

# Knowing That You Are Well

Demystifying Behaviors

# Introduction

- Who I am.
- flute music
- This workshop is an experience and you have the right to say no to any question I ask or request that I may make. You can chose to sit and listen or participate in the exercise.

# Workshop Titles

- Your Not Broke, Only Lied To:
- The Traits Will Set You Free:
- Logistics of Heart Centered Living:
- Living From Your Authentic Self:

- What do you want that you've never had?
- What do you want that you had and lost somehow?
- What do you want from this workshop?

# Barriers to What I Want

- Belief System
- Attitudes
- Habits
- Expectations of self or others.

- Everything that you think is a barrier to what you want.
- Everything that you say is a barrier to what you want.
- Everything that you do is a barrier to what you want.
- I am going to add something to everything that you think, say and do.

- I'm also going to say that everything that you chose not to think in this moment is also a barrier.
- Everything that you chose not to say is a barrier.
- Everything that you chose not to do is a barrier.
- and any expectation that you have of yourself or others is a barrier.

- Have I left anything out?
- How do you feel about what you heard me say?
- Where do you feel it in your body?



- Everything that I just told you is no longer true. You have just changed everything in your experience in that one moment of self validation.
- Now I don't know if everything that you think, say or do, or any expectation that you have of yourself or others is a barrier!!!!!!

- What I'm telling you is that the way to what you want is through your emotional body, I know no other way.

# How Experience Happens

Heart Signals - Emotions - Information  
Body Signals - Sensations - Conformation  
Head Signals - Thoughts - Inspiration

## **Happy**

My experience of  
being alive.

## **Passionate**

My experience of  
moving toward  
fulfillment.

## **Content**

My experience of  
happiness maturing.

## **Excited**

My experience of  
happiness about to  
happen.

## **SELF**

## **Afraid**

My experience of  
hurt about to  
happen.

## **Sad**

My experience of  
hurt healing.

## **Angry**

My experience of a  
danger or harm to self or  
others; recognition of an injustice.

## **Hurt**

My experience of damage or destruction.

# Three Questions

- Have you ever hurt someone you loved, regretted it and hurt them again, usually in the same way?
- Have you ever been in an argument with someone and in the middle of the argument realized that you were on the wrong side of the argument and continued to argue?
- Have you ever been in a situation and you knew that you were about to do something that you knew you would regret and found that you couldn't or wouldn't stop?

# The Ice Berg Concept

- One eighth of your experience is held in your conscious mind.
- Seven eighths of your experiences are held in your subconscious mind.
- Eight eighths of your experience contributes to your decision making process.

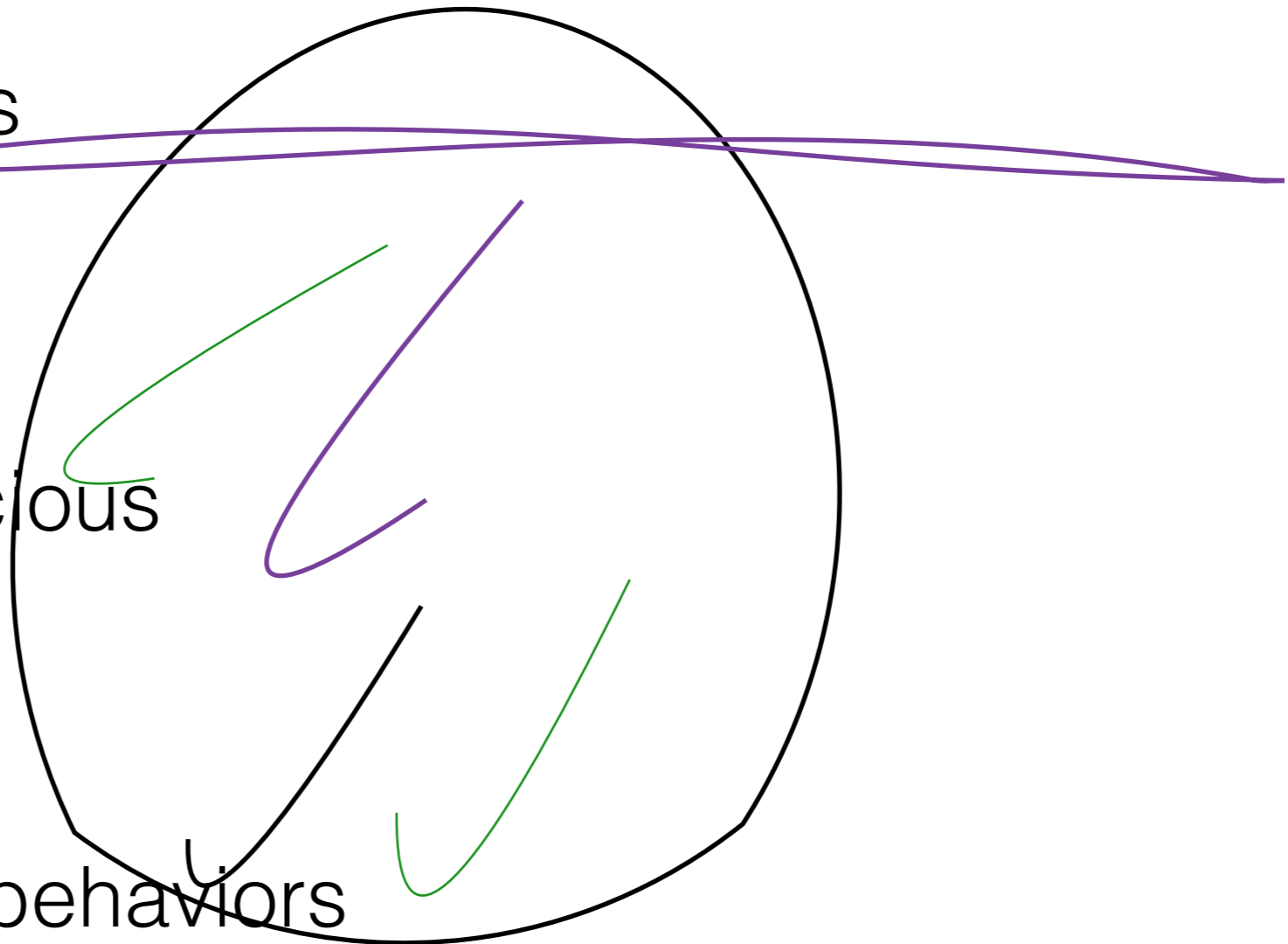
# Ice Berg

Your Experience Is:

- 1/8 conscious

- 7/8 subconscious

- 8/8 motivate behaviors



# Reticular Activating System

- A net like group of cells in our brain stem and mid-brain area that filter out non-essential information based on what we are focused on. Non-essential information based on what our belief system is.
- The only thing that gets through this RAS is something that has pay value or is a threat.

# Reticular Activating System is designed to hold on the old paradigm

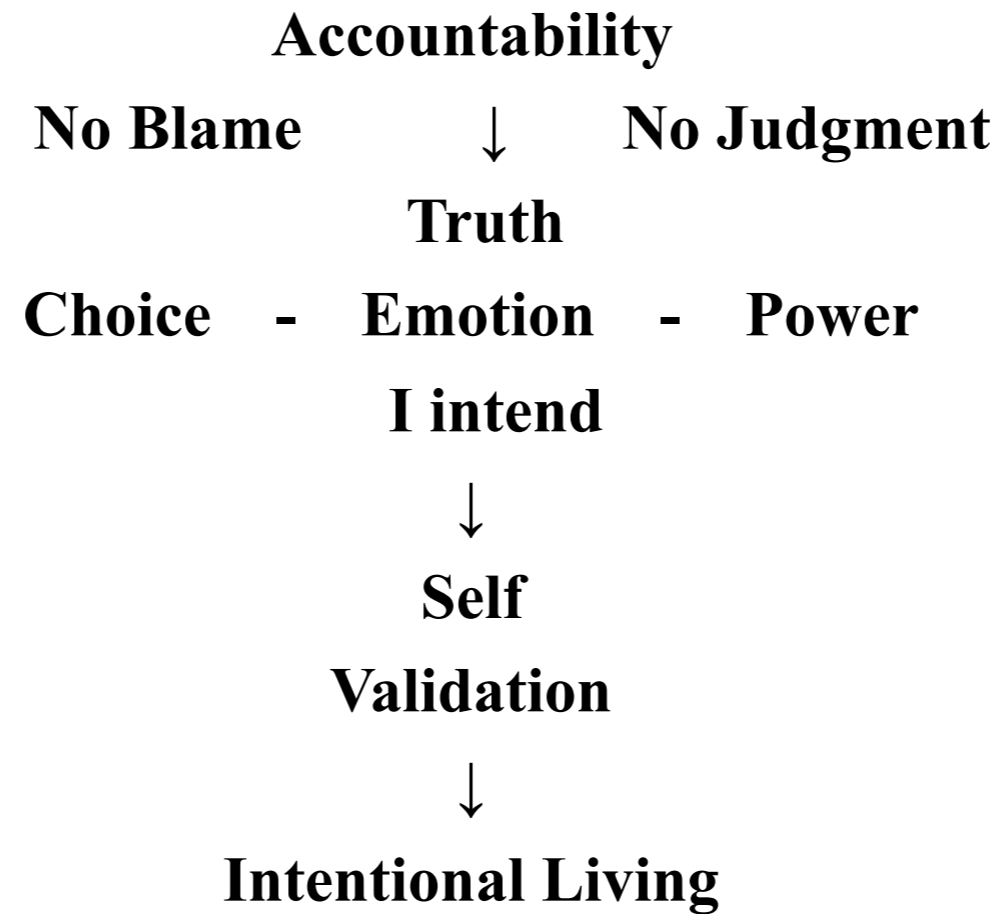
- Refer to handout on the midbrain and brain stem.
- The reticular activating system is holding the information that you were given as a child and believes it to be true, and has enlisted that information as the basis of your survival. It will recreate your family of origin situations at any cost. It believes the lie that you were told about yourself. This part of your brain is subjective and simply believes what it is told. “Your not enough”, “You are defective”, “You are a burden”, “You were not wanted”, “You did not belong”, You have to produce in order to be loved, accepted”. The reticular activating system is the keeper of the old paradigm....I



# Accountability

- Dictionary's definition of accountability is something that is subject to the obligation to report, explain, or justify something. Responsible, answerable. or capable of being explained, explicable, explainable.
- Definition of accountability for the purpose of this workshop: Accountability is stating the data of my behaviors without blame or judgment.

# Accountability Tree



# Essence Words

- loving - caring - giving - gentle - forgiving - radiant
- gentle - passionate - spiritual - creative - genuine - worthy
- open - authentic - kind - trustworthy - grateful - courageous
- trusting - nurturing - empowering - powerful - confident
- humorous - forgiving - humble - honest - gracious - pure
- beautiful - wise - peaceful - spontaneous - whole

# Love =

- Love =
- Who Are You?
- I am a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Man/Woman!

# Universal Fears

- Separation/Abandonment
- Self worth
- Trust/Surrender