

Infinite Abundance

How To Break Free Of the
Myth of Scarcity

With Paul Bauer
and Susan Castle

Paul: We welcome you to the ***Infinite Abundance*** call. So, first of all, welcome to Susan Castle as well.

Susan: Hello and welcome everyone to this exciting call.

Paul: We have all kinds of people from all across the world tonight joining this call, and we're feeling very blessed and fortunate and humbled all at the same time. This is something that's been moving for some time. We wanted to do it for probably the last two or three weeks. It's not just about the financial crisis. It's about something much deeper, much bigger than our conscious minds understand. So, with us tonight is Susan Castle, and we welcome you Susan.

Susan: Hi, and thank you for welcoming me, and I welcome every one of you that are on the call.

Paul: Now tonight we happen to be in Hawaii, so a familiar way of saying welcome is **E Komo Mai**. It really means "*welcome from the heart*".

This call tonight is about **You**. This is really about a profound sense of something greater than many of us know with out conscious minds, but many of us have been feeling something in terms of this great shift. And this great shift is not just something happening in the financial sector. It's not just something happening in the cosmos. It's something that's happening within all of us.

And so, let's tune in, and let's just close our eyes for a few minutes. Let's get a sense of this *Oneness*, because, remember, if you've been on any of our calls before, we're really all in the same room together right now. Right in this very moment you can see me up on the front of the stage, imagine I'm sitting on the stage now, nice and relaxed, you know - you've found your comfortable chair there. You've got your nice filtered or spring water. You've got your ice tea or some nice herbal tea. You've made some new friends, connected with some people who maybe you haven't seen for a couple lifetimes or galaxies. But something is afoot here. You feel the *kindred spirits* in the room.

And, so, with your eyes closed take a nice deep breath all the way down to your belly. And then let yourself make that 'hah' sound on your out breath. When you hear that sound that tells you you're breathing fully. Now we'll do that throughout the call tonight just kind of interspersed -- just here and there to remind us to

breathe consciously, to ***breathe fully***. All the way down through our core. The core of who we really are.

And, so, as you remain there with your eyes closed and continue breathing like that take another nice deep breath and connect to *Mother Earth*. Feel that sense of connectedness all the way down to the heart of *Mother Earth*, that red core, that mantle.

That's the heart of our planet, of Gaia, of Mother Earth. Take a nice deep breath and breathe that energy all the way into your body. Nice and slow. All the way up into your heart, and let that energy be felt. Let that presence be felt.

And now, with your eyes still closed, let your eyes rise up slowly and connect to a white light, even if you can't see it. Just imagine it. Right above your head, and take another nice deep breath now. Letting that white light energy just come down now in through your chakra system from your top chakra down through your third eye, your throat chakra and now into your heart. And just take a nice, deep, slow belly breath once more, letting yourself make that "ha" sound, the sound of creation, the sound of connectedness, the sound of Oneness, the sound that your heart essentially makes.

That's the vibrational sound of your heart. So, when you feel that it's appropriate go ahead and open your eyes, and as you begin to look around your room notice what's different - even if it's the most subtle thing-- maybe a picture on the wall. Maybe something through the window in your office or in the room that you might be in, and just begin to notice and observe just a little differently than you were before. Let's say before you got on the call tonight.

Now Susan is going to be taking us through a couple breathing exercises throughout the call. I thought I would just start it off, and we'll start digging into some concepts if you have your study guide there you can go ahead and we'll proceed through it. If you don't have it just check you email, and you will be able to pull that study guide up. It's a two page study guide that talks about the basics of what tonight's call is all about.

So, first of all in continuing that welcome, again we welcome you.

Susan: Welcome and E Komo Mai.

Paul: So, number one in your study guide what we're hearing, what's going on now. In other words, what's the existing reality? Some of us are hearing that there's been trillions lost in the markets, but before we even go into what we're hearing, I'm going to come off of the presentation mode just for a second, and I'm going to ask you by a sound of "Yeahs" one of three questions. And it's going to get a little noisy, but I want to tune into everybody. We want to tune in to all of you. And let's see what happens.

Okay. How many of you feel very strong emotions about what's going on?

Yea... (Many people responded)

Paul: Okay. How many of you feel in a medium sense not greatly concerned, but you're concerned?

Yea... (smaller amount of people responded)

Paul: Okay, who here feels that they've got a good handle on things that what's going on in the world's systems isn't bothering them?

Yea... (less people responded)

Paul: Okay. Good. So we just wanted to get a feel. You notice that there was almost an equal amount of people that were greatly concerned as there were that were kind of medium concerned, and the ones that really aren't concerned much at all about what's going on.

Now, there might be subsections there. In other words, we asked people in another one of our classes last week "*Are you concerned about the world economy?*" Many people said "*No.*" But the subtlety of the question became '*Am I concerned about my own well being?*' and that became more of an issue for a couple people.

Just feeling the pulse of what's going on out there. There really isn't someone outside of us. There really isn't what the media or whatever it is your news source or what you call that. It might be a friend. It might be something, you know, like on the grape vine that someone says "I lost my job. I lost my house" or "I lost all my 401K." Whatever it might be. Those really aren't going on

outside of us even though that it appears to be. And we'll talk about – more about that as we go through our call tonight.

The key though is that the volume has turned up in terms of not having enough, about scarcity, about that there's a crisis going on, and it has been rippling across the world. It's not just the United States where we live. In Iceland, in some ways their banking system almost completely collapsed. The government had to come in even more than the United States. But it's affected literally every country in the world.

“The Great Shift”

It's not just because our economies are intertwined. It's because our energies are intertwined. And there's something that's bigger than just the financial systems that is at work right now. And it's on a spiritual basis. And some call it *“The Great Shift”*.

Some call it *“The Great Awakening”*. We talked about it last summer if you were on any of our teleconferences last year. You might have seen the flash presentation about Heart Consciousness. And if you haven't seen that we'll find the link and we can send it out to you over the next week or two.

So, if you contrast what we're hearing versus maybe what's really happening, in other words, there's the apparent problem – number two in your study guide. The apparent problem is that things seem to be going wrong. There seems to be a lack of things. People seem to be afraid of what's going to happen tomorrow that there might be another drop in the markets, whatever that might be.

The Apparent Problem

The apparent problem is that there's not enough. The apparent problem is that we don't know what's going to happen. The apparent problem looks as if something is wrong, something that is potentially bad going on across the planet.

The One Belief

The real problem is that it's based on what we call *The One Belief*. And so *The One Belief* is the **unconscious** belief that we're separate from our Source. And the key word – two key words there: *unconscious* and **Source** -- the *unconscious belief*, not the conscious belief.

We don't go walking around thinking that we're separate from our love, our source of money, our source of energy, our source of Oneness. We don't consciously think that. But deep inside of us, and the patterns and beliefs that we learned at a very, very young age that we feel separate from our God, our Source, our Creator at some level.

Now there are ways of finding this out. But all you've got to do is tune in to your feelings. That's the most powerful way to find out. Do you feel connected to your loved one, your sweetheart, your significant other, your husband or your wife?

Do you feel connected to your children? Do you feel connected to your job? Do you love your work? Do you feel connected to yourself, your own feelings, your own emotions?

My partner Susan's work is all about the Heart. Do you feel connected to your Heart? Do you know what it feels like to be in your Heart space? I didn't. Even as little as ten years ago I thought I did. In some cases I did, but I wasn't very good at it. I wasn't very practiced at it. So, I've "gone to some of her classes", and I've been a student, and I've learned about these things called *the Essence* of who we are or how you feel at the soul level. No one can ever take that away from you. It's the most profound part of who you are.

So, this one belief is the belief that we're separate from the very thing that we want the most. And it's paradoxical. In other words, it doesn't make sense. How could we be pushing away the very thing that is the true us? And we'll talk about that when we get into the second part of the call tonight in detail. Here's a good question, that one of my mentors years ago taught me.

What stories are you telling yourself right now in your life?

The Power of The Stories We Tell Ourselves

What stories are you planting in the fertile ground of your conscious and your subconscious? Because whatever you're saying to yourself throughout your day is what is becoming a manifest in your life. And I don't mean affirmations. I mean the quiet inner speech. Like, under your breath...

Inner dialogue like: *"I don't know what's going to happen tomorrow. Is this going to get worse? Uh-oh, maybe this thing's going to get far worse than what they're telling us".*

Or maybe you've read some stories that talk about the collapse of the dollar or the collapse of the euro or the collapse of whatever currency or system or monetary system in your country. What are the stories that you're telling yourself?

Write down a couple of them right now. What are the beliefs that you're letting yourself speak or share or tell other people? Those stories might be *"you better get your money out of there or you better sell that money in that 401K or we don't know what we're going to do"*, and even if you've lost your job or even if your house has been foreclosed, what are the stories that you're telling yourself about that? Are they inspired stories of I know I can make it? I know I can move through this. I know I'm going to learn something from this or are they scarcity thoughts of not enough.

Whatever you're saying to yourself - is that cause or creator level? In other words, no one's doing this to any of us. No one's doing it to you. There's a phrase that one of our teachers many years ago shared with us. *"You play God all day long."*

It's a weird phrase at first to hear especially if you're born from a religious background. You know, in other words, a deeply religious background. But, think of it, who else thinks your thoughts? Who else create the feelings going on in your body? It's no one else. There is no other outside of you, outside of any of us.

So, if you get in touch with what are the stories that you're telling yourself you'll find out what you're creating. The thoughts or the feelings that are going on through you, and even if those thoughts and feelings aren't ones of scarcity or fear of what's going on tomorrow maybe you'll make sense of what other challenges that you're having, and you'll find the root cause or the root core.

So, let's do a simple breathing exercise now, and I'm going to turn to my partner Susan, and she can take us through this. A real simple one. We'll do a little bit deeper exercise a little bit later, but now's a really good time.

Deep Breathing Is Our Connection With Source

Susan: Thank you, Paul, and I'd love to do that. As we prepare for this, just keep in mind that breathing, deep breathing is one of the ways that we can best connect with Source. So, Paul was just talking to you about your connection to Source, God, Creator, the Divine. So, you can do that easily through the deep breath.

I'm going to invite you all to take a moment and make sure that you're comfortable wherever you're seated. That your arms and your legs are uncrossed.

I'm going to invite you to take a nice deep breath in. Hold that breathe at the end of your inhale, gently release your breath, and pause at the end of your exhale...

and once again, take a deep, deep breath in... Hold at the end of your inhale... Gently release your breath... and pause at the end of your exhale.

One more time. Take a deep breath in through your Heart... Feel your Heart expanding. Hold at the end of your inhale... Gently releasing your breath... Pausing at the end of your exhale...

Once again, taking a deep, deep breath in, and as you do so, feel your Heart center expand as the breath passes through the Heart... Gently releasing your breath, and pausing at the end of your exhale... The breath of life, your spirit, your connection with Source, God, Creator, the Divine... And just allow yourself to dwell here for just a moment as you return to your normal rhythmic breathing.

And welcome back.

Your Breath Is Your Spirit

Paul: Thank you, Susan. It's nice to have a reminder of how powerful our breathing, our breath can be. *Your breath is your spirit.* We weren't taught that as a child, but we knew it intuitively. Remember what it was like to feel young again. When you breathe like that how do you feel? When you really take time out to resource yourself, in other words, to reconnect with your core through your breathing you find that the treasure is within you. It's not outside of us in any way.

The world of the five senses, in other words, the world of effects is very seductive. More money, more power, more fame, more friendship, more love, more lean abs or whatever it is that you see in your material world that you want more of. It's very seductive, but that's not the real us. And it's not where your riches are.

It doesn't mean that it's not okay to have material possessions. That's fine. It's just fine. It's when we get attached to them that causes the problem, and we get attached to it because of things – beliefs of scarcity. So, even without the profound exercises that we do in some of our other classes – a breathing exercise like what Susan just shared with you is something that will help ground you at any time because when you're breathing from that place within you, deep in your belly, it's profound. Just notice that.

Deep Breathing vs Shallow Breathing

Let's do one breathing exercise right now. Place your right hand on your belly and your left hand on your chest even and take a nice deep breath. And when you take that nice, deep breath what do you notice?

Which hand moves?

If you said your left hand, (your chest breathing) your breathing is exactly reverse of the way it should be just like mine was about 20 years ago. I didn't know that I was breathing shallow -- in other words, chest breathing. If we breathe up in our

chest, no wonder we feel fear. No wonder we feel disconnected from our Source.

No wonder you don't create the kind of things or experiences that you want in your life. Because the other 2/3 of the volume of the capacity of your body is down in your solar plexus and down in your abdomen. Even if you don't study Tai Chi or Chi Gong or Yoga or any Martial Art. You know at some level that all your power is in that core of your body because that's where you feel all your feelings, right?

Just think about that. Tune in. Where do you feel most of your feelings? When you get that gut feeling about the decision to make or when you're feeling sad or excited or really wanting to move and do something. Those feelings come from that part of your body. So, when you breathe into that part of your body you resource yourself. In other words, you re-energize yourself.

So, we can never overestimate the power of breathing, of deep breathing, and it's something that you can practice tonight before you go to sleep. If you ever have challenges with sleep issues, any insomnia, any forms of that - you take your stress to bed with you, practice that little exercise that Susan just shared with you, that four deep breaths holding on the in and the out cycles before you go to sleep tonight, and notice the shift. Notice the difference. You'll sleep better. The problems of the day will dissolve and the thoughts you bring into your sleep will be clearer.

You can even choose thoughts of gratefulness. Thoughts of what good things went on today rather than the bad stuff that collects in our subconscious like a sponge, like a filter, like an air conditioner catching all that stuff.

The Myth of Scarcity

So, let's move on to number four in our study guide: *The Myth of Scarcity*. And I call it the myth of scarcity because it really is a myth. How did it ever become a myth? And how do we know it's a myth?

All you've got to do is look around you. Is there any shortage of human beings? Is there any shortage of growth in terms of trees? Maybe you're in an area where the trees have been cut down, but I'm talking about nature itself.

Does nature have to long for more? Does it feel scarce? Does it have to try to grow?

Beliefs Are Developed at a Very Young Age

Rather than questioning what scarcity is in our lives, why do we experience it in our own life? The beliefs that *we don't have enough or we're not enough or there isn't going to be enough* are conditioned into our subconscious at a very, very young age. Way younger than we have the emotional coping mechanisms to deal with them.

So, for example, if your mother or father taught you or even if they never said it in words, but felt like there wasn't going to be enough tomorrow or that the way they dealt with money or with security or with their own love between them felt not quite right to you as a child, you unconsciously pulled in those feelings. Whether you thought they were right or not, and that's what we do as a child.

“The Trances We Live”

Children pick up stuff like a sponge. That's how the subconscious works. And so, because of this conditioning that goes on, this trance, if you will, we start living out that trance in our normal every day adult lives. It's not a question of how you get into a trance. We're living them most of the time. If you ever get caught up in something, and you can't figure out why you got caught up in it or how to get out of it, you know you're in a trance of some kind.

Here's a good example. If you're driving down an expressway, and you had your intent set on getting off at a certain exit, and you missed that exit, that's happened to all of us right? We were in a trance, and we missed that exit. That's a trance. It happens to all of us.

Now there are good trances and bad ones. The good ones are the ones that serve you. In other words, you know, how you get up out of bed in the morning, and how you drive your car or how you do your business or how you connect or speak or write. Whatever it is your faculties and your strengths are. Those are good trances.

The bad ones, so to speak, the ones that aren't resourceful or are disempowering are the ones that make you feel sad or anxious or depressed or nervous or it creates a lack of confidence. And those are the trances that are based on scarcity, in other words, when you go back to that *one belief* where it's an unconscious belief of our separateness from our Source.

But, when you breath and you take time out, and you step back from that thing that's going on in your life you start noticing that it's really not real – an illusion. But, our thoughts and our feeling are creating that stage for it to become real, and unless you interrupt those thoughts with some nice deep breathing or some of the other energy exercises that you've learned over time.

The core of them is all breathing, because you can't hold fear and love in the same space at the same time when you breathe. You'll notice when you practice deep breathing you feel that connection to your core.

Paul: So, what do you do to clear this myth of scarcity? The trance of having not enough. The "Not Enough Effect" as I call it. The first thing is we don't even ***question whether it's true or not.***

In other words, is it even true that there's not enough in my life? And if you're not feeling that relative to your finances, you might be feeling it in some other area. Is what's happening right now inside of my mind or my feelings even true?

Because if we don't question whether it's true or not, we begin to live it out, and it becomes a belief system. And some of those beliefs harden, and they turn into core beliefs, and core beliefs become transparent. In other words, you don't even know what you don't even know. It's like a fish in water. If you ask them what the water is like they don't even know the difference between themselves and the water. It's just like us and our air we breathe. We don't even realize it's there until you take time out to consciously breathe.

What can we do to clear this myth of scarcity? Well, look at the quote above, way at the top of the page in your study guide. And if you don't have that study guide, this is the quote and how it reads:

***"You never change things by fighting the existing reality.
To change something build a new model that makes
the existing model obsolete."***

-Buckminster Fuller

Buckminster Fuller, one of the greatest philosophers, inventors and discoverers of our time. And the reason I placed it there was because as I was preparing for this class last week it really made sense to me that the old model just isn't working any more. Is it?

Ask yourself whether it financial or otherwise. If you've had this sense that things just aren't working at all, and the old way isn't working for you, you're not alone. If you're tired of hearing the bad news about the economy and politics and everything else, if you've begun to suspect that the work hard, make more, spend more model is out of date and obsolete, you're definitely not alone.

If you're beginning to wonder why this vicious cycle of work more and spend more and the "consumer coma" as one author put it is beginning to eat us alive, you're right. It doesn't mean don't buy anything. It just means let's stop being attached to the material world so much that it drives us.

Do you have the feeling there's something more than the material world? Are you wondering what your purpose is?

Here's a question that I was asked way long time ago when I was still working for the corporate world:

"Do you love what you do"?

Are you wondering what your next step is? Or what the next part of your career is supposed to be? These are questions that you can ask yourself and tune in to. And are you living your purpose? If not, that's okay. It's not an easy thing to go and find it. Susan, what is the phrase that many times years ago that we used to share in many of our courses in terms of life purpose that you like to share with people?

Susan: Your life purpose is revealed to you along the way, along your journey, it's not necessarily revealed to you when you go out and pursue finding it. It's subtly revealed to you along the way on your journey. So all you need to do is look around you and look within you, and your purpose is revealed to you along the way.

Your Life's Purpose – You Don't Find It, *It* Finds You

Paul: Yes, in other words, you don't go find it. It finds you. Now, this call is not just about life purpose. This is all about the concept of freeing yourself from the money matrix. That, you know, if you saw the movie *The Matrix* you might understand what we mean by that. If you don't understand that concept of the money matrix, it is that culture that we've been brought up to believe that we are the amount of money or the amount of stuff that we can count in our lives.

Now, you wouldn't have come on this call tonight unless at some level you suspected that those beliefs aren't true. At some level that we've been led to believe a lie like William Blake once said. "When we see with and not through these eyes."

In other words, when you're just going along with the pack, even if your conscious mind doesn't think you are, that you're doing things because that's just the way it is -- instead of breaking free from those old molds, those old patterns, and charting your own course.

That's what living your purpose is about. Your own unique purpose is based on what you love to do, the things you value the most and what your vision of this world is really about. Not the way it is today, but what your vision of the perfect world is all about. So, instead of scarcity, what's our other choice? It's abundance.

The Real Meaning of Abundance

Let's look at the definition of abundance:

"The property of a more than adequate supply."

And look at the next line. You can see where it's phonetically spelled there. It comes from the Old English. "Abundance, abuntia, abundari, an overflowing fullness or an ample sufficiency."

Circle that phrase: **ample sufficiency**. *It's all right here, right now* -- that sufficiency in our lives, but because we've created filter systems, in other words, beliefs - **we can't see it**. It's so close to us, like the fish in the water, that we've

actually filtered it out. In other words, we've actually almost pushed it away from us - in a way.

You've heard the stories of people that win the lottery and yet lose it all within a very short period of time. Look at some of the top athletes or people in show business how much they make and many of them lose nearly all of it. Why does that happen?

A “*Set Point*”

There's a set point in our subconscious of what we deserve or what we're worth. But it's not just money. Money is only a measure. It's just paper. If you look at money, if any of you have it there you can take out a piece of money – a dollar there. You notice it's just paper. Whatever currency that you use, whatever country you're in, you notice that it's just paper with some form of meaning placed on it that we call money and “Oh it's a certificate of value.”

But because of this “money culture” that we've created it's all of us -- all of the countries that we live in. You heard how many people from all different countries said hello on tonight's call. There's far more than this that are feeling this across the globe, and it's hitting a tipping point right now. It's a crescendo of emotion and energy and a felt sense of something's moving here, and we don't always know what to do about it.

The Power of Trust

But there's an energy - that driving force within you that is a sense of what the truth is. Now the truth is that we live in an abundant universe. Now Susan shares with me often as we talk about these concepts whether we're working together just the two of us or whether we're working with our clients or doing calls like this - that if we knew how to trust that that abundance was here to begin with right now and also that we have plenty available to us, then you really wouldn't worry about it.

Whether you can see it or taste it or touch it or count it. But that trust is a tough thing for most of us, because we were taught at a very young age not to trust because of that one belief -- that one belief that we are unconsciously separate from our Source.

The Lesson

So let's move on to The Lesson. It's on page two of your study guide. What's the lesson of this challenge going on across the planet? Not just the financial crisis, but the underlying energy of it?

Back about three months ago I was watching a show in the United States called Charlie Rose and he had two economists on. It was right after the subprime mortgage crisis started happening, and it was really starting to ripple through the stock markets and some other markets as well. And when Charlie Rose asked one of these economists what his take was on what was going on, he said...

"Charlie, we have no explanation of what's going on. It defies all the models that we've ever constructed even before the Great Depression." Now that doesn't mean that we're on the verge of having a great depression. All it means is that it transcends our ability to try to describe what exactly is going on here. In other words, maybe we don't have a model to explain it. Maybe, consciously, we're not sure of exactly what's happening, and we're grappling for what that reality is. And if you watch the markets some days, you see how some people grapple with that and that is either massive sell signals or massive buy signals and it's based on that fear of scarcity.

Co-Creating A New Consciousness

Susan: And, Paul, I'd like to add that right now I believe that we're being invited to create or co-create really a whole new consciousness. Like you were saying, Paul, you know, there's something revealing itself here, and a consciousness that's far beyond our old mind-based thinking.

We're being asked to make significant changes in not only what we thought to be true but in our own ways of thinking. And why is this? Well, for many of us, we might be finding ourselves alarmed at what's going on, or we might be experiencing confusion or fear. We might be feeling overwhelmed. We might be doubting ourselves. All of these feelings we are experiencing because of what's happening around us.

And, let's consider that this state of confusion or fear or anxiety or bewilderment, it brings with an invitation, an opening into the creation of a whole new consciousness, a Heart Consciousness that perhaps brings a whole new meaning to each and every one of our lives.

You know, there are some sages who are calling this time a miracle. You know, we're in the midst of really a birth of this new consciousness, and it's allowing for new meanings. It's allowing for a new awakening within each and every one of us.

You Make A Difference

And my friends, this is a profound period in time when we can change the results, the reality in our own lives, and we can change how we're feeling on the inside through our own consciousness. Each and every one of us here tonight who have gathered in this circle and are listening to this call, you make a difference -- each one of us.

This is an invitation to change or to shift what we're experiencing in our lifetime and what our children are going to inherit in their lifetime. You know, it's like the alchemists we are creating as we're journeying. And if that feels overwhelming for any of you or too much responsibility or I'm not sure I understand or it feels like it's draining any part of your energy, consider for a moment the state of being in fear, confusion, self-doubt.

Consider for a moment the energy that staying in those emotions takes away from your own energy field. That's what's overwhelming so often in our lives. It's the resistance to change. It's not the change itself that overwhelms us. It's that resistance, sometimes unconscious, that comes up in us. A resistance to change because there's a part of us, that part of our mind that wants to hang on to what's familiar, to what we know to be familiar.

And we're here to understand that this is an invitation. An invitation in human consciousness to develop, to participate in this formation, in this birth of a new consciousness, and, you know, if you consider for a moment that human consciousness it's a living field around the Earth. The consciousness that you and I partake in cultivates every day in our lives creates a living field around the Earth and the world has an opportunity, an invitation to participate in this, and more and more people today are hearing that call.

More and more people are focusing on their spirituality. All of you who are on this call tonight or listening to this, you're opening to your own spirituality, your own personal purpose. You're opening to **the breath of life**. That's why we're all here. And you'll also be perhaps inspired to hear that now more than ever, each and every one of us are being supported by the universe, the Divine Mother Earth to step into our life's purpose.

The sages tell us if you tune into the pulse of Mother Earth you can feel that the veil of resistance has been lifted and now is the time to fulfill our personal purpose, our destiny. To experience life to its fullest. Now is the time. And there are very positive things that are going on around us within the world and we can be part of that. We just need to tune in and accept the invitation that's being gifted to us.

Paul: Here's a good question to ask yourself: if you're going through some form of suffering or fear or crisis right now ask yourself

"Am I connecting with anyone else about this? Have I asked for help? Have I asked a friend? All of us have friends. The question is do you have the courage to open up? It has so much to do with what Susan just said.

The lesson isn't just there's good stuff on the way. I mean, really, let's just be honest about this. If all I told you was that there's great stuff right now sitting at your doorstep your conscious mind says 'No way. I can't see it.' At least most of us can't. What's really happening underneath the surface is that if we open up to that new understanding that Susan is mentioning.

Pema Chodron is one of my best teachers when my dad and my brother passed away. I picked up a wonderful book of hers called "When Things Fall Apart: Heart Advice For Difficult Times". And she talks about how our egos literally hate anything that resembles death. Not just the death of a loved one, but the ending of a project, the loss of a job, the ending of a relationship. Even the ending of just finishing a little mini project in your garage or someone says 'Okay, I have to go now.'

You know, when you're talking to them in the middle of a conversation. To the ego, that sometimes feels like the ending of something, the death of something. It can easily be misinterpreted because we base that happening on those old rules, those old beliefs.

So, instead of trying to force feed the conscious or the subconscious with new information like affirmations here's what we want to do. We want to tune in to what you're really feeling on the inside and be able to allow yourself to fully feel those feelings, because, as you'll see in number six, the power of your feelings, we're just giving you a little hint right now, it's really your most powerful resource on the inside.

Every Act Of Our Intention Is An Act Of Creation

But let's come back up to number five just for a second, and we'll review something. Look at that quote by William Tiller. He's an eminent physicist. Many of you have seen "What the Bleep". He was in What the Bleep, that movie about metaphysics.

Since every application of our intention, in other words, every act of our intention, is an act of creation it ultimately teaches us how to create properly, efficiently and effectively."

Now, what does that really mean? If every act of creation is something coming from us and is part of our intent, it's teaching us whether we're doing it right or not. In other words, let's say you're not creating what you want. Your higher self and your subconscious are trying to teach you okay just tweak it a little bit more.

Try something different. Now you've heard that in the motivational books you studied years ago. You know, remember that old definition of what craziness means? In other words, if you keep trying the same stuff and it doesn't work, you know, that is a measure of what crazy really is. So, shift that intent from time to time.

Just try something different. You know, like try breathing into feelings when you don't want to feel them. Try connecting with somebody new in terms of a friendship when you really don't feel like doing it. If your body's out of shape, try getting up, walking down the street and then making that walk a little more rapid and then until you start running out of breath and notice the shift in your body and in your mind. Practice *things that take you out of your comfort zone*, and **you'll start noticing different results.**

Recreate Your Reality

So, what William Tiller is really saying there is, that we're creating all the time. If that creation isn't the way you want it then just tweak it. ***Re-imagine it***, so to speak.

And be thankful for the creation, that power, that unbelievable power that you were able to create something. And I know it sounds weird, but even the less than satisfactory results. Be thankful for that. We'll talk more about gratefulness before the end of the call tonight.

The Power of Your Feelings

So, let's move on to number six: The Power of Your Feelings. This is something that in the last several years, especially with the deaths and the ending of so many chapters in my life, that the universe, in other words, my higher self, what you call God, Creator, Source has taught me. I didn't read this from some book. This is something that comes from the deepest part of me.

We all have the ability to learn this from a very deep level. But most of us were taught to avoid it. The more intense the feeling, the more hidden power lies waiting to be freed.

“The more intense the feeling that we feel, the more the hidden power lies waiting to be freed up”

In other words, the more that you feel in a financial crisis, the more power you're finding within yourself right now. The more disconnected you feel and the anxiety or the level of depression or the level of doubts or fears that you feel, the more power that you are just on your way to reclaiming.

But we weren't taught that. We were taught at a young age that bad feelings are bad. We were taught that being nervous was not a good thing.

We were taught that in order to be accepted you've got to go along with the pack. And all those belief systems that we are not conscious of, even if you tested for some of them, you couldn't find most of the deep core ones. These are often

hidden in our subconscious and are based on some traumas and experiences that happened in our life, and remember what we talked about what things we say to ourselves on the inside.

***“It’s Not The Event Itself That Creates the
Belief, It’s What We Said To Ourselves
During or After the Experience...”***

It’s not the events that cause the traumas themselves or the feelings that we feel about them today, *it’s what we **said** to ourselves*. It’s **how you interpreted the event** that happened, and the ones that are the big ones happen before we’re age seven.

Therefore, they’re very difficult to find for most of us by ourselves. But the shift in consciousness that Susan’s talking about is that if we take a little bit of a break and start coming from our heart instead of just from the mind, the mind is not in charge. It thinks it is.

So how do you know what it feels like to be in your heart? You take a nice deep breath. Take your two fingertips of your free hand right now and place them on your heart point which is in the center of the chest right at the line of the nipples. Take a nice, deep breath, and I mean all the way down to your belly. And feel that feeling of that heart expansion that Susan mentioned in that very simple breath exercise that she did earlier.

When you do exercises like that, it helps you resource yourself. They help you find your connection that’s always there even though the mind thinks it’s not. Not just money, but the love that you long for -- the energy that you long for, the connectedness, the peace of mind, the inner solace that you long for, the recognition, the sense of belonging, and maybe belonging to a higher cause than the one that you’ve been believing in or subscribing to thus far in your life.

All of us long for something bigger than us. So, our feelings are our barometer. They’re your true sense of who you are. Even if they’re not good feelings, that’s the mind that’s judging them, and it’s shutting down our power centers the moment the mind steps in and says that’s a bad feeling.

Present Moment Awareness

But if you have the courage and the sense of presence, in other words, being in the present mode – the present moment with whatever feeling you feeling and you remember to take a deep breath into those feelings. In that moment you begin to resource yourself, you being to find your connection with your Source.

You open up your energy system, your chakra systems. You expand the heart like what Susan was saying earlier, and you begin to discover that there is power in those emotions. And in reference to the power there's something that Susan would like to talk about called the Eleventh Emotion and it's something that came to our attention when we were in Sedona just a little while ago, several months ago. There's a wonderful book that a birdie told me to purchase for Susan. It has everything to do with our highest of highs and our lowest of lows.

Susan: Well, one of my greatest teachers, a wonderful sage and the author of a book that Paul gifted me with just a few months ago. His name is Dr. Paul Pearsall and he teaches us about what's called the Eleventh Emotion.

“The 11th Emotion”

Now, we used to think that we only had ten emotions. Psychologists have defined ten emotions for a long time, and Dr. Pearsall invites us to consider that there's an eleventh emotion, and the eleventh emotion is the emotion of **awe**.

“AWE”

Now, the emotion of awe is really an emotion of self-transcendence. It's the emotion of being fully connected, fully alive within the world, within yourself, within the moment. It's the emotion that allows you to feel the highest of highs and the lowest of lows. It's the emotion that teaches us how to meet the challenges of our pain, our suffering, our struggles without spending so much time in the emotion that it becomes suffering.

It allows us to feel those feelings fully and completely, yet it allows us to not spend so much time in them that we move into suffering. Awe is an emotion that allows us to cherish pleasure, joy, love and abundance without becoming a slave to the need or desire to pursue more of it.

So, the eleventh emotion of awe is really a key element. It's a key emotion to this new consciousness that is upon us. Now, the interesting thing about the

eleventh emotion, the emotion of awe, it's the only emotion that we experience where we can experience more than one emotion at the same time.

So, what do I mean by that? Well, when we experience awe, we have the opportunity to experience more than one emotion at the same time. So, you can experience an intense moment of excitement along with a moment of anxiety all at the same time.

So, perhaps, this invitation in this new consciousness to experience the eleventh emotion of awe, perhaps it's an invitation to experience the depth of our feelings, the depth of our anxiety, of our fears, of our uncertainties along with experiencing the excitement, the joy, the opening, the feeling fully alive, the awe, the abundance that life holds for us. Feeling the highest of highs and the lowest of lows, and sometimes all in the same moment.

This eleventh emotion is a very powerful emotion and it really is an invitation for us to dig deep, journey deep within and to find a way to be present with all our feelings so that we can feel fully alive, fully in the moment, participating fully in life.

Awe is Experienced Through The Heart

The emotion of awe is an emotion that is experienced through the heart. It's not an emotion that we experience with our mind. Some of you may be familiar with the notion that the mind – well, when we're up in our heads and caught up in our mind, we're really reliving memories. Whereas, when we're in the heart, when we can move into Heart Consciousness, we're in a state of inspiration. Breathing in all of life. Free from those memories. So the eleventh emotion of awe is experienced through the heart, and it invites us to experience the present moment all of what we're feeling, all of our emotions in that present moment.

Paul: Well, I think now's a good time to dialog this, Susan, because, what happens if a person has trouble feeling those feelings? In other words, that we're wired at a very deep level to really avoid those feelings even if they have awe in them. What do you do? What do you do when they're too strong, they're too powerful?

Susan: Well, we've certainly mentioned on our call so far that the breath is really your greatest friend, you know, your greatest resource in those moments of those intense feelings. If we remember the real definition of emotion, it's *energy in motion*.

So, as we take that deep breath, you can place your hand over your heart as you take a deep breath which will remind you, will cue you to breathe through those feelings. And if you remember, when you're feeling those intense feelings, the breath is your greatest resource. Breathe deeply into those feelings and allow them to move and shift.

Paul: I will share with you that years ago - 20 years ago when I had made the discovery about my breathing, I was a little surprised that my breathing was wired exactly opposite of the way that it's supposed to be. In other words, I was breathing up in my chest. The Hawaiians call it "Haole" – man of shallow breath. It means up in the chest, or shallow breath.

And I had a lot of stress, and the therapist that I was working with at the time, she asked me if I wanted to try an experiment, and that's the little breathing exercise that we did before – that breathing test, I should say, where you placed your right hand on your belly and your left hand on your chest. So, you don't have to do that all the time necessarily when you're feeling dark emotions, but try it. Do it as a little experiment and you're going to notice that there's a pattern.

You will notice that you're breathing shallow whenever you're feeling those lower vibrational feelings of anxiety, depression, grief, fear, shame. Whatever that feeling might be other than peace, other than joy or other than feeling that you're abundant you'll notice that your breathing has become constricted and tight.

Your Essential Breath Is The Real You

So, your essential breath is the real you. And, so, even though consciously I knew that my breathing was wrong, I got out in the car that day and I was breathing and I was like, Wow this is amazing. It can't be this simple. That's what I was saying to myself.

Here I'm a business guy and, you know, I've got to get back and go to work tomorrow, and how the heck is that going to help me increase my sales or get on with the next thing of the day, you know, the next goal?

But, remember guys, that memory that Susan was touching on before. That's the trance. So, because we have bought into this more is better, I've got to keep getting more belief system, we don't question it very often. Consider this, that as little as moments after you go through, let's say, a transformational experience, the mind typically wants to kick back in again because that's how the mind works.

Even if you haven't practiced meditation for years, you know that a few moments of solace can make you feel better. A few moments of breathing can make you feel better, but even experienced mediators start feeling the old memories as little as 20 minutes or an hour after the meditation. So, it's not just the meditation that's important, it's the intent you hold throughout your day.

Susan: And I also would add too, Paul, that when you take that deep breath, you're calling yourself back to one of your greatest resources. You're calling yourself back to your connection with Source, Divine, Creator, God. You're calling yourself back to your Heart, your Heart Center, your Essence.

Paul: And the real you.

Susan: And the real you, absolutely.

Paul: Yes.

Susan: And it helps you move out of that vicious circle of the mind. Just that deep breath, physiologically, it takes your body into a different state. It relaxes you.

Paul: Yes, and you can measure it too. You can measure your diastolic and systolic blood pressure. Immediately, by the way, your blood pressure will drop when you do simple deep breathing exercises. Why is it that something so simple, seems so hard for us to do?

It's because we've conditioned ourselves to be shallow breathers. We've allowed it to continue. Until you say to yourself "Now wait a minute, I'm going to change this. I know I'm not feeling the way I want to feel. I know that the stuff I'm seeing on the TV or hearing on the radio or the popular opinion, the social fabric of the myth, the matrix in other words, I know there's something not quite right about that". So, I'm going to step back. I'm going to unplug from the matrix,

in other words. I'm going to take a nice, deep breath and that may be metaphorical for you.

It might be that you take a walk. Naturally you'll breathe when you take a walk. It may be that you go out, that you sit at the base of a tree. It may be that you sit with your loved one, and you look them in the eyes without all the noise, you know? It might be your child that you sit with and you read to them tonight before you go to sleep, and they look at you and they go mom or dad, like wow. This is way cool. And you breathe with them.

Co-Meditation

If you're a caregiver of any kind, even if it's unofficial in your own family system, there's a thing called co-meditation. What co-meditation means is even if your loved one can't breathe deeply, you can breathe with them and for them, and in a matter a minutes they begin to feel that shift, and this is happening, my friends, all over the planet. And it is what Susan talks about when she says 'Heart Consciousness,' because that intent comes from your heart. Abundance consciousness comes from your heart. Who you really are is in your heart. How do you find it? You don't have to go look for it. It's here right now.

Susan: And the breath will take you there.

Paul: Yes. So, write down this little simple set of words, or actually it's an equation. It's not a mathematical equation. It's so simple that you can teach this to a first grader.

Write down these words:

Breath = Spirit...

Breath equals spirit. In many of the other cultures of the world the word breath it means spirit. It's written like spirit. Somehow, as the English language got cultivated, it's like something got left off. Here in Hawaii, they've left off many of the old meanings of words. So, you have to find it through story, and there aren't a lot of old Hawaiians left to tell those stories.

But, as you begin to piece those things together the fabric of the breath, that's where you find your true authentic self. So, the next time you feel anxiety – it first of all helps if you place your hand on your heart point.

Once you've done that breathing test, and you know your breathing isn't exactly wired right, take a nice deep breath all the way down to your belly with your eyes closed and start doing that four-cycle breath. I call it four cycles because it's essentially like four deep breaths. Hold to a count of four on the in breath. Hold to a count of four between the breaths, and then hold to a count of four after the exhale breath.

You're going to notice something. And as I practiced this when we started coming here to this island of Hawaii, the whole island of Hawaii is about ***the breath***. Ha-wa-ii. It's the celebration of the breath in the center of the ocean. "Haaah

When you allow yourself to make that sound when you breathe you are connecting to that very core, that energy that Susan's referring to. And so, even if you're feeling the lowest of lows all you've got to do is tune in to that feeling, number one, and two, breathe into it.

Find The Calm in the Depths of Your Feelings

And you're going to find that in the center of that is calm. But, the mind won't let you go there if you stay believing the same old beliefs. That it's bad to go there, or it's going to hurt if I go deeper. That's some of our dark secrets. We think that by going into the pain that it's going to cause more of it.

Talk to any athlete. When they breathe into the pain, the pain releases. You know this if you practice yoga or some of the other arts. You breathe into that stretch. You breathe into the resistance. You breathe into the stuff that's showing up that is not what you want, and you "thank it". And you're grateful from your heart.

The Great Shift

So, as we begin to conclude the call, let's talk about this thing that's called the Great Shift. What is this thing, the Great Shift? Well, we've eluded to it many

times throughout the call tonight. We're all beginning to feel it at some level. Whether you're practicing metaphysics, in other words, studying your spirituality and you're studying things that are other than material. And you've been feeling it in that sense.

Many of you wrote in to us and we thank you...

Maybe you've been having profound dreams. Many of you as you wrote in, and thank you, by the way, for all of your responses. We received hundreds of them. We read every single one of them. And the core of each of them was that "Am I doing something wrong? I'm not manifesting the stuff that I want in my life" or "I don't know how to get past these feeling. I'm doing all the right stuff." I'll read a couple of them right now that we received. These embody most of the responses that we heard.

"I've read all of the Law of Attraction books and know how to focus on what I want, but my hardest challenge is staying focused on abundance when all around me is poverty and scarcity".

Maybe you resonate with that.

Let's see, how did she say this?

"How do you get into a feeling of gratitude when all around you is only the things that make you worry and fear?"

Another person wrote to us...

"If I could maintain feelings of gratitude all the time, I'd be able to manifest what I desire. But doing it is so hard when you're broke and worried about how you're going to pay the bills or 'my company's payroll can't be paid' or 'when I'm wondering about how we're going to finance the next growth of the company.'"

No matter where you are, whether it's that you're thinking you don't have enough or whether it's true. In other words, if you look at your bank balance and it says zero or that you're just fearing that it will become zero, it's still thoughts that are going on throughout the day that are creating that. Not conscious ones, unconscious ones.

So, back to the Great Shift. So many people are feeling this sense of crisis or shaking up or movement of energy. The people that have been studying to some extent, they're beginning to say 'Okay, I don't know exactly what to do, but I'm going to go back to those core exercises that I've learned. Breathing. Connecting to my heart. Tuning into the present moment. Learning how to make peace with the parts of me that feel other than peace.

Whatever the exercises that have served you in the past, keep doing those. Unless at some point they no longer serve you. And then ask Source, Creator, God to "show me the way".

You're Not Alone

Show me what peace is for me. Show me what is of service (how may I serve) to not just myself but also to mankind. That's part of the Great Shift. It's getting us to awaken to the understanding that there's a much greater reality here. We're not in this alone. I'm not, Susan isn't, nor are you.

Right now there are hundreds of people on this call, and this was just with a couple of days of preparation. Now, thousands of people will get the recording of this, and also the transcript in a couple of days. And there's a wave that's in motion that people are beginning to question. We are questioning this myth of scarcity, this trance that we've been led to believe.

The Great Shift is all about how we are bringing this new consciousness (that Susan has been referring to) into our reality. In other words, it's a new reality. How do we create it?

This Very Moment is the Perfect Teacher

You don't have to create it all the time. It's like your life's purpose. It's here already. You don't have to worry about how to invoke the Law of Attraction and how to do this and do that. Let flow speak to you. This very moment is the perfect teacher.

That's what Pema Schodron teaches us. This very moment is the perfect teacher. No matter how intense those feelings are, just allow yourself to feel them, breathe into them, fully and completely. All the way to their core. And you will find that the shift is in you, the Great Shift.

Susan mentioned earlier it's all about you. This shift can't happen without you. You are the observer. Right now, as I observe, as I'm speaking, I'm the observer. But you're observing my words, the sound of my voice, the sound of Susan's voice, the energy in your body. You are Creator. Some people think that's sacrilegious. That's only because of those old beliefs that we were taught to be separate from our Source.

You know at some level you are Source. You are God. You are Creator. That's the new reality, except the funny thing is it's not new. It's as old as the hills. It's in a place where we least would suspect to find it. It's deep, deep in the center of our most intense emotions.

Susan is going to start wrapping up our call. She'll do another powerful breathing exercise, because I think it's kind of fun. When we share this with people, very often they say 'Can I have a recording of that?' or 'Can you do that again, Susan?' So, if it would be okay with you, Susan, if we do another breathing exercise?

Susan: Sure.

Paul: Whenever I do it on this side of the phone, by the way, I notice how calm I become as well.

Susan: So, once again, make sure that you're comfortable where you're seated. It's always best to uncross your arms and your legs. That allows the energy to flow more freely throughout your body. And just allow yourself to close your eyes...

Gently begin to tune in and allow yourself to listen to my voice as I guide you through the powerful practice of deep breathing.

Breathing through your heart and breathing into the deepest, deepest parts of you. Remembering that the breath is sacred and that it's your connection to the Divine.

Remembering that practicing deep breathing connects you to your higher self, to Source, God, Creator. It invites you, it calls you back to your Heart, your Heart Center. A place that's far more intelligent, far wiser than your mind. And it also invites you to hear clarity in a way that you're not able to hear it with your busy mind.

So, I'm going to invite you to bring into your awareness an emotion that you've been feeling very powerfully over the last several days or weeks, perhaps even as recent as today. An emotion that seems to bring you down or challenge your energy. A heavier emotion.

And, if it helps to think about a problem or a challenge that you're having in your life and what that feeling is when you're in the midst of your problem or your challenge.

Just bring into your awareness one of those heavier emotions and begin now to breathe through that feeling...

Take a deep breath and hold at the end of that inhale...

Gently releasing your breath, pausing at the end of your exhale...

Imagining that that feeling sits in the very center of your heart. Breathing in deeply and completely through the heart, holding at the end of your breath...

Gently releasing your breath as you exhale...

Breathing through that emotion, that feeling, and pausing at the end of your exhale...

Once again breathing deeply and completely in through the heart...

Feeling your heart expand. Holding at the end of your inhale...

Gently releasing your breath... And pausing at the end of your exhale...

And once again, breathing deeply and completely in through your heart. Feeling your heart expand...

Holding at the end of your inhale...Gently releasing your breath...

Pausing at the end of your exhale... and placing now your right hand over your heart center. Your heart chakra. The very center of your being.

Allowing yourself to return to a normal deep breathing cycle. And as you place your hand over your heart center focus your awareness deep within your heart...

Knowing that you are loved...

You are safe...

This is your connection to the Divine, God, Creator, Source. Your essence, who you really are. You can trust this for it is eternal...

This is your place of peace through the breath...

All is well in this moment... And so it is...

Paul: And so it is...

Susan: Very gently taking all the time you need or like you can begin to bring yourself back from that inner journey into this present moment...

Remembering your breath is your Essence, your free spirit. Call yourself back through the breath into your heart center and breathe through your feelings. You can trust this. It's always here for you.

Welcome back

Paul: Welcome back. Thank you again, Susan. So, as we bring our call to a close here, what can you do?

Well, this breathing exercise that we've done now, we've done it three or four times. This breathing exercise allows you to return to your essence, to your Source.

Let's say – let's imagine right now just for a moment that all your needs were handled. And I know that might contradict some of the reality that's showing up right now, but just take a deep breath and imagine that all your bills were paid, that your house is safe, that your job is in great condition, that your relationship is just wonderful. That you feel loved.

And I know that's maybe a stretch for some of us, but I'm talking about tuning in to the imaginable part of you. That's the Christ consciousness in you -- the child

within you. It's a very, very powerful part of us, and yet, as we grow older many of us grow more separate from that, or at least we think we are.

And I'm talking about invoking that presence now. So, just imagine that all your needs are already handled. Imagine that all is just joyous and abundant in your life, just for a few moments. Let's just play this together.

Take a nice deep breath into that. All the way down to your belly, a nice deep breath from your belly – your diaphragm. In Hawaiian terms they call that Mana Breathing. So, let's do it together, and I mean, let's do a nice, deep breath. Breathe all the way down to your belly like this.

Notice it's still the sound of 'hah,' but it has more umf to it. It has more energy. Let's do that a couple more times. So, this is to balance out the exercise that Susan just went through with us. This brings your energy into your body now.

It's not just like a spiritual exercise. This is a deep Mana Breath. Let's do it one more time together.

Deep Breathing Gives You Energy

Paul: Imagine being able to tap into that energy. Imagine being able to tap into that energy at will. In other words, when you're having one of those dark nights of the soul, imagine that you can tap into the energy of this group and all other groups that are doing work similar to this across the planet. Do you know how much power is there at your fingertips? Maybe you're beginning to get a sense of it now.

All the classes that we do, we teach that. We share that, because I remember how it made me feel. Imagine having those people around you that you can ask them 'How do you do that? How did you overcome those great challenges and those crises in your life? How did you get through that?'

Many people unconsciously take a deep breath and they say 'You know what? It wasn't easy, but something kept me going. I didn't let those old beliefs, those old myths hold me back any longer. I reset my intent. I tuned back into what I knew was the real truth, and I started shifting my reality. I didn't play games. I didn't, you know, decide to be a victim anymore. I chose to let all that old stuff. And I embrace this new energy of this Great Shift.'

Express Gratitude For All In Your Life

Feeling gratefulness for not just the stuff that's on its way that you want. Here's the core one, and this may answer so many questions that many of you have written into us that you're saying 'I'm doing my gratefulness stuff, but it's not working.' Maybe you're not being grateful for the stuff that you're not grateful for.

I'll rephrase that. Maybe you're finding it difficult to be grateful for the bad stuff, because we may have an old belief that says 'If I'm grateful for bad stuff, I may bring more bad stuff into my life.' And that is absolutely a non-truth.

Here's what you can do when you're feeling any type of emotion that you choose not to feel. Breathe into it and say 'thank you' to that emotion.

Just say 'thank you' to that part of you. All it's trying to do is speak. That is all your subconscious is trying to do. It's speaking in the language that it's used to. In other words, feelings, if we let those go too far for too long, what happens is it turns into pain in our body.

And if we let it go even further than that, it turns into "dis ease" states. Whether that be hypertension or heart disease, or diabetes, back aches, kidney disease, heart issues, whatever it is, that's what happens when we hold this energy in our body and we don't breathe into it. And we don't feel the feeling of gratefulness for even the dark emotions.

That is the secret, my friends. When you can be thankful for the lowest of lows you won't worry or wonder about how the highest of highs can come to you or even just the good stuff -- because the good stuff is hidden, and it's trapped within those deep, dark emotions.

And as Susan was touching on, that's what awe is about. Awe-full or awe-some. It's two sides of the same energy. And look at number six on your study guide one more time.

***The more intense the feeling, the more that trapped energy
that lies trapped is waiting to be freed up***

That is the core of who you really are, but no one ever told us that. No one ever said

***‘Your real self can be found in your deepest fears
and your darkest feelings.’***

But that, in essence, my friend, is the truth, and you know that because, look back at the times in your life when you’ve overcome something that seemed to be immovable or something that it was so dark and depressing and yet you moved through it. What happened? How did you do that?

You might want to write that question down.

How did I move through those dark times?

At some level you accepted them, and if you’ve been studying metaphysics or personal growth or spirituality for any length of time, you know that at some level you begin to love those feelings. You begin to take it beyond acceptance. You begin to embrace them. At the level of embracing those feelings, that’s when your magic unfolds yet again. That’s when the darkest hour turns into your brightest hour.

Or, what looks like the darkest and the worst times are actually the best times. Even though the ego doesn’t look at them that way, even though our old filters and our old beliefs can’t see them that way, you aren’t your beliefs, and you aren’t your old experiences.

You are something that is so much more inspiring, so much more blessed, so much more powerful from the true sense of the word, not the ego sense of the word power.

So, what you can do? Be grateful for those feelings, breathe into them, share those – share that essence, those lessons with others. In other words, contribute in some way. Reach out. You know the people in your life, in your lives that aren’t feeling connected, that they’re feeling the fear that’s maybe begun to move across the planet, but that fear is just trapped energy and it’s just the opposite side of feeling connected or blessed or in touch with your spirit.

The Power of Contribution

Or, as Susan would say, Heart Consciousness. So, that brings our call to a close, and that word contribution is really the biggest piece, and we didn’t leave it last, but it sums everything up.

How May I Serve?

When you contribute to the greater humanity through a question like ‘How can I serve?’ if you can write that one down, let that be your mantra. ***How can I serve?***

That’s how you create value in your own life, by serving others. Sleep on that tonight. *How can I serve?* How can I add value to other people’s lives? How can I bring the breath to one more human being? Solace, peace, a sense of connectedness. So, we can open this up for Q&A now, if any of you have questions. We thank you.

Susan: Aloha and thank you for your time and your energy and your open hearts on this call tonight.

“Mahalo” – Thank you

Paul: Aloha, and *Mahalo* to all of you. Mahalo means “thank you” in Hawaiian. We’re not Hawaiian by the way. Some people say ‘Oh, you live there all the time?’ No we visit here frequently. We do a lot of seminars here.

That’s what brought us here years ago. But there’s something about the breath here. There’s something about being connected to the land.

They call it the aina, a-i-n-a. The aina is the land and the breeze off the mountain is just coming through the door as I speak that, and so, something deeper than just the reading from a book has come to us by being in a place like this. For you, it may be the mountains near your house. It may be the trees in your backyard. There’s no one more sacred spot than others on this planet, but for some reason, we’re drawn here. Someday maybe we hope to meet you here.

“Aloha” – With Every Breath I Send Love

Susan: Over ten years ago I learned from a native Hawaiian, one of the meanings of the word ‘aloha.’ For many of us we think it’s ‘hello’ or ‘goodbye.’ This particular meaning that was shared with me I’d like to share with you as we bring our call to a close here.

The word 'aloha' means with every breath I send love. So, as you experience or practice aloha, breathing in life, just allow yourself to receive that gift of love whether that be your own self-love or the love of another. And as you bring this love through your breath into your Heart, you can send that love to yourself or to other people.

Remember...

Aloha... with every breath I send love

Paul: *Aloha...*

Susan: *Aloha...*