

Alana:

All right, so let's move a little. Let's dance and move, whatever your body wants to do. I'm going to put music on, and just have fun. Getting here, getting in your body, letting go of the day and the energy of the day, and all the stuff that just keeps showing up on the earth these days, moving, moving, moving. Emotion and moving are directly connected. Here you go. Have fun.

Alana:

All right. Much better. Okey-doke. Thank you. Well, we are heading into the sixth month here, which is absolutely unbelievable to me and not at all, because it feels like we're family. It feels like we're profoundly attached to each other. On Thursday, I really want to talk about ongoing thoughts, and see what we want to plan for people to stay together in terms of contact information and stuff.

This month is about partnering with the universe. And those of you who know me know this is my favorite thing. That it is just the whole answer in my mind -- how do we actually partner with the universe? Which is just constantly pouring, pouring, pouring its loving energy into us. And we're just going right on through the motions as if it's not there at all. Well, maybe not you, but me many days.

Alana:

As we get freed from, which we all have been now, probably for at least two generations, depending on your history as a child from survival consciousness, what does it mean to no longer hold on to survival consciousness, which is totally dictated by ego? Ego says, "Be careful, watch out. We can't do it. You can't do that. You have to do this. You got to ..." Ego cares what everybody else thinks. Ego cares what is not what ... Ego wants to control others. Ego wants to control us, et cetera, et cetera.

Alana:

Now we can let go of that and actively participate in the evolutionary process. And I know this is what is going to save the earth. I know it through my whole being that, if we all step out of that egoic story, into the evolutionary self, into the true self, into the manifesting of love every second of every day, everything will be okay.

I'm very passionate about actively partnering with the universe, because the really amazing thing is that the only voice the universe has is us. The universe speaks through us. It manifests its love through us. It comes to the earth through us. And if you think of the universe as that unconditional flow of divine love and divine inspiration, why wouldn't we want to be the mouthpiece for that? Why wouldn't we want to bring that divinity to the earth, right? And that is the only way it arrives.

Alana:

I think I really believed somehow it was going to just land on the earth. All those blessings would land for a long time. I didn't really understand my responsibility to be the voice of that loving force of whatever you think of it as - a God, great spirit, the universe. So as conscious body coaches, which all of you are, we want to touch that sacred impulse itself. We want to actually have our hands, our heart, our breath, our blood, ourselves touching that sacred impulse, that evolutionary impulse, that source of our higher potential.

Alana:

It's emerging all the time. And as coaches, we want to be touching it. We want to be actually feeling it in our senses, in our body, in our blood, allowing it to open the doors for us to step into our genius and

guide others towards theirs. So I think you might have figured out by now that, ultimately, I think coaching is a spiritual quest. I think it is. And it makes me tearful to say it. It is stepping on the path towards bringing loving spirit to the earth. And that has to begin with ourselves, with how much we can live into that sacred impulse and keep learning all kinds of new ways to open our hearts and open our souls and guide others to their wholeness.

Alana:

What is good and true and beautiful about each of us and about everybody we're in connection with, and what is good and true and beautiful about the earth and the animals and the trees and the waters and the energies that every human on the earth, the good, bad, and ugly as well as the good, true, and beautiful. All of it. There's always something that we are connected to in everything living and unliving. I feel connected to the rocks, the ancestors, the air around me.

Alana:

Anyway, that is the story that takes us into passionately, enthusiastically falling in love with ourselves, deeply in love with ourselves. And there's our greatest challenge as Western civilization acculturated folks. Can we truly let go of the teaching that we are not to love ourselves truly and just fall in love with ourselves? And every morning, start with an affirmation that you breathe into your body of a new way that you can fall in love with yourself. A new thing about you that is absolutely amazing, beyond amazing! And then that's how we become conscious body coaches, any kind of coaches.

Alana:

If you are in that deep self-love, you will channel that to every person who comes in contact with you. You will be a healing force before you open your mouth. The reason this is so important is it doesn't matter what your mouth has to say. It only matters what your heart is saying. All the tools, all of the different things you choose, all the ways you facilitate people, all the things you're learning, they all are part of the story. And what really matters is what your heart is saying. Are you truly channeling divinity, your own divine, deep love for self? And then the whole earth becomes a part of a collective of love.

Alana:

I'm so attached to this whole concept of how do we truly, truly love ourselves? Every time I turn around, almost literally, I see another little place that I'm not loving. I'm talking to somebody on the phone and they say some little thing that has nothing to do with me. And I immediately begin to wonder, am I enough? Then, can I fix this? I have been fixing Alana since I was born. And my prayer to the universe right now is that I stop fixing me completely and live fully into who I am. And I pray for that for all of us. And I ask you all to pray for me to do that too. I don't have all that many years at 75 left to do that. I'm ready. I'm ready to not spend the last 15, if I'm really lucky, years of my life fixing me. So that's my overriding message. I'm fixed. We're all fixed. So no more super glue needed.

Alana:

All right, we're going to do a moving check in and we're going to do it in threes today. So we're going to circle back to I think probably the most important tool you have. And I was working with a woman today who has a very serious disease that is life threatening, and watching her navigate fear, which many of you have been through in your own lives. It's like letting go of fear and living into positive, hopeful recovery. And I was really amazed. We were using wonder questions. And one of the things that hit me really hard is there are so many complex systems, and I just took another trauma workshop and

complex, complex interventions. And ultimately, it is always the simplest pieces of the puzzle that seem to make the difference for people.

Alana:

As Gay Hendricks says, "Wonder is the perfect antidote to fear and to opening to creativity." And that hit me, I don't know, many, many years ago, when I first started working with Gay and Katie so hard. Because wonder, which will bring up love, which is what we want, will shine through the fog of those old, conditioned fears. All those old conditioned stories, they're foggy.

Alana:

Lizzie used to talk about her cloud girl and I was so aware of how we all have a cloud girl. We all have foggy conditioned responses that are hanging in there. The fogginess makes them more dangerous, because they're insidious. For some people, the conditioned responses are loud and noisy. In some ways, they're safer, because they go, "What's that?" For us, we've done so much work on ourselves, they've quieted. They're foggy, right? And it's wonder questions that will cut through, wonder that will open the creativity.

Alana:

So one of my favorite check-ins is wonder check-in. So I want you to each take a turn in trios. And as that one person is moving, you will move however you want in response to them. Like them or like they're moving, copying, or how your body wants to move when you see them moving, or slowly, because that's what your body needs, or quicker, anything. You're going to move with them from your own self-love. And they're going to check in by speaking their wonder questions as they move and being witnessed by you, and just go for a minute or two, minute or two will feel long, and pass it to the next person, and then pass it to the next person. Everybody moving together, okay? Do you want to demo or does that make sense?

Alana:

It's like, "I wonder what's happening to me today. I wonder why my pants are feeling tight today. I wonder if I'm getting heavy. Oh no, I don't want to go there. I want to go. I wonder if I am a beautiful temple of love. I wonder how I can love my body more. I wonder if I can step into my own sense of love. I wonder if I can move into a place of joy in my life. I wonder if I can let go of having everything ready for summer camp, and just show up and be me," et cetera, et cetera, right?

Alana:

So it can be things that aren't just positive right away, like tapping, and then let it move into positive. Just let it all roll up. What are you wondering about, okay? So groups of three and I'm thinking, how about six minutes? Two minutes for each person to wonder and transfer. Does that sound good?

Alana:

All right. How was that?

Lizzy:

We liked that.

Alana:

Yeah. I noticed that everything everybody said matched for me. So I got to have everybody's wonder questions. Anything else anybody notice? What did you like, Lizzy?

Lizzy:

It was just fun. It was fun to jump around and to keep opening into the wondering of it all.

Speaker 4:

I liked how the wonder questions grew in their content. I started and a lot of it was just physical. Like I stepped on something that hurt my foot, which, oh, I wonder what I just stepped on? So not very, in a sense, not that kind of more expansive wonder question, and then as people went they got bigger in a sense, more heart touching perhaps, or ... Anyway, it was fun to get, to have those as well.

Stephanie:

I noticed that when I get to do wonder questions, whether it's something that normally I would love myself with or beat myself up with, that the wondering lets it all be useful.

Alana:

Yeah, and I love that Stephanie, and humorous. It gets pretty funny sometimes.

Evelyn:

I felt so much more joy when I watched the way that my partners were moving to what I was saying. It just felt so, it just amplified it totally. Sometimes, I wasn't feeling it that much, until I looked at them, and then I was really feeling it. So it's fun. And actually, I think I felt it when I was talking about how I wanted more fun. And then I looked at them and they were just having, they seemed, they looked like they were just having fun.

Alana:

That's really beautiful, Evelyn, because being witnessed is the most healing thing we know of. It's the same thing I was talking about earlier as a coach. If you're just witnessing in love, it changes everything, right? And it is really fun to have a community to move with and play with. We need that so much. It's a great observation. All right. Other thoughts?

Lizzy:

Heather and I are doing tapestry tomorrow night, and we're going to take it to our peoples.

Alana:

That makes me so happy. I really think, if you play with this for yourself, whenever you're feeling scared of anything, if you start moving and breathing and wondering, I wonder what I'm turning towards, I wonder what I'm organizing around, I wonder what I'm not seeing, I wonder what I want right now, I wonder what the message is. Those broader wonder questions that are in your notebook. It just moves the fear out. They did this amazing research that if you take three deep breaths, which means you have to breathe in for five and out for five, at least five slow counts, and pause at the top, three in a row, the stress leaves your body.

Alana:

The cortisol levels fall immediately. And it shows in the heart rhythm, which they now can measure, the heart goes into congruence, just with three deep breaths. You don't have to process anything, heal any old wounds, deal with any issues that need to be dealt with, fix anything in yourself. That can all still happen, but in the meantime, three deep breaths and your body comes to congruence. Once you do those three deep breaths, a wonder question just comes right in. I wonder what I want right now. I wonder what would feel good right now?

Alana:

I wonder, and remember that the hmm before the wonder question, which we didn't do in the check-in, is a huge vibrational assistance. The hum before you ask the question brings you in, and it's mostly just because it's a way to pause, just to go, "Hmm. I wonder what I need right now. Hmm," right? Remember the hum.

Alana:

All right. So we're going to do something really fun today. We're going to play with the archetypes, and they are in your notebook. I wrote it up for you, so that you would have it, and I wrote it with the caveat that you will take it where it needs to go for you and your partner, but before I start that, I want to just share one more little thing with you, which is there's a book called the Big Leap written by Gay Hendricks that some of you have read I'm sure. It is a really simple read, but it's really wise.

Alana:

I just reread it a couple of weeks ago, because I was working with Gay on a phone call, and I was amazed at, again, the simplicity of the wisdom. And it is about what is it that limits us? Because everything we're doing as coaches is can we love ourselves enough to have no limitations, to step into the unknown with total courage and help our clients step into the unknown, because they're not going to move their lives forward in the known? That's just the same repetitive pattern over and over and over.

Alana:

It's only in the unknown that we make changes, changes that really support us. And any of you, if you look back over your life, you'll see times you stepped into the unknown and it was scary, and it was also right. You knew, and it did everything you wanted it to do in the end. You're really glad that you did it. For me, it was when I left my husband, Lyle, and took my kids and left, and disappeared for a while for safety. And I had no idea how I would eat, how I would feed my kids, where we would live, what we would do. I just knew we had to be safe and that we weren't. And so I just did it. And of course, the minute I took that step, everything in the universe lined up to support me.

Alana:

I moved on in my life and I had what I needed every step of the way, people and friends, and brothers and sisters, and support, and all kinds of resources that poured in. As soon as I said I'm stepping into the unknown, I'm stepping into what my heart, my soul, my body, my truth tells me I have to do, and trusting the universe. There it is. Partnering with the universe. Okay, universe. I'm giving this to you. So tell me what to do.

Alana:

So anyway, just to think about what is a story that you've been telling yourself that is limiting you? Some story that contracts who you are in some way. Maybe it's even as simple as I don't have enough energy for that, or I'm not healthy enough for that, or I don't have time for that, or I'm not young enough for that, or nobody will be interested in that. And Gay's philosophy is that maybe you're afraid of outshining somebody, or you're afraid of overburdening yourself or others, but especially yourself.

Alana:

Maybe you're afraid that you have a fundamental flaw. And that was my life's journey, to try to get rid of my fundamental flaws, and they don't go away because there are no fundamental flaws. There is no such thing as a fundamental flaw. Everything just needs really deep love and acceptance. That's all. Whatever I see as a flaw, something wrong with me, something that needs fixing or changing -- the only thing I need to do is love that with every bit of my energy. So that's true of every objection that comes up to, I want to expand, and instead I start limiting myself.

Alana:

Whatever that is, it just needs love. And if you change that state and move, if you breathe, if you step into the unknown, you will get a new story. You absolutely will. I don't know if any of you remember that Amy Cuddy research at Harvard about, if people took a body stance, they had one kind of response to an interview, and if they took a different stance, they had a different response. Just by changing your body stance, you change your response, your success, your belief in yourself, others' belief in you, just by where you were standing in your body. And I promise you, if right now you just changed the way you're facing, move your arm or hand, look up at the ceiling, the minute you change your body, your perspective has to change.

Alana:

It has to, because you're not in charge of that. It will. All you're in charge of is consciousness. Oh, I noticed my perspective is changing. Oh, when I look over there, I don't see what I saw when I looked over there. Interesting. A different story, right? So that's the game that we're playing with our clients. It's the game of what Ram Dass used to call it playing hide and seek with God. I don't know if you all remember that or not, but when people would ask him, "What are you doing? What do you do all day?" "Oh, I just play hide and seek with God." It's like that game of finding your higher self, finding your deeper knowing, finding your enlightened being. The God in you, playing hide and seek with that God power inside you. I remember the first time I heard that thinking, "What does that mean? What is he talking about?" 1960-something.

Alana:

Right. So you need a pen and a paper for this. So be sure you have a pen and paper or computer, if that's what you do, or phone, if that's what you like. A different part of your brain functions if you're writing with a pen than if you're typing on a computer. So it's not that one is right or wrong. It's just there are different choices that bring different results. Alana:

Take a minute and close your eyes, or just be quiet with yourself, and think about a story that's limiting you, that you're ready to let go of. It doesn't have to be the biggest thing in the whole world that you've ever faced.

Alana:

It'll tend to be someplace where we think we're not enough for somebody or something, not up to the task in some way.

All right. So here we go. We're going to go and talk to four different major archetypes of our cultural story and myth. And we're going to get information from them about how to work with this story, because the limitation is simply a story. It is not a truth. It is just a story, and it's usually a default story, one we go to when we're scared or worried or tired, but it's just a story.

Alana:

So begin with, just we're going to start with the warrior. We're going to find our warrior and ask our warrior to speak to us. And I'll talk you through it the first time. So stand up and just shake your body out all over. Just letting it just loosen every energy field in your body, so just to begin, and then as you're ready, begin to, and this is all written down for you in the notebook, in the computer. So you don't have to take notes if you don't want to.

Alana:

Begin to imagine and embody the warrior part of you. Move it, speak it, sound it, feel the power, feel the focus. "Nothing will stop me. I can do this. I have the power. I have the strength." Sounding, moving, making warrior sounds. Find the gestures of the warrior. It'll be different for everybody. I'm going to be quiet, so it can be your sounds and you won't hear me. Speak it, sound it, move it, feel that power, feel that strength. "I can do this."

Alana:

Make lots of sound, make lots of movement. Whatever makes it real for you, that you feel that warrior in your body. And as you're going, begin to touch your body in different places and see where that warrior lives in your body, and find it and touch it and hold that place of the warrior, and make the sound of that place in your body, the sound it wants to make. So taking a little time to see if you can find where it lives in your body, and it might live different times, different places. This is not a right or a wrong.

Alana:

Just let your intuition guide you to some place in your body, and sigh into that and hold it, and let that warrior spot in your body make a sound. Let it express itself. It wants to make sound, so it can vibrate in your body. And then as you found that place where the warrior lives, just come to a pause, feel your feet on the ground. It's rooted, supported, and ask a wonder question with the hmm. So you say, "Hmm. I wonder what the warrior has to say to me. Hmm. I wonder what the warrior has to say to me." It might be something like all you need to do or all you need to feel or all you need to remember. Hmm. I wonder what the warrior has to say to me.

Alana:

And when you have that, go and write it down on your paper, taking your time to listen to the warrior and to journal a little about what the warrior had to say to you about this limitation.

Alana:

Try not to worry this or work hard at it. Let it flow right up through your body, onto the paper. If it doesn't seem to make sense, that's okay too. Doesn't need to make sense.

Alana:

Just write that answer to that wonder question down, and let me know when you've done that. Thank you.

Alana:

So if I was doing this with a client, just a heads up, I have them do this, and then come back and tell me what the warrior said. And I have a clean sheet of paper and I record everything they're telling me. Then I take a picture of it and send it to them, if I'm on Zoom with them. So they have a copy, but I do the writing for them, so they can just talk it out. And that's easier for a lot of people than writing.

Alana:

Everybody okay? Yeah? Everybody got something written down?

All right. Let's do the next one. Remember, this is play. This is lightness of spirit. So maybe what you chose doesn't feel playful, but these archetypes are fun. They're lively, they're energetic. They've been around for 10 billion years. They're ready to play with you. So just let yourself be easy with this process. It doesn't have to be too serious

Alana:

All right, stand up again. Now, we're going to do the magician and I want you to just feel the magic in your body. If you start by just moving all your joints, because that's magic. The way our bones move and carry us, and let us be flexible. And so just moving every joint in your body any way you want, and let yourself release into a lightness of spirit. So as you're moving your joints, you're floating around your room.

Alana:

It's easy. It's gentle. It's like lightness. I don't have to be grounded right now. It's all effortless and easy. Moving. Breathing as freely as you can, as your body wants to right now, imagining and embodying the magic that's in you. You're a magician. The confidence, the knowing that all will be exactly as you want it to be. "I can make anything happen that I can imagine. I got this. I am quick. I am smart. I know exactly what to do." What are your words for your magician? Let that magic flow all through you, as you float around, moving, flowing, letting every joint be free. And you can speak out loud to yourself, if that helps. Helps me always.

Alana:

And once you feel infused with that magic, once you feel like your body is moving and in relationship to that magic, then start touching your body and see if you can locate where that magician lives today? Where is that magician in your body? Is it in your low back? Is it in your deep spine? Is it in your belly? Is it in your ear? It is in your jaws? Where does that beautiful magic magician being live in your body? And touch that part of your body, land in that part of your body and let the magician have voice. Let it speak, let it have sound, give it a chance to express itself.

Alana:

It's like a flick of the wrist, a flight of the bird, a moment of a breeze. It's got that sense of lightness, of rushing by. It's always there, always working for us. Yeah? Find its place in your beautiful body temple, and touch that place and let it express for a moment.

Alana:

And then, whenever you're ready, you'll just pause again and ground your feet. So you have the ground reaction force with you, and start that hum. I wonder what the magician has to say to me. Hmm. Hmm. I wonder what the magician has to say. Telling me to remember, is telling me to feel. What is it telling me, especially about this limitation that I'm ready to let go of? What is the magician's guidance? Be sure to do it through a wonder question and see what you get. You can do it other ways too, but try it out as a hmm, I wonder. And then write it down.

Alana:

As we're moving through these four, just let yourself have an awareness that maybe they might even want to collaborate. Maybe they want to speak to each other, to team up. We'll do some of that at the end. What do the warrior and the magician want to say to each other? How might they combine to support you breaking free of this limitation? Because that's the evolutionary journey, breaking through of all limitations.

Alana:

While we're waiting for folks to finish, you can think about that. You can let the warrior talk to the magician. They are quite the team, those two. The Warrior's such a fierce protector of the magician. The warrior loves and surrounds the magician with the kind of protection it needs to manifest the magic of the heart.

All right. Thank you. People have different paces; some folks will go very quickly, and some will go very slowly with this.

Alana:

All right. The next one is my favorite, which you can imagine. It is the lover archetype, and it is the powerhouse of all powerhouses. So just stand up and put one hand on your heart and one hand on your belly, and begin to move gently and lusciously from the inside of your body. Feeling that connection flowing between your hands, noticing your blood and the fluids and your body flowing lovingly all through your body. The fluid, easy, flexible, gentle, and just imagine and embody that beautiful, sexy, juicy, warm, inner lover. Move it, sound it, speak it, just feeling how amazing you are, how deeply you are loved by the universe, how all is well at all times on this level.

Alana:

Take some time to move that lover in the fluids, in the inner body. Maybe your hands let go, but they start with that connection between the two deep knowing loving brains of the belly and the heart. It's the frontal lobe where the critic lives. We want to get into the belly and the heart brain. Move it, dance it, love it. And sound. What is the sound? What soothing sounds, what luscious sounds, what nourishing sounds does your lover make? I love the feeling of undulating from inside my body, the juiciness of that.

Alana:

And whenever you're ready, you'll search your body again, letting your hands rove your body and seeking where is that lover living today? Where in my body does that lover land? And let it have sound, let it have movement, let it express. Take some moments to find the lover in your body, and hold it and honor it, allowing it to express.

Alana:

And then, once again, pause, feel your feet on the ground and ask the wonder question with the hum, I wonder what the lover has to say to me. Hmm. Hmm. Hmm. I wonder what the lover has to say to me. What does the lover want me to remember? What does it want me to know? I wonder.

Alana:

And then, write down that answer whenever you have it, taking your time. There's plenty of time.

Alana:

So has everybody had a chance to write that down? So now, before we take our break, take a moment again, to just allow it to bubble up. Wow. What might the lover and the warrior do together? What if they collaborated? Or how about the lover and the magician? Hmm. So what you're building, which is so exciting to me, is an inner team of allies, allies that will walk the path with you all the rest of your life and all the rest of your clients' lives. It's a baseline. Accessing another way to connect with the inner story, the inner landscape.

Alana:

All right. Well, it's five after 7:00. So how about we take a break and come back at 7:15? And if you want to keep writing during the break on all three of these, you can, and then we'll do the last one together when you come back. Does that feel okay to everybody? All right, so we'll see you back at 7:15. Thank you.

Alana:

Was that your question in the chat? Yes, so somebody said in the chat, "What if something I'm not sure I'm ready to let go of," right? Very good question.

Alana:

All right. Well, it's a good question, because there's two answers to it. One is the obvious. Maybe choose something that you feel ready to let go of, instead of something you're not sure you're ready to let go of, but the other is great. If you're not sure you're ready to let go of it, then ask that question of the warrior and the magician and the lover. "I'm not sure I want to let go of this. What do you have to say about that?" So whatever you want to bring to these inner figures, these inner archetypes, and sometimes we think I'm ready to let go of this and we wait, and we go, oh, maybe I'm not. So that's great. Then you can change the question. You can go, okay. Then guide me. What would help me get ready? What would help me step into this more fully with a deeper commitment? You can change the question. It's an individual journey.

The conditioned response is never ready to let go of its conditioned response. It just simply is not. Occasionally, something so dramatic happens, like you get very ill, and you go, okay. I am ready to let go of my driven-ness. I fell off the stage and broke both of my ankles. That was dramatic. So I had to go, okay. Maybe it's time to let go of being too many places in too many different ways, and moving too fast

and trying to be something for everybody, and being sure you're making everybody happy, all of that. It became much easier to let go of it.

Alana:

What we're hoping for is friendlier reminders than that. Right? We don't want to break our ankles or get sick. We want to let go of these limitations in a gentle, loving way, before we get that harsh reminder. We'd like easy lessons. We'd like gentle lessons. We'd like kind lessons from the universe. And to get those, we just become conscious sooner. And when we become conscious and we hear the resistance, we say "Okay, that's fine." And I'm going to do this exercise or this exercise or this exercise. And start moving through that resistance and building a new neural structure in my brain. One that doesn't default there. And it absolutely can be done. There's tons of scientific evidence that it can be done.

Alana:

I know Lulu's been into a lot of Joe Dispenza and he has massive amounts of research to prove that you absolutely can change your brain, and the beautiful book that was written so many years ago, *The Brain that Changes Itself*, by Doidge, is still one of the best books you can read. There's no question, we can change our brain. The question is are we willing to give it a try?

Alana:

Let's do one more. Let's do the queen or the king. And if you hate the genderized-ness of that, you might do something like the sovereign. And this time, I just want you to walk through your space as a queen or a king or a sovereign. You're empowered, you're regal, you're wise, you're calm, you are seeing the big picture, embracing it all, calm. You can see the whole story. You're way back from that personal tightness and in the big picture. What is your pace, your posture, your sound?

Alana:

As you enter this archetype empowered and fully present in your wise queen or king? Moving, seeing, and you see that limitation from a distance. You see the ways in which it doesn't exist. You can see that, that limitation is not real. Because the queen or the king can see it all. So move this archetype, speak the words. This archetype wants to speak. What are the sounds of this powerful archetype?

Alana:

Taking your time, no hurry, find where that ruler lives in your body and what is its signature sound? What is the essential sound of that queen or king? Taking your time to find that.

Alana:

And whenever you're ready again, you'll come to your grounded feet and ask, hmm, I wonder what the queen has to say to me? What does the queen want me to do or to know, or to remember, or to feel? I wonder what the king wants me to drop into, wants me to learn? How does this sovereign guide me? Letting that part of your body speak that you're touching. I wonder.

Alana:

Has everybody got their s message written down? All right. Just take a moment now and close your eyes and just appreciate yourself. Maybe touch your body, maybe touch your heart, and just feel your

willingness, you're stepping up to the evolution plate, to clear and cleanse your stories. So you can bring pure divine love to others. What an amazing, amazing, amazing human you are to decide to even step into this journey, let alone take it. Thinking of something that you really love about you – that is really quite wonderful about you.

Alana:

All right. Thank you. So now what we're going to do is to go into groups of three. sounds. And we're going to share what we've learned and help each other, coaching each other, in how might these beings speak to each other?

Alana:

So the queen might say, "Oh, it's much, much bigger than you think. Look at the context you're in. It's not about you. It's not about your failing. It's all the conditioning of your life. And you can see that and step back, and love yourself for all of who you are, and what needs really deep loving? What needs really to be held?" And the magician might say, "I can do it. I can do it. I'll just get my magic wand and we'll just move right through it. Let's not worry. Let's just do it," and the warrior might say, "I gotcha. I'm protecting you. Nobody's negativity is going to get in there and get involved in this." And the lover just goes, "Oh, I am so happy that we're doing this. This is so courageous and loving. Thank you, warrior, for protecting us."

Alana:

There's a whole dialogue between the four of these that's actually going on all the time. You might have named these characters differently, but there's your protector and there's your higher self, your wise being. There's the incredibly deep unconditional lover that's always there in your essence self. There's the amazing magic that you have, the ability to create whatever you want. These are not things that are outside you. This is all in you all the time. And all we've done is give them names. So now they can talk to each other and become more conscious, more available to you to create the life you want. To let go of any limitation that comes up, because none of them are real. They're all just a story. Sometimes it doesn't feel like just at all, all right? So have fun. Go for 15 minutes.

Lori:

You read my body language. What are we doing?

Alana:

You're going to go into groups of two or three and share and coach each other around these archetypes and how they might interact with each other. So, if Lulu says, "My warrior said this, and I don't really know what it means," as a coach, you might say, "Well, what did the sovereign say?" Or, "What did the lover say? How did they inform each other?" Or just share that, share your own dialogue with the four of them. So just spend 15 minutes looking at how do these beings interact with each other and support each other? How are they present for each other?

Alana:

It's such a good question, Lori, because it will never be one of them acting without the other. It's the alignment of these four that creates the movement forward. If the warrior's fighting with the lover, it won't move forward. We want to the wisdom of each of these beings together and let them dialogue,

let them be allies for you. These are your inner allies, for sure. So how do they interact together? And maybe you'll just share that. Or maybe somebody will ask for some support around it, or maybe you'll support somebody, whatever feels good to deepen your exploration of these four inner beings, okay?

Lori:

Thank you. That helps.

Alana:

Was a good question. Any other questions? All right. Enjoy this lightness of spirit. Have fun with it. See what bubbles up among all these characters that are in you. And we'll come back in 15 minutes, and if 15 minutes has gone by and you're frantic, because you barely started, you'll let Abby know and she just extends the time. Easy peasy. All right. Have fun.

Alana:

Was it fun to see how they weave together? Everything is about how do we expand? Not what do we get rid of? What do we fix? What do we eliminate? What do we even let go of? No. What do we bring in? Scaffold? What can we layer on? Anybody want to share anything before we close?

Lulu:

I just wanted to share, because I thought this was a really nice awareness we came to, that Suzanne and I noticed that one of us had a very broad, overarching belief system that we shared. And one of us had a very, very specific story that had to do with a specific event and issue and whatever, so we were playing with ... They were both great, and right and fine just as they were, but we were playing with, for the person who had the really specific one, asking, well, what would you say the overarching belief is around that topic? And then for the one who had the really broad one, we were thinking of saying how is that showing up in your life specifically? So we were playing with that to just notice all the ways it shows up, and also what's the overarching belief system? I think they're both valuable.

Alana:

Beautiful, really nice, great questions.

Lizzy:

Lori had a beautiful idea, to bring this into our morning meditations. So at least for me, to help me remember who I am beyond my small limited human mind, and to get more connected into the bigger sense of who I am.

Alana:

Beautiful.

Lizzy:

Yeah. I'm excited.

Alana:

Beautiful. Yes. That's the point for sure. The ego keeps us small. Right? Expand, expand, expand

Perry:

Our group collectively came up with this really great idea to play the “yes and game” with each of us in the persona of one of these characters.

Alana:

Just writing this down. That's beautiful.

Perry:

And then we could switch like, okay. Now I'm going to be the warrior.

Perry:

We could switch our personas.

Alana:

Yes. That would be fun.

Perry:

But make it a yes and game and just carry that forward using these four.

Alana:

That's great. That's really great. So we'll talk more about this on Thursday, when we do some coaching. I would like you, if you can stand it, to bring the same issue to the table on Thursday, and we're going to expand all the ways you might address that issue besides this one. Right? So you're working with the client. What are some other directions you could come in the door? And you can have a new issue if you want.

Alana:

I do want to just clarify that in my language system there's a bit of a difference between an archetype and a persona, which we can talk more about. The persona tends to live in the ego, a piece that we've taken on, a constructed identity. And the archetypes are quite a bit larger than that. They're outside the ego going into the spiritual inner game. And I think “yes and” with the spiritual inner game is genius. I want to do that as soon as we can. And that's an example of what I'm talking about on Thursday, when you're coaching. You could start playing the “yes and” game with somebody to take this deeper for them, because that's what pops in for you as a coach, so beautiful.

Alana:

Other comments before we close? I guess we're almost out of time. Everybody okay? That was a pretty deep journey, if you wanted to make it that. So a nice warm lavender bath, singing lullabies to yourself, appreciating yourself, eating something really nutritious and nourishing for you. What can you do to just be really loving to you for just your willingness to spend two hours like this. That's a long stretch of our lives and our busy stories. So thank you. I'm grateful to have people to play with and grateful for the

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level of evolution that this group is bringing forward to the earth. So thank you so much. Well, let's unmute and send love to each other. Lots of love.

Participant:

Thank you Alana.

Alana:

You're welcome.

Participant:

Thank you. Thank you.

Participant:

Thank you. Thank you. Love you guys the wisdom of all of these beautiful-

Participant:

Love you.

Participant:

And I'll miss you on Thursday.

Participant:

Love you, love you.