

Alana Shaw:

I'm going to talk you through a little grounding and then I'm going to put some music on and let you move on your own for a few minutes to arrive. How does that sound? Okay with everybody? All right.

Alana Shaw:

We'll just start by standing up and wherever you are, outside, inside, up in the sky, 35 stories up or wherever, I just want you to feel the sense of your feet on the earth and that you are an electromagnetic body living in an electromagnetic field, and that's why these solar flares affect us. Most of the neurons that feed your body are in the soles of your feet. So when you connect to the earth, you are creating a ground reaction force that flows right to your heart, that support from the earth, that energy from the earth. So close your eyes and let your feet really drop into the earth and feel yourself reaching down into the earth and allowing yourself to be received by the earth. The earth is receiving your energy, your beautiful being. So as you allow that receiving, the support comes right up, pours into your heart, and you get to be in relationship to who you are right now in this moment.

Alana Shaw:

I like to even say, I am here and I am in relationship to that which I am. I come into relationship to me and the support of the earth. Just let that land for a minute in your body. That's the strength of that support. We're never alone, never without help. It's always there. Then as you're ready, I'll put some music on, just allow that peace, that contentment, that centering, that sense of support, whatever it is for you, dance it, move it, allow that feeling to move through your body however it wants. That deep feeling of support and strength and peace. (silence)

Voice in Music:

Alana Shaw:

Just very, very slowly coming back as you're ready, taking your time to transition.

Alana Shaw:

Okay. Let's put us in pairs, Abbey, and you can put me in a pair too. Anyway, so just check in with movement. So I will move and check in with Abbey with my body, standing up, sitting down, making any sound I want, just allowing whatever wants to come up out of my body to come up and share what's going on and what's there and what I want to release and where I am in my story right now, just in this moment, how that peace and contentment landed for me and what wanted to leave as I felt it, all in movement. I can make any sound that I want including gibberish. I'll just go on for 30 seconds. You're your time, that's a long time, actually, nice bit of time. Then just pause and come to stillness and silence. and let your partner begin their moving check in. So you want to just allow that little pause and then your partner begins.

Alana Shaw:

Then when you're through with that moving check in, then take a little time to check in around the mother's breath. Where did that go for you in the last week? What did you learn? What would you like support with? What was exciting about it? What did you avoid that you want to step into? What were you turning towards or not turning towards, just anything you want to share about finishing and landing

that before we go on to a day to the fourth step of the mandala, which is acting and allowing and releasing.

Alana Shaw:

So let's land that story from last week. I've worked with several people this week with it, and it's been really, really phenomenal what you've done with it, really beautiful. So, okay. Let's go to pairs. We'll do six minutes here. Does that sound good, Abbey? So there's time to move a little and then talk a little.

Alana Shaw:

All right. We are moving into that last stage of the mandala, which is very exciting to me, which is acting, allowing, and releasing. And then as we go forward, we'll be revisiting all different parts of the mandala, the different ways to land in it. But in terms of our progression through the mandala, we're on the fourth step. The really exciting thing about the brain is that it thrives on change. It's adaptable. It's loves to evolve and it literally longs for new directions, and the cells, the cells thrive on change. They activate wake up and heal through change. It's unbelievable, the studies that show that as we reach for unlimited new possibilities, the cells start growing, start waking up, start manufacturing good feelings. It's like the body loves it. So once we head that direction towards positive action, everything aligns in your physical being. Even if your frontal lobe is fussing with you, your body will come along and help mitigate that negativity bias.

Alana Shaw:

The possibilities of this are just really exciting to me. So you know, to just go a little bit more practical, that you have an action step when you have chosen something you can actually do and you can tell if you've done it. So it usually means finding an achievable starting point. As you begin with an achievable starting point, your enthusiasm will build and you'll have a new action step that builds on that and a new action step that builds on that. If we reach too far, then we fail and we are back at square one, if we try to jump too fast.

Alana Shaw:

They need to be co-created with your loving source. So asking the heart, that loving heart, what is a good action step, a good beginning point? I just can't tell you how much your body is talking to you all the time. So I can ask my feet that are injured what they're telling me, and I got lots of answers, really important answers. I can have a tummy ache and ask my tummy what it's telling me; my hands can be achy and I can ask them what they're telling me. If I really ask, I get information. The body will actually respond to you. So asking that loving heart source what would be a great next step is a really good move if you're creating action steps. If you're helping others create action steps, to actually help them slow down and tune in.

Alana Shaw:

For example, I could say, I'm going to play my accordion an hour every day for the rest of my life. Then I might, if I was lucky in my life, even though that might be what I want, I might get 10 minutes three times that week. And then I feel like, "Wow, I just can't..."

Alana Shaw:

"I just can't. I can't make and keep commitments. I'm a procrastinator. What's the matter with me? Why can't I do what I say I'm going to do?" So that's where action steps need attention. If they aren't in alignment with where you are right now, they just create more opportunity for self-criticism. It's really big because as a coach, one of your main objectives, as you're moving through with people over a period of months, is to get them to some action steps, some things that actually step them into new possibilities in their life. I just had a client do that today, just really take that step. And I was in tears when I got off the phone. I was like, "Yes, yes, yes." It is so exciting when you see somebody take that step and when you know it's an achievable step.

Alana Shaw:

So we start with finding how to do that for yourself. That's why it's so important when we say we're going to appreciate our mothers, to do it; we're going to give back to our mothers, to do it; whatever we're doing, to do it all, because you really cannot guide other people into something you haven't been through and embraced and integrated and deeply learned, that your body hasn't learned. It's your body that has to learn it, not your brain. I've had this happen where I've learned something new from Ken Wilber and tried to integrate it before I'd really integrated it for myself, and it just didn't flow in. It wasn't in me yet. My body hadn't found it yet. So that's why I want us to practice the tools.

Alana Shaw:

The whole collective unconscious that's surrounding us all the time allows us to change and vibrate differently as we drop into our achievable action steps. Now we become a source of healing for others because every time we let go of limitation, every time we let go of story, every time we let go of judgment and blame of self or other, every time we step into a more loving place, that is healing everything on the whole earth, all the way around the whole earth, not just the people in your family. I mean, it just makes me tearful. It's just so big. We don't have to do something like be the CEO of a huge corporation to have major impact on the earth. The major impact comes from what you're doing with your heart story.

Alana Shaw:

We want to not get caught in resisting our own action steps. It's like, I love this. I love this part of us. I'll create an action step, and then my inner adolescent starts fighting me. It's like, "Well, I'm going to take better care of myself. I'm going to rest these feet so they can get well, and I'm going to do this. I can do this. Everybody supports me in this. Nobody else is saying I can't do this. I'm doing it."

And then within a couple of hours, there's that little voice saying, "You don't need to overdo it this taking care of thing. You don't need to indulge. It's like, come on, let's do something. Let's have some fun. Let's get out of here. Let's move. Let's play, whatever." So now the whole story of my childhood is playing out in my inner landscape.

Alana Shaw:

I get to go and love that adolescent and say, "Listen, honey, I hear you. And we are going to play. We will get three scoops of ice cream in a couple days. Today, we're going to do take care of our feet, we can do this together. If you'll do this with me, I'll do this with you." So it's a negotiation, an internal negotiation. The exciting thing is that once you get that internal negotiation going easefully for yourself, you can help other people start doing that. It's so wonderful because it is never anything ever, ever, ever outside

ourselves that is causing the problem. It's always the inner story. If people can resolve the inner conflict, all the outer conflict mysteriously is not there anymore. It's absolutely the deepest magic on the earth to totally take your story into your own being and work with it.

Alana Shaw:

So there's one thing I want to warn you of for yourself and others that came up a lot when we first started working with this as in our organization, which is people saying, "I am not doing this anymore. I am not available for this. I am not this. I am not that. Or I will not be treated like that. I will not exhaust myself like that. I will not work with kids who are like that," whatever it is, or even more terrifying in terms of how much it locks us down and contracts us is, "I am done with...." So I am done with is a powerful, powerful shutdown of your whole cellular being. I am done with says stop, contract, end. These are not action steps.

Alana Shaw:

So it seems like it might be. My action step is to stop this or stop that or be done with this, but those are pathways right to old stories, old anger, old grievances, ungrieved grief. So the exciting thing to me is that if you feel that old story coming up, like, "I am done with people who treat me meanly." That tells me right away to follow that, follow that path right in and see what it is that needs loving in me that I haven't grieved or healed. What is my little girl wanting? I can't fix that outside myself. If I'm done with it, that's good. So what needs to happen inside me to move that along to the next step of freedom? Does that make sense to everybody? Are there questions about that?

Alana Shaw:

What we do is we take on other people's attempts to control us in our life and we try to be done with their attempts to control us, instead of done with our internal victim that allows that to happen. Is that helpful in terms of an example?

Alana Shaw:

I would love for you to go into groups of three, so you can kind of noodle around with each other and help each other, and take a moment to think of something, an action step, something that is achievable and doable that is really in your mind and heart and soul right now, something you really want to accomplish.

Alana Shaw:

I just had a two-and-a-half hour session with a mentor of mine, named [Elaine Yarborough] that some of you know, and the action step that came out of it for me is to really commit initially the balance in my life, to bringing my life back into balance because this injury I sustained was absolutely clearly because I was out of balance. I was too tired and too stressed and too out there and not in my body. Well, that's not going to work as an action step. I mean, it's too vague. How would I know I did that? So it has to be narrowed down to something that is doable.

Alana Shaw:

I will take 20 minutes each day to do the exercises to heal my feet, or I will eat the protein that I need each day to sustain and nurture my body, or there are a lot of possibilities. I could make maybe 40 action steps that all relate to bringing my life back in balance. I mean, at least 40, for me. And maybe for

all of us, because we're pulled so many directions all the time. So I do, that is something I want, I want more balance.

Alana Shaw:

Then I would ask my group of three for feedback. I would start with what might be an action step and ask for feedback. They might say, "Is that achievable? Can you do that?" So your questions are not, you're not giving them an action step as a coach. You're going to be coaching each other. You're just asking good questions of inquiry. So how will you know if you've done that or tell me more about that? Or is there anything else that you might do around that? Or is that feeling in alignment for you? Does that feel like something you could do? Beautiful kinds of questions that are appreciative inquiry. An appreciative inquiry is not a "yes, but." Appreciative inquiry is a "yes, and." Yeah?

Alana Shaw:

All right, well, I think you can do this. Does everybody feel like they can do this?

Lizzi Juda:

I have a question. So if you and Holly and I are together, do I ask Holly, Holly asks you, and you ask me, or we're all asking each other?

Alana Shaw:

That's a super good question, Lizzi. It's a dialogue together. So each would take a turn. Thank you for that clarification, by the way. So Lizzi might start and talk about what she's struggling for, or she might not even be struggling. She might say, "I've got my action step. Here it is. Here's the goal. And here's the action step." Then say, "Tell me, how does that sound?" And then let either one of the other two people see what pops in. It's the power of the intelligence of the group.

Alana Shaw:

Then when you feel complete, you just say, "Thank you. I feel complete." And pass it to the next person. I feel complete is a great phrase when you're working in a circle of people, to let each person say, "Okay, I feel complete," because I'm in a dream group where we could do one dream for three hours. It just goes on in beautiful ways. But it's like there needs to be a closure so the next person can have a turn. That doesn't mean there isn't more to learn or more to understand. But it's just your complete for now. I feel complete for now. Okay?

Alana Shaw:

Tell me about it. How did it go? What questions are coming up or what made it challenging or what made it easy or what do you want to share?

Perry Smith:

I could probably speak a little bit and just tell me, my group, if I got this wrong, but I was noticing there at the very end that the one thing that all of us had as the action step was making an appointment to do what it is that we've been wanting to do for a long time. It's like write it down in your calendar and make a date. It was even brought up to maybe make it a ritual, light some incense, get a candle going, run some bath water maybe, make a cup of tea, and making an event that's, you know...

Alana Shaw:

Yeah. Yeah. Beautiful.

Suzanne Palmer:

We had a similar thing where it was like, what'll make that more fun? Kind of thing. Is there something you could do that would inspire you to take that action? And that was a fun question.

Alana Shaw:

Yeah. That's a beautiful question.

Abbey Dubois:

Action steps with other people, it almost feels more landed and I'll be more accountable for myself since I spoke it and made it with other people.

Alana Shaw:

Mm-hmm (affirmative). That's where the coaching is such a gift to people. I have a system I use with people where once they've got their action step settled, we make a deal that when they complete that, they'll just text me and say, "I did it!" So I'm now an accountability partner, but in a gentle, fun way. So I get lots of different checks during the week, somebody saying, "Did it! Got it done. Happened." Like, somebody had been trying to apply for a job, quote, trying for months and just saying to me, "I will do it by the end of the week," and texting me that it was done. "Did it." It's just things get stuck, we don't really know what our resistance is, but it's not that hard sometimes to overcome it.

Alana Shaw:

I love the question what will make that more fun? One of the things Katie Hendricks was always saying to us, is there any way you can have more fun while you're doing this? No matter what we were doing. So I think that's a great, great question. I wrote that down to add to the ways to get action steps. Other comments?

Steph:

In our group, I just felt like there was synergy between our different pieces. They all felt like they were all things to really give ourselves a little time and space and care. And so the fact that they were all kind of interwoven, we just felt we were under this nice little journey together.

Alana Shaw:

Yeah. That's really beautiful. There are really not a lot of categories of this. Really, it all is the same thing. It's also universal and it always will weave, but I really love what you're saying about group. It's really important to surround ourselves with people who can do this with us, play these positive games with us and to build committees and teams and groups and be a part of organizations that are healthy because a whole different story comes out of that. So thank you for that.

Alana Shaw:

Well, it is five after seven. So let's take a break till 7:15. I'm sure people need to do that now. And then we'll come back and start again. Okay? Good job everybody. I hope you've got an action step for this week.

Alana Shaw:

Let's just start with a little creative joint play. I don't know if you all remember this from way back at the beginning. But it's a Katie Hendricks game. It's something you can do before you go into a meeting. If you are feeling nervous or triggered. So just in your seat or standing up, whichever you like, move your joints. Every joint you can imagine in your body: the spine joints, the neck joints, the finger joints, the toe joints, the knee joints, the elbow joints, and move joints the way you maybe haven't moved them or joints you've forgotten that you have. There's even joints in the brain. So just play with all parts of your moving body.

Alana Shaw:

You can move around in the room while you're doing it. You can go down to the floor, go up high, turn in circles, anything just to activate the body, wake it up and lubricate all that synovial fluid that loves to be lubricated. And if you make sound when you're doing creative joint play, you quadruple the movement of the synovial fluid.

Alana Shaw:

All right. Everybody get their body going a little bit.

Holly Lew:

I love making sound. It makes you move differently. At least it did for me.

Alana Shaw:

It really does affect how we move. So everybody just with your mute on, so you're not too shy. Just move in your chair with sound for a minute. Just make any kind of sound you want... Low sounds, high sounds, circular sounds, soft sounds, loud sounds, big sounds, little sounds... Yeah. Thank you.

Alana Shaw:

Yes, Holly, good cue. Sound really does change the way we move. It is often the very last thing that I can get clients to do. To make improvisational sound is really challenging. It feels really out there to people. You do it with them which helps and start with simple, familiar sounds to start, or just humming, which is very healing and vibrates their body. Just doing the vowels sounds is another safe place to begin

Alana Shaw:

So we're going to just move on to the negativity bias, which is so connected to what we just did, what we talked about because the biggest challenge for you and me and people that we're playing with may be getting to an action step, and remember this part of the mandala is called acting, allowing, releasing. So your action step may be to allow the love in. Your action step may be to release some judgment that you want to release, just to spend the whole week meditating on releasing a judgment of other and keep letting it go, letting it go. So action steps are sometimes very soft. They're not always real practical.

Steph:

Alana, can I just add one other thing that came in when you said about, and when Holly said about sound making a difference?

Alana Shaw:

Sure.

Steph:

When I had trouble with myself when I was angry, I started stomping down a hallway in my house feeling like one of those giant Muppet monsters, not the little puppet ones, but those giant ones, you know, and making the sounds they would make because it allowed me to still have my anger at the beginning of it, and then to fall into something that was fun with it. It switched how my brain handled beating myself up about being angry. So I stopped being so mad at myself for being mad. I just thought I'd throw that out there because it just came up when we both said that.

Alana Shaw:

Beautiful. Thank you. Thank you very much. Yeah. Releasing, releasing, releasing. Well, one thing that is very exciting that's new. We have a built-in mechanism in our brain that has only in modern times been identified, called a neuro charm. And I love that name, a neuro charm. It is built in to enable us to be energized by the experience of beauty. That is its only function, to help beauty give us energy. It can be art, poetry, music, nature walking by a tree, hearing a bird, a project you've been doing that you're proud of or a process you were in that you felt good about, a conversation that was beautiful between you and somebody else.

Alana Shaw:

When we slow down and we pause and we notice the beauty of that moment, the good feeling of that moment, we really become filled with what is still considered a mysterious source of renewal. What is this neuro charm? What is this piece of the brain that renews us when we pause and allow beauty to fill us up, allow peace or contentment to fill us up? And it is a source of great renewal and I love the word renewal.

This is a big gift that you can give yourself and your family and your children and the children you play with and your clients, which is how to create that positive brain. So I know you all know quite a bit about this, but fighting the neuro charm is the hundreds of millions of years, literally hundreds of millions of years that the brain developed survival sensitivities, and survival sensitivities are what create the negativity bias. I think the word survival sensitivities is a gentle way to look at our negativity bias, those sensitivities that were developed that kept us on the earth and we would not be here if we hadn't had those.

Alana Shaw:

Many groups of populations are not here from ancient times because they didn't have those. So it's like we survive because of our survival sensitivities. So no matter what state you're, that old brain is always on the lookout for potential dangers or potential losses more common in our lives. So it's scanning, scanning, scanning for disappointments, for interpersonal issues, for something that might not be right about you or right about other, scanning, scanning, scanning, scanning, and they have these pictures of

the brain when somebody's feeling good and happy and interacting happily. The brain is still going, "Watch out, watch out, watch out," on a very subtle level. It never stops.

Alana Shaw:

So what we want to do is whenever we experience that sort of unease in the back of our minds, it could be subtle or not so subtle, but often it's subtle. It triggers really quickly into a negative stimuli and that is much more readily perceived than hundreds of positive stimuli that are happening at the same time. The negative stimuli is what we perceive. It's stronger than the good. We need at least five positives to balance any negative. So the solution is to add more positive. Much more positive. In order to do that, good memories, good feelings, good moments, good neuro charm moments have to be held for a few seconds so that they register in the brain, and so that you birth what many of you've heard me call a baby neuron. It takes a few seconds to install those good memories in the brain.

Alana Shaw:

So we're trying to change that balance with all of this negativity bias, we're going to fill up the brain with neuro charms, with neuro connections, with neurological structures that actually are synapses for well-being.

Alana Shaw:

One of the big reliefs for me, and maybe this will be true for some of you, was to know that the negativity bias is not my fault. I've spent a lot of time coming out of really heavy abuse as a child being mad at myself, as Stephanie was just saying, for being negative. It's like, "Why are you being so negative? Your life is good. Things are fine. You're okay. Why are you being so negative? Stop being so negative." well, I'm sure you must have had somebody say that to you when you were 14. What happens is you get more negative when you talk to yourself that way, just like your adolescents do. They dig in deep.

Alana Shaw:

It's nice to just let it go. It's like, "Oh, I didn't make this up. My literally hundreds of millions of years in my brain made this up." So my job is not to be surprised at my negativity bias, but to just let it be there and build something else on top of it.

Alana Shaw:

We really feel this in "Turning the Wheel." It is not our job to change the teachers or the schools, that is a job that needs doing. But our job is to stand beside those teachers and love them and love the kids and create another possibility, a neuro charm, a new possibility for a positive feeling for them. That's a different job than ending, stopping, getting rid of. It's building, creating, expanding.

Alana Shaw:

20 minutes of moving elevates the nitric oxide levels in the body for 24 hours. 24 hours, just 20 minutes of moving. The nitric oxide is the uber transmitter in the body. It releases beta endorphins, prolactin, oxytocin, serotonin, dopamine, all the feel-good allies in the body are released by activating the nitric oxide in the blood vessels, and that is totally available. 20 minutes of movement. So that's a such big piece of the puzzle for how we could change the whole world without much effort at all.

Alana Shaw:

When the amygdala sends that alarm signal to the hypothalamus, it is firing cortisol and adrenaline, alarm, alarm, alarm. That forms an experience and it puts a memory in the brain that the brain prioritizes for safety. So every time the brain gets an alarm signal, it makes it a priority to save it in the brain. There is a part of the brain that saves negative childhood experiences, that will not let them go for safety. So this is a big, it's a big inheritance to take charge of. To change it takes building whole new habits, like Joe Dispenza calls, breaking the habit of being yourself and it isn't yourself in the sense of your true self, but it is that inherited story from that brain.

Alana Shaw:

So we are going to do a couple of things with this today. One, that many of you have done that is to focus on promoting the good and taking in the good and it is in your notebook. You don't have to see it now, but it's there. There's four steps for this. The fourth step is something we haven't done before because you have to be landed strongly in the first three to do the four. So I'm looking forward to being able to share that with you. So the first step which everybody can just do with me right now is to think of a positive experience that you've had recently, or that you're having now, or that you remember: a sunset, a quiet moment by the waves, a joyful interaction with a friend, an accomplishment, something you're grateful for, and just activate that. Let that come up in your awareness.

Then just stay with that experience for at least 20 seconds. And I will actually tell you when 20 seconds is up. Open your body to those feelings, encourage that experience to be more intense, and maybe it'll bring in other similar experiences as you drop into it.

Alana Shaw:

Then the last step, is to begin to let it land. So feel that sinking down into your body. I like to use my hands even and feel like I'm sprinkling the fairy dust of well-being through my body, or letting the golden dust of generosity fall into my body like a soothing balm, creating a resource for me, just soothing all the way down into every little nook and cranny and maybe back up again, get the places I missed, just, ahhhhh, letting it flow all through me.

Alana Shaw:

We call that, catch happiness. So in the course of a day, I try to be sure that I catch happiness at least 10 times. So I just start through the morning and start to feel the hurrying, the rushing, the looking at my calendar, the looking ahead to what needs to be done later. I just pause and let myself come back to catching happiness, to actually reaching out and catching some good feeling, some gratitude, something in nature, some moment of happiness, and just flood my whole body with it. Every time I do that, I birth a neuron and those neurons add up and create a synapse. They literally do actually create a new neural structure for your brain.

Alana Shaw:

I have little cards that I give my clients that say, "Catch Happiness," that they can put up on their mirror or on their refrigerator. I will send some of those to all of you. They also have business card information on the back. These do. So they're not quite as pure as they could be, but I have lots of little reminders on cards like that, which is a great thing to give folks because mnemonic devices are key in breaking habits. It's because we default so quickly. So any place that you can give yourself a support for change is helpful. Sometimes it's not a word, but it's a beautiful flower that reminds you to love yourself.

Alana Shaw:

So the next step... Did everybody experience that? everybody okay to go on? Okay.

The next step is to actually move some of the negative experiences out, which is a new understanding. We used to believe that we couldn't do that. But you actually can, and part of the way you do that is you turn towards both the positive and the negative. So you want to do this when you're holding the positive strongly, not when it's shaky. "Oh, I don't know. I'm not quite catching that. I don't quite have that," because what we're going to do is set our positive against our negative.

Alana Shaw:

I have the positive up here above my head up to the right, and I have the negative down here. I'm holding them both at the same time. So the positive might be "I did a really good job of working with that client. I feel like I really came through." And the negative, which is not letting this positive land, might be, "But I wish I hadn't said that. Or I wish I had said that. Or I wish I had listened better.. Or I wish I could trust myself more." There's often that negativity bias thought running through there.

Alana Shaw:

What we want to do, and you can play with this in a minute, is we want to take that positive experience and the negative experience and hold them together. So holding both of them. It's not like, "Oh, I don't see that. I don't want to know what I did wrong," or, "Oh, I'm going to really embrace what I did wrong." It's like, no, just hold the two together for a moment. If you feel like the negative is yanking you right down in and pulling the positive away and diminishing it, then you just shake it off and let it go. It's like, "Okay, the negative is too strong there for me. I'm just going to turn towards the negative and thank it for its information and start again, breathe again."

Lizzi Juda:

Yeah. So is the positive and negative about the same situation or is it about I did great with this person, but I kind of screwed up with this person?

Alana Shaw:

It could be whatever it is. It tends to be about the same thing. So when I go, "Okay, I prepared well for my class tonight." It's not likely that what's going to come in is something I did with a client today. What's going to come in is, "I could have done more. I wanted to get more tools ready. And I didn't really. I'm overextended again," or some self-criticism that relates to my prep for the class.

Alana Shaw:

Take a second and remember that what fires together wires together. So we want to hold those both at the same time now that negativity bias has a warrior up here, a piece of you that is ready to refute, to stand in the truth of who you are, not the truth of the past, not the truth of memory, but the truth of the moment you're in because the positive feeling is in the present moment and the negative feeling is in the past.

Just take a minute and just discover those two. And as you're doing that, go ahead and begin to hold two of them together. If you've picked one that's too hard right now, then pick another one, take that one off and pick another one, begin with something that brings beauty and positivity into your life and the counter brain and just hold them together as long as you like, until you really feel you've got them both. Then when you feel like you really have them both, take a moment and just return to only the

positive for a few seconds. Go back up and just hold the positive and then connect them again, holding them both.

Alana Shaw:

The strong, positive thoughts and feelings will actually begin weaving their way into the negative, like a strong sense of self-worth or confidence or knowing who you are, and slowly that positive will gain more weight. So if you go holding them both and you start weaving that positive in and you can feel the negative gaining, go back up to the positive again and hang out right up there in the positive and hold that deep in your heart, that gratitude, that knowing, and then let it weave again. Bring them both back in and let the positive inform the negative just for a few seconds, and then start to really wake up the positive. I feel the positive has more weight, has more power. I can feel the strength of the positive flowing in.

Alana Shaw:

Just when you're ready, taking your time, there's plenty of time, just let the negative go. Just release the negative in that other hand, let it go. And if it tries to come back, then take it, hold it, infuse it with the positive. As you let it go, your brain will reconsolidate. The next time that negative material is activated, it has some positive thoughts and feelings in it that are embedded. It has much less power at that point. It's just like you let it go. You let it go, and you plant a positive seed into that negative story.

Alana Shaw:

Abbey, just put us in pairs to share how that was for us. let's just go for four minutes together and share a little of how that was. So everybody gets to share with somebody. While Abbey's doing that, just let yourself rest into the energy of that work that you just did.

Alana Shaw:

Well, Anna, I would love if you would share just that little bit that we talked about. But this was very rich for us, all of us, I think. So let's share a little bit together with what time we have left here.

Anna:

Okay. So what was coming to me is that my creativity is way more powerful than any negative thing in my life. I was feeling negative experience in one hand and then my creativity. It was so juicy and delicious that it was overpowering the negative. So it was really cool.

Lizzi Juda:

My positive would say "yes, and," and my negative would say "yes, but." It was really, it was so cool. My negative would say "yes, but..." My positive would say "yes, and."

Alana Shaw:

That's exciting. Yeah. The weaving together of all the learnings and tools, how they intersect.

Holly Lew:

When we dissolved the negativity bias and let it drop into the ground, my little girl came up and she was going, "Oh, I want to come." And so I don't know if she's hidden in there, but it was really a bit of a surprise and just like, "Okay?"

Alana Shaw:

Beautiful. Yeah. I think a lot of our inner beings get quiet and hidden in the face of the negativity bias and they do show up when we release that. That's really wise. Thank you.

Abbey Dubois:

I was just going to share, I had this great body knowing moment. My positive was this interaction I had with a friend and we were just laughing hysterically for like five minutes to the point we're in tears, and that deep belly laugh that you get when you just can't stop. My negative was my self critic saying things like, "Oh, you're not always a good friend or you don't do this or don't do that or whatnot." But since my memory was that belly laugh, my actual belly, that positive force let me let go of the negative. It's like my body knew exactly what I meant and that's how I was able to let go of the negative. So now when I think about what kind of friend I am at the moment, my belly gets all like, "Oh, that belly laugh."

Alana Shaw:

That is so great. That is so beautiful. Yeah. Anna mentioned holding in your hands. It's so important to not try to think it through, but to take hold of it, to really get it right there.

Evelyn Roggio:

I found it really hard and it was hard to hold onto the positive. I think I forgot you had said to shake it off if it's hard and I guess I forgot that part. But I think I should have more just focused on the positive for me. I actually was thinking, I don't think this exercise is good for me before, when you mentioned it, and maybe I should have listened to that and just focused on the positive and let the negative be there on a little bit, like a glimpse rather than as much as I was doing.

Alana Shaw:

Yeah, that's really wise. I think it depends on what you are holding. Some things are easier to let them both be there and let them weave together. And other things, they're just not ready to weave for whatever. So they're just not ready. That's why when you feel the negative pulling, you just... shake it off, and like you just said, go for the positive. The more you do that, with time, that issue will be more balanceable.

Alana Shaw:

I've been through that so many times with the kind of childhood that I had taking on issue after issue and some I wasn't ready, and some I was ready. One of the things that I really want to encourage all of you as conscious body coaches is awareness of readiness - to not ask people to be where they're not ready to be.

Alana Shaw:
I spent a lot of years in therapy recovering from therapists who-thought that they knew what I needed. So yeah, I think that's beautiful, Evelyn. Your honesty is helpful, we all have felt that. We all have experienced that to some degree with different issues.

Alana Shaw:

I just want to come back to what Evelyn said and what we said at the beginning, which is you just begin with catching happiness and letting it go in your body. If that's what you do 10 times a day, that's fine. And then if you have an issue you really want to try to change the power of the negative story, then the game is to hold them both together for as long as you can. If you start to go down, then shake it off and start again. Keep the positive in charge, and don't let the negative suck you down. Then ultimately to begin to let that positive float into that negative and infuse it and shift it. Many, many, many of my clients have been able to do that with memories that were crippling them, trauma. This is a great trauma tool.

Alana Shaw:

The next step, which is what Anna was doing, which you could play with in your own way, if you want to, if you feel drawn to this and want to do more with it. You take an issue, like not being enough, and you put it in your negativity bias hand. And in your other hand, you put whatever resources you can think of that you have that could impact that negative feeling. So this is different than, "I catch happiness. Oh, I feel a negative coming in." It's not so spontaneous. It's very conscious. So you might have anxiety. What kinds of feeling good resources do you have to impact anxiety? If you want to feel wanted and you feel left out, what resources do you have that will make you feel wanted? Real conscious choosing. If you're feeling hurt, what are some love resources that you could impact that hurt with? If you're feeling invisible, what would make you feel seen?

Alana Shaw:

So do you see the difference in this next step? It's actually choosing what is my issue and what are my resources to address that? And then you begin to hold those two and blend them together. But you can actually consciously say this is what will help me feel visible. This will help me love. This will help me feel motivated. This will help me feel connection. It's a pretty big step and we'll do some other exercises with it before we come back to it. But I just wanted to give you the whole picture because I think it's very exciting.

Alana Shaw:

Rick Hanson sees this as a possible way to actually erase negative material. I don't think that research on that is very definitive yet, but I've definitely felt a lot of relief for myself with it. One of my big issues from being an abused child is just that invisibility. The way you stayed safe was to become totally invisible. So I can often think of what are the resources that will make me visible? Certainly performance and dance and that's what we do with our kids. The kids we work with have a big, big issue of invisibility and the performance changes that forever for them. It breaks through a wall that is in just one performance, things change dramatically for them. So all right. Other sharing or questions?

Lizzi Juda:

I just wanted to say that it's that last exercise you just shared of how do we create or find the resource for ourself? It's like we're not looking outside of ourself for the answer. We have the answer and the tool to help heal whatever is out of balance for ourselves.

Alana Shaw:

Yes. It's really true. It's all there. And your clients have the answers for themselves and you may or may not have the answer for them. You might have a suggestion, but it might not click. It might not be right for them. But in sharing openly and honestly and transparently your stories, they'll come to be able to share theirs and together, you can do that balance. You can begin to infuse your story and their story with positivity.

Alana Shaw:

It's a very healing experience for me to be present with somebody else who wants to be open and in the healing process with me. I learn so much more than they ever learn from me, that's for sure.

Alana Shaw:

All right, well, let's just unmute and let's actually reach our fingers up and touch our fingers together and let's make a tone and hear our tone all together. So everybody's voice is in, and we'll send that tone right to your fingers and see if you can touch every person's hands on the screen that you see.

Everybody Together:

(singing)

Alana Shaw:

Deep breath, everybody. I don't know about you, but my fingers are tingling like crazy from all that energy. Love, love, love, love, love. Thank you.

Everybody Together:

Thank you!

Abbey Dubois:

Thank you, everybody.