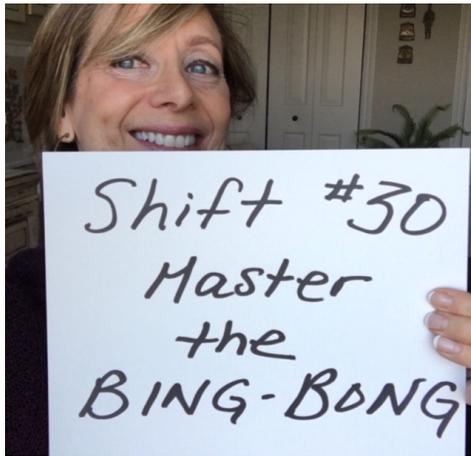


Recording Transcript

Wendy Down

SHIFT #30 – Master of the Bing Bong

January 2019



Hi there.

This is Wendy Down and this is Shift #30 in our 6 Month Coaching Program.

My intention for this recording, this concept which I'm calling 'Master the Bing Bong' is to give you one straightforward, simple, memorable idea to take forward from here.

It pulls together everything that we've talked about in this program so far.

It takes advantage of what we've talked about with quantum physics.

It uses your understanding of what emotions are and how to work with them using the In Deeper Process or other ways of shifting energy that work well for you.

It gives you a way of being in any single 'now' moment of your life and knowing what to do.

So, there's a lot I can say here and I'm going to do my best to put this clearly in a way that you can comfortably hear and use on your end to receive what there is here for you.

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I invite you to, hm, be as present here as you can be.

In other words bring all of your attention to this moment, to who you are right now and to the potential that you are hoping that this recording will bring to you.

Consider this a self-created experience, an answering of something that you've wanted in a way that's delivered to you so easily and simply through the words, the energy, the instructions and the information that you're about to receive.

And as you settle into this moment, take just a second to appreciate yourself for being here.

You've learned so much over the past months.

You've changed so much.

You've opened up so much.

You've become so different.

And may this recording lock that in to you in a way that's solid, reliable, sure, comforting and gives you confidence that no matter what life brings your way from here on, you'll have the tools, skills and the understanding to maneuver through it and to come out the other side of it, whatever it is; knowing yourself better, feeling stronger, feeling proud and feeling excited for what's ahead because there are always more things ahead.

So on to 'Master the Bing Bong'.

What is the Bing Bong?

The Bing Bong is, let's call them the opposing forces, the magnetic forces, the positive-negative forces that hold our universe together and

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which create matter. Every atom is made of a dance between positive and negative and every single moment of your life includes an awareness of those forces.

Often those are expressed in ideas that seem positive or negative and feelings that seem positive or negative.

This positivity or negativity in our thoughts and feelings are simply the way that the forces that hold the universe express themselves in the constructs of our mind and emotional bodies.

It's awesome.

So take a moment just to breathe in - whatever degree of understanding of that you got -

and breathe out anything that's ready to go.

One more breath in -

and another one out.

Again, just being here in this moment.

Just enjoying being you with the anticipation of what's here for you.

That's the Bing.

The Bing in the Bing Bong is something that feels a little uplifting.

It's a potential that the moment here and now offers.

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For example the idea that there might be something here for you that's new, that's interesting, that's exciting.

That's a Bing.

The Bong is what almost inevitably follows a Bing.
It's a thought or a concern or a resistance to the potential.

So in this case it might be a feeling like, 'Oh, maybe there's something here for me.'

And the Bong would be: 'Oh, I hope I get it. Oh, I hope I don't miss it. Oh, I hope ...' Some sort of contraction, a furrowing of the brow or a worry or a clamping down and really trying to focus and make sure you follow.

The Bing is the upliftment.
And the Bong is the down.

The Bing is an up -
and the Bong is the down.

And every single moment contains it.

So mastering the Bing and the Bong is the key to continually toggling up, to use a term that we talked about in an earlier Shift, to becoming more integrated, more whole, more of who you are and to live a life that includes more and more upside, growth, joy, better feelings, better opportunities.

Another way of talking about the Bing and the Bong that's offered in every moment is that the Bing is like an invitation from your right brain, the part of you that's deeply in touch, integrated with the quantum field; that understands everything that you want for yourself and is offering to you something right now that has the flavor of that.

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It might be something as simple as the thought like, 'Ooooh, I wonder what I could eat? Ooooh, maybe some ice cream. Ooooh, maybe there's some mail for me. Ooooooh, maybe my TV show that I'm watching has a new episode.'

So simple, but just anything that gives you that little sense of 'Oooh' - that's the Bing.

They arrive, you'll notice, unbidden, just as an idea.

Out of the entire sea of possibilities of thoughts that could be thought in any moment, it's the one that's coming to you right now.

And it's so worth cultivating awareness of those Bings.

This is where intuition comes from - as a Bing.

Another way of talking about a Bing is that they are **the flavor of the feeling state of a superposition, using a term from quantum physics, the flavor of the superposition that's calling us into it next.**

That's why it feels a little better, a little uplifted from your current state in this moment.

So Bings are right brain, intuitive, interesting thoughts of potential that fall into your mind.

Every moment offers one.

What almost inevitably follows on the heels of a Bing, like I said, is a Bong.

A Bong is a statement or phrase in opposition to the potential of a Bing.

So, it might go like this Bing Bong.

‘Ooooh, I might like some ice cream.’

That's the Bing,

Bong: ‘No you can't eat it. Too many calories.’

Here's another one.

‘Ooooooh, I might like to go see that show.’

That's the Bing.

‘You don't have enough money.’

That's the Bong.

Bongs come from the left side of the brain.

They're factual.

Statements of fact.

Of what?

The current superposition that you're in recognizes as fact something that must be faced. The *truth*.

From your current superposition, the Bings may feel frivolous.

They may seem out of reach.

They may seem fanciful.

They may seem unproductive.

And they are the path to follow to realize the full potential that you have in this life to become everything you are here for.

Bings are hard to follow, to take action on because they seem so contrary to what we know to be true.

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They seem like risks.

They're dangerous.

They seem unsafe.

And they certainly are that way from the perspective of the Bong, the facts that present themselves on that particular topic.

But the amazing thing about how I'm going to describe working with the Bing and the Bong, mastering it, is that when you allow yourself to follow a Bing, first energetically, then what happens is that the Bongs, the opposition to those Bings start to dissipate, disappear and new facts start to emerge that match Bing.

The purpose of a Bing - a thought like 'Wooo, I'd like to open my own shop' - the purpose of that often is to bring up into awareness all the charge, the emotional charge that represents the state of being that you're in right now, that you need to move beyond, that you're being called to move beyond by the thought of the Bing.

My advice, in terms of mastering the Bing and the Bong, is to use those opposing thoughts on any subject that arise in any moment to quell, neutralize, transform the inner dissonance that you can sense between the Bing and the Bong.

So,

'Wooo, I'd love some ice cream.'

'No, it'll make you fat.'

Those are like two sides of a coin.

The left brain wants to make a decision 'Do I or don't I?'

The right brain wants wholeness, integration and it's brought both sides of that coin, the Bing and the Bong uppermost into your Now moment awareness, so that you can use the In Deeper Process to erase the electron wall that lies... that seems to create... the opposites.

This is the great paradox of this work.

It seems like you would have to decide, 'Do I spend the money? Do I not spend the money?'

The paradox is that the question about money itself can evaporate as you work to change the state of being in which the separation and in which the question exist.

And again with that - a big breath in.

Just to take in the potential energetically -

and breathe out any fear that you haven't grasped it, don't understand it, aren't sure about it.

Big breath in -
breathing in the potential of the Bing -
and breathing out any tightness or constriction that's the Bong.

I'm not the first person to talk about this, but this may be the only way that I've spoken about it. The way that I'm speaking about it now is probably the only way that it's been described this way, that I'm aware of.

One of my early favorite books was written by the Indian guru Osho and it was called 'Courage - The Joy of Living Dangerously.' I know Osho is a controversial figure, but this book for me at the time was just amazing because he made a case for taking every risk.

His quote with something like 'Risk risk. Take every risk. Taking every risk is the only way to feel truly alive.'

That principle is sort of the same thing as what I'm saying here except what I'm adding to that thought is that before you take any action, you

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use your by now well-developed sense of being able to quell your own emotional discord, so that risks don't actually feel like risks.

When you're undecided, unsure what to do, you allow the dissonance to be there.

'Should I or shouldn't I. I want to, but I shouldn't.'

You allow the question, the tension between the Bing and the Bong, the Yes and the No to be present. And then you take your awareness to it using the In Deeper Process.

And before deciding to take any action, you allow that field of dissonance, that charge to dissolve in your awareness until there's none of it left to feel.

You don't know what your answer is going to be.
You're just waiting for the neutrality to come.

And then at some point you'll just know.

Other teachers have talked about this as well.

Tom Stone would have said the goal would be to trust our intuition and act on it every single time.

Intuition comes from the right brain, the quantum field. It is direction to know what to do before having reason to do it.

The In Deeper Process helps us to neutralize the risk before taking any action.

This is what it means to "Master the Bing Bong" which every single moment, as I said, includes. Right now, for example, after you finish listening to this recording, you may be deciding what you want to do next.

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As you scroll through the possibilities in your mind there'll be one or two that just have the feeling of a Bing 'Wooo, I'd love to...'

That's the one to notice.

Notice that Bing and then notice almost immediately how the left side of your brain, the contrast, the contrasting side of that neutrality, the positive first and then the negative charge to follow says something like 'Oh, that's not practical. Oh you've got too much work to do. Oh what would people think?'

All the objections that are completely factual, based on the state of consciousness, the superposition that you're in right now.

And so before deciding, you feel.

This advice actually builds on a Shift that we did much much earlier in the Program which was called 'Feel, then Act'. (I can't remember the number of the Shift.)

But by now you have so much more capacity to understand what's going on as you work with your own feelings and why that's useful that I've brought it forward here.

It's really the only way that I navigate my life and have for a long time.

When I first started doing this, I thought of it in terms of the question, "What would I love to do, if I wasn't afraid?"

I know I've mentioned that before.

Because 'what would I love to do?' brings the Bing.
'Ha! That!'

If I wasn't afraid brings the Bong.

'Oh that's not going to be practical. That's a waste of time. That's impossible.'

Recognize the Bing and the Bong.

Recognize what you'd love to do, if you weren't afraid.

The feeling of fear will come up and you know by now what to do with that state of energy that has that electron wall, that negatively charged emotion in your body or wherever you sense it.

It's not always in your body. It can just be a wave.

In fact if you've done a lot of In Deeper work by now, you may notice that your emotional fields aren't so defined anymore.

But as long as you can sense or feel the discord between a thought 'Wooo, I'd love to but I...' - but - whatever the but is, you can distinguish the feelings state between those two thoughts.

[Within that awareness], you've got the energy. You've got everything you need in order to work with it using the In Deeper Process and allow that line of separation in your own consciousness to dissipate. So that wholeness and integration pervades both sides of what seems like two different choices, two different options, two different points of view.

And that integration, on its own, shifts you into a new superposition.

From that new state you'll see the situation differently, as I said before, and new opportunities, new perspectives, new Bings and Bongs will arise in the next moment and the next moment.

It's such a beautiful way to navigate your daily life based on your own inner experience, your own right brain perception of the energy that's being presented in each moment as opposed to, or I suppose including and not solely based on left brain, left brain observation of this-or-that.

Mastering the Bing and the Bong.

Mastering the Bing Bong.

That's what this whole program has been designed to help you do.

And while this recording is the last recording in our 6 Month Program, you'll carry on and your life will continue to bring you opportunities including potentially with me, to carry you forward in the direction, directions you most want to go.

Those calls forward you can always recognize as a Bing, a feeling of interest, excitement, of one thing standing out among a sea.

Notice those Bings.

Attune your awareness to notice those Bings.

And then use your incredible emotional system, your emotional structure to manage the Bongs.

And that, my friend, is a recipe for a life that feels better and better and better and better by choice.

I have been so blessed personally by this 6 Month Program and by having you here with me as a focus for making these recordings which have also benefited me.

And onward we go.

Bye for now.

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