

IPU coaching call - 5-27-20 final

(automated transcript, please forgive errors)

[00:00:00] Hello? Hello? Hello everybody. Um, somebody give me a thumbs up if my voice is being heard. Yay. Okay. You never know. I've gone on and on and on before and people are just looking at me and not saying anything, but yeah, so happy Wednesday. Um, so we have some cool stuff this evening and some even cooler stuff next week.

We're really, really busy getting all of lesson videos and other content ready for you. For module two, which comes out on Monday. So I'm very excited about that. Before we get to any of that, we'll just take a moment to settle in, so if you can find a comfortable seat.

As a reminder, you want to sit up nice and tall. If you can close the eyes.

[00:01:00] and just begin to connect with the simplicity of the inhale and the exhale.

simply feeling the expansion of the belly and then the chest with the breath in

feeling the softening of the chest and the belly as you breathe out.

and with each passing breath, allowing yourself to soften, become a little [00:02:00] bit more relaxed.

or still

more here.

and as we breathe and relax. Being mindful of not turning this into another thing to do. Do not trying to relax, but just undo the effort.

step back from the activity

And relax.

[00:03:00] And then with an exhalation, you can gently open the eyes and hello again. All right. Um, first thing that I feel like I want to offer is, and whether or not you've noticed this. I would invite you to bring your attention to how quickly and easily you're able to drop beneath the waves of the mind. And if you're paying attention, you'll notice that that [00:04:00] gets easier and easier or another way we can say that it's more accessible over time and in more places in our lives.

And these kinds of things are the things that oftentimes go unnoticed. And when they do, we sometimes don't feel like we're making the progress that we can, that we are. And that's a really important thing to do, is to notice that progress. So just to real quick invitation to every time you sit down to meditate or when you do your intentional restoration, or when you're taking a break.

Just really begin to look for those small and incremental signs that you're able to unplug or disentangle, uh, more readily than you were before because, um, it's not a small thing. So end of commercial. I just started, I have a couple of [00:05:00] questions, um, that I wanted to answer. And, um, so let me start there.

The first one is from bill in Las Vegas, and bill asks, well, it's not, it doesn't, he says he doesn't ask first. I'm just not flexible enough to get into some of the postures. And the recognition sequences demonstrated should I be doing some additional stretching? Really great question, and I'm sure that you're not the only one bill who's dealing with this.

The thing to remember is that the recognition sequence is a place where we're really trying to achieve two things, and I have a tickle in my throat. I need to take a drink. Sorry.

[00:06:00] The first thing that we're trying to do is to soothe and calm the nervous system. And if we're doing the poses in a way in which I'm literally going to war with a pose or war with my body and attempting to achieve something, I can't, I think it becomes pretty obvious that I'm doing the opposite. Yeah.

Of soothing and calming the nervous system. So.

What I'm going to offer is something that I offer to my teacher training students, and if any, Oh, I know there's a couple of you out there. Um, you'll recognize this and that is this idea that the pose is a road, not a destination. The pose is a road and not a destination. And this holds true of all yoga poses.

And what this means is that [00:07:00] your job is not. To get to the destination to show up in the way that the model showed up, or somebody in yoga journal showed up, or the person next to the mat or me or anybody else showed up. Your job is to drive towards the destination until you're getting an appropriate level of sensation for you.

So you're at your. Appropriate place on the way to the posts. The thing that's missed by a lot of folks is that everybody you look at, no matter who it is, is modifying the pose for their unique. Body type BKS Iyengar was modifying poses as adept as he was, but he has certain proportions, he has certain limitations, and so every pose that he did was modified for his unique need.

And the same goes for me and all my [00:08:00] teachers and all of my students. But when you look at it, you look at somebody in the obit journal, you look at the KSA anger in light on yoga or any number of things, it looks like, Oh, they're doing the right pose and I can't get to it. And then of course, that puts us at cross purposes to reality.

So you remember a couple of weeks ago, we talked quite a bit about this gap of misery, right? That there's a reality, and then the mind departs from reality and says, this should be this way as opposed to this way. Well, that happens a lot in yoga poses, and we'll, we'll get more in that when we get into psychological resistance.

But the bottom line is we don't want. To be doing these yoga poses that are designed or that the intention behind them is to help us calm the nervous system in a way in which we're

creating a gap of misery. Because the mind says, I should look like the person in yoga journal or the person on the video, and I look like [00:09:00] this.

So when we are thinking of the pose as a destination, okay, we are unwittingly painting ourselves into a situation in which this becomes more and more likely. Because when I look at the destination as advertised, and then I look at myself, and I've been doing these poses for 30 years, by the way. And if I look at the pose as advertised in the yoga journal, and then I look at my own body, Oh, there's going to be a gap.

But when I remind myself that the post is a road not a destination, and my job is to drive down that road towards the destination to my capacity, my capability, yeah. Then all of a sudden I can remain in harmony. Okay. Along the way. Yeah. And I can optimize the effect of the pose on my nervous system. In a way that helps to create more calm and ease and harmony as opposed to the opposite.

And one last thing on that bill, and this is [00:10:00] when we say drive down the road. You might ask yourself, what is the road where the road is? The alignment cues, the road are the alignment cues, right? Is the alignment step. We'll figure that out later. The road is the your heel heel alignment in warrior. And the fact that your knee is only going to bend so much, and so all of the little details of alignment, those are the roads, so we don't want to drive off the road to get further towards the pose.

That is, we don't want to abandon the alignment cues in order to get closer to the destination. You want to stay on the road. And if you, if you keep that in mind, the poses the road and just let yourself drive down the road until you're getting an appropriate level of sensation, which by the way, you should be able to breathe normally.

It may be a little bit intense and that's fine, but if you're feeling that you're having to scrunch your face or Huff and puff like shaman of the killer [00:11:00] whale, or pray for God almighty to intervene, you're likely too far down the road. Okay. So, um, I hope that helps. And to everybody out there listening now and in the replay this week, I would like you to really

how do I want to say this next week we're diving into some scars, the habits in the brain. Neuroplasticity, how we changed them and our first brain training drills. So we want to answer any lingering questions, doubts, or hiccups that we have with the recognition sequence and intentional restoration. This week.

So if you're finding that there are anything that you're still not quite working for you, please let us know so that we can help you clean that up as much as possible before we get to the brain training so that you can get the very most out of that.

That seems to [00:12:00] be all on that particular question. Um, anything else, Laura? I don't have the chat up. Is there any questions on that? Okay, so nothing so far. Fantastic. Can I say what you're coming out loudly? It means said actually doing them. That's a problem that would help. You know, it's just a lot going on and don't beat yourself up, but you know, but Oh Hey, this is really helpful for a lot of people.

I know. It's super helpful for me is I used to have a hard time, a really hard time doing my. Home-based practices, whether it was meditation, pranayama, or yoga postures, what have you. And what I realized was that somewhere in the back of my head I thought that I was supposed to want to do them. And I thought that if I didn't want to do them, there was something wrong with me.

And [00:13:00] that long story short is you don't have to want to do them to do them. And that little epiphany changed everything for me in my home based practice. You don't have to want, I don't have to want to sit meditation in the morning to sit meditation. And the parallel that I, that really kind of, um, solidified this for me was it occurred to me that some mornings I really just don't feel like flossing my teeth, but I do every damn morning I flushed my floss, my teeth, even though, even if I don't want to.

And so there's lots of things that we do. Lots and lots of things that we do in our everyday life that we really kind of don't want to do, but we've developed this kind of ability just to do them anyway. And I would invite you to use that same kind of technique with, with these practices, because this is, it's not dental hygiene is mental hygiene, and let's face it, your mental [00:14:00] hygiene is.

It doesn't get enough airplay. In this day and age, it is literally more important than anything because everything flips back to how your brain and your nervous system are functioning. And I'm preaching to the choir because you guys are all here and you know that. So I'm just keeping, you might want to play around with that idea because it might help unlock somethings in terms of creating more regular cadence for your practice.

Okay. Um, final question that I have, unless there's questions that come from here. There are. Okay. Should I, is it Austin? A related or unrelated? Um, segment. Okay. Hold that one and then we'll come. Well, wait a minute. Um. No, let's do that one first because this next one's about radical presence. So let's do the segment intending question.

Okay. So the segment intending question has come up and then many of us are commenting that we're having the same issue, that it's difficult to find the [00:15:00] segments in quarantine because every day is kind of the same right now. Yeah. So heres, if you are, let's just say you're working at home. Okay. And if I were, let's see.

I'm kind of lucky because I'm going from here to the studio. I have pretty defined segments still, but if I was working from home and some, like today I work mostly from home cause it's video editing. Um, yeah. From the time I get up to the time I start, meditation is one segment. From the time I start my meditation to the tonight and my meditation is another segment.

Um, then I go, it was more information. You want to know about my boring life. But then I go, I make myself my latte, and then I go sit on the back porch and I usually will listen to a teacher that's another [00:16:00] segment. And then from there I will start work in my office. And that from the time I start work until I get up to go get a drink of water, go to the bathroom or what have you, that's a segment.

And then you don't have to make a segment of going to the bathroom, although it be for extra credit. Why not go ahead. But after you get done going to the bathroom and then you do something else until you make lunch, that's a segment. So, and that's just one way to slice it. It could be every time you move into a different room or every time you started different tasks.

So I think if you look at it on a slightly more granular level, you'll find there's lots of different ways that you can make segments. And worst comes to worst. Let's just say you lived in a one room apartment and you did one thing all day long. You could set an alarm. To go off every 30 minutes or every hour or however often you wanted to create a segment [00:17:00] and or your time it did, you would just stop in your tracks, new segment and stated intention.

So I get what you're saying. You may have to become just a little bit more, um, inventive because of our crazy situation that we've made ourselves finders ourselves in. But that would be my best recommendation.

Is that a satisfactory, Laura. Okay. Yeah. Okay. So now I'm to a question from my friend Michelle from Melbourne, who is obviously can't be all she could be up. Um, but he's a layabout, I dunno, it's probably three o'clock in the morning down there. So, um, in any way I understand why she's sending the questioning.

So smell Michelle, Michelle from Melbourne says, um, radical presence is still a bit tricky for me. It seems to help if I visualize while doing it. Is this a good technique? Okay. [00:18:00] Short answer. No. Um, probably a pretty unhelpful technique. So let's review what we're trying to accomplish with radical presence and what.

Yeah, let's, let's, let's start there. So radical presence is based upon a yoga technique called Dharna, which literally translates as concentration. And it's a kind of a specialized version of that. What we're attempting to do in radical presence is to connect with the simple reality of what's happening in the moment.

Okay. Independent of what the mind has to say about it. I could also say before the mind gets a hold of it. [00:19:00] So an example would be, what do I have laying around? I have a pen. Here's a pen. Can you see the pen? You can see the pen. Okay. There's this pen and this is the raw experience is this shape, and then once this shape hits my neurons, then generally a thought will happen and this thought comes up.

This is, these glasses are a thought. Everybody get that? So this is actually a thought, not pair of glasses. So this thought comes up and this thought goes, Oh, that's a pen. So there's two things happening, right? There's this shape, and then there's a thought. That's a pen now, usually as it can, and I'm right now in my rightful place, right?

I'm awareness. I am the witness of the shape, and I'm a witness of this thought. What happens almost immediately for all of us, as [00:20:00] soon as, as thought it's a pen comes up. We wear it. And so now I'm in relationship to this thought more than I am to the reality. And if it were just this, not that big of a deal.

But then usually what'll happen in another thought will come up and it'll say something like, Oh, that pen looks like the pen that Joe stole from me. So this thought, now is a thought about this pen that Joe stole from me. So this pen also has some irritation and anger with him, but it's, I'm not looking at this thought, Oh, there's a thought that's remembering that a pen Gusto.

And Joe. I'm looking at this through this too, and then of course another thought comes up. And this thought says, Oh, I'm going to call Joe and tell him what for, because he's a big buffoon because he took my pen and I can't afford [00:21:00] another pan, and it's really irritated me. So now I have another thought, and then I wear that too.

And then this goes on and on and on and on and on until I have 15 or more of these lenses that I'm looking for, looking through that are convincing me that reality is a big problem. And then I'm at war with Joe. And on and on and on. It goes, and so the reality is, hang on. It's unfortunate. The reality is this, right?

The reality is there is a pen and there are these thought forms and with radical presence, rather than looking through the thought forms, wearing them and adopting their point of view. What I want to do is see if I can connect with reality independent of these thought forms. They still may be here floating around, but in LA radical presence, [00:22:00] I just want to connect with the newness or the sensation or the sound or whatever else it is and see if I can connect with that without getting all entangled with all of this nonsense here.

Now I will say, and when I say this nonsense here, this nonsense is, it's, it's normal and necessary. You need to have these thoughts come up so that you can process and interpret your experience. But the problem is, is that most of us don't even realize that this process is happening and we haven't. We're not seeing clearly that there is a shape.

And then there's a thought. And then there's another thought and there's another thought. All we've experiencing is that, damn Joe, he's such a jerk. I w I missed my pen. And so the problem here is, is that we are habituated to, yeah. [00:23:00] Look at and through these thoughts. And so that everything that we're seeing is skewed by the lenses of those thoughts.

And this is where an awful lot of optional anxiety and frustration and anger and misery and struggle comes from. So this is a process is radical. Um, presence is a practice where I'm going to. Develop the muscle of being able to disentangle from these things even when they're there. Right. I'm not trying to slowly shut them up, although when I really just do connect with reality, they tend to get, feel like they're a little bit distanced, so some more distant sometimes go away, but I'm not trying to push them away cause I'm pushing away.

I'm trying to, I'm looking at them as opposed to reality. So to answer your question, Michelle, if I'm visualizing, [00:24:00] we have to ask ourselves, what's a visualization? And a visualization is another one of these, right? Cause the visualization self thought. And so if I'm trying to be radically present to. This, or let's, let's, let's use a bodily sensation, right?

So if I'm trying to be really, really connected to the cessation in my leg and I'm visualizing it, I'm not focusing on the sensation in my leg. I'm focusing on a visualization, which is a

thought about, and might even be the same shape of my leg, but it's not my leg. It's not reality. It's another one of these.

And disentangling from the ease, whether it's good or bad or accurate or inaccurate, is the name of the game here as far as radical presence goes. Okay. The last thing that I'm moved to offer [00:25:00] about this is that, okay. Again, we're not trying to do away with this process of looking through the thoughts and making sense of our world.

But what we are trying to do is to create an additional way of being right. One that isn't that is free of the, of what the thoughts have to say. That's independent of them. Because one of the things that we're going to learn this in module two. Is you have very little control over the thoughts you have

and in fact, I have more control over the foster thinking right now than you do because if I say a barbershop quartet now, everybody's thinking about a barbershop quartet [00:26:00] or something related to that. And so when we hinge our wellbeing. On the thoughts that we're having. We're putting ourselves into a very precarious place because these things are unreliable.

They happen to us more than, that's probably the best way that we can say they happen to us, and there's various things that prompt them to happen to us, but many of them are out of our control. So we're just trying to forge a relationship that is somewhat independent of them so that we're not completely beholden to the shape of the thoughts for our wellbeing.

So I hope that made some semblance of sense, Michelle. And, um, if it didn't shoot me a note. All right. Um, Laura? Yes. [00:27:00] Well, will you please address whether you can be radically present to the thoughts or not?

You can be. It's trickier and I would say that that's. It's probably like level two and when I say it's trickier, it's because it's, it's easiest to disentangle entirely from a thought first before I try to figure out what's thought and what's not taught. So I've used something concrete, like a sensation, the feeling of my breath or a sound or an image, then it's easier to determine.

What's thought and what's not. And so, you know, one of the interesting things is as you go through this is, you know, yoga Asana when properly understood and used, [00:28:00] is unbelievably powerful because it offers us so many different opportunities for insight. And for transformation. And so in this vein, when we're going through a yoga posture sequence, and you've come up against some level of intensity and it's like, Oh my God, I can't take this.

If we begin to tease apart that experience. Like the, Oh my God, I can't take this. That's thought. Now, most people will wear that and believe like, I can't take that. But what you're aware of is you're aware of a thought and you're aware of a certain level of sensation. If you look at the level of sensation, that sensation, it has no preference for being more or less, right.

The sensation is just, it is what it is. It's not going, Oh boy, I'm too big. [00:29:00] Sensation is just sensation with no preference for more, less being there, not being there, but then the

mind comes up and the mind in relationship to that says too much, not enough to this, to that. And so in, it's in our most clear saying per second are most easy for me to say.

Our most clear seeing perspective would be to say, Oh, okay, so there's a level of intensity. And by the way, if you're doing this in words, that's another thought. So you have to take this with a little bit of a grain of salt. So it would be aha, sensation. And then aha. And then I thought, which has an opinion about the sensation and then, Oh, that's interesting.

That's interesting. This is my perspective is I'm aware of that, I'm aware of that and this might hate that. And so these two things are in [00:30:00] conflict. But I'm not in conflict with any of them really me until I accidentally put this on. And now I'm assuming the perspective of the one who is in conflict and now I'm, I'm in the war.

But it's not real. That's not the real perspective. And so we're really trying to begin to get some, this is a whole thing that I call collaboration. Trademark. Don't use that word. No, you can. But collaboration, it's where our whole experience is collapsed into this kind of monolithic thing that feels completely unmanageable.

We talked about this like way back in the beginning with this cycle of becoming where when we're stuck in a sense. This morass Meyer of anxiety. It just feels like, Oh my God, I'm so anxious and that's collapsing. I am anxious. And we're not really seeing the component parts of, okay, attention is being placed on [00:31:00] something that's prompting a particular thought form that's releasing chemicals, that's feeling sensation and all of these other things that are happening.

When we begin to see that, Oh wow, there's 15 things that are part of a predictable process here, then all of a sudden there's an opportunity. For me to begin to maneuver within it, to manage it, to navigate it, and to help it to be the best that it can. And it's the same thing. And this little process here is that when I'm pissed, I'm pissed.

But when I can see, Oh, there's a thought form and there's that, there's some objectivity and it's not so personal. It's a little bit like, imagine you're driving through, I don't know, like target or target. You're driving through the target parking lot and you see two people having an argument. You don't know the people, but they're having an argument and you look and you go, Oh, there's two people have an argument.

That's so disturbing. But if you're one of the people in the argument now all of a sudden is way more disturbing. [00:32:00] And it's because it's personal. And when we. This happens, this happens. It becomes, it feels personal and it feels much more assaulting. Much more unnecessarily assaulting. Now again, I'm not saying you should never let this happen, and it shouldn't be part of your life because it absolutely should be, but it's, it's, it's really, really valuable and helpful for us to be able to step back from it and to see things in a clearer perspective from time to time.

So that's what we're really up to with radical precedence. Okay. Laura. Kelly has a really interesting question, and I responded to her, but maybe you could address this too, about, uh, applying this to pain, physical pain, like chronic pain or back pain, neck pain. Um, can we learn to separate from the thoughts of that pain?

But the pain is real. Here's, here's the [00:33:00] big takeaway with pain. Maybe Lori had already sent us then the chat, but. I invite you right now to think about the worst pain you've ever had in your life. For me, it was last year, kidney stone. So much fun. If you, if you're ever contemplating having a kidney stone, I recommend wholeheartedly against it.

Um, excruciating. I was in so much pain. I was banging my head against the gurney to just distract myself from the pain. So if you think about the worst pain you've ever had in your whole life, and then look for it now, you'll see that there's no evidence of it whatsoever. It's completely gone. I, I nothing.

Now if you have lingering pain like from an injury and it still hurts, that's not that pain. That's the current pain. But here's the [00:34:00] big takeaway. Is that you can't feel pain from the past. You can only feel pain from the present. And what that means is that pain is not cumulative. That if I have my back pain is up at an eight today, all's I can feel is eight right this second.

And the fact that it's happened happening all day. That's a, that's the mind making something, making a story that's assaulting you. Because if the question is, could you, could you have this experiences pain at an eight for that long? And the answer is yes, but that's all you're ever experiencing because you can only feel it in the moment and it's not cumulative.

The cumulative part is a psychological mechanism that begins to [00:35:00] weigh on you. Now, we're not gonna get into how to kind of unpack that, that, but, but that's, that's the thing that I would offer regarding chronic pain. Um, because I have my own chronic pain that I deal with on a regular basis. Well, chronically, that's what chronic pain needs.

Um. But that little tidbit of really being interested in how you can't feel pain from the past, it wouldn't. It unlocked an awful lot for me. We can maybe talk about that more when we get deeper into this, but that's a really good question. Okay. Alrighty. So this week's insight journal, as you guys probably saw, I'm going to share my screen and we're going to pop on over there if it like technology doesn't fail me and take a quick look.

It's like the gods are smiling on me. Okay.

[00:36:00] Is my screen shared far out? Okie doke. So real quick, like, um, we're revisiting some things and this I'll, I will confess that this week really is, we're not introducing a whole lot of new stuff here. I just want you to use this week to get, make sure that you're really comfortable with all of our practices and just to keep some momentum on.

Nourishing yourself and keeping our eye on the ball of creating internal peace and shedding the unhelpful things that we sometimes get into. So the inspiration is from, um, my friend tick, not Han. And this one, Laura reminded me of this quote, my favorites, cause she just taught a class on this the other day.

Um, walk. As if you're kissing the earth with your feet. And that by, that just reminds me of what it means to be mindful. It's just a really beautiful image for me. Anyway. So, [00:37:00] uh, in the morning, I overall feeling goal for the day is, and I would also recommend try to mix those up. So don't just stay stuck, calm, calm, calm, calm, calm, calm.

Be a little bit more, um. Jazzy with that, three things I will enjoy to encourage and nourish positive thoughts today. I use that word enjoy really intentionally. We're going to get into a lot of gratitude in the next module, but there's an interesting thing about the word gratitude and appreciation is sometimes they feel.

Obligatory, like you're doing an obligation cause you're supposed to. And for me, uh, when I use the word enjoy three things I'm going to enjoy today as opposed to three things, I'm going to be grateful for it today. It brings me into more of an experiential relationship with the thing. So, so [00:38:00] play around with that word or be really conscious of that word.

When you make your intention. Three things I'm going to enjoy and do try to enjoy them. And Oh by the way, don't just pick things that are enjoyable, right? So enjoy some things that you wouldn't normally enjoy, like your commute or maybe you're not commuting or something. You get the idea. Then from there, we have three unhelpful mental narratives or memories that I will not engage with today.

Keeping in mind if it's a mental narrative. That's important. That's something you need to deal with. I'm not talking about those. I'm talking about the mental narratives that are not serving you like nothing ever works out for me, or I'm not good enough. Or playing over a memory about something that you can do nothing about.

So it's those unhelpful, if it's something like an unhealthy [00:39:00] mental narrative about. I don't know. Taking care of somebody, even though you don't want to do it, but you still have to do it. That's not what I'm talking about here. And then lastly, I will treat myself by taking a walk, visiting with a friend, taking deep breaths throughout my day, and creating something meaningful.

And that could be something meaningful, like, uh, something physical, like a piece of art. Or it could be something meaningful, like a, um, a relationship or a conversation or any number of things. and then in the evening, three unexpected blessings that happened to me today. Mix those up please. One area of my life where I'm noticing and progressively more calm is, and this is, I alluded to this a little bit at the beginning after meditation, is you want to get, you want to refine your awareness, so you're really, really noticing the tiny shifts, the tiny [00:40:00] wins.

The fact of the matter is that most people, and I'm not saying most people on this call, but most of us in this culture are, are we do not have very refined awarenesses. We're not tuned into the subtle because there's so much noise that the subtle is gets drowned out. So we want to begin to flex that muscle.

And my biggest challenge when nursing positive thoughts today was whether that has to do with managing attention or. Your environment and then how I'm gonna adjust my course tomorrow. So try to engineer some sort of a, a solution, maybe too strong of a word, but a strategy or a technique that'll have you make incrementally a more calm tomorrow.

And then tomorrow will be an amazing day because so pretty simple. This particular week. Let me get out of this. All right. Any questions [00:41:00] on the insight journal? I wouldn't imagine so. Laura, are we good? Okay.

I think that's the big stuff. Although my friend Amanda, who I think I saw Amanda on the call, um, asked me to share this. Amanda could just share this herself, but I'm going to share it because she asked me to. Um, and it's a really cool insight. I thought she mentioned, and Amanda, if I screw this up, um, chime in and set me straight.

But she mentioned how even in the social distancing and with the technology and stuff, even though we're further apart in certain ways, she's feeling closer to. People that are important in her life. And some people, even like people on this call that she doesn't even really know at all. And, um, I find, I find myself, I really didn't notice that until Amanda mentioned it.

And I find the same thing happening in pockets for me. And, um, [00:42:00] my take on that, not that anybody's asked for my take on it, but you know. What I do, I give takes on things is I think it has less to do. It certainly isn't because of distance, but it's that I realize how important these connections are now.

And sometimes when they're readily available, we take them for granted. And so even the ironic thing is, even in the distance, and even with people who I don't know so well, like when we did the whole, um. Inner peace workshop. I like made a whole bunch of new friends from all over the world. Pretty amazing.

Like South Africa. And where was BB from? Someplace crazy. Like the Congo and Congo. Yeah. And just, and, and, and I feel like really, and they shared with me their lives and, um, it was just really beautiful. So, uh, yeah, it's pretty, it's pretty cool. So [00:43:00] thanks for sharing that Amanda. And. I would invite us all to, it's really easy to employ, or we're going to talk about this next week, but it's really easy in all of this to let the darkness overshadow the light.

And, but I'll tell you, there's, if you begin to look, you have the eyes for it. There's an awful lot of light going on this awful lot. So, um, I hope we can all connect with that a little bit. Alrighty. Laura, any parting shots? Nope. Mostly just talking about the connection. I think a lot of us are having that experience.

So it's really pretty cool. It's really cool. Okay. Alrighty then. So double down on your, um, techniques and by double down, I don't mean do them harder or more, but just make sure that you have all the kinks worked out and, and give us a holler if there's anything that we can help out, [00:44:00] help with. If it feels like you're at war with yourself.

As you're doing some of these techniques, and of course there's going to be days when it's more of an uphill slog than others, but it feels like there's some places where there are real sticking points. Let us know so we can help you work that out. And then on Monday, whole new module, whole new set of lesson videos, and we're going to be diving into brain patterns, some scars, neuroplasticity, our first mental poison, which is negativity bias.

And a whole set of brain training drills to begin to neutralize that. All right. Fabulous. Thank you. Fabulous people. Let's just sit with one more moment or two and center and so we can just get out of all of the chatter in the brain. Let's take a full breath in and hold it, Dan. Let it go with a sigh.

[00:45:00] If you like the advanced version, allow the corners of your mouth turn up ever so slightly

with each exhalation, let yourself settle

and again, notice how there's a growing ability.

to begin to settle and relax and soften even in the middle of thoughts and emotions and sounds and sensations.

yeah. We'll take a nice deep breath in together. Okay. Exhale, let the eyes open.

okay. Thank you everybody. Have an [00:46:00] incredible credible evening and uh, we will see you next week, if not sooner. And if anything I can do to help you know where to get me. Hi everybody. Have a lovely evening. Thanks for being here.