

AWAKE

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AWAKE is accomplished by doing two simple self administered exercises for at least 10 days to 3 weeks. When you experience doing what the exercises are about without doing them, that is the length of time you should put into AWAKE. After it can be used to trim tab your experience and performance plus re-establish consistency.

The 2 self integrated modules “Quest” and “imemy”, will support you to be fully in the moment in a powerful healthy way and begin moving you out of separation.

“Quest” is a simple computer program that simulates our existing “Fear Exercise” and how fear works for what is pending, which also can be done with pencil and paper. For the AWAKE results intended, Quest should be done at least 5 times a day. The simulation is based on what the mind is doing multidimensionally when everything is working and you are flowing without any resistance or fear of pending events.

The objective of the exercise is not to get rid of fear. The exercise is to accomplish what the signal is all about. Fear is just a signal telling your unconscious mind, your brilliance, to take advantage of the data pertaining to the moment. And if the signal goes off regarding some pending moment there isn't any information from that pending moment. So the signal rings until you actually get into that moment. That's how some people say "I had this fear, and I pushed through and I finally got up on stage and it all started to work". Well, when they finally got into the real moment, what the signal was about, was information that got supplied without them even consciously knowing what had taken place.

THE FEAR EXERCISE:

Fear is very magnificent. We don't want to get rid of fear. It's very effective. When you step off the curb and you see the bus coming out of the corner of your eye, a signal goes off. You're brilliant. You get out of its way. You're brilliant since you don't have to figure it out. You don't stop there and say: "Gee, bus drivers aren't supposed to hit

you." In a nanosecond you've moved exactly to where you have to be, even though there might be people around, a broken curb; it doesn't matter. The mind knows how to handle it based on your intention. In fact, that's what fear is all about. It's a signal telling your unconscious mind to take advantage of all the data relative to that moment and utilize it based on your intention. Most people have an intention to survive. So they get out of the way of the bus.

So that's great, when fear as a signal goes off, when there's plenty of data around that pertains to that moment. It's quite handsome. The data gets utilized and things are accomplished. It prevents you from walking out in front of the bus, stepping off the ledge, going to sleep in lit ovens. And when that signal goes off as a result of something that's pending, even if it's only to happen in ten minutes from now, the signal goes off, and you're not in the moment yet. There is not any data from that future moment. So the signal goes on ringing. So what fear does is act as a signal telling your mind to get prepared with your unconscious mind. Please don't get in its way.

The Fear Exercise is a simulation of what happens when you get out of the way of the bus. What it does is supply data for the unconscious mind for those moments when you're not in them yet, and there isn't any real data. So when you do the Fear Exercise, the signal stops ringing, and your mind is being prepared. The unconscious mind is quite brilliant. It holds the code to the universe. If it can't actually hold everything that exists in the universe, it can at least recreate the whole universe from the smallest scrap. So whatever you give it as data in this exercise, it accepts, as a result of the format it's being presented in. When you actually do step into that moment that the signal had gone off about, it will reconstruct that matrix where necessary to successfully satisfy the moment.

MORE AND THE EXERCISE:

What Webster's New World Dictionary has to say about fear: ambush, snare, G. (ge)fahr, danger, peril: basic sense, trap < IE. base *per: see FARE] 1. a feeling of anxiety and agitation caused by the presence or nearness of danger, evil, pain, etc.; timidity; dread; terror; fright; apprehension 2. respectful dread; awe; reverence; 3. a feeling of uneasiness or apprehension; concern [a fear that it will rain] 4. a cause for fear; possibility; chance [there was no fear of difficulty] ---vt. 1. to be afraid of; dread 2. to feel revenge or awe for 3. to expect with misgiving; suspect [I fear I am late] 4. [Obs.] to fill with fear; frighten---vt. 1. to feel fear; be afraid 2. to be uneasy, anxious, or doubtful --- for fear of in order to avoid or prevent; lest SYN.--- fear is the general term for the anxiety and agitation felt at the presence of danger; dread refers to the fear or depression felt in anticipating something dangerous or disagreeable [to live in dread of poverty]; fright applies to a sudden, shocking, usually momentary fear [the mouse gave her a fright] ; alarm implies the fright felt at the sudden realization of danger [he felt alarm at the sight of the pistol] ; terror applies to an overwhelming, often paralyzing fear [the terror of soldiers in combat]; panic refers to a frantic, unreasoning fear; often one that spreads quickly and leads to irrational, aimless action [the cry of fire! created panic]

AGAIN:

Fear is a signal for your unconscious mind to get prepared. When stepping off the curb and seeing a bus coming in the corner of your eye, the signal goes off letting your unconscious mind know to choose from all pertinent information to create a new choice. That choice isn't a conscious choice derived by figuring it out. You don't stop and figure it out, "bus drivers aren't supposed to hit you, the bus is 30 feet away and traveling at so many feet per second ".... your unconscious mind steps in faster than your conscious awareness at that moment and gets you out of the way.

When the signal goes off as a result of your own scenario, something coming up, something pending, the possibility of available information isn't adequate enough to complete the process with your unconscious mind unless you would actually force yourself into the experience in spite of the signal, fear. A successful way to handle fear as a signal generated within the context of what's pending, a confrontation, is to do "the FEAR EXERCISE the "quest" computer program".

A confrontation is anything that has to be done that hasn't been completed yet. You have to confront something in order to create. The potter has to confront the ball of clay in order to create the pitcher, which will hold a pint and a half of cream. Very often when something comes up in our path as we work to realize our intention there can be a tendency to invent ways around the confrontation, circumvent the confrontation. When that happens you'll end up some place other than where you intended. Realizing your intention is vital.

APPLICATION FOR PENCIL AND PAPER:

The exercise is composed of two questions. The first question, "How am I afraid to _____?", isn't answered by writing the answer down. It's a "how" question used to hold the confrontation still so that your mind can perceive its workings. If it were a "why" question the confrontation would become cyclical and revolve as if in a loop giving you the sensation of having to give reasons and meanings. "How" something works is evidence of an experience and that's what is required. Reasons and meanings are not experience. The second question, "How can I prepare to _____?" is answered by writing the preparations down. You'll write them down until you feel that you can get up and do what ever the confrontation was about. That should take about three to four preparations at the most. And there may be times when the number reaches five to six. If you have more than that call it a signal. The signal is letting you know that there is a "why" being used in your mind in place of the "how" being written down or one of the additional preparations is a new item to enter in the exercise. Go back and flush it out or enter the new item.

When you experience that you could accomplish whatever is being confronted, do the most important part of the exercise, "throw the paper away and in the computer don't save it". Don't use it as a to-do-list. Its role in having your mind process experience effectively is complete, and if you would use it directly within the confrontation that list would be equivalent to the figuring out of the dilemma when getting out of the bus' way.

**** When doing the fear exercise it is necessary to write it down or type it in the computer. Writing it down handles all the language bases, visual, auditory, kinesthetic, and olfactory. You see what's written, you hear something about it in your mind, you feel the pen in your hand or typing on the key board and you feel something about what's being written, you may even include taste and smell related to what's in your mind about what's being written.

USAGE CATEGORIES FOR THE FEAR EXERCISE:

- 1) What you are confronting in the moment that is about something in the future.
- 2) What is not getting done, even though you may think there isn't any fear about that stuff. You just don't go there. Like you have been meaning to clean out the closet for 2000 years and haven't.
- 3) For stuff that you are not interested in being and doing. This is a very valuable use of the exercise and requires some discussion. In your life when you have made decisions for yourself, in most cases, when that decision was made there was a reassurance about it at the time it was made. That reassurance is the same as making decisions right even if it was nothing more than a feeling. In the mind whenever there is a right the mind equals it with a wrong, usually invisibly.

And what that determines is that everything in the nature of what you are choosing which wasn't chosen is called the wrong choice. That indexing acts like a sort for all that your conscious mind is collecting and storing as abstract learning and data.

EXAMPLE for number 3): You could pull into a filling station thousands of times and, without your being cognizant, your mind is collecting a massive amount of information related to function and learning. Stuff that could even abstractly apply to making chocolate chip cookies And unfortunately for you somewhere in your life you decided that being the owner of a filling station was the wrong choice for you. It may not have been a real conscious choice and it was made. You don't own a filling station. Now, as you proceed throughout life, taking on whatever is next, what comes forward is primarily the stuff related to your right choices only. Your innate palette of choices is limited. After doing the Fear Exercise for what you're not interested in being and doing for a while, you'll begin to notice ideas coming forward in your mind during creative thinking that are unusual, unique and richly appropriate to what you are doing.

The following is what is seen when you run "Quest". The red text is instructional for this manual only.

QUEST: to handle what is pending!

Items: fear about pending things, things not getting

done and for what you are not interested in
being and doing.

Enter for your item: *(In a word or two enter here what you are afraid of that's pending, or not getting done, or for that strange 3rd category, "being and doing")*

How are you afraid to relate to, *_(the item you had entered)_*?
(Hold the *_how question_* without answering it.)

-then press return-

How can you prepare to relate to, *_(the item you had entered)_*?
(Hold the *_how question_* without answering it.)_?

PREPARATIONS: (return on empty line ends session)

- 1) Bla, bla, bla, *(These preparations don't have to be smart, or even related, they can be anything, as long as the signal/resistance is letting up)*
 - 2) Bla, bla, bla.
 - 3) Etc.
-

Continue y/n:

(You can choose to continuing to run this script for more items or quit the script)

Or if you have more than 6 preparations you either have invisibly replaced "how" with "why" or the 4-7 preparations have an item that triggers the signal again. Locate that and repeat "quest" with it.

How can you prepare to relate to, *_your item_*?

PREPARATIONS: (return on empty line ends session)

- 1) Bla, bla
- 2) Bla
- 3) Bla, bla, bla
- 4) Bla, ...

- 5) Bla, ..., ...
- 6) Bla, bla, ...
- 7) Bla, bla, bla, bla

One or more of the preparations from 4 to 7 is another item that requires you do Quest for it.

Continue? y/n:

NEXT:

The "I, me, my" Exercise, ("imemy")

The objective in this exercise is to use linguistics to perform a number of desired results:

- 1) To establish being fully in the moment and to build consistency in doing so.
- 2) Have the environment be more creative around you and have your activities flow smoothly.
- 3) End depression and being down.
- 4) Be able to observe what is happening each moment objectively.

To remove "I", "me" and "my" from your language in all communications is not trying to get rid of it.

Whenever you experience I, me or my in your language, you call that a signal. Really call it, a SIGNAL! It's a signal telling you to stop for a moment to decide what really has to be there as an outcome. Go to that and state that. And if you really require reassurance, what you'll be doing is generating a question to solicit from the environment stuff you'd have to know about where everything is. So, whenever you notice I, me or my in your language, that is what you do. We're going to play with language. It's a lot easier than working on it all as an issue. It's efficient. It's not as personal even though it's I, me or my. You're just playing with the words. Not the feelings. Correcting with language will do what trying to correct with feelings will take forever to do.

Change the code with language and you'll make new distinctions and have choice as to how it has to be. Whenever you hear it there, see it there, etc., you call that a signal. It's a signal telling you to stop for a moment. Take a break. Take a second. Decide what really has to be there as an outcome and go to that and state that. Now, that's going to be a little difficult at first and it will get easier and easier. Cause you see what is happening there in stating the outcome, what you're being requested to do, is to become clearer about your intention in any given moment. It's also a muscle that's very rarely exercised in human beings. Intention generally is sloppy and in the gray area of thinking. And when it's like that it does not really give any clarity about what

has to be.

So in having to do the exercise there will be the strengthening of a muscle that you have that is very rarely used. It's related to being clear about your intentions. You are going to fall off the bicycle with this exercise. Don't worry. Get back on the bicycle. In fact, you may experience stopping and starting all over the place with communications. And it may feel like stuttering to you. There may be times when it's like that. That stuttering is more effective than I, me or my. And know that what you want to create can't be gotten with working for approval.

So the intention is really to have the productive aspects of what we are talking about work automatically at all times like a knee jerk reaction. If you have difficulty with all of this, do the fear exercise. Anything that can be said with an I, me or my can be said without it. We're not referring to it as crossing it out and leaving a blank.

We are not trying to get rid of "I", "me" or "my", we're trying to learn something about language and how it affects the mind in an important area of performance. In many cases it's a contradiction in what an individual is really after. There are places where it is powerful and appropriate. We'll get to that in a few moments. First, let's cover the stuff related to how it doesn't work.

EXAMPLE: Let's say you and I are working on a project where everything we do seems to be on target. No matter what comes out of our mouths, everything seems to be appropriate. Did you ever have that experience? And we're waiting for our partner. Our partner is coming to deliver some information about things that we have to have to complete what we are doing. Our partner walks into the room doing a Mexican hat dance. I, I, I, me, me, me. What will happen to the room, where before it seemed like it was unlimited, all of a sudden the room is going to become small and we're going to start to resist.

Even though the information that is being brought to us is something that we requested, there's going to be some resistance there. Sometimes the resistance is literal, sometimes it is just a reaction. What's taking place is that an either/or context, e/o context, has sprung up into the mind. "Me", the universe. Me, you. Whenever the mind holds only two items as language, we have an e/o context. Wherever that e/o context exists, creation doesn't.

So that's how it is we begin to shut down. The room turns to cement. I, me and my creates an e/o context in the minds involved. The e/o context can be created many different ways, it's just that when the mind is holding only two items at one time as an experience real or unreal the mind will be perceiving and relating based on an e/o context. It can be left/right, good/bad, stop/go, red/green, feeling this moment and thinking about another moment, thinking about what you have to do for the day you may find it starts to get really difficult to get up and do it. That has nothing to do with what you're supposed to be getting up and doing. What it has to do with is that you just punched up in the mind an e/o context. It has nothing to do with the content. And

most individuals get involved in handling the process stuff about the content. Like them resisting doing something.

Yes, they are resisting doing something. The thing is though that resistance can be handled at the level of the pure abstract. It has nothing to do with the content. It has to do with the way there happens to be an e/o context in the mind at that moment. All you have to do is deal with the e/o context abstractly. Not to have to process oneself about the content. It has nothing to do with that. Human beings like to make up all kinds of meanings about this and none of what has been attempted from those meanings has worked so let's try an approach that has been tested and works.

An e/o context is useful, it's meant to be there when appropriately regarded. The thing is that most of this world has misused it for thousands of years and most cases it is still not being utilized effectively. Most people call the experience relative to being in reality. Our country is right, we're better than, my idea is better. It's not reality. Actually, it is a signaling device telling you that you've been kicked out of reality. In other words, reality exists when the universe is unlimited. Not when the universe is limited and there's no choice, creation. That isn't reality. So most people go through life thinking that is reality. Living from one opinion to the next. It has nothing to do with reality. Reality is an area where everything is completely undefined, where there is no meaning. It's pure function. And function is not process. And very few individuals get to even touch reality. We're talking about people, governments, institutions.

So what goes on there with that e/o context is what we'd like to do is learn as much as we can about. We don't care about being safe in the world or any of that. We're concerned about your performance. You have to be in reality when you're building what you want to be in the moment. Not some place else. We don't want to make it be about process, we want it to be about the result. You have to be in reality to that which you've intended. You have to see through the crack, and go through that crack and learn to build there. And where I, me and my exists in your language and the language of others, most of the time you're going to be kicked out of reality without you being cognizant of it.

You're operating out of machinery, no choice, one-two. Left brain/right brain. There's no function. It's just a signal telling you to get back into reality. When you're back in reality the room is the same, except that now you're experiencing and perceiving with unlimited choice. It would seem like that should be really clear to people and it isn't. And it's more difficult to make it clear as a result of having this culture and other cultures live within the e/o context for thousands of years, calling it reality. So we want to spend some time addressing it now.

Now what's going on with the person communicating I, I, I, is this: it's a knee jerk reaction, first of all. And they're caught by their own knee jerk reaction. Since language accesses behavior it predetermines where everything is going to go. And that reaction is related to this scheme: it's a request to feel a certain way about yourself. I

-- it's a request for a certain sensation of self as a reassurance for what is going to be taking place. That's the way the equation is being laid out. What that says is that you've just put into motion building reassurances outside of what's really happening. All of your reassurances have to come from what's taking place. We are not against anybody having any emotions fully." Sensitivity and emotions should be getting employed and utilized to assess what's going on with what's really happening. And when you go I, I, I, it's a request to have a feeling about self and also partially a request for others to feel a certain way about you in order to proceed.

Actually all of your reassurances should be coming from what's happening and how it's all working. When it's coming from what's happening you are fully being utilized in terms of the emotional stuff. You're not having to manage your emotions. You're no longer putting into place the management of emotions. Emotions are being utilized to tell you exactly what's going on. That's when you are living in the moment. Even though many people say that they are living in the moment, very few people ever do it and when they do it isn't consistent.

That request to have a feeling preceding what's to happen is also the same equation that establishes and puts into motion working for approval. It's a request to feel a certain way. It's like saying you want the pat on the back instead of going to the bank. You're doing that without knowing that, it's automatically established that that's what you're going to do. Even though your desire is going to the bank. If you do that with language, the only thing that can happen is that you'll work for approval. This planet has had a hard time getting what we are talking about.

What's being established there with the use of I, me and my is the equation in which the mind will run on that is equivalent to working for approval. So without knowing it, when you go I, I, I, you're putting into motion operating for approval. You're writing a scenario that's going to affect the probability of your intended results. Approval is lethal. It was there when we were children in our rearing. Whether we like it or not, it was there in our educational system. It's there in the work place. It surrounds us all over the place. We don't want to get rid of it. If we said we wanted to get rid of it that would be like resisting resistance and saying we want to get rid of the e/o context which is an important signaling device. We know it has to be there as a signal to determine whether or not we're in reality and if not move to the truth (function). It's like a light. It's just an indicator. You would like to be informed when you're not in reality, wouldn't you? That indicator even has a volume control. It can be turned all the way up and become painful. This whole planet gets involved in managing what's being generated from that signal. In other words, they're all staring at the signal trying to figure out the meaning for it. That's called managing emotions. It has nothing to do with that. It never did.

We've known about this for a long time, there are just those who don't want to promote it, if they did then they couldn't be right. If the environment did distinguish what we are dealing with here, then most of all the human service businesses related to the mind life experiences in the world would go out of business instantly. And what

would be there after that would be unknown and scary and of value. If you were able to accomplish that which is being spoken of here equally for everyone, relating to what's really going on in the mind, all the things that everyone's been working on for thousands of years would be accomplished in about quickly. It's like having a stick and a stone and trying to write a novel. And all of a sudden you'd leap to the world's greatest Cray computer.

We really, truly have the opportunity of living in paradise.

So, anyway, that I, me, and my is lethal. We don't want to get rid of it, we just would like to build a performance that has something to do with, instead of managing the feeling, being able to quickly move back into reality and intention.

You can be very masterful and not have any working for approval going on at all. It isn't that there isn't going to be any of this going on after you master what it is all about, it's just that the mind, the moment it happens, is automatically going to move back into reality. And there might be a day when all of a sudden you have no experience of operating for approval at all, and then the Queen invites you for tea. And bang, it goes off noticeably. What we're dealing with is how quickly can you move back into reality without having to do any external processing. Without having to handle your thing about the Queen.

Now, what takes place with that approval is this: when anybody operates for approval they're going to be at the affect of what's going on, not at the cause of it. And if you're at the affect of what's going on, chances of your having a successful outcome are going to be slim. So what the human being, what the mind has to do at that point, is even the experience out. You didn't even come close to achieving what was intended. And now you have to get on with your life. Well, the experience has to be evened out. There's an equal sign. So you have to experience something to equal it. And that's called "getting even". You even out the experience, you are getting even. And in some cases, in certain forms, it's called being vindictive. A lot of times when this happens, it doesn't happen in the moment when approval is taking place. It doesn't happen right after working for approval. It can happen an hour later, a week later, years later. So when it happens out of context, one is evening out an experience from some other time.

So the world walks around and says "That is a very vindictive person."

From now on, if you operate for approval, know that you are premeditating vindictiveness. It's not going to be that easy to master it, it's been around for a long time. This exercise with "I" is meant to establish and be built upon with distinctions about what's going on there. If you've got language for it, you can then build. There's choice. So we don't have to work on processing. You can build exactly in your mind what has to be there. Now, a little bit more about it before I tell you how the exercising is accomplished. A little bit more about approval and an example of it in the work place.

If an employee is working for approval or an employer is managing by approval, that employee is not going to even out the experience with the employer, unless of course it's the last day on the job. Then you may find toads in the water cooler. So the employee will do other things. It may be extended to evening out the experience with the fellow employees. They may take it home to their family and even it out there. That evening out can be very subtle. Let's say for example, you and a group of individuals went to a meeting some place with a group of other individuals. And let's say your group did not have a successful outcome. Now after the meeting, you may hear one or more of your group communicate everything they could have communicated in the room outside the room.

You'll hear them evening out the experience. So you'll hear things like, "Well boy, when George got up and said, "Bla, bla, bla right then and there, it was clear we were going down the tubes." Well, where were you when we could have used all of that awareness? Where that person was was operating from approval. In other words, the reassurances were not coming from what was really happening. The reassurances were being requested internally. So now it's over. And now, they have to even out the experience for themselves. So they'll communicate everything they could have communicated during the event after the event in order to get on with their lives. And there might even be some in the group who are processing this poor individual thinking that he is making George wrong. And that's not what's even going on. The person is just evening out the experience. And that's one way.

That evening out of the experience comes in the form of blaming and explaining. Blaming oneself. Blaming others. You know it fills in that cavity so that it's equal so that you can get on with your life. And in terms of the job, the work place, the worker, the evening can be taken home to their family. There may be a lot of explaining and a lot of blaming. The communications are all delivered there. Or they may stop off at the gin mill for a couple of shooters. A chemical disassociation is a disassociation. And so is creation a disassociation. The thing is that with the chemical disassociation, you have no result except the chemical residue that you have to manage later.

You can hear people say things like, "Oh boy, I really had a rough day. Let's have a drink." Well they're telling you that all day long they were operating pretty much within the nature of an e/o context. So there has been no choice all day and somewhere in their life, they have had a taste of what ever there is in the gin mill and they know that when they take a drink or drugs, they are going to start to disassociate. And the world even has colloquial expressions that relate to it like, "Oh, that's just bar talk." You know people are creating after they have a couple of drinks and they become very unconstrained. Dah, dah, dah, dah. Nothing happens when that disassociation of the e/o context takes place as a result of that kind of chemistry.

Maybe the individual doesn't want to stop off at the gin mill. Maybe the individual does not want to take it home to the families. Maybe they don't want to blame or explain to themselves or others. Maybe they don't want to do any of that. So what

they may do then is create that evening out within another language base. Another field of perception. Say the kinesthetic language base. They may have an ulcer or some other chronic ailment. Chronic ailments are nothing more than e/o context items converted into the language of the body. They're not diseases. They're not viruses. You can actually kill off thousands of people without having to go to jail. Literally. You can literally kill them off by managing by approval. In fact, that's going on out there all the time. There's no legislation about it. And people are literally dying with it.

Management and approval is a very interesting thing. Management is actually the simplest job that there is in this world. It's a very overpaid occupation being a manager. Management is quite simple. All a manager has to do is this: make sure that the work force -- the force that's there -- is aware of all the choices regarding the given task. And that that work force is capable of choosing appropriately. Once you have that happening, get out of their way. Stay out of the way of those creative people. Go back to your office. Leave the door open so that they can get to you in case there's something not working regarding being aware of choice and choosing appropriately. In the meantime, read reports on what they're doing. And from time to time step out there and let them know if they're hitting the nail on the head. Do not approve of them. Do not disapprove of them. Elements of approval, approving of someone is just as lethal as disapproving. Because what you've done at that moment is you've asked them to shift their attentions from getting all the reassurances from what they're creating to getting the reassurances from the manager. Now they have two places to focus and that will cause an e/o context in their mind.

They no longer can be responsible at that point, even though they want to. Responsibility is the ability to overtly know and state that you are the cause of all that is taking place. Responsibility is the recognition of creation within the environment. Creation! That's the joke, when the e/o context exists creation doesn't and the worker would have a very difficult time trying to be responsible even if they profoundly wanted to be.

When management requests that workers become more responsible and request to hire workers that are more responsible they are already disapproving of what is. At this point even management cannot be responsible. To repeat, responsibility is just the ability to stand up and say that you are creating everything regarding a certain event. Responsibility is not burden. It's being able to be overt about what you're creating. You're responsible. It's a fact of creation. Whenever there's approval, there's also going to be that e/o context. There can't be creation. So it's so stupid. Take all the content away and look at the wiring that's there and it can never happen. You cannot manage by approval.

The other stuff that exists for the manager is to make sure that the tasks that are being dropped down in front of that creative force happens to be the ones that are in line with the intention of the company, the organization, the project, etc. That's management. Anything else that management does is only stuff related to having to

handle flaws in their ability to manage. Management isn't work. It's directing creation. If no one operated for approval, there would be at least another 36 hours in the day. There would be time to do other things. Your mind wouldn't be running through all of that.

Now you just can't be rid of I, me or my. That would be making it wrong. You'd be creating an e/o context for a previous e/o context. We already know what that is. It's called, "Really getting stuck. Can't get the attention off of yourself." So that wouldn't work. So here's the way it goes. Again, we'll call it a signaling device. That e/o context.

Now there are times when I, me or my is effective. That's when it's deliberate. When it's not one of these...you know, knee jerk reactions that sets up a request for a feeling in order to proceed.

EXAMPLE: Let's say you have a job and you're an hour late for work. That's going to put a lot of attention on you. The employer might be there waiting when you come in the door. You'll be coming in through the door as if you drove in standing on the hood of the cab going I,I,I doing your Mexican hat dance. All the attention is going to be on you. So what you do is use the language of the environment. The attention is on you so don't go and disagree with it. Start with I,I,I.... You don't sneak down the hall to your office. You can take the attention off of yourself perhaps and go to your office and it won't be very long before it starts to sneak underneath the door since the environment that you work in, that work place, is now operating in an e/o context. And you'll say, this job is horrible. I've got to go find a place where it's more creative. Not getting that you are partially, and equally in most cases, responsible for the work space not being creative. So when entering where the attention is already on you, you use I, me or my. In other words, speak the language of what's there.

Don't speak Chinese to someone who's Spanish. In most cases this is called an apology. Apologies are fine, they are the first step. Unfortunately, an apology on it's own isn't enough, it only handles the past and the future. It doesn't handle the present, the moment, where you are. An apology is a confession about what already has happened and a promise for the future it is not fully in the moment. An apology never covers what has to be done in the moment. And all the attention on you is coming from ding, ding, ding, that which is missing now. So what you do after an apology is negotiate for trust. The environment still has attention on you. It doesn't trust, "I promise, I promise. I did bad. I was wrong." All that stuff is useless. What's real is not being taken care of. You can recreate trust by negotiation and that's the only way actually. Negotiation is where both parties end up with something useful. If only one person ends up with something useful, that's not a negotiation, that's approval. It might be something like, "I'm sorry. I apologize for being late." And then, "I notice that two other people are working here and being a hour late has probably put the project into a state of emergency. So, staying after work for an hour or so could clean all that up." Your negotiations are going to be related to all the stuff you and the employer agreed to anyway.

Accept that, speak from that, and move the conversation back to what everyone is there for. What you'll find happening when doing this exercise in or around I, me, or my is that everything around you will start to be getting done faster in terms of other people working with you. Everything will be sped up. Because there will be individuals who actually would want what's going on, yet with that e/o context there, they're going to start resisting even what they want. And it slows everything down.

ANOTHER EXAMPLE: You go to a meeting. You walk in the room and there's absolute disorder. Billy Joe is on the floor wrestling with Louise pulling her hair. Lou Anne is swinging from the chandeliers. That's the way she gets when the room is like that. Leroy is back over in the corner staring at his shadow. They're all operating in their own special unique way, when they're in that e/o context as perception, when they have the attention on themselves. Everybody has their own unique way. It is as identifiable as one's thumb print. And it's all disordered. Each of them have the attention of themselves related to something. So when you come into a room like that, you get up on the desk and you get all the e/o context stuff in the room to come from you as the source. In other words, have it all be coming from you being the generator of it. Do your Mexican hat dance. "I, I, I. I'm here on time. My time is of value. I,I,I." Once all of that e/o context stuff in the room is connected to you as the source, what you do next is move the attention back to the intention of what everybody is there for.

Sometimes you have to negotiate with different individuals based on their original intention. In any case, you'll be moving everyone in the room back into the intention as an experience. That's called crowd control. You don't have to be something special to do it. It's an equation. Just walk into the group, get all the attention on yourself deliberately and then move it back off yourself to the original intention. It's deliberate. It's deliberately using I, me or my. There are times when you want the attention on yourself only for what's necessary to get things back into where they have to be.

AWAKE directives:

1. Do the "Fear Exercise", "quest", at least 5 times a day, using any one or combination of those 3 categories.
 - a. Pending fear.
 - b. Resistance.
 - c. Being and doing what you have chosen as not the right choice for you, e.g., ballet dancer, senator, owner of a filling station, etc,
2. The "imemy" exercise,

Have a great time!

Jack Krueger, Freedom's Factory founder, training programs designer.

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