

## RECORDING TRANSCRIPT

Wendy Down

Shift #25 - Let Your Intention Work With YOU

November 2018



Hi there.

This is Wendy Down and this recording is Shift #25 in our 6 Month Coaching Program.

It's called "Let Your Intention Work With YOU".

You'll recall that you joined this program because there was something or some *things* in particular that you wanted to be living and experiencing in your life that you weren't currently living at the time that you joined.

Most traditional coaching programs - or any kind of program or system for getting closer to an experience you want to have - takes a very different approach than this one.

In this approach we're using principles, as you know, of quantum physics. In particular, ones that tell us that everything that you want - everything that exists - is right here and right now. Even though in our human experience it seems like we're walking through time towards them.

We've been using the concept of our right brain which reads situations, reads reality, as vibrational patterns or frequencies rather than separate forms. And we've been using the In Deeper Process and consciousness as the approach to shift ourselves from where we are to where we want to be.

## SHIFT #25: Let Your Intention Work With YOU!

And this is a radically different skill set, a radically different way of interacting with ourselves, with situations and with intentions than is typical.

Today we want to extend that exploration a little bit further in this recording.

Traditionally we think that WE have an intention and WE are the source or instigator, the one who makes that intention happen through things that we do, actions we take.

From principles of quantum physics though we understand that everything is energy, your energy. Your intention is energy and consciousness.

You are not separate from your intention.

You're not separate from anything.

And in fact your intention is not your own.

Your intention is an experience that all of consciousness is focused upon and wants to bring into expression and you as a human with your particular make up, your particular personality, life experience, stories and desires are the focal point through which all of consciousness is pouring its intention to experience the thing that you identify as what you want.

In truth, when you think about living the life that includes that 'wanted experience', what you really want is to be the person, be the individual that's having that experience.

So we might think about it as though 'I want that pile of money', but what we really want is to be the one at the centre point of all the experiences that include the thing that we want.

SHIFT #25: Let Your Intention Work With YOU!

We understand from quantum physics that that person, that that version of you that's living that experience is doing it now.

It's a real event.

It's a real reality that exists, just as real as this one that you're living right now.

The only difference is the way the state of being that you are focused into is vibrating.

All the strings, all the energy patterns vibrate slightly differently in that state than in this one.

But because that state is not separate from you, that *you* is not separate from you, it's listening to this recording.

It's with you right here.

It knows you.

It understands the differences between 'you' and 'it'.

And so whereas we think we are working towards an intention, in this recording we want to allow the intention to work with you.

Said another way: **We want the you who is living your intention right now to work in consciousness with the you that's listening to this recording.**

Everything's here now.

You are known.

You are understood.

There's nothing about you that's hidden.

The version of you that's already living the experience you want to have.... that version of you is complete.

It knows the experience.

## SHIFT #25: Let Your Intention Work With YOU!

That version of you and its right brain, your right brain, are the same right brain because there are no barriers there, there's no time lapse there.

And so you can allow those two separate experiences to both become highlighted in your awareness now in whatever way they will. Whatever way is fine and perfect and right and good and appropriate.

And you can, right now, allow the intention that you think is still ahead of you, the experience that is still ahead of you, you can allow the *you* that's living them now to tweak you, to work with you, with your energy patterns, with your feelings, with your belief systems, with your perceptions to become more closely aligned or more closely in harmony with that *you* that's living the intentions you have.

This is so much easier to do than the traditional way of working and yet so unfamiliar to us. But this is the time in history when our left and right brain functions become integrated.

And right now as you're doing this without understanding how it would work or whether it could work, no matter how busy your brain is, how concerned you are that you're doing it right, no matter what's going on, you are on the path, your path, your unique path carved out by you towards that. It is a *given* that you will be living that.

And the pathway to navigate is the emotional one, the one that you sense and feel within yourself as feelings that arise, as blocks that arise in your awareness.

So let's do that right now.

Just let your imagination go.

And in fact you may already be knocked out because the energy, the state, the energy patterns of that you that's living that experience are very

SHIFT #25: Let Your Intention Work With YOU!

different probably than the ones that are most dominant in your experience now.

They feel better.

You're a different person.

You don't have concerns that you have now.

You have much greater understanding and wisdom.

You feel safer in the world.

You feel much more worthy, much more capable, much wiser.

And so all of those descriptors put words to feeling states that are different than where you'd be right now.

And when you come into contact with them as you are right now and as my voice brings forward, you may be led most easily into them by simply conking out, going off-line, releasing thought and instead drifting, blissfully unaware as you are being tweaked by the you that spans all experiences all the time, all states.

So let's use the In Deeper Process to have whatever experience is here for you, and has been planned for you by the you that's already living what you want.

That version of you, by the way, will not feel foreign.  
It will feel more like you than you've ever felt before.

It is not an unknown.  
That you is known by you.  
It's you.

SHIFT #25: Let Your Intention Work With YOU!

So let's let that you, let's let all of you be as present in this moment as you can be and bring who you are now right here, (you're already doing it). Let's 'invite' (first step in the In Deeper Process), invite the energy, invite the state of being that holds or represents the you that's living your wanted experience.

Let's invite that energy to be present. Without expectation.

You may feel something very subtle.

You may feel absolutely nothing.

You may feel a surge of something.

You may feel a sudden fear.

Whatever happens is being orchestrated. It's a recognition of exactly who you are now and the patterns that have been most dominant in your experience.

And those are being tweaked by now, right now, by consciousness that knows everything about you, what you want and how to bring you closer to it. Without action at this point, but rather by tweaking, by tuning.

You might even imagine it. (*But let me save that part...*)

So you've invited up the energy.

Whatever is here now – perfect.

Allow it.

Accept it.

Appreciate it.

Let it be here even if it's nothing you can sense or feel.

Next step of the In Deeper Process is 'Decide'.

Decide you're willing to move closer to the you that has and is living the intention you want or intentions. That you're willing to be tweaked by that you, whatever that means, trusting that it's safe to do so and that you don't have to control it because it's you that's doing it.

Decide that that's okay, including if it means no change at the end of this recording that you can discern.

Let it be enough that you're here now, willing and without expectation but willing.

Third step of the In Deeper Process - 'Explore'.

Explore what?

Let's explore this idea: that all of consciousness, all that is is here right now with you, wants for you what you want for you and knows better than you how to bring you and it together. Almost as though all of the energy patterns that make up the universe that you live in are like an orchestra. All strings, all sounds playing, all with the same intention, your intention, all focused here now with you.

And you, as the conductor of that orchestra, the big you, can sense any strings or strands that are just slightly out of tune, not quite in harmony with that intention.

And that you and that intention can tune themselves to harmonize with the entire symphony, all of creation, all of the universe, all of consciousness, all of time and space now here with you vibrating, perceivable or not, doesn't matter, loving you for being willing to be at the front edge of bringing this intention, this new experience into expression, in dense physical form, willing to take these vibrations, these harmonies, this symphony and allowing it to densify through you into

SHIFT #25: Let Your Intention Work With YOU!

experiences you can then walk around in as though you're separate from them but of course aren't.

So at this moment we're going to Play [*Step 4 of the In Deeper Process*].

And in fact we're going to let the intention - the you that's living your intention - play with *you*.

You can relax.

And where you're not relaxed, you can just bring awareness there and say, "Play this away. Tune this. Harmonize this. I trust my life. I trust this moment. I trust myself."

And as you continue to just be here, not efforting, not trying, just yielding each moment, sharing it with the you that knows you, loves you, appreciates what you've gone through to be here now, is grateful that you're here.

It's a new experience for you and for *that* you to be consciously blended as though across time, but in this moment two states are harmonizing in your now moment in a new way.

The future you, shall we say, knowing exactly how to tweak the strands of your emotions, of your perspective, of your being, of your body. Every cell in your body - trillions of them - are on high alert enjoying this, allowing it, every micro-organism in your body as well, all the chemistry, everything adding its consciousness to the one and inviting your left brain, your logical side, to join the rest in this allowance, this acceptance, this ushering in of the you that's living the intention you want to be living.

And now bring your awareness to the state what you feel, how you feel, who you feel.

SHIFT #25: Let Your Intention Work With YOU!

You might notice that the edges of your body seem to be a little fuzzy, if they exist at all.

You might notice - if you want to open your eyes - that there doesn't seem to be that same veil of separation between you and what you're looking at.

You may sense the same aliveness in anything you look at that's also alive within you, the same consciousness enlivening both of you, all of us.

This is a new universe, a new superposition you've just been shifted into by the you that's already living the intention you hold for being in this program and many intentions, all intentions even those you've forgotten about that you know is how to move you through your own areas of resistance and disharmony.

You don't have to figure those out.

And here you are, still the same you, exactly the same you in a whole new world.

Now as we use step five of the In Deeper Process, 'Recheck', (which we kind of already have been doing), which is to just notice what you sense and feel and are aware of.

Your left brain is going to want to snap back in and measure a difference.

It's going to want to see if something tangible has shown up that proves to it that what you've done here was actually something.

But for now what I would invite you to do is simply to notice that the difference is in how on a very subtle level you feel right now.

SHIFT #25: Let Your Intention Work With YOU!

And you can issue an invitation to life to give you a little flag, a little notification in some subtle, maybe fun way, that something real has happened here, that you are different even though there was no work involved other than the work of focusing, intending, allowing and relaxing.

And we'll take it from here another time.

Bye for now.

00:24:38