Hello there.

This is Wendy Down and this recording is the first in our Coaching Program. So we'll be using it to kick things off.

It's called 'Shift #1 – Make Space'.

I've decided to call the posts, the articles and every piece of information that I share with you a 'shift' because that's what my intention is when we're working on the quantum level, as we will be during this program.

We're working primarily with shifting energy and what that means is that an insight and change in perspective (which is a shift), working directly with an emotion can shift your emotional state.

And so I want the word 'shift' to represent my intentions and your intentions which is to make progress towards your goal and/or intention happen in a holistic and a different way than the standard.
So, 'Shift #1 - Make Space'.

Where I want to start is by noticing the space that you're in energetically or emotionally. Right now this moment as you're anticipating this next six months together.

There is a place where you're at right now related to your goal or intention, a place where you're at in your life and from that place you're looking towards a different place that you would like one day to be standing.

And normally when we're standing in one place and we're looking at a place that we want to be there's a degree of dissonance, shall we say, a degree of discomfort in our perspective.

And from a quantum perspective that actually represents the difference in vibrational states between where you are now and where you want to be.

So your body picks that up as an emotion.

And typically we think that, you know, if we set a goal and we want to move towards it, it's about taking action, it's about making things happen and it's about what am I going to do, how am I going to get there and being very logical.

But from the perspective we're working from, we want to include our right brain, the way our right brain reads situations and the way our right brain works. And that includes shifting states of being.

So on this recording I want to demonstrate how you can actually achieve and be at the state of being that you want to be at, to feel what it will feel like when your intention is realized when you're the endpoint of this program, when you're looking back over the program rather than ahead; you can feel that now. And that, actually, a good portion of you is already there and there's just this small disruption, shall
we say, in your field or in your emotions or in your present moment that can change.

So take a moment, if you can just to sit quietly because this is going to be an internal process.

We're going to work directly with that energy in the way that we're going to do throughout this whole program. We're going to use the In Deeper Process - five steps - and I'll walk you through them, but we'll probably do a part of it a little differently than maybe I would normally do it.

So the first thing is when you've got your eyes closed, you're sitting comfortably, you're listening to my voice and you're hearing me talk about this dissonance between how you feel now, when you look ahead to the thing that you want to have happen and how you will feel when you're actually living that experience.

If you invite your body to show you, it will bring forward the emotion, the energy patterns, is another way of saying emotion, bring forward the energy patterns that represent the dissonance between those two moments in time, shall we say.

So let me use some words to highlight that or bring that out for you.

You might be feeling a sense of anxiety, you know, uncertainty. Is this going to happen? Can I get there? Do I have what it takes? What's it going to be like? Will this program do what I hope it could do?

There'll be a sense of hopefulness, maybe a sense of doubt. You may actually also have some of your own concerns from the past related to this specific topic.
So a whole array of emotions are likely to be present when you sit here right in this moment now and contemplate the fact that you've put on the table that there's something that you want and you're not living it yet.

And your body is your partner in this. So your body, at your invitation, is going to show you the patterns within you that are not helpful in helping you move forward to that future and it will show them to you as a sensation in your body.

The beautiful thing about working this way is that we don't need to label those feelings. You don't need to decide 'Am I feeling anxious?' or 'Am I feeling worried or am I feeling angry?'

None of that needs to be figured out.

You don't have to decide why you feel the way you do.

You don't have to explain to yourself or to me or anybody else anything that's happened in the past that causes you to feel the way that you feel right now.

On the quantum level it's just there, a whole mix of sensations and energies, some that you could put names to, some that you can't. And that's good enough.

So if you can feel that, that is absolutely perfect because that's what you're going to work with. Not the situation, not anything that you could describe about it.

You're just going to work purely with the sensation itself.

So I'm going to assume that through the invitation, (that's step one of In Deeper Process), your body has shown that to you, you've invited that to be present. And you can feel and sense that there.

And there should actually be a sense of relief that 'ah, yes that's there'.
It's so familiar you will have felt this many times before.

It may right now be particular to this situation, but that particular feeling is well known to you.

And wouldn't it be wonderful if it didn't show up anymore?

So this is the second step of In Deeper Process, is to decide you're ready and willing for that sensation not to be present anymore.

And again on the quantum level, the intention to be free of that is what sets the subsequent steps that we will talk through in motion.

The feeling is there, the whole bundle of it, whatever the mess of it is, the clarity of it is. It doesn't matter.
You're intending and deciding that you're willing for that to go and the next step of the In Deeper Process is to decide that you're going to explore that using your feeling sensors.

And so we're going to do that over the next few minutes.

Again I'm going to continue to speak and give you some ways of thinking about what's going on here that perhaps are new.

I called this audio and this shift 'Make Space' and the thing I want you to notice is that that feeling or sensation is occupying a space in your body.

There is a place where it's most intense, as you may have heard me say before, is actually a semi-physical structure in that it has shape. It has location. It has size. It has texture. It may have movement.
All the things that physical structures have, that sensation which is an energy field that your emotional system is designed to perceive, all of that's here.

And as you take your awareness to it and use your feeling sensors to interpret that it will actually change.
So back to making space.

So currently that sensation that is an uncomfortable feeling, what we would like to have happen is for that the disruptive or discordant vibrational patterns of energy that make up that semi-substance, we would like those to be soothed, to be calmed, to be quelled and to diminish so that that structure doesn't exist there anymore.

And so in a way we're making space in your body for new experiences, for new emotions which then create new perspectives, which then open up new flow, shall we say, of ideas and energy and patterns and actions to move forward.

Later we're going to talk about making space in a practical way in your life for this program, the time that's going to take.

But right now we're working directly with the space within you that we've identified that's discordant of how you want to feel and what you want to be living when the thing that you want is a reality.

And so as you explore the shape of that structure, the thing I would also like you to notice is, like put all your attention on that structure, but now I want to turn your attention away from that structure to the space within you that surrounds it.

And what I mean by that is that that ball of energy, that semi-structure doesn't occupy all of your internal space. There is a border between where that structure ends and where the rest of you, your emotional space, continues.

Now if you put your attention on how big that emotional structure is, you can find the boundary between it and everything else.
And either that boundary will be very discrete, now the borders will be very hard and you can clearly distinguish the energy pattern from the space that sits within, or it will sort of fade out.

And if yours is one that fades out, you still can feel out within yourself and there'll be a place where that structure doesn't exist at all.

The thing I want you to notice about that is that a good part of you, in fact all of you that surrounds this energy pattern is already at peace, is already still, is already spacious, peaceful, calm, coherent, neutral, which my guess is, is exactly how you might want to feel when the intention that you want, the intention that you've brought to this coaching program has been realized.

So there are two things happening within your emotional awareness.

One is that dense structure and the other is the space within which it sits.

And if you get real quiet inside, you can be aware both of those things.

Notice how even in this moment when there's a question about what the future holds, a big part of you as you contemplate that is already whole, complete, unconcerned, neutral and O.K.

There's a small portion that feels otherwise, but as we continue together, you and I, we'll keep our awareness right where it is.

Your body is reorganizing that dense structure that doesn't feel the way you want it to feel, reorganizing it in a way that starts to feel the way you want to feel.

And you are simply the witness of that.

Notice how you're just observing and your body knows what to do.

And you just stay curious and you just keep checking ‘What does it feel like now?’
‘What does it feel like now?’
'Is it still the same?'
'Is it still the same?'
'What's changing?'

Just allowing that structure to be what it is with the intention, 'Let it change.' and witnessing the change happening, you're likely starting to find that it's becoming softer, smaller, less dense and that the space that you are that surrounds that structure is starting to permeate it.

So the border between the spaciousness around that structure and the structure itself, space is permeating all the way through and on the level of physics this is happening because it just can't sustain itself.

When you are so intent and so content to let it do what it, too, wants to do, that energy pattern wants to work with you just the way you want to work with it.

**It's your consciousness in that form and now it's starting to take a form that will match your intentions for yourself more completely.**

This does not make logical sense to your left brain, but the feeling of this is very good.

This is working from the perspective of wholeness, you being whole and that energy being in accordance with your intentions, not working against it, working together and your body being a partner in that.

So hopefully or possibly by now you've felt that structure completely disappear.

And you're feeling space all the way through your being, that there's no tightness or tenseness or denseness or discomfort right now anymore.

And you may think 'Oh, well maybe that's just for now.'
But the truth is that that will be a permanent shift, (there is that word again), in the underlying foundation that you are going forward and you'll be able to watch for changes in the way you feel. And also because working on the quantum level, things are not separate from each other.

You'll be able to look for changes in the way that life shows up, ideas come to you, inspirations come in the way things flow and we can talk about this.

If you need a little more time just continue to stay with that. You can come back to this recording again too.

I just want to say too, so the last final steps which we have moved through in the In Deeper Process are to explore the sensation, that's what you've done and play.

We've actually played with that energy in a new way today by playing with the concept of it existing in space and then allowing the space of you, the space that you are to move through it and to change it and then recheck, 'Is that the end?' where you just recheck how you feel now.

So one final thing is that the way that we will pretty much work with the entire program is that I'll give you some things to create shifts like this, shifts in energy, shifts in perspective, shifts in states of being. And then I will invite you to take some sort of action to make that shift a reality, to bring it into physical form, shall we say, to stand in it. And that would be by perhaps taking an action.

And in this case the action you might take, now that you've created space internally, is to do something in your physical life that will create more space for this program.

So that might be creating space for yourself to do the work space on your desk, the space in your home that's your go-to-place to do this work.
It might be creating social space by telling somebody 'I just need the time to work on this, please understand, if I'm not doing things that I normally do'.

You might create space in your expectations, just for the unexpected.

You might create space, just mental space.

So those are just some ideas.

We're going to talk later about how as part of this process we're going to cultivate intuition, trusting your intuition, getting thoughts of an action you would like to take. That's an inspired thought 'Oh I would like to do that'. We'll cultivate that over the course of the time together.

But if there's some way, if you like the idea of creating space for this program, creating space for this intention to come into your life, if you think of some way that appeals to you to create space in an actual way, I invite you to do that.

So that's enough for now.

Thank you so much and we'll talk again soon.

Bye bye.