

LUMINOUS
AWARENESS INSTITUTE



WATER MODULE
PART III Skills



COURSE WORKBOOK
LAI 2-Year Program

WATER MODULE WORKBOOK



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PART III SKILLS OF WATER

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WATER MODULE WORKBOOK

WELCOME TO THE WATER MODULE

The water module is divided into seven parts. Each part is a field of exploration which contains multiple lessons and practices including audio, video, and written content from live retreats, zoom calls, and pre-recorded video instruction/

*This workbook presents written material and transcripts from the Water Module **PART III - Skills** from the 2-Year LAI Program.*

Wisdom Qualities of Water



Awakened Practices



Skills



Bender Abilities



Shadow Work



Remedies



Personal Mapping



WATER MODULE WORKBOOK

LESSON 1: SKILLS - PRIMACY OF EXPERIENCE

Primacy of Experience

Mental processes, that create story, are part of the analytical left brain. Using our direct felt experience allows us to connect right brain to right brain. This allows us to start “bottom-up” - through the somatic experience (body) and limbic system (emotions), rather than just via our frontal cortex (thoughts). Awareness can directly find the felt experience which is more direct than abstract thinking.

When we are in awareness we can directly feel our emotions, our sensations, the energy and what is arising moment by moment. The body is not a lower or less than the rest of our being. It is a field of enlightenment of vast wisdom.

“An important skill for us to develop is our capacity to dive into the immediacy of experience - literally skipping the story in order to have a direct experience where we directly feel our emotions, sensations, and energy that is arising now.”



The quality of our inner being

Our human experience before it is processed is objective before it is subjective and covered over by projection. It is infinite and has no boundaries. Love is its nature. While our outer being might be acting egocentric, ambitious, and aggressive, our inner being, who we actually are, is actually a field of opened and awakened love.

We can work with the capacity to go into the primacy of experience instead of experiencing any story at all - diving into the immediacy of experience, and just feeling whatever there is to be felt, whether that is a sensation or an emotion. So we are literally

LESSON 1: SKILLS - PRIMACY OF EXPERIENCE

skipping the story in order to have a direct experience. Having awareness just on what experience directly is. This is a very important skill - the ability to not listen to story and go and drop direct into the immediacy, into direct experience.



Our natural capacity to process experience

We are biologically wired for connection and a need to belong. When feelings arise, there's a response happening in the system, beyond words that needs to process. When it processes fully we can regulate and see things in a different way. This is one of the things that many of us lost when people weren't responsive in those moments of pain.

If you look at a child, they're in that immediacy. They haven't lost it. Think of a child you know when they get hurt. What happens? They're in this natural capacity to directly experience what they're experiencing uninhibitedly and that deep pain that they felt will rise, process and flow away.



What do we need to process our experience?

1. We need to be able to *feel the feelings* that occurred directly. To be in direct, uninhibited sensation with the experience.
2. We need to have something that is *loving and present* to help support our *processing* of that experience. We need someone to help us *unhook from the limited belief* that got associated with this pain.
3. We need someone to help us *unhook from the limited belief* that got associated with this pain.

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LESSON 1: SKILLS - PRIMACY OF EXPERIENCE

For example, men get a message that they shouldn't cry. Don't act like a girl. There are a lot of pressures put on people to not have that level of emotion for that natural reaction, or that natural capacity of the body to process itself.



The immediacy of our direct experience

How can we further allow the full direct experience underneath our story? What is needed to drop into the felt experience of this moment and allow what's here to be felt?

What is needed is awareness that is absolutely present, open, not resisting, allowing, and the experience to be fully, directly experienced without thoughts in the way.

You can practice going directly into the immediacy of experience, allowing it to be felt directly without worrying about the story or the thoughts. This will allow you to process emotions very quickly and be directly the experience without story, without being separate from it so that it moves through like a wave.

We can learn to bring in the intelligence of awareness and directly allow the immediacy of experience without inhibition. In Luminous we are wanting to develop two abilities...



Process your feelings first so your thinking can change

One of the important teachings that came from the Co-Counseling community is, they used to say that you couldn't have rational thinking when you were caught in

LESSON 1: SKILLS - PRIMACY OF EXPERIENCE

and their point was that you should first process your emotion and then your thinking will change. Before you try to think about something or resolve something, first, really deeply feel whatever's here. Learn to allow that natural discharge. Which is what kids do without thinking and then what you'll notice is suddenly what you think about it changes. You'll have different thoughts.

If you notice you're having any sort of negative thinking or cycling in your thoughts, you can do this process of just completely experiencing without story what it is you are feeling. Move that emotion, that energy, until it's more clear and then notice what my story is.



Being with the immediacy of numbness

Men often have more injury where they weren't allowed to feel so that often when someone goes to notice what they feel, they don't know, they can't emote and so what you can do is first notice 'I feel numb' and that's being with the immediacy of that experience when their emotional system went into pain, people didn't respond. It tends to go into a shutdown response. So you can be with 'I feel numb. I can't feel anything. There's no feeling here.'



WATER MODULE WORKBOOK

LESSON 1: SKILLS - PRIMACY OF EXPERIENCE

PRACTICE #1 & #2: Self to Self and Self to Other Primacy of Experience Practices

1. **Self to Self Practice:** You have to learn to allow your feelings to be here and to be able to experience them directly which some of us have a hard time doing. It's the ability to deeply feel our experience without changing it. If you develop a lot of this self-to-self practice, you can be deeply sobbing and loving yourself as it is occurring simultaneously bringing that part presence to process its pain. You can do it with 'God Presence' and cry to Source and let Source hold those parts of you.
2. **Self to Other Practice:** The other is the ability to be that quality of presence for ourselves and others so that when the experience arises you can allow it. In luminous we also teach that presence for each other so that we as a community can help each other process the immensity and the enormity of everything that we have to process in our day to day. We practice how to show up for someone in a quality that lets them feel and fully process their emotions.



REFLECTION QUESTION

How can we further allow the full direct experience underneath our story?
What is needed to drop into the felt experience of this moment and allow what's here to be felt?

LESSON 2: SKILLS - REAL NOT TRUE

Real But Not True

In the last lesson instead of experiencing any story at all, we were diving into the immediacy of experience, and we were just feeling what is there to be felt (i.e. sensations, emotions), so we were skipping story in order to have a direct experience with awareness. That is a very important thing to be able to do, which is the ability to not listen to the story and, and drop direct into your immediacy, into your experience.



How to Be With Story

In this lesson we're going to make room for the parts of us that have stories because some of us sometimes have stories, and sometimes we get a little caught in them. It doesn't mean that you have to stay in story. Maybe the story turns into emotion or pure energy, but right now you're actually going to allow whatever stories that you may be inhibiting or that are harder to admit.

While you share the story, you're just going to share it as much in the immediacy of the now, because while you're sharing story, you're still sharing it from awareness, which is different from reporting. There's a difference between what we can call "weather reporting" and sharing from the immediacy. With "reporting" we are going up to the mind. Even with story, we stay in the immediacy.

Example: We could say as we are reporting something like "Sometimes I think about why I'm not liked". Or, we could go right here in the moment and take the vulnerability that would sound something like "Oh, I'm noticing that I'm wondering if you'd like me right now and I keep wondering, Oh, do I look like an idiot?". This is still story, but it is in immediacy, which is very different from a weather report about something that happened at some other time, that you're telling people about.

LESSON 2: SKILLS - REAL NOT TRUE

“If all our stories are basically concepts that are empty, that makes them not true. That doesn't mean that we aren't having a direct experience, or that there is some element that's touching truth in our stories, but in general, our stories are made up by our thinking mind.

However, even though these stories are often not true from an ultimate level, they can create large amounts of experience that we are having that are very real experiences to us based on these stories.”

Sometimes the best way to deal with story is to not inhibit it. To actually allow it.



Real But Not True Container Practice

Real But Not True

- Create Safety
- Maintain Awareness
- Find The Bond
- Drop Into Immediacy
- Hold Real, But Not True
- Bring the View of Emptiness
- Mirror non-judgmental presence
- Hold that It's unknown what is true
- Support creating an uninhibited stream
- Find the nuggets of truth

LESSON 2: SKILLS - REAL NOT TRUE

Set up a container for this exercise in the following way:

Safety

Everything in a session or a mini is always confidential - you cannot even bring up the topic that the person talked about, to them, later, without their direct permission.

How do we make the container as safe as possible for us to share? There needs to be a very strong commitment, especially when someone's sharing about a projection that they have on someone else. The commitment is that, if they're sharing a projection, you will be really, really clear and careful and attentive to hold all beings in your clarity and in your heart. The commitment to all involved in the practice is that what the listener is offering and the speaker is receiving is a container for the speaker to have the opportunity to get to true clarity. The listener is completely committed to not take on the speaker's projections.

Maintain Awareness

Both the storyteller and the one offering presence are going to maintain awareness. We can't be totally merged in the thinker as we allow our story to speak. Instead, we're going to be the awareness while the story is speaking which starts with a little bit of unhooking from that limited view and allowing some awareness in, even when we have a story.

That presence is mirrored and amplified by the listener and it's also coming from the ground of your own open-hearted awareness.

LESSON 2: SKILLS - REAL NOT TRUE

Find the Bond

Find the awareness that is everywhere and here, and then shift into viewing from the heart and with an embracing warmth that is unconditional and without agenda. Find the bond between you.

Drop into immediacy

Drop into immediacy and let yourself share whatever stories are here - whatever story has been catching you. It's story and it's emotion, so you don't only have to talk, you can express any emotion that's present. Express anything that you're experiencing - thoughts, emotions, sensations. Let's be clear that, unlike in many session experiences, this time we're not trying to drop underneath the story. This time the story is included. Allowing your emotions, allowing your thoughts, whatever it is, just keep sharing it.

Hold 'Real, But Not True'

Tsoknyi Rinpoche, a beautiful Lama, talked about a concept called "Real, but not True". It's based on the idea that all of our stories are concepts that our thoughts are making up. It's very different than what direct knowing feels like.

If all our stories are basically concepts that are empty, that makes them not true. That doesn't mean that we aren't having a direct experience, or that there is some element that's touching truth in our stories, but in general, our stories are made up by our thinking mind.

However, even though these stories are often not true from an ultimate level, they can create large amounts of experience that we are having that are very real experiences to us based on these stories.

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LESSON 2: SKILLS - REAL NOT TRUE

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However, even though these stories are often not true from an ultimate level, they can create large amounts of experience that we are having that are very real experiences to us based on these stories.

““There's nothing that you aren't allowed to think or feel whether you're furious, whether you're scared, whether you're sad, whether you want to blame everybody, whatever it is, there's room for that and making that room will help you find the uninhibited stream that can lead you to truth.”

LESSON 2: SKILLS - REAL NOT TRUE

Tsoknyi Rinpoche on "Real, but not True" - Tsoknyi Rinpoche

<https://www.youtube.com/watch?v=i-yO5r0X13sT>

"I developed this mantra. It's real but not true. I wanted to get this message to the Amygdala, but why is the connection not so good? So I found the wire of kindness. It's true, you accept your fear because this fear came when I was very young, and I fell from the mountain. I was jumping...too much essence of love. So I fell from the mountain and I had a little bit of height trauma inside which I didn't realize before. So third time, then I reflected and did a little bit of therapy, self therapy, because 75% of my students are therapists so I learned a lot from them so I reflected on myself then I found this symptom that I got from height. So I had a height problem.

It is true to me, it is real to me but it's not true. Not true means you are not going to die, but you really feel it. I prayed kindly, sympathized myself, was kind to myself Rinpoche...'I know you you got this symptom but it's not true, you will be okay. I really understand your suffering, but it's not true, you."

Bring the view of emptiness

One of the key elements is to hold the view of the emptiness, which is to not get caught in the story and to do that, we actually have to be in awareness. We have to have enough stability in the not thinker and the not limited self to allow the story to be there without being fully merged with it.

Mirror non-judgmental presence

The person who is offering the presence, you get to really amplify that. You're the mirror of open, nonjudgmental, unconditional presence. Whatever their story is you are just completely present to it without condition. It doesn't mean that your mind is now going to join them and go, "Yes, yes, yes, *that's true,*" but you are going to completely be open,

LESSON 2: SKILLS - REAL NOT TRUE

curious and listening.

It's also just bringing the heart of compassion to all of these aspects and all these parts that might feel scared or might feel lonely or might feel like they don't know what to do or they're frozen.

Hold That It's Unknown What Is True

The person who's holding presence is not just going to be completely empty, because no one wants to talk to empty space, you're going to hold that it's just unknown what is true. In that unknowing, you're going to be completely curious, completely receptive, completely listening and even celebrating their story, whatever it is, even if it's about you, we're going to make room for it and even enjoy it.

Create an Uninhibited Stream

You want the storyteller to get the direct sensation that there's nothing that they can't think, there's nothing that they can't feel. Whether they're furious, whether they're scared, whether they're sad, whether they want to blame everybody, whatever it is, that there's room for that. There's a place where that is allowed so that it can come out in an uninhibited stream.

Find the Nuggets Of Truth

What you may notice as you uninhibit that stream while maintaining presence and the listener is not colluding with it, not buying it, not joining you, but actually just holding an

LESSON 2: SKILLS - REAL NOT TRUE

presence converts the story towards truth.

There are always these little nuggets - something that you needed, what you really feel, something you really need to say, an actual clarity around a boundary or a decision, but we often can't get there because it's muddled with all the parts and all the feelings that we're not allowed to feel and all the thoughts that we shouldn't think.

If we can create a space where we have an open stream and then the person who's with us commits to be absolutely celebrating whatever it is we think, but also not being bought into it, it gives us an opportunity for all of that to stream through and then our natural awareness, which is brilliant, and knowing will find what's actually true inside of it.



PRACTICE #1: Real But Not True Container Practice

Put the principles above into action with a partner.

1. **Choose Your Storyteller and Listener:** Choose who will be listening and offering presence and who will be sharing their story.
2. **Maintain awareness:** Make sure both the listener and storyteller unhook from the limited view just enough to be the awareness of the story.
3. **Hold Real, But Not True:** Realize your story may be true to you and real to you, but it's not true - it's a concept and interpretation created by your thinking mind.
4. **Bring In the View of Emptiness:** Bring in more emptiness and awareness so that we are not merged with the thinker and getting too caught in the story.

LESSON 2: SKILLS - REAL NOT TRUE

PRACTICE #1: Real But Not True Container Practice

5. **Mirror Non-judgmental presence:** Mirror and amplify open, nonjudgmental, unconditional presence as you bring an open-hearted compassionate ear.
6. **Hold that It's unknown what is true:** Hold that it's just unknown what is true bringing openness and curiosity to the story, not just emptiness.
7. **Support creating an uninhibited stream:** Hold an unconditional presence so that
the storyteller gets the direct sensation that there's nothing that they can't say and nothing they should or shouldn't do.
8. **Find the nuggets of truth:** If we create an stream there is an opportunity, through
our natural awareness and knowing to find what's true inside of it.
9. **Submit your practice:** Once you've done this practice above, submit it in the practice form below to earn credit towards your Water Module Apprentice Badge and answer the reflection question below.



REFLECTION QUESTION

How can we further allow the full direct experience underneath our story?
What is needed to drop into the felt experience of this moment and allow what's here to be felt?

LESSON 3: SKILLS - FELT SENSE POINTING OUT

The Felt Sense Pointing Out

One of the qualities of the water module has to do with the felt sense. Awareness can be aware of the body, but the felt sense is when that awareness is combined with that ability to feel.

Mental processes, that create story, are part of the analytical left brain. Using our direct felt experience allows us to connect right brain to right brain. This allows us to start “bottom-up” - through the somatic experience (body) and limbic system (emotions), rather than just via our frontal cortex (thoughts). Awareness can directly find the felt experience which is more direct than abstract thinking.

When we are in awareness we can directly feel our emotions, our sensations, the energy and what is arising moment by moment. The body is not a lower or less than the rest of our being. It is a field of enlightenment of vast wisdom.



PRACTICE#1: Felt Sense Practice

1. **Take a moment, feel your bodies.** Just allow awareness to be felt in the body field. It's awareness feeling energy, awareness feeling sensation, awareness and the feeling of the texture of your body.
2. **Notice the tendency to go into thought** and get hypnotized and see if you can keep dropping awareness out of thought into the direct sensation of your body.
3. **Notice the tendency to think about the past or worry about the future** and see if you can come into the now felt experience.

WATER MODULE WORKBOOK

LESSON 3: SKILLS - FELT SENSE POINTING OUT

PRACTICE#1: Felt Sense Practice

4. **Allow that experience to descend deeply within the body field**, which may include beyond the edges of skin and notice that the ordinary mind tendency is to be in the head and see what it is to allow awareness to drop into the feeling sense.
5. **Notice the contrast of the judgmental mind** that wants to decide whether a sensation is good or bad and just see what it's like to be in the agendalessness allowing sensation to be as it is.
6. **See if you can surrender** and allow whatever's here, without trying to change it.
7. **Notice the pace of thought vs the pace of the body.** The ordinary mind often has a very quick pace. Notice what it's like to drop into the pacing of sensation the felt sense of the body. Notice if it feels like a slower pacing to actually be able to, listen to the movement of sensation and the movement of energy.
8. **Feel how deeply your body can actually relax.** What does it mean to let your body drop? Let the flesh drop? To actually feel the support of the floor and let everything hang, almost as if it were dripping, it's so relaxed.
9. **Submit your practice below** to receive points towards your Water Bender

REFLECTION QUESTION

What do you notice when you slow down enough to directly experience the felt sense of the body and your sensations versus the pace of the judgmental mind? How often did you pause to experience this felt sense this week and how did that impact your experience?

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LESSON 4: SKILLS - AWAKENED WATER IN THE SENSUAL EXPERIENCE

Introduction To Awakened Water In The Sensual Experience

Sensuality is part of our experience. We could be experiencing ecstatic bliss moment by moment. What is it like to totally accept the sensual aspect of your being? What if your feeling body and your felt sense and all the sensual needs of existence were included?

“True bliss includes the second chakra, which is also our sexual energy. When you allow this energy to flow in your body - it’s not just about personal pleasure - it’s about the bliss of life.”

What would it be like if our entire culture was in the pace in water?

In the world we’re in, we’ve lost this sense, and then we get disconnected and hungry, and then we just fill with false pleasures, like sugars and porn and video games. Our consuming culture and our buying cultures coming from a lack of living in the fulfillment of what's actually here. We're distracting the mind because we aren't here in this deep felt sense where everything is ecstatic.

There is cultural conditioning that has said pleasure is bad, and we're living in a culture that has more of a distorted masculine as the tendency and there's some cultures that have distorted feminine as a tendency, but here and now there's not as much permission for this type of feminine wisdom.

There's gifts of the, of the masculine there's gifts of the feminine. There are certain cultures, like Brazil has way more water than the United States. You say two o'clock, and people show up but it might not have at exactly two o'clock. Right. Then you can feel the sensuality of the culture. Then you can go to Germany which has more of the masculine conditioning and the train shows up on time and they're efficient.

WATER MODULE WORKBOOK

LESSON 4: SKILLS - AWAKENED WATER IN THE SENSUAL EXPERIENCE

Even many wisdom traditions don't want you to get lost in the bliss as they see bliss as the distraction. Sensing the flow of energy is a distraction. It's hard to find any clear mirrors.

The practices shared below are such a great antidote for cortisol and stress that we all face in our daily lives. We can cultivate a level of sensitivity, enjoyment and bliss where every moment of life is an exquisite precious, unfolding bliss. We can live in the recognition that it is a pleasure body that we are occupying at every moment. There's an element of giving ourselves permission to do this, to experience this, and to feel this, and have this as part of our day to day life.



A NOTE ABOUT THE SEXUAL ACT:

Recognizing the different levels available in the sexual act: Sex can happen on the Ordinary mind' level, which would just be two bodies. Then there's the energy of that act where we now have an intermingling. In the highest levels, what you'll feel is that the central channels are coming into union, and there is a uniting (to speak from the feminine perspective) to open oneself and allow that level of union, because we often are in the receptive role allowing.

Honoring the vulnerability: It's a very vulnerable act to be that level of open. The masculine energy holds the role of container as there's often a need for stability. When you're opening like that, you're not even opening to that individual person, you're opening to God. It's actually a union with divinity itself.

We're not just an infinite being we're also a human being with wiring for attachment - many levels of being all occurring simultaneously.

WATER MODULE WORKBOOK

LESSON 4: SKILLS - AWAKENED WATER IN THE SENSUAL EXPERIENCE

A NOTE ABOUT THE SEXUAL ACT: (*Continued*)

It's like two kids asking for their parent's attention at the same time. Pick one at a time and if you say, "Honey, I'm going to be with you fully, and then I'm going to be with you next" the kids will settle. You can't be with both of them, they're both coming at you at the same moment. You can't really give them what they need.

How do we honor the vulnerability of the human being while also recognizing the infinity of the being that actually is? How do we contain all of them? How can we use reliability, stability, and presence so that those aspects of us can open?



PRACTICE#1: SENSUALITY SKILLS LAB (Self Practice)

You'll need food or a few pleasurable sensual objects. You can also go for a water walk where you merge with all the beauty of the world.

1. **Experience sensuality first from the 'hyper masculine' and 'hyper feminine'.** Take your food or one of your objects. First experience it by being in your head, which is how 90% of the world experiences life.

Notice there's a hyper masculine part that tends to push time and evaluate it efficiently and quickly. The distorted masculine is the more conditioned norm and distorted masculine likes to be driving and pushing with time rather than a natural pacing, that unfolds in its own time. Notice there's a hyper feminine that looks at it and craves and feels the hunger, "I have to have it. The fulfillment is in

WATER MODULE WORKBOOK

LESSON 4: SKILLS - AWAKENED WATER IN THE SENSUAL EXPERIENCE

PRACTICE#1: SENSUALITY SKILLS LAB (Self Practice)

1. **Experience sensuality first from the 'hyper masculine' and 'hyper feminine'.**
(Continued) the rush to get the thing. There's a lack of presence. When we're in hyper feminine, for instance like in Italy, and the post office is sometimes open and you never know when. There's a lack of now-ness, there's a lack of awareness, and there's tendency to get caught in how to fill the hole or how to hurry so that you don't have to feel the discomfort that's actually here right now.
2. **Block your second chakra for contrast.** Allow yourself direct awareness, but block your second chakra for contrast cutting off everything below your solar plexus. Notice what happens. Notice if this feels familiar.
3. **Realize, it's actually not about the object,** it's about the ability to receive anything. When we focus too much on the object we end up with desires and cravings for the object or for a person. It's just nature knowing itself through the view of water. Fire is more the activity. Water is more the felt sense, and the two together are the most bliss you can get. It's beyond sexual, but it's blended with that frequency that has sexuality as an energy in it.
4. **Recognize suppression, shaming and guilt is the opposite of stopping our craving.** The Hyper masculine says "I shouldn't quickly eat the cookie", "I shouldn't want the cookie.", "I shouldn't crave the sex."....that 'should-ing' disconnects us. Feel what happens when we notice it there, but don't connect to it - it becomes the background hungry ghost that starts running everything from the behind the scenes.
5. **Compassionately embrace the sensation of craving.** Go directly into that craving and experience it. Whatever's there. It can actually feel delicious. Be with the part that goes into the future and imagines. Be with your salivating tongue. What is here? The mouth is watering. We're just being with that mouth watering. Right

WATER MODULE WORKBOOK

LESSON 4: SKILLS - AWAKENED WATER IN THE SENSUAL EXPERIENCE

PRACTICE#1: SENSUALITY SKILLS LAB (Self Practice)

5. **Compassionately embrace the sensation of craving. (Continued)** now we're embracing the sensation of craving. Watch it become it's natural pleasurable through that embrace. Before it was an experience we weren't connected with, and now we're actually embracing the experience. If there's a craving 'I need a partner' part it's often related to a child who was left alone when she shouldn't have been and wasn't responded to enough. That child needs to be taken into the arms of the mother...your inner mother or the great mother. Or maybe she needs a father, a true masculine, and needs that solid reliable presence you can rely on that can hold you and that is here. She needs what she needs and when she gets her need met, she'll come out of the constant hunger and you'll keep getting pulled into the parts until those needs are met, but it's, but don't get angry at the part because that part needs s you. It's no one's fault or that part's fault. It's not even your parents' fault because it happened. Something happened to them.

6. **Find and embrace the addictive part.** When awareness turns directly to it with its unconditional presence and warmth, what does it become? It just returns into its own nature. Notice if any part of you has a tendency towards craving or an addictive part that needs a little embrace.

Ask the part what it believes then see if you can feel the fear underneath. (i.e. I'm going to die if I don't work. The driving part that's connected to the terror or the annihilation).

7. **Switching to the felt sense that is true bliss.** Switch into the direct experience of your felt sense. This doorway might be subtle. Take your food or object and tune in to sensations. We could be in ecstatic bliss in every moment. See how much you

WATER MODULE WORKBOOK

LESSON 4: SKILLS - AWAKENED WATER IN THE SENSUAL EXPERIENCE

PRACTICE#1: SENSUALITY SKILLS LAB (Self Practice)

8. **Notice the pacing of water.** When water is included there is a pacing that actually flows from the sensual body and the frequency of the second level of the field, which is slower than the mental field. It's slower than these other fields.
9. **Now open up your belly to the bliss of life** using your awareness to feel the sensations.. What's happening? Notice the difference. In the realization of water,
we're not hungry. Awareness by itself doesn't contain bliss. You have to add the energy and flow of water to experience the sensuality of bliss. It's fuller, richer, more dynamic. It goes all the way down into your soul. It's the pleasure of being that is our nature.
10. **Submit your practice below** to receive points towards your Water Bender Apprentice Badge.



REFLECTION QUESTION

Do you have more of a tendency to be in the hyper masculine (drive, efficiency, quickness) or more in the hyper feminine (craving, addiction, hungry ghost) when you aren't being completely present? As you spend time slowing down to the pacing of water, allowing your 2nd belly chakra to fill, what kinds of sensations do you experience? What did you learn this week from being in the pacing of water?

WATER MODULE WORKBOOK

LESSON 5: SKILLS - BEING WITH OUR FEELINGS AND WHAT LIES BENEATH

How feeling our feeling allows us to connect to water's wisdom qualities

Water is not only our true nature's awakened expression of compassion, it is the very essence of our openness, tenderness, and ability to receive one another. Water is the lived truth of interconnectedness.

"While one expression of water is transmitting warmth and compassion, the other side of water is our ability to reveal our vulnerability and reveal our tenderness."

We can notice a strong correlation between our ability to be this quality - warm, connected, emotional, and intimate, our ability to feel our own emotions, and our ability to be vulnerable with others.

While one expression of water is transmitting warmth and compassion, the other side of water is our ability to reveal our vulnerability and reveal our tenderness. It's important to remember when we were emotional as children, if someone didn't respond in the way we needed, it trained us and conditioned us into resignation and numbness. This can make it hard to drop and soften and open now as adults, when we've been trained that our emotional self isn't really safe to feel, express, or reveal.

As we practice directly feeling our emotions and allowing them to flow freely without inhibition, we have to remember that everyone is at a different place in their capacity to do this. We may partner with someone in a mini who doesn't have a lot of capacity to feel or express their emotions.

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If your partner is someone who can't do that very easily, it is very likely that you are working with a person who, as a child, likely experienced being in distress without a caregiver being present with them, or without a caregiver showing up fast enough or responding adequately.

So, when someone can't feel themselves or feel their emotions easily, they have gotten an early attachment injury. What we want to do in this case, is to be even kinder and more patient. We can allow ourselves to empathize with the child part that was not responded or attuned to, and to connect to the pain they may currently have of not of being able to feel themselves.



“RUMI - THE GUEST HOUSE

“This human being is a guest house, every morning a new arrival, a joy, a depression, a meanness. Some momentary awareness comes as an unexpected visitor. Welcome and entertain them all. Even if they're a crowd of sorrows who violently sweep your house empty of its furniture, still treat each guest honorably.

He or she may be clearing you out for some new delight. The dark thought, the shame, the malice, meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.”

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LESSON 5: SKILLS - BEING WITH OUR FEELINGS AND WHAT LIES BENEATH

Being with what's beneath the surface of the water with Mandy Greenlee.

We can connect with the innate wisdom of our emotions as they are our navigation system throughout life and as Rumi would say 'have been sent as a guide from beyond.' Even though our emotions can feel uncomfortable and destructive in some way, we can connect with that hope and even excitement about what they are clearing room for. We can hold a spirit of acceptance and welcoming to whatever shows up.

The gift of water is how to actually discover what's beneath the surface and what are the deeper vulnerable emotions that only reveal themselves when we actually are willing to acknowledge, to meet, to be with them. "Oh, so you're here now?...sadness, judgment, shame, or anger"

What is it to really meet those places?



"We are watery beings. There's this fluidity and fluency of the emotional body that can develop if we don't interfere. Our bodies are made up primarily of fluids. Our nervous systems are wired to move through emotions fluidly so even the ones that feel super intense or hard, that we don't want to be here, just remember our natural intelligence to move through them fluidly."

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LESSON 5: SKILLS - BEING WITH OUR FEELINGS AND WHAT LIES BENEATH

The gift of letting go

If you feel water flowing down a river, you'll experience that one of the gifts of Water is letting go of agenda. Water in a certain way doesn't have discernment, it is unconditional. It's not saying 'Oh, I'm going to move over this rock, but I'm going to jump and not touch that rock.' It literally penetrates everything that it's flowing over and around and through. Nothing is left behind, and there's something so beautiful about that. The nature of water meets and meets and meets and meets.

The nature of water is not "I'm going to judge this" or "I don't want to be with this". It's just the very elemental, alchemical nature of this element is just to be with it all.

Imagine when there's a place of holding or a place that feels hard to understand the practice is to just meet it with this continual loving presence and really catching if another part shows up with an agenda like, "Well, if I meet this, then it's going to change, and then I'm going to get to the goods and the gems are going to appear." Recognize that in the meeting, the meeting itself is the gem.

We can notice if something comes up, do we have a part that shows up immediately saying, "Oh, cool, I'm willing to be with this, because I know it's going to get me somewhere." The emotion that's 'sweeping the house wildly,' it's not sweeping to clear, it's the act of sweeping that has its own intelligence, its own wisdom. If you think of it from a parts level, it was put in place for a really good reason. Maybe that one that is sweeping furiously, its intelligence knows that through fury it got something when it was a child and got its needs met.

There's this real refined place in the Water quality of catching if any part is showing up with agenda and coming back to the realization that as Water, 'I'm this infinite source of loving presence that can absolutely be with whatever arises.' and really hold that part vs seeing the parts as inconvenient and as 'unwanted guests.'

LESSON 5: SKILLS - BEING WITH OUR FEELINGS AND WHAT LIES BENEATH

We live in a culture that's so fascinated with outcome and so driven to have results. There is a beautiful quality in that, and there can be a distortion in that.

The emotional fluency in our childhood development

During our childhood development as baby's in the early oral phase the primary focus is on meeting needs to not be upset anymore. In the toddler phase you develop a range of emotion where you might be smiling and laughing one minute and then all of a sudden be sad and start crying for a moment and then the next moment joyful again.

There's this fluidity and fluency of the emotional body that can develop if we don't interfere. We are watery beings. Our bodies are made up primarily of fluids. Our nervous systems are wired to move through emotions fluidly so even the ones that feel super intense or hard, that we don't want to be here, just remember the fluency of our innate state and our natural intelligence to move through them fluidly.

If the toddler part is just doing their thing and we are completely ignoring it, that's not helping. What helps is just not trying to change the emotional experience, but really not interfering and just staying with the course in loving presence.

As adults, the story piles on creating a hiccup with our fluency of emotion to just move through, but our natural state is welcoming whatever is here.

Most of us didn't have caregivers that have that level of attunement or even comfortability in their own system. So they're interfering and trying to mess with the intelligence system and the emotions move at a different pace.



WATER MODULE WORKBOOK

LESSON 5: SKILLS - BEING WITH OUR FEELINGS AND WHAT LIES BENEATH

PRACTICE: The Deeper Feelings Beneath Group Skills Lab

1. **Notice, any parts of you that are starting to show up** as the more viscous nature of Water is inviting in. Notice if your doer, or the one that like wants to do it right shows up. If you can relate to this idea of welcoming them and again just acknowledging who's showing up now.
2. **You can have a curiosity and intrigue about who's showing up** without the agenda of 'If I presence you, then you're going to change' or 'Then I'm going to get to the material that matters," but more like, oh, this is what I noticed now, and it might just be a sensation in our bodies, and it might be a part that has a consciousness or it might be a story.
3. **Feel it versus trying to figure it out.** Give permission to what's there just feeling it instead of trying to figure it out because that's what we're usually trying to do. 'Oh, I feel it, how great, now I want to figure it out, analyze it.' Water's not a figure-outer-er. Water is a sense-based, felt wisdom. Notice if you are trying to figure out what's under the water and feels like it wants outcome.
4. **In a group, name out loud what's here** and give it permission as each person begins to name something else. As we submerge into the water together we can begin to feel the interconnected interrelational aspect of the group and welcoming all aspects to the pool that each person names.
5. **Meet it with an ocean of loving presence without any agenda.** There's a real honoring of the wisdom that each one holds, even the tightness, even the constriction or fear.
Water moves beyond the wisdom of like "shoulds" and like needing to do it a certain way, water is just with it all. We may recognize that there wasn't an

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LESSON 5: SKILLS - BEING WITH OUR FEELINGS AND WHAT LIES BENEATH

6. **Notice the softening that can occur with the recognition.** Notice what happens in the body as everything named is seen and acknowledged. There can be a softening that starts to occur as the intelligence reveals itself. Notice if it feels easy for you to be with each part, with agenda-less presence. Notice your capacity to meet this part. Notice if you can stay in that presence.
7. **We are multiple voices in one body.** Realize the more we deepen the more the heart comes online. Keep noticing the field of water to be with anything that arises. Realize we are one body moving together and notice if in one system something arises, notice it shifting someone in yours like multiple voices of one body.
8. **Honor the wisdom of each part.** Even feeling the contrast water is still here listening, no matter what...still here. Deep acknowledgement and acceptance of that part. There's nothing wrong. Water is the unconditionally loving mother that just stays with her child effortlessly and continuously.
9. **Submit your practice below** to receive points towards your Water Bender Apprentice Badge.



REFLECTION QUESTION

Which feelings and experiences do you have the most trouble welcoming in?
What happens as you start to acknowledge and bring loving agendaless presence to each of these parts?

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LESSON 6: SKILLS - ATTUNING, FOLLOWING, ALLOWING

Attunement

“What does “Water” do when it meets “rocks”? It goes around, it softens to the hardness, it receives and responds. It “moves with” instead of trying to move or alter the other. It is not forceful.”

Responsive attunement is a quality of water that is very key. When we give a session and we bring in our emotional presence, if we feel the person pull back, or shut down, or go away, and we are in that felt sense of the experience with that person, we should be able to adjust ourselves to meet what their body or what their energy is signaling us.

So, for example, if I come to be in connection with my client and offer my warm presence and I feel a little kickback, like a little push, or I feel a little hardness come up, I need to be in my responsive nature with what is arising in the other person.

What does “Water” do when it meets “rocks”? It goes around, it softens to the hardness, it receives and responds. It “moves with” instead of trying to move or alter the other. It is not forceful.

So, if I'm offering from the warmth of Water, even if what I'm offering is love, if their system is afraid of love, then I can adjust and do it just right for them. So, I can literally move and modulate my system in responsiveness to the system that I'm connecting with. This is attunement.

So, even though Water is about the interconnectedness that always is, if their system is not recognizing that, if their part is like, “hell no, I'm not going to be in that connection!” I can acknowledge the perfection and the intelligence of that part. I can find where I need to adjust to honor their needs of the moment. Water is the ability to honor and

LESSON 6: SKILLS - ATTUNING, FOLLOWING, ALLOWING

embrace whatever is, including the defense and the part that may be living in a younger view, protecting something that is important to them. We must remember that though at some point (with the introduction of Tree) we may introduce them to what is out of their part's awareness, we honor there is an intrinsic intelligence and goodness in what the part is wanting to protect, and we honor it.

If we don't honor a client's natural pacing and all that needs to happen before their protector would naturally let go, we may cause harm or increase someone's need to protect. Water cultivates our ability to work with the client's own rhythm and honors their system's intrinsic intelligence.



Attunement when Disconnecting from Client

In scientific studies of attachment it has been shown that a baby doesn't want mama to be the person who takes the attention away first. If the baby starts to feel like mom is going to take her attention away, the baby will turn their own head first, in order to control the moment that that connection goes away. The pain of disconnection, especially when not prepared for, is so great, that the baby turns first in order to feel in control of that moment of disconnection. It's important for us to be aware of the power of this practice and honor the deep needs within us that it can access, as we attune to another person's system.

The process of connecting with Water can be a very deep and opening experience. It's very important to have attunement as we are not just connecting during a session, but also in the moment when we are coming out of the connection at the end of a session. If we don't attune here it may feel like we are jumping out of connection and it may be jarring or disruptive to the person's sense of safety.

LESSON 6: SKILLS - ATTUNING, FOLLOWING, ALLOWING

PRACTICE #1: Water Responsiveness Partnered Practice

1. **One partner rests and transmits from Water.**
2. **The other partner intentionally does not open system**, and defends a little, finding a protector part within them and exaggerating their own natural defense.
3. **The one transmitting Water plays with modulating and adjusting their system** in an attuned response to the defense. There is no formula for what to do here, this is an exploration with awareness and inner knowing of how shifts in your energy moment by moment affect your partner. Some possibilities to play with:
 - ...if you may be merging –try adding air (awake awareness) to water.
 - ...if they are closed, try resting back and giving the person more room.
 - ...if they feel hardened, try softening your own system, and diffusing even more.
 - ...if they seem ungrounded, try adding some earth to your Water and wait without agenda for them to land.
4. **If you are the one who is being “the defender”, notice how these shifts affect your system** and allow yourself to be authentically impacted.
5. **Afterwards share with each other** what you each experienced in your felt sense.
6. **Switch roles and do it again.**
7. **Submit your practice** and receive points towards your Water Bender Apprentice Badge.



WATER MODULE WORKBOOK

LESSON 6: SKILLS - ATTUNING, FOLLOWING, ALLOWING

PRACTICE#2: SKILLS LAB: Attuning, Following, Allowing Group Lab

1. **Start by tracking this collective field** feeling the particular entry points to the different levels of wisdom that are in this particular group body. There are many doorways and we're going to find our way in through the allowing door.
2. **Presence this ever loving awareness** that is the water we're swimming in right now. The presence that is that which liberates. None of us have to do anything. We are just being with what wants to come through.
3. **Check out the group field, what qualities do you notice?** In this watery embracing awareness that we can release into what qualities do you feel here? As you name the qualities invite your system to open to deeply, deeply receive. We get to allow in this space, the pleasure of the felt sense, the pleasure of being received.
4. **Tune to the frequency of the warm embracing field.** Our little babies when we came in, what they were signing up for is to come into this warm embracing field. That's what we're designed for to come into this warm embracing pool of water in the belly. The waters we were swimming in might have had all kinds of imprints. Invite yourself to open into this. The timeless generation of mothers that go all the way back recognizing that these same waters are inside your being. What happens if we permission our being to tune to that frequency?
5. **Meet the parts that have the pain of not feeling that.** Meet the parts that have braced against that or have had to hold and recognizing that these waters can receive all of that. These waters are still here. Meeting the bracing, wherever it is, meeting it. Meeting where we had to turn away from our tenderness - where our tenderness didn't feel safe.

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LESSON 6: SKILLS - ATTUNING, FOLLOWING, ALLOWING

PRACTICE#2: SKILLS LAB: Attuning, Following, Allowing Group Lab

6. **Notice our bodies can metabolize this emotional field.** Our bodies have that intelligence imprinted and embedded within we're activating and contacting that intelligence. Like we are metabolizing all these wounds as a group, so you don't have to do it yourself. Bringing whatever pain that might be here into this space. Lifetimes can start metabolizing and passing through.
7. **Connect through the visual field.** You can use the group as a reference point. welcome enough space to welcome even your most terrified parts back in, use them, use their doorway.
8. **Invite the earth field to hold the emotional body** that can help the whatever is here start to metabolize and feel grounded and safe.
9. **Create a belly heart connection with someone.** Pick one person and send them water and as sparks start moving permission your belly heart. Open your bellies to the group.
10. **Check the resource in the field** as you connect in the territory of these early imprints and places where you might've braced in your system. Check if you want to come in even closer to meet that.
11. **Notice the fire energy that knows how to move that through.** Nothing you need to do. It can start to move some of these places that have been frozen. It might be an inner movement. It might be expressive. Invite your system to allow what's

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12. **Sense of your soul essence that's also wanting to come out**, that's wanting to permeate your being. That's wanting to be felt and receive that's under the clamp

that might've turned away when those waters weren't safe, that might've been pissed and said I'm out of here when those waters weren't safe. That might've frozen when that nourishment wasn't there and your little earthling baby body might've tried to do it yourself.

13. **Notice we are in the space where your essence is safe and welcome.** Feeling that this space in this space, we're contacting that presence that receives, we are the space that receives you. These are the waters when your essence is welcome and wanted.

14. **Open your system and allow yourself to self-organize.** Some in the group can choose to open their eyes and receive and if there's others with something moving

right now that wants to be received, invite yourself to almost amplify it further...whether it's the frozenness, whether it's the turning away, whether it's a feeling of deep need, whatever it is go into the allow.

15. **Notice you aren't alone.** When there's a container for you, you don't have to do it

alone and you can you open your system to see what wants to move. You don't have to hold it. If you feel like you're doing it alone, come back to the heart belly, even inside yourself, inside the allow space and bring it into the group field that is

already here. There's others in this field that know that place too.

16. **Track and allow the other system to inform yours.** Track through their. It might

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17. **Name what you are tracking and ask them to name what they are experiencing.** Realizing that there are other people in this space that have that pattern. Let them know you are with them in this experience belly to belly welcoming whatever is named and welcoming the tenderness and the life energy that wants to move. Welcoming, honoring, and allowing with an open heart anything that comes through - their ancestors, their full self expression, their pain.
18. **Check in to see what happens as you name and allow.** Notice if their system opens or closes. Notice if the energy moves or stays bound. Welcome it all as wisdom to be honored keeping a connection through the heart belly. Allow the imprint to rearrange.
19. **Notice the overflowing nourishment.** Help their system open to glimpse and sip the infinite nourishment that is here feeling that flow as it starts to inform your body, filling them feeling their field start to fill. Anytime when you're thirsty, you can reach up and there's more. In the oral process, we can help to reimprint the nourishment that didn't occur. Sometimes we can get nauseous, when the places that have been numb or holding as they come out of that freeze and start to move, Notice what's happening for you and in the group field as you connect to the other person.
20. **Submit your practice** and receive  points towards your Water Bender Apprentice Badge.

LESSON 6: SKILLS - ATTUNING, FOLLOWING, ALLOWING

REFLECTION QUESTION

When you begin to attune and allow bringing the wisdom qualities of water, what parts begin to arise? As you name those parts, what happens in your system?



LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

Discharging Emotions

The Karmic Storehouse.

We have all these parts and because we have all these parts, there's a lot of emotion that these parts are experiencing all the time and we get caught in reactivity...craving, grabbing, wanting, repelling, protecting, fighting, defending. This is all within us, so what do we do with it? Sometimes when you unhook, and you shift mind, you'll feel it all settle. It almost dissolves away and then it coheres into its true form which is love and bliss and coherence which is the one truth.

There's also the reality that if we can't get all the way there, if we are caught in our emotions, it can be dangerous if we suppress them. What do you think happens when you suppress emotions? You can't actually suppress an emotion, or deny it. If it's there and unexpressed, that energy will find another route. Emotions are energy based and affect the form so when you try to suppress them, they turn into matter and solidify in the body. Suppressing your emotions can impact your body and even make you sick.

Our emotions can also distort our thoughts, and if we create from those negative emotions, what we build is on unstable ground. Experiences from our early life didn't just set up belief patterns, they also stored emotion that if they weren't fully metabolized, continues to live in the body field.

So there's an idea from Buddhism called the karmic storehouse. Your body is part of the collective body where every negative unprocessed thought, belief pattern, and all of the energy that's unmetabolized is stored and keeps recreating reality from the obscurations that block us from our true nature. We're living in all this unprocessed mind which clouds our view and continues to amplify Samsara, a cycle of suffering or hell versus of Nirvana, which is the unobstructed view of our true nature - god or heaven. So we start living in that hell.

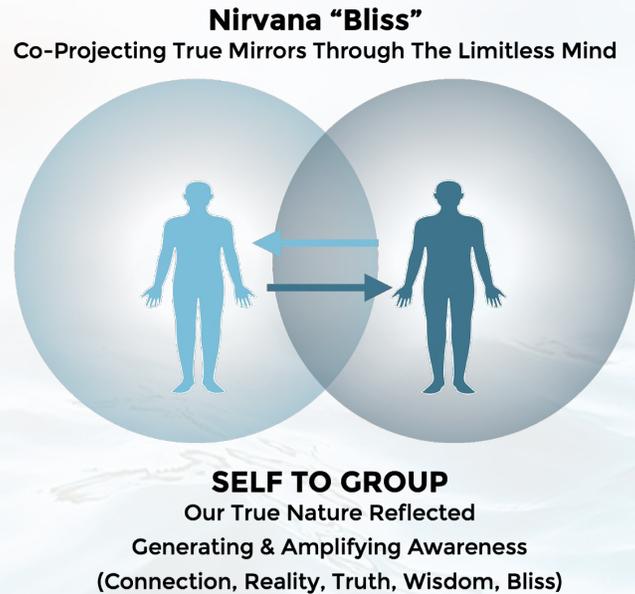
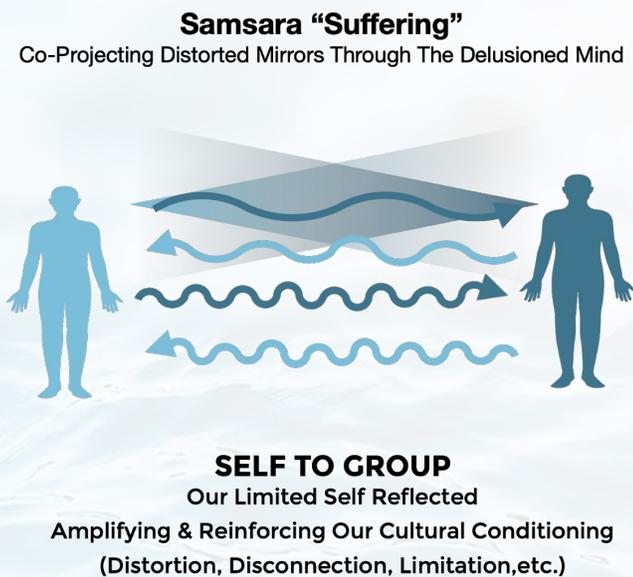


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LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

What do we do to get out of this Samsara, this hell?

In Luminous, we have two primary things that we focus on to shift from Samsara, or suffering, and Nirvana, where we experience the bliss of our true nature.



#1 Unhook from the mind that's generating it (self to self practice)

We continually unhook from the Samsaric mind, and find that which is beyond it - this pure awareness that's always here, that cannot be harmed, that is not of that delusion mind. From that ground, you view everything and then it purifies it and brings it into its true nature, which is coherence, love and bliss. Unhook from the mind that's generating it, get beyond it into the mind that is your own mind, God's mind, the pure mind, purify it, cleanse it, transform it into its' true essence.

#2 Create a safe space for all parts to be unconditionally held so the emotions can process (self to other relational practice)

We make sure to include all parts we often suppress or hide allowing the emotions and the energies that stay in our body field constantly affecting everything to process.

LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

When we have parts that we feel shame about we tend to hide and not allow them, so they have no way to fully metabolize. What's needed for those parts to metabolize in a healthy way is for us to shift into awareness with each other creating spaces for all the content to come into the light of awareness without inhibition. Everything needs to process.

DIAGRAM: 3 STEPS TO CREATING A CONTAINER



STEP 1 AIR: Spacious Awareness: As we create a relational container for each other, we start by holding air, emptiness -, bringing an awareness that's not caught in the content, an awareness that understands it's not solid, it may feel real to that part, but not true.

STEP 2 WATER: Next, we hold water, which embraces and connects with it, so it feels felt, acknowledged and fully received. This is the 'Healthy Mother' who holds open, nonjudgmental, unconditional presence.

STEP 3 TREE: Then we bring Tree as we align our central channel and transmit the 'Healthy Father' who is everywhere, but right here, reliable, in service, and holding a safe strong container.



WATER MODULE WORKBOOK

LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

How to be with anger

For some of us we can't let things like our anger flow. For others they can't let their sadness flow. The reason we teach people to go get a bat and beat a pillow to find the pathway to anger is that it teaches you to let that energy flow which can be powerful. The problem is the anger never ends, because anger needs to be fully and energetically received.

"What happens if anger is actually listened to, received and taken in without resistance? It converts to its nature - our natural defense system. If we can give the container that actually honors it, and uses that wisdom of water - receiving, embracing,, and not resisting - then it finally gets the deeper connection that has been withheld or resisted for so long. The rage and power, all of that energy, finds a place to become a calm stream as it pours down the mountain becoming the lake below."

What happens if anger is actually listened to, received and taken in without resistance? It converts to its nature. The resistance of it is what's causing all the pain. Most of the time when someone's angry at us, our natural defense system, either wants to push back, "don't fucking be angry at me!", or it wants to run away. There's a lot of intensity in that emotion, and all the parts of us that have shame are afraid that something's wrong with us and that they're going to point it out.

If you can move into a receptive state and breathe and take in when someone is emoting, you'll help them access what wants to express, wants to be met, heard, taken in, and that completes it. If we can give the container that actually honors it, and uses

WATER MODULE WORKBOOK

LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

that wisdom of water - of receiving, of embracing, of not resisting, then it finally gets the deeper connection that has been withheld or resisted for so long. The rage and the power and all of that energy finds a place to become a calm stream as it pours down the mountain becoming the lake below.

Anger is actually just the distortion of clarity when it degrades and blends with ordinary parts. Within anger, there's some truth blended with a lot of intensity and emotion. If you can receive it without resistance and not worry about what was true or not true, you'll find little truths mixed with untruths and it can even feel pleasurable to receive it if you are in simultaneous awareness allowing the energy to love and flow.

If you are using anger and saying, "I'm just going to be freaking angry in the world and be angry at whoever I want, and you've got to containerize me!" That's a child's view. We aren't children that demand that everyone be our container in every moment, but we do have an intelligence that understands that anger does need receiving and that we can consciously choose to receive it. You could even grow a super power that when people are angry in the world you could consciously show up and give the container to people when they're needing it.



"There is a natural mechanism called the 'Discharge Process' that governs how our nervous system releases impact, like the ability to cry and scream and shake..We are designed as animal bodies to discharge our emotion and our energy. But what happened is, is our society conditioned this out of us."

LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

The Natural Discharge Process

If you watch children, little children, boys and girls the same... what happens when Johnny falls at the park and scrapes his knee. What does he do? He cries out.. Before he's been conditioned that boys shouldn't cry and that he's a sissy if he does that, Johnny just goes.... Whaaaaah!

There is a natural mechanism, that if you look at children, it hasn't been conditioned out of them, and in Co-counseling, they called it the "Discharge Process". It's how our nervous system releases impact. What happens is when we have experience, we have all these beautiful mechanisms, like the ability to cry and scream and shake.

Peter Levine talks about this in his book "Waking the Tiger." You know where, where the deer, it's running and running and is going to get killed and somehow he makes it, and the animal shakes off all of that energy that got created in the terror of "I might die" allowing the animal to restore, relax, and eat grass and be a normal deer again.

We are designed as animal bodies to discharge our emotion and our energy, but what happened is our society conditioned this out of us.



Our 'Still Face' Conditioning

One way it is conditioned out of us is through the "Still Face" experiment. The baby is crying and if someone doesn't respond to them and come co-regulate with them, it becomes too painful and too traumatizing, so the baby 'Still Faces' and loses its discharge process.

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LESSON 7: SKILLS - BEING WITH AND DISCHARGING EMOTIONS

Many, when they were babies, weren't responded to, and then as they became adults, created a culture which is more hardened and shut down. Some were told when they cried, "Don't be a little baby, stop crying, go in the corner, shut up!"

Those same people, got so hardened they couldn't feel. They weren't in the interconnected field of awareness. They got into industrial complexes and wars..."We need warriors here." So you need even less feeling and harden even more.

We create little soldiers. Men need to not feel or cry, because "How the hell am I going to get them to work 40 hours a week and kill other people for me? Right?" You with me?

So what happened is there's a population of people who, innocent themselves, somehow got cut off from their own felt sense and that generated actions that were from people who were hardened from their felt sense and they created industrial complexes and warring zones.

Then they had to create people who could live within those complexes. So then we got culturally stronger to condition people to not feel themselves, because it would be really hard, if people felt their own bodies, to make them work 40 hours a week in cubicles, or in industrial environments. People wouldn't be able to do that. If they could feel themselves.

The people wouldn't be able to kill each other, if they could feel themselves. That's why, if you look at the military, you see the way their bodies are held. There's this straight body that moves more like a machine, because that blocks the sensation of feeling where there's almost no flow, almost no life force, because how the hell are you going to shoot another frightened, vulnerable human being, if you're in your felt sense?

Feel what happens when you live in a culture that first, years ago, parents were told that when a baby cries, don't respond. And then that same culture told children to shut up and be quiet. Right? And that same culture told young growing boys, as they were

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growing into men, that they were acting like girls, if they cried or had feelings, that they were being sissies. "Don't be a girl!". Right? And even in modern day, it got so much cooler to be the distorted masculine, that all the women started to act like that, like, "Oh, we want to be in the society. We want to fit in." So now I'm going to be masculine and I'm not going to feel. I'm going to show up in my business suits and put away my feelings, because I want to be part of the power group.

So feel what's happened to us.



The Immediacy Of Feeling Our Emotions Without Story

"We need spaces where we can regain our capacity to feel our emotions because through our vulnerability, through our ability to discharge emotion and energy, through our ability to feel, we are opening to our capacity to feel, sense, love, and connect with each other."

So feel how water, which is asking to bring us back to the felt sense and to ask us to find our way to go back to that natural mechanism, which is to feel, and to discharge our emotions, to be able to cry, so that the hardness can soften. To be able to express our emotions, so that they don't compress our bodies. Water is the invitation to be in the warm, loving, receiving presence of the entire emotional range.

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And water can be compassionate for the bodies among us who can't even cry anymore. Because we understand that it was created through trauma, and it's not someone's fault that they can't feel, or can't cry. It's actually a deeper form of trauma.

We need to get this skill back. We need to be able to feel our emotions and we need spaces where we can regain this capacity, because through our vulnerability, through our ability to discharge emotion and energy, through our ability to feel, we are opening to our capacity to feel, sense, love, and connect with each other.

One of the teachings of water is about feeling our emotions without story. We are used to 'weather reporting' from our ordinary mind, rather than just dropping in and crying or shaking or screaming or laughing.

This is what Co-counseling teaches - is the need to get beneath the story, and actually let the natural discharge process occur, and for most of us that actually is a lost capacity. Some of us still have it, but many of us have lost it.

It's actually something we have to practice with each other. We can literally, in someone else's presence, just allow the feeling and the emotion to move and the crying to happen, the shaking and yelling to happen. We just be in the emotion without anything between - raw immediacy. It is allowing and not forcing. It isn't about making yourself cry. It's through presence with what is here with the intent to allow emotion to occur. The rigid process and it's tightness is in the Western cultural paradigm. It becomes a defensive overlay in our tissues that pushes against it in overdrive.

When you learn to process your emotions, then you have capacity for other people's emotions. It gives you resilience and buoyancy. When you're caught in a more rigid pattern you actually get that that's where the fragility comes from - the inability to feel yourself.



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What if you freeze and can't access your emotion?

Some have the wound where you can't discharge. What you do is just be absolutely present with the numbness or with the freeze. Hang there noticing "I can't even talk" and notice the catatonic state of all the people in the pandemic who are overwhelmed and can't get off the couch. Be in the felt experience of, "I cannot move". That is still discharge. When awareness is directly with an experience, even if the experience is of freeze, it is processing it and metabolizing it.

In the freeze often opposing forces are coupled - there's an overwhelm and a lock and we can't feel, or there's a sad and a mad at the same time, or a collapse and a fight on top of each other. Our systems can blow out into numbness when that happens.

We are able to presence the numb and once you're there, you might be able to start to feel like... "oh wow, there's a clamp, and there's something rising". Things that are paired, you can start rocking between them a little bit, oscillating.

At Luminous we do it from the ground of awareness. So my experience now, when I discharge, because I'm in the ground of awareness, I can discharge the most intense emotions and there's a relaxation in it, because we are in awareness processing it. It's a Simultaneous skill.



How To Be Present With Strong Emotion

In Luminous terms fire is the heart, the fire heart. It is a desire for there to be nothing in the way of connection. Sometimes when something's in the way of connection, it brings up an energy that wants to cut through or express. When people are angry or hurt we can use our view to know that the heart of that anger is that they want what they cannot feel, which is an unimpeded love.

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When someone is getting really dynamic and the energy has more emotion or intensity there's three things we can do to not get caught

1. We emphasize the awake awareness aspect, the emptiness. We can get more transparent - beyond energy into that, which is absolutely clear, unchanging, pristine and cannot be stained or harmed which is the wisdom quality of Air.
2. We emphasize the ground, which is the wisdom quality of earth where we send our awareness into our lower half, into our legs and feel that source of ground. Here we are just deeply present, but are maintaining a sense of stability. If you're up in your head, and you're starting to lose your sense of not being able to hold your own stability, then bring your awareness lower.
3. We emphasize our love, our heart that loves and embraces all and can hold everything and everyone our true heart.



White Fragility & Loving Your 'Enemies'

At Luminous we want to be able to hold a powerful ground, receiving and strengthening with more 'tree' and 'earth' so we can hold high charge like anger or any of the more difficult masculine distortions.

We can bring in a beautiful piece of wisdom from Jesus who encouraged us to be able to love one another 'as thyself' and to be able to love your 'enemies.' Loving our enemies is something that I myself struggled with for a lot of years when I was coming into more of a spiritual evolution within myself. Many of us have struggled with this even if conceptually we are onboard.

It's really easy to do it at a distance when you're not directly connected to the person,

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place, and groups of people that show faces we dislike or don't want to be a part of, We can pray at a distance and say 'I send you love.'

It's a whole different game to be connected to someone right in front of you who is doing everything that's perfectly designed to trigger every part of you all at once and then be expected in that moment to be able to access love, when everything inside of you is saying "Hell no, screw you." All you want to do is just get out and retaliate in every way, shape, or form and then strut your way out of the situation.

The distorted masculine has one piece of the anger that is mad because it doesn't have that connection to divine love and has the desire for that connection that is saying "Why don't you come in and give me that open love." Then there's another part that's the protector in there, that's saying "I'm going to destroy you because you're not giving me that fucking love." It's the same pain but one has the volume turned up much louder.

How can we ground, invite in love, and stay connected to the person until they can reach the other side of all the intense anger that's inside of them? How can we do this while not getting hurt, living into a masochistic dream of just taking blows from people and trying to smile and pretend we're good with it?



Being With Charge with Ethan Henson: Question & Answers

How can you tell if what you are feeling is them or your own parts being triggered?

If you're in awakened Tree ground, then you're tethered into the person's nervous system and what you're experiencing should be pretty right on and not your reactivity. You might feel the tightness in your own body but if you are in Awakened Tree &

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not yours and is instead what you are picking up on.

We have to make sure we are stably in the Awakened wisdom spaces and not in parts. The moment we go into parts, we're going to go into reactivity and whatever pain or problem and then will start resisting and going into defenses or wanting to check out and get away from it.

What happens if our reflexes are to go inward when we receive a lot of charge?

The reminder to breathe can be very helpful if your reflex is often to go in. Anytime you start that sense of locking up, that's a part. Remind yourself that it's okay, everything's safe. Breathe. Stay open, keep letting it come through. It's important to do body sensoral monitoring, while you're staying tethered into a lot of charge. Keep breathing, don't freeze.

Can you add Water in both the distorted masculine and the distorted feminine?

When you get into these awakened wisdom spots as long as you're in the stream of it, it will inform you of what's needed. When we're in the, our awakened state holding these qualities and allowing this energy, it seems like the energetic tether is actually a huge part of how this energy transmutes through the connection of allowing and receiving.

If you're in an intimate partnership connecting with somebody that you have a strong emotional bond with where we can take things personally and are not just in a container space as a practitioner, how do you maintain alignment and stay connected given there may be a lot of personal material arising?

First you may not practice this with your partner's right off the bat. So you would want to train with someone who's got access to more of these awakened states. is consent from

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Second is the discernment between what piece of it is actually true. You need to know that and then you also need to be able to have the discernment to say 'that's a problem I'm willing to own,' AND what's this other big piece of reactivity that doesn't feel like the punishment fits the crime? That's the part that in reaction that's bringing the story to the table that really has nothing to do with me.

When you're in a partnership, you need to be able to own the part that contributed to creating the issue. You have to own that and be able to separate that from the projection. If you don't you'll feel like you're trying to pay a debt for something that wasn't yours to pay, and that's what ignites your reactivity. I did this, but I didn't cause all of this rage.

What happens when it feels like an ambush and you aren't ready to hold the container?

You really have to make sure that you have the buy in from both sides and give them an invitation to come into more conscious connection about it so there both sides. If they are wanting something more continuous and spontaneous then you both have to really jump in and bring some structure to it so that you aren't just blind sided.

Often, once you crack the lid, it's like Pandora's box and it brings forth an invitation for all the parts with this super atomic energy to start to come out and then it becomes a never ending story of processing and management and you can get really blown out and burn out. If you're going to invite that kind of atomic connection into your system then you have to be bold enough to expect that from your reflections of the world.



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REFLECTION QUESTION

Choose a moment when you've felt anger or an intense trigger. What happens if anger is actually listened to, received and taken in without resistance? What do you learn about what it's trying to teach you?



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Attachment Theory

“Many of us got conditioned when we needed something and we reached, there wasn't a response. So now we've created all of these compensations to deal with the fact that there wasn't a response at these important times in our life..”

Our Survival Needs

So one of the principles we teach at Luminous is about healthy attachment. We have healthy needs, especially as children and there is a set of needs that if not met, part of us can't develop. The oral process is particularly connected to the sense of when we are in need. When there's reach there needs to be a felt sense of response.

Many of us got conditioned when we needed something and we reached, there wasn't a response. So now we've created all of these compensations to deal with the fact that there wasn't a response at these important times in our life.

John Bowlby, who was one of the original fathers of attachment theory, did some studies on orphans. They were given all the shelter, food, and basic physical needs, but they weren't given attention, love and touch and many of the orphans died. Just feel that because we think that attachment needs that are emotional, aren't connected to our survival, but because we're biologically wired for attachment and have an emotional system that co-regulates others, if we don't get that need met as a child, it's, it's actually a survival need. That's how deep it's in our primal attachment wiring in our system.

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There are 2 aspects to attachment theory:

1. A child needs to be able to have a secure bond with an attachment figure that will respond to their needs and their reach.
2. When we attach as adults, we have the same need.

In an older, psychological theory we thought it was okay to let the child cry in the corner. Attachment theory allowed us to understand more fully that children have real attachment needs and you should respond and fulfill the need. We thought that adults didn't have these same needs and that this primarily applied to children.

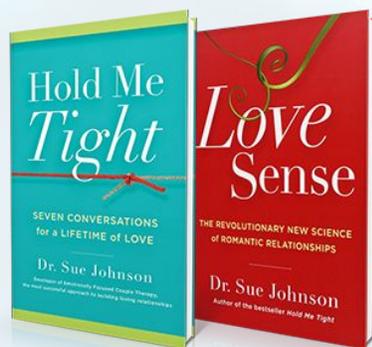


Primal Panic

Sue Johnson, another attachment therapist explains that the original research actually showed that it was the same in adults, that when an adult attaches to another adult they actually have a biological wiring that makes it survival.

RECOMMENDED READING

Hold Me Tight & Love Sense by Sue Johnson



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There is a term called primal panic that Sue Johnson explores.. Primal panic is that survival feeling that rises in our body when we're in need and we reach, especially from a primary attachment figure and we don't get response. So everyone experiences primal panic, and some of us have created these compensations in our system if we feel that panic, we immediately shut down, close off, numb out or go away.

In our modern day it's a bit of a revolutionary idea that we are biologically wired to need each other and that there's a wiring to co-regulate and to reach and to get response.



Reprogramming Healthy Attachment with Our Felt Sense

“Water is all about the realization of this interconnectedness that just is and this felt sense that we have the capacity to feel ourselves and feel each other. Part of what shuts that down is when we are in need and we reach, it isn't responded to in childhood, and it isn't responded to in family, and it isn't responded to in cultures, then we harden as a culture and we cut off from this natural interconnectedness and felt sense.”

One of our goals at the Luminous Awareness Institute is to create a community of people that understand this and actually reprogram healthy attachment, healthy reach and response with each other. It's one of the reasons we have Mini's so that in a moment of vulnerability you can reach and there's so many people available that someone responds to the need.

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For many of us it's hard to reach because our early experiences taught us that vulnerability wasn't okay or that it wouldn't be responded to and when we go into that vulnerability it can bring up such intense anguish and fear that most of us are afraid to allow that the vulnerability to exist and to allow the need.

The problem is, if we have a society of people who have to compensate so that they don't feel the panic and they don't feel the need, imagine how we've had to shut down our bodies and shut down our emotional systems and shut down our capacities for feeling. What do you think that creates? If can't take the risk to be vulnerable with each other what do you think happens to a culture of people that don't have access to this response?

...A lack of empathy. In order to not feel that primal panic... in order to not feel that deep need and vulnerability, we have to shut down our feelings, which also makes it hard to feel each other.

...If we deny our need, then we have a choice of either denying other people's needs, or getting angry that they have them, denying our own need and our own vulnerability,

...It can allow us to perpetrate violence on others because we aren't even seeing them as fully human, and it also means we're not seeing ourselves as fully human.

Awake Awareness (Air) and Energy Awareness (Water) we sometimes call the "felt sense where we have the capacity to sense our interconnectedness. Can I feel my emotions? Can I feel my sensations? There's a widespread epidemic of people not being able to feel themselves which is called alexithymia. A large number of people when asked to put their hands on their body, can't describe the sensation under their hand. We're very numb .

The felt sense is 'I can feel myself,' and as that felt sense expands and becomes awakened water we wake up to the interconnected field and there's this felt sense of

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awakened water we wake up to the interconnected field and there's this felt sense of everyone, of everything. Can you feel the trees? Can you feel other people in a room? Can you feel how your kitty or your dog feels? or your child? That's the felt sense.

How do you imagine the world would be different if everybody had a Felt Sense if we had the responsiveness to feel our interconnectivity and never have to shut down? Feel how different the world would be.

How would a hospital be designed if we were connected to the felt sense. Would there be access to more nature? Warmer lighting? Softer textures? An atmosphere that affected how our bodies would feel as we were healing?

How would our punishment system work if we had the felt sense? What would we do with people that were unable to follow rules or causing disorder, if we had a felt sense of people? Would we give them environments of love and environments for them to heal?

If we had a felt sense how would we treat the animals in factory farms? Could you treat an animal like that if you had a felt sense?

What about how we're treating people in different ethnic groups?

Water is all about the realization of this interconnectedness that just is and this felt sense that we have the capacity to feel ourselves and feel each other. Part of what shuts that down is when we are in need, and then we have this vulnerability and this need of connection and this need of nourishment, and this need of our emotions that are vulnerable to be responded to. But if that isn't responded to in childhood and it isn't responded to in family and it isn't responded to in cultures, then we harden as a culture and we cut off from this natural interconnectedness and felt sense.

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The Still Face Experiment

<https://www.youtube.com/watch?v=643CvSHSf8I>

The Still Face Experiment is an actual experiment where they have a baby with their mother there's a reach and response and then the scientist tells the mother to still her face and become unresponsive and they watch what happens to the baby over time. She maintains a stone-like face.

The first thing the baby does is try to get more attention. When that doesn't work, because the mother is told to remain still, the baby then starts to go a little more into a panic and you can see the baby's body starts to go to new panic positions. At some point the baby freaks out, has the actual primal panic and screams. In this experiment, it's a little painful to watch they have the mother stay still. The baby starts to cry and scream and freak out and the mother stays still. In the final phase the baby becomes still faced.

After the freak out and the panic and the extreme emotion, the baby actually just becomes like the mother and shuts down. This experiment shows the phases of what happens when that secure, responsive bond is broken.

If you find that you have trouble feeling your emotions and you have trouble crying, which is a natural ability to discharge what we feel, you might wonder if you had more of that experience all the way to the resignation.

Our work is to bring compassion to that instead of judging yourself for your inability to feel, you might want to consider the context that created that tendency in your body to not be able to feel both the context with a parent and the culture that supported that context.



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Healthy Attachment Skills Lab with Mark Tanaka

The Layers of Emotional Intensity In Our Needs

There's a distinction between knowing that you have needs, and an awareness of those needs. There's an emotional intensity that many of us have pushed away of both the need and the feeling of the need not being met.

There is the pain of having denied your own needs as an intensity of emotion we can pick up and there is the intensity of the emotion of actually having your needs met. Sometimes both of those layers have been numbed so there can be trauma at those two layers.

There's sometimes a containment and then a terror underneath it. The containment is the internal structure because our environment wasn't available to support us. "I'm falling into the abyss and there's nothing and no one here," and the emotional terror that goes along with that.

That oral comp part is a younger part. It's a protector. It feels like an adult. It feels like it's got it together. It's strong, but it's actually a younger part that's underdeveloped, that's trying to hold it together and they are tired. They actually needed to be held. They wanted to be held.



Needs Are Non-Negotiable

Need is non-negotiable. Wanting is negotiable. We might kind of want a Porsche or to eat ice cream, negotiable. We need to be emotionally mirrored and know that we're secure and cared for when we're a baby...that's non-negotiable.

Our nervous systems and bodies are intelligent so when we have a need it's very strong when it's not met. Human beings are tribal and we can't survive and develop properly without the mirroring process by the adult nervous system. The nervous system and brain is actually underdeveloped and it's through the mirroring process that the nervous system and the brain properly forms and develops. It's necessary, it's not a negotiable thing. It's a necessary ingredient in development and maturity.



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A healthy self identity needs affirmation to develop properly

The self identity actually evolves around the kinesthetic somatic sense of being met and properly cared for and feeling secure in the connection. So if you have any experience of insecurity or self esteem issues, or sense of there's something wrong with you, you were just not properly met in your development and it's not your fault, but it becomes our responsibility as we get older to heal. A healthy self identity needs affirmation, needs love and care to know that it's okay. That it's actually developing properly.

That kinesthetic felt sense of wrongness turned into "I'm wrong. There's something wrong with me." That sense of wrongness is not the sense of wrongness that you are wrong. It's the sense of wrongness around something that's should have happened

The aversion towards that wrongness and the pain and discomfort that we feel when we aren't being met is what turned into an aversion towards the self.



Human survival is tied to tribal behavior

Human beings are tribal and very adaptable by nature. That's one of our strengths. Part of that adaptability is cued and developed through the social engagement mechanism. Human survival is tied to tribal behavior and connection. For us to survive, we instinctively know what we need to bond and connect and get the transmission from the generation ahead of us to then adapt to them.

The way we connect to that process is through our attachment needs. When you hear "Yes, you got it. We love you. We accept you." That means you're doing it right and are adapting correctly and developing properly. Sometimes our family system didn't give us those cues. They didn't embrace us, even though we were totally okay. So then we're ask ourselves why we aren't we getting this cue? There must be something wrong here. Okay. I need to adjust and that creates this anxious looping cycle.



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Our need for attunement

There's a deep need for experiencing a tremendous amount of attunement over and over. And it's that attunement that allows you to then clarify what feels good. We need someone else's attention to attune to us to know what attunement feels like. A lot of attunement and a lot of safe space is the container we want to create.

It's important to realize that these are our child parts at work. In adult relationships, when the child part runs amuck it can become an issue. We might be trying to get our needs met in places where it might not be able to get met and recreate the experience.

Some of us had chaotic parents that we needed to take care of, even just psychically. So we were pulled outwards to focus on them and we need to do work where we're receiving until that feels comfortable. Once those parts felt really held and met and, and cared for properly, we will be able to in a more balanced way, relate out here without resentment where we only give when we can and we can also say no. From this healthy place we aren't seeing others as helpless,



Projecting Our Oral Compensation Process Externally

When you see out there that no one's available and no one's responsive, that's actually not completely real in a sense. You treat yourself the same way that your parents often treated you. That's actually the oral comp part of you projecting out there, but the way you see the world is colored by our oral comp process. The more that we meet our own needs internally, the more they'll be mirrored to us in our external world, too. Our expectations change also.

The perception of self and the world is constructed on top of our somatic attachment identity. So a secure attachment identity will perceive a safe world out there with people with a sense of ample responsiveness in the world. "If I ever have a need I know that need can be met...my needs are met all the time." That's the view that should develop over time as the inner reservoir of feeling met, increases more and more, that dictates the behavior and the perception.

Sometimes we realize actually getting our needs met was to not get my needs met because that felt safer- there's this fear of betrayal and fear of being needed. So we chase after getting our needs met from people that are unavailable because we ourselves are not available.

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We've internalized it and it becomes a projection that we're attached to in a way.



Being With The Entitlement of The Oral Process

Sometimes the entitlement of the classic oral process can seem can trigger disdain or repulsion. We are expecting to be dealing with adults so when we get child behavior from someone else, it can be challenging. In those moments we can see underneath the hood and notice that 'the child' is expecting the mother to show up because in their lives either their actual parent or inner parent never showed up for them. If instead we react in a part bringing resentment and charge the energy is compounded and is now being projected towards people who are not our parents. This entitled energy is looking for resolution and responsiveness which unfortunately often goes unmet, which compounds the wounding and the pain.

With more discernment you can ask yourself do you want to respond or do you need to respond? It can get confusing. Just pause there for a second and notice that spot in your system. If you don't tend to ask for your needs and your partner does, "Hey, I never asked for my needs. You asked so much, it's not fair. It's not balanced." Notice if there is anger or resentment around imbalance.

As long as we're projecting and out there as a judgment and blaming them, it never solves the problem which is actually for your needs to be communicated, properly met and vouched for.



Taking ownership of our child parts in the oral process with healthy tree

Sometimes when we run the oral process our child parts get really demanding. It's really important to create the proper container for these parts, which might be working with a therapist or a healer who's well-trained, because in that container, we can actually replay the parent-child dynamic in a healthy way. That's what the system is seeking is a completion of the child-parent relationship dynamic.

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We might not realize that we're taking our child part into adult relationships where we're expecting other adults and we ourselves are expecting to be adults and meet as adults. You want to do your best to take ownership of your child parts.

First, by becoming aware of them and becoming the adult with that child part. Second, by finding other adults that can help you in a therapeutic context where someone's trained and it's safe because we don't want to continue to expose that part to interactions that are a replay of a painful experience

Here you can bring in 'healthy tree'. You care for that part of you as you would care for anyone else that was harmed. If you met a little boy who was traumatized, you would probably be very protective of that boy. "I'm going to take you in. I will protect you."

The key to healing by bringing 'healthy tree; is to direct the capacities you might already have caretaking others and directing that same caretaking to yourself. We might have a hard time actually finding our own system and staying long enough to help those parts so it's important to receive it from others because there's so many blind spots and numbing in the system.



Self to Self, Self to Other, Other to Self

Take a moment to assess how good you are at taking care of yourself (self to self)?

How good are you at taking care of other people (self to other)?

How easy or hard is it for you to receive from others (other to self)?

Depending on how you answer the above, that's what you need to work on. You're not going to feel like doing that. It's not going to be your intuition to go do that. You will likely need to create a structure or a discipline around it.



Healthy Attachment In Adult Relationships

Often our partners will feel safer when we take ownership consciously. "Hey, I'm aware that I have this pattern. Just want you to know I'm working on it and I take full responsibility for it.

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Have this pattern. Just want you to know I'm working on it and I take full responsibility for it. These are places you can help occasionally if you have the capacity to do so. I would love your help." This demonstrates ownership and self-responsibility, which is a mature trait that our partners usually want to see in us alongside an invitation to help us in very specific places. When we take ownership of it as a part, and then we communicate with that understanding and hold that, then you can have a healthy relationship.

In an adult relationship, there needs to be freedom and choice. This is key. In an adult-child relationship, when you're a child, it's not a choice, it's a need. It's not negotiable, but in adult relationships, it is a choice that we're in the relationship, so in a sense, there needs to be some negotiability.

You might also work on it outside the relationship with someone who's agreed to take that role with you, to reparent your system until you can hold it yourself.

What's the process to getting in the right relationship with our own needs especially with the needs that we don't know that we have?



STEP 1 Awareness

1. **Awareness.** Tuning into what's there. Awake awareness has this quality of total surrender and allowing and by nature embraces everything that arises. Tune into that quality in the awareness - it's unbiased and takes on everything as it is. Be with your system your whole somatic continuum. Let everything that you associate with "I" or the self arise in that open field and let the self in the body lean into that unbound open awareness that's holding it without any effort. Nothing needs to be done. The presence of the awareness is the antidote for being ignored, not seen, or feeling alone. The open space allows what's there to safely emerge.
2. **Acceptance** on an essential level is really the essence, loving acceptance is what we needed to receive. Just felt and known without judgment that conveys okayness to our system. The anger, the conflict, the uncertainty, insecurity. This is okay and in that there's just total acceptance already available.
3. **Allowing.** See if you can just gradually allow the system to unwind inside that space, in that loving and accepting presence. It just happens on its own because the antidote is already here.



LESSON 8: SKILLS - HEALTHY ATTACHMENT REACH & RESPONSE

STEP 2 Responsiveness

1. **Attunement.** Here we can be in a session with someone who is responding to us in a state of responsiveness and attunement. There might be something very specific that this system needs and when it hasn't been responded to we tend to not respond as well. We simply mirror the way we were treated. Our inner parent is the same as our real sometimes messed up outer parent.
2. **Get curious.** Engage with curiosity to see specifically what this being needs from me? From my inner adult? Do they need affection? A hug? Do they need to be contained and protected? Do they need more room and space to feel and emote while you're here?
3. **Respond.** It's okay to experiment and explore on a visceral or somatic level to get at the core of what's really there. Sometimes you hit a spot and it's not a word that we need but to find that feeling we never got that we don't know how to find in our own system to do for ourselves. It might be nonverbal.



Just opening space, bringing open awareness with kindness and being curious as we attune and explore, if you just did that as a healer, we would do tremendous work in the world. It doesn't need to be that complicated.

Oral comp is a projection of our own needs. The more we work that process and meet that spot, the less we will judge what's there. And naturally when we meet that spot, as that translates to behavior, we're setting better boundaries and making sure our energy is first of all cared for.

Work with all this somatically. As much as possible, come back to the body, check on the feeling of it. As much as you can, try to grow the capacity to experience fulfillment and the experience of being met. Full visceral compression is one of the things that I'll do that feels very much like it satisfies a primal need of a child part that gets really met with this.

Havening is another method of soft petting of yourself which is sensual and gentle can be soothing for the nervous system as well.



WATER MODULE WORKBOOK

LESSON 8: SKILLS - HEALTHY ATTACHMENT REACH & RESPONSE

Healthy Attachment Reach and Response Practice

PRACTICE#1: HEALTHY ATTACHMENT SKILLS LAB WITH MARK TANAKA

1. **Notice what's here.** Just pause and feel your body and feel your energy. ASlow things down.
2. **Greet what you are feeling.** Say hello to whatever you are feeling. I feel you. I'm here with you. Just being recognized is a huge step and already healing for anyone with the oral compensation process who feel like no one is noticing that you have needs. No one is noticing you are suffering. You are experiencing it all by yourself in confusion, overwhelm, and pain and that part only knows that in a way it is lost in that experience. So we do this from self to self or receive it from another being. "Hi, I feel that place that feels a little tight and hidden where there's some charge and containment. Yeah, I can feel that and I see you and it's okay that you are here."
3. **Recognize the relationship dynamic of your parts.** You start to feel a sense of an 'other' which is critical for healing. It can be within your own system because you have multiple parts - the awareness, the observer, the adult self, the child self, the protectors, etc. When there is a being there with that part, resourcing it,, meeting it, healing can start to happen. When you start to do that for yourself, you're stepping out of identification.
4. **Notice the big energy there called 'Need'** It's often too painful to feel the need. Because to feel the need also means to feel the pain of the need not being met. That's coupled with the need. Some of us might have a bit of an aversion to that part of our systems because it's uncomfortable.

WATER MODULE WORKBOOK

LESSON 8: SKILLS - HEALTHY ATTACHMENT REACH & RESPONSE

PRACTICE #1: HEALTHY ATTACHMENT SKILLS LAB WITH MARK TANAKA

5. **Create connection to that part.** When you're feeling something in the body, that's the child part showing up. We want to speak directly to that energy, to that part because we want to create connection. Notice that I can speak mental or I can speak to the energy that's there in the field right now.
6. **Notice and follow your physical impulses.** Check your systems. If there's any impulse to move or wiggle or breathe, let it come through.
7. **Track and name any numbness or protectors.** Very likely there's a numb flat or
blank layer that's the dorsal vagal system protecting itself. It's protecting itself from something that feels too much. There's a dam or a barrier there in the system. Drop into the felt sense and when you track that barrier, notice that it's kind of like an outline or structure in the somatic experience, and as you feel that barrier again, acknowledge it and say hi to it. "Yeah. I see you." Help your system feel that it's being tuned into.
8. **Bring in in your curiosity to that area.** The barrier might feel like a wall or it might also feel like a numbness. It's just different flavors of it. So if it feels blank, notice that. If it feels like a boundary or a containing or holding in notice that. If it feels kind of like a dissociating quality notice that. This can be very hard to spot. It might be hard to identify. Bring your curiosity there and hang out with it.
9. **Connect to boundlessness.** You can give your system a little relief by gradually including the experience of boundless space and even a flavor of water - an atmosphere of kindness, care, and tenderness. Now, see what's there now.
10. **Bring in an agendaless presence.** One of the things that we want to communicate through our presence with this particular part of us is a quality of timelessness.

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LESSON 8: SKILLS - HEALTHY ATTACHMENT REACH & RESPONSE

PRACTICE #1: HEALTHY ATTACHMENT SKILLS LAB WITH MARK TANAKA

10. **Bring in an agendaless presence...**

We can hang out here as long as we need to. Often there'll be an anxiety around that, in the part "when are you going to go away? It's not going to last." We are modeling the ideal inner parent who will let you know, "Hey, I'm here. I'm here to stay. I'm not going anywhere.

11. **Allow and give that part permission to feel what it's feeling.** It might still be nervous so just allow it permission and keep staying with any numbing or dissociating or tightening as protection mechanisms. Say hi to the protectors. Allow it to feel whatever emotions it's feeling. Be with it and validate it. "You're right. You're damn right. That should have been there." You needed that for your mature, healthy development of your body and your nervous system and your ego.

You can even embody the fierce protector. "Yeah, that's bullshit and you shouldn't have had to deal with that and I'm really sorry you went through that." Allow those parts to come to the foreground, which is what should have happened for that child part.

12. **Talk to those protector parts.** "I see that you've been holding things together for a long time and you've been protecting this part that's been needing protection. It's been needing support, containment. 'Cause it felt like it was too much. So thank you for protecting this part of me. I appreciate you and I want you to know that I'm here now to help."

13. **Notice if that part can feel the presence of awareness.** Steady awake awareness presence, loving awareness presence, and see if you can feel the meeting point and then hang there, feel that meeting point. Check in to see if they are feeling each other helping them meet. If you succeed you'll often feel an unwinding, a relaxing, or unfurling sense of almost leaning back or resting into something

LESSON 8: SKILLS - HEALTHY ATTACHMENT REACH & RESPONSE

PRACTICE #1: HEALTHY ATTACHMENT SKILLS LAB WITH MARK TANAKA

13. **Notice if that part can feel the presence of awareness....**

bigger that's holding. Duration is very important. Hold that over time, long enough that it creates a sense of security and safety. How long we were hanging out in these spots really is important with distrust issues, because the only way trust is built is not through words, not through telling you, it's through physical experience. "This is my perimeter and you're right there. So we're cool. Maybe come closer next time." Attunement is important as that was what was lacking.

14. **Practice coming out from there for a moment.** Let your system know, "Hey, we'll be back here. I see you. Thank you. And I'll be back." This is here and it's always available and we can keep checking back in. "I'm just going to pull back just to show you. I'm not here to harm you and there's nothing I want or need from you."

15. **Submit your practice** below to earn points towards your Water Bender Apprentice Badge.



REFLECTION QUESTION

What happens when you bring more attuned awareness and responsiveness to the parts of you that might have reached for their needs but didn't get met and responded to in a healthy way? What do those parts have to say once you bring to them your felt sense? How does your attuned loving presence affect them?

LESSON 9: SKILLS - SHARING FROM IMMEDIACY VS REPORTING FROM THE HEAD

Sharing From Presence vs Reporting from the Head

We're going to make room for the parts of us that have stories which doesn't mean that you have to stay in story actually allowing whatever stories that are harder to admit or the ones you may inhibit.

While you share the story, you're going to share it from awareness and from the immediacy of the now. This is different than reporting from the ordinary mind. We often call this weather reporting versus sharing from the immediacy.



What's the difference?

Notice if your attention is up in the mind versus feeling in the body and if you notice this, actually moving the energy. Even as we are in our story, the exercise is to stay in the immediacy of the moment.



Sharing from immediacy vs weather reporting from the head

One story could be about why you're not liked. Go right there in the moment of the vulnerability and notice what you might reveal, "I'm wondering if you liked me right now," and I keep wondering, oh, do I look like an idiot?'

LESSON 9: SKILLS - SHARING FROM IMMEDIACY VS REPORTING FROM THE HEAD

We are here sharing the story, but from the immediacy of how it's impacting you right now. This is very different than a weather report about something that happened at some other time. Practice the immediacy and the vulnerability and the revealing from the now experience.



Make the container safe

Everything in a session or a mini is always confidential. Do not even bring up the topic that the person talks about to them without their direct permission. Make a very strong commitment to this, especially when someone's sharing about a projection that they have on someone else that you commit. If they're sharing a projection, you need to be really clear to hold all beings in your clarity and in your heart and that what you're offering is a container for them to get to true clarity and that you're completely committed to not take on their projections.



REFLECTION QUESTION

How does your story change as you shift into awareness and share only from the immediacy of now?

LESSON 9: SKILLS - SHARING FROM IMMEDIACY VS REPORTING FROM THE HEAD

PRACTICE #1: Sharing A Story From The Immediacy Of The Now

1. **Unhook from their local awareness**, from their local thought based mind and shift into awareness. Find the awareness that is everywhere and here.
2. **Shift into the viewing from the heart** and with an embracing warmth that is unconditional and without agenda find the bond between you and the listeners.
3. **One person chooses to be the center** of the other two people's attention of their awareness and presence.
4. **Let yourself share whatever stories are catching you now.** It's story and it's emotion. So you don't only have to talk. You can express any emotion that's present. So anything that you're experiencing, thoughts, emotions, sensations and the story is also included. Allowing your emotions, allowing your thoughts, whatever it is, just keep sharing it.
5. **Submit your practice** to earn points towards your Water Bender Apprentice Badge.



REFLECTION QUESTION

How does your story change as you shift into awareness and share only from the immediacy of now?

LESSON 10: SKILLS - RICH BEYOND RICHES WITH EACH OTHER

Rich Beyond Riches With Each Other

We are rich beyond riches with each other and we can recognize this ultimate dimension of our being and marinate in it so that our energy becomes a collective field of light and love and truth.

At Luminous we are wanting to create a community that learns how to support one another when we're caught and we can't get out by ourselves and we need that support. We're here to learn to be that for each other so that no one in this community feels alone or feels without the support they need. We're learning to do this in a way that strengthens us so that we are also supported by all the other people that we are interconnected with.



REFLECTION QUESTION

What can you do to both receive the support from this Luminous Community and give support to your fellow students?

MODULE TRANSCRIPTS

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LESSON 1 - Primacy Of Experience

How do I allow the experience that's here, underneath the story? How do I drop underneath the story into the direct now, this moment, felt experience, and allow what's here to be felt? Allow it to flow, allow it to just be experienced directly?

And it's actually a really big deal. Many of us have been habitually trained from a young age. If you look at a child, they're in that immediacy. They haven't lost it. So, think of a child you know, and think about when they get hurt. What happens?

They don't go, I think I got hurt and you know, maybe I got hurt, and it's your fault. No, they're in this natural capacity to directly experience what they're experiencing uninhibitedly. And so one of the things that's true about children, not only...

Okay, so a child falls or, or Mary calls Joseph a dummy. So Joseph goes, [sobs] you called me a dummy!

Right? Yeah. The other thing is that not only do children have this capacity to the immediacy of experience. This is what happens: if I respond - if I go up to Joseph and I say, oh, sweetheart, hi. You know, and I give that Joseph presence where I'm like, oh, I'm sorry that Mary hurt your feelings.

What will happen is Joseph will go, [sobs and calms]. And that deep pain that Joseph felt will rise, process and follow away.

What Joseph really needs is a few things. He needs to be able to feel the feelings that occurred directly. To be in direct, uninhibited sensation with the experience. He needs to have something that is loving and present to help him process that experience.

And then he may need - and this is actually the third part I call Tree, not Water - someone to help him with the belief that got associated. Like if Mary said Joseph was dumb, we may need to help Joseph know he's not dumb. That's more the belief side of the spectrum. But even before,

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PART III SKILLS

LESSON 1 - Primacy Of Experience (CONTINUED)

whether or not we work with the belief, there's this more immediacy part. Which is the pain that came up inside of him when that fundamental need of belonging was broken, which is biologically wired in our bodies.

We are biologically wired for connection and a need to belong to our animal group. So when those feelings arise, there's a whole response that's happening in the system that's even beyond words that needs to process. And that when it processes, what happens is the being now regulates and is able to see things in a different way.

One of the things that many of us lost because the injuries we received where people weren't responsive in those moments of pain. We also got a lot of messages. Like particularly men get a message that they shouldn't cry. Don't act like a girl. There are a lot of pressures put on people to not have that level of emotion for that natural reaction, or that natural capacity of the body to process itself.

Have you ever had the experience that if you stub your toe that... a lot of people when they stub their toe, they don't want to do something embarrassing? So they try not to yell, or they try to handle it. They'll smash their toe and they'll go [holds natural response in]. Or they'll like, "okay, I hurt my toe" [nonchalantly]. Right? I don't know if you know this, but I have seen this enough times to say, "proven" - if you stub your toe and you go, "aaaaah", and you actually allow the thing that would naturally happen, what happens is the pain surges in your toe, gets stronger, is totally felt directly by awareness and within experience, and then disappears. And the toe will heal 10 times faster than if you do some sort of compensatory mechanism and don't allow yourself to really deeply experience the pain in your toe.

And it's even true that if you express it, it adds not only... And what I will add in there, this is a fine point that I've been trying to clarify for myself... because at Luminous we've got a little bit of a culture now where during the big sessions in the group room, everyone's like, "aaaahhhhhh" [exaggerates]. And it doesn't have to always be out loud. Meaning it doesn't have to be a loud noise, though sometimes a loud noise is very, very helpful. What it truly needs is awareness to be

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PART III SKILLS

LESSON 1 - Primacy Of Experience (CONTINUED)

e absolutely present, open, not resisting, allowing, and the experience to be fully, directly experienced without thoughts in the way.

So I was in a community called Co-Counseling and I started it when I was 17. And because of it, I have trained for - I would guess I'd have to admit how many years - 31 years in this capacity to directly - they trained it in me, to directly drop into the immediacy of my experience. Allow it to be felt directly without worrying about the story or the thoughts. And because of it, I have learned how to process my emotions at what it feels like lightening speed. So when an emotion comes up, I don't - I know how not to inhibit it. I know how to directly be in the experience without story, without being separate from it. And it moves through like a wave. It's felt very, very strongly, and then it drops back down Okay And that's a teaching of what I call Water,. Which is how to bring in the intelligence of awareness completely, directly allowing the immediacy of experience without inhibition. And the other piece of Water;, is like if you think about it there's two components.

One is the ability to deeply feel your experience without changing it. And the other is the ability to be that quality of presence for yourself and others Right So that when the experience arises you can allow it. If you develop a lot of self-to-self, it's like you just are the loving presence, and you're sobbing, and they're happening simultaneously. That you're deeply sobbing and you are loving yourself as it is occurring. Because that deep pain in you that needs that presence does need that contact to be able to process its pain. So you can learn to do it in a self-to-self fashion. You can learn to do it - to be honest, my favorite way to do it is with God presence. So I will walk around and cry to Source and let Source hold those parts of me.

But Another favorite of mine is one that I teach in Luminous, which is how we can be that presence for each other. So that we as a community, as a collective, can help each other process the immensity and the enormity of everything that we have to process in our day to day. So in my experience, if I'm caught...

And one of the teachings that was so important came from this Co-Counseling community is, they used to say that you couldn't have rational thinking when you were caught in emotions. And

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PART III SKILLS

LESSON 1 - Primacy Of Experience (CONTINUED)

so their point was, you should first process your emotion and then your thinking will change. Versus trying to resolve the thinking from the thinking level.

So what they would say is, before you try to think about something or resolve something, first, really deeply feel whatever's here. Learn to allow that natural discharge. Which is what kids do without thinking, right? Like Johnny just doesn't even think about it. He's just like [sobs]. He just goes through his natural process. And then what you'll notice is suddenly what you think about it changes. You'll have different thoughts.

And so what I've learned to do is if I notice I'm having any sort of negative thinking or I'm cycling in my thoughts, I often will do this process of just completely experiencing without story what it is I'm feeling. Move that emotion, that energy, till it's more clear. And then I notice what my story is.

This is a little different than parts work - parts work I put in the Tree category, which is another thing we do. This is about the immediacy of experience. And the two skills that you need to develop to do this. One is, you have to learn to allow your feelings to be here and to be able to experience them directly. Which some of us have a hard time doing.

I see it more often in men because they're more injured in this place. They got more injury where they weren't allowed to feel. So that often when someone goes to notice what they feel, they don't know, they can't emote. And so what they then have to do is go, I notice I feel numb. And that's being with the immediacy of that experience. I feel numb. I can't feel anything. There's no feeling here. And that is the immediacy of someone who, when their emotional system went into pain, people didn't respond. It tends to go into a shutdown response.

And then the other thing that we practice is how do we show up for someone in a quality that lets them do that.



WATER MODULE WORKBOOK

PART III SKILLS

LESSON

2

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Real

Not

True

So today we're going to break out again soon, and we're going to do minis again, and we're going to work with a different, a different aspect of mini. Um, yesterday we, we were working on simply embracing warmth and bond. Which, by the way, everything I suggest, you could only do that thing for a very long time, and that would be amazing.

So I'm just giving you choices. But you could continue with yesterday's practice ongoing for awhile, if you prefer. But today, we're going to be, instead of focusing as much on the embracing warmth and the bond, although that's still here, we're going to be bringing that unconditional and that warmth and that presence and that connection, the bond. But we're also, today we're going to make a little room for story. We're going to be working with story today, and by that, we're going to work in a very simple way with story, which is... Yesterday we were working with the capacity to go into the primacy of experience. Instead of experiencing any story at all, we were diving into the immediacy of experience, and we were just feeling whatever there was to be felt, whether that was a sensation or an emotion. So we were literally skipping story in order to have a direct experience with awareness just with what experience is. That is a very important thing to be able to do, which is the ability to not listen to the story and, and drop direct into your immediacy, into your experience.

Today we're going to make a little room for people to have stories. Because, I don't know about you, but do some of you guys sometimes have stories? Yeah? And sometimes you get caught in them. Yeah. Just occasionally, you know, super rare never happens, but sometimes maybe get a little bit caught, and sometimes the best way to deal with story is to not inhibit it. To actually allow it. But there's an element we need to do and part of this element is going to come from the practitioner or the one holding presence. And then the other element is going to come actually from the person who's letting their story run. So the basic premise is that we have to maintain awareness. We can't be totally merged in the thinker. So when we're going to allow our story to speak, we're going to be the awareness while the story is speaking. So we have to know that first move of just a little bit unhooking, like some awareness is present, even when we have story. But, and we're gonna work with a concept that Tsoknyi Rinpoche, a beautiful Lama, um, wrote about in one of his books. And the concept is called "Real, but not True". And it's based on the idea that

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PART III SKILLS

LESSON 2 - Real Not True (CONTINUED)

really all of our stories are concepts, all of our stories are empty. They're, they're our thoughts making up things. It's very different than what direct knowing feels like.

So all of our stories are basically concepts that are empty. So that makes them not true. That doesn't mean that we aren't having a direct experience, or that there is some element that's touching truth in our stories, but, but in general, our stories are made up by our thinking mind. However, even though these stories are often not true from an ultimate level, they can create huge amounts of experience that we are having very real experiences based on these stories.

And right now, my goodness, there are a ton of stories being put out. If you go on Facebook, there is a lot of story there about what's going on, right? And it's hard to sift through into the connection of what is with all of these thoughts and all of our stories, trying to predict the future and all our stories about the past.

One of the key elements is to hold the view of the emptiness, which is to, not get caught in the story. And to do that, we actually have to be in awareness. We have to have enough stability in the not thinker and the not limited self and the localized, to allow the story to be there without being fully merged with it.

And then the person who is offering the presence, you get to really amplify that. You're the mirror of open, nonjudgmental, unconditional presence. Like whatever their story is, you're just like just totally present to it without condition. It doesn't mean that your mind is now going to join them and go, yes, yes, yes, that's true, but you are going to completely be open and curious and listening.

So the person who's holding presence is going to not only just be there, you're not going to go completely empty, because no one wants to talk to empty space. So you're going to hold an emptiness like an unknowing, like, like it is just unknown what is true. And in that unknowing, you're going to be completely curious, completely receptive, completely listening. And, even celebrating their story, whatever their story is, even if their story is, you are the blah, blah, blah

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PART III SKILLS

LESSON **2** - **Real** **Not** **True** (CONTINUED)

asshole that I have never seen before, you are the worst. Right? Like that could be the story, and you're just going to be like "tell me more. I want to know."... going to be like "Yeah. I just want you to know that you're the, you're the pig of all pigs and the butt of all butts!"

Right? Whatever that story is, we're going to make some room for it. Okay? And, um, and we're just going to be there in unconditional presence and, and, if you can, even going as far as to enjoy, to enjoy whatever it is they need to share, so that that person gets the direct sensation that there's nothing that they can't think, there's nothing that they can't feel. Whether they're furious, whether they're scared, whether they're sad, whether they want to blame everybody, whatever it is, that there's room for that, that they, there's a place where that is allowed. And even while we're, we're presencing that, we're going to let the person just have whatever they have, but, but both parties, because we're sophisticated enough for this... both the counselor and the one that is letting their story roll, is going to maintain awareness. So that means when I'm doing this, and I do this quite a bit actually, because for me, this is a beautiful way to process. Ethan and I do this a lot together. Maybe something happened and I just got really pissed by it, so I just let it roll. But the container is that both Ethan and I know that we're just letting it roll, so we haven't lost the awareness that's letting it roll. And that actually allows everything that needs to be said to come out in just an uninhibited stream. And then, what I notice happens is, as I uninhibit that stream, yet I'm maintaining presence... and the person who is with me is, is not, not colluding with it, not buying it, not joining me, but actually just holding an unconditional presence. My thinking tends to clarify. It's almost as if that much presence converts all the blah-blah-blah's towards truth.

So because there are always these little nuggets of something that you needed to know about what you really need or what you really feel, and perhaps there's something you really need to say or an actual clarity around a boundary or a decision. But we often can't get there because it's mucked up with all the parts and all the feelings that we're not allowed to feel and all the thoughts that we shouldn't think.

So if we can create a space where we have an open stream and then the person who's with us commits to be absolutely celebrating whatever it is we think. But also not being bought into it, it

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PART III SKILLS

LESSON 2 - Real Not True (CONTINUED)

gives us an opportunity for all of that to stream through and then our natural awareness, which is brilliant, and knowing we'll know what's actually truth inside of it.

Only our awareness can know that. So there's a need to just let it roll. So I've a little bit in this moment emphasized, maybe like letting it roll if it's anger. It's also just bringing the heart of compassion to all of these aspects and all these parts that might feel scared or might feel lonely or might feel, um, like they don't know what to do or they're frozen.

And those also can let it roll. There's no reason to inhibit them and that the ingredients that gives them what they need is this presence is this unconditional as you are, I'm right here with you, presence. And that presence is coming and mirrored and amplified by the counselor, and it's also coming from the ground of your own open-hearted awareness.

Tsoknyi Rinpoche on "Real, but not True" - Tsoknyi Rinpoche

<https://www.youtube.com/watch?v=i-yO5r0X13sT>

"I developed this mantra. It's real but not true. I wanted to get this message to the amygdala, but why is the connection not so good. So I found the wire of kindness. It's true, you accept your fear because this fear comes when I was very young, and I fell from the mountain. I was jumping...too much essence love. So I fell from the mountain and I had a little bit of height trauma inside which I didn't realize before. So third time, then I reflect and did a little bit of therapy, self therapy, because 75% of my students are therapists so I learned a lot from them so I reflected on myself then I found this symptom that I got from height. So I had a height problem.

It is true to me, it is real to me but it's not true. Not true means you are not going to die, but you really feel it. I prayed kindly, sympathized myself, was kind to myself Rinpoche...'I know you you got this symptom but it's not true, you will be okay. I really understand your suffering, but it's not true, you.'



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PART III SKILLS

LESSON 3 - Felt Sense

Take a moment, feel your bodies, and know that one of the qualities of the water module has to do with the felt sense. And the felt sense, so awareness can be aware of the body, but the felt sense is when that awareness is combined with that ability to feel ... right, it's awareness feeling energy, awareness feeling sensation, awareness and the feeling of the texture of your body.

Just allow awareness to be felt in the body field.

And just notice the tendency of mind to go into thought and get hypnotized in the world of thought and see if you can keep dropping awareness out of thought into the direct sensation of your body.

And notice that the tendency of thinking ordinary mind is to think about the past or worry about the future and see if you can come into the now experience and the felt experience.

And it's like really allowing that experience to descend and be deeply within the body field, which may include beyond the edges of skin. But just noticing that the ordinary mind tendency is to be in the head and see what it is to allow awareness to drop into the feeling sense.

Hmm, like an intimacy, like a closeness, with your own sensation.

Notice the contrast of the ordinary, sometimes judgmental mind that wants to decide whether a sensation is good or bad and just see what it's like to be in the agendalessness and just the with-ness, allowing sensation to be as it is.

See and see if you can surrender, and allow whatever's here, without trying to change it.

Just notice in contrast to the ordinary mind, which often has a very quick pace, like the pacing of thought. Notice what it's like to drop into the pacing of sensation the felt sense of the body.

PART III SKILLS

LESSON 3 - Felt Sense (CONTINUED)

Notice if it feels like a slower pacing to actually be able to, listen to the movement of sensation and the movement of energy.

Notice the slowing down.

and feel how deeply your body can actually relax? What does it mean to let your body drop? Let the flesh drop? Like actually feel the support of the floor and let everything hang, almost as if it were dripping, it's so relaxed.



WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

We allow sensuality. Sensuality is part of our experience. So what is it like to totally accept the sensual aspect of your being?

What if your feeling body and your felt sense and all the sensual need of existence. Yeah. What if you were to even touch your body to remind yourself of the sensuality of your body... is included, that your felt sense is included.

We got a bunch of bliss bunnies in here? Of course, we do.

Alright Hi you guys... So I think there are some things that we may need for our lab. I think we may need food or pleasurable sensual objects. So I think I'm going to give you guys like, just a few minutes to like get chocolate or get, you know, whatever you associate to pleasure. It could be, you know, soft fleece or textures or...

Okay. So let's come back in five minutes. Get some yummys and we'll be back.

Another thing is we could at some point go outside. How many of you are in comfortable natural environments... like it's not too cold? Is anyone in a place that's too uncomfortable to go outside? We got mostly Boulder here. Funny. It's a little rainy in Denver, but..

It's a little cold? Because one of my favorite places to do the felt sense is with nature.

Nature, bodies or food. Did you guys get goodies? Can we show our goodies? What did you get? Is it cookie? It's a cookie. Is a Cookie...Fuzzy pillows and scented oils, mmmmm , raspberries and chocolate.I got blueberries and chocolate. I got a cookie too, but it's a dog cookie.

Awwww, Do you have Justin's peanut butter cups? I do... that's what I have too... and I've got lamb skin fur and I've got, this plant, is so soft under the leaf. God, it feels like heaven...

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

I mean I kind of want to go outside with all the clover. There's like a bunch of clover in my front yard and bees. I don't know. I'm a little afraid it's going to be too bright. We'll see. We'll see. We'll see yea, I like that idea though. I want to do a future water, one like this. I want to do a water walk with you guys where we walk around because I do that really regularly, super fun.

You get to literally merge with all the beauty of the world. So fun. Okay. Anyone else? Angel, what's your yummy? I have strawberries and cashew butter chocolate. Whew! And jasmine oil and some soft stuff, a variety of soft stuff. Maybe I should have scents... I should have gotten scents upstairs. Okay. You guys have scents.

Alright. So first of all, just let's do just the simple, so what I want to do, if I were to give you the structure of what we're going to do, is we're going to go into the felt sense and the doorway might be more subtle, which is nice just for sensation, you know, like, Oh, this sensation, try this, take, take your food object or your soft object and just tune in with the sensation of that.

Like, like really go into the, what's it like to just have it on your lips? Right. Ah, ah, right and notice. And that's actually, I don't know how much I want to give you guys structure, cause this is a very unstructured type of thing, but I'm going to give you the background structure and then you just go in, which is ordinary mind has trouble with this.

You could do it an ordinary mind. Put your food there and there's sensation of be in your head to feel what it feels like, right? And sadly, this is 90% of the world, you guys. This is how they're experiencing life. And now switch into awareness, right where your lip is and go back. Haha what happens?

Like in reality, the deeper level of mind you're in, it literally could be a bliss ecstatic moment in every moment, because all you have to do is bring your awareness, in direct awww. Hmm. And so, Oh my God.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

It's like the difference between before it was like, what's this thing in my face, get it out of here, it's annoying and now it's like, please never stop. Right. So there's that as awareness comes into direct experience or out of ordinary or mind in the simultaneous experience. Oh my God! And part of it is you do have to allow in your body.

So like, what I notice is when I'm here, I notice, I feel like, Oh no, this is being recorded. Oops, hey wait a minute.

And now we're up against it because true bliss does include the second (on your lips) chakra which is also our sexual energy, right? When you allow energy to flow in your body, it's that range. And so I'm like, Uh Oh, the teacher is going to experience pleasure. That must be against the rules. But what we're talking about is not a personal pleasure.

We're talking about the bliss of life, right? So if we block our, second chakra, go ahead and do that for contrast, but put this here wherever your yum is, your ever sensation is and allow yourself direct awareness, but kind of cut off. Everything below your solar plexus feel what happens.

Right. And then let's just go ahead and contrast before you say what's that like now open up your belly to the bliss of life. Now come back in awareness. Ah let me find it, aaahhhhh Right. What's happening. What's the difference?

The first one was more like a scientific study. It was interesting. And the second one now, of course, is something completely other great. How many of you could feel? So let me do it again. So I've changed. I got blueberries. You can keep shifting how many of you can. As you touch awareness. So awareness by itself would never have the bliss.

You have to add the flow of the water, which is the energy as you touch with, with your lips, this fruit, or this feather or whatever you've got, and you allow the flow like the honey nectar frequency. Ah, Do you feel how just the sensation of blueberry lips and like, in my case like I've got this bliss flowing through my body.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

Are you guys getting that? Yea It's like, it goes all the way down into your soul bones. Feel that flowy nectary. Yeah. Yeah. It's very fluid. Very fluid. You got it. Does anyone not got it. Cause it's okay. If you don't got it. It's a lab Fuller richer. More dynamic.

Yeah. Go ahead Well, for me it reminds me that it's actually not about the like objects. Yeah, exactly. It's like, it's almost like my lips have like plumped out and I could receive anything. Right. Usually like we make it so much about the thing and that's how we get desire, craving an object, you know, like, Oh, I need that person.

But in reality, like just for experimental pick up a different object, I'll pick up my notebook and my phone or my face.

We're doing lips, it's a sensual spot, but we could do it anywhere. And then awareness with energy and just really get into the sensation of that object, whatever it is, Ah ah, Mmm Ah Ahhh MmmHmm Haha Right. So there is something to like when I was with the blueberry, the pleasure was a little different, cause there was a plump smooth, blueberry-ness that was intermingling. But even the notebook that had a little bit of sharpness became like pretty amazing sensation from that level. You have that, why don't you guys share, what are you, experiencing?

Feel a direct connection between, between my lips and the rest of my body, like this full flow of blissful energy, right. you're pointing to the central channel like the whole yeah It's like the whole thing opens up and, Just like Alaina said, it doesn't even matter what the object is. It's the body that's receiving and moving that reception through the whole system.

Yeah. Annalisa I Have more of a question on that. when we attach that sensation, like that felt sense to another person and we convince ourselves that it's that person is that like a trauma bond. kind of situation. I mean, and by the way, there's complexity here because when, so there there's a basic truth.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

That bliss is our nature and that it isn't dependent on a particular object that any object opened from a certain level of mind or the quality of water becomes bliss. Like that's just, it's like, I can take my own hands. Touch my own chest. So if I touch it from ordinary mind, there's an object relationship.

If I touch it from subtle, I might be like, Oh, I have energy. I can feel here. But as I touch my chest from simultaneous.

Ha ahh Right. So, so it's actually my nature. It's not, it's not a dependent origin. It's just nature knowing itself through, the view of water. And also a little bit that one went through you know the fire cause it got pretty dynamic Fire is more the activity. Water is more the felt sense. And the two together, probably are the most bliss you can get, but then there is a reality that because there's human beings and attachment bonding, there is a whole other layer that can happen with a human being, like in actual sex, where if you're opening up, like Dylan just pointed to the central channel. So in that act, to me, that act can happen on an ordinary mind level, which would just be two bodies.

The physicality of that act, gross body to gross body, then there's the energy of that act. And now we have an intermingling and in the highest levels, what you'll feel is that the central channels that whole (makes gesture) is coming into union and there is a uniting and I can say, to speak from the feminine perspective, to open oneself and allow that level of union, because you often are in the receptive role, like allowing, that's probably one of the most vulnerable acts of all kind. And to be that level of open, I personally feel that the masculine man has to hold the role of container. Like if I'm going to open my full being, then there's a need of, is there stability here, is there reliability? Is this is a place where, because I'm not just an infinite being, I'm also a human being and I also have a biological wiring for attachment, like there's many levels of being all occurring simultaneously and how do I honor them all? How do I honor the vulnerability of the human being while also recognizing the infinity of the being that actually is in you. When you're opening like that, you're not even opening to that individual person, you're opening to God.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

And this is just the, you could call it the enactment of it, like the emanation through the human form, subtle form, but it's actually a union with divinity itself. So on some level, the ultimate container is God itself, you know, awareness itself, but then honoring the human being and the human levels and subtle levels and the vulnerability levels.

How do we contain all of them, how do we use reliability, stability, presence so that that aspect can open?

That's beautiful, yeah.

I went all the way there, now coming back. How are people doing is any, cause I don't want to leave anyone out. Does everyone feel that it's easy to access the bliss belly?

I feel, um, my head just keeps saying just eat it.

Like, I keep going between what you're saying and then my head just wants to be like, okay, just enjoy it right now, get it done with, put it in your mouth, and honestly I've succumbed to it and I've eaten a few. I have like Reese's Peanut butter things. So I dunno, I see what you're saying. It's just interesting, I feel also like a war between both.

The parts inside.

Yeah.

Right. And feel that. So, cause water is this very feminine felt sense with this, you know, the enjoyment as a pleasure of the witness. And what I hear is you have an inner, my guess, a distorted masculine part that got conditioned from a distorted patriarchal society. You know, that taught you to be more utilitarian. You know, like, come on, let's be efficient, let's get on with it, just eat. Food is utilitarian, you eat it so that you can be alive and you can go on and do some and get some shit done.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

You know, it's mostly that, but it's also a mixed with like craving the sensation.

Okay. Yeah. So then that's the distorted feminine side, right? Yeah.

The craving, the hunger, like I have to have it. And, and it has this idea that like the fulfillment is in the rush to get the thing. When, when in reality the bliss is in the presence, right? Like there's more bliss, check it out. Like, do do the contrast for learning, check it out.

Ok, so this is going to be like my fourth try.

So see if you can, and cause we can, we're going to do it with an object in our mouth as well. We're going to find the bliss of the taste too, but put the object and be in this smell and the feeling and see how much you can just drop the future and the past, and just like dive into the now sensations, smell, is-ness, here-ness, awareness with the sensations. Ah.

I feel that all the way my toes.

Yeah. So do you feel how blissful it is? And then notice that there's a hypermasculine part that tends to push time. And a hyper feminine part that's like, give it to me, I need it, I'm empty. Hurry. Fill me.

Yeah, it's both of those. Yeah. And those guys jump in and then we're like, now do the opposite. Like just pick something and, you know, hurry, eat it. Get more of it and notice when you've ever binged eaten, how you're usually in this place right, you're really trying to stop that uncomfortable feeling. And you're, there's a hurry.

There's a, there's a lack of presence. There's a lack of now-ness, there's a lack of awareness, is-ness. And there's just a, how do I fill the hole and I need to hurry so that I don't have to feel the discomfort that's actually here.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

Receptivity. Got that? Yeah, it's going to be hard to... Practice it regularly. I just experienced it.

Yeah, you may need to give some loving embrace to the parts that are in a hurry. So like, if we did that right now, you can pick either side and you should pick one at a time, the problem is they're both there and neither of them get their needs met. It's sort of like two kids asking for the parent at the same time. Neither of them got attention, but if you're like, okay, honey, I'm going to be with you fully and then I'm going to be with you, the kids will settle. But if you kind of, you can't be with both of them, they're both coming at you at the same moment you can't really give them what they need. Right.

So just take a moment. Can we do it with Nicole? Can we all just give some presence to her two parts that she recognized, like which one you want to do? The feminine side or the masculine?

I want to do the craving for the, I think the stronger one is like the craving for the, the.. The way that the Reeses, it's like a whole foods Reeses, so its the way that the Reeses tastes.

Okay. So let's all get really like warm and compassionate and just in the felt sense with Nicole in our water. And Nicole just as much as you can just directly go into that craving and experience it, like the hunger, the, whatever's there. And you could tell us about it or just feel it. Yeah, there you go.

It actually feels delicious. Mm hmm, yeah.

Imagine if you just eat it, like how much more delicious, it will be.

Uh huh, so let's get with the imagining and the wanting. Let's just be with her, her imagining of fulfillment, the part that gets into the future and imagines.

Yeah. I feel my tongue, like, salivating. Yeah, let's be with your salivating tongue. And then I feel stuff in my shoulders.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

Yeah. So keep being with whatever's in your shoulders, discovering right now, what is that? What is here? You're in your head imagining your tongue has craving and your shoulders are doing something.

I feel my mouth getting watery. Wow.

Say that again.

I felt my mouth getting watery. Yeah. So then the mouth is watering. We're just being with that mouth watering.

I feel like slight buzzing in my body. Yeah. Right. Right now we're embracing the sensation of craving, which is making it buzzy and turning it into the vibratory-ness of its own nature. Yeah. What else?

It's still the same buzzing, but it feels even pleasurable being here in a way that it didn't before.

Right. Because what happened was before it was an experience we weren't connected with, and now we're applying the same principle to the craving that we apply to the blueberry and the strawberries and the chocolate. We're just becoming the embracing, connective awareness and it's turning it into its natural pleasure.

So just going into it.

Yeah. So instead of resisting craving or I shouldn't crave or I should do it another way, should-ing it, we're actually embracing the experience and that it's becoming its natural pleasurable-ness through the embrace. Hmm. That's, that's why suppression and shaming and guilt is the opposite of stopping our craving.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

I shouldn't quickly eat the cookie. I shouldn't want the cookie, I shouldn't crave the sex that, that shoulding shouldn'ting disconnects us. Feel what happens when we, and then if we just sort of notice it there, but we don't connect to it, then it's like the background hungry ghost that kind of starts running everything from behind the scenes but when awareness turns directly to it with its unconditional presence and warmth, what does it become? It just returns into its own nature. Does anyone else have a tendency? Like we're kind of blending with the craving lab right now, but does anyone else have a tendency, craving, or kind of addictive part that needs a little embrace from the group?

I noticed mine, isn't it used to be a food, but it's now with work. Like, I feel like this, like the masculine part of like just do the just do the thing, And then it's like deep hunger to Just keep going and going and going And it's almost feels like an addiction if I'm not present to it.

Yeah. So can the group, just for a moment, bring your embracing presence So Sam you can just feel that the, I gotta go, I gotta do it.

Feels like This part tells me that I'm going to die if I don't work.

Yeah. The driving part that's connected to the terror of annihilation

Yeah. Echo and I worked on that terror yesterday in our session

Yeah. Often our cravings and our addictions are other emotions that we haven't been able to embrace. Yeah.

Does anyone else want a quick that before we go back to sensual bliss felt sense. Any other parts need to be embraced to bring you into more presence? Good. So. Notice,

Can I ask a question? I don't have a part right now that needs embracing, but I do have a question.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

Yes. Your mind means embracing.

if we are in simultaneous, if we move shift from ordinary to, I think when we first started this, I was going ordinary checking out this, and then I was going into maybe awake-awareness And from there I could feel it from the inside. It's not that it didn't feel pleasurable. It felt I could feel it more. There just wasn't there wasn't the emotionality around it

The blissy Part

The blissy part, that is an automatic follow on from going, getting to simultaneous? Or can one be in simultaneous and not have the bliss body feeling?

The bliss body is particularly goes with water. Cause I could go, if I go more, if I emphasize fire without water, then I would get transformative, but it might not be bliss, cause that's the activity. But if you add the activity with the felt sense, that's including the heart and second chakra kind of felt sense, then you get the like, Oh My God, but I could try, I could do something else.

If it was pure fire, it might just be more transformative. It depends. There's two kinds of fires. There's another one that's very sexual but..

I was actually feeling like I was, perhaps at first I was doing like air-ish. You know, it was..

Air is awake awareness. You are just knowing it from within, to know the chocolate from within, and then you there's a lot, you can know about it. There's a experience of chocolate from awareness, which is different than from thought. But then when you know the chocolate through air water, which is a simultaneous level, all of a sudden you're like, ah, the nectar bliss, .. Am I allowed to feel like this in public?

Right. You feel that?

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

Yes. There's, there's like, it does feel a little sexual.

It's like, it's just a pleasure. It's the pleasure of being that is our nature, right? That we, I personally think it's beyond sexual, but it's, it's blended with that frequency that has sexuality as an energy. Yeah. Okay. So let's check this out. Then there's the ability to cohere as a group and enhance the pleasure even more. So you guys ready get your yummys together. We're going to eat it this time, but we're going to ride each other's waves. So feel each other, get your thing and then on the count of three, one, two, three, and then put it in your mouth.

Uh, huh? Uh, Hmm. Hmm. Like tasting strawberry with my chocolate right now. Oh my god.

So my and ex, Alex and I used to go to a restaurant together. It was like once a week, a really good one and we'd literally just do this with each other, for the whole dinner, we'd be like, okay, get the chai. And then we put the chai up to her lips and we'd be like, you ready? And then we'd drink the chai. Ohhhh. So this is like a Luminous party style. Yeah. Raina loves to do this, she loves to get a little group together and ride each others waves.

Sounds fantastic.

I need some help with this because I can really, really get into the, like, I could go full receptive and ride my own wave, like all the way off to Mars, and it's nice, but I have trouble like being relational in it. Like the minute I have to feel you guys, all of a sudden I'm tracking you and I'm not in me.

Mmm.

Okay. Yeah so that means that you're, it means a couple things. Well, let's play with it. How about you do it first with me but I mean versus everyone, cause it's takes a little more skill with everyone.

And then we have an audience.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

What are you saying? You love an audience.

I will break off a smaller piece so I have more chocolate to go. Okay. Okay. So the first thing we have to establish Alaina is you have to find, you have to drop the duality. So, so notice connecting with me that I'm not an out there object, that we're in one, one ocean, there's an ocean of us.

Yeah. You feel that? You don't have to go over here to feel me because it's one ocean that you're, you're in the felt sense with. Yeah? So now you already got your chocolate in your mouth, huh?

Okay. So put your chocolate in and then again, drop the duality. Yeah, there we go. Mm hmm. Keep going, let it happen. Yeah, you feel that?

It's hard. Like I have to focus on it. I have to like remind myself that we are one. I can feel the part that wants to separate from you.

Right. And that's the ego mind's habit to construct the separate self. And it also might be amplified by an oral comp that's like, oh, I don't want that level. That much connection is too much.

Or it could be like another part that's coupled with the ego tendency and yeah, you guys we're talking about skills that .001% of the planet's aware of. Not that many people are living in a simultaneous mind. Some traditions think it takes you a lifetime to know this, but we're just at Luminous, we're like, come on, let's go, and people are going. Yeah. So it takes some practice. And it also probably takes working through the parts that are afraid of it. Do you feel a part that's in resistance to that much openness or connectedness?

Um, yeah, I feel it in a lot of areas, like even with, you know, with my partner, like I can go into receptive mode, but in what we're talking about, which is like not merging with him, but sharing it's like this that's really challenging.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

Yeah. And so that's good to notice. It's like, I can be receiver. I can open, I can be giver. And what we're talking about is like another level. It's, you know, it's moving from a subtle to an awake and it means allowing an openness that isn't dependent. Let's see. How do I describe that? So for me, this might help you with that part, besides just doing a session on this part, so this is another beautiful approach. My personal system might feel afraid to open on certain levels because I'm projecting or it may be true that that person across from me is not safe, I wouldn't want to open, but so what I tend to realize is I'm not opening to an ordinary mind person, I'm opening to an awake divinity, like what I'm opening too, so like, if I, Echo you're like right across from me, so I'm going to do it with you. So I could, my ordinary mind can use its ability to track, or even my subtle mind could track her and be like, oh, she's got these hard parts where this is happening and I can't open, but I can also unhook from that and I, the awake me can recognize the awake her. And so I can penetrate past the outer layers of defense or parts or personality, and I can open to the absolute dimension of Echo and there's nothing to defend there.

Right.

And I don't feel like I can be harmed there because what I'm opening to doesn't harm. Does that make sense?

Totally.

Do you want to try that. Maybe everyone could pick a person like here. I'll just organize you. So it's simple. Let's see. Angel, can you work with Tracy? Samantha can you work with Veda? Alaina, can you work with Nicole? And Mara can you work with Dylan and Echo you work with me. Did I get everybody? Okay. So take a moment and go through the levels of mind cause contrast is my favorite way to learn, like first look at them from ordinary. Notice, do you feel like opening when you view them from ordinary? I feel scared instantly.

It makes me realize how little I hang out because ordinary is really overwhelming for me. And then if I even go into subtle and there's still a lot of out there-ness, I'm still a little scared. Now I feel

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

their energy, but I'm not sure how I feel about it. It's still a little scary for me. Notice what's true for you. What you guys notice here? This is subtle. You're feeling energy now, but there's still duality.

Yeah. A lot of uncertainty.

Yeah. You feel that and now shift, unhook all the way to awake and then allow the simultaneous interconnected. Now it's just feels like fun.

I'm just dancing with the dancer. Yeah. You feel that.

Yeah. There's no need for defense on this level.

Yeah, less soupy.

Less sleepy?

Like soupy.

Right. Subtle, the energy is more like, ew, I don't know if I want to merge with that, but here I've just, I'm intermingled. Yeah. Yeah. It's like, we share the same breath. Like I am she, and you are me type of feeling. Yeah. It's just all swimmy, swimmy. Yeah.

Yeah. What I will say to something Alaina said with a partner, because of all the time you're spending together, there's more ego parts.

So sometimes like you want to open and the ego parts just kept being like, yeah, but you weren't there yesterday and you betrayed me on Friday. This, you know, those parts won't relax because they have so many unprocessed pieces that can happen. Like if you don't keep clearing, someone that you really have a day to day intimacy with, you have to clear it.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

You know, you can, you can glimpse this, but my guess is you can't stabilize it. Cause the parts are like, we gotta process the shit. Right.

We gotta clean up what's in between us, if we're gonna have openness.

Right. So that's true. Right. And so. Because an embodiment, you know, a Luminous skill, it's like you don't want to use these practices to bypass or avoid all that actually does need to be metabolized for a true stability of a connectedness and love and union. You can't bypass it, but you can go to these levels where it isn't, to help, you know reality and not get so caught in all the projections that are projecting and reacting to each other. Yeah. So it's beautiful to have this as an a venue of truth. Yeah. Yeah. And yet, effort for different ones of us, it's we have more parts to work through, you know, like we got to bring that loving awareness to the parts that aren't, that don't want to do it.

Right. Yeah.

So do you want to try again then, Alaina, you want to see, you can go with the group. Mm hmm. See if you can ride. So the key to do it with the group, it's very advanced is you have to come out of subtle all the way to simultaneous. You have to feel this group as one body that is not separate from your body.

I'm running out of chocolate, so, going to do blueberries.

Okay. You ready? Do you want, I feel like you're advanced enough I don't have to lead the whole like shifting process. Just notice. I'll do it a little bit. Notice your ordinary mind. Notice you are the awareness of that mind. Notice that awareness has no edge. Shift to being that awareness that is boundless and infinite. And notice that awareness is this interconnected, warm field, bliss love. And now let that bliss love directly have a felt sense and a taste of whatever it is and place it in your lips then in your mouth and in the moment, in the now. Hmm. Hmm. Experience.

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PART III SKILLS

LESSON 4 - Awakened Water in the Sensual Experience (CONTINUED)

We got to bring the focus so it's everywhere and deeply here. There we go. MmmHmm.

This has gotta look like pure madness if you're not inside of it. Could you feel that collective? How the waves get bigger?

It helped for me to imagine that we were all like eating the same thing. Like that was a unifier, it was a unifier for me, I'm like, they're tasting what I'm tasting and vice versa, like, whatever it takes.

It's like, we need a little coherence here for this to work.

It was helpful for me to, like, I took it in as a group, but then tuning into particular people at certain points, like. Really tuned into Dylan and went woop and then Tracy, I don't know, is that right?

That's totally fine. If it's like this, this practice is simultaneous is maintaining the vast and the infinite while also being able to focus on a barrier or a person or group field.

And yeah, I did that at points, you know, like a couple of times I went with Angel and then I tasted her strawberry mixed it with my chocolate. Then Dylan, he had a lot of, you know, flow current so that just amped my current and then, you know, so yeah, I did do that too. Yeah.

It helped me to also just really also, simultaneously focusing on the vision and the sound like amplifying both of those senses.

Sound is vibration right? Yeah. Yeah. The sound, the sound helps my local awareness find the location. So like when I'm even working with a client, it's why I've had to adapt so much to the zoom thing cause you guys are completely silenced and I'm teaching, and I'm used to teaching to a field that has more felt sense, is more interactive with the vibratory quality. I'm having to rely more on my awareness and less than the felt sense, which is not my norm, but because normally the vibration is feeding back through sound and energy and movement and you can, and that's

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feeling like, when I'm teaching, I'm literally in a felt sense of the room. I'm feeling this map, this energy body. And then I can feel if on the right side of the room an energy body tightened and that I'm doing something that's creating resistance, or I can feel when the whole room is going with me and then it just feeds me and then I, then I can stream more.

And then the teachings become even more because the room is feeding the...So that's, that's what it means to be in this interconnected space, we're in a felt sense shared experience and we're generating it together.

And so with this being a gift of Water, is it a good practice to really embellish the felt sense of stuff as we're living in our world in our day to day life, and really like cultivate that level of sensitivity and enjoyment and bliss from objects.

Well, I don't know. Do you, would you prefer to walk around a little numb and disconnected?

Haha. No. Or would you prefer like a every moment of life to be an exquisite precious, unfolding bliss? And to live in the recognition that it is a pleasure body, that we are occupying at all moments in time. It's, I mean, it's up to you. It's your personal preference? Do you prefer disconnection and numbness and being in your head and kind of missing life?

I feel like this really, like just, like there's an element of permission here and allowing me to experience like, giving me, giving myself permission to do this and to experience this and feel this, and have this as part of my day to day life.

And what you're naming is there, there is cultural conditioning that has said pleasure is bad. And again, we're we're living in a culture that has more of a distorted masculine as a tendency.

There's some cultures that have distorted feminine as a tendency, but that's not the one we're in. And so there's a lot of, there's not much permission for this feminine wisdom. There's not a lot of acknowledgement or mirroring of the felt sense. It's sometimes seen as lesser and to be honest, I

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feel it all the way, even into the wisdom traditions, you know, like don't get lost in the bliss, the bliss is a distraction. Yeah. There's like not a mention of energy in so many wisdom traditions. It's really confusing to me cause I woke up through simultaneous, which was filled with energy and I couldn't find any mirrors in any of them, even the wisdom traditions, you know, and I had to spend a lot of time going back and forth and back and forth.

And you don't want to become a bliss bunny to the point where like, you're about bliss and you're not present and you're not aware and you're not aligned and you're not serving. Like you don't want to get so into water that you lose your tree or you lose these other qualities. Because to me, true nature is all at once, it's got all of the wisdoms, not one, but I see no reason that water should get kicked out of the kingdom. I mean, it's the truth of our nature, that we are interconnected. And that like, when I go for a walk in the morning, I actually do most of my meditations as walks now. And I am like humming with the flowers.

You know, like the world is a sensual beauty that's just touching me in every moment that I am touched by. So like the deeper I go, it's just like, oh, you see the color of something and you're just like, wow, you know, like the ecstasy that happens on those walks for me, which is just shifting into the mind, that's in this felt sense and it's like unbelievable, the world we're in, it's unbelievable. What's happened is we've lost this sense and then we get disconnected and hungry and then we just like fill with false pleasures, like sugars and porn and video games. And it's like, we're distracting the mind because we aren't here in this deep felt sense where like a blueberry is ecstatic, the touch of like, you know, a baby's soft skin is beyond. Like when we're actually in the realization of water, we're not hungry, we're not needing, we don't need to stretch and we're not in a hurry. We don't need an excess of anything. Right. Because every moment is fulfilling.

And when we allow ourselves to fully enjoy and take in the pleasure and the bliss, we don't need nearly as much. We need very little to satisfy.

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Right. Even our consuming culture and our buying cultures coming from a lack of living in the fulfillment of what's actually here. Like if we actually simply practice this, what do we need? What do we need to buy? If all, if you can walk around and be an ecstasy because you're just with the grasses, and the trees, and the feeling, and the texture of the air on your face, and the texture of your skin, and someone else's skin, and the simple things of food.

Yeah. What do you need, why are we, why are we industrial, you know, for what, what do you think hoarding riches does? Where does that come from?

What this is also speaking for me is that I'm realizing that I've had this perception that a lot of this had to come. I only had access to, with another person. Like this to get into this really deep felt sense, it had to involve another person and I'm realizing it doesn't. Like this is opening up a new place for me.

Yeah. Yeah. And it's beautiful. And relational doors are beautiful. Like it is, you know, some of our earliest experiences of mamma and held and touch and breast and milk, and, you know, those are, that's actually, when the felt sense, got amplified. But then you can realize, I mean, I remember sitting, Angel, with you, in the hot tub at Esalen after we practiced all week and you know, it was just like, Oh my God, the warm water. Oh my God. The ocean air, you know, and it's cause we were in a deeper level of mind. It was just like hard to almost tolerate the level of bliss. You know, getting a massage after a week of practicing and stabilizing and simultaneous open hearted true nature.

It's like someone touches you on a massage table and you're like waaaaa. its just Ridiculous. Right. And you know, you see the key though, is the mind shift. It's not it's from what mind.

Yeah. And I'm just, I'm feeling a little annoyed with myself in that, like I've had this perception that without a partner, I can't experience this and, and not realizing that there's a lot I can experience without a partner.

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Yeah, and the sadness in there, because be careful not to get angry at the part. Yeah. Cause you, you remember that, that craving, I need a partner part, is related to a child who was left alone when she shouldn't have been. And wasn't responded to enough and that that child does need to be taken into the arms of her mother. You know, whether it's your inner mother or the great mother or one of these people here emanating mother to her because she needs what she needs, or maybe she needs a Father.

She needs what she needs and when she gets her need met, she'll come out of the constant hunger, which keeps, you keep getting pulled into the parts process and it's making you miss the world. Yeah. But it's, but don't get angry at the part because part the part needs you, you know, it's not, it's no one's fault, it's not that part's fault.

It's not even your parents' fault, because something happened to them which made them do that with you. Right. I don't really see a person to blame in this. Yeah. But I want an honor the need of that part that wants to feel held and is looking for like, is maybe for you, because it's a partner and I think for you, that's a male partner, like maybe there's a need to feel true masculine, that there is a presence that you can rely on that is here that represents the father and then that part of you will relax. You know, so it's all true. Like, yeah, the bliss is here. You could literally just in your own house by yourself, open up bliss and just roll around for eight hours just by yourself and be like, come out like a nectar, honey, love being living the ecstatic bliss, body life, right? That's available to you and your part needs some grace to help you drop into that wisdom. That's why we don't just teach Water, we teach feeling the shadow or the distortion of it. Yeah.

Yeah. That's beautiful. Thank you.

Yeah. Let's stop talking about it.

I was just tickling each of you.

Yeah, I feel it.

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Okay. I mean. Yeah. One of my favorites is just going, you know, go to the ocean and roll in the sand, you know, just commune with this gift of life. You know, the water in your mouth. Yeah.

Such a great antidote for cortisol and stress that we all face just in the world, you know, just, just to spend any amount of time doing this instead? Yeah, probably so much serotonin happening and so much dopamine happening when you do this.

You know, I spent a lot of time in the contact improv community and they were fully onto this, you know, you would just be like, okay, I'm just going to lay on you for like 20 minutes, but we be shifting into the pleasure of it. And then, Oh, okay. I'm going to roll. Oh, there's one point and then the point and then that point.

Oh yeah. You know, it's like, we don't need to talk. Let's just five hours roll on the ground together.

They're doing virtual contact improv classes, and I feel like that's a stretch for me.

No, it is a stretch. Now you have a tool that could achieve it before it was like crazy. Now you can like put your little ball and roll your contact point.

This is the greatest thing I've ever seen in my life.

Good for them for trying, what are the options? Not try?

Here's the contact point. Okay. Oh, okay. There, now there, I mean, I love contact improv, it taught me here now there now, oh, awareness there, oh, awareness there. Contact improv is one of the deepest teachers I had of the felt sense. Yeah. You know, taught me moment by moment, every little contact point in my body, feeling the whole body.

Hmm, Hmm. Hmm. Its so immediate. Out of the thoughts. Yeah. If, if Luminious could be a month every time we met, we would do contact improv for a really big portion of it.

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Because I have way too many things I want to teach. But I think everybody needs some practice like that because if we aren't embodied in this felt sense, what's the point of meditating? Yeah. Awake awareness doesn't need a felt sense, but it's not emptiness emptiness you guys. It's emptiness form. Hmm.

Oh. Oh. Oh,

And this is recorded for everyone to watch. Yeah right, it's a little vulnerable isn't it?

I could do this for the rest of the day. And I've only done my face.

Hmm. Maybe we should require if they're going to watch this, they have to do it. You can't be like a voyeur. You have to be a joiner.

Oh, wow my forehead and the ball.

I just got goosebumps down my whole body. Oh, i just felt your goosebumps.

I'm running my nails through my hair.

That's one of my favorites.

Hmm. My face, it's tired of being in a face form. Squishy. My head wants to be squishy.

Notice how vibration of sound is another felt sense? So.

Ohhh. Aahhh. Hmmm. Aahhh.

I used to teach these classes, I used to teach contact improv before Luminous, and I used to call it the animal body. So feel your animal body. Natural.

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Every surface becomes so interesting. Every nook and cranny, the temperature differences, all the sensations.

Yeah. A fun exercise that we can't do right now cause over zoom, but if you want to give someone else pleasure, if you focus on their, like I want to give them pleasure, you'll be 1/10th as effective as if you just focus on the pleasure of touching them.

Yes. Can you say that one more time?

We can't really practice it, but instead of me going, oh, how do I make pleasure in you? I just focus on the pleasure of being with you in the felt sense, it increases the pleasure of the other person 10 times more.

Wow.

You can practice it actually on an object. So like anything that's around you, if you touch it, not to feel what it's about, but with, with a sensitivity towards your own pleasuring of the contact, you can totally do it with a, a chair or anything.

But you can do this as a homework exercise too, with another being. Basically take turns, one person is going to touch the other, the other one is going to receive and the one who's giving the touch focuses on feeling the enjoyment of giving touch more than trying to give them pleasure. You still are attuned and responsive to them, you're not denying their needs, you're attuned to them, but you're really going more into, your own self pleasure of giving touch and do that for like 10 minutes and then switch it and let them do that with you and see what happens. What were you going to say Echo?

I share a version of this so that you can tell the difference in tantra workshops where you actually, you focus on a forearm and you might spend 20 seconds touching them in a way that feels good to you and then 20 seconds touching them in a way that you think will feel good to

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them and then switch it and then have a conversation about what your experiences were because that comparison really highlights the difference between when you're enjoying the touch that you're giving.

Yeah. Do it as a contrast teaching, and then you can do a 20 minute dive into what it's like.

Yeah. Yeah.

Beautiful. Yeah. We, we tickled it in here, but obviously all the teachings that we started to touch here could go into a very deep tantra practice. But we just kind of touched the edges of that in this one. Yeah. The same principles can turn into bliss and union and all sorts of things for the practice.

I think practicing this like in the container in which there is a lot of time, cause I noticed like for me, I just like need so much spaciousness around time, it eventually translates into like the faster paced world where we're like we shift time and can create actually create this kind of bliss in a situation that doesn't have the same amount of time.

Right. And again, notice we're in a culture that's more in a distorted masculine. The distorted masculine is the more conditioned norm and distorted masculine likes to push time. And he likes to be driving and pushing with time rather than a natural pacing, that unfolds in its own time.

What would it be like if our entire culture was in the pace in water?

What kind of culture would that be?

A great one.

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And you can feel, there are certain cultures, like Brazil has way more Water than the United States. Like you go to Brazil and like people show up, but you know, you say two o'clock and that means something, right, and then you can feel the sensuality of the culture. So nice. And then you can go the other way, like to Germany and it's even more in the masculine, you know, but the, but the train show up on time and they're efficient.

Yeah. So there's, there's gifts of the masculine, there's gifts of the feminine but then when we're in hyper masculine, we have this push and this drive and this inability to access the feminine. And when we're in hyper feminine, then like, you know, in Italy, the post office is sometimes open, you never know when, right, and that can be another issue,

But there is a pacing and that's the key. When water is included, there is a there is a pacing that actually allows for the sensual body and the frequency of the second level of the field, which is slower than the mental field, it's slower than these other fields.

Alright loves, we're supposed to go, you can go eat your lunch with this ecstasy, you know, continuing to explore. Yeah. And also you could just go lay down and stop doing. Then just feminize into the feeling sense and rest and find the pacing that isn't driven or got to go eat lunch, or just explore the felt sense without the driving.

See what happens to your fullness in your bodies.

Thank you so much. Have a good lunch.



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So welcome. Welcome to our Water lab around being with what's beneath, beneath the surface of the water we'll just say. I want to start with - this showed up on my Facebook feed that I posted a few years back and it felt really poignant. It's a poem by Rumi.

This human being is a guest house, every morning a new arrival, a joy, a depression, a meanness. Some momentary awareness comes as an unexpected visitor. Welcome and entertain them all. Even if they're a crowd of sorrows who violently sweep your house empty of its furniture, still treat each guest honorably.

He or she may be clearing you out for some new delight. The dark thought, the shame, the malice, meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.

So I'm just curious how those words land for each of you? Just so I can kind of get a sense of what's alive and what's moving through each of you, as we enter into this lab. To me, those words are really poignant to what the theme of this lab is. I was like, Oh my God, I love Rumi. And I love that he showed up on my feed from a post from a few years back for me. So I just would love to hear each of your voices as we start to dive in as the group.

I love Rumi and I've been following the points that were posted by Mandy for the last two years. It really touched me, because for me, there's so many layers underneath that I've been meeting. Layers by layers it resonates.

I missed the first thing. You said you love Rumi and then you've been following...

I've been following some of the points that you posted in the Facebook. A lot of them resonate. And what I mean to say, I've been penetrating some of the layers, that resonates. So it's like the peeling off. Yeah.

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Yeah. I just like the idea and image of being a host to the feelings and sensations. And almost like, as a vessel that, that it takes up residence temporarily that, it just opens to the possibility of not identifying. And I thought that was really a beautiful way that he expressed it.

I love the permissioning. So from one of my patterns to step into judgment quite often, so just the permissioning to feel all the things and to experience them with a sense of joy, curiosity, and childlike nature, I think is just such a nice reminder for me.

I just find that poem it's so intuitive and sensible to me when I hear it from a high state or simultaneous mind or something. But then if I hear it and I'm kinda stuck in a part or in an emotion, sometimes it can piss me off. I'm just like, No, I don't want this experience. I don't want this emotion here. But of course it's also a pointer to acceptance and allowing, all that good stuff.

So this, this poem is hands down, my favorite poem of all time. It speaks so strongly to me. The lines that stand out the most are the very last one about each being sent as a guide from beyond. And that has me connecting with the innate wisdom of our emotions, that they really are our navigation system throughout life.

And the other line is, violently sweeping through the house, clearing out the furniture. That helps me sit with the more difficult emotions and welcome and embrace them. Even though it feels uncomfortable and it feels destructive in some way, I can connect with that hope and even excitement about what it's clearing room for. And what Winslow said also resonates with me... that sometimes it's just not fun, but yeah, it's such a gorgeous poem. Thanks for sharing it Mandalena.

Yeah, I resonate with a lot of what has been shared. I also share the kind of irritation when I'm in more blocked spaces. Like when I read this poem in my life, there have been times when I'm like... there's a part of me that's like, yeah, yeah, yeah, yeah. And in hearing it this time, I'm appreciating that it's like the visitors are visitors within me and also like other visitors who enter, you know, who I come into contact with. Welcoming them all.

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Yeah. And I notice, like Becca, you just said welcoming them all. Like even the word welcoming. I want to get permission to what that word even means. Right. Because the welcoming doesn't necessarily have to be like, Oh my God, it's so happy to see you. Right. It can be like, yeah, you're here. I'm willing to sit with the discomfort. Or wow. I really wanted to do something fucking else right now. And here you are, and I'm, I'm willing to still welcome what's showing up. So, you know, the theme of this lab is, is like, it's kind of funny to me that it's like the gift of Water is how to actually discover what's beneath the surface and what are the deeper vulnerable emotions.

And to me, that feels like those reveal themselves when we actually - and this is why this poem felt so poignant - when we actually are willing to acknowledge, to meet, to be with. Often times the more surface emotions that show up that were... for me, sometimes being with sadness is way easier. I'm like here's sadness and it actually feels good. It feels clearing. It feels moving. But when judgment or shame or anger or these other ones - they feel inconvenient. I'm like, "Oh, you're here now?" So there's something that I wanted to play with in this lab today, around what is it to really meet those places?

Yeah. And really letting go. So one of the gifts of Water is letting go of agenda. And if you, if you feel water flowing down a river, water doesn't have discernment in a certain way. Like, it doesn't have a, Oh, I'm going to move over this rock, but I'm going to jump and not touch that rock. It literally penetrates everything that it's flowing over and around and through. Nothing is left behind, and there's something so beautiful about that. Like the image of, you know, if you imagine a stone and the water is just doing its thing, right? Just continuing to press, to flow, to rub, not by going, like "I've got to move this stone" or "I need to like bypass it", but just... the nature of water meets and meets and meets and meets. The nature of water is emotionless. Right? The nature of water is not "I'm going to judge this" or "I don't want to be with this". It's just the very elemental, alchemical nature of this element is just to be with it all.

And I often like to, even in my own system, imagine when there's a place of holding or a place that even feels hard for me to sort of understand what's occurring for me. It's just to meet it with this continual loving presence. And really, really catching if another part of me shows up with an

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agenda that like, "Oh, well, if I meet this presence, then it's going to change. And then I'm going to get to the goods. Then the gems are going to appear." But to actually recognize that in the meeting, the meeting is the gem, right? The rage or the one that's sweeping the house wildly. It's not sweeping to clear, it's the act of sweeping that has its own intelligence. It has its own wisdom. And if you think of it from a parts level was put in place for a really, really, really good reason. Maybe that one that is sweeping furiously... its intelligence is it knows that through movement and through fury it got something when it was a child, it got its needs met. So, there's this real refined place, I feel, in the Water quality of really catching if any part is showing up with agenda. And coming back to, Oh my gosh, as Water, I'm this infinite source of loving presence that can absolutely be with whatever arises.

And the curiosity, you know, the same way, if you think of water as contained, it doesn't skip. Right? It doesn't jump. It stays with. So it's like, Oh, the water's meeting this stone here. What's the wisdom right here? And now here and now here and now here? And, you know, water can move fast. So those wisdoms that it's meeting can happen quick. But also water can be almost completely still. Right? And just a slow, continual meeting.

I share this because I noticed even in my own system, if something's up for me, I still have a part that kind of shows up immediately that's like, "Oh, cool, I'm willing to be with this, because I know it's going to get me somewhere." And to really, really hold that part. We live in a culture that's so fascinated with outcome, right? So driven to have results and production. And there's a beautiful quality to that - it's a awesome quality. And there's a distortion in that. Right? We are, in my opinion, sort of lacking the bounty of wisdom that Water has to actually just go, "Oh my gosh, I am comfortable being with". And I heard a few of you say when you were reflecting on the poem, that depending on what level of mind you're in - from that more awakened mind, it's like, of course, that totally makes sense.

And then from sort of more ordinary mind or everyday mind, it's like, Oh my God, that's so irritating. You know, this thing that's showing up is so inconvenient, that's asking me to slow down and be with. Arrgh! Arrgh! Arrgh!

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And again, I'm in this conversation with you. Yes, I'm facilitating this lab, but I also just want to put myself in this pool of water. That I also sometimes have to catch myself and really notice when there's, when there's...it's this feeling of inconvenience, you know?

And as most of you know, I have a daughter right now who is 14 months. So she's fully in her oral / Water development. And it's the wildest thing to witness her emotional body that like, she doesn't have any of the beliefs and constraints tacked up, you know, piled on right now.

And so literally, and this was the interesting shift to watch as she'd come from like baby into toddler. Whereas like, baby, it's a lot of meeting the needs. And if she was upset, meeting it so that she could move through the need and not be upset anymore.

But in this toddler phase - and it's more like this Water development - it's like she is developing her range of emotion. And she literally will be like smiling and laughing. And then, I don't even know what it will be, what happened to her, but then all of a sudden, she'll just go sad, you know? And she'll maybe cry for a moment. And then the next moment she's joyful again. And there's just this fluidity, this fluency of her emotional body. And if I don't come in and interfere, literally the intelligence of her body is doing its thing. But what helps is, you know -if she was just doing her thing over on the side and I'm completely ignoring it, that's not helping. What helps is me just not trying to change her emotional experience, but really staying with. And not interfering, but just staying the course of a loving presence.

And literally it's the most fascinating thing to be up close and personal with because as adults, you know, say for my own self, like I get, you know, the story piles on. Right? And it kind of creates the hiccup of just a fluency of emotion to just move through. But our natural state, when we were all babies, we were doing this. Whether or not we had caretakers that had the ability to stay with and be with, and essentially, it's the welcoming, right? It's the welcoming whatever is here for a child. Most of us didn't have caregivers that have that level of attunement or even comfortability in their own system. So they're interfering. And trying to mess with the intelligence system. But with Anaiya, it really is such a gift. I'm getting to repair Water in me as I'm like, Oh, there's not a lot t

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that has to be done. It's just a staying with her experience, and she has the capacity to move through.

And so I really bring that in with the invitation of us as we start to go more into the experiential here on this call... to actually remember the fluency of our innate state. We are watery beings. Our bodies are made up primarily of fluids. And so we actually have - our nervous systems are wired to move through emotions fluidly. And so even the ones that feel super intense or hard, or like, we don't want them to be here, just remembering the aspect of our natural intelligence is to move through them fluidly.

How'd that land for all of you? What's it like to just remember that innateness in your system?

It's reassuring. It just slows my system down. Just relaxes everything. It takes away the doing, the need to try or to do... the effort.

Yeah, I think the part about bringing that

fluidity and that accepting presence to the doer or the manager or the striver, that's really valuable pointer for me. So I'm going to remember that. My doer, my striver's going to remember it. You got it right.

Someone keeping track still, right? Make sure you try really hard to remember that. Going to get it this time.

Anyone else want to add their add in right now? No requirement. I just, before I jump back in.

Yeah, there's for me, there's a sense of ease and simplicity. Like, if I just trust my body and allow things to move. And see it has having this innate intelligence, then there's a way in which life can become a lot easier. That seems really freeing.

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Something I want to share. It's a little vulnerable. But what's coming up for me is like, after hearing what Katrina said, like bringing Water to my rigid process, which is sort of my habituated pattern. And yeah, even saying it now, I'm feeling my rigid process being like, Arrgh! Yeah just the simplicity of being with, I like that.

I have something to say that's a little, I don't know, it's just a little outside of this. But I'm having a hard time feeling received by your Water Madalena. Partly because you're so far away and dark and yeah, like in the frame. And I know that the energy is transmitted without effort, effortlessly and instantaneously. But I don't know you and I'm really having a hard time feeling the water between us because you're much more remote than everybody else is. And yet I'm wanting to, receive from you and be received by you. And if you could come a little closer into the embrace frame, I would love that.

I'm curious, because on my screen, I'm taking up the whole frame. So I can come, does that, are you wanting me to come closer like that?

Yeah.

You want to see my head more? Okay.

And you're lighter, brighter now.

Okay. Okay, so thanks. I appreciate this. You know, those are all... [drops computer]. You get to have my belly. I'm in my sister's room, so I'm not totally familiar with the lights. Let me see if I can just easily find a couple more lights to turn on.

Yeah, Andrew, thanks so much for speaking that. And I also notice this desire to drop a little bit more, it felt like we were kind of starting to. Jason, I heard you saying like, Oh, there was a little more relaxing and Winslow, your doer was starting to calm down. And Becca you vulnerably shared that the rigid part of you is like, whew, here. And so I noticed this, this desire of like...

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there's a pacing that we've been talking about all weekend, right. With the emotions, emotions move at a different pace. And I think Andrew partially why you're like, Oh, I want to feel your water, is I don't feel like I'm actually totally in the transmission of Water yet. Like I kind of came in with like... I'm talking about it, but I want to drop with us all into the pool, into the territory. Yeah.

And so, as a group, even just noticing, any parts of you that are starting to show up. Some of you outed some of the parts, but just starting to notice as they show up, as this invitation to this more sort of viscous nature of Water is what we're inviting in, notice if your doer, or the one that like wants to do it right. Just notice as they show up, if you can relate with them with this idea of being with, a welcoming and again, you don't have to welcome them with a smile. It's really, really just acknowledging who's showing up now.

And can you have a curiosity, intrigue about who's showing up? Without the agenda of, Oh, well, if I presence you, then you're going to change. Or then I'm going to get to the material that matters. But more like, Oh, this is what I noticed now. And it might just be a sensation in our bodies. And it might be a part that has a consciousness. You might be a story.

That's a really nice permission to allow just feeling of it instead of trying to figure it out. Cause that's what I'm usually trying to do. It's like, Oh, I feel it, how great, now I want to figure it out, analyze it.

Yeah. Water's not a figure-outer-er. Water is a sense-based, felt wisdom. And so, as we keep dropping in. One of the ways that I'd love to play as this group is to, in this pool, that we were all beginning to swim into, as someone names something and we, and we as a group, maybe presence that place that's being named, it's going to permission, permission that, and then it's like some it's going to maybe perhaps open up something else than someone else, something in someone else and they can name it.

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And so sort of like submerging going on this submersion into the water together was, was the idea I had. Water is by nature... we've heard this term a lot this weekend, "interconnected interrelational" and, it's one of my most favorite places to play inside of the group. Water's not a top down teacher, right?

Water is a with-ness. And though I want to invite as we are presencing and welcoming all aspects to come to the table, to come to this pool, each of you allowing and naming. And in the naming, that is the teaching. When you get to go, Oh, how do we be in this practice really, of, of being with.

So I noticed for me right now, there's a, there's like a simultaneous softening that's happening in my belly. And, uh, and a tightness that's happening in my solar plexus.

And... yeah, there's the oceanic loving presence that's just in curiosity.

And so I'm meeting my system as this ocean of loving presence, really, without any agenda that... my solar plexus needs to be softer, or why is it hard? But just like, Oh, it's here. And there's a real honoring. Honoring of the wisdom that the "tightness" holds.

And they can feel the nearness with the group. There's, there's like a recognizing that there wasn't an honoring in my system as a child, but this, this pacing of water, was really just overrun.

And as I, like, as that recognition comes in, I noticed like, ah, there's like this place in my solar plexus that feels like seen and acknowledged even more. It's like, Oh yeah. And there is a softening that's starting to occur in my solar plexus, but again, it's not because I'm doing anything, it's just staying with and letting the, the intelligence reveal itself.

And so I'm curious as, as I name and share that, like what's alive for someone else. As we stay in this watery body together, what's arising within this group.

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Okay. For me, it's interesting. I woke up this morning with a stuffy head, and sinus is stuffed. And so, there's interesting things popping up where it's this sort of this, not mine, not my fault. If this wasn't here then I could get into more of the emotional body and these type of things.

So there's, it's a very good representation of some of the things from, such a long time ago. Right? That weren't necessarily quote unquote my fault or my responsibility, but the patterns that got laid down from the experience. And so, underneath this sort of "not my fault" or "it's not mine" is frustration. And the doer shows up that wants to do something about this, to get rid of this so I could get to the deeper thing. And yeah, like an impatience, and within that, or underneath that, or as I sit with that and even sit with the physical sensation of having a stuffed head, even the gross physical nature of it starts to relax and calm. So, I can feel the belly. I can feel the Water in nature. There's no limitation there. And yet the parts still keeps showing up like, "Hey, if this wasn't here, I'd go deeper. I'd get into the real stuff". So there's a toggling, which is really cool to, to witness the contrast of resting with all the parts and the gross physical sensation, and actually the softening of all of it, including the congestion, and then toggling into the parts and sort of getting those activated. So, yeah. Yeah, it's cool to see the layers.

Do you feel open, if we, as a group, bring our Watery awareness to the one that got my attention is like the one that kind of keeps popping up and is like, "well, it just needs to be different". Right?

The one that's

been judging it or wants to change it.

Yeah, and I notice, like, I really want to honor that voice. Like that voice developed for a really good reason. Right. And there's like, there's a wisdom in there. Like he's pointing to something. I don't want us to try to make him go away. Cause there's just like, how has he got met with our loving presence in his okayness, in his, in his welcomed... just be that voice that's showing up at the, at, at the front door of your home.

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Yeah, that part just needs that agenda-less presence. That's it. Does he believe that there's agenda-less presence here?

Yeah, actually.

You can feel it?

Very much. Yeah.

You'd be okay with us kind of hanging with him longer?

Please.

And for the group, just notice if notice, if it feels easy for you, to be with his part, with agenda-less presence?

Notice like, and maybe it's not, and that's okay too. Although I feel I all of you really present. So just, just really noticing like your capacity to meet his part with this welcoming.

And the deeper we fall into that, more of the heart comes online. I can feel that deepening and softening with more loving presence.

I invite the group to name like, we're just one body moving together. I mean, by like, if something that's Jason system it's shifting, like, if you, if it spawned something in yours, to name that. We're essentially like multiple voices of one body here.

Okay. I noticed there was like a big breath that came through me as your system kind of... as that part sort of felt held. Hmm. I feel sinking into my belly more.

Yeah. Yeah. There's more ground. There's more of a, a sense of being held physically.

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I'm noticing a softness... dropping. The melting of tension from my shoulders and my back.

For me, the sense of honor shows up.... and just this moment, uniqueness of it in the present, the sacredness of it. What's arising in others right now?

I have to go pee. I'll be right back.

Fluid!

Must be mirrored, because of that same sensation. But I'm okay, for now. Yeah. There's a sense of things slowing way down and the space feels fairly contentless... from a mind perspective, feels like it's just swimming in the field.

Keep noticing the field of water.. how there's just room to be with anything that arises. Just keep noticing if you can stay in that awareness of being with. Becca, I'm curious, what's going on for you?

Can you hear me? It's kind of windy.

Yeah. I can hear you without the wind, so,

Okay. I'm noticing a lot of what I would typically label anxiety, like rushing through me. And some shame and shame and being seen in that. I'm feeling that my body needs to move.

And how does it feel? You, me and that... feel us being with. So half of you right here, with all of you.

Oh, that helped. I can feel you all now. Hmm. It's like when... maybe this is kind of tree, but like when nervousness turns to excitement. Getting edgy.

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I had that yesterday. The joy of like suddenly opening to receive the water.

Yeah. Yeah. It's happened to me a few times. Yeah. Thanks for saying that Andrew... it just like amplified. I'm feeling myself melting into the group.

It's already been used a few times today, but permission is what I noticed this, that you're just like, Oh, I get to be here and get to receive. You could feel, be felt.

And maybe I know you named like your rigid process sometimes shows up. What I want you to notice in that moment was like, that was your own inner authority, making a different choice. That was you. There wasn't external telling you what to do. That was you going, "Oh, I can, I can be here and feel all of you. I can choose this". You honoring your intelligence.

And Water moves beyond the wisdom of like "shoulds" and like needing to do it a certain way, water is just with it all! Just with it all!

Andrew, what's happening for you right now?

I'm feeling a lot of air in the room and feeling like starting to detach and, feeling hungry.

Your system may also be feeling the time container, like we're almost at an hour. So I wonder if it needs to detach. It might just be feeling that like, yeah, lunch is...

Maybe. And I guess, the structured part of me is, was wanting like, like what this was set up, what it sounded like it was... well how do we get underneath the efforting to try to find the true feeling. And I'm wanting clues for that. And maybe, the answer to that is just going into the Water. I mean, maybe that's all it is. Maybe there's, you know, maybe that's what it is. That there's not anything under the Water. Maybe I'm looking for what's under the Water, but when it's just the Water. But I'm like, I'm at the end of this session, I'm like wanting to take away, okay, what is the key to getting... to not efforting, which I find myself doing a lot.

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So, can we really notice the part that really kind of feels like it wants outcome, right? Wants a structure of like, these are the steps I do, right? And I really want to honor that part. And honoring the part, even feeling like the contrast, like what does Water feel like to that part?

Yeah, I guess the answer is the Water, is the wisdom of the Water.

Can I, can I jump in there too? Cause I have that part - and I want to relay something that may be useful, for me, for that part. For me, it's like the Water doesn't make sense. It's like I'm trying to grab it. It's like, it's like you go into the water with your hands and you try to grab something, you come out with nothing and it's like, it's almost frustrating. It's like... how can that be? There's gotta be something there. And there's nothing there. It doesn't make sense. It's stupid. It doesn't work. You know, like it's almost like they're polar opposites in a sense, until that integration really allows for that to take place. And so that part just has, for me, it's like if the part is acknowledged that that is true, that it's sort of stupid. It doesn't make sense. There is, there's nothing there. And then it feels heard, it kind of relaxes, allowing for the Water to sort of show up.

And, and notice what is able to hear it. Right. That's the wisdom of the Water that's able to hear the part, like there's nothing fucking here! There's nothing to grab or hold on to!

Yeah, It's like a comedy it's like, yeah, you're right. Yes, of course. That's the point. That's what I'm showing you. In other words.

Yeah. And this is the constant, this is the Water that's like, yep. I'm still here listening to like, absolutely... there's nothing here to grab onto... and to this part, this is like, it's like total, total contrast. It's like, what, what are you pointing to? Where's the tangible, where's the measurable? And so what I would offer - and Jason, you said it so beautifully. It's like Andrew, like that, that piece right there, that shows up for you is, is the piece to meet with this presence that's just unbending, right?

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It's like, I'm relentlessly still, just here with you. No matter what, no matter what, no matter what, still here, no matter what, no matter what, no matter what.

For me, there's a sorrow in that, like sorrow comes up through that. Just to name that sadness. A compassion, a deep, deep compassion.

Yeah. I feel that like, Oh my God, how, how much lacked in your life to like not have someone say "I am still here and I'm still fucking here, no matter what, absolute sorrow and anguish in there".

It's so worth it to stay with and this beautiful part developed all these agendas to go... "well, if I know the steps, if I do this thing, then I'm going to get the thing and I'm going to achieve, and I'm going to know, okay, this is what it is". And we're not, we're not saying anything's wrong about that part. We're actually just finally fucking paying attention to it and staying with... I hear you. I hear you. I hear you.

It's a deep acknowledgement and acceptance of that part

itself. You're right. You're ..., there's nothing. You're totally right. And there's nothing wrong. You couldn't be more right. Right? It's like that full, full acceptance. And...

What are you noticing, Andrew?

I'm just letting the waters flow. I'm okay.

Water is a confusing presence to our doers. Water is the unconditionally loving mother that just stays with her child effortlessly and continuously. We're here with you.

Yeah, it's nice. It's nice to really, to, to let it in.

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I think they're closing these rooms in the next three minutes. There's also, with the Water, the divine mother, there is a divine father that also says "and we need to eat and have, and you know, have direction". So, there was a time and a place for both, and I just want to offer to your system Andrew... my guess is is you have more of the divine masculine in spades, that discernment, that direction. And, as you allow the Water to also come online, like the two get to work together. They're needed, right? To just be fully in the Water all the time. Water has banks. Right? Water does have direction. It's a "yes, and," But today, in this moment, what feels important is like you just getting to bathe in the agenda-less water.

And the funny thing is, I think of myself as a pretty Watery person and yeah, I realize, all the resistance.

Yeah. You're watery when you're Watery, right? And then there's, uh, there's, there's the parts that resist the Water, resist that presence. And, you know, that's just the, that's the beautiful, the meeting, the edge that you get to.... I really, really appreciate you speaking up and being like "something's not quite landed or satisfied". And yeah, Jason, I love, I love what you've contributed. And also there is a part.

Yeah. I want to thank Andrew as well. Cause it helped unlock things for me. So thank you. I just want to note too, how cool that the time dilation is. So when I'm in my parts, it's like, hurry up. Let's go. What's taking so long...oh my god, this lasts forever. And then resting in the, into the Water more fully it's like, time just goes by. I looked up and I go, shit, it's 1:15. So it's kind of fun to play with the time.

Any last words in the group? Andrew, any last thing you want to say in the group? So good to hear all the voices just kind of come to find that nice completion.

I was, I really appreciated it. I had this part that was like, that's like, it's like way after lunch time... we're sitting here. I really appreciated bringing Water to that. And the container helped immensely.

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Agreed.

I feel like I really got what agenda-less presence means. Thank you all.

It was lovely swimming with all of you. Hey yeah, I appreciate all the contributions and I'm coming away with a deeper sense of what it is to meet the structured parts of me or the resistant parts of me with Water. Thank you.

Hey, Watery beings .. enjoy your lunch.

Thank you everybody.

Nice marinating

with you.

Yeah. I want to say everyone and thank you, Mandy, for this container that you created and allowing everyone to show up as it is. So, gratitude for you, yeah, for Mandy and for everyone. And Happy father's day to all the amazing beings, you know, somewhere somehow you're so often a father figure. And I honor that.

Thank you. Bye bye.



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Ooh. Okay. You're all I decided to basically, or not plan this. Cause I was like, well, if the theme is allow just show up. Like a few little seeds of just tracking. Um, yes. Welcome Mike, alright, my invitation for all of you if you want to do this is to go to your little box at the top of your picture and click on hide self view

and unmute yourselves, please. I never even knew that that was an option. Yeah, check out how that feels. Andrew, theres a Giraffe feeding your head. Can't see myself right now, so I don't even see him. All right. Can you wait another minute or two? If there's more what I'm hearing? Yeah, you're a little bit light, but can you see me? I can't see my cell phone. The screen, the tool now. Yeah, we can still see you. That's what happens when you hide your self view. It's a little more relational, like we're in a space together versus having our own little box peering back.

So. Okay. All right. Um, yeah. Hi. So if we all just start tracking this collective field, that we're in. Yeah. Oh jeez, okay. Feeling the particular entry points to the different levels of wisdom that are in this particular group body, the body of this group. Yeah. So we're at the water module, but there are many doorways.

Hmm. Yeah, we're gonna find our way in through the allow. Yes. And we're going to keep permissioning and just starting to feel the waves. We're in water and we're also going to invite all these other access points that we have to filter through. Yeah. The permissioning, the fluid aspect of your being. Yeah.

Yeah. There we go. Yes. Yeah, yeah. Ooh. Hm. Yes. Might feel a little heat building in the room. There's a lot of fire, earth, and realm here.

As it turns out.

Yeah. So what I want to invite is if at any point in this space, you feel like, Whoa, I need more containment. Just like wave your hand. If you feel like you're starting to pop out at all. Ooh. All right.

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What do you mean? What do you mean by pop out?

If you feel like you're starting to leave your body for instance, or like get overwhelmed.

So as we permission this watery field, there's flow.

Go ahead and just presence, this ever loving presence that is the water we're swimming in right now. Like the the presence that is that which liberates and that none of us have to do anything.

Welcome Jana. Hey, thanks.

We're just arriving in. And this is an emergent space. So we're being with what arises and what wants to come through. And for each of us that might look a little different. Ooh, there's also a group field that's metabolizing, all that has been named and all that is in our own unique history.

Ooh. ooh.

Ooh. Yeah. So, when I was tracking this lab and feeling the fire combination. Fire has, like, it has a momentous allow in it. Fire has like the heat that can metabolize. Right?

What's that mean momentous allow?

So, water, I'm going to modulate back to water and we can feel it through, through the picture on the screen.

So if we view through the boxes here, we're in this allow, this field of water. Woo. That has a watery kind of pacing and I'm inviting it that that's the field we're being held in. That doesn't mean our personal system has to stay only at that frequency, but we're in this field of water that can receive what's coming through.

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Yeah. Yeah. And Maya it's okay if you can't find it. It's okay. Yeah. So this is a field and let's just check out the field itself. What are the qualities you noticed in this watery embracing awareness? This love that is the field where we can release into what, what qualities do you feel here?

Nourishing.

Yeah, maybe it shows up as like a lusciousness. Mm hmm. Nice. For me it's like a washing away. Ah ha.

Like a wave of bliss that's waving through my body.

Oh, nice. Yeah. Yeah. So as these qualities are being named, continue to invite just opening your system to even further receive. The quality of water can deeply, deeply, deeply receive. So as people named there is essentialness or sumptuous nature. Yeah. Hmm. So we get to allow in this space, this pleasure, the pleasure of the felt sense, the pleasure of being received. Cool. Yeah.

Yeah. And our little babies when we came in, what they were, what we were signing up for, let's say, is to come into this warm embracing field. That's what we're designed for to come into this warm embrace saying, Oof, pool of water in the belly. Yeah.

And the waters we were swimming in might have had all kinds of imprints. So we, as a group right now, I invite us to open into this.. hmm

It's like the all loving mama field, ooh. The timeless generations of moms and the strength of that, that goes all the way back to this mother essence. That is the loving embrace.

Yeah.

Yeah. And recognizing that these same waters are inside your being.

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There you go. And just permissioning, what happens if we permission our being to tune to that frequency?

Yeah. When we do that, we're going to start to meet parts that are brace, have braced against that, or have had to hold. Yeah. Okay. Yeah. Huh. Or have the pain of not feeling that.

Ooh. Yeah. Or it might've popped out of our bodies a bit

when that wasn't there.

And recognizing that these waters can receive all of that.

These waters are still here. Yeah, yeah.

Yeah. There you go.

So we're in this field of water. I want to name the earth element, which is that our bodies can metabolize this. Our bodies can metabolize this emotional field, our bodies have that intelligence imprinted and embedded within we're activating and contacting that intelligence. Hmm. Yeah, yes. There you go. A lot of you have that frequency.

So if that's not in your own system, allow yourselves to connect with the group, even through the visual field, as this is happening, because you'll feel there's beings who know that frequency. Jennifer Russell's got it. And Mike K has got it. Maya's got that, Tan, Carolyn, Guy, right? The body knows how to do this.

Yeah. Ooh. Yeah, there we go. So feeling their internal doorways, just opening. And if your constitution is more out of the body, you just use them as a reference point. Whoa. Ooh, that welcome enough space to welcome even your most terrified parts back in, use them, use their doorway. Whoah. Yeah.

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Yeah. Cool. Huh? Ooh, there we go. There you go. Like we are metabolizing all these wounds as a group, so you don't have to do it yourself. And I want you to keep coming in. Cool. To this space. Yeah. Bringing whatever pain that might be here into this space. Oh yeah. Oh yeah.

Yeah, there you go. Oh, what happens as we name the earth? Anybody want to say?

I became a little less fluid. More thick.

Yeah. This is our grounding rod too. Right? If we feel this lower frequency, cause we're going to bring in some fire in a little bit, and we want to know the stability of this ground is actually fundamental.

A few might see as anchors. Uh huh, they go, bfft. Hmm. Nice. Yeah. Oh yeah. Yeah. We've got the stability. Can invite this earth field to hold the emotional body, given enough room and the underbelly of the emotional body that can help the whatever is here start to metabolize.

Cool. Yeah. And you might notice that starts to permission more fire once there is safety. Yes, Rachel. Yeah. That starts to go through. Uh huh. There you go. Huh. Huh.

This is going to be a bit of a group group session. So everybody's system, we get to bring it in and they get to go into the water element also. Let's say for Rachel, if we were going to surround her, send her some water in that space, too. As these sparks start moving as these places that have been contracted, start moving. You catch her with the water. Whew. Yeah, there we go. There we go. Yeah, there we go.

Huh? There you go. Into the belly, into the belly. Into the belly. Yes, Rachel. Yeah.

Yeah. And you can permission your bellies. We are doing belly heart this morning with Annalisa. Just open your bellies to the group. Huh. There we go. There we go. And there's a belly bond. There we go. Yeah.

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Yeah. And what happens as we do this?

Some compassionate, right, between everyone. There's a compassionate field you can feel, yeah.

Thought stops.

Your thought stops?

Yeah. Yeah. I feel like it's like, we're all in the same world.

Many tentacled.

You're starting to feel that sense of we're within, like Rachel just named, like we are within the same womb?

Yeah, that's a real fullness too. A healthy water. That's full, not hungry.

Yeah, like there's enough. Yeah. Keep feeling it or what our bellies know, when our bellies are connected.

Satisfaction.

Satisfaction? Hmm. Oh. So let's keep including belly heart, belly heart. Belly heart. Yeah. There we go. We need the heart too. Right? So we feel the embrace. Yeah.

Janna asked a little while ago. What is the momentum aspect? Like the momentum and the flow? We're in the waters and as we're here. There might be places as the safety comes in, where the charge starts to build a little bit more. So we can use, whew. Okay. We can use our earth also to meet the places that have been found.

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And we're in the territory of these early imprints right now, this like coming into the world and into connection. And then there's places that might've braced in your system. And just check the field, not your system, check the resource in the field and just check if you want to come in even closer to meet that.

Ooh. And then the fire energy combines with the water where we can start to allow okay. The movement. Yeah. Ooh.

Yeah. So we go earth to presence and contact earth and space, earth, and air, whew, you can amplify it just a little bit and then check in with the fire that knows how to move that through. Nothing you need to do. Yeah.

Caah. There we go. Yes. There you go. There you go. Yeah, that can start to move some of these places that have been frozen. Ah, ah, ha. There we go. At your own pace, earth knows at your own pace.

There we go. And it might be an inner movement. It might be expressive and coming out through your spine. Huh, inviting your system to receive what's here. Woo. The nourishment that's already here.

Hmm. And as, as you do this, you might have a sense of your soul essence. That's also wanting to come out, that's wanting to permeate your being. That's wanting to be felt and receive. Whoa. Yeah. That's what's been under that clamp. Yeah. Yeah. Whew.

And there might be grief or clamping or all kinds of things. It's like point to that. Ooh. But just noticing this soul essence that wants to be out in the world. Whew. Yeah, that wants to be here. Whew. That might've turned away. When those waters weren't safe. That might've been pissed and said I'm out of here when those waters weren't safe.

That might've froze when that nourishment wasn't there and your little earthling baby body that might've tried to do it yourself.

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Yeah. Huh. So again, meeting the bracing, wherever it is, meeting it. Ha, meeting it, meeting, meeting it, meeting it. Yeah, yeah, yeah. Cool. There you go. Meeting it and opening. Ha.

Yeah. Yeah. Mandy. Well, huh. Yeah. Opening and feeling that this space in this space, we're contacting that presence that receives, we are the space that receives you. These are the waters when your essence is welcome and wanted.

Yes. There you go.

Hm. Yeah. Huh.

I'm going to invite you all to self-organize as this is happening already.

Yeah. If you feel more like you're on the, Mmm. If you want to embody the space that receives the heart that receives the essence? I invite you to, helping me do this, like lean forward a little bit, or open your eyes as the receivers. And if there's, it makes sure you don't all go there. And if there's something moving through you right now that wants to be received, I invite you to go into whatever it is to almost amplify it further permission it further, whether it's the frozenness, whether it's the turning away, whether it's a feeling of deep need, whatever it is to permission that to come through.

Ooh. Yeah, there you go. And you can go into the allow. So wiggle your hand. If you're the one who's permissioning, something that needs to be received. Just give a little wiggle so we can see who you are. Yes. Janna. Yes. Marcus. Guy, whew can we have two more, two more people near. Awesome. And Mike. Okay, great. We're going to receive you so see what's here.

Yeah. And if you go into this open system in presence, the allow, ha. And let these waters receive you. Okay. Yeah. And you can even pick a person that you're receiving. Hmm, cool. Yeah. Uh huh. And if you're allowing, you know, what happens when there's a container for you, you don't have to do it alone.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

When you give it over to the allow space and you open your system to see what wants to move.

You can let out sound. If you have sound,

just check. If you feel like you're doing it alone, come back to the heart belly, even inside yourself, inside of the allow space and bring it into the group field. To this field of love and embrace that is already here.

Yeah. There you go. Ha. Uh huh.

yeah. And if anyone's letting the energy move in the allow space and wants to name something, that's moving. Something you're in contact with, it could be an emotion. It could be a sensation. What are you giving over? Yeah, you can just speak it.

There's like a deep rigidity or frozenness, that's really clamped up. Yeah. Yeah. Can you go even more towards it, Mike? Like need it. Kind of amplify the frozen rigid space. Yeah. There you go. So that it feels met. Yeah. Keep going towards, keep going towards, keep going towards, there you go. There you go.

Uh huh.

Going towards, it knows how to move in itself. Yeah. Yeah. There you go.

Yeah, there you go. You've moved towards and then allow, yeah.

Yes. There you go.

Yeah. Yeah. Something wants to give in there and you just meet it. Let it show you the way. Yeah. There was a belly feeling through your belly. Huh? If you're allowing, let his system inform yours and if you're holding space track through his belly. Wah, okay.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Yeah. Uh huh. Huh. Yeah. It might feel like a bind, like a place you were bound and tied. Yeah. There you go. Ah, and killed yeah. Through there. Yeah, yeah, yeah, yeah. Feel the life energy that wants to move. Even through that this field can receive that. Yes. Woo hoo. Whew. Oh yeah. And there's the brace, also the terror and just check this field has enough water to hold that terror, sweetie.

You don't have to hold it. Huh? Ooh, you get to just be it. You get to just feel it, huh?

Yeah. Ooh. Yeah, right through there. Huh. There, there in that softness. There you go. Huh. Right through there in the heart space. Whah, hah. Uh huh. Yeah, yeah. Through the choking. Ha yeah. Whew.

Like a giant hole in my chest.

Yeah. Hmm. Hmm.

In that hole within these waters,

what wants to come back in?

Hmm. there. Ha. Here we go. Yeah. Yeah. Just notice you're not alone with this feeling of hole in your heart or hole in your chest. There's others in this field that know that place too.

Yeah. Yeah. You can check and feel them.

Oh yeah, yeah, yeah. Okay.

Yeah. That was like the places that had where we had to turn away from our tenderness. Where our tenderness wasn't safe, our tender hearts. Yeah, there you go.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Yeah. Ha. Yeah. There we go. Marcus, you too right in there. Yeah. That opening right through that space, that's permissioning itself and like, whew.

Yeah, I, the grief, but also the depth of feeling. Woo.

There you go and you can bring it right in. Yeah. Let's check out how you don't have to move away from it. Ha. Hmm. Great. Yes there. Uh huh. There you go.

Yeah, if you can gently open your eyes, Marcus, if that feels okay. Tan, can you receive Marcus right now? Whoa, there we go. Yes.

Ooh, there you go. Yeah, there you go. Just feeling all that room he's got for you, Marcus. Yeah. I feel like I want to run. Yeah. Yeah. You let your legs run. Let them shake. What happens if you let that shake energy that wants to run. If you stay with it,.

We're like, phew. Yeah. And check it out in your body too.

Cause it's likely your legs and your whole psoas are kind of frozen too, there you go. Yeah. And other of you might have this in your system and you can let your legs shake and move. Yeah. Especially if you have the leaving pattern. Whew, schizoid. Yeah. What do you notice now, Marcus?

Like my lower back is like, it was like a fire in it.

Yeah. What does that want to do?

Everybody, give Marcus and nod. If you, if you're here for him right now, if you got, you feel like, yeah.

What does the fire in your low back, want to do or say, or sound what's there?

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

It's tingling as in like my legs, like it.

Yeah. Yeah. Does it feel okay to stay with that for a minute. Yeah, yeah. Yeah. As you stay with that, just check. Check the group, our people are we here? Just check.

There you go. And it might be a little new for your system, but also feel the embrace that's holding, holding us at the vow level.

even through the places that want to run or go away

or felt like they weren't welcome and couldn't be here. Yeah.

Ooh, there you go. Huh?

Yeah. And this is for everybody again, because there are other people in this space that have that pattern, that know this. Yeah. And are with you in this experience right now?

I feel like my core is frozen.

Yeah.

Yeah. Yeah, like it shut down. It was like, I can't get what I need. So I'm going to shut down.

Yeah. So through your belly, can we all go belly to belly with Marcus? Yeah.

Yeah. Woo.

What happens is we did that Marcus. Okay.

Like I can feel it, it's kind of heavy. My belly is heavy. There's like a tingling on the surface. Hmm. Yeah. Stay with that.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

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WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Like I can feel it, it's kind of heavy. My belly is heavy. There's like a tingling on the surface. Hmm. Yeah. Stay with that.

It's almost like my solar plexus is blocking.

Yeah. Yeah. Stay with belly. Ooh. Notice solar plexus. Hmm. Hmm.

Can we all go to the heart field for Marcus too in welcoming. Yeah. Hmm. It was like welcoming the, the tenderness in you, but I also feel that like the fire, just that life energy that's like almost feels like it's it's bound or holding. Not sure if it's safe to come out with as much voice and power and presence as is in you.

Yeah. Ah,

Yeah. And something about the voices of your ancestors that want to speak and come through, would be welcomed also. Yeah, there we go. Yeah. Can we all welcome his? Is this okay, Marcus if we welcome your ancestors in this space too? Yeah.

Yeah.

Whew. Hmm. There you go. There might be more ancestors that want to come in also and receive Marcus's ancestors. So you just feel if that's true for you in your own system. Hmm. And you can welcome all the beings that came before to receive Marcus's lineage. Yeah sweetie, there.

Yeah, there you go.

There you go. What happens when they get to be here too? When it's not just you

and when their pain is honored. Yes. What they've been through is honored. When they're remembered. Yeah. When our hearts open to them. Fully. Yeah.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Huh, huh. Huh. And those of you that can hear that have like auditory sensing, hear them as they arrive.

Yeah. There you go.

Hear them and receive them. This field is nourish, nourished nourishment, and can receive them. It's not afraid. This field loves this field here for everything that has accord and can see the beauty in all of these beings that are coming in. Yeah.

Yeah.

Woo.

Yeah, what happens for you Marcus?

Yeah. I can feel my system much more open, like the back of the body too.

There's a deep place in my heart. That's,

it's starting to open really really deeply.

Yeah, there you go. Huh. Uh huh. Uh huh. There you go. Huh. Yeah.

Yeah, there you go. When you're permissioning the field, sweetie. Yeah. And as we welcome your ancestors or their lineages of each of us, it feels like there's more space for them to come in and be received as well.

Yeah. There you go. And this feeling in your system, Marcus. What happens when the stories of the past are honored.

Yeah. There you go.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Yeah. There you go. And this feeling in your system, Marcus. What happens when the stories of the past are honored.

Yeah. There you go.

Yeah. And everybody keep going heart belly. We want to keep pumping the field, with the watery reception. Yeah. Huh.

Yeah. Yeah.

Let their joy come down.

Christian, what happens for you as Marcus is allowing?

Okay,

Nicola, what do you notice happens for you as Marcus is allowing?

I'm just, I'm noticing like the waves all releasing. Yeah. There's something here coming through.

Yeah. Huh. Well, everyone feel your throats. We're in a co-permission with this. Huh. And if you go open system and let what's coming through also permission your system feel that it wants to move free for each person. For you what wants to move, huh?

Yeah. Yeah. Yeah, beautiful.

So maybe throat, it might be at the base of the skull when we're in these waters that are nourished and can receive have plenty. Plenty to receive. What happens in your own systems?

Yeah. And there might be a sound that wants to come through. It could be through Marcus could be through, somebody could be from the belly. Yeah. Or the belly and the throat.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Yeah. Might be be yawns coming out of freeze. It might be a cry. Maybe a silent scream.

It might be your baby. That couldn't breathe.

Or your baby that couldn't nurse.

Yeah. There you go. Huh. Yeah. Anything that braced or got stuck along the way, ah.

Whether you were in a holding space role or an allow role, if you feel, when drawn are invited, what happens if you invite this, but like the cosmic nursing, like just opening to this field. Huh. Through the mouth through the throat, take the cosmic nipple. Huh. It's got plenty of milk. Uh, ha ha. You can bathe in that.

Ah, like overflowing nourishment, huh. Uh, and really let your throat open, your pelvic floor open, your palms open, huh. You can let your mouth move. Huh. Signs move from the mouth. Huh.

Yeah. Feeling yourselves. Huh.

If it feels scary or hard to reach in that way with your lips and your tongue, ah, just meeting that right where you are.

Just taking sips and then feeling that flow as it starts to inform your body, fill you.

Take it in through your mouth, through your field. You might feel your field starting to fill.

Yeah, they're really letting this mouth come in. It might feel vulnerable and weird and just play with that. What happens if you open? Wow.

Let that sucking motion, ha. We keep the cosmic breast that has tons of milk. So we're not just sucking into empty space.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Like something is coming back and just feeling what that is for your system or there's in a space there's more than enough, huh. Yeah. Where that milk wants to fill you, can fill you, is here to fill you.

Hmm. Hmm. What happens in yourselves as it is filled with this milk, this white milky golden nourishment, this golden elixir in the form of milk. And anytime when you're thirsty, you can reach up and there's more. And by drinking, it makes more, you make more by drinking this milk.

Whew.

Yeah, wow, you're feeling the group field, what's happening in the group field as we are drinking. Hmm. Whew.

Carolyn, what do you notice in the group field as we're drinking together?

Oh, Joy, it's all rich.

Hmm. Yeah. Mm, yes. Mandy, what happens for you?

Oh, gosh, that mute.

Can you hear me? Yeah. What'd you say? Complete bliss.

Yes. It's like a melted feeling. Yeah.

And Mandy's got a little more external in our field too, so we can feel, just through her field, that bliss. Yeah.

Yeah. And how that bliss fills in the space. .

Okay. Yeah. Ilan, how about for you? It is just a fullness. Very happy, peaceful fullness. Yeah.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

How about you Paige?

Following pleasure, like wherever you go, pleasure. Whoa. Here. Pleasure.

Rachel?

Hmm. .Now I'm feeling a, uh,

blissful floating. Yeah. And I was also feeling a little bit of nauseousness on the top of my belly. It's kind of receding, right now.

Yeah. And sometimes we get the nauseousness, when the places that have been numb or holding as they come out of that freeze and start to move, it can feel like kind of,uhh, kind of feeling. Yeah.

Yeah, yeah.

I like that.

Yeah. So as this moves, you can let it open through your channels and the arms, legs.

Yeah. Ooh,

Ooh. Hmm.

Christian, is there anything you want to share what's happening for you?

Similar to Mandy's, I feel like I just got out of the spa. Relaxed.

Yeah. And Marcus, what about for you?

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

I feel my base activated and like energy rising up, glow, and this life force.

I feel that in you that's like that's here. Right. But it doesn't have to be over there, but that's here. Here.

Yeah. Yeah. Oh yeah. Yes.

Yeah. Yeah,

If you all keep allowing what's what's here for you. And we, is it okay if we return to you for a moment, Marcus, since we've, like went through that doorway.

Yeah, yeah, yeah. We went also through the doorway of Mike too, with this like, he was naming the void space, and we found this tender space or this filling space. Yeah. Yeah. Yeah. So if we bring that over to Marcus. Lets really received him in this body, and his body, welcoming his body

as the vessel for this essence.

There you go. There we go. Yeah.

Yeah. Yeah. Marcus, I'm going to have you check Andrew Gregorio with outer space who can catch both the cosmic and the earth.

Yeah, there you go.

Yes.

Yeah, there you go. Where all that can ground, where all that you are can ground and land.

You all feel Marcuses system kind of gridding right now in the stability fields. Yeah. Yeah.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

There you go. This templating that right in Marcus, and as it comes through you, it enters the social fabric.

So it goes into your field and as it is embedded in your field, it transmits to all you come into contact with.

Yeah. Right there. That safety transmits. Yes.

Woo. Yes. What do you notice Marcus?

Like when I close my eyes. I could see like, you know, like a grid pattern actually.

When it feels spacious, but like there's a stability.

I feel like there's things happening that I can't feel,
but there is a knowing.

Okay. Feel we are in simultaneously simultaneous we've got air, water tree, just like,
earth, and the fire and the realm and the knowing of the crystal. Yeah.

And for Marcuses system, and this is true with a lot of water. We need enough tree.

Where that water, to have to have enough structure and integrity, like a water droplet, you know, how it would, woop, it's got its own shape. There's a little bit of tree energy in that water droplet. Right. That keeps it together. So it's not just misting into space.

Or misting out of form.

Oh, okay. Oh, we're coming towards the close of lab time for today.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Thank you all. We can take a couple more minutes if people want to stay and have questions or share images. I just want to like close it on time for the people who want to go out to lunch.

How's that cosmic nipple.

That is a juicy nipple.

Raina's story really seeded the space to have that land with me?

Kristen, I have so much gratitude for you. Thank you.

Aww, you're welcome. Thanks, Rachel.

Yeah.

Thank you, all. I need to go celebrate father. Much love being with you guys. Love you guys. Thank you.

Thank you, Kristen.

You're so welcome.

That's the beginning. Good to see you, Jennifer. Good to see you.

Thank you. Yeah. Hm.

And I'm going to stay here. So if people are like, Ooh, I still need something after that. Or I have a question or can we help me land or whatever it is I'm here for, for a little bit. It's interesting to see how just the energy changes when people leave.

Uh huh. Hmm.

WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

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Aww, you're welcome. Thanks, Rachel.

Yeah.

Thank you, all. I need to go celebrate father. Much love being with you guys. Love you guys. Thank you.

Thank you, Kristen.

You're so welcome.

That's the beginning. Good to see you, Jennifer. Good to see you.

Thank you. Yeah. Hm.

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WATER MODULE WORKBOOK

PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Yeah. There's a reconfiguration. Yeah.

Marcus was inviting his ancestors in. I didn't hear anything, but I actually saw his face change. What is that? Oh, the face changing? Yeah.

Do you want to answer that Marcus? I can share for them.

I have no clue.

Sometimes, it's when, um, how can I say this? We're not solid? We view each other as solid. So when the energy is starting to shift and transmute. That can occur, like our, our physical systems kind of dematerialize a little bit. And it's like, the lifetimes can start metabolizing and passing through.

Or the ancestral line shows up in the faces that are in each of us, start to show up. So that's, it's like generally, when that generally, when that's occurring, some, the field is rearranging, like the imprint is rearranging. And we're kind of, out of, out of time, meaning not just in this one time stamp, but we're in like the field of multiple, multiple times.

Does that make sense?

That makes sense, actually.

Was there a sense of like who you saw, or like older or younger types or like?

Changing face planes and shape of head kind of, more than old, young, for me anyway. Yeah.

Hmm, different shapes of face.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Sometimes it can be diety energy that comes through. That's like, that's the impersonal. Yeah. Yeah, that actually feels relevant too. Yeah. Um, I don't know what you're history is, your ancestry is, but, and I don't know whether I brought it, but there was for me, definite Buddha images, definite bodhisattva presence.

Hmm, but it wasn't just a feeling, it was a seeing.

Okay.

I have been feeling a lot of like whenever deities or ancestors talk in sessions, I've been feeling a lot of like prefrontal cortex, like all this energy goes here, with my occipital lobe clacking. Um, then I feel really spacey afterwards. Where am I? Yeah. So that's just a practice, like a place to practice when there's, um, cause as this opens, some of us are really open here.

What we don't quite have the ground or the stability in the heart. So it's like it's open and we start seeing and perceiving, but then we're a little knocked out or when we're seeing and perceiving it's, um, we're still getting a little bit of the subtle realm, but it still is like limited mind in there.

Or sometimes we might be like, Oh, we just see the pain body, but we're missing the, like this interconnected field that's got us. Is the revealer. Yeah, there we go. That just, hi. Hi.

Cool.

Yeah.

Yeah. For me, when you mentioned the ancestor energy at all, I really felt was like this part of my back opening and lifting of like, Hmm. Yeah. I don't feel like I'm particularly realmy. So it's like. I don't experience it in terms of images or anything. I do have a question, Kristen, this, this part of the cosmic nipple came up again and it came up in one of our sessions before.

Um, that's crazy. It did, huh? Oh yeah, it did. I'm just wondering like, is there,

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

like, I'm curious about the connection there? Cause I was like very specific that happened and you're like, I'm getting this image of this cosmic nipple. Like you should suck it.

Yeah, you're right. I actually had forgot that that previously occurred.

This time I was like, okay, I'm going to actually, you should feel, feel, I feel like fleeing my base actually.

Like, I feel like my base had meeting, and as I was sucking on this, this nipple, you know, the part that was kind of numb and couldn't feel it like that was activating through that connect connection. Yeah. So this water field at the organismic level, Mmm, can I refer to something that came up between us Carolyn lightly?

Yeah.

This came up with a session with Carolyn also where there's the, at the organismic level, there'll be something that's stuck in the umbilical cord or from the nursing or in the tissue of our beings from in the womb.

So some of the repatterning is getting in at that level. And reimplanting the nourishment that didn't occur. So for the oral process, when we didn't quite get that sense of like, Aw, I can drink. So now my belly is full.

Like literally the oral process.

Literally the oral process.

So the oral comp is like this?

Oral comp has the oral process underneath. So it also has this, like, I didn't get enough, but the oral is stuck in this feeling of empty and the oral comp is like, rrr, I don't need it anyway.

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PART III SKILLS

LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

Yeah. Woo. So that nipple, the cosmic nipple is a resource as is the, like, you could say, like the cosmic umbilical cord also that where we can take in and be fed. Yeah, well, one is more in the womb and the other one is like, after we're out of the womb. Hmm. Yeah, I guess you needed another drink Marcus.

Apparently.

Anything they wanted to share or ask or reflect?

I have an observation of how palpable, when the ancestors came in, there was such a presence.

Yeah, it was very beautiful.

Yeah.

Hmm. That's where yeah. Pioneer. Okay. Hmm. We didn't go. Didn't marinate in that for so long. So I feel like maybe this is something that's coming like more in the earth module, but as that, as you permission that how, and you named you felt this thing occur? Um, what I felt in this space was this great filling, you all did too?

Yeah. Oh yeah. And then, yeah, and I loosely named, like, what if all of our ancestors could welcome, be here to welcome and yeah, I just thought I was like, Ooh, there's a lot there. Where we're suddenly not just in the flat two dimensional time, but like we're in the, you know, like the seven generations of time.

Yeah. And then all of a sudden something felt in my, in my body at least like, Oh, this feels okay. More right. Like more rich. And like, what's really here, but we're not usually not seeing or welcoming or we're blocked out from them. Yeah. But if anyone else wants to share what happened for, for them in that moment,

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LESSON 6- Attuning, Following, Allowing Skills Lab with Kristen Greco (CONTINUED)

It was a big nodding, on like the filling. Yeah, it was very palpable. Really. It felt like a something reached out that was me, but not on purpose and connected with generations,

especially of women in my family. And happily, willingly, which is new for me because there was so much pain in my life and in my family.

This is like the medicine of impact Marcus. Just to name that. Like when something comes through you and then opens something in someone else.

Yeah. No, I'm feeling really nourished by the shares and the reflections and yeah. Thank you.

I've got a little reframe for you, Marcus around realm. Realm can be perceived as like, Oh, like the seeing of things, I think is like the top, like the..

The number one way people think of it, right.

Or the top two, recently

But it can also be like, realm can come through in the, in the feeling tone. So as this occurred in you and then informed and impacted the whole space, that can be realm also. Hmm.

And it's just another way of, um, pinging that space. That's the multidimensional space. It can come through sound. It can come through sight, it can come through feeling or energy tone. Yeah. I mean, for me its this piece around, like, it's just below my awareness. Like I can peek, like there's peeks into all of that, of things like that happening, but it's like, it's, it's still not fully, um, open. So I can, like, there's something, I can feel something happening, but just like, huh? Like what, what is it? What is it? There's energetic pieces I can open, but like, there's a deeper sense of like, I don't know what this is.

Um, just like an unknown thing happening behind.

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My sense is as, um, as this filling continues to occur. This is just a hunch, but I have a feeling it's so much that it's waiting for you to have the embodied ground, like the fullness and the grounds to be able to receive how much is there.

Yeah.

Wisdom keeper in your system. Ooh.

Yeah. Hmm.

Do you have anything you want to share Jennifer, before we close?

Before we close? Yeah, profound amount of energy coming through, but I just felt like the extreme respect and gentleness of all of these guides and, uh, ancestors in your life. Like there was so much waiting to be received to come through. And yet the way it felt like it streamed was, like, so gentle. And I mean, at least in my system, as I connected, it was like, it was like light raining down, filling all the places that might've been a little bit dark with light.

Just radiating out. It was just, it was gorgeous. It's gorgeous. The stream. Um, yeah, grain almost like, like, like it had a water quality, but it was warm, not shocking. Like rain might be gentle and then filling and radiating now. So that was my experience of it. I felt a deep, profound respect and care.

Feeling into the ancestral lineage you have Marcus, like yeah. Almost like keeping distance, not out of any reason other than that, they respect you and your life, and how you lead it so deeply. And just, just being there ever present, waiting for your yes. And feeling you and hearing you.

Okay. Yeah. Yeah. What's coming up. Is this piece around, like, that's my oral comp, like I can't ask and if I ask then they're there and they know that.

Right there.

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But when I do, I'm just like, yeah, like so much comes in, but it's, it's really hard for me to ask and then receive it, even though I know it's there.

Uh huh. Uh huh.

Yeah, thank you. Hmm.

Appreciating the profoundness of like, as we each open, like gifts that come through, like this, this light, like rain. Just by the connecting that that you got to have that experience.

But I felt like Marcus, you helped open that channel. Like I couldn't have done it without you. And yet I, like, I got so much from. Well, I feel like I'm like, my cheeks almost hurt. Cause I'm like, you can see my smiling. There's just all this welling up in me now.

Thank you. And I'm the recorder, so I don't want to end the room until everyone has completed. I will say goodbye. It was beautiful. Yeah. Beautiful unfolding Marcus.

Thank you all for showing up and just trust like going into the allow space together and just co-trusting and co-permissioning. Yeah. Thank you, Jennifer.

Thank you all.

Okay, so you all around.

Take a nap. Yeah, take a nap.

Let that settle.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

Okay, so a couple of different grounding spots that I want to give. There was a request from Alon that we might be able to settle a little bit of some of the issue around white fragility, as a piece that we could use this platform as a way to gain strength of being able to hold more of a powerful ground and receive and strengthen sort of like that more tree earth background capability of being able to hold people, especially charge of anger or the more difficult masculine distortions. And I think it could really be a beautiful piece for everyone to be able to use this, right, to learn that. To address that specific issue that Alon invited.

So thank you Alon for putting that request in. That's beautiful.

So that being said, I will need someone to help me with timing, like doing the time containers. So is there anyone that would be willing to step forward to be a person that can do that when we do? Okay. So, maybe Dima. Yes. Okay. All right. So one of the things, one of the first pieces that I want to step into to say a little bit about; a statement that Jesus said that we're supposed to learn to be able to love one another as thyself and even more as an extension of that to really be able to do that exemplary is to love your enemies and loving your enemies is something that I myself struggled with for a lot of years when I was coming into more of a spiritual evolution within myself. It was like, how the hell can I honestly be able to do that? And I really struggled with. Conceptually like, Oh yeah, I want to be able to do that. And it's really easy to do it maybe more as a distance, when you're not like directly connected into person, place, entities, groups of people that really are showing a face that we dislike and don't want to be a part of and pray from a distance that I love you. Right. And then it's a whole other game when you're actually connected to someone mano e mano right in front of you and they're doing just about everything that's perfectly designed and to trigger every part in you all at once, right, and then be expected in that moment to be able to access love, when everything inside of you is saying, hell no, fuck this person, all I want to do is just get out and retaliate in every way, shape, or form and then strut my way out of the situation. Screw you. So I was very curious early on in my early stages of development to figure out a way, how the heck can I possibly get on the ground where I could stay with it, honestly, one, and then also not get hurt, like, you know, create some kind of a masochistic dream of just taking blows from people and trying to smile and pretend like I'm good with it, right? Like what's the channel that I need to get onto that could honestly be with,

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could open to not get blown out and triggered and then turn it into an awesome way to actually invite in love in the most powerful way and stay connected to the person until they can reach the other side of all of the intense anger that's inside of them.

One of the first pieces that you have to understand when you step into doing this work is, it's a little bit, I would say it's more of a Crystal Tree understanding that you have to bring in is you have to see that the other person is in a part. One of the first pieces when I worked to train people to do this is you can't even perceive the situation that they're in a part, unless you're able to slow things down.

So when you're engaging with someone and they're throwing charge at you, your immediate reaction is to go into a part yourself too, right? So you need to be able to slow the reaction time down between when someone's throwing the stuff out at you and then the response, right? You need to be able to have some space there, some time between the stimuli that's coming at you and then your reaction.

Yeah. You need to be able to slow it down. So if everyone could join me, like in this moment to take a big, deep breath, and just kind of notice, like you can do the little bit of the unhooking, but what I want you to do instead of like, kind of going out into more of an Air fashion is to drop down into the belly, into the legs.

And we're really going for more of a grounded being and deep breathing, and now my orientation is really more, about 85% is down in the lower half of my body. And everyone, I think can sort of feel that when you, when you look into me, I have about maybe 15 here. Just, just not to be looking at everyone here, but really all the rest of me is down here.

And what can you report as a reaction when you feel me shift like this?

Anyone?

It feels tethering. Grounded, tethered.

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Container. I just dropped or relaxed, just kind of came down.

So there's automatically some, I am inviting everyone who feels my system to trust. There's more of a sense that I'm here and I got you. and it's not a mental thing that's doing it. It's my awareness faculty tapping into something that's much larger than a part, but I'm activating more that divine aspect. And that's the first piece. And before I could, even before I could even start to do this, we'd have to be able to master that ability first. We already have to be there when we're stepping into a situation. So as a training ground, I train people to be able to be more like this all of the time, instead of being more in your head, because when we're walking around in our head and are more here (gestures to head) , we're much more apt to go into a part reaction from here. So as a base, I train people to help you to stay more, I'm always walking around somewhat 80 to 80% down and 20% here as all the time. So that when I encounter situations or encounter people that are high charge, high emotionality, I don't immediately go into head-based part reactivity and start panicking.

What am I going to do? Yeah? I have time because my energy is what's buying more of the sense of things are slowed down. Yeah. Everyone can feel that? Okay, so that's the one piece that we have to have already on tap if we're going to even attempt to try to do this.

So the second piece is that when we're going to try to do this and train to do this at first, it always has to be containerized. In other words, if you're going to choose a situation with someone and you're just learning to be able to train to do this, you don't want to jump into more advanced, more spontaneous connection with somebody where they can just self arise like that, that's really more advanced. So anytime that you want to choose to work to be able to train your body to do this, you absolutely need to have a container with the person and you've set some ground rules for the limitations around what you can take.

Okay. So I usually, when I start off with people, I do a container of time and I go, I get a little bit of a sense for the person's, how much they've got in there. Like, you know, is it like level 10 rage or are they just frustrated that, you know, will their boss got on their nerves a little bit? And there's a real big difference because when I'm training myself to want to be able to open more, I probably

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don't want to go level 10. A rage right of the bat, right? You want to work yourself incrementally up to that place where your system can trust that you can open to that level of receptivity. And so that takes, you have to do some weightlifting with that to be able to get to that point.

Okay. All right. Let's see here.

So the amount of time that we have left, I would like to try to do two demos. The first one, I think I want to do a demo where I'll work with someone and everyone can kind of tandem in and follow some of the nervous system energy modulations that I do with that person and then I think I'm going to give up the leadership role in it and I'll choose a partnership between two people and then we'll do the same thing with them.

It would be almost next to impossible for me able to do get everybody and couples with the time that's allotted. Okay.

Ethan, will you have time for some questions?

Absolutely. Yeah. We we won't burn it right up to the very end. So let's try to do time containers that allots a little bit of time off the backside for questions or maybe in between the sessions for questions.

Sound good?

Ethan, as we do this. Can you also keep relevant like when we're in situations with people who we're not in a consensual container of learning, but it's actually like family or friend where things get difficult, we might be the only ones trying to do something about it.

Yeah. And so I would say that non containerized, regular, like day to day things, you have to be able to train first in container to be able to get to the point where you can spontaneously be able to do it in real life situations. Otherwise you sort of leave yourself subject to getting re-traumatized so that if you tried to go into one-on-one with this, for one you're not really fully

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tapped into what the expectations could be. They could go into level 10 on you, right. And you don't want to go, you don't want to have the personal unconscious of that because you could get retraumatized real easy, and that's something that I really want to like preface that we are playing with really atomic fire here. And the line between like safety and trauma is you really have to get that down first, of learning to be grounded in yourself and be open incrementally otherwise you can set yourself up to getting, to taking in something beyond your capacity and retraumatizing. Okay. Did we answer your question? Olivia?

Sometimes it's like, you know, yes and it's like, tomorrow something's going to happen and I need to be as prepared as I can be. Do you know what I mean?

I would need a whole day with all of you. If we wanted to really super master this, or a weekend, really, and to get to that point where I could offer that level of stability coming out of the work with me, that we would need to really have a lot more time than what's here. So this is really this, the stepping stones of learning to be able to do this in container with other people and preferably someone who's a little more conscious, maybe just within the Luminous community first. Yeah. Someone who's got some level of skills on hand and isn't just a stone cold newbie. Yeah. Okay. So let's see here. Who's feeling like they've got some held back super rage.

Wow. Oh, okay. I want to go with the most timid one who just sort of like, ah.

Devani, did I say your name right this time?

Yeah, you got it right. Okay. All right.

Okay. So first I want to set the stage. If you pin the video on Devani that you can sort of do this with me. I'm going to be working with her, but you can also be working with her in tandem in your own way with your own system.

Is that first piece is the ground. Being able to breathe open, come down into the legs. That's the first step. I'm going to give a couple of cues here to be able to set the stage. That's the first step

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and then another piece is water, adding a little bit of water into it.

So I'm grounded, but I'm also going to start to stream almost as if there at this was kind of like just streaming Water coming through my system and just like a gentle streaming with the ground. Everyone feel that. So it's soothing. Yeah. And then the third step is that we're going to add some Air so that when the charge comes, when I'm in that sort of Air spaciousness, it goes right through.

When we're in that Air there's no part there for it to land on them. There's no reaction reaction. Does everyone feel that, kind of the spaciousness? And then as it comes through it's going to hit water and then the ground.

Yeah? So it's a three-step moment. So I've got all three channels at the same time. There's air for it to come in, water for it to transmute into love and then ground and support coming all at the same time. Yeah? Does everyone have a felt sense of that? Okay.

With Devani we may be going back and forth on two, on two different channels. So this is one channel of working, of being able to take the receptivity in, and now Devani, when she begins to really get into that high charge of that masculine distortion, she's going to be able to hold that for maybe a few seconds, 15 seconds, something like that and then you're going to notice she may collapse. She is going to collapse back into the more of the feminine distorted side of giving up. She won't be able to hold that really high masculine distortion because that whole time I'm going to be receiving it instead of resisting it, so even when I'm beginning to do that, that's kind of taking out some of the fire of her masculine distortion right off the bat.

So she's going to be push, push, push. And then when she's getting nothing but open love, usually that takes all the fire out of it and she's going to collapse into the feminine side. And when she collapses, I'm going to pull out of more of the Water side, the Water Air side and go Tree ground. So it's two flips Air Water Earth, Tree ground. And those are the two channels that I'm going to do back and forth as she does this process. So does everyone get a sense?

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Can I add something, Ethan?

Yeah.

Okay. Just want to name that Ethan has a lot of divine masculine, and so those who maybe tend to run more divine feminine, when the person goes into the collapsed, they're gonna run a lot of water. So you're mentioning Tree and ground but other people might go divine feminine. Just to add that.

Okay. So the reason why you want to add more Tree ground, like even if your tendency is to be more, stay in water, is that when you got Water, Water, Yin, Yin, she's gonna, Devani may feel a sense that she's not being held so that she can stream on that feminine side. Does that make sense? So you need to bring some of that Tree in when she goes into the feminine side.

That'll be for another conversation.

Okay. Okay. Again, I'm going to try to be careful. I've been trying to give as much information as I can but I don't want to track too much away from the experience, the experiential part of it.

Cool. Yeah. So you can look to her responses and my responses and learn to, you can either watch my system and mirror it in response to where Devani is going. Cool.

Okay, so Devani, let's try to recall, I'm going to try to draw up some content.

So it feels like you got one right there on tap, huh? You're ready to go.

Am I? Am I?

Okay. So recall a circumstance, it could be something as of late, it doesn't have to be all the way deep steep in childhood, although it can be, it's up to you, it's your option. But give me a situation where you really, really wanted to be able to say, you really wanted to be able to pop, but you just

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didn't, you weren't allowed to, it wasn't going to be received but something where it was really highly evoking that distorted masculine side that you wanted to just rip their head off, but you couldn't, or maybe you did to some degree, but it wasn't received. Yeah.

Yeah. Okay. So there was that experience when I was in third grade where I got bullied and it was this kid that was just doing mean things to me and my girlfriends. And it was like super upsetting, he was like was putting like bees in our hair, like really scary stuff and I was so upset by it, so upset by it and I got brought into the counselor's office without any like presencing or like, it was basically like brought the boy in and communicated how upsetting it was and like, it was like not received at all. Like this kid was like still and there wasn't like a container that was like held for me. And it was like so difficult. And I was like voicing and like sharing, like how much and deeply, like how scared I was and it was like not being received.

So everyone felt the shift going into the feminine and now as a response I've moved to Tree ground, yeah?

Okay. So what was the, this guy's name? Do you remember?

I don't remember.

So for the rest of the container time, I'm going to be this, that guy.

Okay.

And you have the freedom to use any bandwidth or say...like, the more graphic you are the better, like what you would want to do to me physically. Like I want to, ya ya ya. whatever's in there. You got a hundred percent freedom to let it rip.

So I'm still giving tree ground until I feel her switch to the other side,

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It's less about like the words and the voice, but it's more of like this, like just like rage of like, I just want to fuck things up, like push things.

I'm Switching.

Agrrgh. (screaming)

So I'm also breathing her in I'm breathing all that intensity into my body and down and back to her as support.

Tree ground.

Hmm.

Yeah.

Tree ground. Let the voice out, don't be afraid to use the voice. MmmHmm, don't hold it back.

Oh, so frustrated. I'm so frustrated. Like.

Throw that frustration at me.

Arrgh. (screams)

Frustrated at men like not being there, not fucking presencing me and like not supporting me.

Tree ground.

Argh. It's like, I want to come through the fucking screen and just hit you. Argh.

That tightness that you got in there, just throw it right at me.

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That belly feeling that you just touched, just throw that at me too. Yeah, just throw that out, at me. Hmm, yeah, take in big deep breaths and just breathing all of that in. Water and ground.

Tree ground.

It's important to be heard, it's important to be fucking received. It's important to understand you need to understand. I need you to feel, I need to feel this. Can you feel it?

MmmHmm. Smack me because I'm not.

Just fucking feel it. You need to wake up, fucking wake up.

Feel my hurt. Feel, have compassion. Where's your compassion?

I'm still in that receiving mode. Do as much as you can Devani to keep moving that energy towards me, include me. Yeah. You're not holding it, you're throwing it at me. Yeah. Yeah. Now Tree ground. Yeah. I gotcha Devani. I feel the heart hurt in there. I feel that deep heart hurt. Yeah, I gotcha. Yeah. There's this deep ache in there, I feel it. And keep sending that deep ache like towards me. Yeah. Let me feel it. Yeah. Yeah. Yeah. Yeah, it was so bold to be able to do this. Yeah, feel that deep, deep ache in that heart.

Come around the back side and hold the backside of your heart between the shoulder blades. I got that spot too. I'm right there. Yeah. I know it. Yeah. Yeah, everybody breathe. Breathe, give some space. Let emotional bandwidth, the flow. Yeah. She's not used to being able to have that space to feel and have us feel.

Still tree ground, we're taking in big, deep breaths with her.

And Devani if there's any space, any parts in the body where it feels like it's still constricted, can you tell me? Just do a little body check?

I'm good.

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Feeling good? Yeah. A lot more room in there now. Yeah. You feel that, a lot more space.

Does everyone else feel that spaciousness now, we've got some more room. There's not much, there's not that constriction in there as much. Feel now the peacefulness.

So now I'm just going to hold Tree ground now that she's kind of come, she's crescendoed, and she's now kind of coming back to herself and she's organizing again, but I'm going to keep holding the Tree ground so she doesn't have to do it herself.

Yeah, beautiful.

I've got you in the belly and the heart Devani. I've got you at both spots.

Just offering some sooth...

Thank you for holding me.

Yeah, sending a little soothing water into the belly area, yeah. It's okay. Yeah.

Yeah. Beautiful. Yeah.

One minute to go and we're just gonna keep reveling in this state that we're in now. Beautiful.

Yeah. Beautiful.

Yeah.

Hmm, I'm going to keep reminding that part that it's coming in and trying to hold it, I've got you. I've got you out here. Yeah, there you go.

All right, everyone have a nice big, deep breath. Devani, big, deep breath.

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Ah, nice.

And Olivia, if you wouldn't mind continuing, I know you're like one of the world's most powerful water benders, if you can hear me, if you could just keep, if you could kind of tether into Devani and kind of hold her while I move on to the next set so that she feels like she's got some still presence with her.

Are you open to doing that? Yeah?

Okay. Did you hear me? Olivia?

Yeah, yeah, I got you.

Okay. Perfect. Alright. Okay.

Beautiful. Thank you Devani, oh my goodness, that was such a beautiful, yeah. Whew. Thank you for being bold and stepping in and letting us use this as a way for everybody to have a healing experience. Thank you.

Thank you, everyone for holding me.

Okay. So we have five, six minutes, is that what we have for questions or reflections? A

I had a question. The sense that I got and I don't know is that there was some holding of the anger and energy, that there was maybe another process that was coming. Does that make sense? That there are some of the, I don't know, I guess it would be like anger that was coming up like being held back, like held in and I noticed that you, or the way that I would label it would be nonreactive and would be like very much Earth. And I had this sense, like if I were holding the space for that person, that I would want to like point to more of this motion. Does that make sense?

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Yes. So one of the things I think you may have noticed it in Anna-Lisa's work with Leslie there was, there's sometimes this tendency to like where in this case, Devani's part would come in and try to hold herself and process herself and I keep catching that part and telling it to, hey, don't hold yourself, connect to me and let me hold it. Keep sending the stuff out here. Yeah. Instead of trying to do it inside, connect out here, keep sending it. So whatever constriction is in here, which is that part that's holding the constriction, keep reminding it to put it out here, keep sending it out here in connection so it can be so it can move. Yeah. Did that answer your question, sir?

Yes. And then also if one feels it, cause I had a very visceral feeling of that. Does that mean that it's hitting a process of mine?

Well, in this case, if you're not in a part and you're in awakened Tree ground, then you're tethered into the person's nervous system what you're watching should be pretty right on and not your reactivity. So what you're feeling like so in this case, and there was a couple of different spots where, there was one time where I felt like a spot in Devani's shoulders and that can be, I can kind of feel it tight in my own, but when I, my awareness on her, I can feel this kind of glitch and the back part of her heart between the shoulder blades and that needed to be held.

Yeah. So there, it's not mine, it's something that I'm picking up on. The only way that I can make sure that it's not mine is that I am in that Awakened Tree ground. Yeah. If I go into part reaction, then I got some mixtures in there, so that that's a really important point to make that when we're doing this work, that we really have to make sure that we're stably in Awake, these awakened wisdom spaces, Tree, ground, Water. And that we're not in parts because the moment we go into parts, we're going to go into reactivity and whatever pain or problem it becomes, I am that, I really am the guy who did that to Devani, right, and then I start resisting and going into defenses or wanting to check out and get away from it. Yeah?

Ethan, I really noticed I would feel her in my body and it would tug me in and your reminder to breathe was very helpful cause my reflex is often to go in, when I'm at work, I'm like in a different mode and I don't do that at work, but when I'm in this situation and I'm like, it's, it's a different environment it's much easier, so the breathing was really helpful.

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Yeah. Anytime you start feeling that sense that that sense of you're locking up, that's a part like it's getting a little wobbly, like, Oh God, I got to come in. And so it's like, hey, even within my own system, I'm doing that, go, Hey, Hey, it's okay, everything's safe. Breathe. Keep, stay open, keep letting it come through. So, yeah, that's a really important, like body sensoral monitoring, while you're staying tethered into a lot of charges is to remember the stay breathing, don't freeze, keep breathing. Beautiful point. Thank you, Deborah.

Ethan, I have a reflection and question. What I noted, I was tracking with my head because my learner part was online, but as I got comfortable with it, I noticed that my system seemed to naturally, when Devani collapsed, it would naturally go to Tree ground. Then when she went to the distorted masculine, it naturally added water back in.

Beautiful.

But then at the end, near the end she was in the distorted masculine and it also felt like I needed to add a little water. I mean, I went to Tree ground, but it felt like, Oh, there she needs water too here.

Yeah. That's beautiful. You know, it's really, there's something that when you get into these awakened wisdom spots, it's very, as long as you're in the stream of it, it will inform you of what's needed.

Yeah, it's really beautiful. That way. I felt the same spot, Guthrie. There were some times where I was holding Tree ground and just to keep kind of massaging the system, we needed to add a little Water as needed. Yeah. I had to do that too. So beautiful. Yeah. Yeah.

I have a reflection too, of just kind of checking my experience in the Tree ground place. I And I know not to get into like, too much of the words and all of the labels, but in the first of the receiving of the charge that it felt like a very clear kind of like taking in like metabolizing and then rooting and kind of like this cycling of energy was happening, like when I was receiving and taking in but then in the Tree ground place, it actually felt like there was no longer kind of a

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cycling and there was more of like, I'm here, but there's space for you and whatever your experience is, and I'm not interfering with your experience in any way. There's like space for that emotion to be there. And the, like the cycling of the energy isn't happening at that moment.

Right? Yeah. You've got it. You're just switching back and forth between two channels, but you've got it.

So that seems like there's a little bit of Air in there too, right?

Yeah, that was, yeah, that was, that was my feeling. It's like an Air of, and in a sense to me, it feels like it's like it's Air in my system and it's Air almost around the other person's system where like I'm not merging and I'm not interfering with the process in any way, but so there's Air in that sense, but I'm also like really centered in my own nervous system and really regulated in myself until I kind of signal that sense of like, it's not too much for me. Like I got me and also got you.

There's air and there's also some Tree grounds. I would say that's what the piece is for me, but there's some, there's some structure to it, like I've got you, and in Air, Air is allowing the emotions to go through, but they're also being held at the same time by that centrality.

Yeah. Beautiful. I'm curious, it's like when we're in the, our awakened state of just like really holding these qualities and allowing this energy, it seems like the energetic tether is actually a huge part of how this energy transmutes is through the connection right of like allowing and receiving. But, my question is like, If you're in an intimate partnership or you're connecting with somebody that you have like a strong emotional bond with where there can be a lot more identity and taking things personally, like it's not just in a container space, like as a practitioner, like how do you, cause I know for myself, like if I was receiving charge from a partner, like my intimate partner, I'd probably just start to cry or I'd want to fight them. And so it's like, how do you maintain that in that alignment, but not disassociate and really stay connected and allow and recognize that there will be a lot of personal material arising and not freak out, you know, just like, I'm just curious, like what that would look like.

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PART III SKILLS

LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

So first you, like, you want to, elementary steps first, you know, and, and for a lot of people that may not be their partners off the bat. So you would want to train with someone who's maybe a little more Awakened, but someone that you can start to get your feet wet, if you will, and practice swimming before you go to a meet and compete. Right? So that's one piece of it. The second piece would be that you really have to, and this is where like a whole class should be done on it. The situation is, is the discernment between what's real, what's like a real problem, like they have a problem with you, and, and what piece of it is actually true. Okay. Right, right. You need to know that and then you also need to be able to have the discernment to go, okay. that's a problem, yes, I'm willing to own that and what's this other enormous piece of reactivity that doesn't feel like the punishment fits the crime. Yeah. And that's the piece, that's the part reaction that's bringing the story to the table that really has nothing to do with me. So when you're working in a partnership, you for sure need to be able to own the part that you actually did create an issue. Right? You have to own that and be able to separate that from the projection piece, because if you don't, that's, what keeps triggering is that you automatically feel like you're trying to pay a debt for something that wasn't yours to pay. Yeah. And that's what ignites your reactivity. It's like, oh my God, you know, I did this, but I didn't do this thing. You know, I didn't cause all of this rage, anger stuff, that was a whole bunch of other stories and relationship problems that he or she may be bringing to the table. My wife and I have done this kind of space holding and it's just accept that it is hard, I have to practice. and I practice a lot in other contexts. So one of the things our coach suggested was using a safe word, which we use a lot. Okay. I can't hold space.

Yeah. Yeah, you have to hit the gym you know, having an awake partnership is really a great way to lift weights constantly and my loot for taking on the continuous practice of that. But that's really the, the thing that we're going to have to do at some certain stage in everyone's development is that we will attract a life where this'll have to be something that it's an every day awakening practice.

Yeah. A pure mirroring each other.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

I'm gonna, I'm gonna look at everyone on the screen here and I'm just going to use my own felt sense. I was looking at everybody earlier on the list. I was like, Ooh, who would be like, really what would really be a interesting combo? So, I'm gonna suggest a combination here, I'm going to get reports from those two and then w we'll see it that if it's on. Holly, how do you feel about being in the next one with maybe Bu Nan?

Yeah, I can do that. Oh, okay. Yeah.

So we already got some dynamic response. That's beautiful. That feels like good up. Okay. So Bu Nan has had some previous training with me so he's familiar with some of the ground, the capabilities of the switching and what I'm going to do is I'm just going to maybe help coach, you know, if there's some, I'm going to watch Bu Nan's system and everyone can kind of learn and I'll give these pointers to Bu Nan if he's off, like in the switches or something that he needs to do, but I'm going to sit out and let those two go on a round. Okay, alright.

Yeah. Perfect. So to stay not interruptive of the process, I'm going to just going to say two words for each flip. So I'm going to say Tree ground, and then Water ground. So as we're watching her kind of flip back and forth and we'll invite the third piece that Guthrie pointed out is as needed to, Bu Nan. So if you're feeling like you need to bring in a little extra Water, a little extra Tree in a moment, you have full permission to flex the bandwidth if you will. Okay. So,

Hmm. Hmm. Hi Holly.

Hi. Let me, I gotta, I gotta fix mine too. And then also I'm feeling like a little nervous. And so I think something he wants to say, just let me know if I get too distorted masculine.

Oh, you're here, great. There's a lot of room here for you.

I'm going to be tandeming with Bu Nan's system in this, so you're going to have a double dose container power plus we really have some beautiful systems in this group too, that really have powerful ground. Danny is one of them. He's a heavy hitter in the group too.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

Holly, Ethan and Bu Nan together with you is like as hardcore as it gets so you got a huge range, don't worry.

The everlasting mountain.

Let's see here, let's take everybody on mute everybody except for Bu Nan, me, and Holly. Yeah, there we go. Excellent.

Wow. That's gonna be a little challenging, staying in connection with Bu Nan and then you know, feeling that.

My main concern is you staying in connection with whatever's arising for you.

Okay.

And that'll be here to hold you,like, you don't have to hold me. Okay. We're here for you. Okay.

So just think of a situation. Okay.

I'm quite sure you'll quickly arrive at one on the tap and just let us know some of the content. What that meant.

Okay, like preface it.

Yeah. Yeah. Just give me a little bit of flavor of it. Okay, it's a little personal, so...

So let me give a ground to everyone, this is a container of like any other therapeutic container where everybody holds this that is just what is here and we don't share this, not at lunchtime with other people or other Lumies. This is a container just for the situation. I think everyone gets it and we want a high sign for that. Yes. Yes. Okay.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

So this is, I have a 15 year old son that I raised on my own until he was eight. And it was, it's been a challenging time cause I haven't really received financial support. And although, yeah, anyways, I can start making excuses for it. So there we go. And then in this particular dynamic, what I tend to do, it was actually Raina that pointed out a projection is that I will go in victim mode or like the power dynamic side. Yeah.

So I would need to know a little bit of the content of the, who is the one who, is there a person that, who is the cause of this?

It would be the son's father.

Okay. All right. Yeah. So, hmm, yeah. Woo, I can feel how dynamic that is.

Yeah.

So I want you to just take one specific incident where it was exemplary, where he did not show up in this way. but maybe one specific incident where it was just totally him not showing up. Yeah.

Okay. Yeah.

So I don't understand. It's hard to like... I don't understand. I don't understand why I have to fucking pay 200 fucking dollars for a fucking for surf camp when I can't fucking pay my rent and you fucking live on the fucking beach. Go fuck yourself.

And I don't understand why I have to, why do I...

keep it coming.

Why do I have to fucking be the one to make sure that I'm taken care of. Why don't, I don't understand why, like, why you can't take care of your own fucking responsibilities, like look in

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LESSON 7- Discharging Emotions with Ethan Henson (CONTINUED)

front of you and see who needs to be taken care of. Look at the person who's been supporting you the whole fucking time.

So that pressure in your head, send that over to Bu Nan.

I don't know how to do that.

I've got it.

I don't, I don't understand why you don't see that while you were doing your own fucking thing, letting yourself, I was letting you grow up, I was taking care of the stuff I was taking care of it, and I don't understand why I can't get the same fucking care. Why do I have to fucking reach for it? Why do I have to fucking be like, please fucking give it to me.

Tree ground. Deep breaths, everybody, big deep breaths.

I don't understand why, why? Like I fucking try so hard to do the fucking right thing and fucking supportive and fucking holding this and fucking loving you at the same time. I'm not fucking taking shit out on you all the time and why can't you just see and just give a fucking little bit.

More of that, urgh, more of that holding.

All of that, where you're touching and your field, keep sending it at Bu Nan. Like, it's stirring in your own body, but stir it out into Bu Nan.

Is it not doing that?

Yeah. Just, yeah, just keep you, you take this shit that's going on in my body, you take it.

Yeah. That's when you get down into that, like, urgh, that's when I like really feel you.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

Like it's not just like the normal like holding space for someone, honoring someone's own process of going through their own time, their own development. Oh, don't worry. Like I know you'll get this eventually. I got it while you're fucking figuring it out. Go and live your life, go do your stuff. I'll hold down the fort, but it's not only just that. It's just that I have no other fucking support around me. No other support and I'm fucking falling apart and I've got to fucking hold it together all the time. And by the way, I'm fucking, like I'm being a fucking amazing mom. There's no one that can, like, he can't tell I'm fucking terrified and like struggling inside I'm offering, like what is needed. Like it's like over and fucking beyond. And then I welcome your presence back into our lives. As if nothing happened, it's fine. Like we've got it. Like get up, like let's get up, get up where I'm at. Fucking let's now carry this together, can we both be held? Can we hold containers for each other? Yeah, a lot of Air, a lot of spaciousness, give a lot of room because it's getting a really atomic and taking up room in this, like really stretch out everybody into the room to give space. So a lot of atomic energy.

I held all of these parts that wanted to fucking tear you down all of these like parts that just were fucking, I will fucking take you down.

What do they have to say.

You fucking piece of shit, you fucking piece of shit. Who the fuck do you think you are, you're going to go off and do whatever the fuck you want, what are you even doing? Like wake up, look around you, it's not just about yourself. It's not just about yourself. Do you not see like the gifts that are in front of you with taking on this responsibility? You're fucking missing out on all that. You are missing out on it. Do you see the connection that is here? That's available for you? Like, it's here.

Keep bringing it.

It is here. Whether it's like are you fucking scared? Or you don't know how to handle things? We can fucking make this work, whether we are together or we're not together. Like it's all fucking going to be fine.

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LESSON 7- Discharging Emotions with Ethan Henson (CONTINUED)

Fucking pick your shit up. Like get up, get up, get up.

Big deep breaths, big deep breaths. Really take up the space of the whole room with deep, big, deep Air Water movement all the way down. Big cycles, wide cycles.

You're holding yourself right now. Yeah, you can either give it to me or I can come in if you can feel me here as well.

Tree ground with a little bit of water. Yeah. Wow.

Hm. Yeah. Yeah.

It's so hard.

Yeah, I know it's hard.

Bu Nan, go around the back side of her heart space.

Yeah. Okay.

I've got you. Right here with you.

So the stress in the mind send that over to Bu Nan too.

It's so hard. I'm like so unsupported. I feel all fucked in my fucking masculinity.

Take a minute, Holly, and feel there's a presence here that's got you.

Yeah.

Just take in little sips of it.

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LESSON 7- Discharging Emotions with Ethan Henson (CONTINUED)

Yeah. Big, deep breaths, everyone. Big, deep breaths. Lot of spaciousness use the whole room to cycle the energy.

Yeah.

So come in Bu Nan about two feet out in front of Holly's heart and just hold that spot. If everyone can join that same spot in just holding Holly about two feet out and just kind of hover that ground, Water.

Yeah. Oh, I'm here. I'm here.

Hmm.

I've also got that spot in the back too.

So there's a lot more we could go on, there's a lot in here. We just took off like one big layer. There is much more to go, but due to the container time and the respect to that, we're going to try to settle and come to an end.

And Bu Nan, just stay with Holly.

I'll stay with you.

Hi Holly, right here, right here with you.

Do you mind if I disconnect? Cause otherwise I'm gonna...

Do what you need to take care of yourself.

Okay. So thank you so much.

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LESSON 7- Discharging Emotions with Ethan Henson (CONTINUED)

So Holly, Holly, I really want to make sure that I don't know if she can still hear me. Yeah. Okay. Just really take, this is for Devani as well, is to really, really nurture yourself on the backside of these sessions, they were huge, they moved a ton of energy. So really, really get lots of touch and being held and eat something sweet that you really enjoy, take a bath, but do things to really, really nurture and take good care of yourself.

Okay. Yeah. Let other people do for you right now. Good. All right. Right.

Fuck. Yeah.

Thanks, Holly. That was amazing. Good job. Thank you.

Yes. Yes, you too Devani.

I just wanted to point to that at some point in the time when you can really get into the depth of receptivity all at a time, you know, explosive energy really becomes these deep roles of wide moving energy and everyone can be a part of that healing too. It's incredible. So the anger can really be when it's received, can be so powerfully healing.

Yeah. So thank you to both of you women for being bold to stepping into these containers, it's really, really your anger is a gift, yeah, to give.

Alright. Any questions, any thing that we want to share or reflections? Yeah.

I have a question. I've started experimenting with this a little bit with my grown adult. I have four adult children from the ages, 23 to 30 and my 26 year old daughter, during quarantine, I started playing with this and I would love to have like, what's your, what's your take on this and how to, you know, and one of the things I set a ground rule for, cause it went sideways a little bit when I'd opened up the space and then we were on a walk like the next day and she went back into it and I said, well, well, hang on, like, you have to actually check in. I need to be available in that space with you to hold that ground. To me, this feels like an ambush, I can't hold this right now.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

And so I, I would love guidance for this because I think it's a most remarkable healing thing for adults, kids, and parents.

Oh, yeah, absolutely. It could be, it could, could be a doorway for a whole entire training to be developed, to really powerfully connect parents to children, for sure.

So any recommendations, advice, like based on what I was just saying.

So this is one thing of like the evolution of where you would need to start first and to really become, if you're going to get into connection with someone and then bite all of this conscious awareness and container holding, you really have to make sure that you have the buy in from both sides and so in this case with your daughter, she would need to be held more and explain more to, and get some more of that maturity, if you wanted to have that continuous style of relationship. And so that would need to be sort of said at the forefront of an invitation to come into a more conscious union or conscious awareness connection, is, you need to get the full buy in from her.

Not just for that moment. If she wants something more continuous and a spontaneous container like that, then you both have to really jump in and go, okay, this is what we're doing and there needs to be some structure given to it. Yeah. To mature it in a way to make sure that she gets really understood that she can't just, you know, blind side you with stuff until your system is capable of taking a blind side and going immediately into a spontaneous container.

Okay. Yeah. I also found I had an expectation that things would clear and I told her that I said, so I need to release that and allow it to be what it is without an expectation, you know? And so I was kind of like feeling my way through this just intuitively and so I really appreciate, you know, like you providing this and giving us this guidance.

Yeah. I have one other piece to that is that. You know, doing this type of work is freely like opening Pandora's box.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

Those were the words I used.

Yeah. Once you crack the lids on like the parts and the conscious and all of this really super power atomic energy, it brings forth the invitation to not just have that between you and the daughter, but everywhere.

And this is something that creates a really big issue of when we enter into more awakened practices and relationship is that she may have that with you. Right. And then she goes out and there's other relationships that you have, then she could get reignited and part smacked, and then come back and try to process it with you.

Right? And then it becomes a never ending story of management. Right. And then you can get really blown out and burn out, trying to manage other relationships that isn't the one that you have with her and that, that brings the whole other depth to like the hologram work of where you really have to go out and confront relationships and if you're going to invite that kind of atomic connection into your system then you have to be bold enough to expect that from your reflections of the world. That's all that you'll want from that point on it's like, once you have steak, you're going to want it. You won't want to go back and have hamburger anymore, right?

Yeah. Yeah. Okay. Thank you. Yeah, I know there's a lot, but yeah. Okay. Anything else before we...
Fiz?

Just a reflection that I thought was kind of interesting, like when Holly was sharing, I can't find Holly on my screen, that's fine. Did she turn her video off. Oh, there she is. I sort of could feel different streams of anger. So like there was one stream that felt like from the heart, like it was seeking connection. Like, why don't you fucking see me kind of thing, but it was like wanting connection. And then I felt like we didn't go there, but I also had this sense in my body of like another stream of anger that's like, I'm going to fucking kill you, but we didn't go to that kind of, but I could feel there's like another layer of anger where it expresses from. Yeah. And it was just super cool to like, I could feel like young hurt parts that felt abandoned. So I was like, Oh, that's a part.

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LESSON 7- Discharging Emotions with Ethan Henson(CONTINUED)

But then I could also feel like some truth in the expression as well, where my body would go, oh, like that person probably needs to hear that for it to land for them. So, yeah, it was just really cool to see how much Air is there. Yeah. Yeah.

Once you're getting into this kind of awakening ground, the mind or the intelligence or being in that spot really reveals all these different delicate nuances and what's going on all simultaneously while you're in the stream, it's just coming. So it's beautiful that your Fiz, your awareness is sharpening so you can catch those articulations. And the one piece that would add to the part of the different types of anger, which couldn't be more right on, that was my experience too. I would just want to say one thing to that. The intentionality of the distorted masculine is only after one thing and that's the purpose for which it was created is the effort to get connected to open divine love. And it's really pissed off because it doesn't have it.

That's its only base intentionality. So, yes. Yes. There can be some piece of the anger that is just mad because it doesn't have that and it wants, it has the desire for connection. Why don't you come in and give me that open love. Yeah. And then there's another part that's like the Uplevel Coup de Gras protector in there, that's like, I'm going to destroy you because you're not giving me that fucking love. Right? It's all the same, it's one, just the volume is turned up much louder.



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PART III SKILLS

LESSON 8- Healthy Attachment (

So one of the principles we teach at Luminous is about healthy attachment... that we actually do have healthy needs, especially as children. There is a set of needs that needed to be met. And if it weren't met, then a part of us can't develop. Like it actually doesn't, isn't able to develop without particular set of needs met. And the oral process is particularly connected to the sense of when I am in need, like emotional need nourishment need, like there's a reach, which Raina I know occurred... I heard you talk about that. Um, there needs to be a feeling of response. You guys understand? And so many of us got conditioned that when we needed something, we reached and there wasn't a response. And so now we've created all of these compensations to deal with the fact that there wasn't a response at these important times in our life.

And just to say how real that is, um, Bowlby who was one of the original like fathers of attachment theory. Um, he did some studies and some of those studies were on orphans. And these orphans were given all the shelter, all the food, you know, all the basic, what we think of as physical needs were met, and they weren't given attention, love and touch.

And many of the orphans died. So, I just want you to feel that because I think we think that attachment needs that are emotional, aren't connected to our survival, but because we're biologically wired for attachment or biologically wired to have an emotional system that regulates with, with another system, if we don't get that need met... as a child, it's, it's actually a survival need. That's how deep it's in of our primal attachment wiring in our system. And often, whenever we have attachments, even as adults, this is some of the new theory.... I've put on our reading list of book by Sue Johnson and Sue Johnson is, um, an attachment therapist who works with couples, and what she says is Bowlby actually had two things in his theories. He had that a child needs to be able to have a secure bond with a, with an attachment figure that will respond to their needs and their reach. But he absolutely said that when we attach as adults, we have the same need. That it isn't true, that adults don't have that need. So I think in an older, psychological theory, we thought only the child would attach and, and now, you know, back then they thought, let the child cry in the corner. And we injured a lot of people. Right? Then we got smarter and we're like, no children have real attachment needs. You have to, if the child cries, you should respond and fulfill the need.

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PART III SKILLS

LESSON 8- Healthy Attachment (CONTINUED)

But we kept thinking that adults, that they didn't have those needs. And actually the research shows and you can look this up. I would say Sue Johnson's book talks about it a lot. She's got two books, Love Sense and Hold Me Tight. And what she explains is that the original research actually showed that it was the same in adults, that when an adult attaches to another adult and a primary attachment, they actually have a biological wiring that makes it survival... if this being responds to me, or if this, or if this attachment is insecure. And so she has a term, she talks about in that book and she calls it primal panic. And primal panic is that survival feeling that rises in our body when we're in need. And we reach, especially from a primary figure and we don't get response.

Yeah, you guys with me? So all of you do experience primal panic, but, some of you have a mechanism that, as soon as I experience arises in your biological system, covers it. And it's not in view. So many of us have created these, these compensations in our system so that we don't need, or if we feel that panic, we immediately shut down or close off or numb out or go away.

Okay. Does that makes sense? Yeah. And so, It's actually, in our modern day, a little bit of a revolutionary idea that we are biologically wired to need each other, and that we do need... that there's a wiring to co-regulate and to reach and to get response. And it's one of the things that Luminous is set up for, we want to create a community of people that understand this and actually basically reprogram, healthy attachment, healthy reach and response with each other. That's like one of our goals. It's one of the reasons we have Mini's. So that in a moment of vulnerability you can reach. And there's so many people available that someone responds to the need.

And for many of us it's hard to reach because our, our early experiences taught us that vulnerability wasn't okay. Or that it wouldn't be responded to. And I want to explain something that's, that's real that, when we go into the vulnerability of the need and we reach and someone doesn't respond, it can bring up such intense anguish and fear that most of us are afraid to allow that, that heart to exist, to allow the vulnerability, to allow the need.

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LESSON 8- Healthy Attachment (CONTINUED)

But the problem is, if we have a society of people who have to compensate, who have to do some sort of mechanisms so that they don't feel the panic and they don't feel the need, imagine how we've had to shut down our bodies and shut down our emotional systems and shut down our capacities for feeling.

What do you think that creates? If we have to live as if we don't have this primary need inside of us and we can't take the risk to be vulnerable with each other. What do you think happens to a culture of people that don't have access to response? Someone want to share?

Aggression.

Yeah.

Addiction.

What else?

Lack of empathy.

A lack of empathy... right, because in order to not feel that primal panic... in order to not feel that deep need and vulnerability, we have to shut down our feelings, which also makes it hard to feel each other.

Right? There's a, um, what, what else do you think happens as a result... if we, if we can't feel our feelings and we can't feel like vulnerability and we don't have a place where we can bring our vulnerability and be open in that need and be responded to?

If I deny my need, then I have a choice of either denying your need, or getting angry that you have it... or something.

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LESSON 8- Healthy Attachment (CONTINUED)

Right... right. So when we deny our own need and our own vulnerability, how much room do we have for other people's needs and other people's vulnerability? Right.

I think it allows for violence when, when you're that shut down, it allows you to perpetrate violence on others because you aren't even seeing them as fully human, but it also means you're not seeing yourself as fully human.

Yeah. Yeah. And one of the terms that we use, so Awake Awareness, air, is awareness, right.? And water... what we call it is this awareness with energy. So it's called the "felt sense". So in water, what we have is this capacity for a felt sense of the interconnectedness, right? What is the felt sense of myself? Can I feel my emotions? Can I feel my sensations? Which, to be honest, there's a widespread epidemic of people not being able to feel themselves. There's a term for it that I learned it's called alexithymia, and alexithymia means the inability to feel one's self. And I used to, I used to do something called Somato Respiratory Integration and I used to see like 30 people a day and they would put their hands on their body and all they had to do was just describe the sensation under their hand. And these were people in California coming to a chiropractic office. So certain level of consciousness, right. And out of 30 of them, I would say 15 of them could not describe the sensation under their hand.

And that's of a group that's coming in for an alternative healing form. So, what does that say about our, our population in general's ability to have a felt sense even of their own body?

We're very numb .

Yeah, so. The felt sense is can I feel myself?

And then as that felt sense, becomes awakened water. Cause it's kind of like subtle water. Can I feel directly, can I have awareness with my own body? And then as, as we wake up to the interconnected field of water, then there's this thing, which is like the felt sense of everyone, of everything like that ability... how many of you have a felt sense where you feel the trees? Or you feel other people in a room, right? Or you can feel how your kitty or your dog feels or your child, right. That's called the felt sense.

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PART III SKILLS

LESSON 8- Healthy Attachment (CONTINUED)

Now, how do you imagine the world would be different if everybody had a felt sense? If we weren't raised in cultures by parents who didn't know how to respond to our natural need for connection, our natural need, our natural vulnerability... this need to reach and have that emotional response. If, if that didn't happen and we actually have the responsiveness so that we never had to shut down and we could keep this felt interconnected sense. Feel how different the world would be. Like, how do you think someone would, would create a hospital if, if it was designed by people who were awake to the felt sense?

There'd be a lot of access to nature.

Yeah. Yeah. They're beautiful. Understanding of the interconnection between nature and the health of our bodies.

Be a bit warmer, less fluorescent lighting.

Right. There would be warmth and texture and a sense of that... the atmospheres affecting how we feel in our bodies. Right.

Right. How, how, how do you think we would handle a punishment system or let's even take the word punishment out? What would we do with people that were unable to follow rules or causing disorder, if we had a felt sense of people?

We'd give them environments of love.

Right. We'd create environments for them to, to heal and loving environments. Right. So if we had a felt sense, how easily could we... you know, what about animals in factory farms? Do you think you could, you could treat an animal like that if you had a felt sense? What about how we're treating people in different ethnic groups? What if we're interconnected and we're in a felt sense with each other? Right?

I think we take a lot more time.

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Yeah. So water is all about the realization of this interconnectedness that just is, and this felt sense that we have the capacity to feel ourselves and feel each other... and part of what shuts that down is when we are in need, and then we have this vulnerability and this need of connection and this need of nourishment, and this need of our emotions that are vulnerable to be responded to. But if that isn't responded to in childhood and it isn't responded to in family and it isn't responded to in cultures, then we harden as a culture and we cut off from this natural interconnectedness and felt sense.

A question.... because I'm aware that often times, um, people from groups that are marginalized, that are lower in a power hierarchy, have to become exquisitely attuned to the needs and emotional states of the people who have more power in order to stay safe. So, um, just how does that fit in to...

Right. You're on a different character style, like more of like the shadow of earth, because you're talking about someone who can feel other people's needs, but still suppress their own. And that's that masochist process right. Where you're tuning out, but you can't tune in. You have attunement in one direction, but you don't have it internally... so the internal system is suppressed.

So the capacity to tune isn't completely shaped by the attachment... or that that capacity in the first place got, um, generated or was made possible by the attachment phase... the ability to tune in at all... and whether they will be attuned to ourselves or not as a secondary as comes later.

Yeah. Okay. Gotcha.

As I was describing, felt sense, it should be interconnect. True interconnected means including self and other in one field. Right? So it's not true felt sense if it's, if it's missing any aspect of that field, if it's missing the personal body, the outer body, the in between space, right?

Yeah. So it's still injured, felt sense. It's just a different injury, right? I'm creating an online course and an online course, I'm going to put up a video, which you can go watch ahead of time if you

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want. Cause it's online itself. It's called the Still Face Experiment. It's a little bit uncomfortable to watch, but basically it's an actual experiment where they have a baby in that natural communion with mother.

And the baby is, is, you know, there's a reach and response and a signaling and a communication. And then the scientist tells the mother to still her face and become unresponsive. And what they do is they watch what happens to the baby over time. When the mother will not come out still face. She maintains like a stone-like face. And the first thing the baby does is just try to get more attention. Like it tries a little harder to get the attention. And then, when that doesn't work, cause the mother is told to remain still, the baby then starts to go a little more into a panic. And you can see the baby's body starts to go to new panic positions. And then, at some point, the baby freaks out, has the actual primal panic and screams. And, in this experiment, it's a little painful to watch... they have the mother stay still. And so the baby starts to cry and scream and freak out and the mother stayed still. And then finally, what happens is, as the final phase, is the baby becomes still faced.

So after the freak out and the panic and the extreme emotion, the baby actually just becomes like the mother and shuts down. And so it actually shows the phases of what happens when that secure, responsive bond is broken. You know, first we just go into trying to get the attention, you know, doing a little extra all the way to this, freaking out, sad, into extreme panic, into shutdown.

And so just to, to have some consideration for yourself, um, if you find that you have trouble feeling your emotions and you have trouble crying, which is a natural ability to discharge what we feel. You, you might wonder if, if you had more of that experience, that all the way to the complete, still, still faced to the resignation and it it's to bring compassion to that instead of judging yourself for your inability to feel, you might want to consider the context that created that, that tendency in your body to not be able to feel both the context with a parent and the culture that supported that context.



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What triggers it the most is intimate relationships. And how can we, support and nourish these parts without projecting on the intimate relationship and kind of ruining that?

Totally! Well put! I know that's a struggle man. Having an oral and oral comp in intimate relationship can be definitely challenging for sure.

So, okay. Yeah. I have some stuff prepped for that specifically so I'll talk about that as well. Alright. Anything else? And we are recording. Oh, cool. Awesome. So everyone be on your best behavior.

I have a, more of like a little dimension to add. It's not different than anything that's been said here. I feel this is like a oral comps' anonymous for oral.

[joking banter]

So the, the thing I'm feeling is, is there's, there's like this level of. It's like, there's a knowing that you have needs, and there's an awareness of the needs. There's like this like level that it drops down to, but then there's this, for me, this, space that I'm feeling... embodiment of the emotional intensity that has been pushed away of both the need and the feeling of the need not being met. And it's like, it's like the real, like I'm fucking have like the full feeling of it. And, that's sort of the boundary that I keep feeling into and actually to plant one more little seed... it felt like it really connected to something you said in your qigong this morning where you, where we were holding the stance and you were talking about the difference between movement and actually holding it so you can feel where the energy is blocked and where the energy needs to move. So just throwing that in there as a little spice I see.

Beautiful.

So you can tell Mikey's done a lot of work there [laugh]. Did everyone just pick up on things you just mentioned there. 'Cause he actually unpacked the oral comp process pretty well there. So what do you guys pick up on just now in terms of what he said?

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I picked up on just the kind of layers of first, like the pain of having denied your own needs, like that intensity of emotion that can be there. And then the intensity of the emotion of actually receiving or having your needs met, in my case too, both of those layers have been numbed. So there's trauma at those two layers and then I'm sure there was more.

I was just surprised, like when Mikey was explaining and he was like, and then the, like the emotions right. Feeling and in the, in the tree system. Right, right. There's this holding, right? It's like, there's like, there's a containment. And when you go into the terror underneath that, right? It's like I'm falling out and there's no one here because I assumed this internal structure because my environment was not available to support me. And so there's that feeling of like, I'm falling out into the abyss and there's nothing here and the emotional terror that goes along with that.

So everyone pause for a second. Check your systems right now. Feel your body feel your energy. Just pause. Just notice what's there.

Slow things down and, and whatever you're feeling, try just saying hello to it and greet it. I see you. I feel you. I'm here with you. Okay

Whenever I do session work, that's where I start always is just noticing body. Okay. I'm going to teach you how to, how I do session work too, while I teach all this content. And then I say hi. Yeah. Okay. Cause just being recognized is huge for oral comp. Cause for oral comp this whole process that, that Sarah, Jason and Mike had just really described in detail, is also happening alone on top of it.

No one is noticing. No one's noticing that you have needs. No, one's noticing that you're suffering around your needs. In your, as a child self, experiencing it all by yourself in total confusion and overwhelm and pain. Right. And that part only knows that in a way and is lost in that experience. Okay. So when we say "Hi, I see you."

Okay. Does that make sense? So you can either do that from self to self, or you can receive that from me, if that works for you, feel it out. Like, so I'm saying "Hi, I feel that place that feels a little

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tight and hidden. Where there's some charge and containment. Yeah. I can feel that. And I see you...and it's okay that you're here."

yeah. Can you guys feel that? So that's the first thing. So recognition, when you can start to do that for yourself and you see that part yourself, you're stepping out of identification. So we're going into the realm of ego state work or parts work. Okay. And now there's a relationship dynamic being set up as soon as that happens, does that makes sense?

And that relationship dynamic is very essential for the healing of that part. Okay. Because there needs to be some other sense of other, in a sense, does that make sense? And that could even be within your own system because your whole system has multiple parts. It has the awareness, the observer, the adult self, the child self, the protectors. But, when there's a being there with the part resourcing then healing can start to happen. Then meeting can start to happen because the meeting is what needs to happen for the healing to happen. Okay, you guys got that? And so I'm going to take a step back and kind of refer to something Jason was saying, so let's start unpacking this.

Why is this so difficult to tap into the, the charge? Right. So Mikey, because he's done this work a lot, he knows there's a lot there. Okay. There's this big energy there. This big energy called "Need."

Ugh, right? Some of us might in their system have a bit of an aversion to that part of our systems because it's uncomfortable. Why is it so uncomfortable? Why is that need so scared? Great. And that's the big question, right? Who might wonder. Often from working with people... and then by the way, if you're a tree, very likely when you start working with people, you will attract a lot of trees, attract a lot of oral comps.

So working this process in your own system will come very useful. You will appear psychic to them when you start working with them. Once you've worked this process and you really get to understand it. Okay. So one of the reasons, so as I'm speaking, notice that I can speak mental or I can go one of the reasons why that place is so uncomfortable...so speak to the energy that's there in the field right now, that oral comp part. When you're feeling something in the body,

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child part showing up. So when we speak to it, if we want to speak directly to that energy, to that part cause we want to create connection. So as I'm doing that, I'm going to say, Oh, it's very likely that it's too painful to feel the need. Because to feel the need also means to feel the pain of the need not being met. That's coupled with the need.

Okay. I'm just going to pause there for a second.

Check your systems. If there's any impulse to move or wiggle or breathe, right. Let it come through. Yeah, very likely there's a numb layer, like Jason called that. Right. There's a numbness there. So how many people are familiar with this experience of kind of going blank or kind of going numb? Flat? Yeah.

Yeah. Okay. So that's the dorsal vagal, right, if you want to speak polyvagal nervous system. So the system goes numb to protect itself. Right. And you can also see that's a protector. It's protecting itself from something that feels too much. There's like a dam. There's like a barrier there in the system. As I named that can some of you start to notice and feel that barrier? So now when you track that barrier, notice that it's kind of like an outline or structure in the somatic experience. So everyone drop into the felt sense for a second, maybe close your eyes. And as you feel that barrier again, acknowledge it and say hi to it.

Say, "I see you."

"Yeah. I see you."

And try bringing your curiosity there to that area. Why is that there? Yeah, but I gave you one, a couple probabilities. Why is that barrier there? Bring your curiosity there.

So the barrier might feel like a wall, but it might also feel like a numbness. If you feel that, that's the barrier. Okay. Does that make sense? It's just different flavors of it. So if it feels blank, notice that. If it feels like a boundary or a containing or holding in notice that. If it feels kind of like a dissociating kind of quality notice that. This can be very hard to spot. It might be hard to identify.

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And again, bring your curiosity there and hang out with it. And as your adult self, just say hi to it.

Hmm.

Yes.

Notice the difference there.

Okay.

And connect boundlessness. Hang out there for a moment. Give your system a little relief.

Nice. Okay. Now that it's settled a bit, from there gradually include the experience of the body in that open boundless space.

And then see if you can come also with a little flavor of water, a little flavor of kindness, care, tenderness .

Nice. And see what's there now. Right? Is it a numbness? What's there now.

Beautiful. So, one of the things that we want to communicate through our presence with these, this particular part of us, these parts, is a quality of timelessness like we can hang out here as long as we need to. Because often there'll be an anxiety around that, in the part, where it'll feel like, "when are you going to go away? It's not going to last." Yeah. Anyone relate to that? Yeah. So as your awareness presence, so I'm kind of coaching your ideal parental figure right now, right. I'm modeling and also coaching your inner parent. So the ideal parent is going to let him or her or they, know, "Hey, I'm here. I'm here to stay. I'm not going anywhere."

And then allow the part to be nervous though. It might still be nervous so just allow it permission.

Yeah. And keep staying with the numbing, the dissociating, the blocking out, the tightening is a protection mechanism, right? So you can again say "hi" to that protector. I'll give you a couple examples of narratives, right? How you might talk to that part.

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"I see that you've been holding things together for a long time and you've been protecting this part that's been needing protection, right? It's been needing support, containment. 'Cause it felt like it was too much. So thank you for protecting this part of me. Appreciate you. And I want you to know that I'm here now to help."

And now, this is the key, part check to see if that protective layer, which is numb or containment however you're experiencing it, can that part actually feel the presence of the awareness? Awake awareness presence, loving awareness presence, and see if you can feel the meeting point.

Yeah. Some of you are getting it right there.

Okay. And then hang there, feel that meeting point.

Huh! So we're just working with a protector here. The defense mechanism. Okay.

Yeah. So letting that protection, letting the protector feel the presence of the caring, steady awareness, loving awareness that's here. Checking if they're feeling each other, helping them meet.

Yeah, nice. And if you succeed, you often feel an unwinding, a relaxing, an unwinding unfurling feeling in a sense of almost like leaning back or resting into something bigger that's holding.

So that oral comp part protection is a younger part. It feels like an adult, right? It feels like it's got it together. It's strong, but it's actually a younger part that's underdeveloped, that's trying to hold it together and he's tired. She's tired. They're tired. They actually needed to be held. They wanted to be held.

Hey, Mark. Is it okay if I ask the question? I'm having this experience of like my protector is protecting me from like what feels like gross and, like unattuned emotions in my environment and I think I feel a little confused in that territory around how much is that my aversion to my own needs. And how much is that like true to me maybe there was some unhealthy, weird kinds

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Yeah, totally. Yeah. So let's, let's check them both out. Right. So one could be, "Okay. There's yucky energy." So check that one out in your system, and then also check how people responded when you had need around you. How people felt around you when you had need. Check that one too. It might be a little bit of both. Yeah. Yeah. Okay. Yeah. So again, from, from here it gets really nuanced. So it's hard to generalize, but I just wanted to give you a little taste here.

Want you to take a couple more breaths.

And just let your system know, "Hey, we'll be back here. I see you. Thank you. And I'll be back." Just practice coming out from there for a moment.

I'm going to just give you a little bit more framework. First, I'll answer some questions and I'll give you a little more framework. How's that? It's a little hard to do something for everybody like 20 people.

Any thoughts on that? What worked, what didn't work?

It was really helpful and I think solidified a lot of the process that I'm already... I've been working through with myself and with practitioners already. I've gotten to the part where I'm past the protector and I'm like, just spending time with the part that's like, you know, it's angry and pissed and like, you know, like "where the fuck have you been this whole time?"

Like seriously, like...

Yeah and what's happening there when you hang out with the angry one?

Yeah, well, it's like giving it like little tastes of like, this is here and it's all here and it's always available and just keep checking back and it's like slow process of that. And also allowing the emotion out and out that wants to come out all the anger out and being with that and like validating it.

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Yeah. Nice. Beautiful. Need is non-negotiable. Wanting, negotiable. Needing, non-negotiable. I kind of want a Porsche or I kinda of want to eat a hot dog, negotiable. I need to be emotionally mirrored and know that I'm secure and cared for when I'm a baby fucking non-negotiable. Okay. You got it. That needed to be there. So the part of you that's like, "Fuck this, what the hell is going on?"

You're right. You're damn right. That should have been there. Okay. You needed that for your mature, healthy development of your body and your nervous system and your ego. Yeah.

Okay. And so here, I'm embodying the fierce protector. Okay. That's this is like righteous anger. It's like, "Yeah, that's bullshit. That was bullshit. And you shouldn't have had to have dealt with that and I'm really sorry. You were right. I'm really sorry. That was totally my bad."

Yeah.

We're intelligent, nervous systems and bodies. And so when we, when we have need, it's a very strong when it's not met, we know that, and then there's actually a knowledge inside of the biology that's like, "What the hell? Where is it?" Right. It actually knows that this is supposed to be here because again, human beings are tribal and we can't survive and develop properly without the mirroring process by the adult nervous system. The nervous system and brain is actually underdeveloped and it's through the mirroring process that the nervous system and the brain properly forms and develops. Okay. That makes sense to everybody? It's a necessary, it's not an non-negotiable thing. It's a necessary ingredient in development and maturity.

And the ego, the self identity actually evolves around the kinesthetic somatic sense of being met and properly cared for and feeling secure in the connection. So if you have any experience of insecurity or self esteem issues, or sense of there's something wrong with me... okay. There's nothing wrong with you.

You were just not properly met in your development and it's not your fault, but it becomes our responsibility as we get older to heal.

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That sense of wrongness is not the sense of wrongness that you are wrong. It's the sense of wrongness around something that's should have happened, didn't happen. Something that should have fucking been there was not there. And as the ego developed around that sense of not being met, that felt sense that kinesthetic felt sense of wrongness turned into "I'm wrong. There's something wrong with me." That make sense? The aversion towards that wrongness, the aversion towards the pain and discomfort that you felt and not being met was what turned into an aversion towards self. Okay. Because because a self identity needs affirmation, needs love and care to know that it's okay. That it's actually developing properly. Does that make sense?

So culture plays a role in this because humans are very...Sorry. I'm just, this is kind of conceptual, but I think it's really important so I want to give it to you. And hopefully this is okay. Because human beings are tribal beings. And if you notice every culture has different culture, what that means that human beings are very adaptable by nature.

That's one of our strengths actually. And part of that adaptability is cued and developed through the social engagement mechanism. Human survival is tied to tribal behavior and connection. Does that make sense? So for us to survive, we instinctively know what we need to bond and connect and get the transmission from the generation ahead of us to then adapt to them.

And the way that we're tied to that process is to the attachment need and dependency mechanism, and also the proper response and cuing from the adults. Okay, that makes sense? So when you need affirmation or confirmation from others, that is a normal behavior that is normal need for your development.

You're made that way. Yeah, because when they say "Yes, you got it. We love you. We accept you." This is good. That means you're like, Oh, okay, I'm doing it right. I'm adapting correctly and developing properly. Does that make sense? A lot of us were doing a great job being healthy and normal, but because...and not blaming them... just our parents were fucked up or the environment was fucked up.

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They didn't give us those cues. Sometimes it was even in teenager, middle school, high school, other kids were fucked up. They didn't embrace us, even though we were totally okay. So then we're like, why aren't we getting this cue? There must be something wrong here. Okay. I need to, I need to adjust. I need to adjust.

I need to adjust. I need to adjust. Right. And that creates this sort of anxious, like looping cycle in the system. Okay. This making sense? Just so you have an understanding of the map of why this happened, what's going on there. Cause it's really helps when you can understand what's going on. So you don't feel crazy.

You don't feel like you're messed up and you don't feel like something's wrong. And then also give you a hint on what we need to do to repair this. Okay. Any questions on this?

Yeah, I have a question. So for me there's a very physical sense of a block. It's like it's in the fascia in my body. I can feel it and there's a real fear there. So there's the reaching and then not being met and there's the reaching and being invaded. And for me, there's like...that thing, it can't tell the difference. It's like a Trojan horse monitor. Right. Is scary stuff going to jump out and trash the place or what's going to happen? So, yeah. Yeah. So there's different. There's a different feeling there from lack. It's more like there was total invasion.

Yeah. So that will create distrust and fear in the system. So that's where we go into...and I hate categorizations, but it just helps to talk about it...we get into the realm of disorganized. So the very thing that we need is also threatening.

Yes, exactly. Yeah. So replace the gas pedal with a break experience, in terms of connection and the process of the need met. Yeah, yeah, so again, these things, you know, are best dealt with in a really deep session over time, but is it okay if I connect with you for a second on a subtle level?

Yeah. So it's a little up right now, so yeah. Yeah. So, so the first thing I would do is to notice that fear that's there. Yeah. And to let you know, "Hey, I see your fear," huh? Yeah. Cause when you see that, when you see that I see that you're afraid and I'm responding to that. That actually makes it a little bit safer.

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It does, yeah. Cause there's a little bit of like a trust there.

Yeah. And so I'm going to really pull back. I'm still here. I'm just going to pull back just to show you. I'm not here to harm you and there's nothing I want or need from you. Cause that's where the mixing up happened was their need. So strong your need and your system completely ignored and enforced.

Okay. So to reverse that, I need to pull my need back, right? While I'm here and honor your system, help your system feel that it's being tuned into and that's important. And that's going to come to the foreground, which is what should have happened for that child part. Yeah. And then, yeah. Yeah. And then from there, just holding that over time, long enough that it creates a sense of security and safety.

So I just want name the importance of duration with a lot of this. Okay. How long were you hanging out in these spots really is important with distrust issues, because the only way trust is built is not through words, not through me telling you, it's through experience, its through physical experience.

If that were true it would have been taken care of a long time ago.

Absolutely. Yeah. Yeah.

There's a feeling of like, It's like the territory has not been broached. It's safe, you know, the guard dog is like, okay, this is my perimeter and you're right there. So we're cool. Maybe come closer next time.

And so the big piece here is attunement. That's what was lacking?

Yes.

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So there's a deep need for experiencing a tremendous amount of attunement over and over and over. And it's that attunement that allows you to then clarify like, Oh, what feels good to me? Yeah. Does that make sense? It's almost like we need someone else's attention to attune to us to know what attunement it feels like, to know it in our own system.

There's the feeling of being between a rock and a hard place. It's always been there and I had one parent who was ignoring and the other one was invasive. It was always one or the other. So my system was like, crushed. Yeah. Yeah, yeah. Very self reliant.

Yeah. Yeah. So the ignoring, we'll create a pursuit, a need or reaching. And then if, if the reaching is then met with invasion, right. You see how confusing. Yeah.

So yeah, there's a freezing, freezing. It's like a, it's a suffocation. It's like being snatched. Yeah. Yeah. Okay.

Yeah. So a lot of attunement and a lot of safe space is the container we want to create. And so I want to name something here while we're here for a second is, um, so when we are dealing with the child self and it's something someone talked about, I think Ana Paula was saying this earlier, like how can I not let this mess up...? Like, how do I deal with my child parts right? And it's important. I think it is important to realize that these are our child parts here at work. Okay. And, and why this is important to realize, number one: if you are indiscriminate about where the child part comes up, it can create problems. Right? So in adult relationships, when the child part is run amuck, it can become an issue, right?

Meaning like people are like, "Whoa, what's that?" We might be trying to get our needs met in places where it might not be able to get met and recreate the experience. So, but as well as you know, we often are unconscious, so the child parts are coming out and they can run the show. So the dangerous part about doing the water process sometimes is that it could open up these spots.

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And then we'll just get really demanding or like we'll want to try to get need met. And then, but the context is not the best because we don't have a good sense of context yet. Right. And then you can get re-wounded. Yeah. And this is why I think it's really important to create the proper container for these parts, which might be working with a therapist or a healer or another Lumie who's well-trained, right, in the skills, because in that container, we can actually replay the parent-child dynamic in a healthy way. 'Cause that's what the system is seeking is a completion of the child-parent relationship dynamic. Okay. But we don't realize that wasn't completed and we're taking our child part into adult relationship where we're expecting other adults and we ourselves are expecting to be adults and meet as adults.

But then child parts come up. That's where things get confusing and people get perplexed. Does that make sense? Because people often didn't agree upon that arrangement. Does that make sense? And you especially see it like in a corporate setting, right? If you suddenly act out like, "Oh he's being a child what's going on?" which is basically saying, this is not the agreed upon context. Why are you arising here? Does that make sense what I'm saying? So we want to create a space for that thing to get worked out and unfortunately it often it can't just get worked out everywhere. And if you, for example, if you have an agreement and understanding mutual understanding in your partnership about these dynamics, it's actually really helpful because then you can both then agree to, to a degree work with each other's child parts, but you don't want your whole relationship to become that.

So I'm being a little tree here. I'm creating some structure and boundary around it. You want to do your best to take ownership of your child part, first of all, by becoming aware of it. And you have to sort of become the adult with that child part, as well as find other adults that can help him or her in a therapeutic context where it's safe and someone's trained to properly do that because we don't want to continue to expose that part to interactions that are a replay of a painful experience.

And this is where the healthy tree comes in. Does that make sense? You care for that part of you as you would care for anyone else that was harmed. Right. That makes sense? Like if you met someone, a little boy who was traumatized, you would probably be very protective of that boy

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. Like "I'm going to take you in. I will protect you. I don't think that guy's safe ".

Does that make sense? So the key to the tree healing process is to direct the capacities. How many people here are caretakers? Really good at caring for other people? And people thank you for that all the time. Yeah. Okay. So the key is to then turn that back onto ourselves.

To do that. We might have to receive it enough to be able to find it. Meaning again, the other to self transmission is very important because there's so many blind spots and so many numbing, so much numbing happening in the system. We might have a hard time actually finding our own system, getting through those spots, staying long enough, bringing enough okayness there to help those parts that reveal themselves and meet them.

Okay. So sometimes we have to do that other-to-self pathway, right? So how many people in this room are really good self-to-self overall for the most part? Good at taking care of yourself, self-to-self right self-to-self care is really good. How many have a really good self-to-other pathway? Like you're really good at taking care of other people. Now how many people have a hard time receiving other-to-self?

So that's what you need to work on. Okay. And especially if you have wounding there, you're not going to feel like doing that. Got it. You're not going to feel like doing that. It's not going to be your intuition to go do that. Okay. You have to create again, a structure around that, a discipline around it.

I had to be made to go to therapy by my girlfriend, like years ago, it was the best thing that ever happened in my life. And I have to make myself schedule with her every other week and just show up no matter what. And it's the best thing I've done for myself and my life. I encourage you to do something similar if you don't have anything like that going. If you have something like that going, beef it up! Okay. Super important. Just practical tips. Okay. Schedule it in. So it's like, you don't have a choice because left to your own devices, you will pull back. You will isolate and you won't resource the part much. Yeah.

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So with this scenario that you just shared, how did you work through it with your girlfriend and with the therapist? Like how did you kind of, cause it affects all areas of life. Yeah. Like, is it just a vulnerable conversation? Like, "Hey, I'm working on this. So..."

Oh, I get what you're saying. Yeah. I think it's first. And that's why when we do healing work, it helps. Right? Because we can become aware of our parts and when we can become aware of them, we can take ownership around taking care of that part.

And often our partners will feel safer when we take ownership of them consciously and be like, "Hey, I'm aware that I have this pattern. Just want you to know I'm working on it. And I take full responsibility for it. Uh, these are places you can help occasionally if you have the capacity to do so. Would love your help." Yeah. So that, then that, yeah, that creates ownership responsibility, self-responsibility, which is what a mature trait that our partners usually want to see in us, but then also an invitation to help us in very specific places. So they know, and then they have choice of whether they can help us or not.

'Cause in an adult relationship, there needs to be freedom and choice, right? And this is the key: an adult-child relationship, when you're a child, it's not a choice. It's a need. And it's a must. Does that make sense? It's not negotiable, but in adult relationships, it is a choice that we're in the relationship, so in a sense, there needs to be some negotiability and that's what we have to get on the adult level. Right. 'Cause if we approach it from the oral wound, "Oh, you deserve, I deserve it. You need to give it to me," while you're relating to some adult, they're going to be like, "what the fuck?" Right. But when we take ownership of it as a part, and then we communicate with that understanding and hold that, then you can have a healthy relationship. This, this approach probably will save a lot of people's relationships.

Okay, but you have to also work on it outside the relationship with someone who's agreed to take that role with you, to reparent your system until you can hold it in your parent. Does that make sense? Now look around in this room right now, these are other oral comps, meaning they're probably really, really good at taking care of other people.

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Right. So this is not a bad group to get sessions from because you'll have good compassion for each others' processes. And as you do your work, you'll be able to hold each other better. So just notice who's in this group and you may want to like reach out to some of these people in this group and actually work with them. Do some trades with them. You'll learn a lot. My favorite healer for me personally was Michael Mohica, because he has really strong oral comp too, and had a history of it and we can get each other so well, and I felt met with him in ways I've just never felt that with anyone else. So I just want to name that. Next question and I'll go back to experiential after that.

So my question is what's the process to getting in the right relation with our own needs. Uh, and especially with the needs that we don't know that we have. But we, like there is something missing and usually in form of, there is something wrong with me, which is probably a need that is being trespassed or a value and how to discover that and then how to work through and getting a relation with our needs and maybe some examples of your own, um, needs like that, you know, that are like fundamental needs. I'd be curious to hear that.

Yeah. So I guess I'll kind of talk you through the steps here that I had kind of written out. Um, so if you kind of want to distill the meeting of needs, especially in the oral process, the big piece, but with most processes, it's just, it's really simple, right? On an essential level. It's like acceptance is really the essence, loving acceptance is what we needed to receive on one level. And then the step two from there is responsiveness. Okay. So, probably the thing we need to experience as oral comp people is sitting in a session with someone and having them just go into a total state of acceptance and allow.

So maybe even just try that with your own system, you can even do that with your own system. Close your eyes for a second and step into your awareness presence first. And the beautiful thing about awake awareness is that it already has this quality of total surrender and allowing to it. By nature it embraces everything that arises in the field of our experience.

See if you can tune into that quality that's there in the awareness. Like it's, it's kind of like unbiased, it just takes on everything as it is. It doesn't try to do anything to it.

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Nice. As you notice that, now be with your system from there, your whole somatic continuum. Let everything that you associate with the me, the "I" or the self arise in that open field...

...and let the self, the "I"/me sense in the body lean into that unbound open awareness that's holding it without any effort.

Nothing needs to be done. And in that there's just total acceptance already available.

And the biggest thing that the need in us needed was to be just accepted. Just felt. Known without judgment.

And that conveys okayness to our system. You're okay just as you are. This is okay. The anger, the conflict, the uncertainty, insecurity.

So again, awareness. Tuning into what's there. Attunement.

Allow and accept what's there. Just hang with that.

Don't anything else here, just that.

So the presence of the awareness is the antidote for being ignored...

from not being seen. From feeling alone. And the kind of allowing quality, the accepting, allowing quality communicates on a very somatic felt sense level, that that which is here is okay.

Yeah. Including that.

And see if you can just gradually allow the system to unwind inside that space, in that loving presence, accepting presence. It just happens on its own because the antidote is already here.

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So that's step one. Step two, as I was describing, might be a responsiveness. So then there might be something very specific that this system needs. And when it hasn't been responded to, we tend to not respond to as well. Cause we simply mirror the way we were treated. Our inner parent, our "messed up inner parent" is the same as our real messed up outer parent and that he, she, they may ignore and they don't really do anything, even though there's a part crying out for something.

So then we engage with curiosity. Okay. What does this being need from me? From my inner adult? What is this being need from me? How do I need to step in here to help change diapers, feed them, pet them.

This part just really needs to know that I understand. Does it need affection?

So again, the open space allows what's there to safely emerge. Okay. Because the sense of okayness, safety is there and then we respond to what arises. So just take a mental note here.

Does it need a hug. What does it need? Does it need to be contained and protected?

Does it just need more room, space to feel and emote while you're here?

And it's okay to experiment here too. Right? You can try different things.

Okay let's take a deep breathe in, exhale long and slowly come on back.

How's that? Ok, we're trying to do everyone at the same time so it's not as exactly attuned as I would like it if I was doing one on one.

Thank you so much Mark. Not surprisingly, but so much of this just resonates so, so deeply. Okay. I could say like a hundred things, but I think the biggest question just from the last processes I've been doing, a lot of this process of sitting... first finding self, like reconnecting with that inner self. So anchoring in that and then meeting parts in that way. And I had an epiphany when you were

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talking about just how much I was kind of doing what you're talking about, but, but not, not really, not really tuning in to myself and really asking what I need. And I realized I was trying to jump to what I want, which is sort of the healthy expression of the self, of like purpose and what I want to be in the world and what I want to do. Like trying to connect with that without actually being in touch with what I need like through myself internally. But the question I have is I've had such a challenge over the years of the communication process. Like it's so often this abstract length vagueness, like, what do you need? It's like, it's like asking the wind what it needs. Like It's hard to have the line of information exchange happen.

Yeah. Beautiful. So a couple of things. Thanks for saying that. That's awesome. That's a really great question. There are spots in your nervous system, your child self that are the pre-cognitive child selves. So this is the part of you that was developing before you had any thought process available really, or language.

So when you start to tap into those parts, you're not going to be able to access cognitive descriptions and content. So it'll be very difficult to, those are the difficult spots where it's really helpful to have someone experienced that with you or like a mom or something who's just really attuned.

Does that make sense? Know how mom just knows, like just picks up the child and knows he needs to poo or eat? It's like that, that level of attunement was necessary and that level of receptivity. So in a session context, when that could be held, that part can kind of work its experience out and we can explore.

Sometimes exploring on a very visceral level. It needs to be really somatic. So it might be touch and just being squeezed or held and having some safe space to play with that could be really therapeutic for that part and actually help you get to the core of what's actually there, which might be something that's very, just very visceral kinesthetic.

Like, one of the things I'll do a lot in my sessions I find is like containment. A lot of systems needed containment, like being swaddled and actually protected and held like this for a long

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time. So when you hit those spots, it's not a word that we need, but we need to find that feeling and if we never got that, we won't know how to find that in our own system and do it for ourselves. So yeah, that's, that's one piece that needs to be, kind of worked. Yeah. Often. So actually hanging out in that nonverbal space and not knowing and someone really being there with you.

Right. Which we've done before, but spending more time there. Cause it might seem like, "Oh I should be done with this after one time", but actually I get working with a practitioner where you do that for like three months and that's all you do! Right. And that's how simple it can be too. So the beginning of just opening space, bringing awareness, open awareness from our awake awareness, with kindness and meeting and being curious and attuning and exploring. Sometimes that, if you just did that as a healer, you would do tremendous work in the world.

It doesn't need to be that complicated really, because you will learn from there naturally. Yes. Jeffrey.

So curious like what maybe you want to share about the interaction of the oral comp and the oral process. So the tree distortions and water distortions, and it came up in the chat thread yesterday and it resonated with me of like, I have a caretaking impulse, but when I perceive the person, I will, I want to support or love as being needy there they can be the feelings of resentment. And it's a conflict, you know, it's like, it's a good thing. It's good to give. But then it's like, wait, I'm always giving and I'm not getting my needs met and I see them as needy and...

Totally. So that, that has to do with the projection right. Of our own unmet need that we're judging, that was judged or unmet. So we see it as uncomfortable, not good, bad. So the more we work that process and meet that spot, the less we will judge what's there. And naturally when we meet that spot, as that translates to behavior, we're setting better boundaries and making sure our energy is first of all, cared for. So, because the oral comp is a projection of our own needs projected but not here.

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'Cause that was experienced. Some of you had like chaotic parents that you need to take care of, even just psychically. So you're pulled out constantly so that the redirect needs to keep coming this way and we need to do work where we're receiving that until that feels comfortable. And once those parts felt really held and met and, and cared for properly, we will be able to then in a more balanced way, relate out here and then there'll be no resentment.

'Cause I'm only giving when I can. And I also know, I can say no and stop because what I'm not seeing the helpless, unmet being out there that I'm experiencing in here so much anymore. That's a quick answer.

Gotcha. So actually prioritizing my needs first.

Yeah. And doing self care on that level. Yeah, yeah, yeah, yeah. Yeah. The big piece with all this is really work with all this somatically. As much as possible, come back to the body, check on the feeling of it. As much as you can, try to grow the capacity to experience fulfillment and the experience of being met, because there's going to be some edginess there and discomfort there. So that's the kind of piece, you know, you want to keep working. Right.

I think we have, do we have to go back now? Is it time? I'll hang out. So if you guys need to go go, and if, you know, if you can keep answering questions.

So rooms open, um, you know, for at least a little while, but then we close them down eventually, so.

Okay, cool.

Well, I'll just, I'll just make a plug there. Two things. One is I'll make a plug for props since so much of this is like done somatically. I'll just say, this is one of the things that I'll do that actually feels very much like it satisfies a primal need. So like just having the full visceral compression, actually, like I can feel a child part that gets really met with this.

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Yeah.

I can squeeze as hard as I want.

Yeah.

So that's one thing that really helps it's better than this it's like. Um, and then there's, um, they don't have it here, but, uh, I, you know, I been, sort of had a little experience with stick work. We we've studied stick work with Peter and I, you know, I've wanted to, I've really been aware of how much like ravenous need... like when I get the opportunity to feel how much need didn't get met, it's like... so I put a rope onto a door knob. Feel! Like, give me! give me! Feel. Touch. So they're just some things in, you know, if you're sheltering in place without someone who can give you somatic experiences, those are some things that can help.

Beautiful. Yeah, the pulling is great. I love that. And then recently I just started doing something simple, which I do in qi gong alot, but just, uh, my girlfriend found a method called "Havening." But just actually like petting yourself, like really gently like this.

What do you call it?

It's called havening. Yeah, it's actually a method apparently, but like, this is a nice one too, where you just kind of like do like a sensual, like gentle, petting. It's actually really nice for the nervous system. It's soothing. Stuff like that could be super helpful too.

Kittens! I just got two new kittens at first. It was actually perfect for this attachment module, but now, um, now they're attached and I just go in there and it's like, I get to pet them and they go [purring sounds] and they galumphf around on top of me. So it's like my current somatic practice.

That's awesome.

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I also want, want to, just to name that, I've noticed that oftentimes there's a strategy and it's feels like it's probably on the more oral than... sort of a way in which I use oral comp as an attempt to get oral needs met. Um, which is that I will give with the expectation, like..."Come on my turn."

Yeah, yeah, totally. That's an oral comp. It's being indirect. So like circumventing the direct asking of the need, which is scary, right, for the oral comp. Because again, so the big piece with the oral comp that we want to reclaim as our own part is the part where we're projecting lack of responsiveness or unsafety out there and a lack of responding out there. Does that make sense? That's actually the oral comps projection, so that's, that's actually ours. That's yours in a sense. So when you see that you're actually seeing your own mind. So recognizing that is super important at some point. We really want to make sure we recognize that as part of the construct of the oral comp.

So unpack that a little bit.

Like when you see out there that no one's available and no one's responsive. That's actually not completely real in a sense that that's actually the oral comp part projecting that out there because we think that the oral comp just exists here.

But because of non-duality, the oral comp is actually out here as well. You're seeing your mind in a way.

So where perceiving...

..The way you see the world. The way you see the world is colored by our oral comp process.

But the more that we meet our own needs internally, the more that that'll probably be mirrored to us in our external world, too.

Exactly. Because our expectations change also. Our perception of the world will naturally change. The perception of self and the world is constructed on top of the somatic attachment identity. So

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a secure attachment identity will perceive a safe world out there with people with a sense of ample responsiveness in the world if I ever have a need. If I have a need, I'm like, "I know that need can be met." I have no question. That's like, yeah, my needs are met all the time. I'm content 90% of the time. That's where I hang out. And when I'm moving out of that, I can move back into that very easily now. And it's easy to ask if I really need to. Right. Like, that's the view that should develop over time as the inner reservoir of feeling met, increases more and more, that dictates the behavior and the perception. Yeah.

I realized in doing these practices on here today, that I'm. Like actually getting, like, getting my need met was actually not getting my needs met was safer than getting my need met because I could relate to what Christina shared. I realized, Oh, the same parent that wouldn't meet that was unavailable, but when they were available or they weren't giving me attention or time, it was invasive and it was...so there's this fear of betrayal and fear of being needed. So I prefer to chase after getting my needs met from people that are unavailable because I myself am not available. So it's kind of like...

We've internalized it. And again, it becomes a projection that we're, we're attached to in a way. We're actually attached to that. That's what we've attached to. 'Cause we're attaching to something regardless 'cause the attachment process requires that that happens. So we attached to unhealthy parents so that it becomes our attachment and we continue to attach to it until we replace that with something.

And this is where again, the therapeutic context is so important that container so important with the healer because they can give the transmission and then we should make sure the person's really good, you know, and like trustworthy and safe because that's going to cue us. And then once we internalized it enough, then when we have to, we want to really do the self-to-self piece because that's going to really let it set.

Because like you said, the big piece is we're treating ourselves the same way that we don't want to be treated by others in a way. That was the way we were treated by our original parents. You are your parents in that regard very often, not always in relationship to others, but definitely in

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n relationship to yourself.

You treat yourself the same way that your parents often treated you that's the big piece. So that's why when you reprogram that process, it really changes it. That's why the, for example, IFS and ego state work in creating and generating the ideal parental figure and internalizing it is so important.

But I need to be a lot more selfish.

Yeah, you can, you could think of it that way, but, but like in a way where you're loving yourself. Right. So that you're yeah. But if you're nurturing. Yeah.

But I noticed like, when I say that word even, it brings up the need.

I know I felt it. That's why I re-phrased it. Yeah.

It's not a place from like spitefulness or resentment or I'm going to take. It's more of a place of like nourish myself and love myself...

Yeah. Permission to do that. Yeah. Creating permission to nurture oneself and care for the inner child. Yeah. Yeah. Yeah.

But it's interesting, like using the word selfish allowed me access to the feelings where it actually got beyond the protector a bit. I was struggling to feel the kinesthetics of it.

Nice.

And then that word like got in there.

Cool.

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Because it's edgy ... from the adult mind, it's like clear. Yeah, it's nourishment. But I think I have that a bit coated as, "Well, that's selfish. That's wrong. It's like..."

Exactly. So that's the wrong piece. So, so when, when the sense of meeting it becomes more and more understood as "okay," that energy and charge will flip and it'll be a little different flavor, but yeah, I mean, it's a process. You're perfect where you are.

I've been uncannily attracting people who have a quality of entitlement. Like they're like, "I need this. And I need this." I'm a landlady, all these tenants. And some are like, really, like, I love the oral comp ones. They just handle their stuff. They don't ask for anything. I'm like, I'm going to do an interview. Like you can only live here if you have, if you're a total oral comp. Although in the healing, but obviously I'm kidding. But I'm really aware of just this immense trigger, immense trigger I have with the entitlement of the prince or princess archetype, you know, or it's just like, you know, I expected this, like the world owes me this and I it's the access to the compassion...and it sort of off of what you're saying, Jeffrey, like when the, when the selfishness is actually not sincerely nourishing. And so there's, the request comes, you know, it's like asking for it from outside and never, it says it's classic oral, you know, the entitlement of the classic oral and of course my, you know, disdain... it's utter disdain for that quality. Like, you know, just repulsion.

Um, and I want, I wanted to just like cast them out of the holy kingdom, like instantly. Um, yeah. You know, I just, I guess I'm just, I'm I'm confessing, um, as a way to. I think I'm trying to learn, obviously I'm, I've got a princess wound and I'm not letting myself, I feel entitled and not nourishing myself. So I'm, I'm just working it out loud.

Absolutely. And that could be a tough one in the, in the real world, right. In the relational world. Again, when we are expecting to be dealing with adults, when we get child behavior from someone else, it can be really confusing.

So yeah, that can be really challenging. And, and I think, you know, there is at times if we choose to have an opportunity to be like, okay, well what's actually going on underneath here, under the hood, right? Yeah. Yeah. And if we can relate to that way, sometimes we can actually have a

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a healing experience with that person. Right. And also with ourselves even. Yeah. But definitely it could be challenging when anyone comes and behaves in a way that is very much entitled. Right. Cause it's like the child expecting the mother to show up, that's the place where it's often coming from 'cause it didn't show up.

So there's resentment in charge and that compounded energy is now being projected towards people who are not their parents. Right. Because there's, it's looking for resolution, it's looking for responsiveness, but then that spitefulness that resentment and that, that like demand really is off putting to people for the most part. So unfortunately it often goes unmet, which compounds the wounding and the pain. Yeah.

Well, I mean, it truly is endless. It's a totally leaky, but like I, there isn't, I can't do enough then that's the sort of like, do you not see, are you not being nourished by how much I am doing? Do you see? So there's a wound for like, not being seen for how much, you know, I'm giving.

Definitely. It's a tough one.

Like discernment, like how, like what guidelines, guidance do you have for discerning where someone is healthily expressing their needs and making a request, you know, just based upon being in attunement to, you know, no reasonable needs. And then there's this sort of like it gets into entitlement or neediness.

And particularly when one is coming from oral comp perspective and so has this like filter that's colored from my own challenges in relating to my own needs. Like how do we discern better?

Like in relationship to your own need or in relationship to someone else's and specifically?

I was kind of thinking about others. I mean, I feel like with my own needs, probably most everything is legitimate. And I guess your answer to my previous question, this is just a tuning to myself first, but, um, yeah.

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Where does the conflict come up for you in that? Meaning like, so you were questioning that, but where is the actual conflict arising in that process?

Yeah, maybe this goes to like healthy boundaries and my willingness to say no and not feel bad about it.

Yeah, 'cause I felt like for you is it gets confusing whether you should respond, do you want to respond or you need to respond. That gets really confused. Yeah. Yeah, so for example, like just pause there for a second and notice that spot in your system. Okay. Name that.

Yeah. Well, particularly like in our relationship, in relationship, it's like when you're there for each other, your partner should be responsive. Like kind of my default is yes to requests.

Yeah, but then what does that bring up for you and your system?

Like anger about it feeling unbalanced because I don't ask very often but my partner is much more comfortable with asking. So...

So pause there, pause there. So resentment, because you don't ask for needs, like, it's kind of like, "Hey, I never asked for my needs. You asked so much, it's not fair. It's not balanced."

Okay. And also just notice blame, right? Out there. You're making me have this experience. So I'm just going to move a little quick, but then turn around if you were to claim that, "Oh, I am. Is it possible? I'm generating this experience. What can I do about it?" Yeah. Yeah. Yeah. So notice the part that has the need.

What's the need. What does he need from you?

He needs the part within me needs responsiveness for myself.

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LESSON 9- Sharing From Presence vs Reporting From The Head

What we're going to do is we're going to make room for the parts of us that have stories. And it doesn't mean that you have to stay in story. You could also a shift at some point, maybe the story turns into emotion or pure energy, but today you're actually going to allow whatever stories that you may be inhibit, or that are harder to admit.

And then while you share the story, you're just going to share it as much in the immediacy of the now, cause you're still sharing it from awareness, which is different than reporting. You know, the difference between I call it weather reporting and sharing from the immediacy. Could someone tell me what's the difference when we went, what are we doing?

It's like going up into the mind. Versus like feeling in the body and actually moving the energy or like what's coming up. Yeah, and even with story. I want us to stay in the immediacy so I could go, Oh yeah. Sometimes I think about why I'm not liked or I could go right here in the moment and take the vulnerability of like, Oh, I noticed I'm wondering if you liked me right now.

And I keep wondering, oh, do I look like an idiot? You know? And so here I'm sharing the story, but I'm in the immediacy of it, which is very different than a weather report about something that happens at some other time, almost like you're telling about it. Okay. So practice the immediacy and the vulnerability and the revealing from, from the now, from the now experience.

First everyone unhook from their local awareness, from their local based thought based mind into awareness. Find the awareness that is everywhere and here, and then shift into the viewing from the heart and with an embracing warmth that is unconditional and without agenda find the bond between all of you.

And then one person chooses to be the center of the other two people's attention of their awareness of their presence. And you just immediacy, let yourself share whatever stories here, whatever story has been catching you. I just want to say it's story and it's emotion. So you don't only have to talk.

PART III SKILLS

LESSON 9- Sharing From Presence vs Reporting From The Head *(CONTINUED)*

You can express any emotion that's present. So anything that you're experiencing, thoughts, emotions, sensations, but you're this time we're not trying to drop underneath the story it's included. But allowing your emotions, allowing your thoughts, whatever it is, just keep sharing it. I'm going to say one more piece.

Everything in a, in a session or a mini is always confidential, and then you cannot even bring up the topic that the person talks about to them without their direct permission. So I want to make it the container as safe as possible for us to share. And there needs to be a very strong commitment, especially when someone's sharing about a projection that they have on someone else that you commit.

If they're sharing a projection, you need to be really, really clear to hold all beings in your clarity and in your heart. And that what you're offering is a container for them to get to true clarity and that you're completely committed to not take on their projections. Okay.



WATER MODULE WORKBOOK

PART III SKILLS

LESSON 10 - Rich Beyond Riches With Each Other *(CONTINUED)*

We are rich beyond riches with each other. And we are going to recognize this ultimate dimension of our being, and marinate in it so that our energy becomes a collective field of light and love and truth.

And we are going to learn how to support each other when we're caught and we can't get out by ourselves and we need that support. We're going to learn to be that for each other so that no one in this community feels alone or feels without the support they need. And we're going to learn how to do that in a way that strengthens us so that we are also support for all the other people that we are interconnected with.

