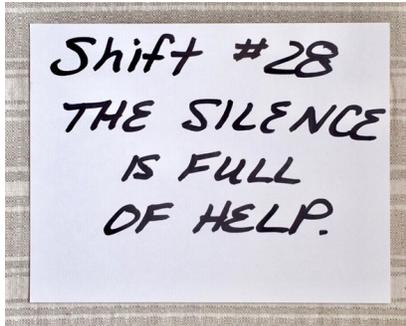


Recording Transcript
Wendy Down
Shift #28 – The Silence Is Full of Help
December 2018



Hi there.

This is Wendy Down and this recording is Shift #28 in our 6 Month Coaching Program.

It's called 'The Silence Is Full of Help'.

By now you are used to putting your headphones in or on, sitting back and listening to my voice guide you to an inner awareness of sensing and feeling, closing your eyes perhaps and being more aware of what's going on internally than around you.

You're used to bringing into awareness thoughts, feelings, sensations that you would like to shift and we've used lots of ideas, concepts, words, processes to help you with that.

What I would like you discover at this point in the program is that you can do that on your own very easily, capably and perhaps quickly and comfortably now without guidance.

We know from research that a state - a space - can be conditioned to basically hold intention and skill.

And your inner space at this point when you turn your attention inwards with the intention of having something shift for you... that space, that action, that decision actually sustains and holds all the work that you've done in the past and the familiarity you have with things shifting.

SHIFT #28: The Silence Is Full of Help.

So at this point I want you to discover for yourself that when you just bring something to the silence within - the state that's now familiar of turning inward - that things will shift easily, effortlessly and delightfully on their own with very little effort or input on your part.

It can almost be like bringing something, an energy pattern, something unwanted to that state and then simply observing the work being done for you.

Or conversely bringing something that you want more of, a feeling that you want more of to that state and having the volume turned up for you.

As that happens you start to discover that your inner self is not alone, it's not quiet and you're not by yourself in there.

When we're used to operating from our left brain perspective only, it's lonely in there, it's quiet and the only resources that we have to access are things we've known in the past, information we're already familiar with, solutions we can already think of.

But when we turn to our inner silence with awareness of our right brain access to infinite intelligence, when we do that, what we discover is that that silence is not empty: Rather, it's full.

And what it's full of and filled with is answers, response, help, support, love, acceptance, fine tuning and in-the-moment lifting of burdens that it seems like we've been carrying on our own.

And as we approach the end of this program which has been guided, like I say, by a lot of words, the thing that I would love most for you to discover is that more than anything what the program has tuned you to is your own inner endless resource, treasure trove of comfort, connection, community, humor, information, healing, soothing and coordination of events in the seemingly external world that respond to your deepest desires and intentions so that you can learn and know that you are never

SHIFT #28: The Silence Is Full of Help.

alone. And always when you turn to the inner quiet within that that silence is full of help.

So the rest of this recording is silent.

Its conditioned space. I've sat with you silently as one presence of many that support you, know you, admire you, honor you for who you are and want for you what you want for yourself.

So as you use this recording simply bring to mind anything that's uppermost in your awareness.

Grab hold of it somehow.

Turn your attention inward and drop it into the silence within.

And then just be a witness to what happens as you do that.

I've added just very quiet background noise (music) to let you know that the space continues, the recording continues but if that's distracting you can turn that down.

And please just enjoy the silence that's full of help.

Here you go.

[07:43 – 33:39 no words]

00:33:39