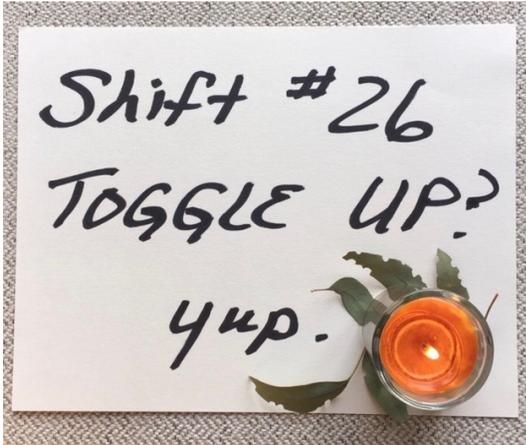


SHIFT #26: Toggle Up? Yup.

Recording Transcript
Wendy Down
Shift #26 – Toggle Up? Yup!
December 2018



Hi there.

This is Wendy Down and this recording is Shift #26 in our 6-Month Coaching Program.

It's called "Toggle up? Yup."

This recording is a way of demonstrating to yourself that no matter what you're observing in a

particular situation of your life, your emotional response to it can be independent of what you're observing.

This gives us such freedom because what it means is that no matter what's going on around us we have the ability to choose how we feel and how we feel is *everything*.

In the text that I wrote for this shift I showed a little panel, an image of a soundboard and what it had on there were a bunch of toggles set at various heights and in the center of each height option there was a red square that indicated the midpoint.



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We're going to apply this concept to our emotional state, to our energetic state, to our vibrational state which is the entire focus of this program, to work on the vibrational patterns that we have, given that the universe is not particle based but wave based.

And as we learn to choose and harmonize and find resonance with particular energy patterns, our emotional experiences, our thoughts, our perceptions of the world and actually the world that we experience around us change as a result.

So the idea for using this recording would be to find and identify and isolate out a particular something that you're focusing on where your toggle, your emotional toggle is below the neutral point.

Below the neutral point would mean what we typically call a negative feeling, sadness, frustration, irritation, stress, anger, annoyance. Any of those qualities that we've learned through our conversation so far are created and are called negative because their fields are held together by or outlined by electrons which are negatively charged particles.

We've learned that our consciousness, when those fields of electrons are brought into direct interface with our whole consciousness, those fields are unable to sustain themselves and will start to break apart, if we hold the intention and give the permission for that to change.

And that's what we want to have happen today.

And emotionally how we read that is that a feeling like irritation or stress will start to fade away and when we focus on that situation afterwards we feel neutral, we feel calm, we feel peaceful. We can't identify an area of emotional charge in our body anymore, no structure that gives us an uncomfortable feeling and also in accordance with that our thoughts don't tend to stick to or stay on that subject, they are free then to move to other topics and thoughts. We're not so stuck in that loop of thinking about that problematic situation that our left brain is trying to

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sort out, but which our right brain never sees as a problem to be fixed but instead a vibrational option to be focused into or not.

And so this is what this recording is meant to show you is how to go from that left brain awareness - like we've done in many different ways - before of focusing on something that's giving us grief, shall we say, to viewing that same scenario, that same situation, through right brain awareness that has so much more option and freedom in its perspective and relationship to it.

And oftentimes what that means is that the toggle on our emotional index on that subject will be permanently raised.

As we do this with enough different topics or subjects as they come up in our life over time, our everyday or our natural overall set point, our relationship to life and to the world rises as well.

So, where to start?

I'm actually going to start in a different place today.

And that is, I want to highlight before we have you think about the situation or scenario that you want to bring to this recording to feel your toggle raise or shift on, your emotional state shift on, I want to highlight the background state into which you're actually bringing that awareness.

So what do I mean by that?

The background state, your natural state of being is one of wholeness, coherence, calm, peace, freedom.

And as you came to this recording you brought that state with you.

Now your attention may have been focused on a problem situation that you thought that you would come here to work with.

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But what you're actually bringing together in this moment is the two perspectives that already exist within you on that subject.

And right now I just want to highlight the one that may be more background in your awareness.

That actually is dominant in *my* experience of you and so that's how I know that this situation that you're bringing to this recording, that this problem that's been dogging you or the situation that's unresolved that it will inevitably fade into nothingness in your awareness because of all that you really that you really are.

The wholeness of you is here right now - with you with me.

And my intention actually is that my voice just carry or express the wholeness of you, the solution that you already are to this situation, this resolution of this uncomfortable energy, this uncomfortable feeling, this energy pattern, let that start to be expressed right now in your awareness as well.

And what that may feel like is sort of a relaxing or a calming or a reassurance on your side, on your end.

If you're starting to be sensitive to subtle energy, a little more maybe than you were at the beginning of this program, you may actually feel something a little tangible related to that but maybe not, maybe just a relaxing.

And you may find (excuse me) that your focus which was really narrowly and directly focused on a situation that was causing you difficulty or grief, like I said, it's just starting to loosen up a little bit. Almost as though that's starting to break apart.

Your mind wants to go there and pull it back up.

But in this state of your own wholeness with the intention that you brought here for that to change, that toggle to change that field of discomfort to shift to an energy that feels better and is in more coherence

and resonance with who and what you really are, you may be finding it more and more difficult to keep your focus on that problem, that situation.

If normally there are a lot of thoughts about that situation swirling through your mind, you may find them more and more difficult to call up. And if so just enjoy that.

If that's not the case for you, just simply surrender each thought as it arises back into the nothingness...the everythingness... out of which it arose in your awareness in the first place.

I'm not using the steps of the In Deeper Process here specifically, but we already know that you came to this recording, to this program with strong intention.

The wholeness of you, the background state, the quantum field, (all the same thing), knows exactly what your intentions are, what the challenges are and how your human self is focused into a very narrow bandwidth of what's possible.

But you've starting to understand that you can trust your right brain to guide you into the unknown to reveal more and more of yourself in ways that please you, satisfy you, open you up and yield what you want to you. Starting always first with better feeling, energetic, emotional states, thoughts and perspectives and situations that currently exist.

And that background state - although we can't really describe it we're trying to use words - it fills up the space, it is the space into which the specific situation that you've been thinking about, that you've brought here to move your toggle upwards on lies, rests.

Except now as the energy and the coherence, a love, really, of that background state, as that comes to the forefront of your awareness, that negatively charged emotional structure fades and fades and fades and fades.

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It may feel distant.

It may feel less.

It may feel obscure.

It may feel mushy.

Notice how it's simply not holding itself together the way that it has in the past.

This is you doing this work for you in ways that your left brain does not understand but accesses the full resources available to you through your right brain tuned in to infinite intelligence.

That infinite intelligence is pouring into this moment, there with you following your intentions, recognizing every block, emotional structure that is currently part of your personality, your makeup and gently lovingly adjusting, tweaking, modifying, reverberating those patterns in a way that will change you, change your perspective and change the situation in ways you will like.

Notice the ease of this.

Notice how the more you relax the less you focus the more you allow, the more you trust, the less you question, the less you think and the more you simply feel, the more enjoyable it gets.

That enjoyment is your body's recognition of your toggle rising.

You're near neutral.

You may be at neutral.

You may be above neutral.

Your set point is different now.

You're different now.

When it comes to that subject, you've entered a whole new superposition, a whole new universe.

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You don't know yet what it's like to be here. You don't know when you come back from this recording and start to interact with that situation what you're going to see, what you're going to feel, what you're going to encounter, what's going to come back at you.

It will be different.

You will be different.

It may seem like a miracle.

It's just physics.

It's just you learning to use both your left and right brains in an integrated way that allows the quantum field, the structure of life itself to work with you rather than against you.

This is what energy work is.

You are doing energy work with yourself and you're getting pretty good at it.

So when you're ready, when you're ready, hm, when you're ready just invite your life to show you in a very tangible way what this time spent in consciousness with yourself has changed, has done for you, has opened up in you.

And I'll see you again soon.

Bye for now.

00:18:28