



The Healing Journey – Week 8

Today, I want to look at putting together a lot of what we have worked on before, pulling together some of those things, as well as looking ahead to moving ahead from here. We've gone through our different levels of being and new agreements, and one of the things I'd like you to consider, as you go through your day and you find problems or things you want to work on, is to start to remember this idea that like in the reconnection, we are energy, frequency and vibration.

Having that all work well is a matter of coherence. It's not doing things from the extreme physical end, it's not doing things from the extreme spiritual end, and it's not trying to do everything from the mental end. All of this is trying to do all the lifting from one end of the heavy board, and just switching ends. We want to get all these working together, coherently; working in balance.

You can use this knowledge now to think in terms of that. For example, if you are facing some sort of physical challenge, deal with that on the physical level but, additionally, ask yourself what's the emotional impact of that? And you can start to address that on the emotional level as well. Know what your thoughts are about this and you can start to address that on the thought level as well.

We're going to get stricter with our terms here, so going to the buddhic plane, which really is intuition – not yet spirit, what about the level of intuition? Remember, will is only one-third of our essential being. It's the lowest part, so what about intuition and what about spirit Awareness? The Atma, our connection to the divine. What are the impacts all the way around? Really think through that. What's your intuition about this? What comes up in meditation?

If you're facing an emotional challenge, ask yourself, "What is here on the physical level that you have to deal with?" Often, when you're in an emotional place, one of my favorite sayings is move a muscle, change a thought. Just get up and get moving. You'll feel better.

If you're in an emotional state, ask yourself, "When did I go to bed? What did I eat? Am I taking care of myself?" It will change your emotional state. What are the physical things that

are contributing to this emotional state, and there will be some. What are your thoughts? What are your thoughts contributing to your emotional state? Remember that emotions are reflections of our thoughts, so if you're not feeling well emotionally, there is a problem with the thoughts that are running the system. Think different thoughts and you'll feel different emotions.

What about intuition? We talk about intuition like it's a once in a while thing. It should be a constant thing. Will should constantly be looking to intuition, as long as both are looking under the role of spirit.

If you are going through a bunch of mental confusion, and I think a lot of us do this. I tend very much to live in my brain. Again, stop and think. One of the things I think we almost never consider is what are the physical things to this? I start getting all confused and frustrated in my head, and sometimes it's that I went to bed late, and I skipped breakfast and lunch. It's as easy as that. I need to pay attention to my physical habits. Maybe it's time for a run.

Sometimes if you're wrestling with one thing, just cleaning up your space will make a huge difference. What physical changes can be made, and really starting to appreciate that those physical changes are going to impact everything else in the system. Again, if you have a lot of thoughts going on in your head, there are going to be emotional reflections of that. What are those emotions? What can we do to work on that level?

Of course, at the mental level, remember that you're not your thoughts, but also remember that your brain should always be looking to intuition under the guise of spirit. This is going to be a very new habit for most of us. If you are literally trying to say, "Look, I want to develop my intuition. I really want to do that. How do I do that?" Don't forget that there's a physical component. Take care of yourself physically and clean up your space. What are you noticing about things? Listen to your body.

Our instincts, there is all kinds of wisdom right in your body. Pay attention to your feelings. You know how we say, "I don't know, you just get a feel for this," there is information in your feelings. There is awareness in your feelings that you can listen to, and that's connected to intuition.

We tend to focus on our thoughts. Sudden thoughts flash into your head. These are memories of intuition. Remember that intuition should be looking to spirit, so a solid spiritual practice. If you're trying to develop your spiritual practice, your intuition should be looking to your spiritual practice. And want to live a much more spiritual life, in tune with the divine? Pay attention to the physical elements, the emotional elements, mental elements and the intuition elements because they're all connected. One isn't higher and one isn't lower. These are all aspects of ourselves.

It's a very different way to think about whatever it is we're wrestling with. We might be

drawn to some weakest link at the moment, but you can start to learn to say, "I want to be whole. I want to be balanced," and that means looking at yourself on all levels so that you work coherently.

This is largely what the Energy Alignment does. It balances all these things out and, when you do that, especially looking at how can I get in touch with intuition or get in touch with spirit, having everything work smoothly is how you do that, and that's why we have some of the remarkable experiences in the reconnection that we do because that channel is all clear.

Since we do tend to live in our level of thought, I want to take a look, just for a few minutes, about how to look better at our intuition and our spirit. Understand that when you're looking at levels other than mind, use what you know about physical awareness. We already know that our bodies are smart, that our bodies even have muscle memory. If I'm performing a difficult piece and I blank out mentally, my hands will probably remember how to play it without my brain while my brain is figuring it out.

The same kind of thing happens when we look at the intuitive level. There are different ways to know, be aware and experience. One of the easiest ways to start to look at this, when we think of turning towards intuition and messages from the divine, we start expecting some sort of dictation. Understand that this, instead, tends to come in pictures, in images, in symbols, like dreams, like the symbols in *The Hero's Journey*, in our stories that we tell. One really good way is to work with images and look what images come.

Here's an example of how that might work. Assuming you're not driving, sit back, relax and close your eyes. Just relax. Take a nice deep breath and just sink in. We're going to look for one common question that people have, and that is, "What's my path? What am I supposed to do about this?"

Meditation

Just relax for a minute and find yourself walking in a beautiful forest. You're comfortable, but it's foggy. It's a nice day, you can smell the beautiful scents of nature, you can hear birds chirping, it's a comfortable temperature and the earth feels good beneath your feet. What you can see looks nice, but you can't see far; you're in a fog, literally.

Just take a minute and look at your forest, what you can see of it, and consider your position here, in this smoky mirror world, as Louise would put it.

As you look to one side, you see there's a small pond, and right at the edge of the pond there's a canoe. Ask yourself and just be open to what comes. One of the things that may well come is you need to be on the other side of this pond, that you're in this fog, but it's as simple as this, you're just on the wrong side of the pond and here is a canoe.

You think about this and you wonder, "Why aren't I just getting into the canoe?" And there

you are, standing there looking at it. Again, just notice this. What is the problem exactly? What's this resistance about? Just notice it. Don't worry about it. What is going on? Then, the kind of thing that can happen here is suddenly you simply find yourself in the canoe. You don't remember getting in; you're just now in the canoe in the middle of the pond, making the crossing.

You look around and just notice where you are. Suddenly, you just find yourself out of the canoe, on the other side, and at the other side you can see through the fog that you weren't in a dense forest, but actually you're on the side of a mountain and you can see out of the fog. You can see peaks stretching out in all directions, and as you look at these peaks, you see that connecting these peaks is a grid of light.

As you notice this grid of light, it starts to solidify into a floor, sort of suspended above the peaks like two different realities. Way in the middle of this floor, high above the valley, is a circle, like a council site, and there are people there waiting. They're waiting for you. They're patient, they're friendly. There's a conference and they're waiting for you to join them. As you look maybe a little hesitant, ask yourself, "What's this hesitancy about?"

Then, once again, it's not so much you cross, but you suddenly find yourself there in the circle yourself, taking your seat, sitting down with the rest of these people who have been waiting for you. Just sit for a minute and take your place and listen. Then just notice and be aware. Who are these people? Maybe you know them. Maybe they're strangers. They know you. Maybe something in between. Just notice who is there and what they're like. What do they have to say to you? Listen in turn. Why have they been waiting for you, so friendly, so open? What is it they want to share with you?

Maybe without being aware, it was you who called this meeting. What is it you want to ask them? Go ahead and ask them. What is it you want to know from these people? What do they have to share with you? Do they have any gifts for you? Anything to give you? What are these gifts? What are they for?

As you go through these exchanges and conversations, as the meeting draws to a close for now, you can see that the message is that you're invited here anytime, that they will always be here waiting for you and always glad to see you. Relax and breathe for a minute, and you find yourself back in your current reality, only with the things that you gained from this visit. Take a minute and let that sink in. Take another slow, deep breath.

This is just one way to do this. You could follow any images that come up. I simply gave you a place to start. What came up for you? What did you notice? What did you find out?

The point here really isn't a quick meditation, or even this one. The point is to sit down and let thing happen in images, and let things just come. One of the deeper reasons for meditation is first to get some distance from your thoughts, and then when you get some distance to your thoughts, you can start to be aware of what's going on with intuition. How

do you tell intuition versus wishful thinking and protective fears? That's the whole challenge.

The question is whether you're being open or whether you're being willful, and that really is the difference right there. Willful, not the in the intention sense.

Let me stress a couple of other things about the implications of what we've been learning. Remember to work together, that anytime you're doing anything that leaves one of you levels out, it would be like trying to run and you're focusing on your hips and on your shoulders, but not your feet and your head, and you can't run that way. The whole thing has to move ahead as a unit.

Remember some of the things we've learned in terms of energy, that we are not alone. We are never alone. We are accepted egos. We are not individuals. The over-soul is a group. Not only is it a good idea to get help, we literally don't exist as an individual, but as part of that whole. We literally are surrounded by helpful others and really challenging that conception of reality.

We tend to see things as etched in stone, and the reality is we're energy, vibration and frequency. When we can really start to accept that, we can understand a couple of important things. One is just how fluid things can be. When we cross the threshold, right at the beginning or near the beginning of The Hero's Journey, and cross the first threshold, we leave the comfort zone and everything. The first thing that happens when we leave the comfort zone is now magic, in the general sense, is possible, but also everything is fluid. Everything that was solid is now uncertain.

The Hero's Journey from here, this process that we've talked about, is an ongoing thing. The real challenge and the real wonder of it is that you start to realize that we are not who we think. We usually don't think coherently. We usually don't think that we are part of a network of others. We usually don't think that we're surrounded by help. We usually don't think that we're energy, frequency and vibration in a 24-7 way, but that's reality. Literally, we are not who we think.

One of the things that is so powerful about the reconnection is that it doesn't recognize who you think you are. It knows who you are and this is what a hero does on their journey. Think of any story you wish. The hero starts off with certain conceptions, but as the hero progresses, the hero recognizes or starts to suspect that he or she is more, and as the story continues to unfold and the hero faces challenge after challenge, gets help after help and the story progresses, the hero changes. The hero, in the middle of the story, a third of the way, two thirds of the way and the end of the story, the hero is not the same person who entered this. The hero is changing every time.

This is a useful thing to embrace. If things are so wonderfully laid out for us, why do we struggle so much? It's because we are not who we think we are. We are under a case of mistaken identity. Operating under mistaken identity doesn't work as well. Any kind of

change, anything that you want, anything that you desire, anything that you want to improve, enter it in the full understanding that one, things are going to have to change. You can't just change one thing. Things are going to have to change, and that change is a bunch of things.

Two, that thing that has to change is you. All changes come down to personal growth and all changes come down to an inner change, on all levels, and all changes are transformative.

The Hero's Journey becomes not simply getting unstuck, which it does, and not simply growing into something better, which it does. The hero is on a quest, but what the hero does not realize is that the hero is on a quest to find him or herself. He or she does not know who he or she is and, on the Hero's Journey, they will start to find out. This, my friends, is the journey that you are on. It's a process of finding out who you really are, and the process is something you're going to learn in stages.

As you learn this, as you find out you are someone other than who you thought, you are going to change and you're going to be different. You are already different than you were when you started this program. We were talking about that earlier. This raises a couple of important things, as we move forward. One is the supreme importance of getting comfortable with uncertainty. That comfort zone we left behind, and even when we go back to it next week, it will not be the same place we left because we have changed. That's going to call for some other changes that we'll talk about next week.

We can't stay where we are because we know too much. We already know too much about the comfort zone. The comfort zone is painful; it's stuck. If we try to act willfully and in ways that aren't in balance, we're just going to struggle in pain. We aren't being punished; this is the tone about the father. We're off doing something that we're not ready and not capable of doing yet. It's going to be painful until we come back into balance.

Why would anybody go on this journey if it promises to be painful, if there are going to be painful episodes? Continually finding out that you're not who you thought you were is not at the top of the list of fun things to do on a weekend, but not only does it get you unstuck, but this is where the real wisdom of Joseph Campbell's three word synopsis of this is: *follow your bliss*.

This is not a process of escaping pain. Escaping pain is a pretty low motivation. Rather, it's a process of following your bliss. What's so important that the pain is a hurdle, not an obstacle? Something to be jumped over, not something to stop you, that I want to learn this trial because I need this skill so that I can move forward, and to understand that means I have to step into a new way of being. It means I have to learn something else about myself and that the further you grow, the bigger these things get because you have changed into a hero that faces those kinds of challenges.

I am reminded about what Bob Marley said, "You don't know how strong you are until you're in a position where being strong is your only choice." But you come out of that with

real wisdom, and this is the Hero's Journey. Getting out of the tyranny of the mind of the ego, in a strict sense, and getting into who you really are, and who you really are is that highest intelligence, that intuition and that divine awareness. That's who you really are and that's the level at which you're really capable.

Remember, we talked about comedy in tragedy. Comedy is about looking at human frailties, generally, and they don't have to be funny but they often are. They're at least lighter and that's because look at all the help you have. It's working as a group. The reason tragedies are painful is that tragedy is all about one person clinging to a tragic flaw, and it can't help but be painful and cause negative results. The key is to get away from that and, instead, follow your bliss, get help and be part of the greater network. Then we can put these powers into the proper perspectives.

I love that saying that worry is a misuse of the imagination. It's a creative force put to a destructive purpose. This is the intention too.

Awareness

We talked early on about awareness as being an early master. Just be aware of what's happening. Some of you said this earlier. It's not so much that any monumental thing changes, but you notice now, you're aware of it and, now that you're noticing it, you're aware and you'll make different choices, and life gets a little bit easier.

Transformation

The second mastery is transformation. Once you're aware, you can start to choose these changes and these transformations.

Intention

Then the third mastery is intention, and this is the level at which we can start talking about manifestation in the purposeful sense. You'll know that you're onto something when you can truly get that intention is the same thing as love. Intention is the same thing as love. Following your bliss is absolute wisdom. This is the way to have intention. What's your bliss? Follow it. They're the same thing.

At one point, you have probably seen the *Getting Unstuck* and the *Law of Attraction* material that I looked at at one point in some free teleseminars and some videos. I want to look at some of those again, really quickly, as a review, because now it's going to mean something more to you than it did before.

Step 1: Understand What's Not Working

Let's start first with *Getting Unstuck*. One of the early problems with the idea of getting

unstuck, *The Nine Steps to Getting Unstuck*, is step one, *Understand What's Not Working*. This is an awareness step, and one of the early things that doesn't work is blaming others. Whose fault is this? Or playing the victim, "Oh, everybody is doing everything to me." Or somebody should come in and fix this. It's a lack of understanding.

We can never control other people, and now we're starting to recognize that the other is us. There is something in us that is creating this situation. You don't need to blame people for the negative things that happen to you, but to recognize at some level that you're in the world you are because you created it, and if there's something there that isn't working for you, it is part of you and it is something to face, and this is the whole point of *The Hero's Journey*.

You start to recognize that this isn't the negative part of existence; this is the wonderful part of existence because it's pinpointing exactly where you need to work to move ahead, exactly those things in the way, those things that are bugging you, those current reactions.

Step 2: Recognizing That We Need Help

Step two of *Getting Unstuck* is *Recognizing That We Need Help*. You don't try to do all this by yourself. If you try to do it by yourself, you're going to be in a tragedy. You're already here because of whatever flaw, and to cling to that is going to simply make the current situation worse. We need help, and to start to recognize we're surrounded by help. This is the purpose of love. This is connection. Just reach out for it.

Step 3: Find a Spiritual Center

This is something I had you do right at the beginning, before we got into all this, but now you can see the importance of it. What I would invite you to do now is deepen it. Whatever your meditation practice, whatever your spiritual center, I would hope at this point – and I'm sure you are – you're starting to see how important this is and how it's not an obstacle. This is a really important thing. This is like eating three meals a day, getting some sleep and getting exercise.

This spiritual center part of your life is absolutely crucial, not an afterthought and not a nice touch.

Step 4: Take a Personal Examination

We've been doing this in pieces, but really go through and look at where are you? What do you want? Most people don't get what they want because they don't know what it is. You can't follow your bliss if you don't know what it is, so you really have to sit down and take a good look inside. Remember to look at the good things outside you as well. There's a good place to turn to, your intuition. Go back to the council, listen, and raise questions.

Step 5: Where Are There Weak Spots?

You can't fix everything at once. Don't try to. Where are the weakest links? What are you going to work on right now? You don't have to work on everything at once, but what do you want to work on right now? Take care of those rather than, "Oh, there's just so much." Pick a few. This goes for anything. If you're worried about some things in a business, I do this myself. There's no way I could possibly do every single thing that I could be working on. I have to decide which ones and pick those. As well as follow your bliss; where are the strong ones?

Step 6: Fix Our Side of the Problems

You can't control other people. They're not going to act perfectly because they're human beings, just like you. They're trying to figure all this out, just like you. Wherever we have perhaps a misunderstanding, perhaps not, where have we harmed others? We need to make it right, and not for the other person, but for ourselves. It's going to be a part of our energy until we make it right for ourselves. It will keep us stuck. There again, don't do this by yourself because now we're back to ego. Find someone you trust and get their advice on this. This also keeps us accountable when you get other people online.

I belong to a small mastermind group. We meet every two weeks by phone. One of the things it does, among all the support, is that every two weeks you have to tell other people what you've done. You don't want to go ahead and say, "I didn't do anything this week."

Fixing it, I don't mean simply, "I'm sorry," but truly get it in and going. What would make this right? What would square this?

Step 7: Continually Get Into the Habit of Continual Self-Examination

Step seven of *Getting Unstuck* is *Continually Get Into the Habit of Continual Self-Examination*, the good as well as the bad. The point isn't to beat you up. The point isn't what am I doing wrong? The point is pay attention to what's going on. That's it. As you do this, start to simplify because where am I just doing things that don't need to be done? Where am I creating problems and complexities where they don't need to be? Where am I coming in and making judgments?

Don't make assumptions. Don't take anything personal. Be impeccable with your work and always do your best. Keep things simple, and here's the side benefit of keeping things simple. Without all the clutter, you start being lucky. Seriously, this is where luck comes from. You have all of the other stuff that is out of the way, you will find that simplifying your life allows you to be lucky. Things will just happen. Some of you have experiences as part of the reconnection already. That happened to me as well, but simplify. Get rid of this stuff and you'll find luck is part of your life.

Keep developing that connection to your spiritual practice. Develop a habit of humility and service. Value yourself, but understand where you are. Ask yourself, "How can I serve? What's my role?" Get away from the mental ego dominance into, "What's my contribution here?" Freely share. Getting unstuck is not about you winning. It's about love and compassion. The highest self, it makes no sense for anything except love and compassion. Sharing and serving keeps relevant for us.

Again, I love the metaphor of the stream. Water needs to continually flow in, water needs to continually flow out and, if we don't have that, it's not abundance. It becomes a flaw or it becomes stagnant.

Typical Misconceptions

1. To get the Law of Attraction working, the typical misconceptions that people have is that the Law of Attraction isn't working for them when, in fact, it is working, and that's actually part of the problem. Looking around, being aware and taking responsibility that our choices already dictate our lives, and being aware that you have a lot of what you want already.

So you've done a good job of this, in terms of manifesting. You know enough, at this point, to know why willpower and setting intention often doesn't get results for people who are physically, emotionally, mentally spiritual. Willpower and setting intention only uses one aspect, and willpower and setting intention isn't going to do any good without awareness and transformation, without incorporated intuition and spirit. It's just how it is. We are full beings.

2. Once you make that work, it's like a sympathetic vibration. That one small change gets everything flowing with you and you'll find that you can start manifesting things very quickly, once you get clear about what it is that you want. Again, if you're not clear about what you want, don't get frustrated about that. Recognize it for the mental problem it is, and work on the physical, emotional, intuition and spiritual aspects, and it will become clear.

3. Raising vibration, again, think in terms of coherence and completeness, not escaping the mundane. That was misconception, number three.

4. A feeling. Do you want to be happy? Understanding that if we want to be in a different place than we are, then we need to make changes.

5. The fifth common misconception that we should know that achieving a change in consciousness means that things have to change. You don't just suddenly know things and go on as before. Every step of the way this will change you. This will change who you are, and that's good. Everything grows, everything changes, everything moves ahead.

6. Uncertainty in Shiva. Learn to get comfortable with uncertainty. Learn to truly appreciate the wonder of this so that life isn't boring. Learn to appreciate Shiva. Destruction is part of

this process of creation, preservation and cutting away, and if we don't cut away, we're back to stagnant and swamps. Let things flow out of your existence, as well as letting things flow in.

7. Love and gratitude are the foundations. People have already been sharing wonderful stories about this, but really be clear on this point. How do I move forward? Move forward in love. Follow your bliss. Serve others. Do what you love and start with gratitude. This is not the process. This is the beginning of the process. Be so grateful for what's present that what the future brings doesn't matter, just the reality of this situation.

We say, "Oh yeah, he thinks the world revolves around him." The world does revolve around you, in this sense. It's just that we're not always very good at it or we have so much junk that we're sending out as well. We just need focus and the passion. That's what intention makes, and be so grateful that you have this element of detachment. It doesn't mean that you don't have desire. It means being detached from the outcome and moving forward, understanding that it's a journey.

8. If you want something you've never had, you want to do things you've never done. Without new approaches, we just get more of the same. Get help from others. With the extra resources, we get out of limitations of our own minds. That alone is a wonderful benefit that we expand.

9. What do you want? Why do you want it? Get clear. What do you love? Why do you love it? Get clear on this. It's okay if it takes time. Go through that why list we talked about many, many times. What will it do for you? How will it feel when you have it? How can you feel just thinking about it? You'll know you're there when you are happy and excited right now.

You haven't even started yet and you're already happy and excited. You're there. It's like that trip to California you're planning, unless you already live in California. It's like you're just packing and getting ready for it. You're still at home and you're already excited and happy. That's the kind of thing I mean, and it can change and adjust, and that's fine.

As a hero goes through the story and the journey, and different things happen and becomes different people, the hero starts to want different things, starts to have different goals. The mission changes, and that's fine.

10. Whatever we spend time doing, we get better at. If we spend time recreating the status quo, we'll get better and better at it. If we spend time transcending limitations, we'll get better at that. Attraction takes growth. It's not like ordering from the menu here.

Healing

Then the last few things on this list I wanted to talk about a little bit, and that is the nature of goals and the nature of desire, and also the nature of healing.

An extra point I want to make about healing is that all healing, physical, emotional, mental, etc., is releasing. That is literally all it is. There is a kink in the stream and you're just letting it go. That's why Healing at this level works. We're finding an interesting space, we're kind of stretching the energy, and then everything runs straight again. Think of it in that way, and this is literal.

Last summer, and well into the fall, I went mountain climbing every single week. I was remembering a story one of my clients had told me once. He has a camp up around Piseco Lake and it's 15 miles into it. This was at the end of winter, so there was about four feet of snow on the ground but it was starting to get soft. He was out there 15 miles with his snowmobile. Coming back from camp, he went over 20-30 feet and his snowmobile sunk in. He had to get out and pull it back up. He went another 20-30 feet and he had to do it again – for 15 miles.

We happened to have an appointment for the rest of his reconnection, which he kept, but he could barely get out of the truck. He was so sore. We did our session, and he called me the next day and said, "I slept like a baby. I got up at six, I felt fine and went to work. I'm not sore anywhere."

I was thinking about that. I was going on some very long hikes, literally all day, eight, 10, 12 or more hours, and I started thinking about that. Instead of healing, which was what I tried first, I would get back and be sore. I said, "Now just release this and let's just let it heal. Don't make the assumption that it's going to be sore in two or three days. Let's just heal it right now," and I found *now, that's so cool. I can do this.*

It took some concentration at first. *Yes, but it hurts.* Go back, try it again and just release it. Watch it just dissipating. Then I learned later that I could do this while I was hiking, literally dissipating anything as I was hiking, and I still got tired. It doesn't make you Superman, but literally, I could hike all day, and I could climb all day and not get sore anywhere. That's how well this works at a physical level.

Even to the extent that my climbing last year came to an end in October, when I stepped off a rock on top of Algonquin Peak, which is way above the tree line. There was this horrible cracking, grinding, snapping sound and I thought I had broken my leg. I all but blew out my knee. Talk about manifestation. My first thought was *you know if you're serious about this healing thing, then why don't you just let this release right now?* It was a pretty serious injury, but it's a place to start.

Then I thought *okay, this is kind of dangerous because here I'm above the tree line, it's late October, it's almost dusk, it's foggy and I can't stay here. I don't have the clothes to stay here. This is dangerous.*

That morning, I had seen the emergency ranger's number and I thought *I should put this in my phone, just in case.* I had seen it hundreds of times and that morning I did it. I called the ranger because I couldn't walk. He said, "Are you alone?" I said, "Yes, but here comes somebody."

It was just like that. That somebody happened to be an ER doctor.

The point is I had everything I needed. The ranger brought up walking sticks, ibuprofen, lamps, and so all my fears that I would have had about getting down alone were gone and it became a nice walk on a long October night. When I got back to the doctor later and they did the examination, he said, "You just have a sprain right here," wrote a script for physical therapy, and the physical therapist said, "Tell me what happened." I shared the whole story and she said, "Well, you're very lucky you didn't blow out your entire knee, which would have meant surgery and six months recovery. From what it sounds like, you probably did rip your ACL and tear your meniscus, and somehow you've just managed to heal it." I didn't say anything, but I kind of left it at that.

Some wonderful things have happened in Japan and China, where they've really just focused not on the illness, but on the wellness, and they have achieved some very, very remarkable recoveries, some of them instantaneous, simply by insisting in their intention that the person is well and feeling that well, and feeling it not as something that happened but something that is already done. It's just simply a done deal.

There is so much we have to learn about healing, but it comes in recognizing that all these things work together. The same thing is true of emotional pain. Let it go. Why do we have emotional suffering? Because we cling to emotional pain. We love to cling to emotional pain. Don't. Literally just picture it. Just dissipate it in all directions. The same with mental pain. The same with any other kind of pain. Just visualize it dissipating in every direction and just keep at it. You'll find that it actually works.

The Nature of Desire

The last few things I wanted to touch on today are the last two parts of manifestation, The Nature of Desire. It's not that when you talk about Law of Karma that sometimes is talked about in Buddhism. It's not that desire is the problem. Attachment is the problem. It has to happen and it has to happen in this way, and it has to happen in this time or oh my God, everything will be horrible. That isn't desire. That's ego.

The Law of Karma is actually the law that says whatever you want, you'll get, however many lives it takes, over and over again. Follow your bliss. Have desires. Enjoy life. Explore. That's what being alive is about, but remain detached at the same time so that you can become aware.

As soon as you become really, really attached, you lose objectivity. Your mind clutters. This is where others come in. Others can be detached in times when you're not. They can help you.

The Nature of Setting Goals

The Nature of Setting Goals, some of you have heard me talk about this. You can't do everything. That's just a recipe for frustration, but I love this way of looking at goals: marginal, target and outrageous. I learned this from Raymond Aaron; an absolutely brilliant conception. He says that goals are, by definition, beyond us. We have never done them, which sits beautifully with The Hero's Journey. It's a quest. We've never been there. That's why we need allies. That's why we need trials, training and so forth.

He says, as a consequence, most goals then reach what level of completion? Either zero or 90. Either we never start it, we simply refuse the call or we do 90% of it. We do as much as we can, but by definition we can't do it all. That's why we need help. He suggests instead of goals, set marginal, target and outrageous milestones. I just love this for the honesty that it requires.

Marginal is what our past performance dictates will happen. The example that he uses is cleaning his garage. If he's honest about his past behavior, what's the marginal goal? The marginal goal is there's a decent chance, so roll that bald tire out to the curb on trash day. We have to be honest. "No, I'll get to it." No, your past history shows this is what you'll do.

Target is the hope for outcome, something that normally we would consider a goal.

Outrageous is beyond what we believe is possible.

Target, in this case, was bagging up a couple of bags of trash and bringing them out with the tire. Outrageous would be, "I'm going to take everything out of the garage, put up shelves, paint everything, put everything back in order. I literally don't believe that's possible."

What's interesting is the outrageous starts reframing the target goal. It is not something that is overwhelming, but the marginal gets us moving, so instead of zero percent completion, the marginal doesn't take much. You've done it before; you can do it now, so you roll the tire out. Then while you're doing that, you happen to bag up a bag of trash. Look what happens now. That bag of trash is now your marginal behavior, a target of something else. Three months later, the garage is all cleaned out and organized. It's really, truly magical, but the difference is we start to take small steps.

Take your goals. What is it you want to accomplish? Don't make a to-do list and don't say, "I hope to get something." Really sit down and do marginal, target and outrageous. Given my past behavior, here's what I can be counted on to do. Here's my target goal. Here's outrageous. I don't believe it's possible, but I'm going to put it out there. When you put it out there, you move the horizon. You move the threshold, and it will very rapidly change your manifestations. It will get you moving and, a year from now, you'll be sending me email, "I did that and I can't believe what happened."

Literally, it will be extremely different. You start by taking small steps. The hero doesn't jump to the other side of the territory in the first reel. Small steps; marginal steps; do that.

Set marginal, target and outrageous goals. Pick what you're working on. What are the broad areas in your life that you need work on? Put all the small crap inside those categories. You can call them whatever you want.

One of my categories is Happy Healthy Tim, which includes my spiritual practice, it also includes time with friends, it includes running, and includes things that are just good for me. I don't have to set a thousand different goals or a thousand different things. In terms of Happy Healthy Tim, what are my marginal, target and outrageous goals? In terms of Kwan Yin Healing, what are my marginal, target and outrageous goals? In terms of being a home owner, what are my marginal, target and outrageous goals? The big things – five or six big areas.

Pick the biggest thing on your plate right now. What's your biggest mess? "I'm facing so many things. There's no way I can do all this." How many messes can you really have in your life? Seventeen? Pick one. What's the most pressing one? MTO; what are the marginal, target and outrageous goals for this?

Each month, in July, what's the mess you're going to focus on? You'll find that you can clean up a mess in a month. If you have 17 messes, in a year-and-a-half you'll have cleaned them all up. Don't try to do this by yourself. You need accountability. You can't be trusted to do this. You never have. You need help. You need somebody to move it forward. You need somebody to answer to. You need somebody to give you a hand and to take responsibility for yourself.

What we need to do is stop telling ourselves, "Okay, Tim, I hear you but this is the way I do it. I've always done it this way." At this point in the course, we know much better than that. We are much more complex than that. Use the help around you and use your intention, and if you do it in these focused ways and you pay attention, and with gratitude and awareness, you will accomplish things you cannot believe. You will have luck like you cannot believe. Things will just fall into place for you. Things will just happen. What we have to do is simply do our part and get all of these things working together.

Homework

We had a lot of review today. That's what I would like you to do for the homework this week. We talked a little bit about really sitting down and focusing. Go back to week 1. What were things like for you? What were things like for you physically, emotionally, mentally, intuition, spiritual, on a scale 1-10? What was your work life like? What was your home life like? How were you feeling? What was life like before this? Make a big, long list. Let's thoroughly take a look here.

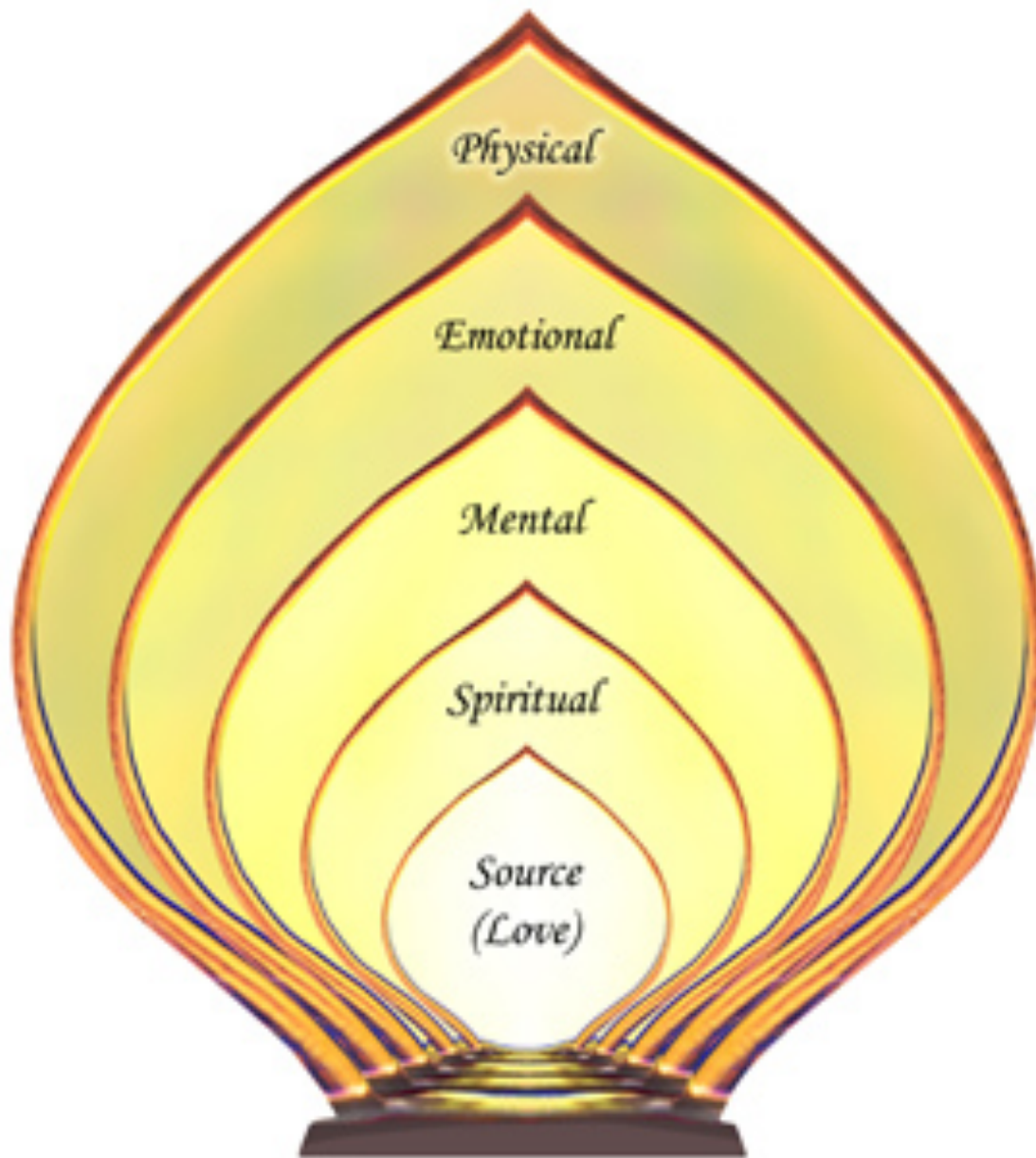
Then thoroughly take a look at where are you now? It's a process. I get that. Where are you now, physically, emotionally, mentally, intuition, spiritually, on a scale 1-10, at home, at work? How are you feeling about yourself? How are you in things? Get some really clear

before and after pictures. Then please post on the Facebook group or to me in email.

Thanks!

And Happy Healing!

Tim



Your Beautiful Being

