

WENDY DOWN
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HOW TO CONVERT A BAD FEELING INTO A GOOD OUTCOME

Hi there.

This is Wendy Down.

And this recording is about 'How to convert a bad feeling into a good outcome'.

And I am sharing it to set the stage for the six-month Coaching Program that I am starting next week and to give you a chance to actually work with the concept that I shared on today's blogpost, that the emotional energy that we feel about a situation is the link between us and it.

And when we change our emotional energy, the vibration of that, the feeling of that, the way it reverberates in our body, we can change not only ourselves, but the situation itself.

So this is an idea that you are welcome to test by bringing an actual situation in your life that's currently stressful for you, that's causing some sort of, let's say, negative emotion, anger, sadness, fear, worry, embarrassment, shame, whatever.

And to bring that to this recording and then to see how by converting that energy through a process that I like to use called the "In Deeper Process". It can change not only your experience of that very situation that's going on for you today, but may very well actually change aspects of the situation itself.

I haven't actually fully explained how that can happen. And so hopefully I will at some point, but for today you just, you know, go along with me with this one.

So on today's blogpost too I shared a photo of my two kids, Nick and Haley, sitting in really comfy armchairs in the sun, just reading books and sipping tea and feeling so relaxed.

And that's the experience that I want to create, both in the six-month Coaching Program as you work through a goal or an intention that you want my help in, realizing over the next six months and it's the experience I would like you to have as you work with this very situation that you have on your mind and in your heart today.

So to start I would ask you just to sit or even lie comfortably somewhere that you won't be disturbed, in a chair where you feel supported, where the door is closed, where nobody is going to come in to bother you, turn off your phone, to make sure that you have enough time to listen to the full recording and give it your full attention.

It's o.k., if you feel a little scattered or distracted right now.

If you just give yourself over to following my voice, to listening to the qualities in my voice that feels certain that you can do this, that something good is going to come off it

for you and to relax into the confidence that I have, that your body actually knows what to do with the emotion, that you are feeling about the situation that's on your mind. And that you can actually sit as a witness and just observe your body doing what it knows how to do very capably and very well.

So if you haven't thought of a situation yet that you want to transform, a bad feeling that you are having about it into a good outcome, just take the moment to do that now. You can shut the recording off, if you need to.

But it can be a situation related to your health, related to a relationship, to a family situation and to something that is uncertain in your life, to your career. Just something really small, you know, that's just bothering you, something that someone said or did or an indecision that you are in the midst of and you don't know what to do about it and you just feel distressed about it.

So, once you have that situation in mind, just take a big breath, just be right here with me and just rest in my words that follow.

So the first thing to do is just - , first of all you'll be thinking about the situation and your mind will be busy, kind of running around the facts about it.

I want you to distinguish those thoughts and the situation from the energy and the sensation that your body feels when you think about this situation.

So you are thinking about it right now, you brought it to mind, because it brings up some kind of uncomfortable emotion. And it's the emotion, the energy that's generating your body by the situation that we are going to work with, that's what's really of interest to us.

So to the best of your ability, I just want you to invite your body -that's the first step of the In Deeper Process - invite your body to reveal and fully kind of expose or bring into your awareness the feeling or the energy, the emotion, the sensation that is uncomfortable for you related to this situation.

And then just kind of sit with that invitation and watch what your body does.

You can be curious, because you don't know exactly what that feeling is going to be like. It's likely that you have some defenses or guards up about actually letting your body reveal this to you.

But I promise that your body is as aware of you as you are of it.

It's like a partner you have there and your body will just kind of reveal this out to you in a way that makes it both accessible, but not overwhelming.

So even if the emotion feels a little intense, if the energy feels intense, it's not going to be too much for you to handle. Your capacity to work with emotional energy and sensation is actually enormous. We have way more ability and way more room within us to work with these emotional energies than we have ever known.

So with that invitation right now you should be feeling some sort of sensation somewhere in your body.

And to the best of your ability now, I just want you to really dissociate that energy or feeling from the situation itself. So at this point we are not trying to address the situation. All we are doing is working with that energy, with that feeling.

And if you can, try to experience that energy just as pure power, or charge, or force, or fuel.

I know that it has some sort of emotional component to it. It may be reverberating in a way in there, in a way it feels like, you know, a certain emotion. But try just to see what it's like to not feel it as emotion, but instead as power.

Because the truth of it is, that that is your power. That is your fuel. That is your life force energy that at the moment is just sort of trapped in this particular structure in your body that's reverberated in this way.

Like an energy field. It's encapsulated in that particular form. And during the course of this recording, what you want to do is, allow your body to show you that it can actually transform that energy just by intention and focus into a different form that will feel much more relaxing, much more pleasant, much more neutral, much less distressing, much less incoherent than it is now and much, much more coherent.

And again, your body knows exactly how to do this. You don't have to figure it out.

And again, you can just sit there in your comfortable spot. Almost like you are witnessing it. In a way this is like a meditation that you can do. A lot of us hear a lot about meditation these days and how to meditate, and one of the most effective ways to decrease stress and heal ourselves and all kinds of, you know, things is simply to meditate on the energy of an emotion like this.

So that's why I say that even as that energy is present and the discomfort is present and it is, like I say, maybe very intense or extreme.

You might notice that in that area in your body where that sensation is distinct, it doesn't extend all the way to the edges of you.

In other words there are boundaries between where that field of energy, that emotion sits in your body and the you that surrounds it.

And you might not even notice that while your attention is on that emotion or the energy there. When you focus into it, it seems to fill up your whole perspective.

But you can actually draw your perspective back. And when you do that, notice that while that energy feels uncomfortable there, the rest of you is actually extremely relaxed. Very still, very calm, very peaceful. And unbothered by the sensation that exists only in a certain spot in your body.

So, that's a lot of talking and a lot of directing.

So we talked about inviting that energy, what you have.

The next step of the In Deeper Process is to decide;
you are ready and you want that sensation to be different.

And so, I guess I've sort of been assuming that that's what you want by listening to this recording, but you actually want to make a very conscious decision to say "Yeah, this doesn't feel good. Yeah, it's possible, I don't want to feel this way. Yes, I am willing for my body to transform this particular structure of energy and sensation into a form that's more, ah, feels better to me."

So that intention is what drives the rest of the process.
And from here it's really like I say, just sort of witnessing.

So In Deeper - invite, decide and the next step is explore.
And you've actually started doing that already.

You're just being curious like a child to see, what happens with this fuel, this life force energy as I put my attention on it, as I feel relaxed within myself around the energy field. And I just see, perhaps for the first time in my life, what my body is capable of doing, when I give it permission to do something that I don't really know, that it knows how to do. So it's just an experiment that's happening here right now and your body will meet you there.

And so keep your attention there.
And you are just exploring that energy field itself.
You might feel for the shape of it.
You might feel the texture of it.
You know, it might be hard.
It might be squashy.
It might be bumpy.
it might be pulsating.
It might be fuzzy.
It might have very defined borders or very diffused borders.
It might have a lot of movement to it.
It might make you dizzy, when you put your attention in there or feel very scattered or ungrounded.

Every single one of these semi-solid structures, which is what emotional energy is, have a different presentation. Just like, you know, let's say a painting that's been created has a slightly different presentation. This is an art form in a strange way, that your body has created unconsciously. You don't know how this was created.

And so in a way as you explore it, you can almost marvel at it's construction. You know, I know it feels bad, you don't want it there, but at the same time you can marvel that this very interesting, fascinating, semi-structure exists and it's come into being in a way that you don't understand and you can't explain.

And so it's a really good way to sit and be with this emotion.

A good way to sit with it is just to appreciate the complexity of it and to marvel at the unknowns.

How did this come about?

How does its form sustain itself?

What is holding that in place?

What are the forces that's holding that in place?

And as you in a strange sort of way appreciate it for what it is, what you'll notice is that it starts to change.

And if you've been noticing it has been changing, it will continue to change.

Just as you keep your awareness on it, your consciousness takes the negative charge, let's say, out of it and converts it from the incoherent, scattered, uncomfortable form of a negative emotion and makes it much more cohesive or coherent. And again this is physics and I won't go into explaining,

But what you should be noticing by now is, that either the intensity of that field, that structure is becoming less. If you were to give it a number at the beginning of how intense it was from 1-10, you might notice right now that it's less than that, quite significantly less.

You might notice that the shape of it has changed.

The texture of it has changed.

The position of it has changed.

And so as you continue to explore it, just your exploration changes it.

And so depending on, you know, how much of that energy is there, how much has been build into that and for how long, it may fade. it may dissolve slowly or quickly.

Once -, it also is a matter of skill, of knowing, you know, with experience this gets quicker and quicker and these structures dissolve much much more quickly, the more we work with them and get comfortable working with them.

And so, just be observing and observant and accepting and interested in what's going on with that particular one there.

This is working in a realm in your body or dimension in your body that most of us have almost no awareness of.

Nobody has ever shown us how to work with emotion.

Nobody has, you know, has described to us, that this can have an impact, that this can work and that this link of its structure between you and the situation that evoked it in you, is actually a powerful force of nature, a reset[?], shall we say.

And so just stay with that.

That's step three of the In Deeper Process.

The next is, and I am going to have -, there are only a few more minutes that I'll spend with you here.

The next step is just to play with it.

Just to let the energy itself, imagine that it's conscious.

Imagine that it wants to play with you and you can say to it, you know, 'what would you likely do?' What would you likely to have happen here?

Would you like to move in a certain way?

Would you like, you know, where would you like to be?

Is there something that I can do to make this easier for you?

Treat it as though it's conscious, if you want and just see whatever imaginations pop into your mind. Feel free to try.

Be silly.

This is a great place just to let your imagination work with you.

You can also call in for help. You know?

If there is a deity or a person that you feel supports you, just turn this over to that deity and ask for help with turning this into something that is more in keeping with the way you want to feel and be in life.

So you're just basically using play to continue to teach your body how it likes to work with these emotional structures.

And you can stay with that for as long as you like.

You are not trying to force this out of here.

You are just saying 'yes' to what's there and just continuing to be with it.

And that sort of loving, gentle, relaxed acceptance of that emotion is so healing.

You know we all heal when we are at rest.

And this state of just being fairly relaxed and focused and aware of an emotional energy is the most restful state of all.

So just like a drop of boiling water might drop into an ocean and then its energy just completely dissipates.

This is the same thing you can be for an emotional charge like this one or anyone.

And you can just be the sea of quiet calm in which it sits and then as you do that over time, sometimes just a short few minutes, its energy charges just fades away and you feel that neutrality, that calm all the way through.

And so this is my hope that you will actually reach a place where you can't feel any of that charge anymore, that all the way through that place in your body where it was formerly tight, stressed, pressured, uncomfortable, has now sort of waved itself right into oblivion,
It's run it's course and now you feel deeply peaceful, deeply neutral, deeply calm.

And that is essentially how we convert a bad feeling into a good outcome.

So right now, if you've moved all the way through it or it's moved all the way through you, you will be experiencing the good outcome of just feeling neutral and peaceful and calm.

And you may find, when you think of that situation that just a few moments ago was distressing to you, you may find that you see it differently, that it doesn't bother you, when you think about it

And this is actually the last step of the In Deeper Process, is the step of rechecking. It's to rethink about the situation that you bring, you brought to this process and see what happens right now when you think about that situation.

And so carefully just review right now the situation.

And likely you'll notice that you feel quite neutral about it.

That your mind still may get busy with the unknowns or the questions about it, but your body actually feels quite still

And so on a quantum level in terms of quantum physics, the link between you and that situation right now is reverberating in a different way.

And if you can entertain the possibility, just like you now feel different about the situation, the link that existed between you and it is still there, but it's reverberating differently too and there is a chance that the situation itself may start to show up differently, just as you are going to be showing up differently to the situation.

And this is the curiosity that I would invite you to sit in for the next little while and to see what happens, both with how you feel about the situation, what occurs to you about it and what happens with it.

And if you are interested in sharing your experience, i certainly would be interested in hearing about it.

And so, as I close, I just want to say watch for next Friday when I post the links to join me for the six-month coaching group where we'll use this type of inner work, this

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quantum focused techniques to help you reach a goal or intention that is important to you.

Thank you so much and
bye for now.

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