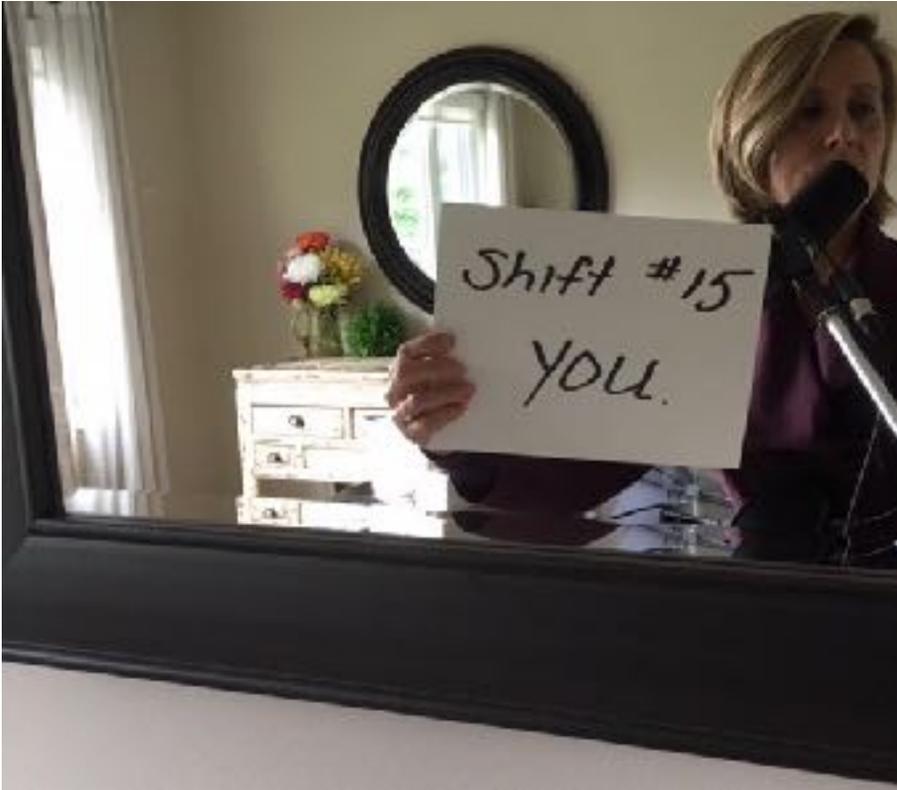


RECORDING TRANSCRIPT
WENDY DOWN

SHIFT #15 – YOU
SEP 2018



Hi there.

This is Wendy Down and this recording is Shift #15 in our 6-month coaching program. It's called 'You'.

Today I want to give you a different experience of You - who you really are - than perhaps you've ever had and see how the intention or goal that you brought to this program, that you're carrying

forward, that you hold for yourself in your life, looks from that new perspective.

Over time as we grow, grow up, most of us tend to think of who we are by the body that we live in and the personality that occupies that body.

But those things are primarily left brain perceptions: body and personality.

It always amazes me to think that science tells us that our body completely regenerates itself, becomes new about every seven years.

So when you think about that, although we think of our body as continuously moving forward and being sort of our house over time, it's not the case.

Because the body that you had at age 1 is not at all the same body you had at age 8 or age 15 or age 22 and so on.

You've been in many different bodies over the course of your lifetime.

So if you're not occupying the same body, you've had different bodies, then who is, who are... you?

And who is it that brings intention to this program? This is what I would like to point you to.

You've also had many different labels. The personality that you had when you were a child, the things you were interested in, the goals you had, the thoughts you had were different, probably radically than the ones that you have now.

And yet there's something that just links all of those experiences together. And it may seem obvious that it's you. But let's have a direct experience of you and see what that opens up in terms of understanding yourself and your intentions.

I want to guide you through an exercise or an experience that is generally done best if you can completely block out external stimuli. So if you can sit quietly in a chair or lie down with the door closed where you won't be disturbed for the duration of this recording or if you know that that will cause you to check out and you need to go for a quiet walk or move around then just adapt what I'm saying.

So to begin get comfortable and still, sit down, lie down, make your body comfortable before we begin and then close your eyes.

SHIFT #15 - You

As you do that, start to notice some of the things that you are aware of around you.

You'll be aware for example of the feeling of the chair or bed or ground that's supporting you.

You'll be aware of how it presses against your body.

You may be aware, you can be aware, of whatever is touching your skin. Clothing perhaps, maybe there's movement of air. For a moment just be aware of those things.

You'll be aware of the sound of my voice and there may be other sounds in your environment that you're aware of.

Anything that your senses are picking up, just be aware and notice those things.

Next - turn your attention from the exterior world to the interior world inside you.

You may notice sensations in your body of discomfort or of comfort. Just notice them.

You may be aware of feelings you're having or what we've been referring to as energy fields that have structure, form, movement, sensation to them.

Chances are you'll be having thoughts as you listen to me. You'll also be having thoughts pass through your mind. And it's these thoughts that I want you to turn your attention to now.

Our left brain primarily identifies with our thoughts. Our left brain thinks we are our thoughts. And today I'd like you to discover differently.

For the most part we're not even aware that we're thinking.

We do it so often and we tend to associate so closely with the content of the thoughts, what we're thinking, that we miss the fact that we're *having* thoughts.

So right now just notice thoughts as they're passing through your mind. Not paying attention so much to the content of those thoughts, but just whether there is a thought in your mind.

And then another thought in your mind.

Sometimes our thoughts pass through our minds in such rapid fire that it's like there's a continuous stream of thoughts, unbroken.

But right now see if you can notice your thoughts more like sentences that start and stop.

See if you can notice a thought passing through your mind and then having a period at the end and then a new thought beginning like sentences as though you could write them down, which of course you could.

Chances are that you'll get caught up in the content of those thoughts, what they're about, but that's okay. If you do, just go back to noticing whether there's a thought present in your mind and notice the speed perhaps with which they're passing through your mind.

Next – if you can, notice that at the end of one thought, like I said, there's a period and then a small space or gap until the next thought begins.

Turn your attention now to that space or gap between your thoughts.

There'll be a thought and then a gap or space and then another thought.

Notice that as you do that it's possible that your thoughts start to slow down.

You may even notice that the gap between the thoughts gets longer.

We're going to get really interested now in that gap between your thoughts.

If you're not noticing a space between your thoughts, but instead are still noticing your thoughts coming rapid fire, then what you can do is ask yourself 'I wonder what my next thought will be?'

And while you wait for it, you're in that gap.

'I wonder what my next thought will be?' - And wait.

Notice how while you're waiting for your next thought, you're still aware, you're still *you* even though there's no thought present for that perhaps short period of time.

So you aren't your thoughts.

What you are is the gap between your thoughts.

So normally if our thoughts are like clouds that pass through our mind, our minds may always be full of clouds or thoughts, but what we actually are is the sky behind the thoughts.

We're going to go there now.

Your thoughts are like clouds passing through the space of your mind.

Notice the qualities of the space.

There's no thought there.

But you're still aware.

This is who and what you really are: Awareness itself!

SHIFT #15 - You

Often aware of thoughts, but notice how you can be aware, you can be fully alive, fully you in the absence of a thought.

You can also notice that this awareness which is who and what you really are is not limited to your mind.

This awareness, in fact, extends beyond your mind.

This awareness is in the room or space around you.

It's aliveness.

It's presence.

It's awareness.

It's not contained by your mind.

Your mind exists within it.

But this awareness is bigger than your body.

At this point you may actually find that your body feels a little different than it normally does.

Perhaps the boundaries between you and what's around you don't feel quite so defined.

And this is because that's true.

The awareness that you are, that animates your body, exists in the space around you.

It fills the room around you.

It fills the neighbourhood around you.

It extends to the closest cities around you.

It's there, simply to be noticed as awareness itself, presence itself, life itself.

It's what and who you really are beyond what your thoughts suggest you are.

You're so much more.

It extends across the entire country that you're in.

It extends across the entire hemisphere.

It extends all the way around the world and way out into the cosmos.

In fact there's no place that it's not.

This awareness, who and what you really are, is the background that animates everything in existence.

There are no boundaries between you and it.

As this awareness is focused into your mind, your body, it animates the personality and the body that you are, that you associate with you.

But even if you weren't in this personality or this body, you would still be this awareness.

You've already passed through personalities and bodies in your lifetime. You will pass through more.

If you want to open your eyes, if they aren't already open, you can actually be aware that this pure life-filled presence, awareness, is in everything around you.

You can look at something - and sense it there.

From this perspective which your right brain perceives, there is no separation between you and everything around you.

The same presence, the same awareness is the background that animates it all.

And it's who and what you really are.

When you understand yourself from this perspective it changes, or can change, everything.

From this perspective there's no time-line to you.

There are no deadlines.

There's no end point.

When you have an intention and it's a pure intention that springs from the desire to experience something you want and it's pure, there's no time frame within which that needs to happen. You will experience it.

And you will have a journey through many experiences towards it until you are living it.

If you knew for sure that you would experience it for sure, would it matter how many moments there are between now and it?

If you trust your life to coordinate that path, that journey, could it be joyful to move towards it?

You might even want to consider the intention that you brought to this program now from this perspective of knowing you're not the thoughts you have about it, you're not how you feel about it, you're not even the form with which it currently takes.

You are presence, the awareness that animates all the states that you will move through between now and its full expression.

And each state that you animate, that you occupy, each form that you animate or occupy is complete unto itself.

You aren't the state.
You aren't the form.

You are the presence occupying that state or form.

And so is everyone else.

If you were able to see your intention and stay with it from this perspective of being awareness itself, how would that intention or desire feel and look to you from here?

Consider it.

That intention springs from awareness itself as well.

It's not separate from you.

The same awareness that animates your body and mind animates that intention.

And what you have is a relationship with that intention.

To your left brain, they seem like two separate things.

To your right brain they're patterns of energy fluctuating, dancing, interacting, influencing each other and You as awareness itself animate both.

You're beyond both, observing both, influencing both.

It's an incredible realization.

And for many of us it takes continued practice, referral back to remember this as we move through our daily lives as though we're the bodies and personalities that have things we want and don't necessarily know how to get to them.

I'd like to give you a question to end with, but I'm not quite sure what it would be.

So maybe I'll just leave you with the invitation to see what question is being asked of you.

What's being asked of you?

What's being asked of you?

And then when you're ready open your eyes, perhaps stand and see if just for a moment or two you can move through space and maintain awareness of who You are behind the form that you occupy and which your left brain so loves to identify with.

And we can talk about this in the Facebook group.

Bye for now.

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