

SHIFT #10 WHEN IT HASN'T CHANGED

Recording Transcript

Wendy Down

Shift #10 – When It Hasn't Changed

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Hi there.

This is Wendy Down and this is Shift #10 in our 6-month Coaching Program.

I'm calling it "When It Hasn't Changed".

Before I get into the recording I actually want to take a moment and point out that with this recording we are one third of the way through our program.

And I thought this might be a good time just to take stock of how it's working for you and extend an invitation.

So you joined this program thinking it was a good idea. You had intentions, goals in your life that it seems like this program could help you to meet or make some changes that you wanted to make. And now we're this third of a way through, and I would just invite you to check in and see - does it still fit?

You could kind of think of it like dating, you know, sometimes you have to get to know somebody, what they're about, what it's going to be like before you know enough about whether to carry on or not.

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And so if you are finding yourself looking forward to listening to the recordings, to doing the work, to exploring within yourself, you feel engaged with the program then that's wonderful and I look forward to carrying on.

If you're finding yourself not so engaged, maybe not excited about listening to the recordings or doing the work, it doesn't seem like a fit for you - I want to give you or for you to give yourself permission to reconsider.

There so many approaches to moving ahead, to moving forward in life, to getting the things we want.

This is one.

It works for me and for many, but... everything works for somebody.

And so if this is no longer a program that fits for you, that calls you, feel free to say we dated and now I know what it's like and I think that's enough for me.

And that would be fine with me.

Also I want to extend the invitation that if I don't know much about what's going on for you in this program, how you're taking the materials or questions that you have or where you're at, please feel free to reach out. I would love to hear from you at this point.

I'm not always going to be available for you in the way that I am now, so if you like, feel free to take advantage.

So having said that let's carry on with the Shift #10 - "When It Hasn't Changed".

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One of the fundamental conditions I think of being human is that at any given time there are things going on in our life that are exactly the way we want them to be and things that are going on that we want to change.

And you joined this program because you had some clarity about some specific aspects of your life that you wanted to see changed.

A lot of the type of inner work that we've done so far, applying quantum physics principles to understanding emotions and energy fields and vibration has been with the intention of learning to change things in a different way or change things that we didn't know we could change. Primarily, for example, starting with feelings and emotions; understanding those differently and learning that the pure awareness that we are when focused into those fields of energy that we call emotions will change them.

learning to do this is like discovering an entirely different realm within ourselves where we can learn to have skill and influence and power.

We haven't talked too much about how those changes that we make on that level of our being then out-picture into the circumstances of our lives, but we will.

And yet sometimes things that we want to change *don't* change.

So today I want to talk about what to do then.

Because that's a really useful important and very stable state. 'Unchanged' is a very stable state that we can stand on to change ourselves.

And that's what this recordings is about.

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So as always I like to directly apply in the moment the concept that I want to describe to a particular situation that you have going on in your life right now.

I like to do that because then it's not just an idea that you save for later, but it's actually a much more full and rich learning, understanding, knowing and application that you can use on other levels of your being beyond just mental understanding.

To do that then I would ask you to bring to mind something in your life that's important to you that you've been wanting to change and it hasn't yet changed.

It doesn't matter if it's something physical, like a physical condition in your body.

It doesn't matter if it's a situation in your life, related to work, other people, relationships.

It can be a financial situation.

And it can be an emotional state. A way of operating or feeling perhaps that you're just tired of that you've tried a lot of things with and yet it doesn't budge.

So bring that thing to mind and let's work with it.

The first thing that we always want to do when something is unchanged that we want to change -, let me rephrase that -

The first thing to be aware of when you are thinking of that thing that you want to change, but it isn't changing is the amount of resistance, dislike that you *add* to its presence.

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In other words, take your awareness into the feeling of what it's like of that being unchanged right now, this thing that you want to be different that you've tried so hard perhaps to change and it just hasn't budged.

So that situation is what it is.

And thinking about it evokes a certain feeling.

And what I would have you notice is how much of the feeling that you have related to that thing is your own resistance to it being unchanged.

There will be two things going on.

One is the existence of that situation, whatever it is, and there will be your response to that.

One thing that is possible to change related to that right now is your response to it and then when you response to the changes you're free to actually use or leverage the stability of that existing situation in a brand new way because you won't be fighting with it.

You'll actually just notice its presence and be neutral to it.
So let's get there.

So again, to use the words of the In Deeper Process, **invite** into awareness, into the forefront of your awareness, the energy field or the emotion that you have about this situation or thing or emotion being unchanged.

And you'll notice different qualities and how you feel about that.

You may feel frustrated.

You may feel angry.

You may feel hopeless.

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You may feel rage.

You may feel panic.

You may feel dejected.

Whatever it is that you feel, those are resistants to their your way of saying no. No, no, no.

'The situation exists and I say no to it.'

All of that 'no' is the way your mind interprets and explains and describes as emotion the physics of what's going on in your body.

Which is, the situation exists as it is and the physics of your body has created, as I described in an earlier shift, a wall of electrons, negatives, negative charge - which is so literal, right? To feel negative, the body responds in a negative way to the situation.

So just for a moment be fascinated by the literalness of the physics of that. It feels negative and so we describe it in negative terms 'no'.

And then the mind can go off in all kinds of directions in that negativity.

And that's the left brain response that sees the situation as separate from you, doesn't like it and says no.

Your right brain response by contrast says 'yes'. In a really strange way and, actually, a really simple way and in an obvious way your right brain just says 'Yes, yes that's true. Yes that's there.

Yes.

Yes this is a fact.

Yes this exists.

Yes, this is what is.'

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Your right brain just says 'yes'.

And you can also bring your *left* brain on board by just saying 'yes'.

'Yes this is there.

Yes, I feel it there now.

Yes, this is what's happening.

Yes.'

And when your left brain and your right brain are both able to just acknowledge what's true in this moment, just

'Yes, this is the situation.

Yes, this is the fact.

This is here.

This is it.

Yes.'

Your left brain starts to relax because it can see too, it's just a fact.

It's just what is.

It might get all wound up and wanting to change it, trying to figure out how to not have it be there. And it has - it reached for all kinds of tools and memories and thoughts.

It might say 'Oh, it's wrong that it's there.

Oh you just haven't figured it out or something.

I should find something else to make this be different.'

And thinking those thoughts generates more of that wall of negativity.

You get lost in those thoughts and you feel the wall building.

Well, at the same time your right brain is just saying yes, yes let's just, for this moment, recognize that this is the case.

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And just for this moment... be okay with that.

What you will notice is that as soon as you relax your resistance to 'what is', the charge about it starts to decrease and eventually may dissipate.

And you'll notice that there were two things going on – one was your awareness of the situation (whether it's external or internal), the facts. But at least half or more of the suffering, I would say, that it was causing you, was caused by your response - your negative response - to it.

So nothing about the *situation itself* has changed.

And yet you've learned that you can be different in the presence of it.

And this is one of the most powerful ways to use what's unchanged, an unchanged situation, is to use the stability of it, the continuance of it to change ourselves.

It doesn't have to change in order for you to change in the presence of it.

To your right brain, which is always interested in showing you more and more of your capacity, your brilliance, your skills, more and more of who you are, this is thrilling.

So sometimes when we have an intention of something we want and our left brain thinks it knows exactly the sequence of things that we need to go through in order to get there and we run into a wall, something that won't change, our right brain says 'This is wrong. This has to change in order for me to continue moving forward.'

Sometimes what happens is our right brain understands the big picture, knows everything that you want, all of your intentions and will say 'Actually *this un-change is the fastest way for you to leapfrog or leverage yourself forward.*'

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And so this is going to stay the way that it is for now, because it's the most useful, direct way to do more of what you really want to become more of who you really want to be.

This, of course, will make absolutely no sense to your left brain which is only able to see the situation from, let's say, the level of consciousness it has now.

It will fight that. It will say clearly this cannot be true.

But your right brain wants to draw you into a higher view, a greater understanding with more ability to leverage yourself, your emotions, your life, your situations on a much higher, more integrated level.

So when something doesn't change, your default can go from saying 'No, I'm doing something wrong. No, this shouldn't be here (left brain perception), to 'Yes. Yes, this serves me' (right brain perception).

This is true because from the big picture, situations do not stick around if they aren't useful.

When a situation has been used up for all that it can offer, it then changes on its own.

So any situation in your life that has not changed that you want to change, you can assume still offers more to you by its presence than it would by its absence.

And we get to a position of being able to be curious about what that is when we start saying, 'Oh yes, yes this is, this is here and this is as it is.'

And being able to work with the energy, the emotional field that situation has - directly - rather than mostly butting up against the wall of resistance that our left brain brain perception creates between us and it.

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I'm not saying this won't take some practice, but it's well worth the practice.

Right now then, think again of or continue to think of that situation and notice how much resistance you have to it being present in your life.

If there's still some resistance there;
'No, no, no, can't see how this could possibly be serving me.
No, I don't want this to be here.
No I'm desperate for this to change.
No, this can't change.
No, I just have to figure it out.'

Any of that.

And notice as well how much 'yes' is there.
'Yes!
Yes, this is just where I'm at.
Yes, in this moment it's actually okay.
Right now it's the way it is and I'm okay.
I'm okay.'

If you're able to stand in that position of the situation being what it is and you being okay, then **you can actually leverage its stability to move yourself forward.**

In fact you will have moved yourself forward just by being able to make that shift from 'Oh no!' to 'Oh yes!'.

So powerful.

Not just in the way that that feels to you, but also the physics of it.

Because again, from the point of view of physics you change the polarity from negative to positive.

That situation exists within in your awareness.

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And when you change your state of being, you are the environment within which that situation exists.

And when you allow that situation to exist in you in a positive environment, it naturally will take on the next form that serves you best because it's working with you and you're working with it.

Including, if the next form it takes is the form to be the same.

Because the next time you would look and that form stays the same, you would then have the opportunity to either collapse back into the old 'Oh no, it hasn't changed' or to say '**Oh yes, yes there it is and yet I'm different.**

I'm different in the way I'm responding to it. I have used the stability, the ongoingness of that situation to change myself.

And that fundamental change in yourself, to be able to be neutral or positive about this unchangedness in this situation and then extend to all situations because one of the characteristics, (like I think I said at the beginning) of being human, is that always, always we will be looking at things in our lives that are exactly the way we want them to be and things we would like to have been changed and so having a new framework or default, (you can use that word too), **a new default in the way that our physics, our emotions, our mindset, the way we respond to something being not to our liking or remaining unchanged when we want it to change.**

[It's possible to let that default] extend so far out into our experience as to really change the fabric of the way we operate in the world.

And if one piece of your life that hasn't changed although you wanted to serves that function for you, that's a pretty useful, valuable service that that situation has served.

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So once again I started off describing this in the In Deeper process steps but then continued to not describe them even though I've worked through them with you. But the last step is to **Recheck**.

And so now why not do that?

Think again of that situation that just a few minutes ago it was important to you that it be different. And it just hasn't changed despite all the things you've tried, thought about, done.

It's still exactly the way it has been.

And now how are you?

It's the same. And how are you?

I think I'll end the recording here now, and if you like let's talk about in the Facebook group.

Bye for now.

00:30:00