YOU AREN'T BROKE, ONLY LIED TOO.

Living Intentionally

The Logistics of Heart Centered Living

What I Want

What is it that you want that you have never had or what you want that you had at one time and were unable to maintain or sustain? What is that for you?
I want

_____

What you want, which is what you are focused on, consciously or subconsciously determines how you relate to your life. What you want or what you are focused on, determines how you hear what other people are saying to you. What you want influences your choices.

- If you do not know what it is that you want, you will continue to get what you've always had.
- If you want something that you cannot have you will constantly be frustrated with yourself and others.

Consciously choosing what you want and saying it out loud starts the process of what you want coming into your experience, whatever it is that you want, it does not matter.

I want?

Inner Peace...
To be confident...
Self Esteem...
To give and receive love...
To love myself...
To forgive myself...
To feel worthy...
To trust...
??????????

Barriers to What I Want

Now that you have expressed what you want let's talk about what is stopping you from getting it. Consider that what you want is something that you never have been able to acquire, or it is something that you once had and were not able to sustain and maintain.
There is an axiom that says that you have the answers inside of you. If you have the answers inside of you would you be willing to consider that what is stopping, you from having what you want is also inside of you. Here is a list of the obstacles inside of you that are stopping you from having what you want.

Barriers to what you want:

- Your Perceptions/Beliefs
- Your Attitudes, Conscious/Sub-conscious Experience
- Your Habits
- Your Expectations

Your perceptions are beliefs that you have about yourself that defines you in your own mind. These thoughts left unchecked often lead to misconceptions about who we are in relation to others. These beliefs can lead us to take what others think or say to or about us personally. What we are going to do in this class is to examine these thoughts that we have of ourselves and consider if they are working for us. If they are working, we can keep them. If they are not working, causing us distress, discomfort we can consider letting them go.
Your attitudes in this context are belief's we have of ourselves that are stored in our conscious and sub-conscious mind. By definition, sub-conscious implies that these are beliefs that are hidden, or not in our consciousness. The way we can discover these hidden beliefs is to start with what we have manifested, our current reality, and work back to discover the belief that led us to our current reality.
Your habits are not just your physical habits (addictive behaviors). Habits can also be thinking habits. This can come out in statements like. "I am in jail be- cause of a stupid mistake. I knew that it was wrong when I did what I did it and I did it any way". The truth is that everybody makes the best decision that they can with the information that they have in that moment. Anything else is blame or judgment.
Your expectations are pre-planned resentments. These expectations include any expectation of yourself or others.

Here is what I'm telling you.

Everything that you think
Everything that you say
Everything that you do

And I'll add to that!!!!!

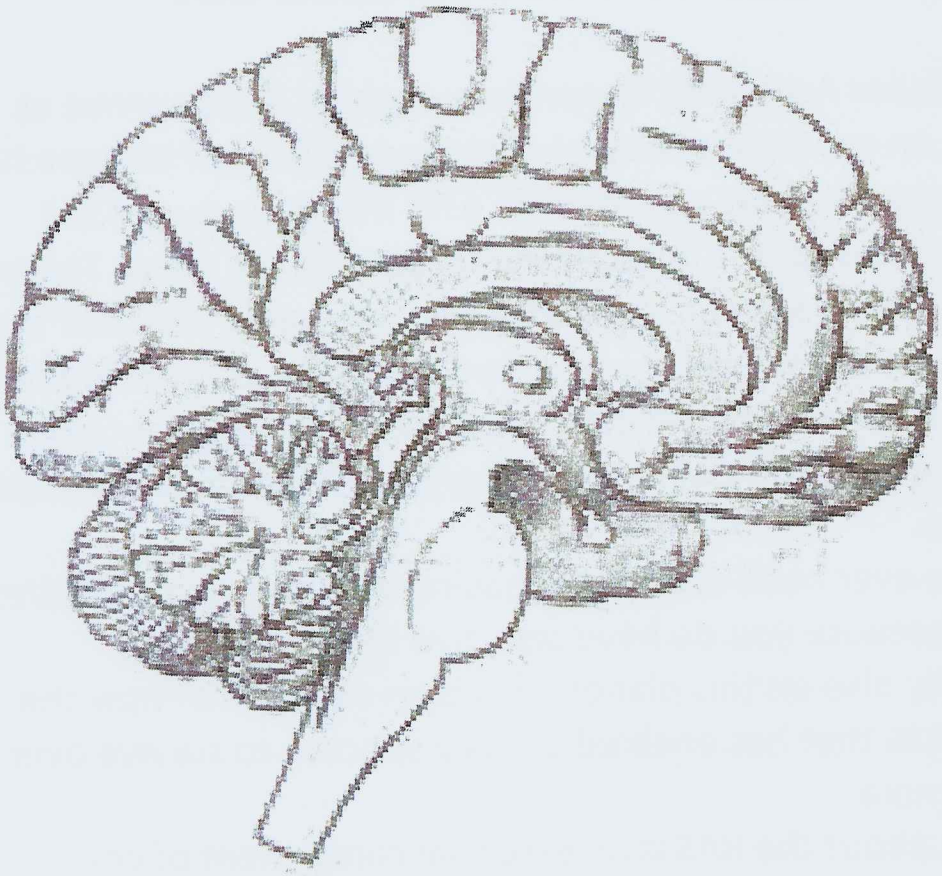
Everything that you chose not to think....
Everything that you chose not to say...
Everything that you chose not to do...

How Do You Feel!!!!! Confused. Excited. Numb.

Now I don't know if everything that you think, say and do, choose not to think, say or do is standing in your way because you have just changed your experience from zygote to the present moment with that one moment of self-validation.

The way to what you 'want' is through you emotional/feeling body.

Emotions are sources of <u>information</u> and feelings are the <u>conformation</u> of that information.



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Reticular Activating System

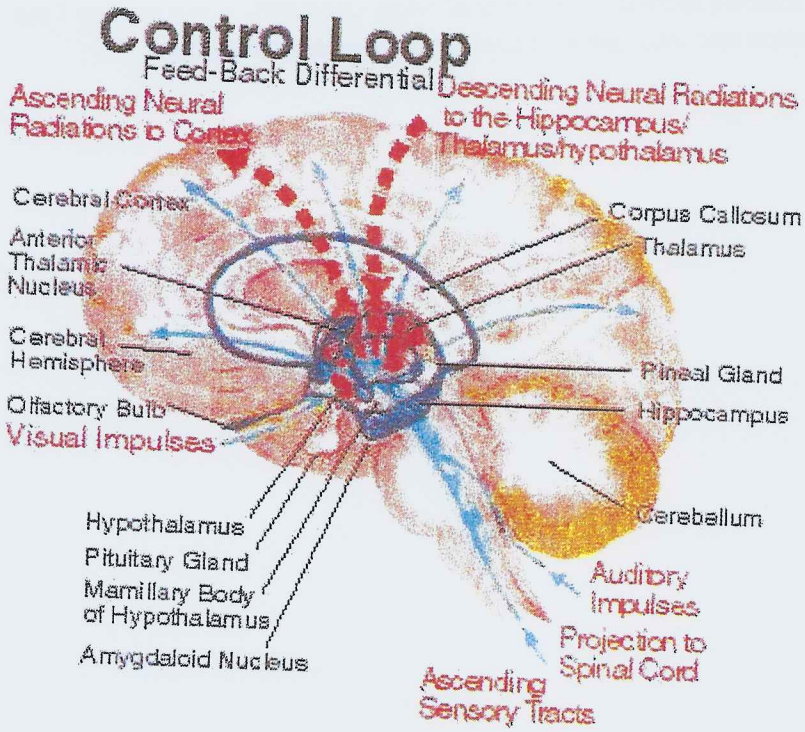
The Reticular Activating System, (RAS) is a net like group of cells that filter out non-essential information based on where you place your focus or what it is that you are placing your attention. The only information that is able to get through this net like group of cells is information that has pay value or that

is a threat. We are built, as human beings with this system of filtering information so that we can complete tasks.

The Reticular Activating System has enabled us to survive as a species. An example of how the RAS works is, say I am watching my favorite TV show and my wife asks me a question, I will filter out her request because my focus is on my show. Throw in a little entitlement and arrogance and I certainly will filter out her request based on my presumed authority as 'man of the house'. A loud noise will get my attention, (threat) or I will notice the smell of toast or my favorite food because this has pay value.

Have you ever been accused of having selective hearing? Well it may be because you do have selective hearing just like everybody else on this planet. This is an example of how the brain works that has enabled us, as a species, to survive over the millennia.

Knowing about the RAS is an essential component of co-operative communication. The purpose of this part of the brain is to filter out non-essential information, it is not a personal characteristic. It is a function of the brain that has been built into every one of us. Knowing this fact will allow us to de-personalize aspects of how communication happens between you and a loved one. When we are able to not take personal an aspect that at face value looks like someone is either ignoring us or dismissing us, we will be better able to maintain a co-operative focus in our interactions with each other.



The reticular activating System is a net like group of cells that connect our brain stem, midbrain and cortex and is designed to filter out non-essential information base on what we focus on and/or by or beliefs about ourselves and life. The only thing that can get through is something that has pay value or something that is a threat.

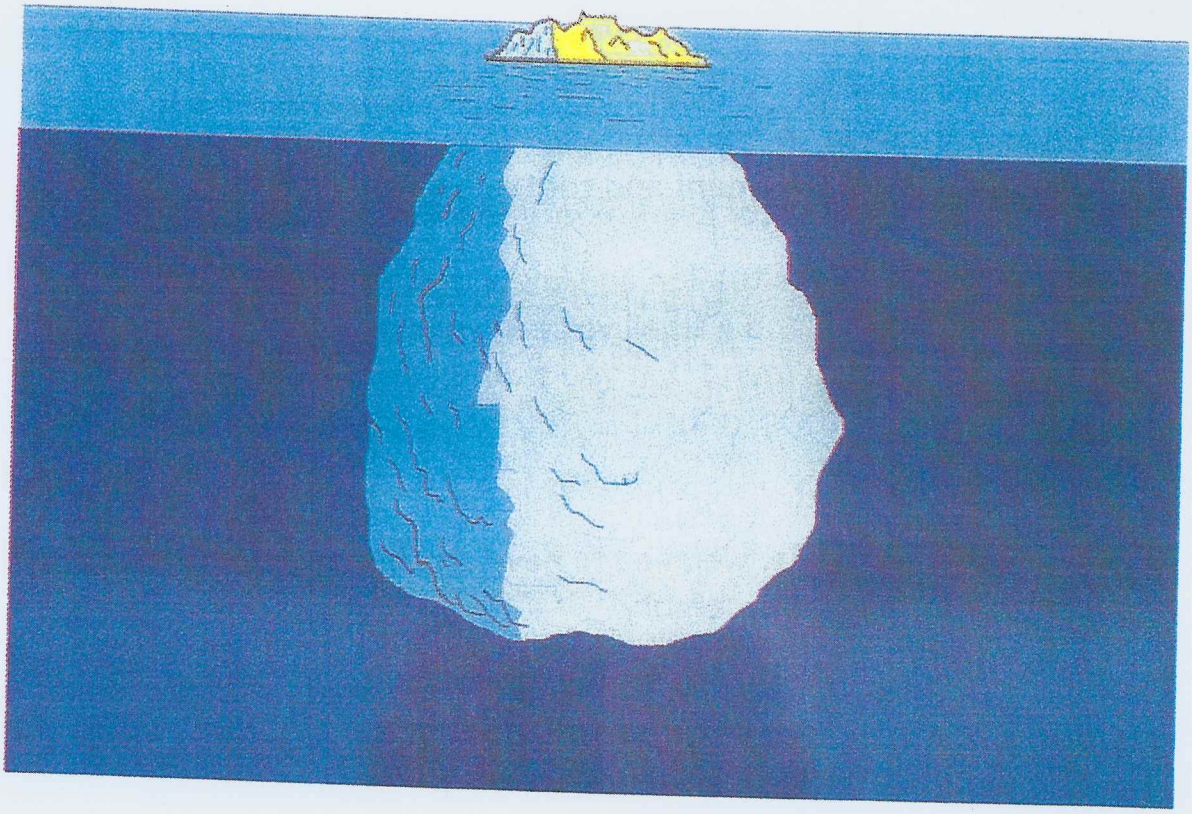
This aspect of our mind is subjective and believes what you tell it about yourself or what others have told you about you. It does not equivocate, it simply say's 'yes' to whatever information it is/was given. As children we are 'blank

slates' and do not have the emotional maturity to know any different than what we were told. In order to survive our families of origin we developed a survival skill set that I believe has created the behaviors that are outlined in the "Laundry List".

If you were told anything other than; You are a magnificent, brilliant powerful being. You have been lied to. Our Reticular Activating System has mistaken this lie for your truth and is now in service to that lie!!!!

The RAS is our flight fight freeze mechanism that has allowed humans to survive over the millennia. This survival mechanism has taken the misinformation received from our families of origin and put it in service to our survival. The survival mechanism is subjective and does not equivocate, it simply say's yes. This explains why we have answered the question, 'Have I hurt someone I love, regretted it and then did it again?'.

In our ACA material it is said that we recreate our family of origin chemistry in our current lives. This is the logistics of dysfunction and inter-generational transference of the same.



Our experience or memory of our experience is like an ice burg. One eighth of our experience is held in our consciousness and seven eighths of our memory is held in our subconscious. Our traumas and hurts are held in our memories and all of our memories are held in our total memories. Our whole experience is used when we make any decision in our current reality.

This will explain the answer to the following questions;

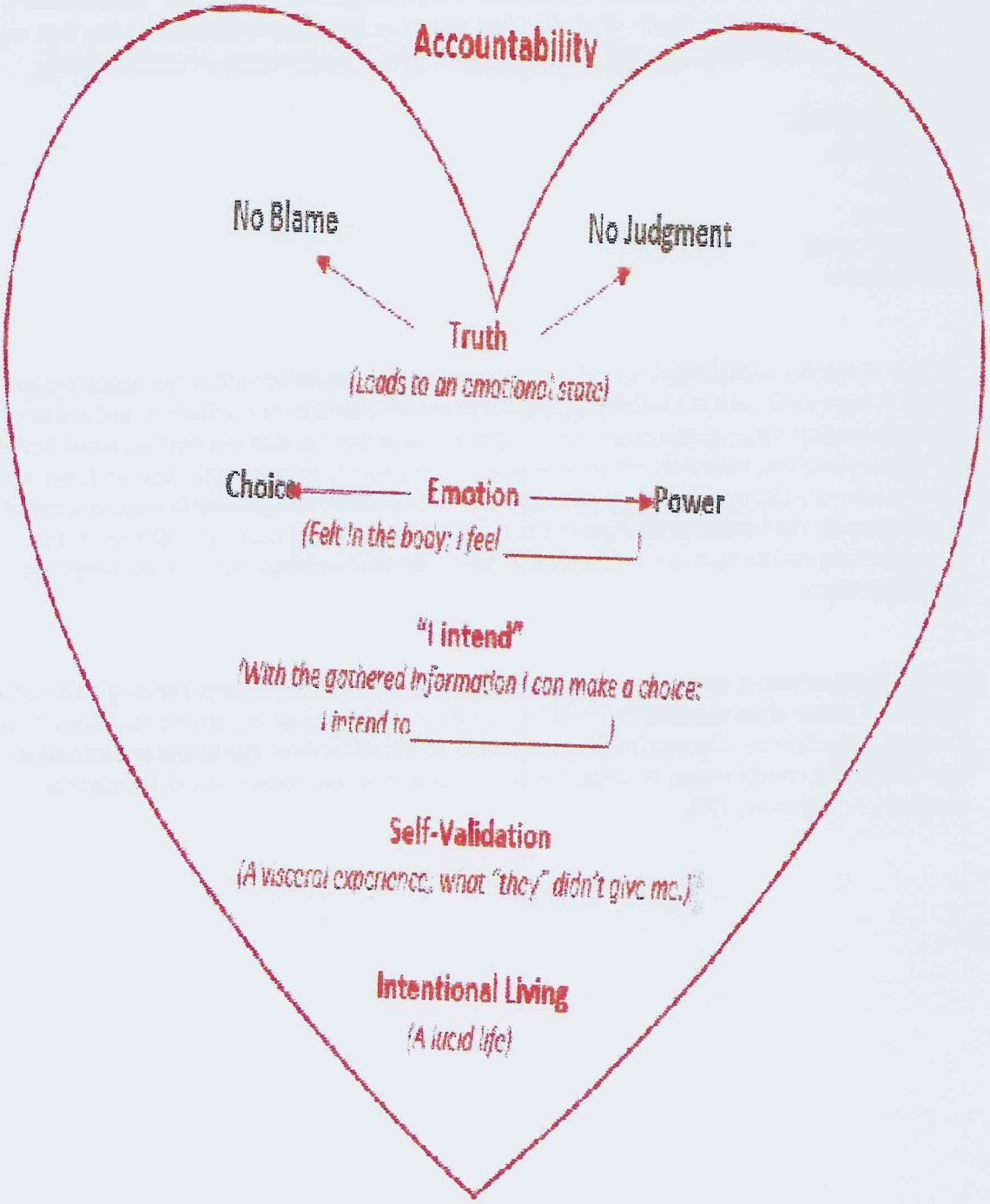
Have your ever hurt someone you love and regretted it, and then hurt them again, usually in the same way?

Have you ever been in an argument and discovered that you were on the wrong side of the argument and continued to argue anyway?

Have you ever been in a situation and knew that what you were about to do you would regret and a small voice in your head said, 'stop, what are you doing', and you found that you wouldn't or couldn't stop?

To change our experience, we need to have an emotion that is equal to or greater than the stored memory.

An emotion that is equal or greater than the emotion held in our memories, traumas is achieved by using the "Accountability Tree".


Accountability
No Blame
No Judgment
Truth
(Leads to an emotional state)
Choice
Emotion
Power
(Felt in the body: I feel _____)
"I intend"
(With the gathered information I can make a choice:
I intend to _____)
Self-Validation
(A visceral experience, what "they" didn't give me.)
Intentional Living
(A lucid life)

Accountability is the ability to state my behaviors without blame or judgment. Accountability is my ability to articulate the truth of where I find myself as it reflects my current reality and my participation in that current reality. Here is an example of my definition of accountability:

I am an Alcoholic.
I am entitled.
I am mean.
I am needy.
I am controlling.
I am arrogant.

The use of the Accountability Tree is for the purpose of acknowledging that my behaviors are simply in alignment with the information that I've accumulated over my lifetime and a way of healing from that same dysfunction. Knowing that I have been raised in a dysfunctional home and that most of the information I've received from my family of origin has been a lie. We agree that the Laundry List is a list of behaviors that are the result of being raised in a dysfunctional home. Owning the results of dysfunction as a result of the lie and that I am not the lie is an opportunity to realize that I am not my behaviors. I am that essence that is underneath the misinformation.

Changing the influence of the subconscious beliefs can be achieved by experiencing an emotion equal to or grater than the emotion held in the RAS in our subconscious memories. Every time I use the accountability tree and identify the results of a held trauma, belief and acknowledge the truth of the results I have an opportunity to change the sum total of my dysfunctional information held in my RAS.

ESSENCE WORDS

Loving	Humorous	Gentle
Forgiving	Powerful	Spiritual
Trusting	Grateful	Honest
Empowering	Beautiful	Passionate
Willing	Peaceful	Wise
Nurturing	Open	Creative
Caring	Kind	Authentic
Giving	Humble	Free
Trustworthy	Compassionate	Tenacious
Courageous	Worthy	Whole
Gracious	Confident	Pure
Spontaneous	Genuine	Radiant

Survival Signals

Heart Signals, - (Emotions) - Information

Body Signals, - (Sensations) - Conformation

Head Signals, - (Thoughts) - Inspiration

Happy
My experience of
Being alive

Passionate
My experience of
moving toward
fulfillment.

Content
My experience of
happiness maturing.

Excited
My experience of
happiness about to
happen.

SELF

Afraid
My experience of
hurt about to
happen.

Sad
My experience of
hurt healing .

Angry
My experience of a
danger or harm to self or
others. Recognition of an injustice

Hurt
My experience of damage or destruction.

Adapted from 'Man Alive, Sacramento, CA

Love =

This exercise consists of discovering how you manifest love. How you understand at a deep level, what love means.

Your beliefs manifest in action and attitude.

If this statement is true than you can start where you are, current reality, and back track to what the belief or intent, which created that same current reality of how you perceive love.

When asked, "What is love", people will respond with what they believe to be true of love. Some of the typical responses are: unconditional, persevering, kind, caring, giving, and forgiving.

This exercise is an excursion into a place that few people are able to go, into our sub-conscious. I believe that all people would chose to go if given the information on how to proceed.

The question is not; "If I can love?" The question is; "How do I love"?

We cannot not love!!!

We love according to our awareness and consciousness.

Let's make a leap, and say that all people manifest love. People aspire to love when standing in the abundance of love and do not know it. There is an old Polynesian proverb that says "We are standing on a whale, fishing for minnows".

We are manifesting love, only we have gotten love mixed up with something other than love.

Which one of these words resonates with you?

'Universal Fears'

Abandonment/Separation, Self Worth, Surrender/Trust

Think back on how you were loved, by your father and by your mother. How were you treated by your primary caretakers? How they treated you, through their filters, is how you came to see love.

One of these words from the list of universal fears may fit for you. If not words like, rejection, fear, pain, self hate, will resonate. Words like these will filter back to one of the universal fears. If the word 'rejection' resonates with you, that will work for the purpose of this exercise.

When you have discovered how you see love, your whole life will make sense to you. Every decision you have ever made will make sense to you, based on how you experienced love.

Now create an intent to change how you wish to experience love.

I intend to see love as acceptance, trustworthiness, compassion, honesty, etc...