

Recording Transcript
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Wendy Down
Shift #17 – You are a Magnifying Glass



Hi there.

This is Wendy Down and this is Shift #17 - You are a Magnifying Glass.

So let's use this recording to notice what aspect of consciousness of your experience you are magnifying through your focus and then, if you like, to shift that to a focus that feels better, looks better and resonates more with the state of consciousness, the

state of being from which your intentions are realized more fully and naturally.

In the text that I wrote for this recording I said that 'Who you really are is consciousness itself experiencing itself from a particular point of view'.

So as you listen to this, you think your left brain thinks you're an individual, a separate individual in a separate body walking around in a world that's separate from you. And the way that you engage with that world has to do with manipulating physical things and moving things around and interacting on that level.

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From the perspective of your right brain, which is dialled right into the perspective of higher consciousness or consciousness itself, that's a very different perspective.

That perspective is that you are consciousness itself viewing this moment in time from a particular perspective through a particular lens that's created by this beautiful intricate physics that sets up a way of focusing, a tendency to focus in particular ways, particular emotional energetic patterns through which we focus and then all of that gets projected outwards as expression into physical form.

So let's walk through this a number of ways in order for you to see this in operation in yourself which really is the only thing that matters. The point is to give you better understanding of how it's been working unconsciously and unknown to you, perhaps for a long time, and which now you could gain influence in, conscious influence over.

So let's just start from right where you are right now.

Let's assume that the day that you've had, the week that you've had, the things that are going on in your life right now are absolutely perfect and ideal, the perfect setting the perfect perspective and focus to bring right here right now to work with this exact concept that you are a magnifying glass.

As always it's best to do this in a way that you can - or an environment that allows you to be reflective and to focus inward on the processes that are happening within yourself as opposed to having to focus on external events and happenings and situations.

But if you need to walk or move around or keep your eyes open or something just to stay awake that's absolutely fine and you're certainly free to experiment with that and find your own best way.

So here you are.

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You bring attention to this moment.
And let's see what else you bring.

Only moments ago you weren't listening to this recording and you were focused on other things. You were focused in a different way.

And let's just highlight since they'll still be reverberating in your thoughts and in your emotions, let's highlight what it was that you were magnifying. Out of entire range of anything that could have been focused upon in the previous moments, you were focused on something in particular.

And if it was more than one thing it probably had about the same flavor.

So let's just see what that was.

And you can allow that to come to the forefront of your awareness just by allowing yourself to think about what it was that you were thinking about a few minutes ago, the thoughts that were running through your mind and also simultaneously the feelings that you were having that corresponded with those thoughts.

Because as we've described before, when we're lost to our thoughts and emotions, that's a self-perpetuating loop, self-feeding loop.

When we think thoughts, they are related to an emotional field or an energy field, those will then increase the depth or the intensity of the field which then adds more substance and more things to think about that have that same tone.

So just notice if there was one of those self-perpetuating loops of thinking and feeling that you were caught in.

And I say that as though that's a negative thing and often times it is because we have so many default ways of carrying these fields

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unconsciously within us until we've learned to lift them away. And chances are good that there are still some that show up from time to time that can be isolated in a moment like this moment and then worked with as a unique and distinct field or experience. So that it can be a focus of your consciousness to lift that away and then you can see the change afterwards.

But even though sometimes I say that often these are a negative self-perpetuating loop, that actually happens on the other end too. When we're focused on something that feels good, that is positive, often times then too that creates more of a good feeling and more that we notice that has that same positive and generative quality to it.

So wherever you started is fine.

Whatever you were focused on a few minutes ago is absolutely perfect.

But just for the sake of practice, let's assume that you started off, came to this recording a few minutes ago with a feeling that was less than your ideal preferred state, that there were thoughts running through your mind that were perhaps a little bit worrisome or negative or uncomfortable.

And so just notice that package, that energy package of thoughts and emotions right now.

And as I described in Shift #16, when we have a negative loop like that it's actually a discrete unit that we can identify the boundaries of often because it's made of a charge of electrons. So it has a charge to it, an emotional charge. And it doesn't really matter ever what that charge is, but we can often put words to it.

And so you might want to as you're noticing your thoughts that you brought here and the feelings that were associated with those thoughts, you might want to put a word to the tone or the charge, a feeling word, worry, anxious, sad, mad, unsettled, confused, distracted, overwhelmed, blah.

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Whatever it is, just let that show up too.

Just let it be there for what it is and highlight it, bring it to the front of your awareness. So this is how you've actually done step 1 of the In Deeper Process which is to 'invite' that up.

And now if you're willing, let's see if we can get that through the use of your focus as a magnifying glass to shift to something else.

Normally when we are experiencing a strong field of thoughts and emotions, we're locked into the perspective of our left brain, which is that we are an individual dealing with this situation.

But let's see if we can shift right now to the perspective, the more accurate perspective, that you are consciousness itself experiencing itself from a particular view, through a particular lens.

And right now the view that you're looking at - as consciousness itself - is this particular view. Where up close and personal is this state of being, these feelings and their associated thoughts. So those are right at the forefront.

And as you look through that lens, that's made of vibrational wave patterns, the first thing that is dominant is the feeling. Is those vibrational patterns and then they actually radiate out as thoughts and then as actual situations that you are looking at in your life that then feed back and say 'Well, of course, I'm right to feel this way and of course, I'm right to think this way because of those things out there happening'.

But as consciousness itself, you are all those things.

And so this whole thing is just an exploration of yourself.

All those things being yourself including the situation and you're exploring them from a particular point of you.

Now if you want, you can gain a better foothold on that point of you, of yourself as consciousness, if we bring in here some of the exercise that

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we did, I think it's Shift #16, which is to go into the gap, the space that you really are behind, beyond, underneath, above, beyond and between, the structure that makes up those thoughts, those emotions and the situation itself.

So if you think of it as though the thoughts and the emotion and the situation that you're focused on are like little pinpoints, particles that carry the emotional tone, the energy pattern that you're feeling, sensing and viewing through, what I want you to notice is that there's actually space between the particles, the electrons that make up that energetic or energized experience.

So you can get to this in a number of ways.

One we used in the recording the last time which is to just simply notice your thoughts. So let's go there first.

Notice the thoughts that are passing through your mind that may still be associated with the thing that you were focused upon, that you were magnifying before you came to this recording.

So if those thoughts are still passing through your mind, just watch them like sentences.

One thought comes.

And stops.

And then there's a space.

And then another thought comes.

And stops.

And a space.

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And while we mostly notice the content of our thoughts, if they have the charge, the content of our thoughts contains and activates the charge. This time, do something different, which is just notice the presence or absence of a thought in your mind.

And notice, if there's a space or a gap that starts to form between some of your thoughts.

And if you can, let your awareness drift into that gap and notice that you are aware and conscious, fully alert, fully *you* even when there's no thought there.

Now as you do this, you still may notice the charge, the energy field, the emotion, the collection of wave patterns that are uncomfortable in your body.

And as I say that, your awareness may collapse back down into your normal or human daily awareness for a moment.

Or not.

If it does, that's okay, just find the space again and let your attention go there.

It may be that as you allow yourself to be more focused, magnify, to be magnifying the space between your thoughts, it may seem like that charge in your body, the emotional field that feels or felt uncomfortable feels a little distant.

And so if that's the case, you're actually magnifying and viewing that same situation from a different point of you.

You're still consciousness.
You're still you.

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But you're now perceiving yourself and perceiving that whole situation with its related thoughts and emotions right now from a different point of you.

You have shifted your focus.

This is just as real an experience as the one you had before.

But from this perspective where you're more identified with yourself as awareness itself, aliveness itself, consciousness itself, you'll notice that that field of energy occupies much less of the space that you are.

In fact you may be having a simultaneous experience of two different things: one - your left brain thinking about the situation, directly feeling the emotion in the normal or typical way.

And the other right now - yourself from a right-brain perspective where your sense of yourself is much more expanded, you're noticing the thoughts coming and going gently and that field of energy, while it's still there, not quite so dominant.

And from this perspective, just like you found the space between your thoughts, I would invite you to notice that field of energy from this new perspective you have now and notice that its charge, the electrons that make up its structure, that hold its particular vibrational pattern in place, notice that there's actually quite a bit of space between those particles.

So you tend to focus on these points, the particles, the electrons that hold the charge, that anger, the worry, the fear whatever it is, but between the peaks, the points where that charge is, there's background state of space or nothingness, that's where everything is, too and you also are that space.

So just like you did with your thoughts, while your attention wants to wander to the quality of the charge itself, because there's a lot of substance there. There's a lot to pay attention to. Instead, just for now,

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take your focus away from the charge and put it instead on the space, right in that same place in your body or in your field or your awareness wherever that uncomfortable - even if it's pain or physical, same thing - that sensation is made of just a fraction, occupies just a fraction of the space that exists right there.

So for now feel for the space within which that charge sits.

You are that space.

And as you do that, you as a magnifying glass are using your focus to magnify this experience as consciousness focused into the space between two charged particles or field that makes up emotional states.

As that consciousness you are now experiencing this very situation, same situation from a different point of view. Just as valid, just as real as the way you were perceiving it before. Except in this state, there's so much more of you here maintaining this state.

You're in touch now with yourself as all of consciousness, with all of the forces of nature, not separate from you, but supporting you in maintaining this new insight into yourself exploring unknowns in your own psyche, in your own human experience.

And all of the intention you've brought to this program is supported by all of consciousness who is just as excited as you are (because you are all of consciousness), just as excited as you are to free yourself of the grip of some of these patterns that have perhaps been in the background of your awareness, but now you're starting to understand and also manipulate your point of you in a way that adjusts your experience.

These states of being, of discomfort, of pain, of limited view, of suffering, of residue from past experiences are not who you are.

They do not define you.

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They are states that pass through the infinite space that you are.

They are a series of perspectives through which you view the world, yourself.

All of them are temporary.

And as consciousness itself you have the authority and the skill and the support to choose the perspective, the focus that you want to magnify and therefore bring into full expression, so that all your senses can reverberate, relish, pick up, breathe, reinforce the perspective you've chosen.

In another recording we'll work with how you magnify states and energy fields that you want to magnify.

But let's just let this be enough for now.

You're a magnifying glass.

And your focus is what magnifies into a full-blown experience everything you perceive.

Bye for now.

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