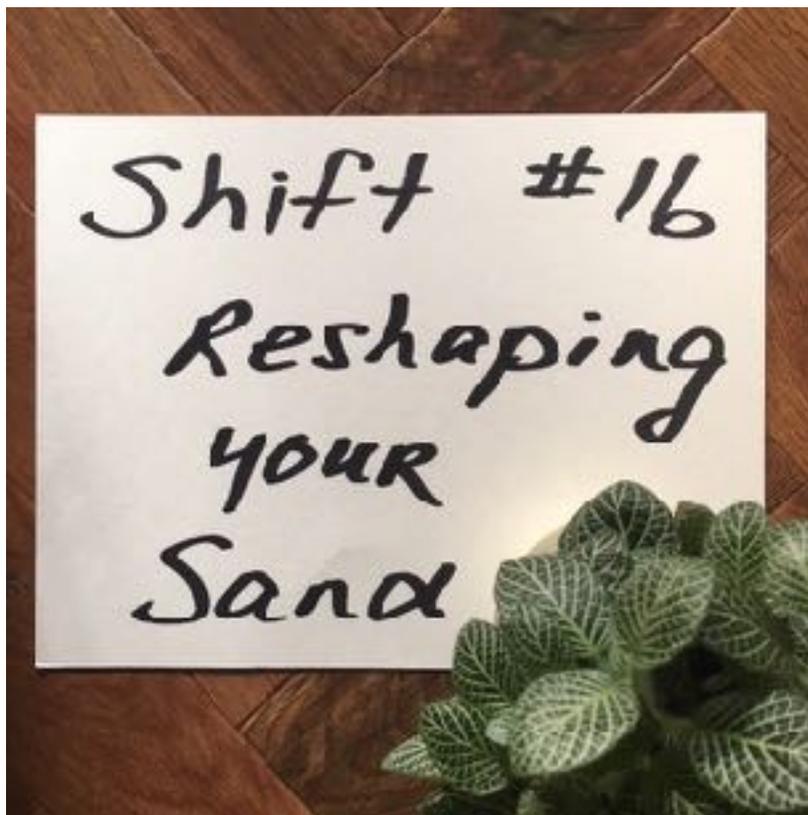


Recording Transcript  
Sep 2018

Wendy Down  
SHIFT #16 – Reshaping Your Sand



Hi there.

This is Wendy Down and this is Shift #16 in our 6-month Coaching Group.

Not 15, not 17, but 16.

It's called 'Reshaping Your Sand'.

I'm really excited about this particular recording and working with you on the concepts that I want to share with you because

it pulls together everything that we've talked about and practiced so far. Using those concepts to consciously and creatively create structures, emotional structures - inner structures and also structures around you - that are to your liking, that express the life you want to live, the way you want to feel and the things you want to experience and to create those directly by working with your focus, your intention, your consciousness, your sense of 'me'.

This recording builds directly on an earlier shift, which was #8, called 'It's the sand and I am the sound'.

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And in that shift we looked at all the tangible things of our life, including our emotional experiences and the experiences that we live in and walk around in as the real world and we looked at how we generate or how who we are underneath all that actually generates those experiences by the way that we are focusing and, to use a quantum term, vibrating.

And we've been looking at understanding how we do that and getting in touch with that dimension or aspect of ourselves so that we can learn to more consciously direct it in the ways that we want.

So that's what today is about, our first practice of that. And we certainly will build on that as time goes on.

To start then as always in working in this way, we need to take our attention from an outward focus - which is where most of us operate on a moment-by-moment basis as we go about the tasks of our lives - and we want to turn that inwards.

And the best way to do that actually is just to be right where you are and notice what is happening in your own direct experience right in this now moment.

For the purposes of this recording and the shift that will be here for you, just assume that everything that has happened to you in the last 24 hours has set you up perfectly for this recording.

Anything that has been uppermost in your attention or awareness, things you've had to deal with, maybe challenges, whatever.

Just for now let yourself be here, right where you are and noticing. Just letting your thoughts sort of run where they are, run where they do over the thoughts that to seem to be coming naturally to you right now.

And let them come at whatever pace they are.

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If you're coming to this recording from a really busy other place, your thoughts maybe quite rapid or energy-fuelled.

If you're coming to this recording from a very quiet peaceful place, your thoughts maybe gentle and they might be spaced out with a lot of emptiness or space between each thought.

Just like we did in Shift #15, our last shift, we're going to take a moment to simply notice our thoughts.

Not to get caught up with the content of them, what they're about, but instead just the fact that they exist and that we're having them.

Notice... (just letting that shift happen)... notice your thoughts and notice the tone underneath your thoughts.

In other words, whatever the thoughts are, there will be quality to them that directly matches them.

If you're having thoughts of an anxious nature for example, there'll be a tone or feeling of anxiousness. Normally we think the thought and the tone or the sensation are the same thing, but they aren't. They are two separate things.

There's the thoughts that cross your mind.

And there's the tone or the sensation or the feeling underlying those thoughts.

As humans we have an extremely wide range of tones. If we're like a musical instrument, our range is very wide.

It's actually possible at this point in the program or this point of your life that you're listening to this recording, your most dominant tone, in other words the way that you feel a lot of the time has improved.

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It's possible that right now as you're listening to this and even as you came to this recording you're in a really quiet, peaceful, intent and still state, that your thoughts flow gently through your mind. You are able to feel comfortable with your thoughts and be really present in your body and comfortable in your life.

If that's the case, you're actually one step ahead of where this recording is going and if that's the case for you then, I invite you to appreciate this. Appreciate the fact that you've come to this place, come to this level of coherence, quietness, equanimity.

Because my guess is, it always – wasn't always that way. I know it wasn't for me.

And as you savour that, appreciate it, relish it, you'll notice that it amplifies.

And as it amplifies, I invite you to think of this as though your experience of that, your sensing of that energy field of calm and peacefulness is actually supporting not only you, it's not a solo experience, but you're adding it to the field.

You're adding that sound to this recording to also amplify it for others.

You're helping to create the stillness, the space, the background peace and sense of well-being that's available to all of us as our natural state, but which most of us don't feel in touch with a lot of the time.

Just by thinking about that, that you are contributing to the well-being of others. Just by being who you are right now and enjoying being who you are, holding that state in your body, being aware of that is to grasp *the contribution that you are* even before you do anything. Rather, your contribution happens just by being.

If, as you're listening to this, you're not feeling that, but rather you feel some sort of discord, shall we say, unsettledness, worry, confusion as

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your thoughts move through your mind and the content of them doesn't induce peace and calm, but instead something else, consider that you are being held, supported by not just your own self, but also by me, my voice, this recording and others, others here who on a level beyond our mental understanding hold your intention within themselves and are now helping to create a sense and field that supports you and what you want. Silently, perhaps beyond perception, but solid and stable, that sees who you are, understands like your right brain does, what you want, why you want it.

And all of that is background sound, shall we say, vibrating to hold you up, hold you together, hold you, in your life.

There's so much of the structure of our lives that's done for us.

Forces hold your body together.

Forces hold the planet together.

Forces give you air to breathe, a place to live, an entire world to move around in so that you can simply focus on the things that are most pertinent for you to explore, things that are dominant in your thinking and in the way that you feel and the things that you want.

So much is looked after.

And until now, it's felt like you're alone in a lot of that.

See if you can entertain the idea or even feel what it's like to not be alone and to let the sound, the vibrations that are collectively held for you hold you up.

And if you're able to, just let yourself sink into that and appreciate it.

Appreciate what you don't understand. (A little part of you does.)

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And let yourself just allow that to be there. And allow that to become more dominant right now.

Your left brain will scramble to explain it, control it, make sense of it, authorize it.

And let that be there too.

Your left brain is held in place and all those thinking thought patterns have been useful. Still are.

They're safely held there too by forces you don't fully understand and don't need to understand.

At the heart of everything, at the core of you, there's tremendous stability, tremendous intention.

And it's safe to just let that reverberate in you in whatever way it is and can and does.

It's okay to sink into that just a little bit more, to relax, to not hold yourself so tightly.

You're known. You're supported. And to the degree that you can, just allow for that.

Acknowledge the truth of that to whatever degree it makes sense to you and seems possible to do.

Allow for the possibility that you aren't just walking around in the world all by yourself, carrying your intentions by yourself, having to figure out how to make them happen by yourself. But instead there's a beautiful orchestration, a whole symphony in which you're playing a note, you are being a note. You are a contribution, but the rest helps you be that contribution.

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There's a difference between trying to come up with a note, the right note all by yourself versus being in a choir, all in harmony, all singing their notes and all of those notes sustaining you, supporting you, helping you find your note, your place.

And as you do, supporting you and that note, that sound, that intention that you have, all of the intentions that you have, supported by the harmonics of the intelligent and orchestrated notes and sounds playing around you.

None of this is anything that your left brain is likely to be on board with fully or understand.

It may be floating around right now trying to analyze or make sense. But perhaps more dominant right now, more familiar now than it was before, is your right brain's awareness that all of this is true and it can be perceived in a very simple way as well-being, as calm, as stillness, as relaxation, as a soothing change, a relief from having to try and strive so hard.

You're an integral part of the sound of the universe.

And as you let yourself be who you are, the easier it is to let your sound be added to the chorus.

Right now how you feel is the sand that that chorus is playing because of the sound of the vibrations that you in accordance with it are focused on or allowing.

If this moment, this experience feels pleasurable, then that pleasure of your body feels or how still your mind is or relaxed your emotions are is the sand that those vibrations are creating.

If you open your eyes, (if they're closed), you can look around and notice the same quality present in everything you see, everything around you.

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Because it too, right now, is sand in the form of the sound.

You're the sand and you're the sound. And you are the observer of both.

It's possible now if you want to, to consciously reshape the sand.

One of my favorite phrases, I can't remember who said it, is that 'Absence of resistance is the actual force.'

We think we make things happen through force, but the great mystery is that things happen when we don't resist what's happening.

This is why our previous shift was called 'I Can Trust My Life'.

Because when we let ourselves be in each moment of our life without resisting what's there in it, the forces behind and underneath what's happening are free to reshape the expressions that we're living within.

And so the easiest way to reshape an emotion, an experience or our lives overall simply to amplify, notice and appreciate any well-being, any area of goodness, anything that brings us pleasure or happiness, anything that's going well.

The tone, the sound of appreciation, is a tone that closely matches the underlying sound that creates all of physical reality.

That's why it's called appreciation, because as we appreciate anything really, it appreciates.

If you want to practice that, you can start just by appreciating your being here, us talking about this, the openness that you have right now to exploring ideas like this in different ways of operating.

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Appreciate that you are here with others who on a level are also supporting you and that you are supporting them.

We all know what it's like to have intention, to want things. That's a dominant human quality. We share that.

So right now I want you to notice, if you can remember how the sands you were focused on when you came on to this recording and started listening to this recording, were shaped and how what you're witnessing, experiencing, how you're focusing now is different.

There's no right or wrong way.

You should be focused, but if it's different than it was, notice that you have reshaped, reshaped your world in this moment, reshaped using consciousness, intention, focus to reshape what you're thinking, how you feel perhaps your relationship or understanding to where you fit and how you fit into your life and into the big picture.

This is a significant shift.

Even if you don't know how yet, you may want to see how it changes things around you as proof that something changed, but if you can for now just let it be enough.

You have made this change in your inner state without trying to convert it into something else.

Let it be enough.

You're here.

You're focused.

You're supported.

Aspects of your consciousness that may have been closed down, blocked off are opening up in you.

Treasures await.

Insights await.

Ease awaits.

Understanding awaits.

Let it be enough that a door has opened.

Even if just a crack.

And marvel at yourself for allowing this to be.

You're in good hands.

You're in your own hands.

And you're in bigger hands.

And your hands are in those hands.

It all works out.

Bye for now.

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