run 52 miles your first day. No matter how brilliantly I explain how to play the piano, you can't sit down and play the piano that day, that week, that month or that year even. Things take time, and it takes time to build new habits and new skills, and it takes more time to get comfortable and confident with those new habits and new skills. All that is incredibly appropriate.

Imagine if I were trying to learn how to play the guitar and everything my guitar teacher said, I said, "Yes, but is it real." It would so slow down my process, but that's what we do. It's not that playing the guitar is so intrinsically difficult. It's that I would be tremendously in my own way that way.

Simply learning to step back and sort through those thoughts, versus what's real, and being able to start to be open to here are the things that are real is a really crucial part to that process, and before we can delve into whatever mysteries we want to delve into, it's just starting to get comfortable with the idea that the world is different than I thought it was, and because the world is spirit, the Buddhic plane is of a higher vibration than Mental plane, and our first impulse is we want to wrap our head around it.

To realize that's actually physically impossible; that we use physical in terms of manifestation and not the physical realm. It's too fast a vibration. We literally can't wrap our head around it. It's not up to task. It's just not something that's going to happen, but to learn that, we have other ways of knowing than the mind alone, and to learn to use those.

This isn't tremendously mystic. I'm an artist, a musician, so I totally get this. From that one perspective, music is, for example, a completely different way to "think." There is a different way to know what's going on that doesn't involve conscious thinking. Really good athletes in the zone

do the same thing. Marathon monks seeking enlightenment; I get it. I'm really curious to take a look at this book. *Zen in the Art of Archery*. I this read years ago; the same thing.

I think pretty much anything that anybody is really, really good at, it's going to find that space where there is more than what is simply in their conscious mind, and that's an important first step, to realize it's not that there's a problem with these in our minds, but realizing that there is a greater reality that we're not going to wrap our heads around, and that's okay and that there are other ways to know this.

Bruce asked, posting in the Facebook group, can we get a sense of comprehension and understanding without "wrapping our minds around it"? The answer is absolutely, without question. For example, that's what intuition, in the true sense, really is, that immediate knowing, comprehension, and understanding, that gut feeling, that sense when things click.

Let me think of some examples that are mystical. Tennis is a good example. I'm not a really good tennis player but I'm okay, and when I do hit a shot, you know it the second you hit the ball that everything is perfect. You don't have to wait to see how it turns out. You know in that minute, you feel it. There's that feedback that this is perfect.

Something similar happens in music that I don't think I can explain in words; just a dropping into a different way of thinking and understanding that's way faster than the mind.

For example, I can, as a musician, do something I can't do in a classroom. I know what everybody is playing, I know what they just played, I know what they're about to play, I know where they're going with their lines, I know what little tiny changes they're making, and I'm adjusting to all of this with no response time. I'm doing it at the same time they're doing it, if it's a good group that we play together well, even if there are many players on stage. This is what professional musicians do. There are even words for it. We call it *feel*. Can you play? Rock musicians call it *in the pocket*.

There is this deeper sense of reality that you not only comprehend and understand, but consciously use. Professional athletes talk about things like *zone*. I can't really speak to that, personally, but yes, Bruce, absolutely.

The Reconnection Energy Alignment, one of the things that's so remarkable about that is that because we're talking about faster frequencies, it's faster than the mind. It just cuts through that mental confusion that we usually have, so things happen that don't exist in my thought universe.

In my case, when I was first exposed to this, I had a miraculous healing in my back and several of my clients have had miraculous healings or sudden clarity about emotional issues or direction. It's like all the messy thought stuff is not even there. It's at a much higher vibration, like gamma rays at much higher frequencies just shooting through the Earth. How do gamma rays do that? At that fast a vibration, there is no Earth. It's too slow.

Einstein talked about this, multiple worlds at different frequencies. It's like where we started. It's tuning into the different frequency, a different energy, and being open to that. Things were happening to me that I didn't understand and that I "didn't believe" in the sense that I wouldn't have believed it earlier if somebody had told me about it, and I wasn't really sure what to do. I was seeing and experiencing things that I couldn't explain away, and my clients were seeing and experiencing things I couldn't explain away, and we were often looking at the same thing, in terms of spirit.

I had to accept that there's something else going on that I wasn't going to be able to wrap my head around, but I did find that there are other ways to feel it. There is an energy to us. I think everybody has had that gut feeling, and there are some physical aspects to that. It's a snowy day here. The roads are snow covered. Suddenly your car skids out and that's that; that wrenching in your gut.

There is also energy that goes all the way through us. Something I typically feel vertically, between my lips and my chest, down to my gut, it comes and goes, but it more comes these days, and it shifts and changes depending on what's going on. It's very much an energy.

Someone to whom we're very, very close, I first noticed this years ago with my friend, Louise. I would get a very sharp sensation right before I got an email or call, and she noticed the same thing. It just began to expand beyond simply tuning into one person. We have many other senses, many other ways to explore things. There are senses that animals have that we don't use. It's not a mystical thing. Scientists have documented it.

For example, we don't usually think about sensing heat the way a snake might. There is a really fascinating documentary on foxhunting in the snow, in the Arctic, and actually paying attention to lay lines, magnetic lines. If the fox is looking for mice under the snow or listening for mice, and tuning into something else, the fox is missing most of them, but if the fox is facing north, I forget what the number is, but the success rate went up really, really high. I'm thinking it was 75% or something like that, when the pounces were in alignment with the magnetic lines. It's really, really fascinating stuff. Or birds migrating or butterflies migrating.

We do have some of these capabilities. The Australian Aborigines talk about the dreamtime and can walk lay lines. There is so much more, and the problem is only that we are clouding ourselves. Physicists talked about – I just came across this the other day – an old theory in astrophysics that there are all kinds of events happening in our universe, but we have almost a protective consciousness that keeps us from seeing it, from rocking our boat. This is kind of what the mind does. Things we don't want to see, we just ignore.

Mathematically, we exist in 11 dimensions. I can't even imagine that, but that's the reality of things. It's just way more than I can wrap my head around things. Quantum mechanics, we know that particles just jump across time and space, and that once they're paired, they're paired. You can separate them, change one, and there are all kinds of things that shouldn't happen that happen. How do we wrap our minds around that?

Time is nothing but a local phenomenon. There is really no such thing, in a universal or quantum sense, and yet we can't wrap our heads around that, largely because in English, you can't do a sentence without using a subject and a verb, or an understood subject and a verb, and verbs tell us tense, when things happened in time.

Can we have language without tense? We can, the Hopi language, for example. The American Southwest has no concept of tense. They have a concept of intensity, so instead of *there was a house, there is a house, there will be a house*. For them, intensely house, less intensely house. The Navaho idea of everything is manifest or manifesting in a big tapestry. Nor is this unique to them.

Hindu philosophy is much the same thing. The Upanishads start with, "Filled with bromine is everything that is. Filled with bromine is everything that is not."

First, just making that jump that there is more. When these strange things started happening to me, you would think I would say, "Woo-hoo, I'm making so much progress." I was not happy about any of this. This rocked my boat in a major way. I'm a sceptic. I like to have everything rational. It's how I come up with programs like this. I'm very thorough. I want to know the answers.

Actually, in the end I sat down with a great guy, but with my AA sponsor, and he knows everything else about me. Why not this? We sat down and he listened, and we talked about this, and he said to me, "You know, Tim, if you have found a way to experience the world without your head, go for it. There is nothing wrong with that." It's one of the big problems with alcoholics. They're always in their head.

One of my theses here is that we all have our addictions, and the problem with our addictions is we're up in our heads. So absolutely, we can definitely – I can tell you first hand in a couple of different ways – get a sense of comprehension and understanding without wrapping our heads around it.

What's another example? I think nearly everyone has had this experience. You walk into a room and there are no visual clues, but immediately you have the sense something is wrong. Something just happened. There was an argument and it's tense; you can feel it instantly and there's no rational path to that.

Our minds are important and very, very crucial, but the whole point of understanding, at the spirit level and more, is understanding that we are so much more than those minds, and that we're not going to wrap our head around it. I've been rambling. How is this landing for folks? Any thoughts? I guess not.

Participant 2: Sorry, I had to unmute myself. I'm multi-tasking. I don't want to mess up your recording. A lot of what you're saying makes a lot of sense. This kind of ties in with the second question I asked. Did you get a chance to read that second question?

Tim: Yes, I'm looking at them, but shoot.

Participant 2: As I try to tune into higher source, self, etc., I have what feels like inspiration that often manifests as thoughts or thought processes. Since getting out of my mind and thoughts has been a challenge, is this a valid path of information for me? And how do I give it the space needed to form while still trying to be in tune with spirit? (I feel at peace with these things. Maybe it's coming from heart and my mind is just putting it into words?)

Tim: Yes, this is an awesome question. So yes, vibration flows downhill, so-to-speak, as the energy gets denser. I know a lot of people who find this; something will happen, there will be some change and you'll feel the effects of it in three days. This happens to me a lot.

A lot of clients call me three days later, all excited about something that has just happened after healing, and it's because it takes time for these things to go into denser vibration. So something starting as inspiration that then takes thought form and so forth; yes, that's totally valid. The only challenge is to just let it happen. If we start jumping on it and overthinking it, then we're back to problem A. Yes, sure, but that's absolutely a valid path.

How do I give the space needed to still try to be in tune with spirit is stay unattached to it and just watch it, and just let it flow. And to be open, there's nothing wrong with things happening in words. Often, this is why symbols are important.

I learned to respect shamans a lot more once I started to understand this because pictures and symbols, these often come with flashes of insight, spirit, and intuition. So yes, totally valid.

Participant 2: When these thoughts come to me, I do some analysis, just intrinsically of how do I apply this to my life? How do I apply this to this situation? I feel like I get a lot of growth from that. Should I pause and just be with it for a while, or is analysis at that level of *how do I apply this thing that just occurred to me* okay?

Tim: I don't think there's anything wrong with that. Just understand that when you do that, you're going back and forth. It's no different, really, from sometimes I need the circular saw and sometimes I need the screwdriver. I go back and forth.

Participant 2: But they can both be used together to complete a project.

Tim: Yes. If it's time you're setting aside, there is value in both ways. I don't want to overthink this either. You might want to just let it come, jot it down, analyze it later, or if you want to jump on it, then that's great too. That's fine.

Participant 2: I'm playing with meditation in my spiritual practice because it's something I'm not familiar with, so part of that meditation is to focus on my breathing. What I do is I've been reading the *365 Tao*, which some of it rang really true and some of it doesn't make sense, but where it's really frustrating, I read that and I try to be open to *okay, what's my lesson for today* and just really be in tune with *what do I want to learn today?* And either get it out of the inspiration of what I've read or something else that has come across my path recently, or just completely be open to intuition for it.

Then I use that to kind of come up with my intent for the day. Once I have that, then I feel like now I want to meditate and just be, so I'll try to focus on my breathing, but if some application to the intent comes in as I'm doing that, then I let it come in. But then I feel like I'm going back to thought, and I'm trying to just be observant of thought. It's still a little bit of a struggle.

Tim: Yes, but that's a rocking policy. Just give it time. Everything gets better with practice. The whole idea of being open, the only thing to that I would have added at all, I think you may already be there, is be willing to be surprised. Yes, just being open and present to what happens or doesn't happen, or comes and doesn't come, and when you do it for a while, you can feel the space. It's like you're falling into a good groove. Like we were talking with the tennis shot or that perfect pool shot. Everything is lined up and you can feel it.

Participant 2: I play racquetball and it's exactly what you mean. The second the ball contacts the racquet, you know whether it's going where you want it to or not.

Tim: Yes, exactly. That will happen here. With the Tao book too, just be patient. Some of the things that you don't understand, just let them go. Another time you'll look at them and they're going to make perfect sense.

Participant 2: I'm okay with those. The ones that are frustrating are the ones where this just pisses me off.

Tim: Well, then turn the page.

Participant 1: I was just going to say that the trick is getting those mastery moments to happen all throughout life because our daily practice is great for hooking in, and getting it to expand to all other places, we try to do it.

Tim: Yes, that's the whole secret to walking with the divine, to keep getting closer to that. A related question that Bruce asked here, "How do we best ask our spirit guides, for lack of another term, for help without manifesting lack in our speech? Example, please find, get with X. Just saying that, the way it manifests current lack, and if so, how can we seek what we desire in a way that manifests abundance instead?"

Okay, first of all, this is the line between prayer and meditation. The best way to do this without manifesting lack is what you already said, just being open to whatever. What's the plan today? And letting that come. Manifesting is a whole other thing. We're actually going to end, in January,

with some material about manifesting because manifesting takes more than connection. It takes clarity, and especially, it takes coherence and meaningful change, so it's a little bit trickier.

In terms of avoiding manifesting lack, it's going with the essence of things. This is really good for attachment. If it's not that *I have to be with Betty or my life will end*, this is where we started, the essence of why do you want these things? What does it do for you? What does that do for you? What does that do for you? What does that do for you? Then we get to the essence of what we're looking for.

If we focus on the essence, I have found this in my life a bunch of times. Abraham talked about this particularly well, all over the place, but in the Vortex book, in particular. Tuning into the essence of what you want and experiencing the joy of that. What I have found is that something better comes really, really fast. Betty still goes away, but then along comes Sabrina, and Sabrina is rocking, better in every way. It's like whoa. I have had that experience pretty frequently, in a number of different ways. So then we're no longer attached to the way that it has to happen.

Participant 2: I've been trying to consciously do that in prayer, for lack of another term, to say, "Okay, this is what I got out of this experience. This is what I would like to experience." I've been also trying to clean up my speech, so I'm wondering if saying that this is something I want indicates lack, or if that's pure intent, and say, "Yes, this is something I would like to experience again. The way I experienced it here was really nice, but if there's a better way for me to experience that that can also benefit others, I'm totally open to that."

Tim: Yes, so in the example you gave, one of the things is our past experiences are still experiences. While this happened, it was wonderful and it's over, but it's still part of my energy consciousness, and I can still go back there. That helps get rid of the attachment lack there, but also the saying, "Okay, this is the form I think it might work, but I'm totally open to it being better."

I know a lot of people end their prayers with, "May this or something better, for the greatest good of all." So it opens the door to here is the

plan, as far as my limited mind can see, but I'm totally open to better plans, better solutions, and surprises, and that also helps get rid of the attachment.

The other thing that really helps me is to understand, in *The Hero's Journey*, that the vibration of what we're looking for is revealed by how close it comes to awareness. It doesn't mean that any of it is wrong, but recognizing that helps me understand and put what I want in context.

When I understand that the ultimate boon is awareness, that in the end, eventually, in whatever lifetime, the only thing I will want is awareness, it helps me realize that these are all steps on a journey towards learning more, towards getting more clarity, towards experiencing and co-creating with the universe, and so to just sit back and lay back, and have some fun.

I was thinking of this earlier, while I was out skiing. It's kind of like we're on a river. We have some control. We can row this way or that way, but we're still on a river, and the river is still going to take us where the river is going to go. We can try to micromanage, control, and analyze that we're just not going to be able to do this because the river is just going to happen faster than that. Or we can make a conscious decision to say, "There is a bunch of things I want," and you can do that.

If you decide you want to collect rocks or watch birds, you can do that on a river once you make those decisions, once you've made those choices. Mainly, to just sit back and say, "I'm going to enjoy the river," and to follow those desires and wishes, but also to ride the river and to understand that I'm headed somewhere here that is headed somewhere higher, toward awareness. However easy or hard I make it, it's headed there eventually because that's the way with rivers, and it just helps me take myself a little bit less seriously, which helps with the mental ego thing.

The other thing that helps – I know this comes up, but I learned a lot recovering from alcohol, and one of the things I experienced that was not fun at all was repeated lessons in humility. *This isn't fair. People aren't treating me the way that they should. They have the totally wrong idea.* I just had to sit and swallow it, and I did not like that.

As I went through these and I got on the other side of these, it was okay when I let things go. Every time I let things go, it came with a greater peace and a greater awareness. There were lessons I learned that were really useful moving forward, and eventually, it took me a while, I started to make the connection between the two and understand that when something comes up and I get some new lesson in humility, it comes with a greater awareness, and the reason it does is that I'm getting myself out of the way. When I'm out of the way, I can see more of the truth.

When I shared that with my AA sponsor and he said, "And now that you know that, now you have to put it into practice," I thought *oh great*.

Along with that totally came something I only kind of quasi understood in many disciplines. For example, I do a lot of work with Mark Silver at Heart of Business. He's a devout Sufi, so he's talking about humility to the divine and to everything, and I just suddenly got that. It's not just for some ritual or some practice, that I need to kneel or God is going to smite me or anything like that. It's a matter that when I humble myself, I'm open to more truth.

Participant 2: So you think the words we use, like saying, "I want, I would like this, or I want this, or I desire this," that's just minutia? I don't need to worry about how I phrase it, as long as the way I'm feeling and the energy that I'm carrying into it is one of I'd like to experience this but I'm willing to realize that there are people more wise than me who can help me find what I really want to experience.

Tim: Yes, or just being open to there are a lot of different ways this could happen, and to let go of the fact that it has to happen this way. A lot of the people I know, for example, who are struggling with money, the reason they are struggling with money is they insist that things have to happen in this one particular way, and in doing so, they shut off tons of other things.

Just to come up with a silly example, I signed up for this course and I put all the dates in my calendar, and then Tim said, "You know what? I just won the lottery. I'm going to take all of us to India for a year, all expenses paid. We're going to study with all the best teachers in India," and instead of saying, "Yes," we say, "God damn it. I put all this stuff in my calendar

already. This totally messes things up." But that's exactly what we do. We get too attached to, "But I already planned this." It's a little bit of an art to have a plan but to be willing to ditch the plan at every turn as we come up with better plans, more information, and more truth.

Participant 1: It's kind of like taking that leap, and the step forms after you've taken the leap. I'm not saying it right. I'm totally butchering the quote.

Tim: No, I get you. It's like Indiana Jones stepping out into the crevasse and suddenly there's a bridge. Sometimes maybe what you're looking for is *sometimes your only step forward is a leap of faith*. And it's just a hard jump to make at first, to go from, "Well, you just have to believe," which doesn't do anything for me either, but at the same time realizing *I believe all kinds of stuff all the time*. I need to pay better attention to what I choose to believe because it affects my experience. It's a fun ride.

Participant 2: If you're praying for something, how do you express desire? Do you use words in your head? How do you express a desire for something?

Tim: There are a couple of different things. First of all, the actual act of sitting and praying for something, I usually don't do that. In terms of a goal, it's more of an *I'm here, I'm available* tuning in. In terms of what I'm trying to achieve in desires –

Participant 2: Let me stop you there for just a minute. How is that different from the meditation, because I thought that's what the meditation was?

Tim: It's no different than meditation. I think it's more effective. I certainly have goals. Kwan Yin Healing has goals. It's a little bit different in that I need a much greater coherence, and I have found that the way to achieve greater coherence is very Taoist – surprise, surprise, coming from me – to weed away the things that are tangents and to get clear.

For example, somebody wants to be a life coach. Somebody says, "What do you do?" "I'm a life coach." That means nothing to me. I still have no idea what they do. Somebody who is really, really cleared away, what kind of coaching? Who do they work with? There is actually a coach I know who would be a good example. *Works with spiritually conscious women who are*

having trouble losing weight. Suddenly, I have a clear picture of who she works with and now I have names coming to mind, not just vague things.

Getting clear about things and having greater coherence gives me a focus, and when you have a focus, people look for *what are my choices?* Actually, it works the other way. You have to make a choice, and then things start happening.

Let's go back to the river. I decide I'm going to collect purple rocks. I never saw purple rocks before, but now that I've decided to collect them, I see them everywhere because I'm paying attention. I mention it to you, and now you're paying attention and you say, "Hey, Tim, here's a purple rock I got for you." Suddenly, purple rocks are showing up because I have made choices and decisions. That's more of a focus, I think.

Then also getting clear about what's the deeper meaning? Why do I want to do this? What am I giving in service? How is this contributing? What's the greater plan? Then constantly learning. If I do have something in particular I'm looking for, I will put it out there.

I'm trying to remember who said this. The goal of the mind is to identify problems, ask for help, and then walk away. Put it out there and then leave it alone, instead of going over and over and over and over it. You put in the request and your mind's job is done, and then leaving it alone from there, and then being willing to let what comes up come up.

Napoleon Hill used to do this all the time, send something out to his subconscious and then let it come back, and sometimes you get ego thing.

I recently transferred all my computer files over to a second computer so I have a good backup, and Microsoft Word, surprise, surprise, it copied it, but I just can't access it without the product code. It was two years ago. I have no idea where the product code is at this point. I don't think it's on too many computers. Anyway, Microsoft's help solution to this is that if you can't find it, you'll have to buy another copy.

I decided, instead of worrying about this, I have a lot of things to worry about right now, I'm just going to put it out there. Wherever my product

code is, just let me know, and I let go of it. So I have had some times that this worked really, really well. I lost my keys on a hike on a very dark canal. I was literally in the dark with my dog. We had covered a good four miles. It was weird, but when I got there, I knew right where they were. I couldn't see them. I reached down and touched them.

But in this case, it was more that I just kind of realized today, *so what am I going to do? When you go into the Apple store to get your other one fixed, you're going to buy another academic copy for the lousy hundred bucks that it's going to cost you that you can readily afford. Don't worry about it.* Oh yes, that would be a solution. Not the one that I was looking for, but it's a totally valid and easy, simple solution.

Yes, it's cooler when you reach down and there are your keys, but that's part of letting go of ego there. It's not about parlor tricks.

In yoga, there is a standard warning not to be impressed with the siddhis, and I'm not a yogi, so I'm not going to go far down this path, but the siddhis are these remarkable manifestations that are attributed to very accomplished yogis, and the reason is that these manifestations aren't the point. The connection is the point. Finding your keys is not the point. Just buy yourself another copy is not the point. You wanted a solution. You got solutions.

Putting things out but letting go of the outcome, letting go of attachment to the outcome, being ready for something better or something different. This is one phase where I think contemporary Christians have nailed it when they say that God answers prayers in three ways: *yes, not yet, and oh, I have something better.* Those are really good answers. *Yes* is an obvious one. *Not yet*, that's totally Joseph Campbell, *The Hero's Journey*. *Oh, I have something better* is what we've been talking about.

To direct this, I would have to have total knowledge of all things, and there is no way to know that, so intuition becomes really, really helpful. Like anything else, this didn't sit well with me when it was new to me. I speak today from the standpoint of *I haven't had time to sit with my intuition and watch it grow, and to learn to trust.*

One of the reasons I shared my stories in the module was this, in turn, comes back to me. I keep running across very accomplished business people who literally set aside an hour or two a day, specifically to tune into intuition, and they listen to it and they act on it. I'm not talking about the kind of business people where you would obviously expect that that's what they do. I mean day-to-day, "hard-nose" business people.

It's an additional sense. It's part of who we are, and it can be very much grown, identified, and used in very practical ways, but to go back to where I started, with playing the piano or the athlete, it isn't going to happen that way on day one. I can do things on the bassoon today that would have been wizardry when I was in college. How did that happen? I just have more skills than I had before. Does that make sense? What do you think, Eileen?

Participant 1: It reminded me of a time in the fall. I was frustrated. I'm a working mom, I have three daughters, my life is very devoted to other people and feeling frustrated about that, and you pray. I was feeling a little frustrated. It has always been hard for me to take time for myself, and one of my spiritual practices is we have a seasonal trail that I run on. It's beautiful. You can't see any houses. It's just totally in the woods. There are some farms, cows, and stuff.

I just put it out there that I really need some time for myself and focus on myself, so I went on this run, which is part of getting that time. It was in the summer, so things were green. On my run, I saw this foil balloon, one of those gaudy birthday balloons, and it was stuck in the hedge row there. On it, it said, "It's all about you."

Messages come when you least expect them. When you're asking, when you're desiring for things, they're there. You just have to listen. It was pretty neat, seeing that, because it was just so out of place in the environment that it was, and the fact that this helium thing got stuck in a little hedge row where I could see it, it was really amazing. It was one of those moments, "Okay, I get it. I can create it and it's all about me, and I can do it."

Tim: Have I told you guys about my experience in the Chicago airport?

Participant 1: Yes, it was so amazing.

Participant 2: I haven't heard it, that I'm aware of.

Tim: I was headed to San Diego for a business conference. I was tired. I was in the middle of a bunch of projects and I was wondering *what about this? What about that?* I had just really considered how I might get involved in some big charitable projects and how would that happen. My head was spinning and I was not in the calmest of states. I was calm enough, but I had been in airports all day; in the air or airports. I was feeling that.

I was going to my connecting flight in O'Hare, and I was walking quickly, the way you do through airports. I came around a corner and 10-12 feet right in front of me was a huge column, and in huge letters on this column it said, "Emerson, consider it solved." My mind was doing a double take like it does when it hasn't figured out what it thinks yet, and however close they are – they're pretty close, actually; 20-30 feet, the next column said, "It's never been done before." Which yes, that was my objection. The next column said, "Emerson, consider it solved." They keep going like this.

Participant 1: Can the universe get any louder?

Tim: I know. I was talking about this with friends later. Some of us need clearer signs than others. Then it starts getting into the kind of projects that this company does, but then it was really interesting because I was thinking about a water reclamation project in Africa, and that was the very first project. They featured some. Wow, okay. I'm not a big one for coincidence, but okay, I'm going to chill out and let things take their course.

Participant 2: I was going to ask you; it sounds like meditation and prayer, and rather than being a formal and scheduled process for you, both of those together are very integrated and continual. I have some of that throughout the day, but do you feel like having it initially, as you're learning to do it, more formal and scheduled helps that process or is it a hindrance to that process?

Tim: Helps. Without a doubt, it helps.

Participant 1: Yes, definitely. I would say having formal scheduled stuff definitely helps. I found, especially after my Reconnection, it became that kind of touchstone point where I could get intuitive things. That was when, as Tim was saying, tuning into the frequency, like tuning the radio. I think of all the things, to me, that is one of the most important things to do, to remain steady in daily practice and meditation.

Tim: Well said. Then yes, it starts to spill over so that the line between *am I praying or meditating or neither* gets fuzzy and it becomes part of just daily life, but that comes with time, and it's not like *is it done or is it over?* That's the process that while I'm well down that road, it's still very much happening for me.

It's a path that many other people have identified long before this. I'm signed up for a very big, expensive, year-long business program, and the first thing we do, the first part of the program is, you guessed it, tuning in, spiritual practice, grounding, and this is a very strategic goal-oriented program, but that's all the more reason why it starts with that connection. If you pay attention, you'll see this everywhere.

A friend of mine is a surveyor, and he recently had an experience where he had been talking to some guy about this joint venture that looked really promising. They had an informal agreement. Then the next morning, this nine-page contract showed up. He looked at it, "What is this?" It's nothing like they had talked about, and instead of flying off the handle, he thought for a minute, called his lawyer and said, "Do you have a minute?" He said, "Yes, come on over."

They talked about it and the first thing his lawyer said to him after this is, "What's your gut telling you?" "In this case, my gut says run." The lawyer said, "I was going to say walk, but yes."

It's learning to pay attention to those things. Yes, we have to sort them out from fear, but we can learn to do that. Maybe not at first, but the difference between projection and intuition is noticeable. I think mainly that just becoming comfortable with not knowing everything and

becoming comfortable with uncertainty, that doesn't mean that we walk through life blind and senseless, but just understanding that it comes back to the humility.

I'm only going to get pieces of this and I'm going to have to act based on pieces of that, so to make the decisions, I'm going to need my gut. I'm going to need my heart. I'm going to need my intuition because I can't get all the mental.

Participant 2: You have to be willing to act on knowing only pieces of it. I like that.

Tim: Yes. Then from there, the old chestnut that plans change, the whole thing that airplanes are always off-course. They just keep adjusting. This is one of the places where our language gets it right. Listen to your heart. Yes, in some cases, it's a Hallmark card, but it's also really good advice. We all know to do this. For example, Bruce, I remember I asked everybody, "What compelled you to sign up?" You said, "Some of the things you said resonated with me." That was listening to your heart.

Participant 2: Even though we tended to be a little bit frustrating for each other last week. I've always kind of felt a connection to you, Tim, from the first time I met you. I followed your journey with interest and you've said a lot of things that have had a lot of wisdom to them too, so I appreciate it.

Tim: I'm glad. Thank you. I appreciate you saying that. It looks like we might be wrapping down here. Anything else, Eileen, from you?

Participant 1: No. I just want to say thank you. It has been wonderful chatting again. It has been an incredible journey, and it still is an incredible journey. It's one thing about this energy, that it keeps expanding. The further away from it you get, it keeps expanding. If you think it's cool now, wait.

Tim: And that's the whole goal here, to impart the tools of the process so that it's a continual thing.

Participant 1: I appreciate you inviting us old timers back too.

- Tim: Sure, I think it's great to hear how you're doing. It's good for everybody who listens to this recording to be able to tune into that as well. It's very helpful, all the way around. It's one of those things that came to me in a flash of intuition.
- Participant 1: I'm glad you listened to it. Thank you so much.
- Tim: Everybody stay warm and out of the snow. You're welcome. It's good to hear your voice.
- Participant 1: I appreciate it. I usually work on Sundays, so I'm not going to chat you up again, but good luck with your ventures. I'll be following on Facebook.
- Tim: Okay, awesome. And the same thing, Bruce, I'm glad things are starting to fall into place. We'll step into the next module.
- Participant 2: You and me both.
- Tim: Wonderful. The nice thing about having a process is that you know it has to happen somewhere along the line, so that's very helpful. We will talk to you soon.