

# INCOMPARABLE EXPERT

## Path to Power

### Session 2

Jason: It is kind of funny in this work there seems to be an inverse relationship between the difficulty of something and the amount of time it takes to explain, so today's presentation will be fairly brief. However, what we're talking about could very easily be worked on for several lifetimes. I guess we'll call it a cosmic joke.

Today, we are focusing on something that I didn't really know existed until well into my adulthood, but that says nothing more than that I was uninformed for most of my life about what is generally referred to as the shadow side of ourselves. Carl Jung, you know the psychologist, kind of talked a lot about this, but really this is an ancient idea that existed for many, many years before anyone in contemporary times started looking at it closely and codifying and stuff like that.

The individual that I worked with over the years, she referred to herself as a Celtic shaman. Shamans are very ancient workers who operate in a lot of modalities for a lot of reasons, but if I had to sum up what their ability is in one sense it's to be a bridge for those that need one between the world of the seen and the world of the unseen. Whether that's outside of us, if there is such a thing, or between the unseen and the seen within us, that's their realm. This woman that I worked with called herself a Celtic shaman, so she simply used those skills and she did it within the context of the Celtic pantheon. At the core, she was shamanic. That's how she was approached stuff, and so I learned a lot about that, and we did a lot of what was called shadow work is how she would refer to it.

This was 10, eight, nine years ago when we began. When I say the word shadow what I mean is that hidden part of all of us. We talked last time about one of the building blocks of reclaiming your power is to fully accept responsibility for everything in your life. I often explain it as the radical acceptance of what is. If we could all do that this world would be a very different place. If we could do that fully, each of us, our lives would be very different than they are currently. That is the journey that we're on.

One of the most different parts of this acceptance thing because it includes everything it includes you. Accepting you is its own challenge, accepting yourself and what that means at every level. There's an even bigger challenge because one of the most difficult parts of you to accept is this part of you that we refer to as the shadow. You can think of the shadow as the unconscious, the subconscious, the not seen part of you, but it even goes beyond that. It generally refers to all the parts of you that that voice in your head, the ego that you have, criticizes, judges, thinks shouldn't be there, makes you feel guilty about, compares you with others about.

If you think of everything in our existence as one living breathing entity and we're living amongst all these separations of that, so each individual we have a separate self or one that we perceive that way, this path to power is really a path towards remembering the wholeness that we have, seeing through all these illusions that are brought right in front our eyes in very practical ways like when people aren't happy with us, or when we let them down, or when they don't understand this so they think we're weird. Those are the practical level symptoms of this separation of what is ultimately a separation of us. It's kind of fragmented into pieces.

Right now, the reality for most of us is that we have this voice in our head that is constant. That is the ego. It's very domineering but very insecure. It is frenetic, so it's energetic but not in a good way, like nervous. It is anxious. It is scared for its survival, and it will do just about anything it can to feel okay. That kind of summarizes the force that controlled my life for decades.

The ego also has a lot to say about this shadow part of yourself. Frankly, number one, the shadow part of yourself, all these things that we'll dig into there's an enormous amount of power there, of yours, that you're keeping there because you believe that there's a reason that you should be keeping it there.

The shadow isn't good or bad. It's just a separate part of you. According to the story that your ego has about all this, that story is very different. It is very bad. It is hidden with things that no one should find out. It is full of things that you cannot be proud of ever like the fact that you will explode at your children eventually, or the fact that you will not call X, Y or Z friend or family member back because you're angry about something they did 10 years ago.

All these parts of us that if we had to put them in the newspaper we wouldn't be so proud of. Your ego loves to point out how terrible all this is. The issue with this is that if we are on a journey towards reclaiming our power it is very different to fully do that without addressing this separation of us, the enormously powerful kind of debridement and repair meaning unseen, not bad, part of who we are.

Most people do not address this. What ends up happening is that we all together create a world that mirrors this perfectly. If you want to know the current reality of your inner state, just take a look at your life because it will be a very good reflection of that current reality. Again, you may say what I see is bad, or it's good, or it's somewhere in between, all of that is your story. That's okay. We all have one. The important thing to remember is our outer reality is really just our reflection. It's not a problem. It's a tool.

When we're talking about the shadow which is kind of a nebulous topic even though we're going to get very specific here in just a minute, think about the things that when you're talking with someone or working with someone that you just can't stand, pet peeves or things that drive you up a wall. Those are little clues about what is in this shadow part of yourself because generally, like I said with this whole reflection thing, what you can't stand about other people are the very same things that you can't stand about yourself. If you being to look at things from that frame, everything in your reality takes on a very different meaning.

This shadow part for most people is the place they never really want to go. It's the stuff they don't want to talk about. It might be full of fear. It might be full of anger. It might be full of everything that you're ashamed of about yourself. It might be full of all the things that cause you guilt. It may even be full of all the things that are completely running your life but from a place you can't see.

When you read books about mindset and stuff oftentimes they'll talk about the subconscious. I'm using subconscious and unconscious as the same at least universe. What generally happens is the things that you can't see, let's take in the form of an energetic pattern or some sort of thing that keeps happening over and over again in your life. When you can't see it, number one, it doesn't mean it's not there. Number two, it means that that thing is doing its thing underneath the surface where you can be aware of it, look it and maybe change it or do something with it. It is completely automatic.

I think I recommended a book by Bruce Lipton in the last session. It's called Biology of Belief. It's based on work he did over his lifetime, trying to connect this mindset, positive thinking, self image stuff that is on one end of a spectrum with actual science. He wanted to make the connection to explain that what is in this subconscious, what is running unconsciously in you and in terms of what we're talking about today, all of what might be part of your current shadow side of yourself, all of this is actually affecting your biology in ways that we can look at.

The book is fascinating because it really brings these two worlds together that up till now haven't had a lot of respect for each other. Like the science people need to have things in a certain way, and the mindset think your way to success people don't do it in their way and vice versa. He is really the bridge that shows you, oh my goodness, like all of this is not longer all this type of work that we're doing isn't relegated to this woo-woo end of the world. All of this is actually part of one whole body of knowledge because it's all about human beings. It's a fascinating book.

Anyway, back to the shadow. All of these things that we have taken parts of ourselves and put into this side of us that we would rather not exist, Michael Brown and his book, *The Presence Process*, another book that I recommend in conjunction with this work, talks about at some point in the book how his ideas about how someone's definition of love is created. Our minds can agree pretty well on what love means. He took things deeper, particularly with the whole idea of where our brain wave states are up until the age of seven, like we're very open like we discussed last time. His idea that I probably will never forget the day I read that for the rest of my life, was he came to the conclusion that your definition of love is not the one that your mind says it is. In fact, your definition of love is whatever you received when you reached out for love as you were a young child.

Some of us got hugs. Some of us got slapped. Some of us got yelled at. Through his work and the bringing together of many traditions just one of which is this whole shamanic path of things, he began to see, oh my goodness, I guess first he went within himself. He was trying to curvate himself of a physical disease and that's what started him on all of this work. He went back and tried to figure out what his definition of love was. The reason that he wanted to do this was once he found that out he was like whatever that definition is, no matter what it is, you will do whatever you can in your power to recreate that emotional charge for the rest of your life unless you deal with it.

For a lot of people who wonder why does this keep happening or that keep happening, his contention is it's because you actually are creating that. When you think about this topic in relation to the shadow self, this part of us that we would like to ignore, but as part of us it wrecks a lot of havoc if it isn't dealt with properly. You can see how all these things are beginning to connect.

In that book, *The Presence Process*, he also talks about something, and I don't believe this is his idea, this is a generally known idea, something called the seven-year cycle how in people's lives these energetic emotional patterns seem to show up. He went back in his life and started seven years, seven years, seven years, started trying to go through the major events of his life and see where the patterns were. He started seeing this seven-year cycle. Things would repeat, not that the same stuff would happen, but he would end up feeling the same way over and over and over again. He was caught in this loop.

The reason that it's a seven-year cycle ties into what we talked about last time where up until about the age of seven our brain wave state is such that we are basically being programmed. We are very open to accepting any stimulus from the outside. We accept it in without question. It becomes our programming, and we repeat that unless we deal with it.

The problem with avoiding this whole shadow side of yourself, especially if you're really looking or willing to do the work to reclaim your power, the problem with not looking this square in the face is that these unwelcome parts of you will run automatically like programs forever. They will show up in your client work. They will show up in your family life. They will show up even in the chatter in your mind.

This is where I was for years. I didn't even it existed, let alone how to deal with it. Because I didn't, it literally owned me because there was no way for me to get out.

I think it's Seth Godin. He wrote a post a while ago, but I think he talks about it fairly often, about this whole imposturous system. We're all afraid of being found out. That's your shadow right there. That is the fear that's within that. That is the type of the stuff, that fear in particular, think about the way if you deal with it, then you know, if not just imagine, think about how that controls people's actions. It keeps them from shining their light as brightly as they would because what if. It keeps them from saying certain thing because what if. That's just a tiny little part of it.

We all have different combinations of gunk that is all in there. The thing is there's really only one way that I found that's effective to deal with it. I was taught this and I'm going to pass it on to you. You don't resist it. You don't fight it. You're not going to overcome it. Why? Maybe you will, but the whole premise of that is wrong if you start from the foundation that of all this is actually part of you. To be at war within yourself or even liken it to that type of imagery is not really in anybody's best interest. This is not the part of you that has to be suppressed or controlled or fixed or improved or all those terrible things that imply that what is right now and the way it is is not good enough.

We talked last time how that is a dead end and that core kernel of mistruth, I guess you would say, is basically responsible for ruining experiences of life all over the place. It start with something that simple. If you don't resist the shadow, if you don't fix it, if you're not trying to push it away, pretty much the only thing that's left is to integrate it. Because unless that's done, unless this separation between you two, parts of you, unless it's lessened and you do work to start bringing that together you basically exist as a broken individual. Not that you have to be fixed again, remember that you can come together.

The way you integrate things like this certainly isn't to think your way through. The mind is not helpful. In fact, in regards to this work, it's what got us into this mess in the first place because it created this artificial part of ourselves and put a fence around it and protects that with its life. As I said last time, a quote from Michael Brown, it's not about feeling better, it's about getting better at feeling. Why? Because when you are able to stare this kind of garbage in the face and actually sit there and feel it that is the process of integration. That charge that holds something separate from you begins to get neutralized. Over time when you do this enough, that separation begins to disappear.

When I started this shadow work, the woman I worked with, we did a lot of different things. My primary issue always has been is fear in its many forms, fear of the unknown, fear of what if, fear of what if he doesn't deliver, what if the expectations are too high, what if they don't like, all of that, but it was the flavor of fear. I would say that during the course of our work, it's not that I overcame anything, it's that I realized that half of myself was over there and I could go reconnect with that. In getting in that habit, and we'll talk through a couple of exercises for you to do this with, it slowly became less of an issue. There wasn't a bright light and my life was fixed. It was gradual and it was over time. Even now, I still do the work. I'm just at a very different part than I was 10 years ago.

I just want to give you a couple of ideas for what to do, what to start doing, to try. See what resonates with you to begin staring this side of you in the face and dealing with it once and for all, slowly, whatever speed you want, so that it no longer controls you from this invisible puppeteer station.

One of the things that my teacher had me do, funny enough, it is actually in The Presence of Process as well, I believe, is to do a grounding and centering meditation like we talked about last week. If you haven't heard the recording, go back and listen. Just a simple exercise to reconnect with your breath, to bring your energy to a more centered space and step one for all this work that we're going to do. You start with that.

From that point, the next thing is to image you today, and we're projecting these pictures into our imagination, and I'll explain more about that when I get to method three here. For now, just know that we're projecting all of what I'm saying into the movie screen in our minds. There you are on the left side of your movie screen as you are today.

On the right side of that movie screen is maybe the 7-year-old you or the 4-year-old. Just think of a memory that comes back to you from your childhood and pick that age, as young as you can get to. Imagine that that individual is extremely scared, doesn't have anybody around him or her that they know, so very anxious, scared, not sure what's going to happen. Then you imagine walking over to that individual as your adult self and putting your arms around that individual and bringing that being into you.

Now when I did that the first time, the feeling that I had in my gut which I was used to this big knot of energy swirling around, it was almost like I was starving to death but I wasn't hungry. It was the gnawing feeling. That's what I lived with almost all the time. I felt for the first time in a long time that begin to loosen. The woman that I was working with she was just filling in the picture for me that I was projecting on my movie screen, that I could look at the child and say, "It is okay that you are how you are. You are safe now," and just talk to it like you would to a complete stranger that was that age. You would be extremely kind.

As it turns out, when you are able to do that to yourself for some people they might not resonate for this method. With other people, you may start to bawl. For other people, like me, I just felt like, oh my goodness, for a second there I felt okay. That might seem like a bunch of make believe maybe if you have a skeptical ego and that's okay. I'll explain in the next couple of methods why this is so effective and how maybe to alter it to something that does resonate with you. Try that and see what happens for you. We'll call that method one.

Method number two, we are going to focus on what Michael Brown calls the messengers. I mentioned that often in relation to the shadow work we can begin to figure out what's in there for us by looking at all the things that really annoy us and looking at all the people out there that really just rub us the wrong way. Earlier I said if we can do this our whole perspective on reality shifts.

Why? What we do to others in terms of judging, reacting, that mean commentary we have sometimes about other people, we're usually doing to ourselves. Like I said before, it's something that you don't like about yourself and you're seeing reflected to you and it creates this charge.

Most people meet that charge with resistance. They don't even know what's actually happening. They're like why is this person so darn annoying, can't I catch a break? This method focuses on completely switching that upside down and beginning to view these people not as adversaries but as messengers. They are bringing you exactly what you need to be focusing on. Most people are getting hundreds, if not more, messages like this every day, especially with the people that are closest to you. We phrase it as, "Wow, they really know how to push my buttons." That's one way to talk about it. Not a very empowering way, and it's a way that further strengthens your prison instead of opens the door.

We're talking about looking at that and saying, "Okay, first of all, I'm not going to knock the messenger down. I'm actually going to be grateful for this individual showing up with this thing for me to look at right now. Next, I'm going to ask myself what is the lesson for me in this." If you can get in the habit of that as your go-to move without having to think about it, and I'll be the first to admit it takes some work depending on where you're starting, the craziest thing will happen.

Number one, you will find yourself in a state of gratitude for most of your day. Amazing things happen when this is true because the whole energetic pattern that you're admitting shifts. Very hard to be grateful and angry at the same time, very hard to be grateful and fearful at the same time, very hard to be anything not helpful when you're in a state of gratitude. This allows you in a very empowered way take what everybody else might call life daily challenges and turn them into ways for you to actually get better. The messengers aren't coming to fight you. They're bringing you your next lesson. Those lessons are often what will help you integrate this charge on the shadow side of yourself.

Those are two quick ones. Method number three is something that's called shamanic journeying, very ancient. A very ancient practice that I'm recommending you experiment with and see how it does or does not fit. Some people when they close their eyes have little to no problem getting that movie screen in their minds going. Some people just aren't wired to do that very easily. At least try this once to figure out which you are at this moment. This is certainly a learned skill, so if you want to do it you're going to do it regardless of how easy it may be here at the beginning.

We talked a little bit ago about this movie screen in your mind. In the last session I mentioned Psycho-Cybernetics which was a book written by Maxwell Maltz, again, in the early mid 1900s maybe, a while ago. Plastic surgeon wanted to figure out why people who he made look beautiful on the outside still didn't think they were beautiful. Got him into focusing on self image, the whole subconscious, unconscious side of ourselves, all of these programs that run. His recommendation, and I talk about it often in the client letter, it's for 21 days, make a new movie in your mind about you the way you want to be in all its detail with smells and sights and sounds.



You are projecting your movie on the movie screen of your imagination. Why would anyone do that? Kids play make believe, but adults don't. The reason they tell you that is because that's where all your power is because the unconscious side of you doesn't take direction from your ego. The unconscious side of you takes direction from you and from external sources in the form of symbol and image and feeling. If you're going to begin to unlock the keys for figuring out how this side of you works, that's the language you have to speak, symbols, imagery. That leads us into this movie screen in our heads. It is make believe, and it's effective because that's how we access these deeper levels of our consciousness. It is not childish. Kids are the ones that have it right.

It's just that people are way to easier to control when they cut this part of themselves out. Way easier to control. They can be scared to death. They can be slaves forever and no one will even notice because this has been removed from them, but it's still there and you can reclaim it and that's what we're doing.

Shamanic journeying is really a process where you get this movie going in your mind, and you do it in order to get access to information and parts of yourself that aren't so readily available while you're in your normal state of thinking. When I learned this I learned it in relation to the world tree, which if you're not familiar with that feel free to Google it or whatever. In it's simplest form it's an image that's been around for all of recorded history really. It is a tree as a representation of all of reality and existence.

You have the roots which represent the underworld or the unseen, that which we cannot see inside of us, inside of these areas that we have covered in darkness at the moment. Then you have the trunk area. That's the normal world, the normal reality, what is right in front of us, what we can perceive with our five senses. Then you have the limbs and the leaves. That's the upper world, the world of the divine. This general archetype exists in many, many different cultures, Cookie cuttered. Norse, Celtic, all over the place. In terms of shamanic work, this tree again is used as an image and symbol in the mind to help focus what's going on.

The first time that the teacher that I worked with had me do this we started with the grounding and centering meditation. My mind was going four million miles a minute which is not helpful. That is why that meditation that we covered last time can be so valuable even if you do nothing else. Your ability to recenter yourself on a moment's notice will pay off for a long time because what you won't notice is that each time you do that if you do it often you're actually having to pull yourself back less and less. You're staying closer to that center more and more. That's the long-term growth that can happen with something as simple as that.

We started with that. I was in a comfortable position, either sitting down. May people lay on their back, whatever's comfortable, and you close your eyes. All while you're doing this you're maintaining the awareness on your breath, like you're staying here, you're staying in this moment. If thoughts are whizzing by you just notice them. You don't go into them. You just notice them go by, and then you come back to what you're doing and come back to the moment that you're in.

From that point on, you can do this a number of ways but we can just imagine that movie screen in your mind. You know before movie's start maybe they have a countdown or something, well just watch that countdown go from 30 to zero, just count it back in your mind as you see that image go from 30 to 29 to 28. All we're doing again is we're slowing the brain down. We're moving ourselves on purpose into that alpha state so that we can work with our mind in a different way. You get to zero.

On the screen then is shown this image of the world tree. You have the roots under the ground, but you can see them. You have the trunk. You have the upper limbs and leaves. From that point, you look at the bottom of the tree. We're doing shadow work. We're actually going into darkness and we're just going to see what's there for us. We're ultimately going in ourselves. We're not looking for smoothest to save us. We're not looking for here's what you should do now. We're just going to start walking.

In that movie in your mind maybe you notice a separation in the root and you just go right into it. Your imagination takes you right through it. What do you see? That's a good question. That's where this is called journeying. You are going on a journey, J O U R N E Y. You take that journey wherever it goes. Oftentimes, before you begin you could focus yourself with a simple question if there's something you'd like to know.

One great question is what is the highest use of this time for me now to learn. What am I here to learn at this moment? Then you just asking this question out loud. The reason you're doing this is because the part of you that we've cut off, not the ego mind, but all the rest of you where all of your power is, there is a lot of truth that is accessible to that part of you that currently we don't take in our daily journey. We're trying to bring that back into us.

When you do this journeying it is with the intention that you can access that information, that you can find answers, that you can be led to ask more of the right questions. This is a tool that you can use in a lot of different ways. With shadow work, it's a way to communicate with your subconscious mind about what you're trying to do here. Again, this is something that you can just take this kernel and totally make it your own because ultimately that's what matters. There isn't a right way and wrong way to do this. There is simply the best way for you to reconnect with this side of yourself that the world has said you shouldn't be connected with.

You shouldn't do that. You shouldn't be that way. You shouldn't have those fears. That's really rude or that's extremely self centered. All of those things that we have been told that are not right about us we packed in there and this shamanic journeying is a way to go and begin to get symbolic answers. Again, you're communicating in symbols, so oftentimes you might be given symbols.

Like I remember when I actually signed up for a session with a shaman here in town years ago who did this for me when I didn't really know much about it at the time. He was one of those people where the brain wave state he was able to get himself into was so deep I really didn't know if he was okay. He was like laying there so still for a while, and then when he came back into his conscious mind he gasped so loudly as though he hadn't been breathing it really freaked me out, but that's what he was doing. He was going into this part of himself, an area that he was very well versed in how to traverse it, how to notice what symbols communicated what things to him. It was like learning a new language or he had learned a new language. It allows you to go into places you can't otherwise go and they're ultimately other parts of you.

Those are three from very simple surfacey just sit down and try this methods to now this last one which really can provide a lifetime of serendipitous information I guess would be a good way to describe it. This really helps us connect our small cells, our daily cells with our bigger cells in a way that nothing else I've experienced has.

Give these a try. See if any of them resonate. If you do have an experience and you want to share it with me feel free. Hey, I did this. Here's what happened. That would be great. The only reason I'm curious is just because I want to know what your experiences are, so you can share what you feel comfortable sharing, leave out what you don't, that's fine.

The point here is to understand that until we first make a conscious commitment that we are just going to do this, we are going to look into all of this gunk and we're not going to run, and we're not going to hide, and we're no longer going to think that we're screwed up. We're simply going to look it right in the face, begin to be okay with it, and then slowly work to integrate all that back into us.

This whole thing is in the context of us talking about business and work. When you bring all this work back out into the mundane world what you end up with is an individual who is whole again. Why do we want that? Number one, there's no better way to go through life than this direction. Number two, most people are not this way. When they encounter the presence even if it's separated by thousands of miles over the Internet of someone who is this way it is extremely attractive. We've just spent the last 40 minutes talking about things that may depending on your experience may make you wonder what the heck am I supposed to do with this? How is this practical? That's the reason.

Because when you come back you are a different person, you are more you than you've ever been. That's really the goal because that will ripple through and provide benefit not only to you but to everyone else you touch because you will demonstrate that there is something more available to them than they might not know about. That will bring them towards you. It doesn't matter if you're a massage therapist or you are painting pictures for people, that's the bond that gets created. That's the attraction from a deeper level. If you think you're broke and you tend to be attracted to people who aren't and no one's broken, but until they realize that this brings people closer to you so that you can serve them.

That was kind of a big topic to cover in 40 minutes, but so be it. Any questions? Please, yeah, Bishal, let me unmute you one second. There you go. Can you hear me?

Bishal: Yes, can you?

Jason: Yup, loud and clear. What's your question?

Bishal: Awesome. Jason, thank you for the amazing presentation. I couldn't join from the beginning, so I was listened to the recording. I have a specific question about this mindset and shadow. Many times what happens is, excuse me, I'm doing everything well, but imagine that I depend on somebody whether it's somebody in my family, somebody in the business.

Let's take a business example. Out of my few team members, very few team members that I have, imagine there is one person that I know that person is going to do well, I know that person will make the calls and update the spreadsheet and I depend so much that sometimes I'm not going to do the inspection every single day. Imagine seven days go by and I then find out they did not do the work for the last seven days. I freak out completely.

At that time, I lose control. Not only do I feel my breaths become very fast because I watch my breaths that's how I do meditation. In that moment I know that if I just silence myself and if I just let about half an hour go everything is going to be perfect, but in that moment I called around. I become very, very verbally very sound and it's not a good feeling because after about 15 minutes then I realize, oh my God, I could have made a better choice with my words, I could've made better choice with my emotions, and I'm losing every single time and I'm losing respect for myself. If you were in my place, how would you handle that situation?

Jason: This ties into another thing in The Presence Process book, another point of clarification or differentiation. What you're basically describing is that you react versus you respond. Right?

Bishal: Right.

Jason: When we react I think I talked about this last time a little bit if memory serves correctly. The reaction is you running an automatic program. That's what reaction means, responding is the opposite of that.

In that moment, I think the first thing that would be helpful to me and I've dealt with that not in team member but that just for a second your entire universe goes to pieces and you feel flush and you get hot. That's you losing it, losing it.

First of all, I think is rather than viewing that as a problem it is not everything that happens you have in that split second an opportunity to either get the lesson or not. What is the lesson? I think one possible lesson might be that in that split second you get the opportunity to totally own what is going on or to not. I know that ultimately because of the person you are you'll own it, but that's not really what we're talking about. We're talking about that moment where the train comes off the rails and what to do then.

That I think is probably an enormous opportunity. What happens the next time that that happens? In that instant your mind is going to go forward, the verbal stuff, the how you react that's your mind. In that moment, if I was dealing with that situation the first thing that I would do is get out of my mind and do that like I told that grounding and centering meditation that we do eventually you'll get to where to you can get in that state in a second or two. That's what I would do.

Even now, I'm envisioning me feeling all that, and the first thing I do is take that breath up and down and I'm trying to feel that reconnection with my point in space and time right now, my grounded space, where I'm at, and to get back there before anything else happens. Maybe you'll totally forget to do this the first time, maybe you'll remember that it was a possibility the second time, but to me, I think no matter what emotional situation we're in that that go-to move is the immediate regrouping and centering. Because you're back in you in the real you anything you do there is probably just a subconscious program that's going to not help anybody.

Bishal: To clarify, you're saying that grounding exercise that you taught us I think the first time I heard from you was in the big self blueprint on the program that I went to about a few months ago.

Next time it happens, practicality, you're telling me if I just remind myself to do it, if I don't that's okay. If I remind myself a few times to do it over and over again that becomes my next second nature in a moment of disturbance.

Jason: The connection that I'm trying to make in your being is the second you have a situation that triggers you like that your automatic response is that recentering.

Bishal: Okay.

Jason: I don't know of a magical way to get there except to slowly move yourself in that direction until that is your subconscious reaction.

Bishal: Got it. It's happening automatically me thinking about doing it every single time. The way I get there is to actually do it consciously a few times until it becomes automatic like you were saying.

Jason: It is a practice. It is a choice you make every time. Just off the top of my head, that's what I'd recommend.

Bishal: Awesome. I'll do that and I'll update you and everybody on the call the next week when we are ... thank you so much for answering. Jason, on behalf of all of us who are on the call and who are listening to the recording thank you so much, sir.

Jason: You're welcome. Thank you. Very good. Any other questions? Comments? I was having a hard time with the grounding exercise when I imagine the energy that's going through me. I felt like I was going back into my mind not feeling by body. Is this common? Should I keep trying. I'm not very good at the mental picture stuff.

I think what you've described is actually 99% common. That's just a clue kind of how much out of practice we are with actually being in ourselves. What was happening there was your mind was simply doing what it does which is distracting the real you. Because you made a choice to do something different, doesn't mean your mind is going to comply. I would just persevere and keep trying. Don't get frustrated, just keep doing it. When you notice you're going back into some sort of mental chatter bring your mind back and back. You might do it one time every 10 seconds. You might do it 10 times every one second, doesn't really matter. Like I said, it is a practice. That's really all this is. It is a decision whether or not to practice it.

Other questions. David Hawkins, letting go the pathway and there seems similar to Michael Brown's Presence Process. That's right. I think more and more in this day and age all of these people that are out there talking trying to help people are getting closer and closer to the truth, and really I'm talking about the truth in terms of we're kind of spiritual beings, we're here on a physical level, so we're kind of a spiritual being in a physical body with no instruction manual. What is the smartest way through here? Over the eons, that's what people are figuring out. I call the radical acceptance of what is. David Hawkins calls it the pathway of surrender. That's the empowered version of what surrender means, the willful acceptance of what is.

Isn't it funny that surrender has a bad connotation in the world of mind. You gave up. You let them down. You didn't do as well as you should. When really it is the secret and it is the only way to fully carry your power in every moment of your life. There is no other way except through surrender.

Religious masters have spoken about it. Spiritual masters have spoke about it. They don't teach it in school for obvious reasons. Yes, I think everybody's kind of slowly converging on the few elements of truth that are common to us. Thank you for that question.

How much do you think practice of personalized affirmations help you stay grounded? Does that go opposite to acceptance of what is because I'm affirming what I want instead of what is? We'll talk a little bit about this in the future. I think for now the important thing at this stage of the work is how deeply we are able to feel whatever is going on inside of us. Do I think affirmations are valuable? Yes and no.

I don't think affirmations powered by mental chatter. I think that's leaving a lot of potential on the table. I think affirmations that possibility generate an emotional state that then can be focused or worked with are far more powerful. I struggled for a long time as I was doing this, like accept what is, accept what is. Then you're like what am I supposed to want then? How does that work? Are we not supposed to set goals? Do I just wake up? Do I have nothing that I want to achieve?

I struggled with that for a long time trying to get that clear in my being what is the right way through here for me. There is a very different feeling between wanting something or needing something, needing being the strongest and least powerful version of want. There's a difference between that whole spectrum of things and a spectrum that comes from setting an intention for something. We can talk about this in the future. That, to me, has been most effective because if I am fully going to be here now fully okay with what is that does not mean that I have no plans. What that does mean is that I have severed my emotional attachment to them on a daily basis except when I'm actually accessing those deeper parts of me that I know somehow control reality. That's when I bring that emotion of what I want and it being done and how I will feel then and attach it to the picture. That's a specific practice.

Some religions call this prayer. Heal him, please. Some traditions call this magic. Energetically, very similar until you get the story involved. It goes back to session one, the mind focuses, the motion or feeling provides the power. When you put those two things together that is in large part at least how it seems how our reality is created.

Anything else? Value of daily journal with images and desires. Certainly. I think the more time you can spend in this state where you're able to access your subconscious and effect things on this level it's like learning to draw with a pencil. The more you practice it the better you get the effective it gets.

Any other questions here before we wrap up? I will get this recording up. Again, feel free to share whatever experiences you care to with me via email, [support@incomparableexpert.com](mailto:support@incomparableexpert.com). Of course, they will just be for my eyes.

It appears to me that you are presenting our general current state of disconnectedtiveness as being somewhere conspiratorial. Why is that? Why would it be beneficial for us to live remotely from our truth?

I don't believe it's beneficial for us. I believe it's beneficial for individuals who would like to control other individuals. I wouldn't even call it a conspiracy. I would call it that some people figured out how to control other people quicker and better than each of us figured out how to control ourselves. I don't believe there's any benefit to any level of humanity that comes from you living remotely from your truths. I believe there is a ton of benefit for certain other entities in this world for you to do that because when you are living remotely from your truths, number one, you don't know what that truth is. Number one, you are confused. Number one, you tend to be scared, and those qualities are required to be controlled to be sheperded this way and that way to do the bidding of others ultimately.



That's why I keep alluding to that. That's why when you go to school we're taught certain things that willingly cause us to willingly separate us from our power. I think that if that wasn't the case talking about this kind of stuff would be of no interest to anyone because we'd all know it. There's a reason that this is a universal issue. Hopefully, I answered your question.

Anything else? Thank you very much. We will meet back here again next week. Please check the event page because each week has a different access code, so just check that a minute or two before you log on, but I'll also send another reminder. Thank you all, and I will see you next time. Bye-bye.