

The Kwan Yin Journey



Module #1 Q&A – November 10, 2013

Tim: Hello, it's Tim of Kwan Yin Healing. Welcome to the Module One Q&A call. There are a bunch of things that we could review, but I know Bruce is ready to go with questions. Bruce, if you're ready.

Participant: By all means, review first.

Tim: The main idea of Module One is to get grounded and ready before we start jumping into things, and then with Module Two, we start jumping in slowly, with the physical realm; things we can see, hear, touch, smell and taste; things we don't have to have mystical, wondering things for.

Just to review some of the really basic ideas that we touched on in Module One, a lot of this is just beginning to get real with ourselves. Starting from Frost's poem, there's a very natural human tendency, without realizing it, to justify our decisions and behavior of where we are. You may have noticed this. Somebody will come into a situation and they'll ask for help, and people will give them ideas and suggestions, and what was a horrible disaster before, after everybody starts giving their suggestions, they start explaining why things are pretty good and the way things are, actually are pretty fine, and that's what they're going to continue to do. Everything is fine, but an hour ago it was a disaster. It's just a human tendency.

We like to stay where we are. It's really just a matter right now of being aware of that. Because of that, we tend to say things like, "Do you know what? I know what to do," but if that were really true, we'd be in different places. Just being open to that. I mentioned that Loren Eiseley, in the *Cosmic Prison*, points out that we're like a white blood cell flowing through the veins of a cat. There is no way to comprehend

the entirety of our universe, given what consciousness that we have, so that we recognize that that's the problem we're up against.

It's not a matter of being able to grasp concepts. They're literally beyond us in that sense, in the way that we often go about it. So just begin to be open to that and to counter-act what our ego tends to tell us, which is that we're totally on top of this.

Next is the idea that because we are in love with the ego – and ego serves a very purposeful role. Without our egos we would be experiencing the entire universe at once. That would be pretty disastrous. That's a lot. Because we identify so much with our ego, we rely heavily on our will and our will is powerful.

Simply setting intention – I hear this all the time, "Set an intention." Set an intention isn't really useful until we're able to transform, and the ability to transform isn't really useful until we're clearly aware of where we are and what it is that we want. None of that process will be useful if we're not headed toward something we really want and really love. Getting these things in balance; our will needs to look to our intuition, which needs to look to our higher awareness, like a triangle. Being aware of those three, even if we're not in touch with them yet, understanding that will is only one part of this triangle.

The Seven Planes of Existence, we're going to be talking about this a lot. In other words, if we're going to raise our vibration, it's helpful to look at what it is we're doing, as well as understanding the nature of our physical selves, our spiritual selves. We're going to be referring to that chart off and on quite a bit as we go through this process.

Another thing to understand is that we are a continuum of energy, but we experience that continuum in states. It's like the rainbow, the spectrum. It's just a difference in frequency of color, but even though there is some transition, we see the red, the orange, the yellow, the green, the blue, the indigo and the violet as bands rather than one gradual smear. That's because they are energy levels that jump. This is why atoms have orbits as well. Yes, it's continuous, but we tend to jump.

There tends to be water that is different temperatures, and then it's ice, or water that is different temperatures and then it's steam. They're not separate but they can appear to be separate in this way. So all we're really doing here is setting out what does it mean that we're energy, frequency and vibration? We're not really doing anything with this yet, I'm just kind of getting those back explanations in place before we start moving ahead next week with really looking at the physical plane of those lines, and some of the background of the science here as well.

The next thing is we're going to be focusing on quite a bit is *The Hero's Journey*, Joseph Campbell's model, because it's a beautiful model for exactly what we go through. You are the hero of your own journey. You're the heroine of your own journey. The first thing we do is we recognize we're in this ordinary world. It's not bad, but it's not great, and we start to awaken to wanting something better and something better comes along, so what do we do? We refuse the call and we go back to our comfortable, ordinary, but not quite comfortable world.

It's simply human nature. We love things to stay the way they are. Again, it's like this excitement of energy. It's not yet enough energy to excite us to the next level or to the next state of being. Usually what happens is an outside force, a mentor, new information, some new insights, something that then gives us that extra information that makes us cross that threshold. Then crossing the threshold is only the beginning. Once we cross that threshold, that's a wonderful step but there is a reason people are hesitant to leave their comfort zone and that's because as soon as we leave our comfort zone we're uncomfortable, and the ordinary world, at least metaphorically, starts falling apart.

Our tendency is to say, "Oh my God, my life is going to hell," when actually, all it means is that the crystalized forms that were holding us in place had been released. Metaphorically, a magical world that we're entering, anything is possible, it means that the old world has to fall away. This can sound a little bit scary, put this way, but we also need to understand that it's going to happen anyway because we can't simply stop growing. We can try to stay where we are, but we cannot simply stay where we are, so what tends to happen in people's lives is they go from crisis to crisis so that things fall apart sometimes all at once.

My whole mission is to help people understand that we're meant to be happy and healthy, and not one day but now, and understanding what all this process is.

The rest of this is a preview of where we're going with this, and then getting into the important parts of the homework. This is worth going over again because it really is crucial.

The first part is to have some sort of daily practice. It could be very minimal, but it needs to be really meaningful to us. What I find is that people really struggle with this idea at first because we tend to get all caught up with the things that we don't believe, that we're not comfortable with, and what we need to do instead is to understand that all that is not the question. All of that is outside of the question. The question isn't what don't you believe, the question is what do you believe, even if it's very little, even if it's life is just completely random? All right, that's a belief, and that's a truth that we can start with.

In the module, I used the example that if you go outside, and draw a picture with a stick and erase it to remind yourself that life is random, man, that would really simply a lot of the problems that come up during the day, right? That's the idea. Instead of things building and building, whatever you yourself define as truth, as real, as important to you, that the day starts with that touchstone. The day starts with that realization right there. I invite you to do this forever, but at least do it for the next 90 days and you will find that it builds.

I also suggested that you end the day with a gratitude list. Write it down. Writing it down tends to keep us more honest than just doing it in our heads because we tend to focus on all of the things we're struggling with. I do this as well and we can forget all the things that are going well, all the things we have going for us, and in both of these cases, I also suggest to not try to erect a cathedral here.

Do something that is meaningful but simple, that you're actually going to be able to follow through with, even on the days when you're tired, sick, hurried and so forth. Sure, there is benefit in doing more, but there is more benefit in having it regular, every day, than something that goes on.

The next part of the homework that I invited you to do is really sit down and say, "What is it that you want? Why do you want that? Why do you want that? What is it you love? Why do you want that? Why do you want that?" It seems that we know what we want, but as you really go through this, we find that we want different things than we think, and those are important qualities.

For example, for me personally, if I set an income goal, money is not particularly important to me. Security is, so just for example of how it's useful to be aware of that, if somebody really wants to take a major go at being an entrepreneur, it means taking risk. That's at odds with my goal of security, so I have to be aware of that and it's going to affect the ways in which I move forward and the kinds of things I need to work with.

Then getting into why do you want security? Is it a valid need or is it something else underlying that? We really get to the heart of where we are, but the most important thing is once you get to the end of all those questions you come to some point where you realize, "If I had that, anything would be possible. I could do anything that I want." This is a road that will lead you, eventually, to that pure potentiality, and it's that pure potentiality from which our really positive roads flow, our really positive directions flow. Even if we don't get it yet, but we want to pave that path and begin this step to awareness.

Just doing those things are going to raise quite a bit of issues. Emotional things are going to come up. New things about ourselves, that we didn't realize, are going to come up, and this is all before we get into the journey, but it's also very foundational. That's really the heart of the Module One material and the exercises.

That said, Bruce, you're first up. I know you posted a bunch of questions. Should we go through there or should we just shoot from the hip? How do you want to proceed?

Participant 1: I probably have more questions than you could put in an hour-and-a-half, so if you want to start with what I've already posted online, that's great. I've been working through some of that myself and other questions have come up, so I'm hoping anything.

Tim: Okay. Let's actually start then with what you posted online because what you posted online is actually pretty representative of the kinds of things that people come up with. You've raised a lot of different questions, and I'm going to delve into some of them and gloss over a few more in favor of getting to them later.

Some of the things that I notice that are kind of typical is the tendency of our minds to just get racing. One of the first things you want to do is step back from that because that's an endless process. There are always *what ifs*, and we want to switch from *what ifs* to *what are* because it can blind us to that.

For the benefit of those who haven't seen this, one of the things I already responded to on the Kwan Yin Journey page was you had started with, "The only good I can see," and you listed a bunch of things that you were having trouble with in terms of finding the good. Reading what you said, I pointed out that you had covered half a dozen things that are good without being aware of that.

This is kind of a typical response, so this is the benefit of doing the benefit list. Let me start with that one before I go to the other post. Is it okay if I read what you wrote?

Participant 1: Yes.

Tim: Okay. "I'm struggling with the homework." The other part that I didn't review that I asked is if you get into struggles, for all the things that are not good, what is good about them? You wrote, "Unhappy because I feel empty and a great sense of loss over lack of someone I am passionately, intimately connected to, and unhappy because I know I need to change my focus but I lack the will to do that." I get that difficult situation. We'll come back to that.

"The only thing I can see that I have done with these today is to be aware. Awareness is one of the steps of change, but frankly I'd rather not be aware of these things. I'm generally happy when I focus elsewhere and would like to totally lose awareness of feeling loss of love, so is the awareness really helping me? The situation still is what it is and I struggle not to feel it, but if I keep busy and distract myself, I

don't notice the pain of loss and feel more in the moment of joy of accomplishment."

First of all, without minimizing the emotional pain of an ending relationship, we can talk about that a little bit later, but sticking just with the awareness issue for right now, what I want to untangle here, the reason I'm starting with this question is that there are multiple issues wrapped up together that need to be separate to understand the points.

First is a really simple idea that if we're not aware of a situation, we're not going to be able to do anything about it, so the awareness is kind of important. Painful awareness is equally important. If my hand is on the stove and the stove is on, it's really important that I feel pain. That awareness is really, really critical.

We're going to talk about this a lot more when we get the emotional level, so a lot of this is premature. That's why I want to gloss over some of it now and wait until we really get into the emotional part, but to understand that those feelings are just as important, it's crucial that I feel pain.

Participant 1: I want to make sure I have that. It's crucial that I feel pain? Why?

Tim: Pain, in the physical sense. For example, I'm an extremely active hiker and I push myself, and I have injuries, and it's extremely important that those injuries hurt or I would do far more damage to myself. Again, I don't want to get all into emotional pain. That's why we have an entire module on this and it doesn't come yet on purpose, but that's the beginning, to understand how important that is to be aware of those things.

That said, there is a different issue. "I'm generally happier when I focus elsewhere." That's not choosing to be unaware; that's choosing to be aware of things that make you feel better, and that's awesome. In other words, implicit in that is a recognition that everything doesn't suck. There are things that I'm happy about and I would rather think about the things I'm happy about. That's perfect. That's an excellent strategy. That's appreciation. That's gratitude. That's working from the things that are going well.

Awareness of that is absolutely helping you. Dwelling on the pain is not helping you. I think this is maybe the sticking point. The pain is important. No one is suggesting that you should live in the pain, so if my hand is burning on the stove, it doesn't mean I should let my hand sit there burning on the stove and really explore the pain. I should probably move my hand and appreciate some ice water. Does that make sense? That change of focus.

Participant 1: Can I ask a follow-up question that you kind of touched on earlier on?

Tim: Yes, my sum up here is just that importance is to be aware of what's happening and to consciously be able to shift to what does make me feel better and to turn your attention there.

Participant 1: You talked about getting out of my head, and I hear that a lot, but I don't know how else to learn. By processing these things, okay, it has been helpful to process them on paper, and then I've been starting the journaling with what I'm doing with you. I keep trying to draw further conclusions by what I'm struggling with and I do that in my head, so sometimes it gets frustrating, but I don't know how else to process this stuff.

Tim: Right, and we'll talk about that a lot more in Module Four. That's another question I have to gloss. We can't take on all of this at once or it is just a confusing mess, but here's the short version for right now. You can recognize that when we get in our head and our thoughts are just racing, like a hamster in our head on crack, it's not productive. Nothing is getting accomplished. It is not helping. It's making us feel worse. There is no forward motion and we're resolving nothing.

To simply start there and recognize that, *all right, this is not a productive line of thought. I should stop it.* Some simple ways to stop it right now are to get up and do something else, to go for a walk or to call a friend, to change the pattern. It comes with awareness, so those might not sound like Earth-shattering strategies, but it helps simply to be aware that I'm doing something that's not helping and to do something to change the pattern. Those two things, calling somebody else and getting exercise are way at the top. Keeping busy is a good one.

Participant 1: If I feel like I'm making progress in the mental process, that's not a bad thing. It's just if I feel stuck, it's time to take a break.

Tim: Yes, heads are important tools. It's like driving a car. If your car is stuck in the mud and your wheels are spinning, do you spin them faster? No, you take your foot off the gas because it's not helping. It's only digging you into a hole.

When we're stuck in a hole, the first thing we want to do is stop digging. I don't pretend that this is easy, don't misunderstand, but it just comes down to a basic awareness. Before we can start to change this stuff, the first thing is to be aware of what's going on, to get clear about that.

I'm also feeling, coming up for me, slow down. When people were helping me through this material, when I looked back later and realized how did they do this so skillfully, I realized that they mostly slowed me down. Take time. Let things happen organically. Let me check in with Debra. How are you doing?

Participant 2: I'm doing good, thank you.

Tim: Do you have any questions?

Participant 2: I don't think so, at this point. I only just jumped on a couple of minutes ago, but I'm liking the comments about slowing down because I know that's definitely a challenge for me, to not try to push and to let it happen a little more naturally, and let it flow. That's a definite lesson I need to let really soak in.

Tim: The benefit of working with people is that it reminds me to do that too. Let me also see, Heather?

Participant 3: I'm here.

Tim: How are you doing, Heather?

Participant 3: I'm doing great, thanks.

Tim: Awesome. I know you had some things you posted this week. Did you want to discuss those?

Participant 3: Yes, but I left a comment on a couple of things, having gone through this journey in April, when we started, and then the specific question because I've kind of been building for many years, the question that I have that I wanted to address today, but I'm clearly moving in a better direction, so for those who are on the call that are new to this journey, and I will add that I do a lot of other self-help and healing work, but this journey definitely got me going in the right direction, starting in April, leaving a job that gave me a lot of money and made me really sick.

I quit smoking cigarettes that month, April, which I had randomly picked up after quitting 10 years prior, due to stress and everything in the job. Then I went through this process that was starting here, again now, and over the summer it was a lot about frustration and knowing where I wanted to be, slowing down and all these things you just talked about, and it brought up a lot of old stuff, and then I started smoking a lot of pot, and then finally just moved through that within the last couple of months. So that's behind me now as well.

There are three major, huge things since April to November, which are awesome. I know that taking the time and putting the effort in works, so I just wanted to start with those things, which are pretty amazing, and what's left of gratitude.

One of the things that has been sticking with me for a long, long time, and was the reason that I turned to a lot of these issues, was because of specific people that are part of my life, and this is where a big question comes in around how to be in relationship, identify toxicities within that and create community that is supportive in the sense of your environment, and this is a really big one for me, as I go back over and over, answering to myself these questions about what do I want and why.

It keeps revolving to the same thing, but I don't want it to be an answer that comes out of a fear place, and it's really difficult for me to identify is it that or is it not? It's just I'm going in circles and I don't feel like I'm in my head about it. I do a lot of physical activity, dancing, yoga,

meditation, but it's just a really stuck one, so this call is about getting unstuck. That's the topic for today.

Tim: Okay, is it okay if I read what you posted in on the Kwan Yin Journey page? Because the wording of it nicely shows another knot to untangle.

Participant 3: Yes.

Tim: Okay, Heather writes, "When others – family who supposedly love you – say they want to be part of your life, and are angry and aggressive at you because of you are taking care of yourself and they are not, reflections? How to be in relationship or to not be, is it avoidance to say I'm out of here, that this is toxic?"

You got a lot of really good responses underneath and, like Bruce's response, I wanted to say, first of all, there are multiple issues tangled up here. Taking this apart bit by bit, the good, the bad and the indifferent, none of this is in judgment. All of this is looking at the objectives here. Family who supposedly love you; right from the start, we have a judgment, and maybe rightly so, but right at the beginning, that sets up a new problem to solve. Let me come back to that one because I want to do this in a good order.

People being angry and aggressive, that's another issue. Taking care of yourself when other people are not, another issue. How to be in a relationship or not, is it avoidance to say I'm out of here, this is toxic?

So let's start with this backwards. The answer to that one is it totally depends on where do you want to go? This is why being really clear about what we want and why is important. There are going to be conflicting answers here, so let me explain why. The first one is I have done this myself. Understand that there are going to be levels of where we are and where we want to be.

First, there is absolutely nothing wrong with saying, "This is not good for me. I'm out of here." I've done that myself. That's a choice, but here's the thing. I need to take responsibility for that choice and I need to do it in a couple of different ways. To understand that it's a conflict with relationship, so a separate question is do I want to be in

relationship with these people? If the answer is yes, then the answer just got a whole lot more complicated. Now it becomes a question of is this just for now or am I walking away?

It's kind of a process of where you are and where you want to be. "I'm taking care of myself," here's what I would watch out for that. People often talk about setting boundaries, and there is nothing wrong with setting boundaries. That's important. For example, one firm boundary I have is there is no alcohol in my home. It's my home. I get to make that rule.

Sometimes when people set boundaries, they say, "Okay, so there's this line and I'm painting it right here. Don't you God damn dare better cross it or there'll be trouble." That's not setting a boundary. That's total reaction. Nobody knows that but the person setting the boundary, but if it's an honest look that, "This is not good for me, I'm stepping away from this," then that's a good thing.

A good guide for this is to check your anger level because when we're angry, we're reacting. When we can calmly say, "You know what? This is just not good, so I'm going to step away from this, that's a healthy choice. That's one answer. There is absolutely nothing wrong with that.

On the other hand, if this is a person or people I do want to be in relationship with, temporarily that's okay, but it's not going to build the relationship. So that's a separate question. It's not a judgment either because you get to decide which people you're going to be in a relationship with. Things could come up, and there are people who say, "Okay, I want to be in relationship with you. Let's sit down and have this painful conversation," and there are other people who say, "I don't care at all about a relationship with you, so I'm simply out of here." That's a question for you that people answer differently.

Often, when we change rapidly, we change the world to people around us. You've changed a lot. You went from what many people would see as a sweet position to something riskier. You gave up a cigarette addiction to embrace and then gave up the marijuana, and suddenly you're a different person than you used to be, and that upsets everybody's apple cart.

One thing that we can do is yes, that's their problem, but at the same time we can at least be understanding. It's like the whole comfort zone. People don't like their apple carts upset. Just be understanding that that's the process, that we can be unattached from it, that we can react to anger and aggression, we can step away from it, we can – depending on the level of relationship, if you want to get into it – understand that anger and aggression is usually covering sadness, defensiveness. Somebody is afraid they're not going to get something they wanted or they're going to lose something that they have. Whether you want to get into that level of emotional involvement with them depends on the value the relationship has for you.

Then the final thing would be recognizing our own parts of things, even when we are largely right. Going into a conflict with a judgment; it's hard, but I try as much as possible to shut down the *should factory* – *this is the way people should be* and they're being it. That's destined for problems. Expectations are resentments under construction.

Starting a question with, "Family who supposedly love you and say they want to be part of your life," right from the start this is not going in a good direction because you are holding the resentment as well, and maybe for very good reason, but that's a separate part, so at some point you want to look at what's going on for you.

If you remember, Heather, the material that we covered where there are many things to be upset about in the world that are horribly serious that aren't keeping us up at night, even if we're concerned. We react to the ones that hit our ego hard. So we can step back and say, "This is what's going on for them. I can't do a lot about them, but I can look at what's going on here for me."

I know people who say that family is the other F-word. The old joke is that friends are God's way of apologizing for family because, as important as family is, the cliché that we hear is that family know how to hit your buttons. They have known you forever. We can also start to recognize that family knows how to hit our buttons because we tend to walk around wearing our button suits, and I'm not dismissing this or pretending it's easy. I had a childhood too and I know some of mine and I have to watch for them, but we can recognize that is the case and that we can take off the button suit.

Then the other thing I would say about this is taking care of ourselves in the positive way. I have a friend who likes to say, "Don't dial pain." What she means by this is that when she's feeling down about herself, she doesn't call her mom. She loves her mom, but her mom will get into all these things that will make her feel worse, so she doesn't dial pain. She calls her mom when she's in a better space. She calls friends who she knows will give her the kind of support she needs at that moment, rather than expecting all of that from different people.

This is always going to be different. I come from a family that does not really embrace emotional expression. They're wonderful people, but if I go to them for emotional support, I'm going to be disappointed. I have to go to people who are going to be able to give me that kind of support that I need in that moment. None of this is easy. I get that. I did want to point out that what you had lumped into one issue is actually half a dozen issues that need to be looked at separately to be looked at successfully. Is that helpful?

Participant 3: Yes.

Tim: Okay, do you want to follow up?

Participant 3: I do on just one piece, so I can nail this to a specific area. Around the trigger of anger; generally, 99% of the time, life is pretty happy. A few other specific reasons that I was smoking pot or doing things to not feel was around not wanting to be in this relationship, and it was the way to deal with it, and I feel really good not doing those things, and yet, at the same time, I am definitely not one to pick up the phone and call this person for anything. However, the whole sadness/anger that you touched on, me pulling away is just that the pushing of the buttons.

What happens is I get triggered very easily with this anger and frustration. All of the sudden my energy shifts whenever this person comes around. It makes me really uncomfortable, so I don't know if I'm looking for an answer, but I don't want to feel like all of my life that I can't wait to get out of here. When is that day going to come? I want to be in my body wherever my environment is comfortable.

Tim: One of the things that I can bring to this conversation is, as you know, I've struggled with alcohol for over a decade. While I was solving my problems with alcohol, my emotional development was on hold. When I stopped and stepped away from that, that was good but also a decade's worth of emotional problems came rushing in at once. It takes time to sort through all that. It was a good 18 months before my head even started to clear.

I want to suggest, right now, as far as a solution, be patient with yourself. It seems like forever, but it hasn't been very long. You've only recently stepped out of an addiction. You've been through a lot this year. You've been through some pretty major changes and I would suggest, for just right now, to be patient with yourself. Give it time.

In the short run, I think it's perfectly fine to limit your time or wait until you're in a good space. I think it's perfectly fine to say, "I need to go right now. We'll talk about this later." I think it's perfectly fine to pull out of your space. Often we say, "I have to go to this," or "I have to do that," and you really don't. If it's really just not working for you at this point, you don't have to go to anything. You don't have to go because you said you would go. It's appropriate to take care of you. When you're in a calmer space, then you can pick some of these things up again.

I'm not immune to anger, but I will get out quickly and come back. If it's a high quality relationship, I'll say, "I need to go right now," and then we'll talk about this later. If it's a low quality relationship, I'm just out of there, or if I can't have that calm let's talk about this later kind of thing. Then give it time. All this isn't going to happen at once.

Having a positive support network, this is the way to go. Did you see Selena's post this week? Did you happen to catch that?

Participant 3: I did but I need to go back and re-read it.

Tim: What's really sweet about what Selena did – for those of you who don't know, Selena is an alumnus of this program – is she posted (paraphrasing here), "I've grown so much. I've learned so much. I'm in a completely different state. It's wonderful. Not every day is wonderful

though. Today is not a great day and I could really use some love and support," and she got all these postings of love and support.

That's really perfect in several ways because she recognizes all the growth and progress, and she recognizes that this is a one-day thing, and she reached out for outside help and support and got it, and that's perfect, beautifully handled. The day ended and a new day dawned, having that support network around.

If I'm in a day and I'm having emotional issues, I don't want to sort through them and get myself into a tizzy. I call somebody. I'll call my AA sponsor who I'm still on good terms with years later. I see him several times a week in various places. He lives a mile down the street. I have friends I can call. If I need to, I'll just go down my phone until I find somebody to talk to, just to talk to, just to get out of my own head and get into a different space.

I think the main thing I would stress is be nice to yourself. You've been through a lot and it hasn't really been that long, and that's okay. You've accomplished some major things. That's terrific. Let time take time. You don't have to solve it all at once. Does that help?

Participant 3: Yes.

Tim: Are you sure?

Participant 3: I'll know in time.

Tim: Okay. Breathe in and out. Where should we go here? Relationship seems to be the theme of the day. I have, from my upcoming book on getting unstuck, a whole chapter on relationships. I'm no relationship expert, but I do have some thoughts and I think what I will do is post this, along with the call recording, for you guys. I don't want it to be a distraction because it really will get into some things in the emotional things, for those of you who are new, but it might give you some things that you can work with. Maybe that will help.

In the short run, one of the points I make about this is that in the area of relationships, they cut right to the core and we don't handle these as well as we do other things. We don't get as much practice. We're not

as on top of this as we are our corporate game. We can tend to struggle here. I will include that and I hope that helps with some of these things.

I don't want to get ahead of ourselves. It's really important that we build this in order and not get too much into the emotional realm, but it may help since those are issues that some of you are struggling with right now. Also, I've struggled with this myself, so I deeply appreciate the pain of both of your situations, but it does get better.

At the risk of sounding dismissive, which is not at all my intent, take care of yourselves. One step at a time. Time takes time. You can't solve everything with your head. Go for walks. Look at things you do appreciate. Remember the greater journey is awareness. Start your day with that touchstone. Yay for giving up addictions. When we bury feelings, we bury them alive, so this is all really good progress, and you're here on this call talking about it. That alone is a positive direction. Any other thoughts or questions?

Participant 1: What about holding space? I mentioned in my post about the way that relationship has been cyclical, off again – on again. Is there value in holding space for that?

Tim: This is not a relationship consult, so with that disclaimer though, as an outside observer, I think you're making yourself nuts, and I know this from the inside, what that's like. It's hard to be objective.

Participant 1: It is hard to be objective. I see so much growth that has come from this relationship and I see potential for more, but I don't know the future. I don't know what's going to happen with it, so it's hard knowing what to do with it.

Tim: I've been there before, twice, and here is the thing about that growth part. When somebody makes decisions to step out of something where there is still positive growth, positive there, possible there, they get to decide that. They're allowed.

Participant 1: I get that.

Tim: I have two friends now who just bounce from bad relationships into a relationship with each other, and I'm not saying a word about it because it's none of my business, and this has disaster written all over it in so many ways that it's hard to even comprehend, but they get to do that. They get to decide that.

For you, you can recognize that just because you're in one situation where there has been growth and positive things, this is not the last relationship, and all of us – I certainly have and probably you have too – have been somewhere before and then along came someone better. Then you go through it again and then along comes someone better, and not to minimize the pain or the importance of relationship, but along comes something better. It just tends to happen that way. We grow into different places, we're in different vibrational states, our journeys go in different directions.

There are a number of reasons things happen, but at the same time that something vibrates out of our existence, we're also opening up to new possibilities that weren't there before, to people who weren't necessarily ready for us before or we weren't ready for them, or simply this part of our journey is done and maybe the rest of that growth is going to happen for each of you with different people, or maybe not, but all of it is okay. People get to decide that.

Participant 1: I'm not questioning her right to decide in any way shape or form. I'm just saying it's been that way for five years. One of us is on, one of us is off, one of us is on, one of us is off. Certainly there are times together, but as I try to move on, I keep seeing things that keep directing me back toward that, even to the point of being there's way too much here for this to be just coincidence. Am I just seeing what I want to see or is there something there? Can I create my own space while still leaving space for that to return? I'm not sure what to do with it.

Tim: The answer to that is yes or no, whatever you decide, as long as you are willing to take the total responsibility of that choice. If you want to stay on this merry-go-round and appreciate by making that decision that these things come with it, or you could say, "I've had enough. I'm off this rollercoaster, and I'm willing to accept these things that go with it."

- Participant 1: I certainly don't like the merry-go-round portion of it. I would like to see it be more stable, and it was looking like it really was headed that direction and then kind of took a U-turn.
- Tim: Yes, so again, I'm not a relationship counselor and I have no crystal balls, but it's a matter of deciding what it is you want and why, and getting clear about why. Maybe that's a good thing; why would you want to stay? Why would you want to leave? Why do you want that? Why do you want that? Why do you want that? Maybe find out what's really driving you.
- Participant 1: I've been trying to go through that. I've gone through the why, why, why; the levels of why and peeled it down, and I think I slipped down that distillation process in the Facebook page. It doesn't really give me any clear answers.
- Tim: Let's start with what is it that you want?
- Participant 1: What I get out of the relationship is I feel most, at the moment, in a deeply, intimate connection, and that's a space that I like to be in.
- Tim: Okay, so what you want is the connection. Connection to this person or connection generically?
- Participant 1: Either or.
- Tim: It's not entirely the same thing.
- Participant 1: That brought up a whole big debate that I've been having with my family this week. Not necessarily a debate, but a discussion. It was going into the oneness of connection with all things, losing the ability to be the observer and feel that connection.
- Tim: That's 18 volumes of consciousness reading. I think that you're driving yourself. I'm going to go back to what I said first. I think you're going in circles. I'm going to suggest to do a lot of going for walks. Think about something different. Look at things that are clearer because you went right from *it's hard to go through this, and we went from my want – it's*

connection, but then we kind of did a U-turn into this whole different conversation rather than going through and getting clear.

I would suggest to do this exercise and take this relationship entirely out of it. Poof, you're on Earth, there you are, you don't know anybody. What do you want? Why do you want it? Why do you want that? Why do you want that? Keep going until you get to this place because then you can do anything, you can have anything. Anything is possible. That's when you're done.

Participant 1: When I distill that down, the things that I came down to were freedom, passion, love, joy, bliss, excitement.

Tim: Okay, so why do you want those things? What do they do for you?

Participant 1: They're all things that I experience as positive.

Tim: But that's not why you want them. That's just history.

Participant 1: I don't know how to distill it further than that.

Tim: You have a whole list of things. You listed them at once. Freedom and excitement, these are different things. These aren't answers to the same question, necessarily. Why do you want freedom?

Participant 1: I like to be able to be self-directed. I don't like being told what to do.

Tim: Okay, and why do you like being self-directed? Why is that important? What does that do for you to be able to be self-directed?

Participant 1: I feel like I have control in my own life by being able to do that.

Tim: And having control of your own life, what does that do for you?

Participant 1: I get to choose the direction I want. I get to choose what I want to do. It's kind of a cyclical argument.

Tim: It's because you're wording it that way. You're not coming up with reasons. You're restating the same thing.

- Participant 1: How do I get further than that because I honestly don't know.
- Tim: Okay, so bingo, now we've struck gold. I honestly don't know. There's our first bit of awareness. I want to be self-directed and in control. I honestly don't know why. That's something that we didn't know before.
- Participant 1: I know a lot of things that I don't know.
- Tim: That's not the same question. That's not the same thing as not knowing how many miles away is Pluto on a given day. Do you see what I'm saying here? You really start to look at *what's driving me* here. By stepping away from the circumstances and really just looking at *who is Bruce and what is it he really wants*, as opposed to reacting to situations that you've been in. Before, you said, "I've been experiencing these things," so that's attachment to what has already happened, which is what all of us tend to do, versus saying, "Is this where I want to go or is it what I'm used to?"
- Participant 1: I still want to go there. That's something I want present in my life at all times, that freedom and sense of self-direction. I don't know how that can be different than you saying that security is important to you.
- Tim: All right. What would happen if you didn't have self-direction?
- Participant 1: I would like to regain it.
- Tim: No, no, no. What would your life be like without that? What would you lose?
- Participant 1: That seems to be obvious. If that was gone, it would be gone.
- Tim: No, you're just going in circles.
- Participant 1: I'm not sure what you're trying to get at.
- Tim: I'm trying to get you out of a circle in either direction because I can see that you're stuck there. For example, the reason I want security is so that I have the freedom to do what I want, which is different than security.

Just for example, somebody else could answer that question with, "I want security because I'm afraid and I want to be safe." That's a completely different journey. Security so that you're free to do what you want. Security so that you have safety. This is not the same journey at all. Self-direction so that you're free to build something, for example, would be self-direction so that I can learn from my desires or self-direction so that I can help to lead others. These are all different motivations. Everybody wants to be self-directed. That's just ego. There's nothing wrong with it, but everybody wants that.

Participant 1: I honestly don't know how to distill that any further. I want to be able to do what I want at any given moment.

Tim: What does the ability to do that create, other than I can do what I want? What else does it create? Because you have the ability to do what you want, what does that make possible?

Participant 1: Anything, everything.

Tim: Okay, so the ability to do anything, that's important to you then.

Participant 1: I don't know how to not make it cyclical.

Tim: *I want to do whatever I want to do and I'll be able to do anything* aren't the same thing, at least not as I'm hearing it. I can just then do anything; meaning that I can then go ahead and make this successful is different than I'm going to do whatever I want, without that necessarily implicating success in there. I know a lot of people who want to do whatever they want, who feel that the world is stopping them from doing it. That's different from people who feel like *I can do anything I want and anything is possible*. Those are two different things.

Self-direction so that I can work to realize things I know that I could do is different than *self-direction because I don't like when other people control me*. Do you see what I mean?

Participant 1: Okay, I would say both of those are components of it. I like the self-direction and I believe, on an ultimate level, that we can create with the power of thought, and have the transformative and creative power that

is attributed to people like Christ. I believe that's within our grasp, that we have either forgotten or haven't learned how to do it.

Tim: Okay, awesome. Yes, *I want to do what I can so that I can create*. What is the ability that I can create? It means that I can start to realize what I believe Christ, and presumably other masters, have demonstrated. That's a whole different direction than *I want to do things my way*. Does that make sense?

Participant 1: The motive, for me, is still the same. I don't want to look at it as a totally selfish motive because I want everybody to have that same ability.

Tim: There you go, and why do you want that ability? *Because I want everybody to have that ability*. That's completely different than just going around in the same circle. That's a mission. That's a direction.

Participant 1: I'm still not seeing it any different, from my standpoint. It maybe defined some parameters of it.

Tim: Let's forget about the exercise. Getting clear about this idea; *look, I want to be able to go in this direction because I want to learn to transform because I've seen it. There is this history. I want to get closer along this path. I want to be able to show other people*. Does that resonate with you?

Participant 1: It resonates with me. I don't know that's all that I'm about, but yes, it resonates with me.

Tim: Okay, so that's a baseline because if I had that – anything. So that's one thing. Follow those other things through until you're up to a point where *yes, this is exciting. This is not just a list of characteristics. This is what's driving me at my heart. This is my mission*.

Participant 1: I tried to go through that program with Ryan and never could get there too. I just feel stuck. I can identify the things that are important to me, but where it's taking me is not really clear.

Tim: Okay. Tim Kelley is a new paradigm business leader; very powerful, cutting edge stuff. He loves to go into a company and say, "What are

you guys about?" They'll say, "We have a mission statement." He says, "Great. Somebody read it." They look at each other, and somebody gets up and reads it, and then he'll say, "How many have goose bumps right now?" They look at him like he has just grown two heads. He says, "What good is your mission statement if it doesn't excite you. It's not really what you want. It's a useless piece of paper."

There's a world of difference between, "I just want to do what I want," and saying, "This is what I'm about. This motivates me. This excites me. This is the mission. I may or may not know how to do it, but this is the mission." There is a world of difference than the world of people who say, "I just want to do it my way."

Participant 1: I get that. I'm totally onboard with that. I've tried to find out what that is. I went through Ryan's program. That was my main goal there. I got stuck and couldn't move past that. I've felt like there's something that I needed to be doing for much of my life that I have no idea what it is.

Tim: Okay, so we've just uncovered one thing. That's the transformative leader thing that's important to you. You feel there's something you've always wanted to do; you just don't know what it is. I know that feeling well. I've been there myself. It's not really the same question, but we could do the same thing. Why do you want that? Why is that important to you? Why is finding this thing important to you? What will that do for you?

Participant 1: It's been gnawing at the back of my head forever, like okay, you have to do something. There's something you're supposed to be doing. Okay, great. What is it? Tell me.

Tim: So the motivation is to shut up the pain in your head?

Participant 1: It's not even really pain. It's like an awareness that there's something else I should be doing and I'm not doing it, so it's like okay, let's get the ball rolling. Let's go with it.

Tim: So if you find it, what will that mean?

Participant 1: That I can start progressing again.

- Tim: Okay, so progressing is important to you.
- Participant 1: Yes.
- Tim: Okay, why is progressing important to you?
- Participant 1: That's actually been a point of discussion too, this weekend with my family. I'm happy to coast and just have fun, but it seems like if I do that too long, circumstances start popping up and say okay, you've coasted long enough. It's time for the next step. I do something like sign up for your program.
- Tim: Okay, but you see how you keep side-stepping it? You keep saying, "Here's been the problem," instead of if I work through this, so I'm right back to there's some pain associated with not getting this. What's associating with getting it? I totally hear you. I've been here. I've been where you are. I totally hear you. I really, really do.
- Participant 1: Associated with getting it is having some direction rather than trying to figure it out. I would like whatever it is that I do to fill me with a passion.
- Tim: You're saying it beautifully.
- Participant 1: The things that I really enjoy out of life, I don't see having a place in business or serving other people. It's important to me to be making a contribution.
- Tim: Okay, so that has come up a couple of different times. You don't just want to be able to transform things. You want other people to be able to do it too. You don't just want a direction; you want to make a contribution. That's a key motivator for you, this ability to really learn. You want clarity, you want direction, but you don't just want things to do, you want passion, but you don't just want passion for yourself, you want to make a contribution. You want to help other people to do this.
- These are a whole different set of values than just, "I want to do what I want to do." Does that make sense to you? And it's beautiful. Even if you don't know what it is, okay, now I understand what's driving you. I totally get what's driving you. With that, we can start to get some clarity around that. I can step out of some of the hamster wheel stuff and step

into okay, I want to really make a contribution. I want to be passionate about this. I want a direction.

Participant 1: I want to feel excited about it, so it doesn't feel like going to work, "I've got to go do this again today."

Tim: Yes, I get it. There is a world of difference between, "Hey, guys, I put together this program," and "Life is supposed to be healthy and joyous, and right now, not one day, and I want to show you how to do it." That's a whole different way to get up in the morning.

Participant 1: Yes, absolutely.

Tim: Yes, I get it. I totally get it. A simpler way to put this: There is a world of difference between it's really important to me to machine metal parts precisely and this metal part is the brake on a kid's bike, and no kid is going to be whizzing into traffic without a brake on my shift. It has a purpose. It has a mission. There is a higher reason for it.

Participant 1: I guess I didn't understand that homework then. I thought it was to distill down to the greatest feeling, but you're wanting what is the purpose behind it.

Tim: Yes, what's really driving this because, at that point, when we get into the highest potential, in your case, mainly I just wanted to get you out of your circle and into a wider range of thinking. There's a world of difference between, "I want to do what I want to do," and "I want something that fills me with passion and makes a true contribution to the world, and I'm excited about doing." That's fantastic.

Participant 1: Okay, I don't know if you remember the call I had with Ryan, but the things that really fill me with that kind of passion, that I've discovered in life, are sexuality and going fast, whether that be running down the hill, driving a car or whatever, and none of those really make much of a business model. I don't want to be a prostitute.

Tim: I'm not a business coach either, so I'm not going to get into that, but in fact, quite a few people have made businesses around sexuality without being prostitutes. Quite a few people have made speed in the businesses. Let's broaden our thinking first, before we start shooting

everything down. Get into a different plateau. Let's get into a different place. It's time to look at things differently. Are you open to being open to *there are possibilities here far beyond anything I've ever thought of?*

Participant 1: Absolutely, or I wouldn't be here.

Tim: Excellent. This is another gem I heard from Tim Kelley that I love. I had been aware for a while that this was so, but Tim just put it so beautifully. A lot of successful business people take an hour or two a day for prayer and meditation, deliberately to listen to their intuition. That's literally a part of their practical business day. "I need to get into that space to get the really good ideas to run my business."

The way that Tim put it, "The moment you thought you had the desire, there was a plan. Your job now is to get quiet and listen to it." That really took me back because I start my day doing this. Step back. "I want to do something with speed and sexuality" is a very different place than, "I want to be filled with passion and make a contribution to the world that lets me transform things and show other people how to do that."

Participant 1: Both of those are accurate. One was taken from more of a personal level, what do I want on a personal level? They still have a personal aspect to them, but one of them is what do I want to receive and the other is what do I want to give? I want to do both. I want to be a giver and receiver.

Tim: That's important. Remember the whole abundance river thing. It's part of the cycle. I think you're doing fine. I just think you're driving yourself nuts.

Participant 1: I drive my family batty too by having these discussions with them.

Tim: Instead, just take some time. Quiet, listen; every day, just make it part of whatever practice you decided on. Just get quiet, listen, and get heart-centered. Not like, "What's the answer? What's the answer? What's the answer?" That's mind again. There already is an answer; I just haven't heard it yet. Just be calm, and it doesn't have to come today or tomorrow, or next week. Just be centered in that *there's an answer, I just haven't heard it yet.*

Then when you're not expecting it, your bells and whistles will go off. They will, when you get out of your own way. I say this not as a judgment, but from personal experience.

Participant 1: I've been waiting 40 years for it. It would be nice if it shows up soon, before I'm 80.

Tim: Listen to yourself. Your brain is still racing. There's no room for anything to get in. Your whole world is *yeah buts*. Create some space. Breathe. Just slow down. We're not going to solve all of this today, but we'll get into the mental stuff in a few weeks. In a month, actually.

It is a lot to unravel, so we want to go step-by-step. That's why we start with the physical things first, that we can more easily work with. I studied T'ai Chi with Master T.T. Liang, and we would learn some new class. My fellow students and I would struggle with something, some advanced technique. We'd work and we'd work and we'd work, and finally we'd say, "Master Liang, what are we doing? We've tried so hard."

He would walk over. He was 89 at the time. He would walk over and say, in his thick Chinese accent, "You already try hard. Now try soft." I'm going to just leave this for today. Be open to trying soft. You've already tried hard. Give yourself a break for a couple of weeks, okay? You've already tried hard. It has gone in circles. Try soft. Step away from that.

Participant 1: What does *try soft* look like?

Tim: Stop following the same hamster wheel. Not like, "Yes, I wanted this, but what about that? But what about that? But what about this?" Say, "Okay, I want to do something I'm passionate about. I truly want to make a difference. I want to really be able to transform and show people how to transform." That's a different set of criteria than we started with. Just sit with that. There are a whole lot of things that could happen from there.

With Module Two, we start jumping into the work of this program. So it's a place to start. I'm going to wish you well with that. I think we're as

far as we're going to get today, and there is a lot to think about right there, and we can take it up again later. Many blessings. Thanks for being on the call. Just slow down. It will be fine. It really will. Everybody else listening, thanks for listening. Namaste. See you again next week. Take care everyone.