

Alana:

Let's begin by change places in the room, just standing up and changing where and how you are standing in your room, and every time you land any place, find another place and as soon as you land, find another one and shake it out and sound it out and wiggle it out and see if you can let go of the day's stress and the day's energy and arrive in this moment. You can unmute and make sound, so we can all hear sounds of each other if you want. And now I'm over here and now I'm over here and now I'm over here, and now I'm looking out of the window and look at the beautiful trees ...

Alana:

Now just pause, wherever you are, just pause for a moment if you can hear me. And just let your energy fall right into your feet, landing in this moment that we're in. Yes. Here we are. All right. Thank you. So let's just close our eyes for a moment and hold all the beautiful people in Russia and the Ukraine who are struggling so deeply and just hold them really close to our hearts and send them every bit of possible energy that we have to spare. Just let it go right through the magnetic waves of the earth, into their bodies, into their hearts, into their blood, into their cells. We see you. Thank you.

Alana:

I'm sure you've found that there's a lot of meditation sites that I've been tuning into where people are linking up from all over the world to send energy, remembering we that your awareness and your willingness to hold what you would like there to be instead of what exists is really important as opposed to turning away and carrying it kind of rumbling around in our guts. So thank you for that.

Alana:

So we're going to go check in and we're going to start with each person taking a turn to complete the sentence stem. I am the living breathing essence of..... If you need to write that down, you can. I am the living breathing essence of..... So you'll each take a turn to do that, and then appreciate someone in your life that was a change maker for you and share why.

Alana:

So a story of somebody whose input, whose ideas, whose thoughts, whose love, whose influence was a change maker for you in your life and why? Why that worked? And the reason we're doing this is because if we want to be change makers, one of the things that I have spent my life gathering is what are the things that worked for me, right? What are the things that help people change?

Alana:

And by contrast, we can remember things that didn't work that well, but we're after the things that worked. So yeah. I am the living breathing essence of..... and then appreciating with the stories, someone who was a change maker for you and why that was so. We're going to do eight minutes for this, which should be good. Each person would have a little bit more time that way to tell your story. And if you're really running behind, please just let Abbey know and she will extend the time and people who were quick and got finished will chat while we wait for people to finish. Because I would really like you to have the chance to share this story. Okay?

Alana:

This would be a great thing to share on the forums, people who influenced you and how... I'd love to take time to hear every story, but we need to keep moving here.

We're in a really exciting place on the mandala which is loving, the third step in the mandala. And it's really very personal. Because we have to allow the great mother, the great spirit, the great universal source of love to be part of that story combined with the really local personal work of embracing and loving every part of ourselves. The good, the bad, the ugly, the beautiful, the incredibly astonishing, the boring, the whole story.

Alana:

So I want you to look at an affirmation tool that's new in your notebook, because we're going to use it for an exercise in a little bit. It's about creating positive affirmations with sentence stems.

Alana:

So this exercise can be used in all kinds of ways. You could spend time over a period of couple of months even, reading these through and answering the ones that pop out for you. They are a way to keep moving towards the story that's emerging as opposed to the story that's in the past.

Alana:

And I sometimes will pick with a client just one of these for them to focus on for the week, because of what we've talked about or what we've been focusing on. Maybe it was something they wanted to let go of. And so, they filled in that blank and then make that a mantra for the week or they've been working on what it means to get fully present and to be present in their own bodies with their partner and not disappear and go one down to their partner.

Alana:

Like, "I know I'm truly present." Or "I create my own inner safety ." Or "I feel confident and strong," You can make these up yourself and your clients can make them up. Really I'm trying to be sure you have, by the end of this course, a lot of resources - a basket of tools and resources. So that as you're working with somebody you can be referring to things that might help.

Alana:

So these are definitely go hand in hand with how to move out of victim or into creator or how to make those shifts on the triangle. That all weaves together with working around the mandala. So eventually, the tools integrate. I think they probably have already for many of you. For example, today a client and I were asking the heart for some guidance about a feeling and this person jumped immediately to three action steps - from the embracing to action - missing the loving step on the mandala.

Alana:

And the action steps will never manifest if that loving step is missed. And just trying to even back up into loving step, there was a lot of resistance. And so, we just get to send them another direction – come in another door. It is really interesting to watch how quickly I will, we will, people will jump that loving step. You probably have an example like that in your own life from something recent.

Alana:

It just blows me away that our brain actually processes 400 billion bits of information every second. I mean can you even begin to appreciate your brain enough to really realize what it does? 400 billion bits of information every second is going on in your brain and you wonder why you're tired at the end of the day, right? And you actually have awareness of about 2000 of those at any one time, 2000. And that comes from feedback from your environment, from your body, from time and energy. So those meditations I've been teaching you, and I will make a sheet of some of those for you are so important because we have to move out of time, out of impulse, out of stimulus, out of possibility of any kind of brain stimulus to even start to quiet that 2000 pieces of input. Right?

Alana:

And you will give attention, obviously, to only a small portion of that 2000. And so, they're warring for your attention all the time. You are really processing 2000 bits of information a second. So just to be really kind to yourselves.

Alana:

And I think it's a reason for deeply loving the brain. And we don't give the frontal lobe enough love, because it keeps taking us into the old stories with its 95% memory. But it needs love. It's such a powerful thing. The reason the brain has 95% memory is because of what I just told you. It has to catalog massive amounts of stuff to keep you safe, because you can't remember 2000 things a second, right?

Alana:

The brain, according to your preferences, sifts and sorts what to save and what to put in memory. And then, we spend the rest of our lives trying to get some of that stuff out of memory so we can have fresh new perceptions and possibilities. So everything comes back to what we know in this group, which is we must, absolutely must change the conditioned body, because that's the only way we can change the mind.

Alana:

You cannot change the mind here. You can only change it in the conditioned body. And that is one of many reasons why it is so important to be working with the body. So much of this has to do with perception, and that has to do with witness, with noticing what you're seeing, what you're witnessing, your prejudices as a witness, right? So I'm looking at the screen, what am I seeing, not seeing, focusing on, not focusing on, interested in, not interested in, triggered by, not triggered by, all of that!

Alana:

I'm there every second I'm making choices and I'm making them based on memory, unless I can pause, come into my body, back up, move, and change my perception. So if I'm looking at Suzanne and I'm saying, I don't like that picture behind her, which is not true, Suzanne, but if that's what I'm doing, then I get to witness come into my body, breathe, change, shift, move, see what is being triggered by that. Come back to me and look back at the picture and see how it looks when I look back and it will look different, right?

Alana:

So this is so big, because even though we are moving through the mandala, we keep coming back at every step to witnessing, which is why I wanted you to look at the witnessing papers again. The witnessing questions to come. Does that make sense to everybody? And that is a way bigger challenge than you think, right? So we start working with our family, with our children, with our friends, just noticing all the ways quite apart from holding yourself up to the community to be a coach. And you can see all the ways that you are inserting your memories, your frontal lobe brain that needs all that loving kindness onto others' story, on their story.

Alana:

And we can shift that in the body, but it's a commitment, it's a conscious commitment and it has so much to do, which I know you've all heard a million times with, yes. What are we saying yes to in our bodies, in our hearts, in our life, in our souls, in our journey, in our psyche, in our interactions? And every time we have a no, every no is rooted in some persona, every no is rooted in some default memory, every one.

Alana:

And it may be that that no, and that default memory would actually keep you safe. So somebody's coming at you and your memory says this person is dangerous and you have a no. That's still a default memory, even though it's a good default memory, right? But 85% of those default memories take us into conditioned story into old patterns and slow the possibility of constant evolution and growth.

Alana:

So I think it's really exciting to take that 400 billion bits of information every second and become consciously aware of manifesting a new story. And that means, the brain has to be conditioned by the body. And it is in the heart where all the unfolding of presence is possible. The heart's magnetic field is the strongest rhythmic field produced in the human body.

Alana:

I just think that's outrageously important and you know that the heart sends more signals to the brain than the brain sends to the heart. So it's in charge, it's active, it's watching, it's listening, it's giving out directions, it's trying to make change. And it communicates with every cell in the body, but it also extends out in all directions, in the space around us, on the magnetic fields of the earth, clear across the continent.

Alana:

So of all the steps that we are going to be taking together as a team, bringing conscious body coaching to the earth, standing together as absolute love revolutionaries. The most important thing for healing, from trauma, from loss, from illness, from abuse, from stress of all kinds, the most important one is falling in love of all of who we are. If we really want to unlock the old stories, we have to fall in love with ourselves.

Alana:

And that quiets the critical voice. We will never get rid of the critical voice. That is the amygdala. It will always be there. The question is, can we calm it? Can we quiet it? Can we give it a break so we can fall in

love with ourselves? Yeah. So everybody up for that, everybody up for falling in love with themselves even deeper. And that, of course, once again, is all about saying yes to ourselves. Yes. Yes. Yes. All of ourselves, our failures, our incredible successes are things we don't know, things we do know, things we'll never know. It's all yes.

Alana:

So this is where I believe I spend most of my time with my clients is in this loving step. People who come for help very often have a lot of insights and they even know where they come from, their father, their mother, their brother, their sibling who died. They have done a lot of embracing, but they haven't had the idea of falling in love with everything that's been in their lives and everything about them, or they've had the idea, but it's been in their mind. And so, they need help changing the conditioned body.

Alana:

I had a very radical experience with that myself where I was with Katie Hendricks in a retreat in Hawaii and we went swimming with the dolphins. And I was struggling with a ton of personal change in my life - my father died, my husband left, my brother was killed in a bike accident all in six weeks time. And I was feeling lost - unable to even figure out who I was or what I wasn't. I certainly felt like it was all my fault, every bit of it, even stuff that was crazy to think was my fault.

Alana:

In any case, I didn't think it was right to swim with the dolphins, a perception. That's not good. We're not supposed to be in there with those animals and they take you out on boats and all these dumb tourists out there swimming with the dolphins. I had all kinds of judgment about that, but Katie talked me into doing it and my whole life changed because a dolphin rubbed its body on my belly in the water. And they actually surrounded me. I had little faces all around me in the water. I couldn't go deep, because of my breathing so I had to be a snorkeling on the top person.

Alana:

And they came right up. They felt my pain. They felt my angst. They felt my fear. They felt my story. And they literally came in to love me, literally a body experience. And then, we had to all get out of the water because these giant whales came and they were singing in the water. So there I was rubbed by the dolphins and soothed by the song of the whales and for the first time in my whole life, I actually felt love for myself. Something broke through on a body level.

Alana:

And it's why I really believe in a lot of what you all do in terms of massage and chanting and humming. Humming is so important. Touching each other in movement. There is nothing more powerful than touch. And I know we're not supposed to touch anymore and the pandemic just accentuated that. But wow. I have new clients who came to see me during the pandemic so only on Zoom, and if I could put my hands on them, I could make change in them I could not make any other way. That body to body is so powerful.

Alana:

So one more thing and then I would just like to take you into a meditation for loving self. I will get some of these meditations written down so you can look at them and modify them for your own

language and what feels right to you. But I try to be sure to do one, at least, two to three-minute meditation with every coaching session to take the client out of the time that we're in and into their inner being just for rest, if nothing else.

Alana:

So the body is always forming and reforming, which you all know. It's just moving molecules. We lose 10 million cells every second. And the next second we make 10 million cells. We lose 10 million and we make 10 million every second. So if you thought you were a solid fixed being that was going to have a lot of trouble changing, all you have to do is listen to your cells and they will guide you. They know how to let go and come back, be born and die and be born again.

Alana:

All right. So let's do this light being meditation, and then we'll do some witnessing.

Lizzie:

Wow. Can I tell you all a quick story? I was doing seeds with some fourth graders, I believe this group was. And I said, "Okay. The only rule is we can't touch each other." And this little girl said, "You mean we can be like atoms because atoms don't touch each other."

Alana:

Yes and, cells do touch each other. They have hands. They hold hands. Cells communicate chemically, cells communicate vibrationally, and cells communicate with touch. So that's pretty amazing. The 50 trillion cells in our body are a complete community. They take care of each other. They even get paid for their work. They actually support each other. If something goes wrong, they come in and help. If somebody malfunctions they come in and take care of it.

Alana:

If you listen to Bruce Lipton's work, you'd just be blown away by how sophisticated our community of cells is. All right. We're going to do this meditation and you're then you get to do some deep listening with each other in pairs. So let's take all a deep breath and sigh -ahhhhh. Let our frontal lobes rest, take a stretch, take a breath, take a wiggle. And whenever you feel ready - you might need to move a little more, breathe a little more - You'll just land with your hand on your heart.

Alana:

Let's begin. Take a nice deep gentle breath and feel into the core of your body, right down through center of your body - Into that inner landscape, that beautiful inner landscape of your sacred divine body. And see if you can gently rest into, drop into, float into that sea of moving molecules. And as you feel that in your body, as you feel yourself floating around inside yourself and those moving molecules, you may move some, you may do a little gentle dance with your molecules. There may be a little releasing of energy as the molecules interact with each other. You can let your hands move, your body move, your breath move or you can just stay in that stillness, whatever's working for you.

Alana:

And feel the molecules in your fingertips and in the bottoms of your feet. The extensions of your body. Just the freedom. The freedom there and that gently loving, moving molecular divine body. It's letting

the healing power of the love of source flow into those molecules freely. The love moves the molecules, the love fills the molecules with joy. It bounces them around. It helps them play with each other. They love to play and interact in there.

Alana:

And feel that love in your molecular blood, your molecular bones, your molecular cells, everything is just loose and free and floating around in that love that healing power of love that's always there. Anything that happens for you as you visualize and float, any movement, any breath, any sound, any stillness, let your body respond to that nourishing luscious feeling. (silence)

Alana:

Now staying right there inside your body, in those molecules, begin to illuminate those molecules, just flood them with a warm and nourishing shining light so that as you illuminate them, you become, your whole body becomes a light being, just a shining light being. So if you were seeing yourself from above, you would just see this glowing light being of molecules. No form, no bones, no muscles, no noses, no mouths, just a shining, glowing light being as you illuminate all those molecules, letting them just shine out.

Alana:

Shining your light all across the earth. The healing love of your molecular being. (silence) And as you're ready just begin to gather that light back into your heart, so that you have this, always have this shining lake of light right around your heart. So bring it all back into your body and to your heart and take some nice deep breaths like I see some of you doing and very slowly on your own time, begin to return to the room. Bringing that rested, loving energy with you back into this moment with each other. Just taking your time.

Alana:

Yeah. You might need to gather with your arms, you might need to pull that light down into your body. You might need to touch the edges of your body to re-find your defined body. Yeah. Just as you come back, take a few moments to write about that in your journal, anything that comes out of your pen onto the paper. How that was for you to be a moving, shining light being? Anything you want to remember or just focus on or just whatever falls out of your pen onto the paper. Just take a few moments to let yourself reflect. (silence)

Alana:

All right. So take another second to add another couple words and then let's come back and you can journal more on this during the week. Also, I don't know if you're taking advantage of them, but there are journaling questions and exercises and art projects in your notebook always each month to help deepen your own practice in the work that you want to bring to others.

Alana:

All right. So now we're going to go into pairs and you're each going to choose one of those affirmation sentence stems. And I want to make the request that you all do that, because there's been some times when I ask people to do something and they say, "I don't want to do it." And you can always do that, and then that becomes a challenge for your partner. What do you do when somebody is resisting? But for

this group, it would be lovely if we could all comply so that we have a structure that we're growing together in, if it's possible?

Alana:

So choose one of those sentence stems on the affirmation sheet, and Abbey, you could even put it up on the screen for a moment in case somebody hasn't found it. So just choose one. And remember, again, that witnessing is such an important skill, because without it, you're just listening to yourself. Everything you're saying is about yourself. Everything you're hearing is about yourself. Everything you're feeling is about yourself and many teachers even say, "You never say anything ever except about yourself. You're only ever talking about yourself."

Alana:

Well, I'm sure that's true on the deepest level. And as a coach, we want to have an awareness of when we are witnessing what's in front of us and when we are witnessing from our memory brain. So observing with openness is where we get new knowledge, right? New knowledge about others, new knowledge about ourselves, new knowledge about techniques, ways to do things. That's how the brain fires new sequences. That's how the brain makes new sequences. It can only make new sequences with new knowledge, and we can only have new knowledge if we can actually feel the openness of our bodies to witnessing, to seeing what's in front of us, to seeing what's going on in a fresh way and reconditioning the mind by conditioning the body.

Alana:

So, the witnessing exercise. If it was Suzanne and I, Suzanne would take her sentence stem, and she would talk about it for five minutes. And my job is just to listen for five whole minutes to her talking, while also listening to what my heart is telling me. And she can just talk as slow or as fast as she wants. She can wander into any other subject if she wants. She might start talking about something and it brings up something else. She's free to just talk for five minutes. And as a witness, I want to notice every breath, every gesture, every response in my own body, to have consciousness. How am I witnessing? Where did I turn away? Where did I get bored? Where did I judge? Where did I listen? Where did I love? Where did I question? Where did I want to fix? Where did I think I knew better or where did I get frightened? Right?

Alana:

That's all in those witnessing questions that are in the notebook. So just without any judgment and without great effort, lightly, gently, lovingly witness and notice how you're witnessing. No judgment, no fixing, nothing wrong, no matter how you're witnessing, it's all good. Because all you're doing is learning about yourself right now. And every time I witness, I'm learning about myself again and loving and forgiving myself, whatever happens.

Alana:

So Lulu says, "I don't want to do what you're asking me to do." I'm witnessing. Right? I can't imagine Lulu ever saying that to me. It would be great, maybe, but so I immediately go to, "I've done something wrong. I'm on the wrong track. I'm not witnessing right. I'm not being sensitive enough. I'm going to judge - it can come up really quick." Instead of just going, "Oh, okay. Well, tell me more." And continue to witness. "Thank you for the feedback. Tell me more."

Alana:

And I just can skip that whole step into messed up. So Suzanne talks for five minutes and you witness. When she is done, you take about two minutes and you respond in movement and sound to her. So you're going to practice using sound and movement to communicate your feelings. If you know your own body language, I promise you'll have a better chance of knowing somebody else's.

Alana:

So how do we communicate with sound. Communicating with sound and movement. It's a little different than gibberish because you're actually trying to express how you're feeling from having been honored to witness this person. They're giving you the gift of opening their hearts to you, and you're witnessing. How do you respond to that? What's happening in your body and in your heart and in your energy field, in your moving molecules? What is happening as you respond for a couple minutes?

Alana:

And then, you'll just take a breath and go the other way. The other person will do their sentence and the other person will respond in movement. And so, basically you're going to coach in movement and sound. You've listened to five minutes, now you're going to do loving, accepting, coaching in movement and sound for a couple of minutes. Okay? Is that clear for everybody?

Alana:

Great. So five minutes, and then respond in movement, and five minutes and respond in movement. And we'll do 15 minutes for this so you can get present with each other, connect with each other, breathe with each other, and then begin this very deep exploration. Okay? We should have plenty of time. All right. Have fun.

Alana:

All right. So I'm interested in what you learned about yourself as a witness. Anybody who be willing to share what you learned about yourself as a witness or as a body, what you learned about your body language coaching with your body?

Alana:

Well, I was thinking it was going to all be joy. That's my optimist. So thank you. All right. Evelyn says start with the joy.

Heather:

Well, the joy was getting to have Suzanne as a partner finally. That was really joyful. And I want to share that in witnessing, I personally found myself simultaneously present and really loving hearing Suzanne's story of what she wanted to create and seeing that and feeling that, and also thinking about the choreography of my movement afterwards. So I just needed to share and express that, that's a part of the way my brain works and I was witnessing that during the witnessing.

Holly:

That's great.

Alana:

I love that because that's exactly what we want to notice so that we can go, "Oh, I'm thinking about what's next. I'm going to get present. I'm going to come back." That's what the mind does. That's the way everybody's brain works just so you know. Not just yours. All right. Thank you for that. That's very helpful.

Lulu:

I noticed that and there was another sheet that we had in our turning the wheel materials. I think it was during summer camp and it might be in here somewhere and I haven't seen it, but it was about... It's kind of similar to witnessing. It's like how do you, listening filters, that sheet.

Lulu:

Yeah. And I notice one thing that I do a lot when I'm witnessing someone is I listen to what they say, and then I take a moment to reflect on how that might be true for me. So it's like a comparative listening.

Lulu:

And it's just really interesting, especially when the person is sharing something that's really different from how I'm feeling. So like I noticed tonight, my partner was sharing something that was really different from where I was at right now presently. And then, not only did I notice that in my comparative listening, but when I needed to move that, I was like, "Oh my god. This is a real stretch because I am so not in this place." So that was just really interesting to me, because I think that there's a way in which I do that all the time. Like I'm comparing my own experience with the person that I am, and in some ways that's probably not helpful. I don't know. But that's what I noticed.

Alana:

That's a really important share. I mean one thing is my thought about your moving was not that you were moving what they were feeling, but you're moving what you're feeling in response to what they're saying, your response. And so, your response was kind of, "Ah, ah, ah, ah." It was kind of I don't know. It's like interesting. If you had really moved that in your body, it might have changed. You know what I mean? It might have been scary for your partner too, but-

Lulu:

No. I think I would've like, it was something I want to feel. I think I would've been like, just like whatever, give me that. Slurp it up or whatever. But yeah, you're right. I was moving what that state of mind occurred to as me, but I just noticed like I was really far from that experience it personally. So I-

Alana:

Well, I think any of that is good. It's all good. That's a really good thing to do too. Lulu, how does this live in my body is so valuable is when we are criticizing, judging, blaming or irritated with somebody. That's when that is a powerful question. It's like somebody's doing, taking a long, long time to do something. I have a friend who knows how difficult that is for me. And I would be, "Ah. I can't stand this." How long is it going to take?

Alana:

And when I brought that home, it was really clear to me that moving at the speed of trust, allowing myself to be where I am, when I am and give myself my own pace is hard, because I'm always out beyond myself trying to catch up. Right? So I brought it home like you're saying, "Oh, well, where does this live in me?" I think that can be a really beautiful question. It's a way to step from victim or villain off the triangle. So it's a great suggestion.

Alana:

It can also be really valuable when you find yourself doing that to get conscious and let it go so that you're gathering data. So all you're wanting to do when you're listening is gather information. What does this person have to share? And almost always if you're really listening that way, you're going to have a question if you were interacting, right? You're going to know there's something more you need to know as opposed to a response.

Suzanne:

I noticed that for myself. I had some questions I wanted to ask. It was like, "Oh, I want to ask some prompting questions."

Alana:

Yeah. And what a powerful and dangerous journey that is, right? Is your question loaded up with a fix or is your question a genuine question, right? I asked a question of a client a couple of weeks ago and he just shut me down. It was just like, "Don't do that. I'm trying to share my feelings. Don't do that." It was like, "Bam." Right in my face. Right? And my heart started rushing and my stomach was upset. And it was like, "Wow."

Alana:

And just after a few seconds of breathing I realized that was not a question. That was a statement hidden in a question. And, boy, if you have people that you've been empowering, after a while they're so empowered they call you on your shit. You won't get by with it because they know better now and that's the good news. Right? And so, I was able to say, "Wow. Good feedback." And own the whole thing. And we had a really deep connection around it, but it could have been a wound if he wasn't strong enough to get it, could have felt like a judgment to him and he would've internalized it.

Alana:

So I love what you said, Suzanne. Watching for consciousness around questions like we watch for consciousness around listening.

Suzanne:

Yeah. I was actually glad that we had the prompt to not speak. Feel like, "Oh, okay, that's good."

Alana:

So you guys are so wise, you're giving me, feeding me everything I need to be fed to make my points, right? Not speaking for five minutes, that prompt to not speak, that's the prompt you want to give yourself when you head into a coaching session. Don't speak. Pause. Pause. Pause. Pause. Unless it's somebody you know really well and you know the interaction is going to be useful and they want whatever you've got to say, and you're going to play together and you're moving right into it. But with

new people, often the very best thing is don't speak for a bit. So that you make a space to see what's going on for you as a witness. That's the whole thing. Can I make enough space to observe myself? All through life that's a great question.

Stephanie:

I'm going to just add that it was helpful for me to know that I was going to be moving a response rather than a task - trying different format and figure out what questions to ask and that kind of thing. I put more, I put less pressure on myself to be the fixer when I knew I was going to be moving a response. I wanted to just acknowledge and hold space when I knew I was going to be moving the response. And when I feel responsible for saying something or asking something, then I get more in my head and out of the ability to really listen as well.

Alana:

That's beautiful. That's why you could, after somebody speaks, remember to change your chair a little and change your body posture and move a little bit, even stand up a minute and let that go, move that energy.

Holly:

I love that idea, because in my experience with partner, I noticed in the very beginning I was... I think I was judgmental partly because I felt tight in my chest. And then, I remembered that looping prompt that you said which I don't think I've ever read this before, but it was just a loop out with a "hmm." Over there. And then, loop back in with a "hmm." And all of a sudden the whole thing softened. My whole being softened and opened up with curiosity and love and appreciation.

Holly:

And the thing that was so interesting to me was, A, how physically different it felt and the curiosity and just, wow. And then, the movement came out of that. And my appreciation came out of that. And I thought, "My god. What if I did that in the doctor's office?" I mean, especially if somebody has just spoken a long time. I wonder for me to get present, especially when I feel overwhelmed.

Holly:

Move. But I loved the contrast is really what I'm trying to say and how much more information I got when I did that. Looping has always been a challenge to me and just, "Oh, hmm." And I just went back and forth. It was very, very cool to see the difference.

Alana:

Great. Yes, looping is moving. That's part of it too. And humming is moving, humming is moving all the molecules in the body. Hmmmmmm. Every single molecule bounces around in there and has a great time. Those molecules, love it. They love hmmmmmm.

Zara:

I would like to echo what everyone else is saying. This is such an amazing practice and when I've done it with you guys before in the past, this mirroring with body and sound and movement, it's the most healing, nurturing thing for me and for my partner and for the whole, the whole thing. And is there a good way that you found to introduce this to use it more frequently in all of life? Like Holly's saying in

her doctor's office or in my friendships, is there a good context to help people understand in a short time?

Alana:

That's a great question. It's what happens, I love of these questions, Zara, because it's what happens when you are on what my great Jungian analyst called the front lines. So you're out there in a world that not very many people live in. And so, how do you help them in? How do you transition it? How do you make it happen? It's a really good question and it obviously depends on the person, but sometimes you can even just say, "Let's just talk with our bodies for a few minutes. I need to get here. I'm all agitated. Could we have a conversation just with our bodies just for fun?"

Alana:

And somebody will do it with you. Also, if you're in a more serious relationship, you could say, "I have a request. I'm having a lot of issues and I don't want to give them the damaging language that might come out of my mouth. I would like to move how I'm feeling right now. And I would love for you to move with me," the more you take responsibility yourself, the more people will do it with you.

Alana:

I have to say that every time I get brave enough, I am shocked at how easy it is. So I have a corporate client, a new client whose pretty unembodied if I was judging this person. And I suggested that we play this game where I move and he copies, he moves, I copy, I move, he copies, just back and forth copying each other. And he was in heaven. He said he hadn't had that much fun since he was a little kid. And he said, "What else can we do? I want to do more of this."

Alana:

And I was making up the story that he wouldn't do it. So I just think it's stepping over the line into the courage to say, "Let's try this. Let's see what happens." There's a great pairs exercise for couples who are having a conflict. And all you do is you put your hands up at each other and you take turns going, "neh-neh-neh-neh." And the other is going, "neh-neh-neh-neh" etc.

And you can't do anything, but say, "neh-neh-neh-neh." And then, a few minutes you're lying in the floor laughing and you can't even remember what the conflict was about. So I just think you're onto something really big, which as you begin to feel comfortable in your own body with these systems, you will be stepping over a line and bringing them to others. And sometimes it'll fall flat. We've had that happen, but mostly not, mostly people are willing, we've been shocked at how this body of work translates to all kinds of populations from differently abled, to elders, to preschoolers, to people who are in prisons.

Alana:

It just doesn't seem to matter. It's got a baseline that really holds. So I really appreciate that question and I would love it if any you practiced this next week crossing that line and see what happens and report back, because I think it's a really great-

Zara:

I'm going to try it with my coworker tomorrow.

Alana:

All right. Excellent. The other day, Holly, let me know that she got her... She's a medical doctor. She got her ME, which is her assistant to play follow the leader with her down through the halls. I mean this is a medical office and they're playing follow the leader in the halls and everybody's releasing stress intention. So the next patient that comes in doesn't get their stress laid on them that has nothing to do with them. Right?

Alana:

I mean it's just such an important thing you're bringing up. Where can we bring it? You guys know my So it was really interesting to me to watch how quickly I will, we will, people will jump that loving step. You probably have an example like that in your all light from recent.

office line story at Christmas when people are standing in a long line moaning and complaining and there's eight clerks up there desperately trying to move as fast as they can. And I got them to play pass the shaping line up and down the line - got almost everybody to play with me. And some people just turned away, but virtually everybody joined in, because what the heck? We're just standing here waiting. We might as well have some fun, right?

Suzanne:

That was great. Actually, I'll share a story. I stepped out. Somebody was in the chiropractors office and they had kind of a harsh interaction with the people at the front counter. And I just said, I was there getting my shoes on, I was like, "I think we need to shake that off."

Alana:

Yes. Yes.

Suzanne:

They were like, "Yeah. I think you're right."

Holly:

That's great.

Alana:

That's a beautiful example of what Zara was asking, a quick little second. I think we need to shake that off. That's it. Not setting up an exercise, right? That's beautiful.

Zara:

So good. Thank you so much.

Alana:

You're welcome. I had six other things to do tonight and obviously we're not going to do them, but loving will go some into April, because it's such a big subject and so important. But I wanting to remind you all before I forget, and Abbey will send out a reminder in print that the April dates are changed.

Alana:

I want to play a little game following Zara's share, but first, because we're not going to go on to the next deeper thing. Is there anybody else who didn't get to share who wanted to because I was talking a lot in between, I got really inspired by you all? Did everybody share? Did you get to share any joy in your little quiet self over there, Ms. Evelyn?

Evelyn:

What was interesting to me that I got into all the joy that I could feel Zara moving into when I got to do the physical thing. I got in, I was just really into joy when I got in, when I was doing her physical thing and I ended up in joy. So that was that.

Alana:

Beautiful. Oh, that's such a beautiful comment. Thank you. That's what Lulu was saying that she actually danced the other persons energy instead of her response.

Evelyn:

I was feeling it though when she was speaking. I was with her, but still, I got more into it.

Alana:

Yeah. I was feeling how powerful joy is, how joy creates joy. So if with your couples, with your partners, with your roommates, with your friends, pull out this affirmation sheet and say, "Let's do one of these together." Like Zara's question. Let's just pick one and do one and I'll listen to you and then I'll show you how that felt in my body. And you listen to me and I'll show you how that felt in my body. Just go for it. That's what these tools are supposed to be for so you can take them and use them.

Alana:

I mean I do this stuff at family reunions with my unbelievably dysfunctional family and even they can do it, even my family can do it. Lizzie can do this with her sister, right, Lizzie?

Lizzie:

It was fun. It was really fun.

Alana:

Yeah. Thank you. Oh, I like hearing that too. So we're going to do a little more fun right now, rather than going into the next deep journey. You all have really, really, really been present tonight as usual and just done some really deep work. I'm really grateful. So we're going to do alternating shapes all together on the screen,

So Suzanne is going to be Heather's partner, and Lulu's going to be Abbey's partner, and Perry's going to be Lizzie's partner, and Holly's going to be Zara's partner, and Stephanie's going to be Evelyn's partner. Okay? Because that's where you were on my screen. And so, now you can pin your partner.

Holly:

How do you pin somebody?

Abbey:

In the little window if you scroll over it, there's that blue button with the three little dots and there should be a pin option in there.

Holly:

Thank you.

Alana:

You don't have to pin to do this. Anyway, interrupted you, but like Stephanie and Evelyn can do it just like they are right now on the screen. So Stephanie takes a shape, and then Evelyn, takes a shape, and then Stephanie takes a shape, and Evelyn takes. That's all alternating shape says, and you can go high or low or stay in your chair or stand up or turn around or anything you like and just play, just play and it'll be really fun because while you're playing, like while Suzanne's playing with Heather, she can also be watching the screen, which is just full of beautiful moving bodies.

Alana:

All right. I'm going to move out of the screen so I'm not in the picture. And one, two, three, go. Alternating shapes. (silence)

All right. Yahoo. Give your house a big hand. Oh my goodness. Oh my goodness. That was really fun to watch.

Zara:

That was tricky because my camera keep freezing.

Lulu:

Like an extra, alternating shape, freeze.

Zara:

Yeah.

Alana:

That's great. Yeah. Earlier today I was having alternating shapes whether I liked it or not with no power. It was pretty wild. Oh my goodness. All right. Well, I'm going to teach you one simple, gentle tool to close, and then we'll come back in a couple weeks to working with our inner child.

Alana:

So on Thursday, you're going to coach in threes, just to give you a heads up. So you need to bring a journal, because you're going to do "one witness, one coach, and one present," and then rotate that. And the witness is not going to give you feedback as a coach. They're going to give themselves feedbacks as a witness. We're going to keep on that track. And so, you'll get to notice how you witness and make notes about it.

Alana:

So, yeah. And then, we'll take some time to journal. So I'm trying to make some journal time for people who would rather not do everything by checking in verbally. But I would like to write for a while and then check in.

Alana:

We're going to close. We have just enough time. So take a nice deep breath. Shake off all of that as Suzanne would say and find your feet on the ground and find your breath and your heart. Notice your heart. Notice whether it feels congruent or a little rattled or tired or what's happening there in the heart. Right? And I just want you to do this beautiful thing that we got from Angeles Arrien and we've changed it a little, but I like to credit these beautiful people who brought these practices to us.

Alana:

So you're going to imagine that you're lying in a canoe and the canoe has soft blankets all through the bottom, furry and comfortable. And you're just lying there in the canoe and the waters are rocking the canoe, just lapping, that lapping sound as the waters just gently, oh, this is just a gentle stream lake. Just a little lapping as the wind gently moves the water and you hear that lapping and you hear the birds singing and you smell the air, which just smells like water and trees and nature.

Alana:

And you feel the sense of comfort there in the canoe as you're being rocked, rocked by the waters of the earth, rocked by the great mother earth resting deeply in that canoe. And as you're there feeling the warm sun and little breeze on your face, you're just going to let bubble up for you what is good and true and beautiful about you. What is good and true and beautiful about you? All the ways you have loved and been loved. All your strengths, all your laughter, all your receiving, all your giving, all the ways you've shown up and are showing up, just letting all different things keep floating up. What is good and true and beautiful about you? (silence)

Alana:

And just one more little dip into that story. What else? What else might you have missed that is good and true and be about you?

And then, just slowly, slowly bringing your eyes open and thanking that earth, that water, that canoe, those birds, thanking the earth for holding you. Slowly coming back to the group. And we're just going to each share one word of something that's good or true or beautiful about us. Just one, might take two words, but no more than two.

Alana:

And just like a necklace, make a necklace of love to close together today.

Suzanne:

I'm kind.

Alana:

I am flexible.

Heather:

I am humorous.

Lulu

I am heart flow.

Holly:

I am calm.

Lizzie:

I am wildly creative.

Perry:

I am calm.

Abbey:

I am strong.

Zara:

I am a sensitive leader.

Stephanie:

I am a noticer.

Alana:

A noticer.

Evelyn:

I am squishy.

Alana:

All right. So love, love, love to each others. Blessings, prayers, prayers for a beautiful time till Thursday.

Love you. Love you.

Thank you.