

## Recording Transcript

Wendy Down  
Shift #29 – And I Am at Peace

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Hi there.

This is Wendy Down and this recording is Shift #29 in our 6-month Coaching Program.

It's called 'And I Am at Peace'.

Most of the Shifts that we've undertaken over the past six months have involved a stretch, a challenge, a new perspective or technique or way of interacting with your emotions or a situation in your life.

The Shifts have involved mostly shifting from the left brain perspective that things are separate from each other and that I am an individual operating on those things - on those situations - as though they are separate from me.

By contrast our right brain perspective is a quantum perspective that understands that everything is the same one thing, including myself, vibrating at different wavelengths, different frequencies and I can manipulate, influence, affect not only my experience of situations, but the situations themselves by interacting with them from that perspective.

These two perspectives of course are radically different from each other.

And the right brain perspective is highly unconventional, not only in the broader perspective of the way the world operates, but also within our own minds.

Most of us have become heavily dominantly focused on a left brain perspective.

And so this entire journey that you've undertaken and which I've undertaken has been intended to make you familiar with the other point of view that always exists in any moment.

It's meant to teach you how to access that point of view with given science to support why it's a rational, reasonable, viable way of interacting with situations.

And the program's meant to give you a sense of skill or ability to influence the vibrations, the energy patterns that you're currently existing in and to influence them in a way that not only makes you feel better about what you perceive is going on, but actually tweak those situations as well.

Many of the topics and ideas that we've entertained will not have likely been easy to absorb, comfortable, natural.

They may have challenged you.

You may have been skeptical.

You may have tried different processes and not felt you've been successful at them.

This recording, as the second to last one in our series, is meant to have us - have you - look back over what you've taken on and where you've gotten to now. And that will include feelings of satisfaction, pride, perhaps some exhilaration, a sense of wonder and marvel about some things and about other things perhaps some confusion, frustration and other feelings associated with wishing that something else had happened to this point other than what did.

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So right now together we're going to spend the next few moments reviewing not in great detail, but reviewing how far you've come over the past six months observing the waves of thought and emotion you have about the journey you've been on. And being at peace.

It's possible on the rest of the recording I may ask you from time to time just to breathe in - and breathe out.

If I do that I would ask you just to do that at your own comfortable pace, not try to match the timing of my wording or anything like that.

Just let the breath that your body naturally takes, breathe in something - and breathe out something else, perhaps with my direction or explanation of what you're breathing in and out.

You can actually just try that right now as you're listening to my words, already reflecting a little bit on some thoughts or feelings about what your journey in this program has meant to you or how it's been for you.

Right now some of the emotional patterns, energetic patterns and thoughts you have about it will be uppermost in your awareness.

So at your own comfortable pace just breathe in appreciation for yourself for having embarked on this journey, having taken the risk to step into some real unknowns as you naturally breathe in and breathe out, allow yourself to breathe in appreciation for yourself.

And every time you breathe out, naturally, at your own pace breathe out or be breathing out any sense of frustration, self-judgment about where you are right now as compared to where you hoped you would be, expected you would be, want to be.

Just slowly at your own pace as you breathe in, breathe in appreciation for yourself.

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Let go, breathe out, anything you've been holding onto, that is contrary to that.

Slowly, comfortably breathing in pride, in your courage, in your tenacity, in your attempts.

And when you breathe out - breathing out judgment, breathing out resistance, breathing out anything that seems contrary to full appreciation, acceptance of where you are right now in your life and in this program.

Breathing in appreciation -

and breathing out anything other than that.

With that start we'll just take a moment to reflect on perhaps a few highlights that come to my mind about some of what we've gone through together.

And as you reflect with me on some of these things, just continue breathing in appreciation, pride in yourself - and breathing out anything other than that.

So over the course of our time together, you've tried understanding your emotions and energy in a way that's different than you've ever understood them before.

You've tried using the In Deeper Process.

And you've worked with, focused on the fields of energy or emotion you experience in your life in ways that are new and different from the way most people interact with them.

You've read about quantum physics.

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You've tried out dazzling ideas about your place in the universe.

Ideas like you are consciousness itself experiencing itself from a particular and unique point of view.

Thoughts like this you've been able to absorb and accept and take in to whatever degree you have.

And you've had whatever experiences you've had while you've been taking them in.

As you think about big thoughts like that one you may have yearned to take them in more fully, to express them more often in your daily life, to understand them more deeply.

And so as you recognize right now what your current understanding and state of being is on some of these big ideas, there may be a sense of completion or incompleteness, satisfaction or some dissatisfaction, contentment or discontentment.

Whatever your current awareness of where you're at right now is, as you breathe in, breathe in appreciation for yourself for having brought yourself here.

And breathe out anything other than that.

At your own comfortable pace -  
Breathing in appreciation for where you're at right now -  
and breathing out anything other than that.

And you might even say to yourself, 'I'm where I am and I am at peace.'

"I'm where I am and I am at peace."

You've taken on some really specific ideas that challenge old ways of being.

For example the idea that you're *right* to be the way you are.

You are right to have done what you've done.

You are right to have the limitations, the desires and the experiences you're having.

You've considered the point of view that you're able to be with any emotion and with practice and development of skill and intention and focus that you can shift that emotion, that vibration to something that feels better, is more natural to you and is more unified, connected to the wholeness of the quantum field.

You'll have had whatever degree of success, comfort and practice you've had with working with your emotions and energy that way.

And as you review where you're at with that right now, you can breathe in appreciation for yourself.

And when you breathe out, breathe out anything other than that.

And when you think about where you're at right now in terms of your ability to shift energy, to change emotional states, to understand that in a realm of yourself and to manipulate it in ways that are becoming more natural, easy and unique to you, you might say to yourself, "I am where I am and I am at peace."

You've taken on ideas from quantum physics, again, that suggest a radically different way of understanding what life is.

From our left brain perspective we see ourselves as human beings, objects moving through space and time.

But from our right brain perspective and from the perspective of the quantum realm that's not the case.

In that realm we are moving through a series of super positions, emotional states, all available inside of us, all existing here and now in which we as magnifying glasses of any one of those super positions then live in and walk around in as though it's the only one.

From this perspective we understand that the past is something we're creating in the moment and therefore we're free to lift ourselves away from the impact of anything that's happened in the past.

We understand that all of our power is in the now moment because the 'here and now' is the only thing that exists.

And as we learn to navigate our emotional terrain - the super positions that exist within us as limitless options - we gain access to our innate ability to be masters of our own experience.

And as you remember the times you've read about these concepts, tried to apply them in your life and have feelings about where you're at with that, when you breathe in, breathe in appreciation for yourself. For your desires, for your attempts, for your willingness to take risks, for your willingness to trust, to reach.

And when you breathe out, breathe out anything other than that.

When you breathe in, breathe in appreciation for yourself - and naturally at your own breathing rhythm as you breathe out, without anything other than that.

And as you think about where you're at right now in terms of understanding any of these concepts, applying them, being successful or not with them, you might say to yourself, "I am where I am right now and I am at peace."

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There's been tremendous depth to the work that you've touched upon within this program.

Many, many of the concepts are big, big concepts and you may have just touched the surface.

These concepts, in fact, may take the rest of your life, if you're interested, to deepen into, to absorb, to understand to new depths, to greater depths.

And if so, you can trust your life to bring a continual perfect stream of next opportunities to learn, to practice, to understand.

And as you consider that thought, when you breathe in, breathe in appreciation for yourself.

And breathe out anything other than that.

There's no place better to be than where you are on that subject or any subject right now.

And as you contemplate your own life journey, the things that are satisfying to you and the things that are still undone, the things that sit easily in your mind now and the things that don't, the things that are settled in your life and the things that are unsettled, bring all of that to mind in whatever way it comes, you might just say to yourself, "I am where I am right now and I am at peace."

This Shift called 'And I Am at Peace' is really a profound state of being that is one worth cultivating. Not just about this particular program and the journey that you've been on so far with it, but it's a state of being that can be practiced in any moment of your life because at any time in your life there are going to be things that are the way you like them and things that aren't.

Always.

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And so learning to say, "I am where I am right now and I am at peace." really puts us in the best position to let our life show us, bring us what's next for us and to use all the principles we've studied in this program so far to support us in our forward movement.

So as I end, just allow your breath one more time, as you breathe in to say to breathe in appreciation for yourself.

And to breathe out anything other than that.

And to allow it to be true, when you say, "I am where I am and I am at peace."

When you say that that your body starts to resonate the truth of that, you start to understand it can be that way and that you have the ability to give this peace to yourself.

That's all for now.

Bye.

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