

WENDY DOWN
WHAT IF IT NEVER HAPPENS?
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Hi there.

This is Wendy Down and I am making this recording for you, if you're considering being part of my six-month coaching group to see what it's like to actually work with emotions and energy in the way that you would experience a fair bit as part of the coaching process that I would take you through or invite you through in order to realize a particular goal or intention that's important to you.

So in order to make the most of this recording get comfortable sit in a spot or lie in a spot that you won't be disturbed and you're going to turn your attention inward because you're going to work with emotions and energy and just be aware of the patterns and feelings that are there that you'll then start to shift and start to evaporate as we go here.

So I'm going to guide you through a process I call the "In Deeper Process". And that stands for invite, decide, explore, play and re-check and I'll take you through those five steps.

So the first one is to invite and invite means to bring up an energy or an emotion that you are then going to work with. And we're going to go hardcore today.

And so this recording is actually called "What if it doesn't happen because the energy package that I want to bring up is all the bundle of charge that arises in you, if you think about a particular goal or intention that you have, something that's really important to you that you're not living yet. And imagine what it would be like, if that intention was never realized or that thing never happened.

So it's best if you have a particular goal in mind.

So right now I want you to think about something that you would love to work with me on for six months. something that if together we've focused on it took steps towards making it happen and worked with all of the emotional stuff and energetic stuff related to it that you would just love to be living at the end of the six months.

So it might be, and it could be in any aspect of your life. So bring that to mind now. Something in particular that you would really love to be or do or have that isn't a complete reality for you now.

So bring that to mind. And once it's clear in your mind, I invite you to think what would it feel like if that were to never happen. If I never experience that. If it doesn't come about. If no matter despite everything I try, everything I do, everything I learn despite all my efforts that thing never comes about.

And then the invites stuff; you invite your body to show you the bundle of energy the emotions that would arise in you if that were to be the case if the thing that you want were to never happen and it's going to be uncomfortable and it might depending on the goal or intention and its importance to you, might be really really intense.

I'm actually choosing this particular topic because it will highlight two of the most common emotions or viewpoints or limitations in consciousness that are at play or things that are threatened, that we're afraid of.

One is our identity, that there may be some feelings that "If I never get this thing, who would I be?"

So we tend to really identify with experiences and see them as being really really important to us, rather than getting a sense of ourselves just from the essence of who we are.

The other aspect of this emotional package that you're inviting up probably has something to do with survival, especially if your topic is related to health or finances or something that just feels really fundamental to life.

So you may -, we don't have to understand what these different -, we don't have to label the different aspects of the energy. But all you are, I'm just putting some words to it now because they are larger issues that probably during the coaching program will touch on a number of times because it's actually possible to become free of those concerns.

Those energies that keep us limited and small and prevent us from moving forward in ways we want to move forward.

So you've invited up in your body the feelings that are associated with the thought "What is this thing that I really want never happens".

And so the next step in the In Deeper Process is "decide".

And that's, that at this point you can decide that you are willing to let these uncomfortable feelings go; that this energy, that these energies, these emotions that you're willing for them not to be part of your experience anymore.

And for the most part we think "yeah, I wouldn't want to, I don't want to feel bad. I don't like how awful this feels."

But other times emotions actually can, we think, serve us.

And so you you just want to take a moment right now and see, if you're willing not to feel this way, if you're willing to let this, this emotional charge not be present in your body when you think about this thing that you want.

These feelings are actually, serve like sort of counter intentions. You have the desire, the intention to have the thing you want, but right now energetically as you feel those emotions, you're actually in touch with the unconscious part of you that's sort of in the way or not resonating with you having that thing that you want.

And so what we're in the process of doing right now, is just sort of smoothing out those chaotic energies so that the -, so that rather than taking this form of the discomfort in your body, those energies can actually be put towards flowing into the goal or intention that you have.

And if you've never done this before, it's pretty profound and wonderful to feel those just evaporate away which I'm going to guide you to do now.

So you invite it up, that bundling of charge, of energies.

You've decided that you are willing to let these things go, even if you don't know how to do that or even if they've been there so long and are so dense and tight that it seems that it would be impossible for them not to be there anymore. You're at this point willing and you're making a decision.

And so then the next step is 'e'-explore.

And explore just means, you're going to take all of your awareness now from thinking about the situation, from thinking about the goal, from thinking thoughts about this thing that you want and instead placing your awareness on the sensations themselves, the feeling in your body.

Emotions are actually semi-solid structures. And so as structures they actually have location. So right now you can probably feel a particular place in your body or maybe outside your body where that emotional charge is most intense.

So take your awareness there and just feel for 'where is that?'. Where is that? where am I feeling that?.

And once you're in the general vicinity of that, you may find you want to feel for the texture of it.

So you may find that that charge or bundle of emotion or energy as a structure is actually quite defined.

So if so, it'll have distinct borders and there'll be a place, you know, where it exists and then a boundary where outside of that you can't feel that anymore.

We're not used to navigating or moving around or being aware of our emotional dimension in this way but just by turning your attention there and feeling for these things you actually can start to gain some skill at it. And amazingly as you start to feel this charge, these emotions, what happens is that it will start to dissipate.

And so the easiest thing in the world actually is to use your emotional system in this way because your emotional system in your body actually know exactly what to do in order to dissipate this charge, convert it to something more still, more peaceful, more in alignment with who you really are and what you really want.

And so this work is really very simple.

It's just by allowing yourself to feel feelings more directly than you've ever felt them before.

And so often the reason that we want to achieve a goal for example or have something happen in our life is, behind that as a thought 'I couldn't stand it. I couldn't stand what it would feel like, if this thing didn't happen.'

And so right now as you allow yourself to feel, what it would be like if it didn't happen, your body releases all of that pent up energetic charge.

And so the drive to experience the thing that you want isn't balled up with this fear that it won't happen.

And so now even as you're listening to my words, what we're continuing to do and the most important thing is just keep your awareness on the emotion that's there.

And you may notice you don't have to put into words what that emotion is. It might be a whole range of different emotions, fear, worry, anxiety, terror, you know, anger, sadness, all kinds of things.

On this level of working, we don't have to tease those things out or decide what's what. It's enough just to allow it to be there and to bring awareness to the whole ball of wax.

So there's no-, it's so much more simple than actually having to describe and understand what's going on there. It's just a matter of letting it be there, continuing to invite it up and then just being present to the sensation itself.

And so as you continue to be aware of the location, the place in your body where the sensation is and the texture of it, maybe at this point it's not very defined, maybe it actually is more like a cloud or it radiates out.

There's a place where it's most intense and then it sort of spreads out in diminishing range outside.

And you can feel for all that. In fact the only way that you can experience it, is to feel it.

And so other things that you can feel for in this energy in this packet is 'how big is it?'
Right? Because it will-, it's a semi structure.
It has a shape to it.
It has a size to it.
Is it as big as a basketball?
Is it as small as an acorn?
Is it even all the way around?

Notice how we're not talking about a situation.
We're not talking about feelings.
We're talking about a structure.
And this is what this work is about, is treating emotional charge, treating energy as a structure and releasing and reshaping the form of that, so that the form isn't opposite to what you want, but actually is onboard.

And that's the work that you're doing right now as you listen to me and stay present to that ball or bundle or electrical charge of emotional energy that's sort of been trapped in the form that it is and which now your awareness or consciousness is freeing up to become something different.

So it actually can become almost like a meditation.

You know people will meditate on candles, they'll meditate on sounds.

I always think of working with emotions as a meditation that all I'm doing is just having a single point focused awareness on that charge and then just being a witness to that in a way and allowing it and being curious to see what it does.

And you may find even now, just as I'm talking, that the size of that charge has started to change.
That it may be getting smaller.

That it may possibly have moved to a different place in your body.

That its texture is starting to change; if it was hard before, it might be getting softer now.

There are all kinds of qualities that you can notice as you keep your awareness on this thing.
Is it even all the way around?

Sometimes there's a little spot in the structure that will have a little crack or a bump or something and that, if you take your awareness to that, it can be really interesting to see what happens when you focus there.

And so all you want to do is, just continue to feel what's there to be felt.
As one of my teachers in the past would have said 'Feelings just want to be felt'.

Once you've felt one thoroughly, there won't be any of it left to feel.

And this is what you will find as you feel into and feel through the layers that make up the structure of this emotional pattern that's existed in you, possibly for as long as you've been alive. This right now might be the first time in your life that you actually discover that you can become free of this feeling.

So you can continue just to explore as you're doing with your feeling senses that emotional charge, but if you want to, there's another step in the In Deeper Process that you can try now, and that's play.

And so that energy is sort of like Play dough, that it will respond to you and it will respond to your intentions.

And if this is the first time you've done this, you might not have the imagination or the knowing of what to try to do.

But once you've done this a number of times, this is permanent. This will make a permanent change in your inner being.

You can as you've done this a number of times and get the experience with what it's like to work here and feel energies change and shift and dissolve and reshape themselves, you can play with them.

And so one way you can play with this for example is, if it still feels really dense and difficult to be with and you have a great deal of faith in God or Jesus or angels, if you feel some sort of connection and trust in the divine or having support, you can say at this point "Will you please help me with this".

And what you'll discover is that that energy will start to be manipulated, that you're not doing it but that it's being done for you,

And this is a really beautiful, personal, intimate experience of knowing how deeply supported and known you are - every layer of you every aspect of you. Every cell in your body and every strand of energy in your body is known in all the places in you that are tied for contracted, when you give them permission to be worked with will be worked with.

So that's one way to play or invite other players.

In the course of the coaching program we'll actually try out a bunch of different ways to play moving the energy around. Some people find it helpful to tap the spot on your body, kind of like hitting a ketchup bottle to loosen it up.

Some people like to let the energy lift up or push it down or all kinds of different things.

And each of us has a way that we ourselves can learn to work with our own energy that works well for us and that's part of the discovery that we'll make as over the course of time.

But from a level of quantum physics and the theories that I'm testing out in this coaching program, the things that show up in our lives as things around us, events, circumstances, jobs and so on, money.

All of those are more dense expressions of the inner experiences that we have. So the idea is that as we work with the patterns, those patterns and frequencies on the inside and the more subtle levels of them being energy or emotion, that actually changes the structure of us as being the filter of life moving through us and then expressing itself in physical form and so is therefor a very deep and profound way of changing the things that show up in the world around us.

So as you're listening, I'm hoping that you are still keeping your awareness on the sensation in your body that was associated with the thought 'What if this thing I want never happens?'

And if it's still there, it may just take a little while to sort of feel all the way through it. It may, because these patterns, these particular ones, have so much structure to them. It may take a few tries to actually feel them dissipate into the nothingness.

But there will be some of you at this point that will find that as you are listening now there's actually nothing left to feel. That the whole thing has lifted away and where there was a lot of charge and turmoil and chaos and structure and energy before, there's absolutely stillness.

But this is the last step of the In Deeper Process is to recheck.

And that's what I'm going to ask you to do now, is that when you think about that goal, that intention, that thing that you want and you entertain the thought 'What if it never happens?'

What you want to do, is just see what arises in your body now, as you think that thought, 'What if that thing you want, what if that thing I want never happens, never comes about?'

And you're just watching to see what response comes up.

What does your body bring up? What structure forms, what energies are there? what emotions are there?

And if there's something that still arises that feels uncomfortable you can go through the process again to explore and play with that energy until eventually you feel all the way through it into nothingness.

Like I said, out of which it was created in the first place.

But ultimately that whole thing can be gone.

It can be history rather than present.

It can be something that you no longer feel and not a part of your awareness, not a part of what you think about, not a part of what you worry about or hold within yourself when you think about your goal.

And when that's the case, you won't know it yet, but just the ease and the way that you feel about that goal or intention will change. You'll be much more open to different ways of showing up and just able to be with it more easily at this stage where it's not actually here yet.

And so I'd love to hear your comments about this recording what you experience what you notice where you're at now with it and this is certainly the kind of work that we will do a lot of as people work towards the things that they want in their lives during the coaching program. So thank you very much.

Bye for now.

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