

Be the Word

Free Webinar - June 8, 2017

Track 1 (16:19) Lecture

- Many people ask, "Who am I?"
- Whose story am I? Who gave me all these beliefs and ideas? Where did they get their information from?
- How do you begin to step out of that programming?
- How do I engage without others without losing my space?
- MA tools are useful in this. This session is about using sound tone – words.
- Not so much speaking the word, but in feeling the words.
- Using internal guidance rather than asking externally if I'm OK.
- Begin to build a platform of words by putting words together. A triangle is very stable.

Track 2 (44:29) Exercise

- Sit back, take a couple of breaths. Notice yourself.
- Whose story are you? Make intention to own the center of your head.
- Notice the weight of your body in the chair. Grounded.
- Three smooth breaths, watching the breath. Allow eyes to close, remaining aware of breath.
- Be aware of center of head. Be present, right now. I'm OK and I'm not my stuff.
- Remember being happy. Be in that memory. Feel it.
- Let go of the memory and just feel the feeling.
- Be neutral. Happy. Neutral. Shift the attention point.
- Feel certain. Seniority. This is who I am. I like me.
- Permission. Capable. Certain. Seniority. Powerful. Presence.
- Graciousness. Quiet. Presence. Ease. Commanding.
- Allow the world to be what it is and allow you to be who you are.
- Be quiet and move through these words.
- Pick a word. Be it. Another word. A third word. Alternate words.
- No work. No drama. What if I could walk around in and live from this space?
- This is who you are. This is from the internal guidance system in the heart.
- Smile in the heart. All the stories fall away.
- Be one word. Three breaths. Allow eyes to open.
- Be the word throughout the week when you can.

Track 3 (38:09) QA

1. When we wove the three words one seemed more dominant. Why are they all not equal?
2. How will me standing on this platform affect others? I don't want to create waves.
3. I tried to command the curtain to move. It did not move. Any comment?
4. What happens if other words want to come up? Should I become that vibration?
5. It is easier for me to think the words. How can I feel them more deeply?
6. Can you suggest another word than happy? Content?
7. What words do you suggest for quieting a talkative mind?
8. When we did the 'what if' part, the feeling in my body was like fear. What is that about?
9. How do past lives contribute to what we experience now?
10. Seniority and powerful feel the same to me. Can you help me find a distinction?
11. What stops me from exploring these tools? Am I lazy or is there divine timing?
12. How can I use these tools to help me out of feeling despair or depression?
13. How would I present this concept (of holding vibration of words) to my teenage kids?

Complete Call (01:38:59)