

IMAGINE

Being Kind
to
Yourself

Inner Peace at Last

PERNILLA LILLAROSE

Do you know what it means to be kind to yourself?

Do you feel something calling from deep within you... a feeling that there is more to life than this?

Imagine Being Kind to Yourself opens a world of possibilities. In a gentle and clear way, Pernilla shows you how to uncover what keeps you separate from the wisdom and fulfillment you have been seeking. We are taught that what we need is outside of us. This book makes it abundantly clear that what you need is already inside of you, showing you step by step how to recognize it, how to trust it, and how to live it!

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*Why Did This Happen To Me? – How to Move
from Break Up to Break Through*

*5 Steps to Dive into the Divine Feminine Flow –
and Leave Self-Doubt Behind Forever*

About Pernilla

Pernilla Lillarose is a Self Love Mystic and Mentor, Certified [Hakomi](#) Practitioner, weekly [Radio Host at Unveiled Radio](#) and Meditation Teacher. She offers various ways to facilitate deep healing and transformation as well as embodied awakening on all levels of life. She has her private practice in the Santa Cruz mountains, CA and is available for private coaching, coaching programs, lectures and workshops.

Pernilla loves helping people like you, who are on a path of self discovery and awakening, to gain clarity, confidence and compassion as you open up to your true purpose, presence and fulfillment in the world.

She shows Women who feel emotionally unfulfilled how to stop compromising themselves and instead align with their Divine Feminine Flow so they can experience true fulfillment and deep inner peace and start making a lasting difference in the world.

We can all start rising higher in consciousness and Love – through the simple acts of **Being Kind to Yourself** and **Allowing Yourself to Be You**.

For more information

www.DivineFeminineFlow.com

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TO
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Pernilla Lillarose



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*This book is dedicated to the
Divine Creator
who used my hands and heart to bring
this book into reality
and who helped me become an even clearer
instrument for this work.*



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*You are here to enable the divine
purpose of the universe to unfold.
That is how important you are!*

Eckhart Tolle, *The Power of NOW*

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INTRODUCTION

My own unfolding during the process of writing this book has been a real blessing and has shown me personally that these words are not just words. I have had the personal experience that the words I use in this book are very much alive. In fact, I have learned over time that they serve as a kind of magical set of keys to “becoming kind” – becoming the kindness in our own lives that we have long sought from others and from the world around us.

They are indeed magical because when we practice playing them every day we **become** the music that we are playing. It is in the practicing of these keys that the true music of our lives comes into manifestation. The more we play the melody of our truth the more fulfillment we will naturally experience, which again will ripple out and naturally influence others to learn the magical keys that will enable them to start playing their own true music. Can you imagine the symphony we will all be playing together?

I wholeheartedly encourage you to **gently and lovingly** implement these words in your life. They will help you free yourself up from the misidentification of who you have taken yourself to be (i.e., who you think

you are) and help you start realizing who you really are. Who you really are is the fullness, the goodness, the oneness with Source that you have always been. That “you” has always existed beneath the hopes and seemings and untruths of the lives that you and I have been taught to live. I invite you to embark on this extraordinary journey today, for it is a journey that will bring you Home!

With the exception of Chapter 1, each chapter concludes with exercises designed to offer opportunities for personal reflection. Several chapters include a link to an audio meditation that will make the experience more real and personal for you.



Now it is time to embark on your journey...

Welcome to this extraordinary journey that will take you back Home to yourself. Read a chapter or two, get a feel for it, and then let the wisdom you receive from these chapters guide you as you expand your experience through the accompanying exercises.

Please enjoy!

1

IS IGNORANCE REALLY BLISS?

*Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream.
Eliphalet Oram Lyte*



Life is but a dream. . . . There's a way to see the world that might be different from how you are seeing it now. We can recognize that life is all a dream and we are actually characters within it. The freedom is that we can wake up from this dream, and instead of being caught by it, be active fulfilled participants in it.

Blessedly, we are all destined to wake up from this dream. Exactly when, only God knows. Many people

have awakening experiences these days and yet still struggle with navigating through life and identifying with old characters that are not current or viable anymore.

I am not an expert in the territory of awakening or enlightenment, but I have been on this path for many years and I know I have something valuable to share. On my own journey I have learned that the dream we call “life” is a lot easier to navigate through when there is an awareness that we are not the character within the dream.

You will learn in this book that when you resist any part of your dream character, it only means that you believe you are him or her. However, when you learn to just allow the experience of the dream character to be there, you can wake up from the dream and realize you are not him or her, and transformation happens quite naturally by itself.

Waking up from the dream can be the kindest thing you can do to yourself.

This book will show you how to allow and be present with what shows up in the dream without being identified with it or becoming lost in it (i.e., being *in the world* but not *of it*).

Today we have access to innumerable methods and techniques that can teach us how to create our dream

experience more consciously. And even though they may still leave us in the dream, there seems to be a natural movement in all of us to want to wake up from the nightmare part of the dream.

The nightmare is all the unconscious, unquestioned feelings and beliefs that we live by. We choose the way we live our lives without really knowing why we do so. We do so because we simply don't know any better. Science tells us that 95 percent of our choices are based in our subconscious mind. So even though the saying tells us that "Ignorance is bliss," as we look at what is happening around the world, bliss is definitely not the first thing that we see. (Nor is it the second, twelfth or thirtieth!)

The way I see it, it is ignorance itself that is the cause of our suffering. And if ignorance is the cause of our suffering, it is awareness that is our road to freedom. Becoming aware of our unconscious feelings is, therefore, the pivotal step in our journey towards freedom.



What Really Motivates Us

I dare to say that every decision we make and every action we take is motivated by our feelings. It does not matter if these are feelings that we are conscious of and can claim as ours, or if they are unconscious feelings that we simply aren't aware of and have no control over. We basically do not make a decision if it does not give us *the inner feeling* that we want. And if a decision does not give us the inner feeling that we want or can agree to, we cannot commit ourselves and we will not act. Period.

Getting rid of our uncomfortable feelings is the most common way we have learned to try to get to freedom. Unfortunately this does not work. (Or maybe fortunately, depending on how you look at it!) When we try to get rid of the effect of something (e.g., a feeling) without being aware of its cause, it is only a matter of time before the cause creates a new effect. And on and on it goes, an endless merry-go-round.

Another way we try to manage our feelings is by resisting them. When we use this strategy we deny our feelings and continue to act as if they didn't exist. Not surprisingly, resisting our feelings puts us right back on that old merry-go-round.

Let's sum up what keeps us on this merry-go-round: resistance and trying to get rid of something.

Both resisting a feeling (i.e., pretending it doesn't exist) and trying to get rid of a feeling make that feeling into a bigger deal than it already is. Even though this may not make complete sense to you yet, I promise that it will as you work your way through this book.

Let us simply say that resisting our feelings and/or trying to get rid of them can never lead us to freedom because both approaches are about struggling against “*what is.*” And any effort that struggles against “*what is*” is a struggle against true freedom.



True Freedom

Ah... now we're really getting somewhere. True freedom is the crux of this entire book. So let's take a closer look at what I mean by true freedom.

As I see it, there is what we tend to call *freedom* and then there is *true freedom*.

These are two fundamentally different kinds of freedom. *Freedom*, as we normally conceive of it, is what I would define as “freedom from.” *True freedom*, on the other hand, is what I would define as “freedom in.”

In the first there is division; in the latter there is oneness. “Freedom from” is not true freedom. “Freedom from” is about getting free from something. It is not

about being free. “Freedom in” is about being free no matter what is going on in our lives. It is *true freedom* because it exists regardless of our circumstances. These are such key concepts that they deserve to be explored more closely.

Our unconscious minds are imprinted with thoughts, images and beliefs (i.e., definitive thoughts) that we have agreed to and bought into. These unconscious imprints are powerful. They are the soil and the seeds that blossom into the substance that becomes our experience of the dream we call *our life*. When we truly recognize the power of our unconscious thoughts, images and beliefs, we will become more motivated to change them.

There are only two ways to accomplish such a change: (1) we can let ourselves be imprinted by more desirable thoughts, images and beliefs from the outside, or (2) we can step back and allow the natural unfolding of our Divine Self to guide our way.

Our Divine Self is our final destination. It is already inside of us. It is patiently waiting for us to wake up to itself. And the irony of it all is that it is the only *thing* about us that never changes and is not dependent on or affected by our outer circum-stances. Our Divine Self is already fulfilled and is not separate from us. It is

complete in itself and therefore the only true fulfillment and freedom anyone can ever know.

Another term for Divine Self that I like is Presence or Core Essence. For me, these terms make it more clear that we are a part of, not separate from, the Divine. However, every time you see any of these terms in this book, I invite you to replace them with the term that resonates best for you and captures in your own experience the truth of *who you really are!*

Because it is the way that the Divine lives and expresses in, as and through us, our Core Essence is the source of “freedom in” – the state of being free no matter what is going on in our lives. Core Essence is the only place where true freedom can be found and by resting in this Essence or inner Presence we will start tasting what this really is.

So why are we so unaware of our own Presence, our inborn blueprint, and the much more desirable impressions that arise from it? The answer is that we have been trained to focus on and give priority to our unconscious imprints instead. These are the feelings that seem so much more important in the moment – the feelings that are charged with that elusive hope for happiness and fulfillment. They are the ones that keep the dream alive and keep us always pursuing fulfillment in the wrong direction: *out there.*

The dream experience is very different when we are conscious in our choices than when we are being directed by the feelings that are hiding in our unconsciousness. As we bring these into the light we become freer to recognize the deeper impressions that arise from our Core Essence. The more we do this, the easier it becomes to uncover the feelings of what we truly want – what we want most, our Deepest Intent inside our Heart.

When we live from our Deepest Intent, our final liberation will just be a matter of time. What is this “final liberation”? It is the certain knowing that we are not our dream character. It is being absolutely clear that we want to know ourselves as our Divine Self more than anything else and that we **feel** that desire from our very core. At that point we will gladly move through all the remaining layers that hold us imprisoned and identified as being separate from *who we really are*.

This brings us back to the distinction between “freedom from” and “freedom in.” Our dream character is the one that chases after “freedom from.” Our Divine Self or Core Essence is that which resides in “freedom in.”

When we keep trying to get rid of something, we are identified with our dream character and our attention is focused on *the getting rid of* and that will be

our experience. On the other hand, if we stop resisting and instead just allow the experience to be there, while staying present inside, our Presence will become our experience . . . and that is the experience of *true freedom*. And not only that, it is also where real transformation takes place.



Introduction to the *Felt Sense*

So what does it mean to “stay present inside”? To help you better understand, I would like to introduce you to the *Felt Sense*, a term that some of you may be familiar with and some of you may not. We live in a society where most of us have been emotionally disconnected from our bodies. By that I mean that we are out of touch with our body’s natural signs and language. Yet the *Felt Sense* is something that we all have and that we all experience inside our bodies. And as with every other kind of human experience, the *Felt Sense* varies from person to person.

The *Felt Sense* is an inward experience that can feel like any of these: a stirring, an opening, a contraction, a softening, a longing, a warmth, a tightness, a knowing . . . and more. The key to the *Felt Sense* is that, however it sends its signals, it is not to be ignored because these signals come from our inner Sense,

which is different from our outer senses. The *Felt Sense* is the knowing and sensing that comes from our Core Essence. It is the magnificent tool that connects each of us back to our body and its wisdom.

So I invite you to prepare yourself to take a journey into your magnificent *Felt Sense*. It is your *Felt Sense* that will serve as your own loving guide and that will lead you into more and more inner peace, fulfillment and liberation.



A Heartfelt and Strong Recommendation

It may take more than just a single reading of this little book and doing the journal exercises to reach your final destination, especially if you are just starting out on this journey.

A very important part of this process is to know if and when you need to be supported. The unconscious material you are going to uncover is not to be taken too lightly. There may be some traumatic memories deep down in your un-conscious that slipped down there for very good reasons.

As young children we very cleverly learn skills and strategies to survive emotionally, and sometimes physically, by focusing away from the pain we feel. These instinctual skills helped us survive our early

years. But as we grow up and have the opportunity to choose more appropriate skills and strategies, we often fail to do so because we are not taught how to make them or even that we have that option. Thus, our earlier unconscious choices often become repetitive unconscious choices and eventually deeply ingrained habits.

So if you run into any emotions that feel intolerable, please be kind to yourself and get support. Again, be kind to yourself and get the right kind of help when you need it. Part of the **foundation**, which you will learn about in chapter 5, is learning to be kind and loving to yourself. Many of the painful events of our lives happen in relationships. Our tendency, developed in childhood, is to isolate ourselves to make sure these hurts do not happen again. But here's the rub: To experience deep healing of our relationship wounds usually requires that we be in relationship. So it is vitally important that we have someone in our lives (a friend, counselor, or therapist) who knows how to be with us in a safe and supportive way. Our healing can then be deep and true.

For me, I have found great support in working with practitioners of Hakomi, body-centered therapy, and other similar modalities that help bring our present awareness into the *Felt Sense* of the body. You might want to look into what is available in your area.

I would also recommend that you study this book and do the journal exercises with a buddy. Kindness will flourish as you support each other in recognizing your own beauty and truth and having it affirmed by people you trust. Also, you will find many resource links in the journal pages that you can access just by clicking on them.

It is not a coincidence that “kindness” is part of the title of this book. Kindness is a foundational step and its importance is, unfortunately, often over-looked. Foundations are foundations for a reason. Without a foundation things collapse and that is not what this book is about. It is about inner peace and liberation – and the foundation of kindness we can build for ourselves that will inevitably lead us to that inner peace and liberation.

I promise you that just learning to be more kind to yourself as a first step will already change your life experience for the better. Then if you continue on and really learn to listen to what your body has been trying to communicate to you all along, you will start to experience a sense of purpose and meaning that will guide you to each of the next steps in your life. And with that you reach the kind of peace and fulfillment that is permanent and satisfying and very different from any outside experience that comes and goes. It

simply allows **your** flower to blossom and unfold into its own full glory with you as the beholder and receiver of its fullness and gifts.

2

STAGES OF AWAKENING

*We are near awakening when we
dream that we dream.*

Novalis



In psychology, the **four stages of competence** or the “conscious competence” learning model relates to the psychological states involved in the process of progressing from incompetence to competence in a skill. The Gordon Training International organization defines it as follows:

Four Stages of Competence

Unconscious incompetence: The individual neither understands or knows how to do something, nor recognizes the deficit or has a desire to address it.

Conscious incompetence: Though the individual does not understand or know how to do something, s/he does recognize the deficit, without yet addressing it.

Conscious competence: The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires a great deal of consciousness or concentration.

Unconscious competence: The individual has had so much practice with a skill that it becomes "second nature" and can be performed easily (often without concentrating too deeply). He or she can also teach it to others.



Becoming Conscious

I would like to apply this understanding to the stages of awakening or becoming conscious, as I experience them. Over the years it has become so clear to me that the journey of awakening involves a series of steps. As you embark on this journey, I believe that transitions from step to step will be easier to make

when you are conscious of these steps. So here is a little synopsis of the journey you are preparing to take. As you move through this book and its exercises, these steps will become even clearer to you.

1. First you are totally unconscious of who you are, of your feelings, of how you function in the world, of your impact in the world. It is simply not part of your conscious awareness. You are doing something automatically without questioning it.

2. Then you become conscious of a feeling, a behavior, a belief, even yourself. At first there will be an automatic resistance to experiencing something that has been pressed down into the unconscious. The only difference now is that you are conscious of something you were not conscious of before, as well as experiencing your resistance to it, which you were previously not aware of. These two usually come together in the same package: unconscious material becoming conscious and the unconscious resistance to it becoming conscious also. The resistance is so automatic. I always found this the hardest phase of becoming conscious, because naturally you don't want to resist it as it becomes conscious, and yet you can't help it since the automatic reflex is so ingrained.

3. Then you start growing in your awareness of it, and little by little the unconscious resistance softens so

the experience that was resisted can consciously be experienced. And this is also the phase where you will learn to live in a new territory that is different from what you have been used to. It is hard to describe that until you have your own experience of it. It is like moving to a different country and learning a new language and culture.

4. The last one is when it just becomes part of your experience in life. You don't really think about it. You experience it with no *doing* involved, just like you would experience a leaf falling from a tree or like a new language becoming second nature.

The following chapters will deal with moving through these stages. Keep Stage 2 in mind especially when you experience the resistance. Now that you know there is a good chance you'll have that experience, have some fun with it. Develop a relationship with it and have a good laugh when it shows up. Being able to laugh means that you are seeing that neither the material that is surfacing nor your resistance to it are who you are. The less identified you are with both of these the more clearly you can see the stages and the more easily you will move through them . . . or, we could say, the more easily they will move through you.

To start you off, you can do a little intake on yourself and track which stages you are already familiar with in your life. Obviously, Stage 1 will not be available until it becomes Stage 2. But you may have several areas in your past experience where you have moved from one to the other and have some awareness of this process because of it.

What area do you know you were unconscious of and are now conscious of when you look back at it? Do you remember what it was like to move from one to the other? Did you experience any resistance in the beginning? Any relief once it became conscious? What changes did you notice in your life when you made the transition from one stage to the next?



Exercise

From Stage One to Stage Two

Let yourself remember one specific instance in your life, where you became aware of something that had been looming in your consciousness and limited your life expression and experience. In other words, when something moved from stage one to stage two.

Write down the incident and

- how you became conscious of it
- what your reaction was to it (resistance, willingness, hesitation, curious)?
- how you made space for it in your life
- what changed in your life once it was integrated?

3

NATURALLY SO!

What is normal is not necessarily natural!

Barry Long



When I look around the world, it looks like a lot of what is “natural” is either disappearing or already gone. I am not a pessimist at all, so what I am writing here does not come from a bleak or pessimistic point of view. However, there is something inside me that is screaming: “STOP! Where is everybody going?”

Are we not aware that we are going in the wrong direction? Can’t we read the signs when we have turned the wrong way into a one-way street and are going against the natural flow? Are so few people even questioning what is going on because we have lost

touch inside with what is natural – and therefore cannot see the outer signs that are telling us to turn around?



What is Natural? What is Normal?

Do you ever ask yourself the questions “What is natural?” and “What is normal?” about what you observe in life?

Is it natural that the rainforests are disappearing? Is it natural that nature is disappearing? Is it natural that most foods are sprayed with chemicals or are genetically engineered? Is it natural that more and more people are unhappy, taking antidepressants, feel isolated, commit suicide, end up in gangs or kill each other? Is it natural that more and more people are totally driven by money, possessions, overworking, and overeating? The list just seems to go on and on, and I am sure you could add plenty to it from your own experience.

According to the Webster dictionary, the word **natural** means “fixed or determined by nature, pertaining to the constitution of a thing, belonging to native character, according to nature, essential, characteristic, not artificial.” So I guess the answer to the above questions is “No, they are not natural.”

The word **normal** according to the Oxford English dictionary is defined as “conforming to a standard” or refers to “a lack of significant deviation from the average.” The difference between *natural* and *normal* seems to get wider all the time. If we use the term *normal* instead of *natural* in the above questions then I guess the answer changes to “Yes” because these conditions seem to be more and more the average.

So how does this ever-widening difference between what is natural and what is normal actually impact our lives? In my observation, there seems to be an interesting connection between normal, natural and stress.



Stress

A few years ago I heard it described this way: Stress is the distance between who and where you are naturally and who and where you are trying to be in order to be part of what is normal. Makes sense, doesn't it? Stress relief should then be simple if all it takes is paying attention to what is natural for **you**, right?

Theoretically, yes. But the truth is that most of us have moved so far away from our innate, natural selves and have gotten so lost in what the *world out there* tells

us is “normal,” that relieving our stress – or better yet, not falling into it in the first place – is just not easy anymore.

Because this is such a fundamental issue in our lives today it is one that we consistently focus on in this book. If you have lost touch with your body to the point that you no longer know how to listen to its signs, the following chapters will help you get back in touch again.

Let’s go back to the “Is it natural that...” questions. Even though your answers to the questions are quite obvious, I want to invite you to explore them from a *Felt Sense* in your body. (If this is a new concept to you, chapter 5 will help you explore this more fully and you will probably find that its journal pages will be especially helpful to you.)

By exploring these questions from your *Felt Sense* to your own satisfaction, you will automatically get in touch with what is natural to you. Let’s call this “your own Naturalness.” That is what we are after – connecting back to your own Naturalness and starting to trust it. The more you trust it and let yourself be guided by it, the more it will ripple out into the world and help you connect with others who are also guided by their own Naturalness.

Because it is so easy to get lost in what is called “normal” out in the world, it is wonderful to have a community around you to confirm this distinctly different way of living from your Naturalness. Getting together with like-minded people and supporting one another in moving from within has a powerful effect. With each person committed to expressing their true nature, Naturalness will become the new normal.



Flowers Coming into Full Bloom

I like to call this natural feeling inside of me my Deepest Intent or my Heart’s wisdom. It is my best friend. It is in you too, and as you come into ever more intimate connection with it you will find your own name for it.

It seems to me that the disappearance of what is natural in the world is merely a reflection of our own disconnection from what is natural inside of us. I have an image of a rose bud that naturally unfolds and becomes a fully blooming rose. At first the petals are tightly folded, but as the natural movement evolves from within, the folded petals unfold.

We are no different. We are flowers waiting to come into full bloom. Most of us hold our petals tightly folded by believing that ours should look like and unfold just

like everyone else's petals. It's as if we believe that our petals are not supposed to unfold in their own way. But they are! We are! And they will! We will!

My intention with this book is to help you reconnect with what is natural inside of you, and discover what naturally wants to unfold . . . discover what your flower will look and smell like when you come into full bloom.

Your body knows what is natural. Listen to it! Learning how to listen to its language and signs and natural Inner Movement is the opening of the first petal.

When you start discovering what is natural to you, you may realize that many areas of your life are not a perfect expression of it yet. If this causes distress, please know this: Take only one step at a time. You don't need to know how to do it differently or how to implement it into your life in order to first just acknowledge where you are not expressing your Naturalness. In other words, just let yourself become aware of the areas where you are out of tune with what is natural to you, and don't worry about how that is going to change.

The purpose of this book is to help you through the whole process, and you need to start with becoming aware of one thing at a time. This approach will help you transform at a pace that is ... yes, you guessed it,

natural to you! Becoming conscious of who and what you are naturally and learning to fully express it takes time. This chapter is only about becoming aware of what is natural for you in your life experience. So take a deep relaxing breath here. And as you take the next one, let yourself begin to feel the goodness of your natural pace.

Even though it is not blooming yet, let's start out by spending some time discovering the flavor of your own Naturalness. Gather your pen and paper, or your journal, and find a comfy place to sit. Start with this question: "What does natural mean to me?" Think about the whole sweep of your current life. List the areas in your life that **are natural** to you. Also list those that **are not natural** to you. How about your pace in life? Are you moving faster than your own inner rhythm? Are you eating foods that your body does not harmonize with? Are you creating stress inside of yourself by trying to be different than you are? Make a list of your discoveries.

The journal pages will help you deepen with this discovery by assisting you to do it from a *Felt Sense* in your body and not just from your mind. As these pages are foundational, they will make the following chapters easier to integrate.



We have all engaged in many “normal” activities because that’s what is all around us. But they don’t all resonate with what we know inside us as natural.

Exercise

What Does Natural Mean to you?

Let’s explore today what natural means to you. We’ll choose a few specific areas for this exploration, but feel free to add any areas from your own life that have meaning to you.

Before you start, please make sure that you pay attention to your body’s language when you read the questions and not just answer them from your mind.

Even though we have not spent time learning how to listen to the body’s language yet (chapter 5), you can start paying attention to certain body signs such as:

Is your body contracting or expanding; tightening or softening; feeling upset or happy; breathing shallowly or deeply; feeling energized or not?

These signs are much more important than just saying “Yes” or “No” from your mind. This is a time to become familiar with how YOUR body expresses Naturalness. There is no right or wrong answer. It is just noticing which petal of your flower is opening at this moment and which one hasn’t opened yet.

- What foods feel natural to you to consume?
- How much time does it feel natural for you to work in a day/week?
- Does it feel natural to you to live in isolation/ in partnership/ in community?
- How does time in nature affect your body and mood?
- Do other people's opinions versus your own feelings resonate more or less inside?
- How does your body tell you when you are tired/full/done?
- What is your natural pace? Does it resonate with how you live?
- Please add any areas that are important to you.

What feelings come up for you when you answer these questions? What insights? What motivations? Other?

As you start uncovering what is natural and not natural to you, you may be surprised how unnatural you have been in your choices in life.

Please do not use this exercise to feel bad or guilty about what you are uncovering. This way you will cover it up again and revert to the unnatural way. And by the way, it is also natural to be kind to yourself.

Instead, start focusing on what feels natural to you. Give yourself some time to just sit quietly and experience Naturalness. Indulge in it for a while. What does it feel like? Do you feel an expansion, aliveness, inspired?

The more you allow yourself to enjoy these sweet feelings of Naturalness, you give permission to your Naturalness to start moving you from within to do things differently. It happens all by itself, because... *it is Natural, and It knows how.*



Exercise

How and Where in Your Life Can You Live More Naturally?

Now make a list of areas in your life where you are able to make changes to live in a way that is more in alignment with what is Natural to YOU, without disrupting your life too much.

And please remember that we are talking about what is Natural to YOU. Not anybody else. They may have a totally different experience of what is Natural when they answer these questions. Every petal has its own experience in life as it opens up, and then when it is in full bloom, the experience will be different than

when it first started opening. But it had to go through the whole opening stage in order to be in full bloom. No stage can be bypassed. The upper petal has to open before the one underneath can open.

Be kind to the petals that have already opened. Be kind to the ones that are still closed. You cannot force them to open, but you can water and nourish them with your kindness and awareness and see what happens.

4

“WHAT IS” AND “WHAT ISN’T”

*When you argue with reality, you lose –
but only 100% of the time.*

Byron Katie



I once had a good laugh when the question “What is *what is* ... and what isn’t it?” came up in a session.

There are a lot of popular teachings today that talk about “being with *what is*,” and that you will suffer if you argue with *what is*. I believe this to be a very powerful statement.

But don’t worry about it if you are not familiar with these teachings and are not following any particular spiritual path. In fact, I invite you to discard all the

spiritual jargon that's out there and just go to the heart of it in your own experience.

What is *what is*? . . . And what isn't it? Simply put, *what is* includes all of life. Nothing can be excluded from *what is*!

So what does it mean when we ask the question "What is *what is* and what isn't it?" It means that we are effectively creating a distinction based on a fraudulent reality that exists only in our minds. (Remember, everything is *what is*.) But I suggest that the questions themselves are worth looking at because they speak volumes about our human perspective.

We tend to define life by creating a convenient distinction for our minds between "what is" (i.e., what we include) and "what isn't" (i.e., what we exclude). We take life – which is all of life whether or not we can understand or comprehend it – and mentally carve it up into two basic categories: What we can know/experience and what we think we cannot or don't need to or shouldn't know/ experience. "Conveniently" dividing all of life up this way creates a split and divides life into duality. Life, however, is always all of life. It is not and never has been the limited version of life that we mentally construct for ourselves.

Have you noticed that what we tend to include in our version of "what is" is all the outer stuff that we can

see, hear, smell, taste and feel? . . . And what we tend to exclude is most everything that cannot be captured by our five external senses? But that has its downside: If we only focus on the outer world and call that “what is” we miss a lot of the real *what is*.

Let me invite you to take stock of your own experience. Do you remember to include your inner experiences of life in your “what is” when outer experiences evoke them? Or do you exclude them, thinking they are “not supposed to be there”?

What does “being with *what is*” mean to you? Is it trying to accept your outer circumstances, even though everything inside you yells “No!” . . . Is this *No* not included in *what is*?

Trying to not argue with *what is* is an oxymoron, isn’t it? You may already have noticed that you fail miserably in your pursuit of “trying.” Probably every time.

For many people “what is” only includes part of the picture when it is not seen in its entirety. Even as a very sincere spiritual seeker, if you try to accept the outer experience as a way of not arguing with *what is*, you will fail, because the task is impossible.



Nothing Excluded

When we are not aware of the unconscious aspects of *what is*, it does not mean that they are not there.

Even though we may not be aware of gravity as something tangible, it still is *what is* and our lack of awareness of it will not save us from falling off a roof when we step off the edge. We cannot exclude what we are not aware of from *what is*. We can only exclude it from our awareness of it. As long as we only think of visible, tangible, outside appearances as “what is,” we have a very limited view of the true *what is*.

As we grow in consciousness, we become more and more aware of the things, tangible and not tangible, that we were not aware of before. So more and more is being included in **our experience of *what is***. The amount of *what is* remains the same; it is only our awareness of it that expands.

Like a rubber band, it keeps expanding and including more and more. This rubber band is your experience of yourself as consciousness. As you grow in consciousness you become big enough to hold it all as a natural part of the experience. It includes all the feelings, beliefs and whatever else is showing up that before were pushed out of the way.

The bigger your expansion, the more you will be conscious of and able to be present to without

resisting. Remember in stage 2 when you become conscious of something that you were unconscious of before? You will also become conscious of your automatic resistance to it. This is also *what is!* Not apart from it. Rather, a part of it!

Can you be big enough in consciousness and presence to be able to experience the resistance that comes up in you? The intolerable feelings? The things that have been stored in your unconscious-ness because they were too painful and scary to be with? And can you be big enough to be equally present with what seems to be opposites – what the mind thinks needs to be “either/or” and cannot allow to be “both” at the same time.

Can you let yourself be present with your feelings of what you have always known is natural (including your natural desires and longings) but had to shut down because the circumstances didn’t allow it?

If you’re feeling a little overwhelmed at this point, please take heart. The journal pages that accompany this chapter will be a good support. I know that this book is not a light novel that you will nonchalantly put on the shelf after you have read it. We are talking about a change in consciousness and with that a whole new way of experiencing yourself, experiencing the world

and experiencing all the areas in your life that you didn't even know existed before.

Depending on how wide your rubber band was before you started this book, you will have different degrees of "stretch marks." Until the rubber has been stretched and used it may feel a little uncomfortable to start with. But as you know, with use rubber gets more malleable and easier to deal with, and so it will be with your rubber band. The more you use your "expansion muscles," the easier it gets to become aware of and allow new things, and you will notice that the feeling of resistance in the band will eventually be gone. This leaves you free to just experience life as it is, in all its glory and magnificence.

The fact that you are reading these pages will already have stretched you, so that you are now more conscious than when you started. And I want to commend you for being so courageous as to enter on this path of consciousness in the first place – I know it is not always easy. But I also know that taking the needed steps is such a blessing and changes all the painful stretch marks into beautiful opportunities for growth, healing and . . . freedom.

So make sure to do all your "rubber reps" in the exercises!

You Are Consciousness Itself

You are invited to imagine what it is like to really know that you are not your feelings, resistances and thoughts. Allow yourself to imagine yourself being so big in consciousness that you know yourself to be this consciousness itself! Peace itself! Love itself! Yes . . . all these “negative” experiences which you have been trying to get rid of can just move through you and be liberated as you rest as consciousness. Resting as consciousness and being conscious of something are entirely different experiences. Depending on which petal of your flower is opening at this moment, this may or may not make sense. However, as long as you stay with your natural unfolding, all is well. No petals can be forced to open before their time.

Being able to connect with the *Felt Sense* in your body that arises out of and is an integral part of your experience is a very important part of becoming conscious. If you try to bypass this step, your awakening process and experience of inner peace will be mostly mental or disembodied, becoming only a part of the equation.

Through the *Felt Sense* you will become aware of unconscious material – the material you have pressed down so you didn’t have to feel it; the material you excluded as “what isn’t.” However, when you choose to

feel it again you will inevitably start growing in consciousness.

Let me give you a helpful landmark that you can use in the beginning to keep yourself motivated and to assist you in seeing that things are changing. Notice that you are able to choose differently now. Before, you were not aware that you had a choice in x, y and z matters, but now you know that you do have a choice and know that you have the possibility of making a different one. This shows you have become more conscious. Your rubber band has expanded.



Exclude or Transform?

As you continue to read this chapter, if any memories or instances come up to the surface for you about how you arbitrarily divide “what is” and “what isn’t,” write them down. Let yourself become aware of the times when you try to exclude a feeling from your experience – be it a feeling that just arises in you, or a feeling that arises out of a thought, a fear, an encounter with a person, or any other *what is* in your experience. Why do you do that? How do you do that?

Now ask yourself, where does that part you have excluded go? Have you ever thought about that?

Where do the feelings you don’t want to feel go when

you exclude them? And where do **you** go when you exclude certain feelings?

I have learned that you can’t really get rid of anything, whether it is a plastic bag that is “thrown away” in the trash can, or a feeling that is pushed away into the unconscious. There really is no such place as “away.” That can actually be shocking news to many of us, but the good news that far outweighs it is this: Transformation (changing form) is the healthy alternative. By transforming unconscious patterns into conscious choices there are no waste products. Nothing is excluded. It all gets morphed into a higher state of consciousness, where **you** are in charge of what you want the form or outcome to be.

By your willingness to stop and take a look at how you live your experience of life – of *what is* – you are establishing and claiming your liberty from the unconscious patterns that have been running your life. This is your birthright! When you do this you are moving from Step 1 (unconscious incompetence) to Step 2 (conscious incompetence), expanding your rubber band and growing in consciousness. You are doing it, and this is worth celebrating!

One important dimension of your life that you will want to look at is how you use your body to “protect you” from your own feelings. Learning how you use

your body to exclude feelings is a very useful way to bring awareness to how you actively create suffering and stress in your own life. It is also very useful in helping you learn how to make new choices.

For instance, you may notice that every time you meet your boss your stomach tightens up. When you learn to listen to this tightness in your stomach (not necessarily at the very moments when you are called into your boss's office, but maybe right afterwards when you are alone and feel safe to do a little exploration inside), you may notice that your body is telling you something important. Can you admit to yourself that you know this tightness will not just go away simply because you try to ignore it or because you are taking medication for it? Are you ready to admit that this tightness in your stomach could develop into real physical discomfort if it doesn't manage to get your attention on its first call?

Or how about when you go out on a date and your whole body screams "No, I don't want to go! There are too many red flags" but you don't listen and go out anyway. Doesn't the rest of the evening go like this? ... You feel tense all night, and you develop a whopper of a headache, so that by the time you get home you run to get your Ibuprofen or Tylenol to make the pain **go away**.

Next time, when your body is giving you signs that make you feel uncomfortable or give you pain, make a commitment to paying attention to the subtle and not-so-subtle ways that you use your body as a repository for feelings that you want to hide or “throw away.” Believe me, your loving and loyal body will thank you for it. And finally, you will thank your body for sharing its wisdom with you because “both of you” will feel better.

The exercises below are designed to help you find out what *what is* means to you in different areas of your life. Please suspend your judgment as you enter into these exercises. I encourage you to use it as an opportunity to simply get to know yourself better . . . to come into closer alignment with who you really are – and to enjoy the heart-opening pleasure of tuning into what is real for you.



Exercise

Noticing Inner and Outer Experiences

Look around yourself Look around yourself and notice what you are aware of outside of yourself: The temperature in the room, physical objects, colors,

textures, sounds, smells, tastes. In other words notice what your 5 senses are aware of.

Then pay attention to your inner terrain: What thoughts are you aware of? What feelings? What physical sensations? Any tension? Expansion? Anything you long for? Don't like? Are you tired? Energetic?

All we are doing here is becoming aware of things that are present, and which you normally may not pay attention to.



Exercise

Noticing What You Are Not Aware Of

Now let's move to the next arena. This is where you experience things that you may not have any awareness of, but which are nevertheless part of *what is*: Gravity; barometric pressure; the ozone layer; the amount of Oxygen in the air; maybe Angelic Beings watching over you; your Core Essence and Potential waiting for you put your attention there; your lungs exchanging O₂ to CO₂; enzymes digesting proteins and fats, etc.

How can you justify that any of these things exist or don’t exist depending on how conscious we are of them? And yet we do, don’t we?

Becoming aware of thoughts floating through the “air” and you accepting some, rejecting others and not paying attention to the rest is also part of *what is*.

Can you imagine all the other things that are part of *what is* and are waiting for you to become aware of? And just think of all the things you were not at all consciously aware of as a child (politics, business meetings, making money), but which were always there, and which now are just part of *what is* in your experience.

Isn’t it fun to bring attention to how much or how little are part of our field of Consciousness?



Exercise

Who Am I?

The ultimate question for Self-discovery and liberation is: Who or What am I?

Do you ever ask yourself that question, Who/What am I?

Turn your attention 180 degrees around and see what happens when you pay attention to that which pays attention.

Bring your awareness to what is looking out through your eyes. Step back in awareness behind your eyes and consciously BE what is looking out through them. Be curious about it. What is that? Is it separate from you? Is it you?

Don't answer the question "Who/What am I?" with your mind. Instead be open to letting this "I" express itself to you and give you the experience of Itself.

This exercise will be great to come back to at the end of the book, when you have cleared out a lot of debris that has been covering this "I".

You will very likely have a different experience of it, after you have become more familiar with your felt sense, your unconscious commitments and the experience of *not knowing*.

This is really the ultimate question for Self-discovery, and once it is realized the charge of who you have been thinking you are will either drop away or drip away, all depending on your past conditioning and how strongly you have been identified with it.

Meditation on “I”

[CLICK HERE](#) to listen to a meditation on “I” to make the experience more real for you.

5

YOUR *FELT SENSE*

*Whatever you suppress
causes you stress.*

Pernilla Lillarose



This chapter is extremely important and I encourage you to take time to read it, do the exercises, and spend a good deal of time to make these practices your second nature. Every second spent on becoming more conscious and less unconscious is a second well spent!

Why? Because whatever remains unconscious has the potential to keep us suffering. If we don't sense what it is in our bodies that make us "click" with something or someone, say "Yes" or "No", or do what we do, then we live as unconscious puppets at the mercy

of any thoughts, feelings and suggestions floating around in the air or in the nebulous spaces and places inside of us. Likewise, we are also at the mercy of our own conditioning and beliefs, which we assume to be “the truth” when left unquestioned.

Unless and until we have learned to experience and listen to our body’s language, we will be moved through life by unconscious feelings that may not serve us. Feelings that are intolerable, scary or painful will force us out of our *Felt Sense* in our body and into our mind. And when we live in our mind, it makes perfect sense to **believe** that our actions or decisions are made from a logical and true standpoint. And they are . . . from that limited level of awareness.

However, when we muster up enough courage to enter into our bodies and experience the *Felt Sense* of rejected and unwanted feelings, we discover a wealth of information.

Feelings are complicated when they are suppressed. Feelings are intelligent and insightful when we pay attention to them and listen to what they have to say.

When our feelings are repeatedly not attended to they become a buildup of demanding emotions that we have dammed up. At that point there is a reservoir of unfelt, unexpressed material being held back. It is when we dam this material up that we create pain for

ourselves. Appreciating that you and I have lived for many years in the realm of unheeded feelings, I would like to offer what I have learned to help you become more emotionally intelligent. When you are emotionally intelligent you will make choices and take actions from a very different state of consciousness. From there you will be able to enjoy your life in a whole new way!

I promise you that if you follow the exercises that are provided and start implementing them into your life, you will experience more inner peace and less inner conflict . . . you will know where to go when you need an answer . . . you will know how to stop doubting yourself . . . and you will know you are the source of what you thought was outside of you.

The most basic ingredients for inner peace are often overlooked in our search for God or freedom or happiness. That is not to deny that wonderful moments can be experienced in prayer, meditation or even spontaneously. I have had them myself, and they have had a deeply transforming impact on my life. However, unless these experiences are being integrated into our lives so they can transform what is still unconscious, they can leave us feeling confused and lonely after they have gone.

As long as our unconscious conditionings and beliefs are still active, even though they may still be

“under cover,” we have not fully included or embodied all of who we are. And if we want true freedom nothing can be left out. Nothing can be excluded. It hurts to be excluded. Exclusion means division and leaves freedom and oneness out of reach.



The Foundation

The ultimate foundation is of course a fully trusting relationship with the Divine, a deep knowing that “I and my Father are One” (Bible quote, John 10) and that this is true: “Take no thought for your life – it is the Father’s good pleasure to give you the Kingdom” (Bible quote, Luke 12).

Yet there is more . . . much more. It lies in realizing that **you are** the Father, the Kingdom **and** what you have been looking for. (Please feel free to substitute for Father whatever word resonates with your Heart and truth). It is my prayer that we may all realize this fundamental truth and may experience the deep peace that comes with it.

I will show you the foundation, as I know it, required to attain inner peace. This foundation is so utterly simple that you may want to skip it. So simple that many have missed it and need to go back to pick up the pieces (which, in fact, are “peaces” in disguise).

If you already have this foundation in place, the more power to you. If not, then this will be your *Inner Peace for Dummies* book. Super simple! All it requires is your time to build your foundation.

Without this fundamental foundation, your progress is built on “sandy soil” and any wave or wind will soon wipe out anything you may have accomplished. You may notice a change, but most likely it won’t have a lasting impact on your life or your world.

A real foundation is made of some very special ingredients that you cannot buy anywhere. You cannot get them for free from anyone. No stores or websites sell them. The only way you can build YOUR true foundation is by using the ingredients found deep inside your soul.

Here are the ingredients:

A deep longing to live a life of freedom, inner peace and to be more and more conscious; a longing that is *felt* inside of you. This is very different from wanting it as a nice idea, or something you hope for. This longing comes from deep inside your soul. It is your Heart’s Deepest Intent, an unmistakable feeling that wants your attention.

A willingness to grow stronger in this inner *Felt Sense* and to make it your first commitment, even in

the midst of any waves of resistance, fear or inertia. This is true commitment from the Heart, which can also be called dedication or devotion.

An attitude of kindness and love towards the parts inside of you that are committed to safety, security and certainty and are still suffering. This kindness is a powerful part of the solvent that helps soften painful edges acquired over a lifetime. The poem called *Kindness* (p.141) gives you a beautiful picture of that.

This is what the foundation is made of. If any of these ingredients is missing, the house collapses, and you have to start all over again. If, on the other hand, all ingredients are present, then any kind of adversity will only strengthen your foundation and help you build what your Heart longs for.

The exercises help you to become familiar with what a *Felt Sense* is, and you will learn the difference between a mental idea and a *Felt Sense* in your body.

Since most of us live our lives through our minds, this may be a foreign concept to you. Or, you may already know this intellectually, but have not been able to embody it yet. Either way, please take time with this exercise. When you start listening to the *Felt Sense* in your body, you may be surprised to learn how often you have ignored its vital signs. As you go further into this, you will learn what an amazing tool you are

equipped with and how stunning it is that you have forgotten how to use it.

It is time for us to take back dominion over our lives, just as it was once promised. It is our God-given right to choose to be happy and at peace. It is simple. If only you **want** it enough, can **feel** that you want it, and then **commit to that feeling** of wanting it.



Intuition Demystified (or, Your Yes-and-No-mometer)

When you start questioning what you are committed to in your life, it is very helpful to have a strong sense of how your body signals your Yes's and No's and how they actually express themselves. Yes and No are far more than just two simple words.

Do you know what a Yes feels like? Do you know what a No feels like? And do you know that these feelings are what motivate you in your life? They make you evaluate if anything is going to feel good or not good, feel secure or unsafe, and if it is what you want the most or not.

There are different levels of Yes and No. Your Deepest Intentions of Yes and No can be buried under many other layers of unconscious and fear-based Yes's and No's.

For the most part, we are not conscious of these layers of intention. We do know what they feel like. The trick for us is to feel them consciously. We are the ones who either listen to them consciously or suppress them. No one else can do that for us. And if we have suppressed these feelings of Yes and No for a long time, we have become numb and deaf to them because we have overridden them with our rational, mental mind and beliefs.

There is a reason for doing so. You will uncover this reason when you start reconnecting to your *Felt Sense* in your body and really start listening again.

When we were young, the consequences of listening to our *Felt Sense* of Yes and No could often be too painful and scary, so we learned to shut down to what we intuitively knew was right and true and natural! We turned away from our knowing, our intuition, and our true Self.

Let's look at an example. If you grew up in a family where your emotional needs were not met, even though you intuitively knew that these needs were completely natural and OK, you probably had to shut them down in order to survive emotionally. Then, in order to be able to make sense out of it all, you started believing things like this: "There is something wrong with me;" "It is not OK to have needs;" and "I am not safe," among

others. In other words, you made *what you knew intuitively* (i.e., “I have needs”) wrong, turned away from your intuition, and started believing what others said as being more true than your own inner wisdom.

As if that were not enough, because these beliefs were too painful to live with, you had to “do” something to counteract them and justify your right to be here on this planet, so you acted in ways to balance out these beliefs.

For instance, if you felt you were not safe, your life may have come to revolve around trying to find safety. Or if you thought there was something wrong with you, you may now spend a lot of time justifying yourself.

Does this sound familiar? These beliefs and consequent feelings are covering your natural knowing, your intuition, your Yes-and-No-mometer. And that does not feel good! So is it any wonder that you try to avoid them and engage a lot of your life force energy into resisting them and covering them up! (Stage 1: Unconscious incompetence)

First we turn away from our intuitive sense that informs us of what is right and wrong. Then we cover this sense with painful, limiting beliefs that make us turn away from our self. Then we build strategies to cover up and counteract these beliefs through our actions and behaviors.

This may give you a sense of what you are going to encounter when you start turning back towards your Self. As you can see there are plenty of layers to move through. I hope this clarifies why the foundation is so important for you so you have something to stand on when the storms of uncomfortable emotions and beliefs knock at your door.

Our ride Home is usually not a smooth one. But every step towards it will reward you with being more conscious, with a deeper sense of inner peace, and strengthen you in your commitment, not only to live in peace inside, but also to know who you are. You are not any of these feelings or emotions. However, when you resist them, it is possibly because you think you are them! When you stop resisting your feelings and allow them to be experienced through your *Felt Sense* in the Stillness of your own Presence, you start realizing that you are **that** which is experiencing them, but you are not them.

Your natural Inner Movement is really only a feeling away. OK . . . maybe a few! But the key to taking those necessary steps depends on the depth of your feeling of wanting to live in unity with your Self. Are you dedicated to this goal? Do you feel devoted to it? Once you do, nothing can stop you.

In truth, you are the one who turned away from it, so you are the one who can turn back again. Nobody can do that for you. You are also the one who will experience the aliveness and the beauty when you take back your power and commit to your Self again.

Your *Felt Sense* is your true guide, and it is so much more powerful than your mental sense. A mental thought can **never** compete with a deeply felt feeling inside, even if you “think” it can.

Your body knows what is natural and will inform your mind when you are ready to listen!

So when you can begin to **feel** what you previously only mentally knew you wanted (and therefore were not able to follow through on), you will start to experience a power inside that gives you the fuel to follow through on what you **want the most**.

Let me explain this with an analogy. Let’s imagine that Mental language is spoken by Mercurians and Feeling language by Fenusians. These two cultures function very differently and their languages reflect these differences. For the purposes of our analogy, we will allow that the Fenusian culture/language is louder and more dominant in following through and getting their way than the Mercurian culture/language when they encounter each other. Well ... at least in certain areas of their lives. So now let’s relate this back to the

Felt Sense in our bodies: When “Feeling Fenusian” speaks to “Mental Mercurian,” they are speaking different languages and are not able to hear each other. Feeling is stronger and ends up winning. If Mental could only get to communicate with Feeling they could have a real conversation. So if Mental learns to speak Feeling, bingo ... connection. Mental listens to and understands Feeling and together they can come up with what is most wanted instead of working against each other.

And please remember that this only relates to certain areas in life. There is absolutely nothing wrong with speaking “Mental Mercurian.” The area in life I am referring to here is the area where we want to get back in touch with what is natural for us and how that manifests in our bodies, i.e. our *Felt Sense*. So please don't make any comparison as to which is better, because neither is. It all depends on what we are trying to accomplish.

An encounter between our Feeling state and our Mental state now becomes an entirely different experience, wherein the Mental one gets to be heard and the Feeling one has a basis for negotiation. How that happens is that we simply determine which feeling we want the most. Now a felt No can meet a felt Yes. Before, it was a mental No meeting a felt Yes. And

guess who won? The strongest **feeling** . . . because the feeling of what we want the most always wins.

This analogy only applies to self inquiry into the *Felt Sense*. It does not mean that we have to go out in the world and express our emotions in order to get our way. Should that be the case, the feeling is still unconscious and unquestioned and therefore unable to negotiate.

In case you feel a little confused, here is an example of how this plays out in life: You say you want to stop eating sugar (Mercurian – *No* to sugar), and yet you keep doing it. Underneath, you feel lonely and eating sugar gives you comfort (Fenusian – *Yes* to sugar).

So which one is stronger: The mental wanting to stop or the feeling of wanting comfort? . . . The feeling wins.

Now that you see the dilemma, you may start clarifying your deeper yearning: “I don’t want to be run by the need to feel comforted (Mercurian *No* has become Fenusian *No*)!” (Not that there is anything wrong with wanting to be comforted!). “I feel a deeper urge to be free (Fenusian *Yes* to sugar has become a *No* to sugar)!” There is a much deeper feeling in this decision now, right? You can **feel** the “No” to the sugar now. And you can feel the determination and dedication to what you are saying “Yes” to.

True, for a while, the feeling of wanting comfort may still be much stronger than the feeling of not wanting to be run by it. So you keep eating sugar. However, now that you have become conscious of the dynamic, it is just a matter of time – if you keep committing to what you want most – for your deepest wanting to win out.

For some people the shift can happen as soon as they see through to their deeper wanting and insist on “No more!” Others may need to tend to the feeling of wanting comfort in a loving and kind way before it is willing to loosen its grip. It all depends on our conditioning and our ability to feel our underlying commitments, which the next chapter is all about.

Do know that there may be times when it seems like you will never get it. This is normal (and natural)! But when you stick to it you will suddenly notice one day that all your dedication has slowly melted the undesired beliefs and feelings into a puddle and the problem will either be gone or not bother you anymore. Perfection is not a requirement for change. Willingness is!

If your *Felt Sense* is not an automatic part of your life experience and if you want to grow in consciousness and inner peace, it is essential to become familiar with it and practice it on a daily basis. Tuning into your *Felt Sense* means learning a new

language, and that takes time and requires ongoing practice. I don't have an easy formula for how to do this that I can quickly put at the end of this chapter as a practice. But I do know that if you will take the time to do the exercises, they will be of real benefit to you. Just stick with it and the rewards will be yours.

And for those of you who don't have access to a computer, I will just include an invitation here to become aware of every time you say "Yes" and every time you say "No" vis-à-vis your inner Yes or No. Can you track it as a feeling inside your body that translates into either one of them? Does your body expand or contract? What do you notice?

If you aren't able to track these feelings right away, please give yourself time to learn how to do this. All that is required is that you do your best. Remember the chapter on Naturalness. You stay with each petal as it opens up. If it is still closed and you are not aware of what it feels like, just stay open to that experience of "not knowing what it feels like." Your openness will gracefully invite your petal to open. Quite naturally it **will** open up, and you will begin to feel and sense and get in tune with your body and with yourself.

What if you are not at all aware of anything happening in your body when you say "Yes" or "No"? My guess is that there **is** something that you are aware

of. But you may be discounting it by thinking “Gosh, that couldn’t be it. That feeling in my body is so . . . (you fill in the blank) . . . familiar / subtle / unremarkable/ elusive . . .” Well, what if it **is** that? I encourage you to just keep making a commitment to tune in to your inner process. And acknowledge yourself when you do, because it is that self-acknowledgment that will help you stay the course.

When you have a well-attuned Yes-and-No-mometer you are in touch with your Inner Movement and flow through life in a smooth and clear way. You’ll experience less doubt and confusion and feel comfortable in your own skin. How about that?



Exercise

What does a “Yes” Feel Like in Your Body?

Let yourself remember a recent experience where you knew you wanted something (said “Yes” to). Sink into your felt sense in your body and track for any sensations or feelings and notice what happens:

How did you know that you wanted something?

How informed you of your Yes?

Where in your body do you get that knowing from?

Is it a feeling? A sensation?

Is it a feeling of relaxation, excitement, deeper breathing, warmth, energy or some other feeling?

Get familiar with YOUR experience of your body language of Yes. Feel it. Let it get a little bigger so you really know how a Yes translates into body language.



Exercise

What does a “No” Feel Like in Your Body?

Now think of something that you know you don't want (say “No” to).

What tells you that?

How do you know you don't want it?

What is the language in your body that you end up translating into a No?

Is it a feeling of contraction, anger, power or some other feeling? How is your breathing?

How would you explain a Yes and a No to someone who speaks “body-language?”

Also notice how much you have paid attention to these sensations in the past. Is it new to you? Or are you already familiar with it?

As you get more familiar with your inborn “yes and no-mometer” and experience how a Yes and a No is

connected to a felt sense, try also to pay attention to other sensations in your body. For instance, when you don't want something, do you notice anything changing in your jaw? Do your shoulders tighten up?

These are all the little cues your body is using to get your attention. Write them down.

Please refer back to this exercise as often as needed. I have not yet met anybody who has mastered it fully. There is always room for fine-tuning your instrument and becoming more at One with yourself.



Exercise

Deciding From the Mind

Now let's explore the times when you made decisions from your mind only. By that I mean when you were not consciously aware of the Felt Sense inside of you that was guiding your choices, and you didn't listen to it.

Let yourself remember a time when you wanted to do something or change something in your life (stop drinking or overeating, start exercising, meditating more), and it either didn't happen or didn't last. Write it down.

Was it something you knew you wanted to do or change, but when you encountered difficulties or resistance or other distractions, your motivation to do it somehow disappeared?

We can all come up with many examples of those instances. And this is the whole point that I would like to shine light on as we are building the foundation. With this simple awareness you will be able to better follow through with your future choices.

Over the next few days, take some time to practice feeling your Felt Sense when you know you want to do or not do something. Take the time to feel how that feels in your body as a Felt Sense, and how different that is than if you are only aware that you just want it mentally.

(For instance you may say “I want to lose weight,” but you don’t really let yourself feel that want. You undoubtedly do want it, but do you want it enough? When you feel into it, you’ll know if you want it enough or if you only want it if it could magically happen without you feeling committed to it.)



Exercise

Expanding the Feeling of Yes and No

Just because it is so much fun to discover yourself, I'll offer you one more exercise:

You can experiment with allowing that Felt Sense of Yes and No inside your body to grow. Let it grow in a way that you can really feel where it shows up in your body and how. So let yourself remember one of the instances of the first exercises and really focus on the feelings of it and then make space for it to be felt even more if you can.

Is it OK to feel them?

How strong, how free and how safe is it to feel and experience it?

How interested are you in learning it?

Are you shying away from them? If you do, at least you can see the unconscious pattern to do so now.

What memories show up?

Try substituting the words Yes and No with "what moves you" and "what doesn't move you." This movement is the Felt Sense in you that has been moving you and will continue to move you in your life.

The more you are in tune with that movement, the more you start trusting it, the more peace you will start to experience.

As you do this exercise, remember: We are in no rush to get anywhere. We are learning to become one with our destination, with our Inner Movement, with our inner knowing. This is where inner peace is found. It is not separate from you, but at one with you.

You are beginning to build a foundation and that may be a little tedious and hard work in the beginning. But later on, when you have completed the roof and a big storm arrives, you will be very glad you did the groundwork.

Please have fun in your exploration!

6

UNCONSCIOUS COMMITMENTS

What you resist persists.

[Unknown source]



Do you ever stop and reflect on what you are really committed to in your life?

And how you've made those commitments?

Most of us get swept away by old wounds and pain without even knowing it. We think we are in charge of our lives, but just can't seem to get it right. What we are not aware of is that we are run by an unconscious inner committee that keeps us from unfolding the way we would like to – and the way we are able to. I like to use the term *committee*, because it consists of many of the different parts inside of us that have influenced most of our decisions in life. You may recognize them

as the voices of a condemning judge, a task master, a scared child, a shaming authority, or a critical parent. These are the voices of our unquestioned thoughts, beliefs, strategies and feelings that we have blindly accepted.

This committee is so close to home that we often don't experience a perceivable distance between "it" and "us." And as long as we don't recognize it, we don't question it. When we have loyally obeyed this hidden committee and given it our power for our whole life, it can feel sticky and convincing, and it may cause a lot of inner conflict.

Unconsciously we are all committed to safety, security and certainty, which is exactly the fuel this committee needs from us to stay alive.

However, there are two ways to be committed: consciously and unconsciously.

According to science, ninety-five percent of our commitments are made unconsciously. Unfortunately, those commitments do not support our Heart's Deepest Intent, our Deepest Yes, but they do support other intentions: We either move towards pleasure or away from pain, towards safety or away from uncertainty. We are biologically programmed to do so, which is why we normally don't question it. (We will explore this a little later.)

Do you know that you commit to something **only** if you can **feel** it inside? If that is a surprise to you, it is most likely because most of your determining feelings are still unconscious. When they are left unconscious, it is this inner committee that decides what you commit to without you even knowing it! This is what I referred to in the previous chapter with the analogy of Fenusian and Mercurian. Your body and mind then are working in opposition to each other, and you experience this opposition as inner conflict.

When you don't consciously know what you want, you automatically follow the path of least resistance, which is made up of your unconscious (unexamined) beliefs and feelings as well as other people's "suggestions" – be they in the form of thoughts, teachings, guidelines, the media, or rules.

If this awareness that you are actually not at all in charge of your life sounds a little scary, please relax! I can assure you that you have the power to change this reality. All that is required is that you really **want** to change it and are able to **feel** that desire inside of you. This is what I mean when I say that you commit to something **only** if you can feel it. Your feelings are always your way out and your way in, depending on what you commit to and want to "get out of" or "get in to."

As a brief intermission, I want to bring to your attention that there will be a time when you realize that you are not in charge of your life at all and that you will actually be able to enjoy that and finally rest. However, this chapter is not addressing that state of consciousness. Here we are dealing with shining light on unconscious conditionings that seem to block us from realizing who we are in our Essence.

The more you become aware how these unconscious, unexamined beliefs are running your life and are the cause of what is not working in your life, the more readily you will be motivated to want to change that.

When we consciously turn our attention to what is not working in our lives, follow the trail down inside ourselves, and inquire into what feelings are involved, we discover what we unconsciously are committing to.



Unexamined Feelings

I imagine you are wondering as I did, why you would commit to something that you consciously don't want. Inner exploration gives us the answer. We commit to something that we consciously don't want because our unconscious feelings and beliefs make themselves more important than our Heart's longing.

But they can stay that way only **if** we leave them unexamined!

What are our unexamined feelings and beliefs concerned with? **Survival, safety** and **security** are high on that list.

How often do you choose safety before taking a risk that might mean losing something or someone? How often do you choose not to speak your truth because you may get criticized? How often do you turn away from yourself in order to please someone else and get a crumb of love? How often do you express anger because the power surge feels so much better than letting yourself be vulnerable?

This is really the kind of “stuff” we’re after, isn’t it? The feelings we don’t really want to feel, because we know they may have consequences. It is these protective beliefs and behaviors that seem to keep us safe, but they can never make us feel happy or fulfilled.

Isn’t it really time to move on – to move on from trying to “survive” to creating your life according to your Deepest Yes? So let yourself start by identifying within yourself that feeling that is already there. **Let yourself really feel the feeling of what you deeply want.** Let it be your guide to making the change from “being lived by” your inner committee of unconscious,

conditioned feelings to “living consciously from” your Heart’s wisdom and vision.

You can start exploring in which area or areas of your life you have let yourself be guided so unconsciously by safety and survival that you have compromised your dreams and are consequently living in conflict with yourself right now. Using the questions on the previous page as a guide, consider your own answers. Or, you may already have spontaneously become aware of different areas in your life where you have turned away from yourself in order to feel safe. Make a note of what you have discovered.

As always, I want to stress that there is nothing wrong or bad about the choices you have made. Choices that we make unconsciously are made for a reason. They are the best choices we can make at the time. It is when we become conscious of what is really true for us that we have the option to make new and better choices.

Let the journal exercises help you with this process of tuning into the body’s *Felt Sense* of what you **want** and what you **don’t want**, along with what you **have** and **don’t want**. Believe me, there are so many rewards available to us when we train ourselves to tune in to our *Felt Sense*. Clarity about how we can move from surviving to creating our lives is only one of them, but a

truly spectacular one. It is my hope that you experience the new freedom that is available to you as you learn to move from surviving to creating.



The Impact

When I notice that something is not working in my life, and that I have been doing a certain behavior automatically (unconsciously) for a long time, I must first really look to see and feel the impact of this behavior. Maybe it has a negative effect on my own life; maybe it has a negative effect on someone else's life. As long as I am doing it unconsciously, I won't even be aware of it (duh!). However, what I **will** be aware of is the impact it has on my life and the discomfort and suffering it creates. When I feel the pain that it causes, I will automatically also **feel** the inner "No, I don't want that!" This No carries a real determination with it and gives me a surge of energy that is much stronger than the feeling of the unwanted behavior.

A little example from my own life may help clarify this: Based on my conditioning I have attracted situations into my life where I was made wrong for something I did not do. Consequently, I always tried to explain and defend myself. Unconsciously, I had committed to explaining and defending myself, because

I didn't want to feel misunderstood. One day I caught myself in the middle of defending myself. It was quite an eye-opener. At that moment I realized how awful it felt to go on the defensive. I did not want to be on the defensive, and I was acting contrary to what was natural inside of me.

When I saw it, there was an immediate feeling of "No, I don't want to keep doing that." And accompanying that No was a curiosity about my behavior and how I could change it. As I listened within, there was a deep longing to stay present inside and meet the situation with love instead of feeding that old behavior. Now, of course, that behavior did not change right away! But I did start to feel a solidity inside of me that was much stronger than the need to defend myself, and with that came an unfolding of a deeper pain that I had to listen to. From then on that solidity helped me move through the temptation to follow the old pattern again. It enabled me deeply listen to myself and to make different choices. At the same time, it allowed me to see that those who were blaming me were unconscious of their behavior and most likely in a lot of pain inside. What a treasure that No turned out to be . . .

I'm sure you can identify with this kind of scenario. And like me, you may also have had the experience that

even your **feeling of No** does not necessarily make you aware of the connection right away between your self-defeating behavior and your unconscious feelings.



Blaming

It is very common to blame others or ourselves when we are not aware of our unconscious feelings. These unconscious commitments make us feel like victims.

Over the years God has taken a lot of blame for our unconscious commitments. Blaming God is like blaming the sun for not shining on you when you are hiding in the closet, eyes closed, out of reach of the sun. If you open your eyes, you'll see you are in the closet. You'll notice how dark it is, feel the discomfort, and automatically want to get out of there and move towards the sun. This is your feeling of No to what you experience as darkness. (Why not allow this book and your journal work to help serve as your eye-opener?)

Feeling like a victim makes you feel weak and does not feel good. Blaming feels empowering and often makes you feel good. But that experience is only short-lived.

Blaming is the easiest way out of feeling the impact of what you are unconscious of. It is also the fastest

beeline away from uncovering these unconscious feelings that actually cause you to experience darkness. If you open your eyes and step out of the closet, you'll see that the darkness has nothing to do with God, the sun or whoever/whatever you have been blaming. Instead you will uncover the real cause: The uncomfortable feelings from your past that have yet to be brought into the light for transformation and liberation. Opening your eyes is the healthy alternative to blaming or being a victim!

Here are the big questions we must ask. How do we become aware of something of which we are unaware? How do we become conscious of something of which we are unconscious?

Having been on this path of inquiry for almost 30 years myself, I know the importance of hearing the same questions and insights over and over again. After all, the mind is programmed by layers of conditioning. And when we see that these questions serve as a kind of solvent, we recognize that it takes many "passes" to dissolve the conditioning of our minds. And boy, there are layers of it! Each time I hear something that will help dissolve a layer of the conditioning I realize that only a small layer is shed. It simply takes time.

Everything that we have discussed and worked with in this book so far is the solvent. And we need to be

making many applications of the solvent – i.e., practicing, practicing, practicing the exercises and working with the questions. Simply put, understanding and internalizing this information is the crux of everything. So let's take this opportunity to review the basics we've worked with so far.

You start with what you are aware and conscious of. Ask yourself what areas in your life are not working for you. Those areas need to be connected to your own *Felt Sense*, and that is why you need to be able to **feel** the impact your outer life has on your inner life. Your feelings are the expressions of that impact. The greatest gift you can give yourself is to identify the areas in your life that are not working.

This takes practice, of course! The more you practice the simple exercises given in the journal pages, the more you will grow in your capacity to be conscious and present to these feelings. And as you become more present to them, your relationship to yourself and the world simply changes.

But, first and foremost, remember these fundamental truths: (1) You only commit to something that you want and are able to **feel**. (2) Even though you are unconscious of some feelings, they are still there and do influence your choices in life!

Since most of us have been committed for eons to not feeling our feelings, we first need to commit to wanting to feel them and wanting to behave differently. So first ask yourself: “Do I really want to be able to **feel** and be present with my feelings now?”

If you say “Yes,” great! If you say “No,” great! At least you know what you want!

If you do want it, know that the process takes time. If this is new to you, expect that you will stumble, forget, resist, be unconscious, and who knows what else for a while. Your old unconscious commitments won’t voluntarily give up right away, just because you decide to turn around and go in a different direction. There is going to be a competition for your attention for a while. And **you** will be the one who decides who wins. Not your feelings. **You!** Because now that the feelings have become conscious you will be able to choose which feeling you want the most. And if you have not fully committed from a *Felt Sense* that you want to do this, you will not be in charge. Your unconscious old feelings will be in charge once again.

When a commitment is not 100 percent, it is not a commitment. It is tantamount to being partially pregnant. You either are or you aren’t. True commitment comes as a feeling of determination, of really insisting: “No! No more!” It is a powerful feeling. Can

you feel how different that is from just saying “No” without the feeling behind it? Remember: You are consciousness itself. You are not *what* you are conscious of. That is not who you are. However, what you focus your consciousness on is what you will experience and bring into your life. This is the way it works – whether we like it or not.

This speaks to the importance of knowing and feeling what you want from your deepest depths, not from the surface. Surface wants will never fulfill you. They may satisfy you for a little while, but only your Deepest Intent will satisfy you wholly. This Intent is not separate from who you are and it is the only true fulfillment you will ever experience.

When you honestly and deeply want to become more and more conscious, you **feel** it in your body, right? It is a deep feeling of longing or yearning for something. This **deeply felt sense** is what can *meet* the unconscious feelings. This is where the body and mind start cooperating.

A mental commitment can never meet an unconscious felt commitment.

If you mentally say you don’t want something anymore, that thought statement does not reach deeply enough into your unconscious. A mental No can never compete with a felt Yes!

It is worth repeating this one more time. Our human experience is created by the discourse of our two different inner languages: the feeling and the mental. The dominant one of the two is the language of feeling. More often than not, the feeling language that we speak is determined by our unconscious feelings: the voices of our inner committee.

In order for any discourse to proceed, the two sides have to agree to get along. That means that our thoughts and our feelings need to come to some kind of agreement. They need to learn to speak the same language. Feeling must make the adjustment and become conscious. Mental must make the adjustment and become felt. And they both can make those adjustments. When you really “grok” this you’ll be inspired to learn how to translate mental language into feeling language. Furthermore, you will enjoy being able to communicate with the deeper parts of yourself.

In order to learn to understand this dominant language, the language of our unconscious feelings, we first need to make a commitment to wanting to feel our feelings. Committing to wanting to feel them may be a tedious thing to do. It may even be boring, and you may prefer to put the book away and never practice the exercises to build your foundation. But I assure you that without accessing this *Felt Sense of what you*

want and don't want (your deeply felt desires), you will make your decisions mostly from your mind, leaving your unexamined feelings to run the show.

Let's take a moment to summarize this chapter. It is about becoming aware of our "inner terrain" and the impact it has on our outer lives. Though our lives may often look like it works the other way around, keeping us on the merry-go-round of blame and victimhood forever, it does not. And that is good news!

You can change and heal your inner terrain and consequently experience the effects of that change in the outer. You can commit to your desire to dis-identify from your unconscious thoughts and beliefs, put all your attention on your inner Presence and your Deepest Intent, and see what happens.

Before you continue, ask yourself if you really want to feel those unexamined feelings and if you really want to dis-identify from them. How deeply do you feel the answers to those questions? Make sure you are clear inside about this. Make sure that you know what your Deepest Intent really feels like. This clarity will naturally prepare you for the next chapter.

You can start out by making a list of the main aspects of your life that are not working for you. Then track those instances back to your body's *Felt Sense*, the way we learned it in the previous chapter. Let

yourself experience the feelings that are evoked by outer events. Feel the connections between the events and your feelings, noticing how they are not separate. Don't blame the event for your feelings. Instead, be responsible for each feeling, "own it," and ask yourself if this is really what you want. Listen to the feelings with kindness and let your inner Naturalness inform you of what resonates with you.

The exercises for this chapter are inseparable from the exercises for the next two chapters. Once you uncover something unconscious, it has become conscious and there may be some kind of a reaction that pops up. Stick with it! As you move forward in the book, allow yourself to revisit any and all issues that keep popping up – *even if you think you should be done with them!* And remember to be exceedingly gentle with yourself. You deserve it.



Exercise

Make a List of Areas of Conflict in Your Life

Please make a list of some areas of conflict in your life that you don't seem to be able to change.

- Where are you suffering?
- Whom are you blaming?
- When do you feel victimized?



Exercise

Say It Out Loud

As you start diving into these unconscious commitments, there is a good chance you'll experience some inner conflict become conscious. It was there to begin with, but you may have used your flavor of "overeating" (your conflict) to numb it out.

The conflict you experience in your life is the result of an unconscious commitment.

As a way to make this unconscious material conscious and taking ownership of it, first write down what you are committed to.

For instance:

- I am committed to being overweight
- I am committed to blaming others
- I am committed to being poor
- I am committed to overworking
- I am committed to not having enough time
- Write your own commitments down

Now you are going to make it even more conscious.

Pick one of these commitments at a time and say it out loud. Keep repeating, “I am committed to ...” “I am committed to ...” and notice what happens inside of you. You may notice a lot of unconscious material rising up to the surface.

Write down your experience as you keep repeating your commitments, one at a time.



Exercise

Do You Really Want This?

It is very common to experience a shift from feeling like a victim to feeling empowered when you speak it out loud like that and own your experience.

Now ask yourself this question: *Do I really want this?*

Write down your *felt* experience. (Don't just say *No* without a felt sense of it.)

A common experience is a strong feeling of *No* once you become aware that YOU are in charge and that YOU are the one who is committed to it. If you feel this *No*, let it become alive in you and feel the power of this determination. Take your time with this. You will start realizing that the more you can feel this, the easier it is to make a new commitment. A felt commitment is unwavering, and can be called dedication or devotion instead. When the Heart is dedicated or devoted to something, you don't need outside encouragements to do it: It is all you want.

In my own life when I clearly see what I have unconsciously committed to and have made myself a victim of in my circumstances, the turn-around is practically effortless and instantaneous. However it is not always that easy. Some areas are much stickier and need more time and attention to let go. And other areas may keep coming back for a deeper layer to be freed.

7

CONSCIOUS COMMITMENTS

*When you commit to your Self, the whole Universe,
which is your Self, lines up behind you.*

Pernilla Lillarose



This is how Cambridge Dictionaries online defines the word *commitment*. (1) “The state of being bound emotionally or intellectually to a course of action; (2) Loyal and willing to give your time and energy to something that you believe in; (3) Something that you must do or deal with that takes your time.” Yes, it does take our time. After reading the previous chapter, we understand that the commitment to our own Essence, expressed as our Deepest Heart’s longing, requires our time, energy and focus. And it is worth every little bit of it!

Why? Because when you commit to your Self, the whole universe, which is your Self, lines up behind you. It is a promise that you consciously make to claim, love and honor your own Presence, your own Essence.

I love that! It does not get better than that, does it? Not only do you have the whole universe behind you, you will also realize that you **are** the universe, and that all that you have been looking for *out there* is right here inside your own consciousness. The key that opens that reality to you is your conscious commitment to your Self.

What does that mean exactly . . . “to commit to your Self?” It means that you choose to be guided by your Deepest Intent, your Core Essence, your Heart’s longing for itself. It means that you promise to seek the truth of who you really are.

And when you do, you will discover that that truth – whether you call it God, the Universe, or the Divine – is right here. You will be having the same “Aha!” as the celebrated British poet, Alfred Tennyson, who immortalized these words: “Closer is He than breathing, and nearer than hands and feet.” You, dear reader, are in very good company!

Once you commit to your Self your path is set. You are on your way Home. You now have a compass in your hands, in your Heart, and – when you pay

attention to it – you will now have the only compass you will ever need. You will know what is true for you in this moment.

But you may not know what is true for you in the next moment. And that is truly OK! I invite you to ponder this point with me and to take as long as it takes for you to really understand it: *Knowing what is true for you in this very moment is the only thing that life has ever offered us. Because this moment “now” is the only one we have. The past is gone and the future is not yet here. In truth, neither past nor future exists in the “now.”*

If we compare that with a compass, you will notice that it only shows you the direction in each moment of time, i.e. each “now.” It does not show you the directions around the next corner or for the next minute, hour or day. That is how a compass works. That is how your Core Essence, your inner compass, works. It shows you the way every moment. If there is no change in the direction of the needle, you just wait and keep *being what you are doing and doing what you are being.*

Keep an eye on your inner compass, keep your inner ear open to your Heart’s voice, keep your senses open to your next sense of Yes or No.

And know this: The *Felt Sense* of your commitment is your best guide through the maze of your old feelings and conditionings, the maze where you have gotten lost before – before when you were not paying attention to your inner compass. The reason you were lost was that you had no guide with you to show you **your** way. But now you will.



The Jungle

If you should (and believe me, you will) suddenly find yourself in the jungle of old and familiar feelings and beliefs with no clearing in sight, please don't panic. It is your human conditioning that got you into this jungle to begin with when you simply didn't know another way. And just because you have a compass now does not mean that you are out of the jungle yet. You are still in the jungle that is made up of your painful, scared and sad beliefs and feelings. And yet it is different now.

The difference is that your Heart's voice, your inner compass and Inner Movement are there with you now. In fact, they were there all the time, but now you have become conscious of them because you have made your commitment. (This is Stage 2, but this time it is

something that is pleasant, and you will probably not experience resistance to it.)

If you had gotten really far away from yourself, you may need to walk back through some gnarly sections of jungle. But, remember, you are on your way Home! You are going in the right direction now. And even though, at any given moment, you might find yourself temporarily surrounded by a tangle of fear-based beliefs, you can check your inner compass and choose to follow its promptings right out of that momentary jungle. Your inner compass will always give you a great sense of peace and comfort, when you pay attention to it. When you pay attention to it!

It is your commitment to your inner compass that is the fuel you need to make it through. Your commitment is the fuel that gives you the energy, the inspiration, the “stick-to-it-iveness” you need to conquer the jungle. Think of it this way. If you physically went on a long hike through a jungle, you would not leave home without your food (fuel) and a map (compass), would you? This is no different. Your fuel is your commitment, and your compass is your *Felt Sense*.

If you have been walking through the painful and persistent jungle of old beliefs and fears, that reach out like a tangle of creeping vines to trip you up, and you

are beginning to doubt if you are headed in the right direction, please don't get frustrated and throw out your compass. Please don't turn deaf ears to your Heart's voice again. The way out is **through** it. There is no way to get around it or avoid it. There is no helicopter to swoop in and lift you out of it. But once you start walking through it, fueled by your *Felt Sense* of commitment and guided from within, you will gain so much. As you continue onwards, you learn and you get strong. And you will return Home with gifts you've never dreamt of, gifts that you can't wait to share with the many who hunger for them.

In all honesty, there may also be times when you feel just plain lost and as if your compass has simply stopped working. These are the times that you may want to ask for help. There is always someone who has walked through their own jungles and who has their compass intact and is ready to assist you. This is what I mentioned in the first chapter in the discussion about the wisdom of getting support when you need it. I don't take my difficult times lightly and I hope that you won't either! I have walked through a number of these jungles myself – which is probably why I am writing this book, and I want to prepare you for some of the things you may encounter on your way Home.



Not Knowing

There are times when you may feel tempted to throw out your compass and start relying on your old ways again, even though you know they didn't really work. Those old ways are the ways of the mind: trying to "figure it all out," to "fix the problem," and to avoid dealing with feelings in the process. When you are guided by your mind, without being in touch with the feelings underneath, it is guaranteed that you will be walking around in endless circles inside the jungle. Once in a while you might even come to a nice clearing, but you will still be in the jungle and far away from your true destination, called Home.

I think one of the hardest things for the mind to experience is "not knowing." *Not knowing* seems to evoke a big No every time it shows up. Our culture is terrified of *not knowing*. When there is something we don't know, automatically we assume that something is "wrong," and we'll use all our resources to get back to *knowing*. Knowing what? Anything . . . anything to avoid the terror of *not knowing*.

In my experience there is a natural balance in this existence between knowing and not knowing. One follows the other as day follows night.

Do you know what will happen 10 minutes from now?

Do you know when...?

Do you know why...?

Do you know...?

Heck No! We certainly don't know everything all the time. And we often know far less than we pretend to know. The simple truth is that nothing is more natural for us than to just float along in life, moment by moment, even though we "don't know."

Not knowing is a central part of the jungle experience. Not knowing where you are or where you are going. That is how it is supposed to be. That is, in fact, how it really is. *Not knowing* is *what is*. And in the *not knowing*, you only need to tune into your inner Presence and your Heart's voice. There you will find a different kind of knowing. One that cannot be compared to the mind's knowing.

But there seems to be an amazing amount of fear when that stage is reached, and a strong tendency to re-commit to that fear and let it have the best of you.

The jungle **is** the mind. When you are out of the jungle, you are "out of your mind." You will not know things the way you knew them in the jungle when you lived from your mind. Do you remember how your mind told you repeatedly that you knew this and that and the other thing, trying so hard to convince you that you

were “in control” of your life? But now, when you are “out of your mind” you will start to learn to live in a state of *not knowing*. Living in this state of *not knowing* means that you will live from moment to moment. Not in the past and not in the future, but in the now. And in the now you will, for the first time, be a conscious participant in and part of *what is*. You will know every moment exactly what you need to know – not more and not less, and that will be enough. It will happen quite automatically when you follow your inner compass and move with your Inner Movement, which knows everything. You will learn to trust it and depend on it.



The Mind

Now, I don't want to give the mind a bad rap. We need the mind. The mind is an instrument of awareness and much needed to be able to function in the world. It is very practical and has helped us in many ways to get things done. However, it is an instrument of awareness. It makes us aware of things. It makes us aware of a danger lurking around the corner. It makes us aware of leaving our house on time for an appointment. It makes us aware of how to build and repair things. And it makes us aware of our Inner

Movement, once we direct its awareness in that direction.

The mind is also a place we go and hang out when we get scared and don't want to feel certain feelings. We try to rationalize them, understand them, manipulate them, suppress them, avoid them . . . you name it. And even though that tactic may have its own benefits, and may even make you feel good, that strategy is not getting you out of the specific part of the jungle where *not knowing* is *what is*.

As *what is, not knowing* is simply the momentary state of **not** knowing. It is an inevitable experience of life – and one that happens again and again. Believe it or not, you **can** cease to avoid, suppress, deny, and judge *not knowing*. You can simply get used to it. As you get used to it and begin to flow with it, you will eventually enjoy it as your natural resting place.

A mind that has been relied upon for everything for a long time has forgotten that it is merely an instrument of awareness. It thinks it has all the answers. It thinks it can think itself out of a feeling. It even thinks it can think its way into enlightenment!

Here's what the mind can really do, and do well. As an instrument of awareness, it can focus on our uncomfortable feelings and start setting them free. Or, it can focus on what other people do and blame them

for the uncomfortable feelings (that we have turned away from) that we experience in response to them. It can also focus on ways that we can numb ourselves so we don't have to feel our feelings.

On the other hand, we can always use our minds to focus on our Inner Movement and learn to go with what seems to be the natural flow that is unfolding from within us.

Feelings cannot be thought, they can only be experienced (felt). And when we feel them, they let us know what they need in order to be liberated.

Here is the good news: There is meaning to this madness. We just need to be willing to shift our awareness to what is natural inside of us. When we acknowledge and listen to the unmet feelings that have clouded this Naturalness, they can find the peace they have been seeking.

Please allow ample time to practice the exercises for this chapter. They will gently guide you to turn around and face the feelings you have been turning away from. When you face these feelings you can make big changes happen in your life. This is the fuel you need to make a permanent transformation.

I invite you now to turn around . . .



Exercise

Breathing

Continuing on from the last chapter about FEELING the *No*, let's explore what to do if you cannot quite feel that *No*: If you have a different experience than a clear *No*, it is very important for you to allow that experience to surface and meet it with kindness. If a lot of your unconscious commitments around safety come to the surface and it feels overwhelming, remember to be kind to yourself. Maybe this is the first time you are really seeing the underlying reasons why your life looks the way it does. It may be overwhelming and feel like a slap in the face at first to have this revealed to you like that. It is quite natural if you don't feel quite ready to change it yet. It can be a rude awakening when you see what your deepest commitments have been and how you have blamed others for it. So the tendency to blame yourself is very tempting at this stage. PLEASE DON'T! Here is your first chance to do it differently. Please don't make yourself a victim of yourself. It is not worth it.

Instead, sit down and feel the underlying sensations of what you just uncovered and breathe into them... in and out... in and out. Say to these feelings: Thank you for being so brave to show yourself and make me aware

of you. Thank you! Thank you! Breathe into them and out...in and out. Do this until you feel some kind of change. Being kind to yourself can *be* such a change. Be grateful that this showed up so it can transform and shift you out of feeling like a victim.

When I have moved through those kinds of unconscious feelings in my life, I have found Hakomi to be my preferred path. The work helped me greatly in liberating these prisoners. It has also helped me listen to what wants to happen naturally as the next stage unfolds. If you feel the need for support through this phase, please find a somatic (body oriented) practitioner whom you resonate with. There are many other great pathways that can help you, and I encourage you to do what feels most natural and supportive to you. Check out <http://www.hakomi.com> for any practitioners in your area if you want to try that route. I also recommend:

[EFT](#) (Emotional Freedom Technique)

[PSYCH-K](#) and

[SHEN](#)

because they have been impactful in my own life. Please follow your inner Naturalness and trust it.

When you start uncovering this “stuff” and feel deep inside that you DON’T want to commit to this anymore, let yourself FEEL this *No* along with the feeling of the

old pattern. Remember the feeling of *No* is the fuel you need to make it back through the jungle.



Exercise

Listening

If the old pattern is strong and persistent, start listening to it. Feel into it and listen to what it is that makes it important to hold on. Listen with kind ears. Make it a safe place for these fearful feelings to express themselves. There may be something important for you to hear. Maybe you know deep inside that it is time to move on from something in your life like a relationship, a job, a habit. Maybe your next petal cannot unfold until you have taken your next step and moved on. Maybe these feelings are telling you something that you need to say “Yes” to instead of “No.”

You will find out when you listen to them. The next exercise is a guided meditation to help you listen from an open Heart and a kind ear. Listen deeply and kindly and write down what you sense or hear:

[CLICK HERE](#) for a guided audio meditation on how to listen.

If you are not ready to move on, don't worry! There is an exercise called “How to be with two opposing

feelings” in the next chapter. When you get to that exercise, you can apply it to your situation here: Hold both hands out. Put “I need to move on” in one hand, and “I’m afraid to” in the other. Both are equally here. This is *What Is*. Breathe in and out...in and out.

Acknowledge that you want to, are afraid to, and don’t know how to. Breathe in and out...in and out.

When you uncover old patterns and want to be done with them, you need to make room for that transition. If you quickly want to move from black to white, please allow some “grey time” (which will then turn into a great time).

8

REPENTING – ITS REAL MEANING

Make a U-ey!
(Australian slang)



The word *repenting* invokes an uncomfortable feeling for many people. The first time I read a book that explained the real meaning of *repenting* and later heard the author, Michele Longo O'Donnell, talk about the subject, she cautioned us to not bolt out the door, fearing she was going to make us feel guilty, unworthy or even unfit to live.

Make a U-ey

The meaning of repenting has been thoroughly misunderstood, including by me. I have checked the dictionary and found various meanings: turn around; re-think; change your mind; walk a different direction;

choose differently; turn 180 degrees around; feeling sorry. Said in plain English, *repenting* would seem to mean: If you don't like where you seem to be headed, make a U-ey.

Now that I know that, I love repenting! It gives me the permission to choose freedom. Do I want to keep accepting this thought, this feeling, this way or do I want to choose another way right now?

The passage in the Bible reads, "Repent Ye, for the Kingdom of Heaven is at Hand." *At hand* is very close! In fact, if we want the Kingdom, which is our Core Essence, all we need to do is turn around. Yes, our Core Essence is very much at hand. It is our very own Presence, and making a U-ey simply means turning inside instead of out.

The choice is simple and our options are clear: Go within or go without!

But why are we not all doing it if it is that simple? If we have been given free will and have access to it all the time, then why do we keep choosing feelings and beliefs that we don't like? Let's take a good look at this.

Recall that in Chapter 1 we discussed the fundamental human impulse that we do only what we **want** and **can feel**. Once we really understand that, we have the ability to begin to make sense out of our actions and inactions.

Why we don't make a U-ey, why we don't start thinking differently, and why we don't find other ways to be is because we want something else more. What is that? We want to feel the feelings connected to our unconscious choices of safety and security. Over and over again we have unconsciously chosen safety and security over everything else.

Yes, safety and security are the feelings we have unconsciously chosen to feel up until now. But are they the feelings that we are going to allow to win out every time we try to step out of the box? That is the real question before us.

The exercises in chapter 6 helped you find what feelings you have unconsciously been committing to. If you have done those exercises, chances are that you are now more able to choose differently. That is huge – I congratulate you!

Now please pay close attention here because this is awesome news: Once we can feel inside of us the *Felt Sense* of wanting to choose differently, we have actually already turned around. If you did the exercises in chapter 6 you actually repented! And you didn't even have to get down on the floor and beat yourself up and feel totally unworthy of God's love. What do you think about that?

Every time we choose to walk a different way, we are repenting. It is up to us if we want to repent and go back to the Kingdom, our Essence inside, or walk away from it. It is up to us which direction we choose. Usually when we are walking in a direction that makes us feel the way that we want to feel, we do not repent, do we? We just keep on trucking in the unconscious zone.

Let's look at a few examples in different areas of our lives:

In Relationship: you may be in a relationship that does not meet your needs and standards at all. But if the underlying feeling of what a few crumbs of love give you is what you are committed to, you just keep on trucking, eating the crumbs wherever they may fall, feeling a little bit loved, but never fulfilled.

At Work: you may be working for a boss who underpays you and doesn't treat you well. Here the underlying feeling is safety. "At least your rent is paid" and that safety is what you are committed to, so you keep on trucking on, mostly unhappy.

Now hear this . . . When you recognize this, just say "Oops" and make a U-ey! When you start seeing what you have been unconsciously committing to, please don't be hard on yourself. Instead, remember the commitment you (hopefully) made to be kind to yourself

and congratulate yourself because you are now becoming aware! Choose not to blame yourself. Choose to choose differently from now on. Choose to do your best.

Of course there is nothing wrong with being loved, safe, secure and living a responsible life. On the contrary. Making a U-ey and trusting the wisdom of your Heart is not separate from having a job, paying the bills and being successful in life. That will still happen. The only difference is that the motivation will be coming from a deeper place inside, a different state of consciousness which is fulfilling on all levels. Until this deeper, inner connection is established it is wise to remain practical and responsible for your current situation.

In the meantime, you honor what you know is true now, and start listening to it. At the same time you remain responsible in your life as it is now. So you honor your inner truth while also honoring your outer responsibilities, both at the same time. This is another opportunity to be present with two seemingly opposing feelings simultaneously.

As you allow yourself to listen to your Essence while staying responsible in your life, you breathe life into this inner sense and help it grow. Eventually this knowing inside of you will grow so big that you have no

choice but to naturally follow it and confidently change your outer circumstances.



Track What Happens Next

You are now becoming aware of your unconscious choices. At this juncture it is so important to know that when unconscious material becomes conscious our first knee-jerk reaction is to resist it (stage 2). And there are many ways that we do that.

You may stop breathing, contract your muscles around the exposed feeling, feel ashamed, blame yourself or somebody else, put yourself down, turn around again (re-repent, i.e., make a backward U-ey), or resist in other ways.

I hope you can feel the importance of not going into resistance, even though it may take a lot of vigilance in the beginning. The reason we are exposing our unconscious commitments is **not** for us to make ourselves wrong for it. We are doing it so that we can be at peace, liberated, happy, flowing with our own Essence, and able to make conscious choices and commitments. Making ourselves wrong for the resistance that comes up in us is doing the opposite of what we are after!

Here's what to do instead if you find yourself making yourself wrong and shaming yourself: **repent that behavior**. Ask your inner Presence to give you the strength to change that pattern. Feel deep inside that you don't want to treat yourself like that anymore and commit to that feeling.

I know it is not easy to stop doing something that you have been doing unconsciously for a long time, so please don't expect you will be mastering being kind to yourself on the first try, or even the 1000th attempt. It takes time to change old patterns, especially if you think you need to do it on your own.



Get Some Help

An essential part of being kind to ourselves includes not judging ourselves and giving ourselves permission to get help when we need it. This is a foundational lesson in being kind to ourselves and I wholeheartedly invite you to not only learn it, but to truly embrace it.

Please go ahead and do whatever kindness for yourself that is being called for when you need help. Get some Hakomi or other somatic therapy. I also recommend SHEN Therapy or EFT. But please do whatever comes naturally for you and is accessible to

you. Do whatever you need to do to shift out of unloving behavior towards yourself and in to committing to being kind to yourself so you can be free. Getting help can be the most loving and productive thing you can do for yourself.

If you carry that age-old belief that says “I should be able to do this by myself,” please cut yourself some slack! If you are one of the millions of people who say this to themselves, I invite you right now to admit it. And as you draw your very next breath, I invite you to simple chuckle at yourself, let go of that belief and replace it with “It is worthwhile to get help.” Yes, it is worthwhile . . . and it is loving . . . and caring . . . and kind. Take a moment and feel how that feels.

As we discussed earlier, when you start your jungle walk back Home (i.e. repent) you need to walk through all the areas you walked through when you walked out. You probably did not pay attention to the terrain on your way in, but then you suddenly just found yourself in the middle of the jungle, totally alone with no help in sight. You realized or sensed something was not right (your Heart speaking!) and you started paying attention to this feeling of “something is not right.”

So now, on your way back with your Heart’s voice in *audible mode* and your eyes open, you will notice all the things that were too scary to see before.

“Eyes open” means conscious. Conscious does not mean beating yourself up. So if you should find yourself beating up on yourself, know you have turned your Heart’s voice off and have committed to your old ways again, the ways that did not work and that got you stranded here in the first place.



Not Knowing How – No Problem

Your eyes are open now, and you can choose to commit to being kind to yourself, **even though you may not know how yet!**

You can actually choose to commit to something without knowing how. What you do is commit to not doing it the old way anymore, which puts you right in the spot of not knowing your next step. Right here there should be a sign saying: “You have come to a crossroad. Your attention please!” It is right here at this crossroad where many people give up and go back to what they know – back to what feels safe, secure or familiar, back to the old way that does not work.

What you need to pay attention to at this crossroad is subtle, and it is stupendously important. Read this next line carefully: You know you want to live your life differently, but you don’t yet know how. What is crucial about this junction where you find yourself is that **here**

is where real transformation happens. It happens because you stay tuned in to your truth of the moment and you honor that completely.

You are saying “Yes” to living your life differently, and at the same time you do not know how to do that. So you simply and humbly honor both parts of that truth – and you refrain from freaking out because you find yourself in a place of *not knowing*. You see, the incredible magic of this crossroad is that it is in the *not knowing* that the real knowing can arise. *Not knowing* is a wonderful place to be when you dare to experience it!

Your 100 percent commitment comes in very handy here, when you remember it. All you need is the fuel of this commitment, and **it** will see you through. Just stay present to your commitment, knowing that you **want** to live your life differently, that you want to be kind to yourself, and that you truthfully don’t know how. There is nothing wrong with being in the *not knowing*. When you are in the *not knowing* and you truly allow yourself to be there, you are being with *what is*.

When you allow yourself to just start there, you are being kind to yourself. You are allowing *what is* to be. (Notice that whether you “allow *what is* to be” or you don’t allow it, *what is* persists in being *what is*!) Mind you, *what is* is not just one thing. It is everything-all-

at-once in your experience. And in this case it includes “wanting to and not knowing how.” Now, let’s go even one step farther: This “wanting to and not knowing how” is really not a problem. Notice that it is just *what is!*

Take a deep breath and let yourself notice what it feels like to just allow yourself to experience **not knowing** without “trying to know.”

Breathe into the feeling of not-wanting-to-be-this-way-anymore, and say out loud “I don’t want this anymore.” Though you cannot fully commit to what you do want at this point, at least you can commit to “not wanting” the old way any longer, even though you *don’t know how* yet. Don’t let the *not knowing how* stop you from committing to your truth of the “not wanting.”

Even if it is only for a minute or two, just allow yourself to experience what it is like to *not know something* without trying to know. We will work more with this in the exercises.

So what will often happen when you change your way, or “turn around,” is that you will have to face a lot of areas where you simply don’t know how to do it differently.

If you did, you would already have done it. All you know is that you are sure your old and deeply ingrained ways do not work any longer. Remember, fear

often comes up when you don't know the new way yet . . . yet! You don't know yet, but you will!

I promise you, you will! That knowing is a different kind of knowing. It is your Heart that knows. And as you are just beginning to learn to listen to it and trust it, its signs may not be very clear to you yet. But they will become clearer and clearer over time. Your Heart's faint whispers are not to be discarded at this point.

It is scary, isn't it, when you have let go of the old and haven't found a new landing place yet? If you are feeling scared, don't "try" not to be scared. Just breathe into the feeling, allow it to be there, and start listening to it with kindness.

For me, *not knowing* the way I used to know has become a great relief. I have actually lost the ability to know in the old way. Instead, my Inner Movement is what informs me of what I need to know from moment to moment. And I definitely experience times when there is no clear Inner Movement. I have come to understand that this lack of Inner Movement simply means that knowing is not here yet. So I wait. I wait, trusting that I will know when I need to. In the times when a decision needs to be made right now and nothing is yet clear for me, I go with what feels most right at the moment . . . and then I let it go. If I need to change my decision later because a deeper and

different knowing has arrived, I change it if I can. If I cannot change it, I let it be. I simply let *what is* be what it is.

Believe me, it was not always easy for me the way it is now. I had to sit through this phase I just described myself, and I have to admit I did not always like it. Truthfully, learning to hang out in and be OK with *not knowing* goes so completely against the grain of how we are programmed to operate our lives. Between our biological imperatives and our sociocultural conditioning we have been thoroughly programmed to give first priority to the need to know and to control what is going on so that we can insure our survival. And we have been trained to meet that demand with the limited skill set afforded by our “logical minds.” So one more time, please be kind to yourself and just do your best as you are learning this new way of being. The good news is that there is no test or exam at the end! There are no hoops to jump through. There is only the virtue and valor of your own motivation and commitment to living your life differently and the growing freedom that inevitably results when you exercise them.

Not knowing has become an extraordinary adventure into life. I have discovered that *not knowing* is living in and as the great mystery. And there is no coincidence that it is called the great mystery. If we

were to know what it was, it would not be a mystery, would it?

What I can definitely tell you is this: Your Heart knows. Your Inner Movement knows. Your *Felt Sense* will always inform you through your body. Your *Felt Sense* is a new language you are learning, and no one expects you to speak it fluently right away. Your own kindness towards yourself will determine how fast you learn to connect with your *Felt Sense*.



Kindness is the Language

Some people speak English, some Chinese, some Danish, and more and more people are speaking Kindness. One day it may be the universal language! Start “speaking” this language with yourself. As with any language, when you practice it you become more fluent.

There are two things we really want to accomplish here. The first is to prepare our minds to let go of their old language of criticism and blame. The second is to learn to speak Kindness now. Please consider committing to these two steps. In doing so you will prepare yourself for the next leg of your incredible journey. And that is what the next chapter is about.

Here's a fun awareness exercise you can play with in your daily life. Start paying attention to every time you say or feel or think "I don't know." Next, each time you say or think or feel it, just notice how you respond to it internally. Do you resist it, deny it or "try to know" instead? What would it be like if you just allowed yourself the luxury to *not know* when you actually don't know?



Exercise

How To Be With Two Opposing Feelings

You have probably noticed that when you uncover one unconscious commitment, you automatically feel you don't want to live like that anymore (the moving from stage 1-2). So here you have two opposing feelings: I am doing it and I don't want to do it anymore. The tendency is to think only *one* of them is supposed to be present, so we try to get rid of the *other*. It is not ok to *want* to overeat, when I *don't want* to overeat anymore!?! , and I have no clue how not to overeat after so many years. Please use your own example here.

I mention this crossroad in the book as an important sign: Don't stop now and turn back. This is where transformation takes place.

It is not a matter of one or the other as long as they are both present. This is *What Is!*

Try to hold out one hand and "put" the feeling of *No* in there, and hold out the other hand and "put" the activated feelings of the old pattern in there. Now sit with both hands in front of you, with two opposing feelings, one in each hand. Just sit with them. Breathe into them and out...in and out. Just acknowledge that they are both there. The mind is used to having one or the other, and does not know yet that both are possible at the same time. So show the mind that two opposing feelings CAN co-exist. It is not one or the other. If you look and feel, you'll see that they are both there at the same time. And this is not a problem! It is *What Is*. When you can sit like this, acknowledging both, breathing in and out, not trying to get rid of either, something happens.

Take your time now and do this exercise and notice what happens.

Write it down.

For a while the old pattern may still be stronger.

Just let it be stronger. Let it be what it is. Notice that you don't want the old anymore and notice that

some part of you doesn't want to let it go yet. Breathe in and out, in and out.

Before we go to the next exercise, I want to commend you for having done what you just did. This is really big stuff. This is where most people give up because it seems an impossible task. Please give yourself a pat on the back for moving into a new way of experiencing this, and credit yourself for doing what to most people's mind is not even an option.



Exercise

The Next Petal

If you easily could feel the *No* when you did the exercise called DO YOU REALLY WANT THIS?, let's now go back to feeling that *No* strongly without wavering. Really feel that you are done with the old. This happens when you are ripe and ready to "pop." It is a powerful feeling.

Now that you know what you don't want, let the natural unfolding, your next petal, inform or show you what you do want. You don't need to look for it. It's waiting for you. It already knows and when you stop and listen, the petal opens up and you just follow the movement.

You can FEEL your new commitment now. You know what your next unfolding petal feels like. Just rest back into it and *let it* unfold.

Truth is simple! What is natural is simple! When you listen it is simple!

We will work more with this in chapter 10, *YOUR HEART'S TRUE DESTINY*, with a guided meditation on getting in touch with your Heart's Voice.



Exercise

Make a List of Regrets and Grudges

Make a list of people and situations from your past, where you actually feel regret, guilty or that you feel sad about, and are still holding on to.

We all have long lists of people and situations that we don't feel good about, so this list will grow once you start. Every time when someone/something comes to mind, put it on the list and process it in your own time. It is impossible to do it all at once, but every time you release one from your list, your burden lightens.



Exercise

Do You Really Want That?

First ask yourself, “Do I really want to keep holding on to these feelings?”

Make sure the answer is felt in your body and not just a quick answer you give without checking in with yourself first.

I am going to assume you say *No*. (In case you say “yes” you are simply not ready yet to have your full freedom. And in that case, that is just *what is* for now and when that changes you can come back to this exercise.)

Then feel this *No* in your body. Let it become as big and juicy as you can without insulting your own intelligence by not letting it be natural for you.

Let's keep this as simple as we can in this exercise for now. If you want to delve deeper into this process, I encourage you to explore books and workshops on this subject for further inspiration.

But for now, please just sit with this feeling of “No, I don't want to hold on to this anymore” and let the feeling penetrate your whole being.

What do you notice happens when you feel this new choice?

Do you have a lot of painful or angry feelings come up?

Do your best to allow these feelings to arise, and if they are too heavy to handle on your own, please go and get some help from someone.

Allow these feelings to arise. They need to come up all the way and be met by you with Kindness. Just like we have done in the other exercises where you breathe into them and start listening with Kind Ears.

Once the charge around these feelings lessens, so will the feelings of regret and grudge.



Exercise

Ho'oponopono

Just imagine what it feels like when you don't have to carry all these people around in your consciousness.

You may have heard of this already. It has become very popular in the past few years and you can check out their website at:

www.hooponoponotheamericas.org/index.htm

This is also a wonderful way of repenting or releasing things you don't want to carry around anymore and be burdened by.

You can repent anything, even your thoughts.

In this method, you can do the following:

When any negative thought, feeling or image comes to your mind or vicinity, or if you hear someone talking negatively about someone, say one or all of the following:

I Love You, I Love You, I Love You...

Please Forgive Me, Please Forgive Me...

I Am Sorry, I Am Sorry, I Am Sorry...

Just repeat it over and over. It becomes a Mantra that keeps you present with yourself and your Deepest Commitments.



Exercise

Pratikramen

I learned a wonderful forgiveness practice in an Indian spiritual setting, which is called *Pratikraman*. Even though I don't follow this lineage by any means, I enjoy learning the different ways of turning back to our True Essence. It is the combination of two words, *Pra* meaning return and *atikraman* meaning violation. No different from repenting. Basically you allow each person and situation that you are holding something against to come up to your consciousness. It is all done

inside of yourself, and not necessarily something you need to speak to that person. Then you simply ask the person's Divine Self for forgiveness for having or having had these negative feelings, and say that you don't want to do or think or project that onto them anymore.

And just to make sure that you don't think you will be able to release it all in one round, any of these exercises are ongoing practices that you do every time this person or situation comes to your mind. Right then and there you express that you are sorry and that you don't intend to do it again, even if you do it again 5 minutes later. That is not uncommon. If that happens, you just say it again and again and again. Eventually all these heavy feelings get released by YOU because you WANT TO. That is the only reason. Your willingness and intention to release them is the only reason that you will be freed. Your unconsciousness may have another agenda, but by now is not your boss anymore. YOU are the creator of your own future, and if you want to be free from carrying this list around, you just need to repent it every time it comes up.

It is not meant as a way of making yourself feel bad or lesser than. It is something you Naturally want to do if you really FEEL inside that you don't want to hold on to them anymore. You are the one who will be liberated by liberating them. You are the one who will benefit.

Just imagine what it feels like when you don't have to carry all these people around in your consciousness.



Please try out any of the above exercises and see which one resonates with you the best. You can incorporate it into your life without having to set any special time aside for it. You just do it as you go and as situations arise.

Of course you can also do your own exploration and find any method that especially attracts you.

**[CLICK HERE](#) for an audio meditation
designed to help you embody the
experience of *not knowing***

9

KINDNESS

*Love is an attempt to change a piece
of the dream-world into reality.*

Henry David Thoreau



One of the most important steps in the foundation for inner peace is committing to being kind to yourself.

One of the most senseless and least questioned behaviors of humankind is making war. What if, before making war, we were required to first come to terms with the questions “How and why are you not being kind to yourself?” and “If you healed your inner war first, would there still be a need for an outer one?”

There is no doubt that when we start treating ourselves with kindness our whole world changes. When we are kind to ourselves, we are naturally kind to

others. Consequently, there not only would be no need for war, there would be no place for it in our human experience.



Inner Peace Begins with You

Inner peace begins with you. And the whole world is waiting for you to take that first step.

Since you are not separate from your Core Essence as the Divine, how can it make sense to ask the Divine to do something for you that you are not doing for yourself?

Nobody can do it **for** you. True. But that does not mean that you have to figure out how to do it all by yourself.

It's not a problem if you don't know how and where to begin, didn't have good role models to show you how to be kind to yourself, and feel at a loss. Remember, you are not alone. If you knew how to do it, you would have corrected this imbalance long ago.

If you had been treated with love and kindness when you were growing up and if your role models had been your allies, they would have installed the right software for those skills by their example and this chapter would be redundant. But it didn't happen that way for most of us and this chapter is necessary.

It all connects back to being able to feel your Inner Movement of what a Yes and what a No feel like, and what is natural in your unfolding.

But how and where do we begin to learn self-kindness? At this point I don't think you will be surprised by my answer. We begin by developing our ability to feel our Inner Movement. What does a Yes and what does a No feel like? What is the natural impulse that wants to unfold from within us?

The most basic skill that is required is listening to a natural need when it arises and then tending to it. Can it be any more simple than that? When we know what the need is, then it is easy to tend to it, of course. However, when we suppress our natural needs because that is what we learned to do in our childhood, we first need to refresh our listening skills.

When you practice and are able to listen to your naturally arising needs, wants and longings, you are already being kinder to yourself. And when you have an understanding of what is natural, it becomes much easier for the mind to accept these needs and commit to being kind to yourself.



It's OK to Say "No"

Being a doormat is not being kind to yourself, and neither is suppressing your authenticity. Honoring what naturally wants to happen **is!** Saying "No" to others is quite often what naturally wants to happen, even though that response may create a ripple between you and the other person. However, the natural expression of a No should not be suppressed because a ripple effect might occur.

What if you have been distant from and unaware of your Naturalness and never learned how to express yourself authentically? What if you cannot even imagine letting a "No" come out of your mouth? What do you do then?

You start where you are. You acknowledge the No even if you are not able to express it yet. Remember, it is one petal at a time. Just by acknowledging that there is a "natural No," something changes in you.

Something is allowed to change in you when you honor *what is*. *What is* is this **and** that: you are able to feel and acknowledge a No **and** you are not quite ready to express it yet. These two co-exist as *what is*. They are not exclusive of one another. In being with *what is* you are being true to yourself. (True = kind).

When you are being true to yourself your whole resonance changes and will be reflected on the outside.

When you are kind to yourself by first acknowledging that you want to say “No,” then eventually by expressing that No, you will automatically convey it in a clear and kind way to the other person. The way s/he receives it depends entirely on how kind they have learned to be with themselves – and that has nothing to do with you. Let’s repeat that. How the other person receives your No has everything to do with them and nothing to do with you! When you are committed to love and kindness, you will always know what is most true for you, and then love and kindness will act through you. You are not (and have never been) responsible for other people’s reception of your truth, and when you are kind to yourself you will know that.

And here is even more good news. When you are kind and loving to yourself (i.e., true to yourself), your new resonance becomes a model for others who didn’t have a good role model either when they grew up. So here is a wonderful opportunity to be your natural self and to “pay it forward.” Be yourself! Be the model!

In the journal pages for this chapter, there are some fun exercises to help you train your kindness muscle.



Forgiveness

It goes without saying that inner peace is out of our reach as long as we harbor unresolved anger, resentment and pain.

The good news is that everything in us wants to be free, including and especially those unresolved, wounded parts. They just don't know how to. All they know is the impact of the painful events that were humiliating, violating, disrespectful and intimidating. And all they knew when those events happened was to contract around the pain to be able to survive emotionally and perhaps physically as well.

Those feelings remain unresolved, and they do not respond well to "reason" until the emotional charge has been lessened. It is common to unconsciously believe that the lessening of the emotional charges can only come from the perpetrators once they admit to the pain they caused us and tell us they are sorry.

This is simply not true . . . thank heavens! If it were true, the chances for our healing would be minimal or non-existent. Can you imagine how horrible it would be if we were dependent upon other people (who have their own emotional wounds) to heal our wounds? How truly fortunate we are that we get to be responsible for the healing of our own wounds because who cares about us more than ourselves?

Now let's step back a moment and look at this common unconscious longing that accompanies our emotional pain. That longing or hope is that the perpetrators will come to us, tell us how sorry they are for the pain they caused, and make up for it so that we can be free. This hope is real and it may have gotten us to where we are today: day after day living in the hope that we will be liberated and healed so we can finally have a life of peace and joy.

This lifelong hope or any other one needs to be acknowledged. Let's start out by being kind it – by ceasing in this moment from our attempts to get rid of it. Now let's try to understand the important role it has played in our lives for so long. You will be looking at it from a different perspective: Allowing and listening versus wanting to get rid of.

Turning to the exercises, notice how your feelings begin to change when you start communicating with them.

When you treat yourself with kindness and learn how to listen to these unresolved emotions, you will also know how to communicate with them. They have a lot to tell you when you are ready to listen. When you don't listen to yourself, you are actually turning away from yourself. And that is the most painful behavior you will ever experience.

The impact of all that happened to you is still living in you, and it needs your attention now. It is a great opportunity to learn to listen to these wounded parts with such compassion and love that they feel you are joining them, turning your Heart towards them instead of away as you may have done before.

Beautiful healing happens when you turn back to yourself and give to yourself what you know you needed but didn't get when you were a child. Out of confusion and lack of knowledge you innocently joined the perpetrators and became your own worst enemy.

Now it is time to change that. It is time to repent. Now it is time to become your own best friend. From this moment on life can be different. Today you have a wealth of knowledge and tools available to you in the form of books, workshops, therapists and teachers who will show you the way. They will show you how to bridge the gap between you and You. You are the only one who can cross that bridge for you. Can you feel how empowering it is to be the one you have been waiting, hoping and praying for?

Frankly, I don't see much difference between being kind to yourself and forgiving yourself. They are two sides of the same coin. In order to be kind to yourself you need to forgive yourself. And forgiveness happens all on its own when you turn back to yourself and

honor your inherent wisdom, the wisdom that knows what is true and what is not true, what is natural and what is not natural, the wisdom you turned away from in the past.

Your beautiful Self knows what is natural and right for your unfolding and it is safe now to start trusting it again.

So let's find peace within ourselves by starting to see it all from a different point of view. Let's start forgiving ourselves for not being as perfect as we would have liked to have been. Let's find some compassion for the innocent, young parts inside of us that didn't have the right role models when they grew up to make better choices. Let's accept our own humanness. And finally, let us ourselves now acknowledge the inherent wisdom we had back then, the wisdom that no one acknowledged in us.

Forgiveness begins here with forgiving yourself. Forgiveness cannot be done mentally. As long as there are deep emotions involved, a mental forgiveness will likely scratch the surface and probably not make any real difference.

When you can forgive yourself on an emotional level for having turned away from your Self, you will experience an energy of compassion wash over you and soften many of the hardened emotions in your body. A

natural love for yourself will arise, and this love will radiate out from you.

Real forgiveness of others is not an act of doing. It happens naturally when you allow the love you have for yourself to flow out into all the areas of your life that you had previously turned away from. Then you will realize that there is really nothing to forgive anyone else for. You are love and this love only knows how to love, and yet it is not separate from saying “No” when needed.

Before you turn to the journal pages, you may consider this exercise:

Do you know how to say “No” without feeling bad, expressing anger or trying to excuse yourself? You can begin by paying attention to what happens inside of you when you say “No”, or want to say “No” and don’t say it. This is a valuable exercise for learning about yourself and how your commitments shape your life. As always, please be kind to yourself at every step as you move through the different stages of awakening.

The journal exercises for this chapter have some wonderful practices in how to be more kind to yourself. When you really let yourself feel that kindness, it can melt away years of hardness and contraction and leave you feeling soft, yummy and real. Are you ready to melt and let your true Essence out?



Exercise

Do You Want To Be Kind?

Ask yourself the question: Do I want to learn to be more kind and accepting and loving to the parts inside of me, that I have been trying to get rid of until now?

This is a big question to contemplate from within your FELT SENSE.

Take your time and write down the parts that have not experienced this from you yet; those parts that are still divided, in conflict and not at peace. They may show up as tension, disease, discomfort, frustration, lack of forgiveness, etc.

Just become aware of them. When you encounter any of these uncomfortable sensations, see if you are able to do it differently today. You are just learning how to do it, so just be open and willing to learn.

All you are doing is bringing awareness to the areas not at peace yet, acknowledge them and writing them down.

Get in touch with the parts that have been suppressed, rejected and beaten up and be honest with yourself when exploring the question, if you really want to start treating them all with Love and Kindness?

Remember to feel the answer as a FELT SENSE.

If there should be a resistance to being more kind to yourself, don't worry. Just feel the resistance (the *No*) as a FELT SENSE, and then continue with the next exercise.



Exercise

Breathing

Now that you have become aware of these feelings, let's take some time and start relating to them in a different way. We'll do a little conscious breathing like we did in the lesson on conscious commitments.

Sit down somewhere comfortable, and feel one of the SENSATIONS in your body where there is no peace yet, even if it is a *No* to wanting to be kind to yourself.

It also has its own sensation. Just feel it and breathe into those sensations. You might say something like: I know you are there, and I am here with you now. I am not going to try to get rid of you. I am just going to sit here and breathe with you, and into you.

Breathe in and out in a normal way, as you put your awareness on these feelings, and just keep breathing into them letting them know that you are here with them now.

Notice what happens to the uncomfortable feelings when you are not trying to get rid of them and instead give them your kind attention. Do they relax? Become more peaceful?

Write down your experience.

Can you do this every day for 10-15 minutes?



Exercise

Listening With a Kind Ear

First you noticed the feelings. Then you breathed into them, and now along with that, you will start listening to them, knowing they are trying to communicate something to you that you haven't stopped long enough to notice before.

Let's deepen a little more into Listening with a Kind Ear

So as you sit and breathe into for instance a feeling of anxiety (put your current most active feeling here), ask this anxiety what it is so anxious about?

The question **MUST** be asked with an open Heart and a kind Ear in order to learn what it is that is so troubled inside.

Learning to listen to something inside of you, that you have been ignoring or resisting or rejecting for a

long time, takes time. It has been so shut down by you and is not going to open up until it FEELS your FEELING of WANTING to listen. You have to be sincere. If you cannot FEEL it as a FELT SENSE, I'd bet you won't get much of an answer. If it feels unnatural to you, don't worry. All it takes is willingness to learn and practice. Try to imagine how you would be with a child who is scared, and how you would need to listen to this child in order for him/her to feel safe with you. Or how would you need to be with and listen to a child who is really hoping for something good to happen, and has been disappointed. How would you respond if you want to make sure this child does not lose his/her dream altogether? What does this part of you need to hear/feel/ know/experience?

When you do get the answer, it will be an answer from within you that is completely different than an answer from the head. Deep healings happen right there and Inner Peace starts dawning.

A feeling responds to a feeling, not to a mental idea, especially when we are opening up to our deepest feelings. There needs to be a feeling of safety, either from you or from someone who can help you feel that.

This is such a powerful time where we can learn to meet all these places inside with kindness, acceptance and love. I cannot help being excited for you that you are

now embarking on a journey to release the prisoners held hostage by you, bring out the white flag and end the inner war.

And just imagine how that will affect the war you are experiencing on the outside.



Exercise

Saying “No”

If saying *No* is not a strong part of your vocabulary, it is helpful to just start saying *No* for the sake of practicing it. You don't need a special reason for this exercise. Give yourself permission to just say *No* to inanimate objects first, where you know it is safe and won't get you in trouble. Or say *No* when you are alone in your car, where nobody can hear you, as long as you keep your eyes on the road. Or start when you are in the bathroom alone and nobody can hear you and just say *No* to the mirror or while you are taking a shower. This exercise is a total permission to just play with the word *No* so you can feel how that is experienced in your body and let whatever emotions, good or bad, come to the surface.

I remember I once said a very clear *No* to someone on the phone. It was really saying *yes* to myself and to

what I knew in my Heart was true for me. It was a little scary to say it so boldly, so after I put the phone down, I was walking around in my house saying *No* out in the air and even making karate postures as I was saying it. I cannot tell you how liberating it felt to just play with it. I laughed and laughed and had so much fun with it. It totally liberated me from all the “not so nice feelings” I was holding against this person, as I was honoring the Truth and Wisdom in my Heart. When I ran into him a few days later, there were no hard feelings at all. And even to my own surprise, and definitely his too, I was even happy to see him and say hello with a soft, open Heart.

Exaggerate it if you can and open the portal to saying *No* when it is appropriate.

Once it feels more natural and safe to say “that word” you can practice it in safe situations with people who welcome your Truth and support you speaking it.

If you have other friends with that same “vocabulary challenge,” invite them over for a tea party where you all practice saying *No* to everything and have fun with it. If you are all in on it, you can exaggerate it and really have some good laughs.

Would you like some more tea? NO

Would you like another cookie? NO

How about...? NO



Exercise

The Buddhist Metta/Loving Kindness Practice

Now I want to introduce the Metta Practice. It is the Loving Kindness Practice used in Buddhism to send loving kindness to the world.

In this exercise, we will focus that loving kindness on ourselves. I once learned this edited version of the practice at a Women's retreat at Spirit Rock in California. I was blown away that I was allowed to wish myself well. What an eye opener that was! May your eyes be opened wider in learning the power of wishing yourself well.

As you can probably guess, please let the words be FELT. It is not a mental exercise. The more you can FEEL the words as you wish them for yourself, the more tension will start melting away. Please don't be worried if tears start flowing. These are releasing and cleansing tears and they are paving the way for your House to be filled with Peace and Loving Kindness. Enjoy them and let them do the work. Don't hold them in. This is a wonderful opportunity for deep transformation of the parts that have been held

hostage. Your well wishes for yourself and allowing any feelings to flow are the key to opening the prison doors!

Please sit down comfortably and say to yourself slowly and one at a time (with feeling):

- May I be Happy
- May I be Peaceful
- May I Love Myself Completely

Take your time with this. If you like it and it feels good, you can offer yourself this Blessing every single day for the rest of your life.

Kindness

Have we forgotten what it means to be kind today?

Why is it that most people are being so harsh and impatient with themselves, to the point where their lives are very miserable?

How do we keep separating ourselves from ourselves?

How can we expect to experience Oneness in our world, when we are so divided inside?

How can we expect to experience Peace in our world, when we are constantly at war inside with all parts we cannot accept about ourselves?

Are you aware how much pain you bring to the world every time you are harsh with yourself?

Are you aware how much kindness you bring to the world every time you are kind to yourself?

Why not start bringing Oneness inside by accepting all parts that we keep excluding and rejecting?

How about an inner Peace Party, where we invite all our parts that have never been included for a nice cup'o tea and cookies?

Let's start a movement where we consciously extend kindness to all the parts inside that we normally turn away from, and see what happens.

I think that is a great idea. How about you?

10

YOUR HEART'S TRUE DESTINY

*Everyone has been made
for some particular work
and the desire for that work
has been put in every Heart*

Rumi



What does your Heart long for?

How would you like to see the world today?

If you knew yourself to be God, how would you create the world?

These questions are part of your exercises. They provide a little wake up call, in case you have fallen asleep thinking that you are a victim of your circumstances, including the big world circumstances.



Yes We Can

Inside many of us there is a new dream that wants to be dreamed. The old dream we have been dreaming has turned into a nightmare. Part of that dream was that we are victims of life, disconnected from our Creator, stranded on a God-forsaken planet with no way out. This dream came from the mind thinking it was separate from the whole. It's one heck of a scary dream!

The new dream that more and more people are embracing includes the certainty that we **can** change the rules. We are not victims in this new dream. We are conscious expressions of the divine. This time around we are conscious that we created the old dream, and now we know that we can create a new dream that resonates with our Hearts.

This new dream is coming from our Core Essence with our Heart as its mouth piece and our *Felt Sense* as its voice.

Because we have been so accustomed to listening to our mind, we cannot quite believe what our Heart wants to dream. It seems so opposite to what we have been trained to believe, and yet ... if you are being called, there is something inside of you that keeps knocking and knocking and knocking.

Can you hear the knocking?

Your longing for peace is the knocking. Your knowing that love is the way is the knocking. Your disillusionment with world affairs is the knocking.

Your mind filled with fear and disbeliefs is what makes you turn away from the knocking. And yet... it keeps knocking and knocking and knocking. Thank God!



It Is OK to Say “Yes”

Just as it is OK to say “No” and feel the power of it when you feel clearly determined, in the same way it is OK to say “Yes.” By all means, say “Yes” to what your Heart is whispering in your ear. The more you can fine tune exactly what that whisper says and what feelings it evokes, the more in resonance your new dream will be. Having a vague sense of what it is will make it a vague dream with lots of the old dream characters and story reruns.

When you listen deeply enough to feel exactly what your Heart wants to express (and bypass all the old familiar voices saying “you shouldn’t want that,” “you cannot have that,” “you are a dreamer,” etc), you will experience a surge of energy into creating what you truly want. Let us call this *your dream*.

Your dream can only be dreamed by and through **you**. You will be the creator and creation of the new dream just by listening deeply and intimately to your Heart, and allowing every little detail to be included.



The Beginning of a New Dream

When I look around the world I see so many things that are changing. I am amazed to see how many people are really being moved by different values and different ways of being. And it looks like this trend is growing.

So based on this view, I would say there is a new dream that wants to be dreamed and it is beginning to manifest in the many changes that are already happening in the world. Have you noticed? If you have only been paying attention to the darkness and despair in the world, you may not have heard the knocking yet.

Go ahead and listen. Your new dream is already here. It is waiting for you!

A friend of mine made a bumper sticker that says, "If you are not in awe you are not paying attention." I see more and more people paying attention and being in awe.

I feel strongly that this new dream wants to be dreamed. So it looks as if we are at a point in history

where two dreams are meeting. The old one is on the way out and the new one is on the way in. Right where the two currents meet there is a lot of turmoil. A lot of old garbage from the bottom of the ocean of our unconsciousness is being brought up to the surface, and it can look pretty wild and dirty. *But the new current wins.* There is a natural turning of the tide. The old current has its natural ending. The new one has its natural beginning. Assuming it is meant to happen, the change from the old current to the new happens organically, just like in the ocean.

If you fight it and hold on to the old dream, you will go under with that dissipating current. Not because you are bad, but simply because you are holding on to a current that has ended and is going under. If you keep holding on to it, where else can you go but under? If you open up and let this new dream be dreamed through you, you may enjoy a whole new way of being. It is simply a matter of where you put your attention and what you choose to commit to.

Which current do you put your “drop” in?

The turning of this dream tide is bringing up so much garbage from the depth of the ocean of our collective unconsciousness that it is forcing us to go through a cleansing process. The vibration of the old does not resonate with the new, so it needs to be

transformed and reshaped in order to fit. This is not necessarily comfortable.

If you knew yourself to be God, what kind of dream would you like to dream?

The answer comes from your Essence, and it needs you to be an outlet for it. Can you hear the knocking?



My Vision

In 2007 when I was reading the third book in the *Anastasia* series by Vladimir Megre, I one day experienced something in my Heart. For the first time in my life, for as far back as I could remember, I **felt** the vision of a planet where we all live in harmony. It was quite remarkable. It was different than just wanting it or hoping for it. I could feel it. Feel the possibility for this to come true. It was surprising how fresh and alive it felt. It made me look at life differently. I could not ignore this feeling. It was **alive!** You might say that the knocking had knocked its way through to me, without me even being aware of opening up. Well, maybe I finally opened up because of all the years and years of me knocking from the other side. (*Knock and it shall be opened?*)

I could see how the old dream has dream characters (you and me) without a true vision. That is the

nightmare! And I saw the importance of helping people find their vision again. That is our dream according to our Heart's wisdom.

I have learned to listen to my Heart and I am feeling a natural movement towards a *gently down the stream* dream.

My vision is of a planet where we all live in harmony within ourselves, with each other and with our beloved earth. This includes you and me and everyone else. My vision can only come true when it includes everybody. Without you it won't be complete. What is your Heart naturally longing for?

There are many ways to become aware of this vision in your Heart, and it may look completely different for you than it does for me or for anyone else. But you will know what it is for you, and that is what really matters.

I always longed to be able to hear the *still small voice* audibly like so many other people do. If I had, I am sure this book would have been different. It would have been about listening for an audible voice. There are other people who have had that experience and they are writing books about it. This book is about listening through your *Felt Sense*. That *Felt Sense* has been my *still small voice*. If I had kept waiting for an audible inner voice, I would still be waiting. The *Felt Sense* is how this voice speaks through me and to me,

so even though for a while its volume was a little more still than I had hoped for, when I finally realized its way of expressing itself I also realized it is louder than I can ever be deaf to again.

When you start listening to your Core Essence, in whatever way it expresses itself in your life, your life will change. I promise you! When you feel the call of your Core Essence you can allow it to be your main voice and turn deaf to the one that has kept you in fear and separation. Repenting is turning away from the old voice of fear and separation and starting to listen to the voice of your Heart. When you do, you will feel like you have fallen into your own groove – *click, click, click* – and you will know it is a perfect fit.

This chapter along with the journal exercises will help you get in touch with the knocking inside your own Heart. There is a meditation included with the journal exercises to help you attune your ears to the message behind the knocking.



Exercise

Listening to the Knocking: The Big Vision

Are you ready to start listening to the vision of your Heart?

It takes courage to step into your own authority and into what you came here for. Most of us have ignored this glorious step in favor of playing it safe and small.

But really... isn't that a waste of life?

When you do this exercise, be gentle with yourself and don't force yourself to do something that is not natural for you yet. Just be open to listening and take it one step, or one petal at a time. That is what we are trying to accomplish.

What does your Heart long for?

How would you like to see the world today?

If you knew that you are God, how would YOU create the world?

What is knocking at the door of your Heart and consciousness that would change your life if you opened?

What is stopping you?

When you open up and start listening, you may encounter something that is much bigger than you feel comfortable with. However, remember you are just listening and paying attention to what the knocking is

about. You are not required to take action... at least not yet. Like with the other exercises, we are just starting to pay attention to something that has been there all the time, but which we have been ignoring for various reasons.

Please write down your findings.

As you can see, ignoring it did not make it go away. Will you be brave enough to at least listen? When you start becoming aware of the knocking which keeps coming back, it is common to believe that you have to do the work all on your own. Is it any wonder that you are scared and don't want to listen?

I can certainly relate to that. When I first became aware of the knocking of writing a book and reaching thousands of people, I got scared. I wanted to shut it down, because hey, I am not an author. I have never written a book and I don't even know what I should write. I had some vague ideas because of the work that I was already doing in my private practice and workshops, but that was a long shot from writing a book about it.

So once I listened to the knocking, and had a sense of what wanted to unfold, I ignored it for a little while, trying to focus on other things! Maybe you can relate to this.

Then ordinary synchronistic things started happening, which lead one thing to another. You are holding a “peace” of evidence in your hands showing that part of the vision behind the knocking has come through.

I cannot say it wasn't hard to write the book, and I cannot say there weren't a number of challenges that I needed to move through. Actually, the wisdom in this book helped me do that and also deepened and expanded my understanding of this work... and more.

The experience of: taking a leap of faith and then watching the landing place appear in thin air after you take the step, has been a continuing one for me during the writing, and will be for you too when you allow your vision to come through.

All we need is to be open to listening and letting ourselves be used as outlets for it.

The process that I went through was simply a clearing out of my instrument of any debris that had been blocking me from listening and making myself available for it.



Exercise

Listening to the Knocking: The Small Signs

When you start listening to your Heart, it does not necessarily mean that you know the big vision right away. It may only reveal one small petal at a time. If you expect to have the whole picture all at once, you are setting yourself up for disappointment and failure, and you may even stop the process of listening all together. It is different for everybody. Maybe you will get a deep sense of the whole picture all at once and maybe just a vague sense. None is better than the other. It is just *what is*, and that is all you need to be present with for the next *what is* to show up.

Please trust your own process and be kind to it.

Going back to the questions in the 1st exercise, let all the small signs and details, or the vague ephemeral senses have a life too. Enjoy them all and write down anything you may have dismissed in the previous exercise. A vague sense is very powerful when you listen to it and allow it to take shape.

For instance, you may have a sense that you just want to be working in the garden and do very simple things. Or you may just have a sense that you want to be kind to your neighbors and cannot see any true destiny in that .Or you may even have a distant sense

in your heart of belly that does not have a meaning to it yet. If your mind is expecting something big and important to be revealed you may dismiss this as nonsense or “not it.” Please don’t do that. This step may be the very basic step needed for the next and the next to build on, and therefore is the only one that is revealed now, and if you don’t “step on it” your next step cannot be revealed. It is like one petal opening at a time. The top petal has to open before the one underneath it can open too.

I hope this makes sense. It is really through the small simple steps that the bigger picture can manifest itself. Sometimes it takes some struggle or hardship for the inspiration and ideas come to you. It all counts, because the areas inside of us that have been blocking our natural unfolding need to be met and FELT, so they can be liberated. Just trust your own process and unfolding. It’s all you got and it’s all you need.

So please nurture any small details that may seem unimportant to you, as if they are the most important step to take.

**[CLICK HERE](#) for an audio meditation on
listening to your Heart’s longing**

11

BEING WHO YOU ARE – THE BEGINNING OF A NEW DREAM

*Give to us clear vision that we may know
where to stand and what to stand for –
because unless we stand for something,
we shall fall for anything.*

Peter Marshall



So far you have delved into what is natural, *what is*, what you had unconsciously committed to, repented, then consciously committed to, and finally gotten in touch with your Heart's vision and the wisdom of your Essence. Congratulations, that is quite a journey!

Stage Four

When you practice the steps in this book consistently, you will suddenly find yourself in stage 4 in the awakening process. You will naturally start waking up to who you are. Once you allow and include all parts of yourself inside, you will experience oneness instead of division and start realizing that you are the One you have been looking for. You will know that that One is not out there, but right inside of you.

Then what you call “I” will have a different meaning for you: “I” am not out there. “I” am right here inside of you and when you turn inside and listen to “Me,” you will realize that the one that you thought you were is just a figment of the mind moving away from “Me” and experiencing itself as a separate self.

Here in stage 4 you are beginning to experience what it is like to be who you are without any effort. You are just yourself. You rest inside as yourself and experience *what is* without resisting it or thinking about it. You just are. When old patterns show up you will be able to allow them to move through you without necessarily being caught up in or identified with them. Instead you will rest more and more inside of your Self in and as your own Presence and not leave again. However, don’t be discouraged if you still do get caught up at times. This is also allowed and not a problem.

You are becoming your own best friend, your new lover. Now you have a lover who treats you with kindness, respect and love, and only wants the best for you. Why would you ever think of leaving such a lover if one of your past abusive lovers (old unconscious commitments) showed up, trying to tempt you *to go out with them* again? Would you? I know the possibility is always there, both in our outer lives and in our inner mind-world. But if we just think about the many times we have chosen to stay with or go back to an abusive lover, we cannot overlook how much it hurt each time.

Now it is different. Now you know why you did what you did before. You know what your unconscious commitment was. Now you know that what would make you leave your wonderful new lover (your Core Essence) and go back to the old abusive one (your old commitments) is fraudulent and unnatural. Now you know it is best to **stay in and not go out** with the old one again.

Just as it is OK to say “No” to your past abusive lovers, so it is OK to say “No” to your past abusive thoughts. You may need to say it many times until they get the message, but I guarantee you that eventually they will catch on and know that you mean it this time.

Instead you may choose what your Heart offers any time and every time from now on and into eternity, and

you may exercise that choice every time you can **feel** what you want the most.



The Wisdom of Your Heart

This is your Heart's gift to you. Will you accept it?

Thank you for being part of my dream and my vision. Thank you for listening to your dream and your vision, for letting yourself be moved by them in new directions, and for stepping into creating them.

As you embrace your own Essence – your own vision, your Heart's dream – you become an outlet for it to begin expressing itself in the world. There are so many ways for that vision to express itself. For me, writing this book has been one way. For you it may be feeding starving children in a foreign country, or helping gang members get off the streets, or creating a green community. Maybe it's teaching or healing or painting or singing . . . There is no end to the ways our Essence can express itself.

Imagine your Heart starting to flower into full bloom . . . spreading its seeds . . . touching your neighbors . . . then their neighbors . . .

Right now, think of five things that your Heart is really longing for and make space in your life for them to happen. If your circumstances don't immediately

allow you to take a needed action, start by connecting with your Heart's longings every day. It is vitally important to let yourself feel what your Heart is longing for. Just by feeling what is **already** in your Heart waiting to be connected with, you are breathing life into it. When you make this a daily practice you let this Core knowing in your Heart use your body, your arms and your legs to bring itself forth into manifestation and expression in the world. It knows how! You don't need to worry about how it will all happen. Just give plenty of your attention to the *Felt Sense* of your Heart's longing and it will shape itself on the outside. Fear and separation are currents in the old tide. If you leave your awareness there, you become a drop in the tide that is going out. It is in your dedication that you choose which tide you put your drop in. It is your dedication to your daily practice that anchors your drop securely in the incoming tide.

Feeling the *Felt Sense* of your Essence is how you become part of the new tide that is coming in. It needs every drop of consciousness to make it all the way into manifestation. Your drop of consciousness is mighty important. No drop is too small or too unimportant. Every drop counts towards building the power that is needed to override the force of the old tide.

Let's close with a little story.

A man moved to a new town. He took up residence in an old house where the garden had been totally neglected for a long time. After he moved in he spent hours each day preparing the soil and then planting new flowers and trees. After months of work the garden turned into a beautiful sanctuary, and people walking by admired its beauty.

One day the pastor of the local church came by and praised the beauty of the garden. He said, "We must praise God for bringing about such beauty and bounty. This could never have happened without the hands of God." The man agreed that indeed this was the work of God, that he was praising God for it and that he was grateful to be surrounded by such beauty. And then he added, "But you should have seen it before I moved here when God was doing it all on His own!"

How can you become a drop in the new tide and let your body be used to create the love and beauty on earth that your Heart is longing for? Just listen. You now know how.

Let yourself simply be guided by what feels natural to you. Just do your best and remember to be kind to yourself, even if you fail a million times. Your intention and integrity are what matter. It is the dedication and longing that you let yourself be filled with that are the

key. The outcome is secondary, although a wonderful added bonus. I say this with only respect and love, knowing from my own experience that the outcome often takes longer than my mind would like it to take – or is likely to look different from what my mind *had in mind*.

However, when it does start showing up on the outside, I know it is because the fullness inside is showing up on the outside and not my mind's manipulation or impatience. Part of what seems to be “too slow” is simply the time it takes to transform, surrender and repent our old qualities into deep resting and trusting in our natural unfolding. The challenges we all meet on this journey are the ones that strengthen us in what truly matters from our Heart.

The transformational movement comes from our Deepest Core and is what has the real value. Learning to follow this deep Inner Movement allows our Core to unfold and manifest in its own time and in its own way. And that unfolding will be authentic and natural.

Just do your best to trust it. Do your best to listen. Do your best to be kind. That is all you need to do. And ultimately that is all you can do.



I'll meet you in the Field!

*Out beyond ideas of wrongdoing and rightdoing
there is a Field*

I'll meet you there.

*When the soul lies down in that grass
the world is too full to talk about.*

Rumi



Exercise

Your Deepest Values

We all have different sets of values and those values are a big part of what determines what we do in life. In this exercise you will make the values that you have agreed to conscious. This will help you move in the direction that will feel natural to you.

Who are you in this new dream that wants to be dreamed through and as you? What are your deepest values? What is most important for your soul to express in your life? Soul values are different from personal values. They are stirring deep down in your soul and are your best teachers in life.

Examples are: Integrity, authenticity, love, creativity, deep connection, fairness, openness, trust, depth, willingness, stillness, service, etc.

Out of these values your calling and other values can arise. Maybe an impulse to feed the hungry arises from wanting fairness for all. They are deeply connected. It is important to know them and feel them inside of you as a felt sense.

Make a list of your deepest and highest values and feel what they feel like. How do they feel? Good? Empowering? Alive? How will you recognize them in time of doubt? What is the felt sense? Can you connect back to them inside as a felt sense and let that be your guide when the outside world tells you otherwise?

Befriend them and make them your guide in life. Every time you need to make a decision or are not sure what is the right action to take, just go back to these values (as a felt sense of course) and trust that.



Exercise

Living Your New Life

How will you live your life differently? What areas in your life did you uncover as not resonating with what is natural to you? Look at the list from chapter 3 and with

your new knowledge and inner connection notice what small steps (or big if you want) you can take to change that without disrupting your Naturalness?

The CTA or Call To Action is an important part of moving into your new life and letting it live you. However, the most important thing about it is to listen, listen and listen within first. Many people take action without being connected within first and soon lose the fuel to make it all the way through. If you let the actions be directed from your Heart and values, feel them deep inside of you, and commit to them on a daily basis (until that becomes your default mode of operation), you are well on your way.

If you need help finding your purpose, please reach out. You can find support through my website at

<http://www.DivineFeminineFlow.com>

Here are a few examples that may resonate with you as you are looking at your purpose and following your own Naturalness: Will you pick up the pen and start writing the book waiting inside of you? Will you start looking for a job that is in alignment with your values? Will you have a loving and open conversation with your partner about what is not true or natural for you in your relationship? Will you stop eating food that is not grown organically? Will you start that green community meeting in your town? Will you get up 30

minutes earlier in the morning so you can meditate and open up more and more to your Inner Movement?

Little steps is all it takes. When you take too big of a step, it is unnatural and you are unlikely to succeed. Little steps, guided by your inner felt sense can lead to the bigger steps and actions needed to bring it about.

Use this second to last exercise to make all your insights more than just some words on paper. All that you have learned until now is the fuel needed to help you take the leap you have been waiting for, no matter how small or big. Without putting an action behind it, it will just become a memory and your life will continue the way it was.

I hope you will incorporate it into your life at your own natural pace and be one more drop in the ocean of the new wave that is coming in and making this world a more authentic, harmonious, healthy and loving place to live.

Your drop is equally important to any other drop and every single drop is needed.



Exercise

Who Am I?

Let's repeat the last exercise from the chapter "What Is" and notice if it feels differently to you now after having worked through the book; now that you are not so identified with your unconscious commitments and instead have become more conscious.

A good question to ask yourself is "Who or what is it that is more conscious now?"

- WHO AM I?
- Who are you when you are not your unconscious commitments?
- Not that you ever were your conscious commitments, but who or what is it that is conscious now?
- What is it that is conscious now that before was unconscious?

Turn your attention 180 degrees around and get a sense of that which is more conscious?

- What is that? Is it separate from you?
- Was it ever, even when you lived unconsciously?
- Is it you?

Please don't answer the question, "Who/What am I?" with your mind. Your mind can only give you

another intellectual answer, and that is not it. Instead be open to not knowing and letting this “I” or consciousness express itself to you and give you the experience of itself.

Instead of writing it down, sit with an open, receptive mind and let consciousness answer the question for you.

[CLICK HERE](#) for an audio **Meditation on “I”
**designed to help you connect with the
consciousness within, without effort.****

I hope you enjoyed using the exercises in this book to personalize your journey. I look forward to connecting with you for future adventures!

ALL Love,

Pernilla

www.DivineFeminineFlow.com

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- Private Coaching Programs

Please sign up for a [free 30 minute Discovery Session](#)

- Books

Why Did This Happen to Me? - How to Move From Break Up to Break Through

Imagine Being Kind to Yourself – Inner Peace at Last

Allow Yourself to Be YOU – Peace at Last

5 Steps to Dive into the Divine Feminine Flow – and Leave Self-Doubt Behind Forever

- Programs

Trusting Yourself Without A Doubt – Living by Your Own Rules of Wisdom (previously called “The 40 Day Should-Free Mind Cleanse”)

- 6 CD set

Six Simple Steps to Serenity – A Practical Meditation and Mindfulness Course

- App

Be Kind to Yourself – 365 Daily Reminders sent to you

- Radio show

[Unveiled](#)

RESOURCES AND RECOMMENDED READING

I have read books and/or listened to talks by the authors and teachers below, and I recommend all of them. Instead of referencing their books individually I invite you to explore what they have to offer on their websites. Some offer help directly on their websites and others offer books and CDs for further and deeper exploration into the matter of consciousness, liberation, kindness and peace.

Adyashanti, founder of Open Gate Sangha.

www.adyashanti.org

Brown, Michael, author of *The Presence Process*.

www.thepresenceportal.com

Craig, Gary, founder of EFT, Emotional Freedom Technique. *www.emofree.com*

Goldsmith, Joel S., founder of The Infinite Way.

www.acropolisbooks.com, www.joelgoldsmith.com

Ho'oponopono. *www.hooponopono.org*

Katie, Byron, founder of The Work. *www.thework.com*

Kurtz, Ron, founder of the Hakomi Method.

www.hakomimethod.com, www.hakomiinstitute.com

Lipton, Bruce, author of *The Biology of Belief*:
www.brucelipton.com

Long, Barry, author of many books.
www.barrylong.org

Megre, Vladimir, author of the Anastasia series (aka
The Ringing Cedar Series). www.ringingcedars.com

O'Donnell, Michele Longo, Founder of Living Beyond
Disease. www.micheleodonnell.com

Pavek, Richard, founder of SHEN Emotional Release
Technique. www.shentherapy.info/home.htm

Ray, Reginald A. Ray, author of *Touching
Enlightenment*. www.dharmaocean.org

Rosenberg Marshall B., founder of NVC (Non-Violent
Communication). www.cnvc.org

Tolle, Eckhart, author of *A New Earth* and other books.
www.eckhartolle.com