

Alana ([00:00:04](#)):

Right. Well, I'd just like to start again by thanking you all for being here and reminding you of the power of this commitment that you've made for yourself and others. And just the incredible amazingness that here we are together doing this at this time.

Alana ([00:00:27](#)):

And I've just been tuned into all kinds of crazy stuff. And I'm just blown away by how everything we've been doing for 34 years is just blossoming across The Earth. So that's a really good feeling.

Alana ([00:00:45](#)):

So just take a moment to start and ground into your own intention. Just close your eyes and notice how you are feeling. What would you like to get out of this incredible commitment you've made tonight? And take a minute, arrive, drop into your own body. Just listen to your body, see what your body has to say. See what it's asking for right now. And go ahead while you're quiet there and rest a moment after a long day, just resting into allowing everything to be as it is in this moment. Just letting go of needing to do anything, or fix anything, or be anything. And just kind of rolling outside of time into a space where you can just rest really deeply, just for two minutes, letting your whole body rest.

Alana ([00:02:26](#)):

And then just do these [inaudible 00:02:56] and come back. And it's fine to be moving or doing whatever we need to be doing in the background, but just mute yourself as you're going to be making noise. It'll make it easier for other people to go into silence. So let's put one finger up, whatever finger you want on the screen, and just feel that finger touching another finger. So we're going to connect our hearts through our fingers, letting that heart love energy flow right into the finger, and you can move it around and touch each finger on the screen if you want, just that little touching of finger to finger, knowing that we're here and we're going to love each other through this, and learn a bunch of good stuff.

Alana ([00:03:59](#)):

Thank you. That really felt good. So I'm going to move a little quicker tonight because I want to be sure we get a bunch of tools in, so by Thursday you can actually coach each other.

Alana ([00:04:13](#)):

We're going to do a check in with a partner now. Abbey will give you a partner and you're just going to appreciate them to start. So you'll appreciate your partner and your partner will appreciate you. Remembering that a one out breath appreciation is what will land, and seven or eight appreciations in a row, your partner will just leave the room, symbolically, because it's too much.

Alana ([00:04:39](#)):

So just land one beautiful appreciation. Anything that comes in, even if you don't even know this person, what do you appreciate right now in this moment about them? And then share whatever you'd like to share about your journaling, your conscious listening work this week, your appreciations this week, anything that went well for you with the assignments this week or with the games this week. And we'll have about four minutes for this. So each person can take a couple minutes to just check in and share a little, okay? Is that okay with everybody? Yeah?

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Alana ([00:05:18](#)):

Okay, great. So Abbey will put you with a partner and here we go.

Leave for Breakout room #1

Abbey ([00:05:22](#)):

Hi Anna.

Anna ([00:05:53](#)):

Hi. How are you?

Abbey ([00:06:00](#)):

Good. How are you doing?

Anna ([00:06:03](#)):

Good.

Abbey ([00:06:03](#)):

I can go ahead and start if you want me to, or if you're... All right.

Abbey ([00:06:08](#)):

Well, I had one appreciation of mine, but I really want to appreciate your earrings right now. Those are beautiful. I love those.

Anna ([00:06:22](#)):

My sister gave me. They're all the way from the Ukraine.

Abbey ([00:06:25](#)):

Oh, that's so great. Oh, I love them.

Abbey ([00:06:29](#)):

Thank you.

Anna ([00:06:33](#)):

And yeah, I'm good. I really enjoyed the journal questions, and I had an interesting experience. I wrote them in my journal on Saturday, and then Sunday decided to post them to the forum. And as I was posting them on Sunday, more stuff emerged, and I ended up writing more in the forum than I did in my journal.

Abbey ([00:06:56](#)):

Oh.

Anna ([00:06:57](#)):

And things changed. So it was really interesting to see kind of the evolution of that, and how sitting with those for a day changed them in some ways. And definitely brought me some more insights about them. So I really enjoyed my journal questions and going over them again.

Abbey ([00:07:28](#)):

Nice. That's really cool how it can evolve like that. I like that.

Abbey ([00:07:34](#)):

Okay. An appreciation about you. I really appreciate your bubbiness. I think it's awesome.

Anna ([00:07:42](#)):

Thank you. It adds energy. Oh, one thing that's just kind of coming to me over and over is just me stepping up for myself, like standing in my power is giving me. I noticed, like, just being able to kind of go back to a neutral place, even if there's a lot of stuff coming at me. Because last week was like a really tumultuous week with family and stuff. I was just like, "Oh." But because of this, getting back into the practice of writing and stuff, it's like it's putting me in a different place. And just knowing that I've signed up for this class to empower myself, it's like, I don't know. It kind of makes me feel untouchable in a way. So I'm feeling really appreciative about that.

Abbey ([00:08:41](#)):

Oh, that's so great. Thank you for sharing that. That's really great. I had a similar... When I was journaling, I was like, "I need to journal more. I enjoy this so much. Why don't I do this more?"

Anna ([00:08:58](#)):

So are you having a delay?

Abbey ([00:09:07](#)):

A little bit, you're a little frozen. But I can still hear you pretty good.

Anna ([00:09:20](#)):

And it's really powerful. I was journaling almost every day last winter. You have to log. I don't know why it keeps doing this. It was okay all day at work and now it's choppy. So I'm not sure what's going on.

Abbey ([00:09:40](#)):

I totally get you. There's so many variables, Zoom itself, internet, there's so many variables. It's crazy. I have the same things with Zoom. Some days it's fine. Some days it's not. The other day I couldn't log on completely.

Anna ([00:09:56](#)):

I know. It's weird because I had a bunch of Zoom calls today, and it's like, "Oh, it's perfect." And as soon as I start the class, that's funny. Okay. Well if I have to log out because I have a phone that works really well that I can use as a hotspot. So I might have to log out. Just let me back in.

Abbey ([00:10:14](#)):

Oh, I definitely will. I got you. I'll keep an eye.

Anna ([00:10:21](#)):

Thanks, Abbey.

Abbey ([00:10:22](#)):

No problem. See you back in the main room.

Return from Breakout room #1

Alana ([00:10:29](#)):

Everybody got checked? [inaudible 00:10:31]

Speaker 1 ([00:10:33](#)):

Yes. That was lovely.

Speaker 2 ([00:10:36](#)):

Could have gone longer. I always could go longer.

Alana ([00:10:43](#)):

I love that feedback. I'll put that down. I live in fear of you coming back and saying, "We didn't get to do it. We didn't get to do it."

Alana ([00:10:57](#)):

Well, you'll have more partnering several more times tonight. But yes, I take that feedback, Lizzy. Thank you.

Alana ([00:11:11](#)):

So I just want to give you always a little overview, a little philosophical make-meaning orientation before we start tonight, because these are the fundamentals, the foundations upon which all this work is standing. And you could do any of these exercises without this foundation, and they wouldn't do what you want them to do. So that's why it's weave of standing in the vision while bringing the possibilities.

Alana ([00:11:43](#)):

So as a catalyst for your client's greatest good, we might say greatest potential, one of the things that you get to do is hold them in an even bigger vision than they hold themselves. And you don't necessarily speak that or bring that to them in the moment that you're in, but you definitely are holding it at all times. So you see their brilliance, you see what is amazing about them. You see everything that could be manifest for them. And you're constantly seeking that, and then expanding it in your own mind, right? So that it gets bigger and bigger.

Alana ([00:12:32](#)):

And we know that holding of that vision is more powerful than any words you would ever communicate. It's that incredible power of the energetic communication. But when we want to think of ourselves in this system that we are playing in as igniting those potentials, we are the catalyst to ignite those potentials, right? Rather than setting goals. Setting goals is an old system of how to achieve greatness. And it's not wrong. And it has some good things to recommend it.

Alana ([00:13:14](#)):

But we're coming from a different orientation, which is enlivening, igniting, recognizing, turning on, opening up to potentials in a way that manifests them without the efforting that sometimes goes into goals, which is pushing. And this all rests on becoming mistress and masters of recognizing the power of patterns. Patterns in our own lives and patterns in the lives of others. So this is all in the awakening part of the mandala. Still this whole month, we're in awakening, right? So this is a big thing. The thing you were doing with the triangle, and the thing you were doing with the mandala, it's about, "Can I see where this person is and what their pattern is? They tend to go, they tend to awaken to something and run to action. Okay. That's a pattern. It's good for me to know that I don't necessarily need to say that to them, but I want to see their patterns." And the way I see their patterns, of course, which you'll get tired of hearing, is I see my own.

Alana ([00:14:28](#)):

I'm so aware of when I'm in pattern, when I've dropped into old story. I mean, years ago when I was involved in neurolinguistic programming, Tony Robbins said something that now I think he says all over the world, "There are no broken people. There are only people with patterns that don't serve them." And that changed my life forever, that one phrase. It was like, "Wow, I'm not broken from this family story. I just have patterns that don't serve me because now I can make change. If I see that's what I'm seeking, what are my patterns that don't serve me?"

Alana ([00:15:15](#)):

So on Thursday, you'll get to bring something that you feel that you've looked at to share that you don't think serve you, and your partner will see if they have some great embodied games to play with you, to see if they can help you move that pattern. Together as partners, you could move that pattern.

Alana ([00:15:35](#)):

So the first thing in the awakening is to notice the pattern and how we use that pattern. And we use it for good as well as ways that hold us back. So all patterns have their gold inside, right? And then, out of that, we can begin the process once we've been around the mandala of creating new patterns.

Alana ([00:15:59](#)):

Well, we can't create new patterns on top of old ones. So the first step is, "Hmm, what is happening here? What are the patterns that are not serving me or not serving my client, that I could help move off of square 1?" And, again, you'll not be surprised to hear this. This is all based on energy. So the single most important fuel for quality of life is energy.

Alana ([00:16:31](#)):

There's nothing that tops energy. They did all these different pieces of research around that. And if we have energy, we will have quality of life. And where does energy come from? Well, our life energy

radiates from the inside out. It doesn't come from the outside. It comes from peace inside. It comes from a sense of confidence, who I am, what my life is about. All those things that we're all seeking all the time.

Alana ([00:17:02](#)):

And so this is why it's so important to find our way and guide our clients on their way to a relationship with their bodies. So I think you can see what I'm building here. That, yes, we can talk all we want about patterns, but ultimately if we haven't found them in our body, if we haven't felt them in our body, if we don't have that relationship to our body, we aren't going to be able to shift them and neither are our clients.

Alana ([00:17:32](#)):

We will see them and they will continue on. And then we say things like, "I've been doing this for 20 years and it's not changing. And I'm so tired of it. I'm so bored of it." You know what I mean, those are things I've said anyway. So it's that readiness to awaken to the experience, which is in your notebook, of me and my body, the experience of me and my body. We hold the old stories in our bodies. All of them, all the brain holds, all the memory, all the body. Signals are cured too, all the cells are cured too. The old assumptions. And those old assumptions create patterns. So to challenge those be able to begin to be free, we have to discover those assumptions, see how they become patterns, and make new choices. And that's going to happen from the inside out.

Alana ([00:18:29](#)):

So a lot of times your clients will want to talk about what their husband did, or what their children are doing, and their boss did, or what's going on at the office, or what's happening at the ice rink, or in the dance group, or whatever it is. And that's okay. They get a chance to debrief all of that. And you are holding the truth that nothing will change by focusing on what is outside ourselves. So a pattern of being a victim in a group is not serving them. So what is under that? What are the old assumptions that create that victim story? We're back to the triangle as one of our basic tools. And what are the kinds of interventions you might have from art, or sound, or movement, or dance, or games, or heart, or visioning, that could help them begin to loosen the grip of those old assumptions on their bodies?

Alana ([00:19:25](#)):

So people have asked what is embodiment and what does it look like? And all the things that we're going to do are in one way or another embodied. Touching the heart is embodied, visualizing is embodied. Where do you feel that in your body is a direct embodiment, right? "I Am Here" is embodied. Sound is embodied. Art is embodied. Anything where we are expressing ourselves through our physical, emotional, psychological being in some way is embodied.

Alana ([00:19:56](#)):

I think that's so important because most of the people that I work with, when they first come to me, there's no way that any of them would say, "I would like to dance today, Alana. I would like to run around the room by myself on Zoom." It's just too scary. It's too outside their comfort zone. Eventually people get there, and get there, and get there, and get there, and get there.

Alana ([00:20:25](#)):

I mean, for some folks, just getting them to reach their hands out and bring their hands in to expand and contract in their chair. That's a beautiful beginning.. We come from this place, everybody here are movers, and backing up to where is the inception of that, right?

Alana ([00:20:47](#)):

What I want to do today right away is take you through a sensation exercise, starting with what it would be like for somebody who doesn't know about sensations in their body, and then moving to something more sophisticated and even more sophisticated for you. We'll take it to several layers so you can see the ways in which you might layer the idea of sensation in the body, because you certainly can't come into relationship to your body if you aren't even aware of sensations in your body.

Alana ([00:21:34](#)):

I definitely have had people who I began with who I said, "Can you tell me about any sensation you're having in your body right now, just as a starting point?" And that's a scary question. I don't start with that question in the first session. I promise you. But then the person says, "I don't know what you mean. I mean, I know when I have to pee. Is that what you mean?" That kind of response, right? And it's like, "Well, yeah, that's a sensation. That's good. That's exactly right."

Alana ([00:22:06](#)):

Or you could ask them to make a fist, and does that create a sensation in their hand? And then let go of the fist. Now, what is the sensation there? What I'm playing with is where you might back up to as you begin to really work with people who haven't had the advantages you've had in terms of what I consider advantages, which is an opportunity to be in your body, and to be in pleasure in your body, to enjoy your body.

Alana ([00:22:39](#)):

So I'm going to try to play some music in the background. And Abbey and I have set it quite low because if you have Air Pods in, it could be loud. If you don't have AirPods in, you might not hear the music. So I'll just give it a try. And maybe by next time, we'll be a little bit more sophisticated with that. See if we can make it better for you. Go ahead, Abbey.

Abbey ([00:23:10](#)):

You probably want to play with your own volume to find the right comfort level for you. And depending if you have AirPods or don't have AirPods, you'll probably still want to play with that volume level. I just wanted to throw that out there for you.

Alana ([00:23:26](#)):

Thanks, Abbey. Because it will be very individual, and you don't have to have the music to do this. I just really like music when we're doing moving things. But this is Jesse, as always, doing something very beautiful. And we will just see how this goes. And if the music is too loud, then you just need to go like this. That will tell me, "Turn the music down."

Alana ([00:23:52](#)):

But you also just might need to turn your volume down. But if you turn your volume down, you might not hear me. So if you need me to turn the music down, just let me know with a thumb down, okay?

Alana ([00:24:24](#)):

So just begin by taking a nice deep breath, and you can walk around in your room a minute if you want to, or breathe a little. And just see if you can arrive in your body your way for a moment. And anything that just feels good to you right now. Just finding yourself at the end of a long day here.

Alana ([00:24:49](#)):

And as you're walking, and moving, and breathing, just begin to play with, "Hmm, where are sensations in my body?" Scanning your body for sensations. And if you were just beginning this, you might need some cues. So I might say, "Well, can you feel your clothes on your arms or your legs? Can you feel the sensation of your clothes touching your body? Can you feel the sensation of your glasses on your face? Can you feel the sensation of your feet on the floor? Can you feel the sensation of your belly moving around as you move your body? Does your belly move or is it still? What is your belly doing? What about your chest? Is it feeling loose and open or tight and controlled? Is it feeling like it's protecting you, or is it feeling like it's releasing you?"

Alana ([00:25:53](#)):

So as you're working with sensation, you could just play with expand and contract. Both are good. Both are fine.

PART 1 OF 4 ENDS [00:26:04]

Alana ([00:26:00](#)):

Both are fine. So I get to expand and feel that sensation. I get to contract and feel that sensation. So what is the sensation of contraction? Do my shoulders get tight? Does my mouth get a little bit set? Do my toes tighten up? What are all the sensations of contraction? And if I want to help somebody identify them, it helps to know what they are in my body. If I expand, what does that feel like? What are the sensations of expansion? Is there more breath up higher? Do I feel a sense of lifting off the floor or do I ground when I expand? Do I feel free or do I feel a little stiff and sore stretching my body out? What is expanding telling me about my body? So just take a moment and play a little with that. Just expanding and contracting, and then pausing and scanning your body for sensation and notice everything you can about sensation so that you can imagine guiding somebody towards some of those clues that you're seeing in your own body.

Alana ([00:28:33](#)):

Now just pause for a moment and scan your body. See what new sensations are there from having moved around for a bit and landed in yourself. And go towards some sensation that feels good. See if there's a place in your body that just feels good for whatever reason and move from that place. Let that place lead you into the room and then let that place lead you to another place that feels good, and then another place that feels good. Play with that. "Where do I feel good right now in my body? What feels easy and comfortable?"

Alana ([00:31:14](#)):

Now just slowly come to a pause. We're going to keep moving, but come to a pause for just a moment. Coming you back into breath, check out your body, notice your breath, your blood. Then we're going to go a little deeper into our bodies. Let's begin by just listening to your body. Just letting your whole being

listen to your body, listening with a "yes" from your whole body. Playing with allowing all of our body to be just as it is right now - all the sensations of your body, ones that are supposed to be good and ones that are supposed to be not so good.

Alana ([00:32:20](#)):

Just allow it all. A "yes" of allowing. Presence that "yes." Remembering that life wants the best for us. Just let the flow of your body guide you into the space, moving from a "yes" to what is happening in this moment. Moving with the fluids, stepping out of all the stories and moving in the moment with a "yes" to you. Listening, listening, listening. What is the body saying now? What is it asking me to move? What is it telling me? How is it speaking to me? The "yes" of allowing.

Alana ([00:34:53](#)):

And just noticing whether the "yes" for you begins to create openness, opening new energy, maybe notice the space inside you and the space outside you, the space around you. How do you relate the inside space to the outside space. Constantly noticing your own body. Listening, listening. What's opening? What new might come in? You're just moving towards letting yourself be right where you are. And the full beautiful sensations of your body right as they are in this moment.

Alana ([00:36:32](#)):

. Just following your body. "Yes" gives us energy. Let your body just carry you into a joyful, easeful place. A few moments of letting your whole being just sway and move with "yes." Let your body lead. See what that feels like.

Alana ([00:38:25](#)):

Maybe play a little with, what does it mean to move the "yes" around through your body? What do your hands do when they say, "Yes?" What do your hips do when they say, "Yes?" What do your eyes do when they say, "Yes?" Just playing with moving a "yes" around your whole body. And then listening again. Listening, listening, what is my body saying? You might need to pause or you might listen in movement, and while you're moving, you might come to stillness and listen a moment and then move. Seeking, "How is the best way to come into relationship to my body, to me, the me that is me?"

Alana ([00:40:26](#)):

Take a few minutes to finish this exploration of "yes" to your body from sensation. Find your completion taking a couple of minutes, which is kind of a good, long time to complete and come back together, taking the time you need to finish this. Just take a nice deep breath and let all that land, all that beautiful moving. The more you know about your body, the more you know about every other body on the earth. They're not separate. So just take a moment. I think we'll just stay together for a moment. If there's anything, it's a small group, that you would like to share about that, just a couple sentences of something that you discovered, if you like or something that you liked about it or something that was different for you.

Speaker 3 ([00:43:47](#)):

I'll say something. Actually, I really liked it. And what I noticed is it's not necessarily a very familiar place for me to be on a kind of continuous basis. It's like, "Oh, I don't quite know who this person is on some

level." And the other thing I noticed is that an old pattern and the movement can be together in the shaman's pot.

Alana ([00:44:21](#)):

Lovely. Thank you.

Lizzi ([00:44:33](#)):

I can't remember exactly how you said it, but I loved listening for where the "yes" lived in my body and following that. I think that's how you said it. But that's how I played with it. It was really beautiful.

Alana ([00:44:52](#)):

Mm-hmm (affirmative).

Lizzi ([00:44:53](#)):

Yeah.

Alana ([00:44:56](#)):

Yeah. Thank you. Another piece of that is having a part of my body that doesn't have a "yes," and moving a "yes" in there and seeing what happens. Consciously, I'm just going to put a "yes" in that right hip and love it and hold it. And then what happens? So beautiful, [Lizzi 00:45:14]. Yeah. I mean, and noticing where the "yes" is means you can open that up and it will [inaudible 00:45:26].

Evelyn ([00:45:26](#)):

It's Evelyn, you can't see me too well. I had tension in my shoulder and I just was hoping to get rid of it. And I don't know if I didn't concentrate enough on finding the joy in my body. And it really felt good to move. But it's still like, "Why can't I get rid of this tension?" It's been there all day. But movement might start the process. Maybe sometimes we need to share something. Maybe there's some words in that space, like anger or something that I need to... Do you know what I'm saying? Maybe the movement's the starting place, and then there's more that can happen with maybe sharing difficulty or... You know what I'm saying? Sharing words.

Alana ([00:46:14](#)):

Absolutely. Absolutely. That's awareness. Right. So moving and awareness comes in and we share that and then we can move again. Beautiful. Anybody else who dying to speak?

Suzanne ([00:46:29](#)):

I really liked the combination of saying "yes" and moving the "yes." And also just sort of the "yes" to where you are right now. For me, I'm just feeling tired right now. It's like, "Yes to that." And I just found this really delicious and easeful way to move in that space. Thank you. That was lovely.

Alana ([00:46:56](#)):

Beautiful. So what we're looking for as future unstoppable forces of love coaches is knowledge about our own bodies, all the things you all have said are that. So what feels good to you? What kind of permission like Suzanne was saying, being able to say, "Yes," to where she is. Well, there probably isn't a

more powerful way to express unconditional love on the earth than saying, "Yes," to wherever anybody is, no matter what that is or where they are, or what's going on. And it's tempting in the coach role to be informed by the collective unconscious and think, "I need to change the person that's in front of me." And what I really need to do is love them as deeply and profoundly as my whole body will let me do. Listen with my whole body and love with my whole body. And that's what creates a container for real sustainable change.

Alana ([00:48:25](#)):

So, Abbey, if you would put up the wonder questions that are in the notebook. This is one of those really powerful tools that we're going to play with together. So if you are coaching somebody next week, one of the things you could do is say, "What might a wonder question be about this? Could you think of a wonder question about this?" Or you might have to, if it was a brand new person, explain wonder questions. And there's a step that's really puts this in your body which is to say Hmmmmmmmmm and let it resonate down into your heart before you ask the wonder question.

Break out and then share

Steph ([00:49:19](#)):

... is in my body. And it just calmed me. And I found several places that answered that. So just the answer right within my body.

Alana ([00:49:41](#)):

[inaudible 00:49:41]. Yes and Steph, sometimes what happens is we ask the question and we get the answer in our bodies, which is what happened to you. Not necessarily verbal, but energetically. Beautiful.

Suzanne ([00:49:53](#)):

I'll kind of piggyback on that. I asked, "I wonder what I'm feeling right now." And the answer that came to me was, "Expansiveness." It was sort of this inner expansiveness and the reference in my body was to just where we had been in the "yes." Our body experience. So it was just a real resonance with that state we were just in. So it was cool.

Speaker 4 ([00:50:45](#)):

I can go while Anna's figuring it out. I'll say that my wonder question was, "I wonder what's motivating me now?" And the response I got both times was, "Peace." Peace is motivating me now.

Alana ([00:51:05](#)):

So great that you're all willing to share. Thank you.

Perry ([00:51:23](#)):

My question was, "I wonder what my creativity is telling me right now?" And what happened was a flood of memories from the past few days of what I've been able to do. After a long break, I'm back playing for the dance class at UNCW again. And it's just been really, really easy and magical, what's happening.

PART 2 OF 4 ENDS [00:52:04]

Alana ([00:52:04](#)):

I love that a flood of memories was the answer. That's beautiful, thank you.

Lizzy ([00:52:14](#)):

Well, leave it to Lizzy to jump right to action. But I asked, I wonder what I want right now. And immediately the idea of spending more time making art popped in and I'm like, "Okay, I'm going to empty out that room." So I just was very curious at how I jumped to problem solving immediately.

Alana ([00:52:47](#)):

You might have just whipped around the model quickly because it's a story you've been in before. So it's like the wonder question was the awareness that you want to do art and you know exactly where that stems from. And you love that part of you deeply. And so you went right to an action steps. So sometimes it's so fast, we don't even see it happen.

Alana ([00:53:09](#)):

You can decide whether you want to pause and think about that a bit, because if you were a client, I might say, "Well, okay," What else might answer that question? Any other answers? Any other answers to that question? There was more, but I think just honoring and allowing whatever answer comes is part of loving ourselves. Right? Because it's beautiful. It's like, "Okay, I'm going to come and do it with you. I love to empty out rooms." All right. Anybody else want to share?.

Speaker 5 ([00:53:55](#)):

I was going to make sure everybody saw Anna's response in the chat. And she said, she asked, "I wonder what's motivating me." And what's motivating me is to find that free place inside of myself. So thanks for sharing that in the chat, Anna.

Alana ([00:54:12](#)):

All right.

Evelyne ([00:54:17](#)):

Can I say something? Yeah. Oh, okay. No, because I feel like I didn't get enough. I started one question that I didn't feel like I got enough. I tried [inaudible 00:54:26] . So it was a little frustrating. I didn't get deep with one that I really wanted to get deep with and I just didn't think it was working. So I moved to another one. And I took a workshop this weekend that had a lot of love energy. So I decided to ask what the insight people were feeling, now. The workshop is called insight. And then I started to feel, kind of, my heart, the way I was feeling in the workshop. I was just glad to get a feeling, to get something.

Alana ([00:55:02](#)):

Beautiful. Yeah. And timing is different for everybody with this too.

Speaker 6 ([00:55:27](#)):

I just want to add to highlight what Evelyn said that I really believe that the fastest way to come into our bodies is by aligning with our heart. And I've done this work one on one with Alana and she directed me to that heart coherence piece so many times. And it's just so fast. Once I'm in my heart, everything just, sort of, falls into place. I just wanted to underscore what you shared Evelyn.

Evelyn ([00:55:58](#)):

For me, I get in my heart, but it takes me a while to get more in my heart. So, that was... I felt like I needed more time for me to do that.

Alana ([00:56:10](#)):

Yes, moving at our own pace is important.

Anybody else want to share their answer from their heart? Who hasn't?

Sarah ([00:56:19](#)):

I can share. I asked the question, I wonder what needs loving in me. And I got an instant flare up of the pain in my mid back. And it's a pain that I work with regularly, but it just comes and goes. And so that was just really clear and direct.

Alana ([00:56:47](#)):

Wow. A sensation answer. Beautiful. Yeah, to love that place. That's a challenge sometimes to love those places that cause us trouble. Thank you for that, Sarah. Thanks for sharing, I'm learning so much from you all. It's great.

Holly ([00:57:22](#)):

Thank you. My question was I wonder what I want right now. And the answer was peace.

Alana ([00:57:33](#)):

All right. Well this is very rich. So this is a major embodiment tool - get people to pop in with that, hmmm, and ask those wonder questions and ask their heart and give them time. Some will take a long time. Some will get an answer too quick and it was probably from the frontal lobe. And so then you could say, "Great, let's do it again. That was beautiful. Let's try for a second answer. And a third answer, it's all good." And this is an example of, I don't know what Lulu's heart is telling Lulu or Lori's heart is telling Lori, I want Lori to know what Lori's heart is telling her, right? Because that's where the growth will sustain. So if I make up a story for Lulu, then I just took her down my path instead of her path. So that's such a big piece of the puzzle.

Alana ([00:58:38](#)):

And you might have noticed in watching all the responses and all the people. You might be watching for patterns already. What is my pattern in this group? What are other people's patterns in this group? Patterns that might be serving them and patterns that might not be serving them. We don't know that, only they know that, but just watching for patterns, right? So that you begin to be a pattern observer. It's a powerful, powerful tool to witness for pattern. All right. Well, let's take a 10 minute break. It's 10 after 7:00 already. So we'll come back at seven 7:20. Does that feel okay to everybody? All right. See you in 10 minutes.

Alana ([00:59:29](#)):

Abbey, will you put those wonder questions up one more time for me?.

I really want to ground this tool so you can experience what it feels like because once you begin to use it, to embody it and play with it yourself, you will see how magic it can be. It has a childlike feeling to it. It's fresh, right? As opposed to the old story. We're looking at every possible way to disrupt our old patterns, whatever they are. So if I am using this tool, I'm also wanting to use conscious listening. I want to listen, to hear and understand and be present with who's there. I want to listen to my body and notice what I'm feeling and listen to the body of the person I'm talking to - so that we integrate the different tools.

Alana ([01:00:50](#)):

Already you have the mandala tool, the finding sensation in your body tools, shining the light around the body to find places that need warmth. You have wonder questions, breathing through your heart and asking your heart, conscious listening and you have appreciations. You have a lot of tools you already that you can bring together. For example, somebody asks a wonder question and shares their answer. Then you can appreciate them for sharing that answer or for some piece of that answer. You can notice how you're listening to their answer. Are you listening to correct or fix? Are you listening thinking you know what the answer should be? Are you listening to be empathetic? Are you listening to be present?

Alana ([01:01:42](#)):

They're all tools to support us on the path of letting go of old assumptions and how do we help others let go of old assumptions.

I want to play a little bit right now with some more physical things so that when you have people who are physical, which you will have, and especially if you talk about that, as you advertise yourself, which we'll talk about later in the course. If you talk about it as a movement experience, you'll get people who want to move more as opposed to an embodied experience, which might mean something else to people.

Lizzy ([01:02:41](#)):

You were talking about pattern disruption, and I've heard it called radical discontinuity, to just keep putting ourselves into situations where we have to choose differently.

Alana ([01:02:55](#)):

Yes. Beautiful. That was a lovely share, Lizzy. If you want to share something remember, I'm happy with you just to raise your hand, any of you. Because I can't read the chat be present with you. If you have a question for Abbey of need help, the chat is a great place, but if you just want to share some of your wisdom, wave at me - it is so welcome.

Let's just play with some movement together to get our bodies going again. And to notice, just in our own bodies, the way things feel. One that people can do in their chairs, that I've done in board meetings before with the corporate clients where I was starting to get pretty tense, is creative joint play. So start in your hands and just move the joints in your hands and wrists and ways you might not ever have moved them. Or maybe you've moved them those ways, like thumb to little finger or upside down prayer, or what are all the ways you can move your fingers and wrists - your elbows, your back, your

hips, into your knees and your toes and your ankles. You might even want to stand up and do it and just to feel it through your whole body. And it's something I can do quietly under the table with my fingers. It will start me moving and breathing and coming back to my self when I can't really get up and move in a room.

Alana ([01:06:21](#)):

So just following that, doing Andy McDonald's exercise, "Narrate Your Movements. Just stand up and do a little moving of your joints, always taking care of yourself like Suzanne was pointing out. Maybe you'll move slowly with your joints. It doesn't have to be fast. Maybe you'll move a little bit and not a lot, depending on how you're feeling tonight. And then I want you to just out loud with your words begin to narrate your movements, which is a fabulous, fabulous body awareness exercise. It's incredibly simple, incredibly obvious and very impactful. It puts people in their bodies in a playful and easy way. So it's like, you would say fingers, fingers, fingers, fingers, moving fingers, bending things, waving fingers, touching in my nose, or you might go fast, fast, fast, slow, slow, slow.

Alana ([01:07:15](#)):

Narrate the speed of your movements, narrate what movement you are doing . Narrate how... Heart beating, heart beating, heart beating, just noticing and speaking out loud, whatever is happening in your body. Beautiful - just keep going. Maybe you're moving up, maybe you're moving down, express any feelings you're having, just narrating you out loud, talking to you about you.

And then just to deepen your knowing about your own body, which is a powerful thing for you to be able to bring to others, go around the room, saying yes, to yourself in any way you can with your movement and your words. Like, "All right, I'm doing this. Yes, you bet this is going to happen. Yes, yes, yes." All the different yeses. And what does your body do when it says yes. How do you want to move as you say yes, yes, yes to you? Yes, yes, yes. "Let's do this. I'm ready. Come on. Okay, I'm here. I'm ready." Find your yes. And it could be slow or fast. It could be. Yes. Yes. I am absolutely here and ready. Or it could be running around saying yes. And maybe even add in some words that affirm you. I am enough. I know who I am. I am good. I bring value. I have purpose. If any of those phrases want to be yes for you, then let them flow in and flow out so that your body, which loves the sound of your voice hears you talking to it.

And then just do a quick shift into no. Not going to happen.

Alana ([01:10:33](#)):

What does your body do when you say no? And maybeslow this down, take care of your body. "I don't want to. That's a, no, I don't want to. I'm not going to, this is not happening. I am done with this. This is over for me. No, no, no, no."

And then just flow right back into yes. "Yes. This is me. I am here. I love me. I'm ready. Let's do it. Let's go. I'm on the team. I'm ready to do this. I know I'm enough."

Alana ([01:11:19](#)):

Then switch back to no. "No, no, no, no, no." And let that side bubble up that has that underpinning of the negativity bias, but just for a moment before you come right back to yes. So letting the contrast and the goal is, I know when I'm saying no, even if my mouth isn't because I know what my body feels like when I say no and I know what my body does when I say yes. I want to learn about my body. But don't

hang out in no for too long. It's tiring. Come back to your yes. And just be as gentle and slow and quiet or high energy and not quiet as you want.

And then just take a moment out in your space to breathe and let go and just move in a way that feels comfortable to you and just relaxing a little bit out of that intensity, because where we mostly like to hang out is not in a crazy, wild, ecstatic "Yes." That can be fun, but also there is gentle middle ground that isn't yes. And isn't no. So we become really comfortable with the area between yes and no, when we're hanging out, and allowing our people that we're serving to be in the comfortable middle ground, we might not have a whole yes or a whole no, they'll just come there where they are in the moment. So where are you in this moment? Checking again, back into body, sensation, into breath, into blood, into your heart. You could even ask a wonder question while you're moving - I wonder under what my body wants right now. Yeah, what is nourishing for you? A gentle, yes.

Alana ([01:14:36](#)):

What do you want to release to allow more yes? To open up space for yes? And now jsut resting for a moment, really deeply into that place of gentle presence in the moment. I am here, present in the moment.

Slowly finding your way back and staying curious about your body, noticing what does it feel like right now? Listening, what does my body tell me right now? What are my cells saying? What are my bones saying? What is my blood saying? What is my breath saying? Listening.

PART 3 OF 4 ENDS [01:18:04]

Alana ([01:18:06](#)):

Beautiful. Now a nice deep breath. You probably notice we're skirting a lot around yes. What does it mean to say yes to your clients, yes to yourself, yes to your life, yes to everything that's happening in the world, everything that's happening in the world. Knowing that the end will be what you might do to contribute in any way to what's happening. But it begins with the acceptance of what is, as long as we're fighting what is, we are in fear and it doesn't serve us. It won't serve your clients either. So we're just playing a lot today with your own body awareness, because the deeper your own body awareness, the more you can bring that to others. Let's play a fun game with yes, lighten it up a little. You've all done some pretty deep journeys tonight.

Alana ([01:19:09](#)):

And I really appreciate that, because that's part of what will create the awareness that you want, the awakening that you want for yourself. And then what you do with that changes radically once it's there for you. So go to a partner and you're just going to play a game called "Yes And. It's a storytelling game in twos. You want to just say a couple of sentences and pause, and let your partner say a couple of sentences and pause, and go back and forth. So you don't go on too long or your partner doesn't get a turn. You're just playing with, can I receive what my partner is giving me with a "Yes and."

Alana ([01:20:02](#)):

So if Suzanne says once upon a time, there was the little girl who fell in love with a flower. And I said yes and the flower died, and she went away. That's not receiving, that's blocking, that's stopping the story right. But if I said yes, and she woke up one morning and there were flowers everywhere. Now I'm following the path of my client. I'm following the path of Suzanne, right? I would love you to play this

game with the orientation of following the other person, receiving from them and building on their story, their potential, their brilliance. So your response is all about listening and responding from that place of I see you, I receive you, I am there with you, I am present with you. I'm not trying to be the most clever person in the world, I'm not trying to show you what a great creative storyteller I am, I'm not trying to give you a message, secretly, passive aggressively, right. I'm just being present with you and reflecting and moving gently. [Inaudible]

Alana ([01:21:31](#)):

Anyway, so the only rule of the game is you say "yes and," before you reply because we're practicing yes and, as opposed to yes but, or no, which we'll play with next time. So Abbey will give you a partner and then just play "yes and" for a few minutes and have fun gently and, unattached.

Stephanie ([01:22:02](#)):

I just wondered if there was a story prompt at all, anything to get us started?

Alana ([01:22:08](#)):

You could say that it would be a story about children playing in a garden if you wanted, but I don't really want to script it that much. It could be a story from your childhood story or from something you saw today. I like what you are asking Stephanie, because really the idea is to imagine something. So if you just close your eyes a minute, while you're getting your partner, see what comes up, that feels like a fairytale, a story, a fun way to play something about the moon and the sun or something about the fairies and the elephants. Something that's outside of reality for fun and whatever your partner gives you. You'll take it from there.

Leave for Breakout room #2

Abbey ([01:23:06](#)):

Okay. Here we go. Hi Evelyn.

Evelyn ([01:23:37](#)):

Hi, Sorry.

Abbey ([01:23:38](#)):

No, that's fine, Alright. Would you like to start our story or should I start?

Evelyn ([01:23:46](#)):

Wait, we don't start with the yes we just started the story?

Abbey ([01:23:49](#)):

Yes just a sentence to get it going. And then after that you'll always say yes and.

Evelyn ([01:23:54](#)):

There was this beautiful queen.

Abbey ([01:24:00](#)):

Yes and, this beautiful queen had her kingdom on the moon.

Evelyn ([01:24:10](#)):

And this beautiful queen could see everything that was happening on the earth. So she had enough distance to kind of make sense of some things. And she kind of knew what little breath of flowers to, shower on the earth.

Abbey ([01:24:30](#)):

Mm-hmm(affirmative) Yes. And she would send different shooting stars to send those flowers to the earth.

Evelyn ([01:24:44](#)):

And when the people on the earth received them, they didn't know what hit them, but they just started smiling at each other and appreciating the beauty of everything.

Abbey ([01:25:00](#)):

Mm (affirmative) yes. And she continued to send more and more shooting stars and watch the love and appreciation, grow on the earth.

Evelyn ([01:25:19](#)):

And as the love and appreciation grew, some people found a way to travel to the moon.

Abbey ([01:25:25](#)):

Mm (affirmative) yes.

Evelyn ([01:25:27](#)):

That's A little party.

Abbey ([01:25:30](#)):

Yes. And they would dance on the moon in celebration.

Evelyn ([01:25:37](#)):

And some of the people on the earth that hadn't felt the spark yet saw some dancing on the moon and they thought, "I want some of that".

Abbey ([01:25:50](#)):

Yes. And the queen was happy to get them to the moon to enjoy their fun and also wanted to bring all the dancing down to earth as well.

Evelyn ([01:26:07](#)):

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Yes. And as this happened, you could see people kind of leaning on each other's shoulders and putting their heads on other people's shoulders. And they felt so comfortable they could relax. They can just kind of be in a puppy puddle with people and just kind of lie and relax and nothing was fearful anymore.

Abbey ([01:26:29](#)):

Yes. And as they, they laid and relaxed, they felt the warmth of the sun, which the queen of the moon knew the queen of the sun.

Evelyn ([01:26:49](#)):

Yes. And there was magnificent connection between the sun and the moon and the sky and the stars. And when people close their eyes, they could just kind of float, from the earth and float wherever they want it to. But not too far. Cause they don't like to be too far from things they know, but just float it in a way on the soft cloud.

Abbey ([01:27:15](#)):

Hmm(Affirmative) Yes. And there were dance parties everywhere on the moon, on the sun, on the earth, on the clouds, as people floated back and forth.

Evelyn ([01:27:29](#)):

Yes. And the kids were amazing because all the little kids were hopping up and down and we couldn't help, but enjoy seeing them dance.

Abbey ([01:27:41](#)):

Yes. We just have about 30 seconds before we're kicked out. But that was a beautiful story.

Evelyn ([01:27:47](#)):

That was fun. I want to go dancing on the moon.

Abbey ([01:27:51](#)):

Right, me too. I want to float back and forth.

Evelyn ([01:27:56](#)):

Thank you Abbey.

Abbey ([01:27:57](#)):

Yes thank you, that was fun.

I think that she turned into sparkle dust and is distributing herself all over the Cosmos at the moment.

Return from Breakout room #2

Alana:

So how'd that go for everybody? Was that good?

Speaker 11 ([01:29:45](#)):

It was great.

Alana ([01:29:48](#)):

So it's a perfect example which we'll talk about more next time, the incredible value of play and how you can be really serious and get nowhere. But if you're playing and you can get people playing with you, all kinds of things emerge and as you follow your client's lead, it's amazing where this exercise can go. And it's very, very embodied in its creativity, but it won't seem like they have to be a dancer to do it right. But you can see how you begin to laugh and play and let go. And so it's an example of a pretty talky exercise that works So I did have a request and I will try to make time for that next time for some stories of clients and things that have happened with them.

Alana ([01:31:09](#)):

Well I'm sure as my mother would say, I'm sure it didn't matter much anyway, there've been a lot of sentences tonight, but thank you, Laurie. We're going to close with our favorite exercise and I do this with every client and every client I know is using it and they talk about using it. And it's a really powerful tool that we have adapted from Vickie Dodd who is a sound healer. And no matter how many times I do it, I am really grateful to be able to do it again.

Alana ([01:31:40](#)):

So here we go. This is called, "I Am Here" and we're going to do it as we close, moving from "I Am Here" into a heart breathing exercise that goes together really well with a mantra at the end, which is how I end a lot of sessions with clients.

Evelyn ([01:32:04](#)):

Do we stand?

Alana ([01:32:10](#)):

Good question. I do better standing with this. It can be done standing or sitting, but it is way more in alignment if you're standing, but not if you're standing and tired and wish you were sitting, then that won't be alignment, right? Listen to your body and do what works for you. And you could even start sitting and stand up after a bit, if you want, whatever's really comfortable for you. For those of you who haven't done this a lot, I will teach the whole thing. It starts with your hand at the top of your head and you're going to let your hand move really slowly, all the way down to the base of your spine.

Alana ([01:32:56](#)):

And as your hand is moving, you're going to imagine that you're reaching inside your body and massaging the inside of your spine, which is where a lot of fear can live. And you're soothing that inside of your spine by massaging it. And as you're moving your hand and you're massaging your spine, you say "I am here and I know who I am." You say it again out loud so your body can hear your voice and do it three times on your own time." I am here and I know who I am." A deep breath between each time and then begin again to sooth your whole being. "I am here and I know who I am."

Alana ([01:34:26](#)):

"I'm here. And I know who I am." You might speak many times as your hand travels down or maybe only a couple of times whatever works for you.

And when you're complete again, taking your time, you'll let your hand and come to your heart. And slowly just begin to breathe in through your hand and out through your hand, letting all the breath drop right into the heart and let the heart do the breathing. Let your heart fill up with all the gratitude you have for your life. For a warm house on a cold winter's night, for the earth, the birds, the waters, your friends, your children, your family, partners. Everything you love and everything that loves you, including the earth and the trees, which love us all.

Alana ([01:36:25](#)):

As you're breathing in and out, just fill your heart with that gratitude that love, that sense of wellbeing. When you feel your mind, come back in, just let it chatter and let it float away on the clouds and come back to your heart and your breath and the love.

Alana ([01:37:18](#)):

And just as your resting there in that place of peace and love, ask your heart for a message to carry forward in the week ahead, which will become your heart mantra. So maybe your heart says you're fine. The way you are, or maybe your heart says go swimming tomorrow, whatever your heart says, listen deep and find your mantra for the week ahead. When you have your mantra taking your time, just unmute yourself and begin to hum. Hum that peace into your body, hum, that mantra into your body, just whatever hum wants to come out of you so that we have our community hum together Staying With your heart as long as you want and starting to hum, whenever you're ready.

And deep breath. Unmuting and sending your love out to each other gently, softly "love, love"

Alana ([01:40:07](#)):

[Crosstalk] Love.

Alana ([01:40:09](#)):

Have a good evening and I'll see you on Thursday.

PART 4 OF 4 ENDS [01:40:42]