Hi there.

This is Wendy Down and this recording is 'Shift #6 - The Sweet Spot'.

And the Sweet Spot is a concept I have thought about for years when I've worked with people who are using consciousness, focus and intention to bring about a desired result in their life.

I would define the Sweet Spot as a state of being where you know that there's something that you want...

(and I know as you listen there are intentions that you have, goals and that you've actually specified when you joined in this program. You may still hold the same intention at this point in the program or your intention for being here what you want to realize may have changed.)

But regardless, at any moment in time there is something that we would like to be living that we're not.

And for most of us, we actually have, I think, most people actually have like one big overriding long lasting goal or intention that takes up a good deal of their focus and intention over the course of their lifetime.

It's like the pivot point around which a lot of their say personal work is done.

And so the Sweet Spot often relates to an intention like that.

And it's when we've had that intention and rather than feel negative emotion in the present moment because we aren't living it, we actually feel as good about this moment in time, this experience we're having in life as we imagine we would be feeling if we were living that thing that we want that hasn't come about yet.
Up until the point where a person reaches the Sweet Spot often there’s a lot of emotional charge, I would say.

When they think about that reality that they want they feel that this moment is 'less than', 'not as good as'. They feel maybe a lot of conflicting emotions about wanting that and not having it yet.

When, before a person reaches the Sweet Spot they envision something that they want and feel negatively about not having it.

And so a lot of the work that I've done with people individually over time has been focused on allowing them to reach the Sweet Spot which sometimes I call The Tipping Point as well.

A lot of the work is about reaching the point where they actually feel OK or neutral about not having it. And before reaching that point a lot of times they can feel like 'Oh, if I'm not actively desiring or aren't happy because I don't have that resolved maybe that means that I won't get it'.

And that comes from thinking that we are alone in the Universe and if we aren't focused on making what we want happen it's not going to happen.

Very left brain.

The really interesting thing that happens when we reach the Sweet Spot of feeling neutral emotionally about not yet having our intention having been realized is that it allows the broader part of us that's connected to the wholeness of the Universe…, the part that our right brain is much more aware of and in tune with as we've talked about on previous recordings and in previous shifts… when we reach the Sweet Spot, what essentially happens is that we give up the sense of needing to hold onto that as a separate thing and sort of release that intention to the larger forces to bring it about.

And I call it the Tipping Point too because it's at that point of surrendering, some people would use that word 'surrender', or 'letting go' of that intention.

From an ego perspective or an individual perspective it's that we've reached the place where we actually feel OK whether it manifests or whether it shows up or not.

And that's when oftentimes it magically does.

So it's this really odd paradox experience of knowing you still want that, but being OK if it doesn't happen.

And then it does.
So that’s why I call it The Tipping Point or the Sweet Spot.

So today I want to actually talk a little bit about the physics of what’s happening when you’re doing that and also how to actively work with the physics of your body, the physics of your being to reach that Sweet Spot, if you want to.

So the physics.

It's funny, a lot of times I think when we talk about the idea of Quantum Physics it makes our eyes glaze over because it seems so abstract and unrelated to our daily life.

Except this particular one is so related to our moment by moment experience that I just love it and I'll do my best to explain it and then apply it.

So the concept of quantum physics that I want to describe was theorized, I guess, or discovered in research by a physicist named Dr David Bohm in the 1940s.

And what he found was that electrons which are the negatively charged tiny little wave particle units that along with protons that are positively charged little wave particle units, make up atoms.

So you probably know that atoms make up all of matter, everything that exists is made up of a combination of positively charged atoms or protons and negatively charged atoms or electrons.

And what this physicist discovered was when he put electrons into a gas or plasma state, not sure I myself totally understand what that is, but when you put electrons into this fluid state let's say, malleable state of being like a gas or plasma, they didn't act as individual atoms but they sort of developed more like a part of a larger and interconnected whole.

And what they did, what their function was, was that electrons would, if they noticed something that was foreign, they would sort of form this wall around this or an object or impurity or whatever it was and create kind of like a cyst forms in a biological organism around something that's perceived as foreign.

And electrons would work together to create this cloud or this wall between that foreign object and everything else.

And so the function of electrons. Is to create a sense of separateness within the wholeness that we each are.

So let me say that another way.

As we know from the previous shifts that we've talked about, to your right brain you are part of the whole.
You are a point of consciousness, a point of focus in the Unified Field, as science would call it, the substructure that is not made of separate things, but is just a vibrating web of interconnected wholeness, everything being part of everything else.

And so the functions of electrons is to create a sense of separation within that wholeness. Which is really interesting.

Also, know that electrons are the negatively charged portion of the atom.

And so that is only useful and interesting because we experience this all the time.

So to apply it to the situation that I'm talking about say you, right now, are thinking about the intention, something that you would like to be living that you are not yet.

It's important to you.

You really want it.

You've thought about it for a long time.

It matters to you a lot and you're not there yet.

So it seems like this moment in time without it is somewhat negative, it's lacking because that thing you want is not here.

So when you think about this present moment and being here without it, your own electrons in your body are acting cohesively together to create a negative wall. That separates you from that concept, the idea that you are in a situation that is slightly negative to you.

And this negative wall is exactly what we've been talking about so many times as we've worked with the shifts in this program.

It's what the In Deeper Process [changes] - that I still want to describe in more detail and more clearly and in different ways to those of you that are new to it.

This negative wall or this negative charge of electron particles that your body generates when it thinks of an idea that you don't like creates that energy field that you sense as negative emotion.

So this experience is actually literal, this quantum physics concept of negatively charged electrons, and your entire body is made up of electrons and protons.
Your body is creating this sense of separation between you and this present moment thinking that a future moment has more positive thoughts about it and so that thought contains less negative electrons focused on it.

So what to do with that?

So my point again in saying that is just look how literal this explanation of how atoms act or the substance that makes up matter acts in the presence of something considered foreign or let's say unwanted, such as a present moment that contains or is missing something that you want but do not have.

So let's make it applicable. Perhaps you are already sort of feeling that response in your body when you think about the intention that you have for being here and notice that you don't yet have it.

And so your body will be generating this field or this wall of negatively charged particles and you will be sensing that as some sort of negative emotion.

I've described those energy fields in terms of shape and location and size and texture and so you can feel for that.

Sometimes I'll point out too that they don't actually all have a shape.

Sometimes it's just a particular unique sort of signature, a sensation that feels slightly off or extremely negative and it feels like it might be in every single cell of your body that's just perhaps screaming 'No!' at this situation.

And so as long as you can isolate and sense the negative quality, the resistance to what's happening and what is real for you right now, then you're in touch with those negatively charged electrons and to that wall that's creating that sense of separation between you and what's going on in this moment.

The interesting thing about working with the In Deeper Process is that it has you step back and just notice that field or that charge without identifying or thinking about the story related to it.

And so your right brain, when it just witnesses that charged field, that negative emotion in your body, it observes it from a from a sense of being neutral.

Your right brain actually witnesses that with interest and curiosity because it sees all around it.

In other words to your right brain that electrical negative charge of emotion is just -, it doesn't occupy all of its space. It's just an experience within the wholeness that your right brain perceives you as. And so it's not threatened by that.
So as human beings we're in this really interesting position in relation to this mechanism that creates separation in our experience.

To our left brain which sees things as separate, it seems like 'I am here and I want something that is not here.'

And so this moment that doesn't include that thing I want, I feel as lacking and I feel negative about this moment.

It feels like that thing I want is on the other side of this wall and I can't get to it. I don't know how to get to it.

Let me put it that way.

And yet to your right brain, your right brain just simply witnesses the charge.

It, like I said, is curious about it and simply observes it.

And as it observes it, the observation of your right brain focuses all the forces of wholeness, all the energy, all the presence in wholeness in there and starts to change it.

So that may be happening already, but…

… I'm actually into working the In Deeper Process with you but for those of you that aren't as familiar with the steps, I actually want to stop here a second and name them as we're working right now with the energy of that, but I want you also to understand what you're doing.

So the first step of the In Deeper Process is to invite up into awareness the negative charge.

And so we did that a few minutes ago.

You became aware of the emotional response, that field of charged electrons in you, that arise in your body when you think about a situation being not exactly the way you would like it to be.

That's the first step 'Invite'.

The second step is to decide, you're willing for this to be different.

That you would be fine, if you weren't feeling this negative charge in your body about this present moment.
And I did talk earlier about how sometimes we aren't actually willing or sure we want to give up a negative charge, a sense of separation from something because we're afraid, if we give it up the thing we want won't happen on its own, when actually the opposite is true.

The third step of the In Deeper Process is to **explore**.

And that's what I started having you do as I described how you would sense or notice that that negative charge was there.

And I did that by focusing your attention on the fact that something is missing that you would like to have and you would prefer having it than not having it and right now, as far as you know you don't have it.

And so you notice to see, if your body generates then a negative field, an emotional response, a negative emotional response to that thought and isolates that from you; isolates that thought as a separate distinct perceivable semi-physical object, let's say or something distinct in your awareness.

The next step is 'P' for **Play** and I want to show you specifically how to play with this energy in a different way that allows you to reach the Sweet Spot of being neutral, about not having the thing you want. Actually very quickly.

And so assuming that that negative charge or that negative emotion is still reverberating somewhere in your awareness, you're still aware that you don't have the thing you want fully expressed and you don't know when you'll get it, don't know how you'll get it and it seems to be separate from you.

Here's a way to play with it that actually works directly with the electrons.

And **the way to work with it, to play with it is to love it**.

And what that means is -, I've described a little bit about the forces in your body that keep that emotional field that separates you from the thing you want in your now experience.

And it's pretty cool that that exists there.

There are forces that keep that in place and you don't understand how that's happening.

And so you might not like the feeling in your body, you might not like the feeling of those negative emotions, you might not like the feeling that arises in you when you recognize that you don't have something that you would want or some things that you would want.
But for a moment just notice and admire the mystery of the forces that keep that structure or that vibration, that negative charge in place despite you not wanting it to be there.

Just marvel at the fact that that exists in you as a mystery.

There are some forces at play there that you don't understand and you can admire them.

You can in fact appreciate the intelligence of them, the complexity of them, the unknown of them.

Just admire the forces that keep that emotional charge in place and keep a part of you that seems to be separate from you.

And what I mean by that is that in the realm of wholeness the underlying structure of reality, you are not actually separate from that experience you want to have.

But there are these amazing forces that make it seem so real that it's nowhere in your experience.

And that's something to really marvel at.

And so if you can allow yourself to marvel at the fact that you don't understand how that works and yet it does work because it makes it this sense of separation within the realm of wholeness so real in your experience, then you're already changing the negative electrons into a different form.

And this is a really cool thing that has been discovered about electrons and all quantum particles, is that they can be turned into other types of quantum particles.

That negative charge that's there as you create an environment within yourself that doesn't hold it as a negative, doesn't hold them in their negative state, they start to change on their own.

This is physics.

So you're working with the physics of your body right now.

It's like you're doing energy work on yourself.

You're not treating your body as a body. You're working with the physics of your body in a way that probably is new and you've probably never thought about this before.

There's a part of you that knows how to do this that isn't known to your left brain conscious rational mind.
But there is a part of you in the unknown that knows exactly how to work with these forces.

And so right now because of the intention that you have for this to be different, those parts are starting to work together if you're able to marvel at the forces that have kept that negative response in place. And kept all the thoughts that you've had about the thing that you want, probably the same for so long and kept you maybe stuck maybe for a long time.

And you're starting to marvel at the forces of that and you realize that right now you're engaging with all of that physics in a new way.

See if you can actually love and appreciate the complexity of your consciousness and your life that allows you to have this really rich experience of being an individual within the field of wholeness that you really are interwoven with because these, I'll call them lines of separation or walls of separation, are what give us the experience of being a limited being within wholeness itself.

So it's almost like, what we really are is depending on the tradition you like or the words you like, we are all that is, it's like God or the Field or the Quantum potential, there are all kinds of words, whether you prefer religion or science.

It's like that wholeness gets to have the experience of being separate because of you; because you're willing to exist in this really amazing human experience of walking around as wholeness but experiencing yourself as separate from portions of it.

It's absolutely a fascinating and amazing experience for the wholeness to have, simply because you're willing to be here.

And right now as we're talking about this, both of those experiences are present for you.

You're an individual.

And you're the wholeness.

And right now all of that is sort of blending in a way that's probably new for you.

Right now it's possible you've conked out and simply aren't following along with my words :-)

And if that's the case that's just fine because the part of you that knows how to work with these forces and work in the wholeness with the patterns that make you experience yourself as separate from everything else in ways that seemed to limit you and limit your access to portions of yourself and portions of the wholeness that seem off limits you.
That's all starting to change in a way that's new and desired and helpful to helping you reach and live the intention, goals, life that you joined this program to have.

So we went really far, I guess, in deep with that.

I'll just say one more time that if when you are working with a negatively charged emotion and you want to play with it in the way that I've described today, one way to do that that's really wonderful, if you can do it, is to look for the force and admire the force that keeps that negative charge in place in your body because it gives you a sense of separation from something that wouldn't exist, if that limitation wasn't there.

So admire the force.
And if you can, love the fact that that force exists.
Those forces exist because they give you an experience of being limited when you're actually not limited.

Another really cool idea from physics, one of physics is that there's no time and space; that you are always only here and now.

There's only now there's only here.

And you know that because of your experience that that's all the ways the way every moment happens.

You're always only here.

You're always only now and so everything exists in this present moment because there's no other place to be.

And so that experience you want to have is right here right now.

And on a quantum level, on the right brain level, on the physics level the only thing between you and it, is patterns that seem to create separation or limitation between you and it.

And so now you're starting to know how to work with those and dissolve those patterns so there's less and less between you and it.

The Sweet Spot, as I said I'm calling this recording, is when you can be in this present moment where you don't yet have the thing that you want but you love this present moment anyway.

And it's quite possible you're there right now because each present moment has so much richness to it. There's nothing missing in this present moment.
SHIFT #6: THE SWEET SPOT

It's all here.

And so right now you're having -, because you haven't yet experienced or you haven't gotten that thing that you want, that absence of having it has made you explored deeper into yourself and discover aspects of yourself in the way that you're constructed that you maybe never would have done otherwise.

It's brought you here.

It's brought you to my words.

It's brought you to this recording

And so you are fundamentally different once you're finished listening to this recording than you were when you came on or when you started listening and so you can be curious about what will be different in your life as a result of the shifts that you've made on this subject.

So I look forward to discussing it with you in the Facebook Group and -,

oh, and the last step of the In Deeper Process is to recheck.

And I guess that's what I was just doing right now is to recheck how you feel right now when you think about the fact that the thing that you -, the intention that you have for being here is not yet realized and just to look to see if you still have that negative charge, that wall between you and the thing you want.

Thanks so much.

Bye for now.

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