

# Conscious Living Investigation

*A Guide to Showing the Hell Up!*



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# DEVELOPER AND PRESENTER: Kelley E. Byrne

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## Is it HOLY SHIT time yet?

Like all of you, I have experienced many painful, scary events in my life that provided the desire to change although I had no idea what that would look like or how I would get it done. For most of my life I did not have the tools to do anything but cope and manage in my perpetual over reaction. Remember what drove you to look for a way to 'fix' your life? Remember what caused you to look me up?

You were scared, unhappy, sad, frustrated, and all the things you were doing like dieting, working in a job you hate, sucking up to people you didn't like, not taking a vacation because you couldn't afford it, putting makeup on and buying clothes to help make you feel attractive or hide a part of your body you hate ..... and on and on and on!

And then you went seeking and found BodyTalk, or ????? and you were excited to have finally found a way to 'fix' yourself that would get you the life you had been dreaming about for so long but couldn't seem to grasp no matter what you did or tried. BodyTalk (or ???) it IS!

So you start to study and go to countless workshops and learn all about how the bodymind works -- our biology is your biography! Intellectually you have it! You can spout off any theory or technique to anyone! Some of us are so good we even teach the stuff!

Fast forward a few years to now maybe and....? How are you doing? Have you fixed everything yet? Have you got the life you always wanted yet? Are you in the habit of doing this healing work to change or stay the same? Then you realize - OMG! You have been doing the work to stay the same! Because change is really fucking scary!

## Is it HOLY SHIT time yet?

Intellectually you are way smarter and look pretty slick with all your theories, but you are still scared, unhappy, sad, frustrated, and all the things you are still doing like dieting, working in a job you hate, sucking up to people you don't like, not taking a vacation because you can't afford it, putting makeup on and buying clothes to help make you feel attractive or hide a part of your body you hate, doing yoga

turning yourself into a pretzel in fancy gym clothes, squeezing yourself into some restrictive eating pattern because some doctor told you to avoid this, that and the other thing... and on and on and on!

You have simply just gotten better at hiding the real issue! These are deep down inside and cannot be fixed by masking or coping, or adding more information. These things only grow the fear. And the lying about how great your life is now is just that, a LIE! If you build a house on a toxic waste dump no matter what you do to cover it up it, it will still be there!

Instead of deeply changing yourself by deconstructing the fear and unconsciousness that got you here in this mess, you have actually made the mess bigger - you have used the very perspective meant to help you deconstruct the fear and masks to build a bigger, better wall to hide behind!

True consciousness work, BodyTalk included, proposes that everything in your awareness is a simple projection from your own mind. Consciousness comes first! Consciousness work is meant to deconstruct the fear-based beliefs housed deep in the bodymind, not deny them, build them, and/or replace them with more. This isn't about becoming an even better copier manager! Oh SHIT!

Breathe. Ok..... NOW WHAT?

**It might be HOLY SHIT TIME NOW!**

Well, this was me up until about five years ago – working to hide while pretending to be working to heal. I had been desperately using the guise of BodyTalk to actually appear to do the work but not do it! No one would be able to fault me if they could see how hard I was trying to change my perspective and limiting beliefs and how much I had appeared to have invested in it. Could they? Could I?

I actually didn't even realize this until my life blew up for real in 2013. **KABOOM!**

**It was definitely HOLY SHIT TIME NOW!**

I had to lose absolutely everything to begin to understand what I had NOT been doing and how deeply afraid I was to actually change for real. It seems to be very scary to even admit this out loud and be willing to be 100 percent vulnerable and open – I had to be willing risk everything!

Oh wait! I already had!

Well, I didn't have anything left and I had nothing left to lose except the giant-ass fear that got me in this fucking mess in first place. What better time to start to consciously work with myself – to show myself love instead of hate. To work with the constant voices inside me that said how much of a loser I was. You know the voices I am talking about. I used to call them the “itty-bitty-shitty committee”. Wait! IDEA!

What if I started to collaborate with all the fear and the false beliefs in a totally different way than I had ever done before? Clearly trying to muzzle them was not working – I was exhausted because I was using the fear to justify more fear and beliefs that were even more dogmatic. And now I could see that by using these fears and beliefs as clues to the puzzle of me, I could actually show myself that they were absolutely made up by my mind and not one bit real at all. What a revelation!

WHOA! The ‘Real Consciousness Work’ is serious shit! But what I also discovered is that it can always be light and hilarious too. It never has to be hard or scary - I have found a way to always be ready to shift my perspective no matter what.

Over the last few years I have gotten pretty good at catching myself when I am afraid; working *with* this fear in an effort to show myself that it is possible to live a life not driven by fear in the mind. Every fear we have is an opportunity to investigate and change our minds. Fear loses its power over you when you invite it in as *just* information. When you get in the habit of showing the hell up with curiosity, nothing can really scare you anymore, and you can begin to live not from the mind, but effortlessly in the heart.

Teaching BodyTalk and CLI for me these days is not a way to hide any more but a way to collaborate with expose my fears to resolve them and remain in service to myself. I choose to live from the perspective that consciousness comes first and I am dedicated to being the best student and example for myself and for others who wish to do the same.

Thank you to all those brave individuals who have chosen to be collaborators on this path of ‘in service to self’.

Welcome, I’m so glad you’ve arrived!

Namaste,  
Kelley

# **Fundamental Principles:**

**In Service to MySelf is the purpose of my existence.**

**There world is made by you for you - There is no Outside World!**

**You are the only one here from your perspective.**

**How you do one thing is how you do everything.**

**Everywhere you go there you are!**

**Fear drives your life and you & safety is your goal**

**Open Engagement instead of DENY and AVOID**

**Conflict = opportunity = unconditional gratitude**

**Small upsets = huge shifting!**

**Fear creates Fiction**

# IN SERVICE TO YOURSELF IS THE ONLY PURPOSE

“If you fall in love with the noise as well as the quiet of the mind and life, maybe there will be room in your heart to love all of YOU!”

- Kelley E. Byrne

What is in service to SELF? How do I know when I am acting in service to SELF?

What is the difference between selfish, selfless and in service to SELF?

We spend most of our lives running from or to something in a constant state of shock driven by a fear common to all of us. Each of us develops strategies and coping mechanisms to survive the best way we know how. Yet you cannot ever heal when you are in a state of shock! Today we seem to live in a constant state of exhaustion from fear-driven shock and stress.

Conscious Living Investigation (CLI) is meant as a working perspective for those brave enough to recognize this isn't working anymore and are willing to show the hell up and make a real change in life.

There are really only two kinds of service - fear-based and love based.

**Fear based always has conditions and is agenda based:**

1. **Selfish** is always making sure your own needs are met first; it can sometimes look greedy.  
(ME/MINE)
2. **Selfless** is always making sure your own needs are met under the guise of serving others.  
(MARTYR)

Unfortunately, we are all too familiar with these two. They both come about from fear in the mind that breed self-loathing and more blaming and shaming of yourself and others.

It seems to me that anything you do from a motivation of FEAR (which is everything right now) is selfish and/or selfless – looking out for yourself and doing your best to get your needy greedy agenda met however you can, regardless of anyone else. Whether you carry this out openly (selfish) or secretly (selfless), the goal is the same – take care of your own needs no matter what because underneath you are afraid. And fear usually totally exhausts your resources.

Allow me to introduce a new idea that you may be hearing for the first time in your life.

**Love-based:**

3. In **service to SELF**. This is unconditional LOVE and gratitude. This does not come from or have anything to do with the world outside you. It is a state of grace that has always been inside you. There is no fear, only unconditional love for life and yourself. There is no blaming or shaming, or the need to fix anything, because there is no fear of safety or fear of being wrong. Self with a capital 'S' means Higher Self. This Self does not know fear; only unconditional love.

This is effortless! Imagine life from this place inside you! When you live all of life from here, you embrace all things as they are. The only way this will ever truly happen is when you can afford yourself this kind of love first! The very nature of the concept of in service to SELF is that there is no fear, attachment, judgement, no control or agenda. It is simply naturally and effortlessly inspired activity in the flow of the universe.

Every activity you do can either be done in fear to cope or manage something, OR without fear in a natural flow of resolution, with no agenda, no judgements, no credit, or outcome needed.

Imagine what each of these activities looks like if they are done in fear or if they are happening in the flow of in service to Self:

- Physical practices like exercise
- Mindfulness practice
- Rest
- Community
- Nurturing with food
- Play/recreation
- Show the hell up
- CLI process
- BodyTalk Access
- MindScape
- Awareness sessions like BodyTalk

Take the BodyTalk Access Routine for example. I can do this routine because I am afraid of disease and suffering and pain, or I can do this routine simply because it allows me to be more present to myself in awareness without any conditions.

What about food and eating? How much fear really drives your food choices? Why don't you eat out every day? Why don't you just eat whatever you wish all the time? You have tons of reasons. Because you are afraid to gain weight or raise your cholesterol or get a rash or...?

Why do you wear your seat belt? Because you are afraid of getting hurt or a fine or ?  
Why do you brush your teeth? Because you are afraid of your teeth rotting or the dentist or ?

CLI provides an accessible and sustainable path to be in service to your Self at all times. This perspective provides you with a safe space to explore the fear that drives your mind. The CLI theory and playful exercises are meant to help retrain the brain to operate from fearless curiosity, grounded in compassion and gratitude. You will be creating a path inside to your natural loving self.

As you move into CLI, your heart and your mind will begin to expand and open up to see every one of life's conflicts as a magical opportunity to evolve and grow yourself as you resolve the false fears of the mind. True collaboration with the mind allows you to open our perspective to see that the world is not happening **TO** you but always happening **FOR** you! You will learn to naturally read your own coded messages to yourself from clues all around you that you put there in front of you. Suffering and conflict and drama will be the clues for change and gratitude not more fear or blame.

Fear solves nothing when you react with more fearful coping and managing strategies.  
Fear solves everything when you learn to pay very close attention and respond in gratitude.

### **Conscious Parent is in service to yourSELF**

You will be developing an awareness of something inside you I like to call the “conscious parent”. This is the parent you always dreamed of! The one that doesn’t need to change you, or fix you, or bully you, or bribe you, or have you do it better, or love you based on what you did or did not do. This is the parent that unconditionally loves you no matter what – no judgements, no attachments, no fear mongering, no fixing or bullying, no controlling. This parent knows there has never ever been anything wrong with you - ever! This parent is already inside you and you need only develop an awareness of this most natural part of you. This is about affording yourself the space to love and parent yourself – to loving lead yourself back inside to the oneness of Source/Bliss.

# CLI OUTCOMES

The CLI perspective provides a safe space for you to explore this new approach and commit to the change it brings. The theory and exercises will re-train your brain to operate from a different place. In fact, you will be creating a new default for the way you think, feel, react and respond. As you move forward with CLI, your heart and your mind begin to expand to a point where instead of conflicting with each other, they can collaborate. True collaboration with the ego allows us to change our perspective and change our lives without the usual drama, conflict and suffering the ego creates out of fear. Through the CLI process you are essentially learning to decode yourself. The YOU that is the whole universe is continually providing us with opportunities for healing and self-discovery.

Step into Conscious Living as you learn to be present to the world that is you and embrace living without blame, shame or fear.

Here's what I hope you gain from this CLI perspective and practice:

1. Learn how to show up with an open, fearless, what-ever-it-takes attitude, with confidence that your own awarenesses are the solution to your own mind.
2. Learn how to show up and feel grateful that you can take responsibility for yourself and your actions.
3. Learn how to show up to a new awareness of your whole self without the need to find fault or fix you!
4. Learn how to show up in every moment with the willingness and resolve to lovingly act in service to yourself no matter what, knowing each upset is an opportunity to become whole again.
5. Learn how to show up to laugh your ass off with yourself NOT at yourself, knowing that you can collaborate with blame, shame and fear-based coping survival to surrender yourself into a state of unconditional love and gratitude
6. Learn how to show up in love for every opportunity to be whole and grateful for every bit of yourself.

# INTRODUCTION

I'm pretty excited to be writing and sharing this with you and I'm pumped that you are reading along! I understand this might be a huge leap of faith here. But, really, what have you got to lose?

The Conscious Living Investigation (CLI) program is an approach to create a habit of sustainable accountability in your life. This program will help you "show the hell up" in every moment, every day, with inspired enthusiasm, confidence and awareness to what is really happening. CLI is about taking conscious responsibility for your life and your actions in a safe and gracious way.

You will learn here that the world is made for you by you, as a projection of your own fearful mind. You literally have all the information you will ever need to transform the fear into unconditional gratitude for yourself. CLI program will teach you how to be aware of the very small, everyday upsets I call 'whispers' in life and help you shift them as whispers instead of waiting until they are screams. When things get to be screams, it is extremely difficult to work with them because the mind is in such a large over reaction and the emotional charge is so huge. Things like a car accident, getting fired, divorce, losing your home or illnesses are often much too far gone to work with safely.

The good news is you don't have wait until something is screaming at you to get amazing shifts in awareness. WHY? Because **how you do one thing is exactly how you do everything** in this life! You will begin to be excited to look at small, seemingly stupid opinions and conflicts as opportunities instead of coping, managing, avoiding and needing to control them.

CLI is not just another band-aid that hides what's underneath it without ever addressing the deeper issues. CLI dives deeply and easily into your hidden false beliefs using clues from all around you to release your fear-based judgements and behaviours that no longer serve a purpose for you. It also shifts your perspective from blaming, to see that you were only manifesting this reality to help yourself, never to hurt you. You have actually always been in service to yourself - you just didn't know it!

Through the process of investigating the smallest of judgements and emotional upsets, we can easily gather insight from the clues you have left for yourself - like a trail of bread crumbs - into what beliefs are a priority to for you become aware of today, and to shift with your new perspective. Using the reality that you have manifested with your own mind you can bring home any rejected part of yourself no matter where you hid this. In this relaxed fun way, we keep the fearful mind on board as a partner in the deconstruction instead of shaming and blaming it as many other practices tend to do. This mind of yours has a wealth of knowledge about you and all your fears and beliefs that you designed to support you at one point in your life and now maybe are not supportive anymore. When we play in this non-threatening way, the mind softens and relaxes into the fun of CLI as a collaborator and friend.

# THE FEAR CYCLE OF LIFE

## CONCEPTION

Imagine your true nature is universal consciousness. This part of you is not human yet infuses or animates you with life itself. Universal Consciousness has no form or location and no separate identity (like humans do). This is the unmanifest - everything in the whole universe. As the energy and information begins to gather for the conception of you as a human, you attract all the right players, events, situations and lessons for life to help balance and experience the universe. Everything you will need is written at this time before you are conceived.



## BLISS CREATES and INFUSES the HUMAN YOU

At this time, 0-4.5 months in the womb, the BLISS experience is happening. This means everything you are experiencing and aware of is known to you as YOURSELF. There is no separation; you are the self-aware universe. There is no knowledge of fear as the mind isn't yet developed. Can you imagine what it was like being in the womb? It was warm and comfortable, a place where you had no needs or wants. You were totally aware of Universal Consciousness (God, Absolute, Source) because you ARE Universal Consciousness. In fact, you KNEW you were Universal Consciousness. This deep knowing is your essential nature. All is Self.



## THE TAKEOVER of the MIND

At roughly 4.5 months there is a life-changing event. You have grown to the point where you bump into the walls of the uterus and have your first experience of something that is NOT you! Why now? Because your nervous system, mind, and senses are developing so much, the mind, out of fear, begins to create an elaborate illusion. This is the moment you forget who you really are: BLISS!

It's the saddest day of your life! From this moment forward, your senses and brain/mind inform you about what appears to be a world happening "TO" you, which is very different than a world that "IS" you! You now are completely duped, hook, line and sinker into believing this situation is 100 percent real. Everything you really are is now hidden from you by the mind and forgotten. Think of Stockholm syndrome here; as a hostage (of your mind) you begin to develop a strange cult-like bond with your captor (the mind).

This is the birth of something many texts and philosophies call Separation Consciousness, which is entirely based in fear. This is a false perspective of you as a 'separate' being from Universal Consciousness (All That Is).



## **BIRTH**

As you grow in the womb, getting bigger and bigger, the mind's cover up is also getting stronger and stronger. Right around nine months there is another significant event called birth. Here you are violently rejected by the womb; expelled by the mother's body into this reality. Of course, a mother has no choice but to do this expulsion of the child for her own well-being and survival.

Birth is a traumatic event for everyone! This is the second saddest day of your life! This kind of sadness is sometimes called existential sadness and goes hand in hand with existential fear of life itself! This doesn't just happen for some of us - it happens for every one of us.

Everything changes again during birth as every one of your five senses was assaulted by what appeared to be an "outside world" that was NOT YOU. Your senses were shifted even more than they already were to be outwardly focused. What's that smell? Why is it so cold? Who turned on these bright lights? What are those loud noises? What the fuck just happened?

Birth is the second biggest trauma we will ever experience. It is a physical, mental, emotional, and spiritual assault. As your senses bombard you with information about the "outside world", you discover so many new things that don't seem to be you at all. The process of forgetting Universal Consciousness and coping in the world without it is now deeply entrenched. Our helplessness creates more fear in this new physical world because the mind is totally disconnected with the Universal Consciousness part of you.

The five senses - touch, taste, sight, smell, and hearing - develop your mind, effectively separating what goes on inside of you from what goes on outside of you, while attaching judgements and emotions to everything. Taking that first breath seals the deal! You sign the contract to experience your new human suit and life plan.



## **0-7 YEARS - ALONE - the memory of who I really am is gone!**

I know you can't remember your birth, but imagine what your senses were telling you. Your mental perception of this experience driven by fear and sadness, helps to create a senses baseline for each of us on all of our five senses.

This leads to two over reactions – withdrawal or neediness. These are two fear-based strategies for life for what is now your number one goal: survival and safety. From birth to around seven years, you try

to cope with the world your mind has created based on what it *thinks* it is experiencing. Unfortunately your brain is not even 50 percent developed at this time. You are just trying to get through the next five minutes alive!

This leads to fear-based, high-alert state filled with judgements and false belief systems (FBS) like defending, coping, managing, making allies, controlling, manipulating, abusing, stressing, judging, and attachments. These were only meant to help you survive, not to hurt you. The problem is that you are working against life from the mind and not working with life from your true nature.

Every one of the beliefs you have is based in fear, fight, flight, freeze or faint. Every one of these is formed before you turn eight and you spend the rest of your life defending false dogmatic ideas and fear that the eight-year-old you decided was the truth.

**Everything else other than you is at the center of your life caused by fear and the number one goal you have - to be safe.**

All of this leads to more conflicts, stress, pain, illness, and emotional upsets as the senses continue to inform and interfere.

Did you know any better? NO

You were just doing the very best you could to survive these situations and people. There is no fault as everyone is doing the same thing here, with half a brain. This entire drama is all happening in your mind!

So this cycle of fear and coping continues into your teen years. You are still afraid and the sadness is still there causing conflicts and over reactions about the same misperceptions as when you were little but now you are in the business of modifying them. So you don't throw the same kicking and screaming tantrum on the outside as you did when you were four; you now are having this on the inside of you and have modified the outward behaviour to look more your age! The conflict hasn't changed and neither has the false belief that got you here you have simply modified and developed the masks and strategies.

## Summary of the Fear Cycle

Conception



Bliss infuses the Human you (0-4.5 months)



4.5 months the mind is strong enough to take over and  
you forget you are Universal Consciousness



**Birth is the biggest rejection you will ever suffer**



0-7 Years Alone and Afraid in the world with no memory of who I really am.

# CONSCIOUSNESS COMES FIRST

There are ancient philosophies like Vedanta and The Tao that propose at the core of your beingness you are Universal Consciousness, Absolute, Eternal, Source. The true nature of you is Oneness - pure consciousness. This aspect of you lives within your human bodymind (I like to call the body your bio-suit!). Without pure consciousness infusing this suit you would not have an animated bodymind. This is what I mean when I say consciousness comes first – it DOES! The energy of pure consciousness is what gathered the energy of your human experience together. You wouldn't exist without pure consciousness inside you.

It is this very aspect of ourselves, Universal Consciousness, that has all the information about the whole universe, because you are indeed, the whole universe. You appear in the human form in this reality as part of a Divine plan through the experience you are having in your human suit. Many of the great gurus and philosophers agree that all humans and everything in our awareness comes from Universal Consciousness. We have many names for this concept including Absolute, Source, Pure Consciousness, Tao, Allah, God, and Creator. It contains everything that exists in our world. It is All That Is.

The idea of Universal Consciousness, or whatever word you choose to use, is so big that our human brains, by the very nature that it is split in two halves (right and left), cannot understand this concept (or any other) as a whole concept. To cope with this, you split the concept of Source into two extremes -time and space - causing you to experience reality as a duality. This is called Separation Consciousness or Split Mind, and healing this original split is the real human journey. Every person experiences this separation; it is perfectly normal. Your experience of the world is based in the idea of duality.

For example, consider the concept of temperature. In order to understand the whole concept of temperature, you naturally have to divide it into the two extremes - hot and cold - and compare the two to know or describe what temperature means. Our understanding is always relative. Without the comparison, temperature has no meaning.

Here's where you really get into trouble. Humans also need to attach value to one extreme or the other - every person has a preference for hot or cold. The values you attach to the extremes become false belief systems that help you cope and manage in the world. It is impossible for humans to sense something and not judge it as good or bad/right or wrong when we are living in our mind. You ultimately live your whole life according to these false belief systems generated based on your mind's versions of events. Judging and labelling cause stress and more false beliefs which in turn cause strategies and behaviours to make sure you are always safe.

Living as a whole Self, embracing all aspects of yourself, would look very different than your current distorted sensing experience of duality reality. Your dualistic interpretations of life through your five senses cause the conflicts you experience, including illness and pain in your bodies, and your environment, your relationships, and so on.

We are all the same Universal Consciousness at the core. Think of it like this: the ocean has many waves. Each wave is a unique dynamic expression of the ocean that is actually determined by the whole ocean. Each wave has a beginning, middle and an end which is also determined by the whole ocean. The wave has no choice whether or not it is a wave! All waves are dynamic aspects of the whole ocean even though they express themselves individually as waves. Can you relate this to your own life? You are the wave and Universal Consciousness is the ocean. Just like the wave has no choice, neither do you!

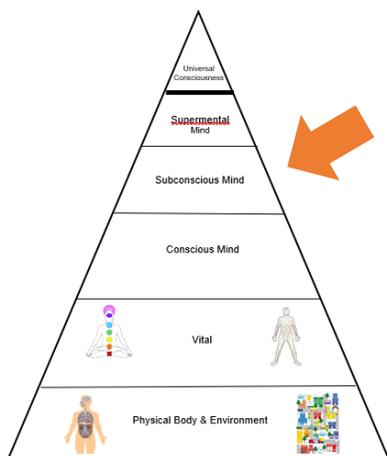
Healing the split mind is also a return to your true nature – Universal Consciousness. By embracing life as a playful illusion you live a very different, lighter, sort of life.

However, the light and wisdom from Universal Consciousness cannot come through the mess of the human mind's limited perception and fear. The conscious mind, subconscious mind, and the five senses are clouded and distorted by "False Belief Systems" (FBS), which then get projected through and into the energetic and physical levels of the human, resulting in a wide variety of health and environmental issues and relationship conflicts. As you begin to allow the split-mind back together as a whole, you are also changing your perception and awareness of who you are and how you got to be here. CLI can help you move from accepting that this model may be true, to embracing the knowing that this awareness is true!

# THE MIND

Let's talk about three levels of the mind: the Subconscious, the Conscious (Ego), and the Supermental. The mind, at all levels, is meant to be in service to the heart, not running the whole show on its own. The mind is a part of your human self, very physically oriented through the five senses. It is very afraid and feels lost because it isn't in touch with Universal Consciousness, and the illusion is that you are out here in life alone! The feelings of lost and afraid breed the need to control everything and it all feels very personal. Everything you do is from fear – everything from brushing your teeth, to driving your car, to saving for a rainy day.

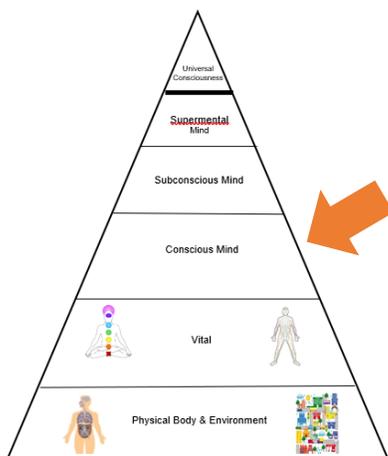
## Subconscious Mind



The subconscious mind is very large and powerful, and is deeply hidden from you. Here is where you store all of your original pain and fears, and false assumptions that you want to keep a secret from yourself and everyone. This pain is born of the original fear from the first experience in the womb of a reality that might not be you, and is the sum total of all your painful over-reactions in life. This is the rejected wounded self/world that would be highly dangerous if you or anyone else ever knew about it! These represent secrets and false assumptions about life you think are true, that you made up as a child before the age of eight. This deeply buried part of yourself is very hard to find if you don't know how.

The CLI process helps us to bring this rejected and buried “WHO I THINK I AM NOT” part of yourself back home to you without the need to fix anything. The subconscious mind is constantly sending clues from deep within you that manifest in your body and your environment when something is a priority to heal or change your perspective on. These clues often appear as conflicts or judgements about things that don't seem to work out or how things should be, but really they are golden opportunities to change your fearful mind.

## Conscious Mind (Ego)



Every person has an ego or conscious mind. In fact, it's the part of your brain with which you are most familiar with. It creates the masks, stories and strategies of who you think you are and what you think you want. The ego's primary job is to keep you safe and it will use every tool and resource it has to do so. Fear drives all levels of the mind and the ego is no exception. Fear is the only motivator the ego understands.

Unfortunately, the ego's strategy to keep us safe often means holding onto false assumptions, attachments, patterns, belief systems, stories, attitudes, and dynamics that cause us pain and suffering. The conscious mind builds masks and strategies over top of the original pain in the subconscious mind

to hide it. This ego mind is the part of you that you think you are, know and accept. These are the masks that you use to hide the parts of you that are not safe for anyone to ever know.

The ego doesn't know or want to know what you are hiding in the subconscious mind, or that you can let go of a story and live without fear. Conscious Living Investigation takes a firm, gentle approach to retraining the whole mind so it can engage and collaborate as you change your perspective and change your life.

One of the ways the ego keeps us safe is by fooling us into perceiving that the world is happening TO us. The ego mind uses fear and blame to keep you safe, by blaming people, situations and things outside of yourself. The ego hides the fact that you are responsible for yourself and any of the perceived conflicts, pain or suffering you experience.

However, the people, situations and things outside you are actually clues to what you are experiencing inside but are afraid and unable to examine. Shifting this perspective to **the world is happening by me and for me** is the key to confidently resolving what appear to be conflicts in life, and growing a safe, non-judgemental self-awareness instead.

**Lie #2**  
**Second LIE masks**  
**the 1<sup>st</sup> LIE**

**CONSCIOUS MIND - 1%**

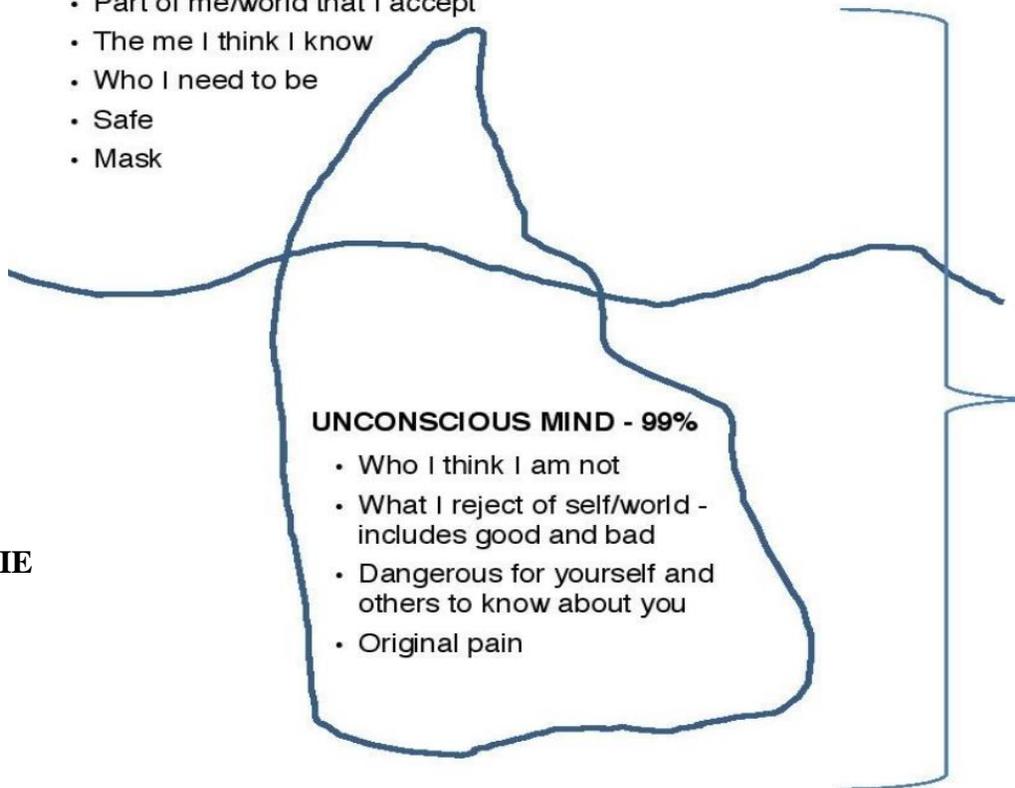
- Beliefs developed before age 7
- Part of me/world that I accept
- The me I think I know
- Who I need to be
- Safe
- Mask

**The Original pain & LIE**  
**Lie #1**

**UNCONSCIOUS MIND - 99%**

- Who I think I am not
- What I reject of self/world - includes good and bad
- Dangerous for yourself and others to know about you
- Original pain

Mind is your only problem  
creating False beliefs and  
behaviours from fear

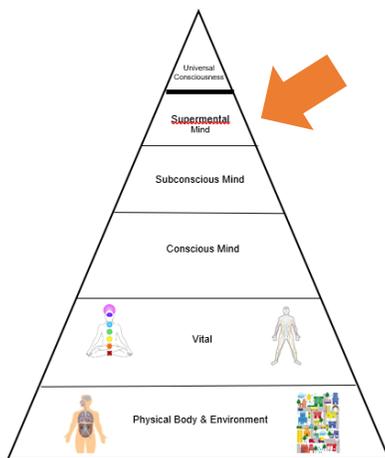


You are not the top of the iceberg and you are not the bottom of the iceberg! Who am I?? You are not your mind. You are not your body. These are beliefs that you live by and are not true. These are the illusion or movie you make up in your mind. The only thing you really are is universal consciousness.

### Fact or Fiction

Your mind is so amazing! The mind's specialty is taking a fact that you sense and filling in the gaps to make a story. Remember the mind is all about the drama and making itself important. For example, there is a horse alone in the field. The senses send this information to the brain where the brain in turn now adds a story – There is a lonely horse in a field because all his friends have left him. Part of doing CLI work will be to catch yourself to see how you do this.

### Supermental Mind



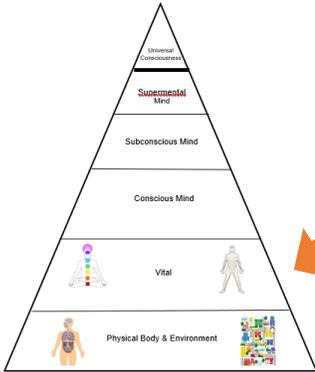
There is one more aspect of your mind called the Supermental. This part of the mind is your link to the wisdom in the heart and also your higher consciousness you might call 'Innate Wisdom'. When you were small you may have operated somewhat from this part of your mind more so than you do now. This is the aspect of the mind that knows about Universal Consciousness and how to access it and glean awarenesses from it. Often it is the very part of the mind you shut out because you cannot verify the information it gives you or know exactly how you knew something. You simply don't trust it!

The other two colluders, conscious and subconscious minds, don't trust it at all! So you tell it to shut up or stop talking to you. This is part of the reason you feel really alone! Disconnected from your awareness of who you really are - Universal Consciousness – the one true Self that is never alone and by its very nature is All There Is! It's kind of like the lower levels of the mind hijack you away from your awareness of your Universal Self.

The mind now manifests the distortions and false belief systems into the next two levels of you: energetic and physical. We call this Downward Causation.

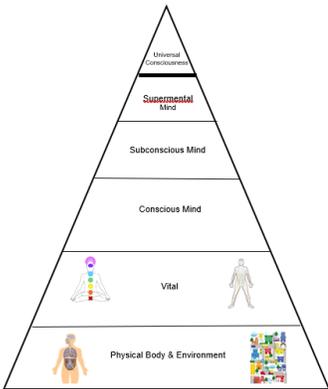
# Other levels of you

## Energetic Level



The energetic level of you is just that – energy with no physical form. It includes things like chakras, meridian pathways, auras, wei qi and the energy that you perceive around you. This level of you is also subjected to and run by the false belief system pathology and recipes of the mind. All of its fear-based thinking and rules for a safe life direct this energy level as well, causing distortions in these systems before they filter down to the physical level.

## Physical Level



The most obvious level of you is the physical level. Here is your physical anatomy and physiology, as well as the physical world that you manifest around you. This level is the slowest and most dense level of your human self. The physical level of you is also subjected to and run by the false belief system pathology of the mind. All of its fear-based thinking and rules for a safe life direct this level, too. Any therapy or healing action/fixing you do on this physical level can only serve as a band-aid because the distortion did not actually start here! By the time the pain is here on the physical level, you have already missed the pain and symptoms in the energetic and mind levels where it all began. This level is the last place symptoms are manifested, but often the first place you actually notice them!

Fear in the mind leads to and breeds a perpetual state of shock. Shock begets false beliefs and stress. This shock begins in the mind and filters into the brain, endocrine system, nervous system and every level of you. It distorts, exhausts and breaks down all of your operating systems and communication lines everywhere both inside and outside you.

The sad truth is that fear and shock cannot live in the same place as unconditional gratitude and love. The mind literally seems to have no choice every moment – which is more important right now? Safety and fear (Sympathetic Nervous System - SNS), or rest and repair (Parasympathetic Nervous System - PNS)? Your default mode right now is a state of high alert: fight, flight, freeze, or faint (FFFF)!

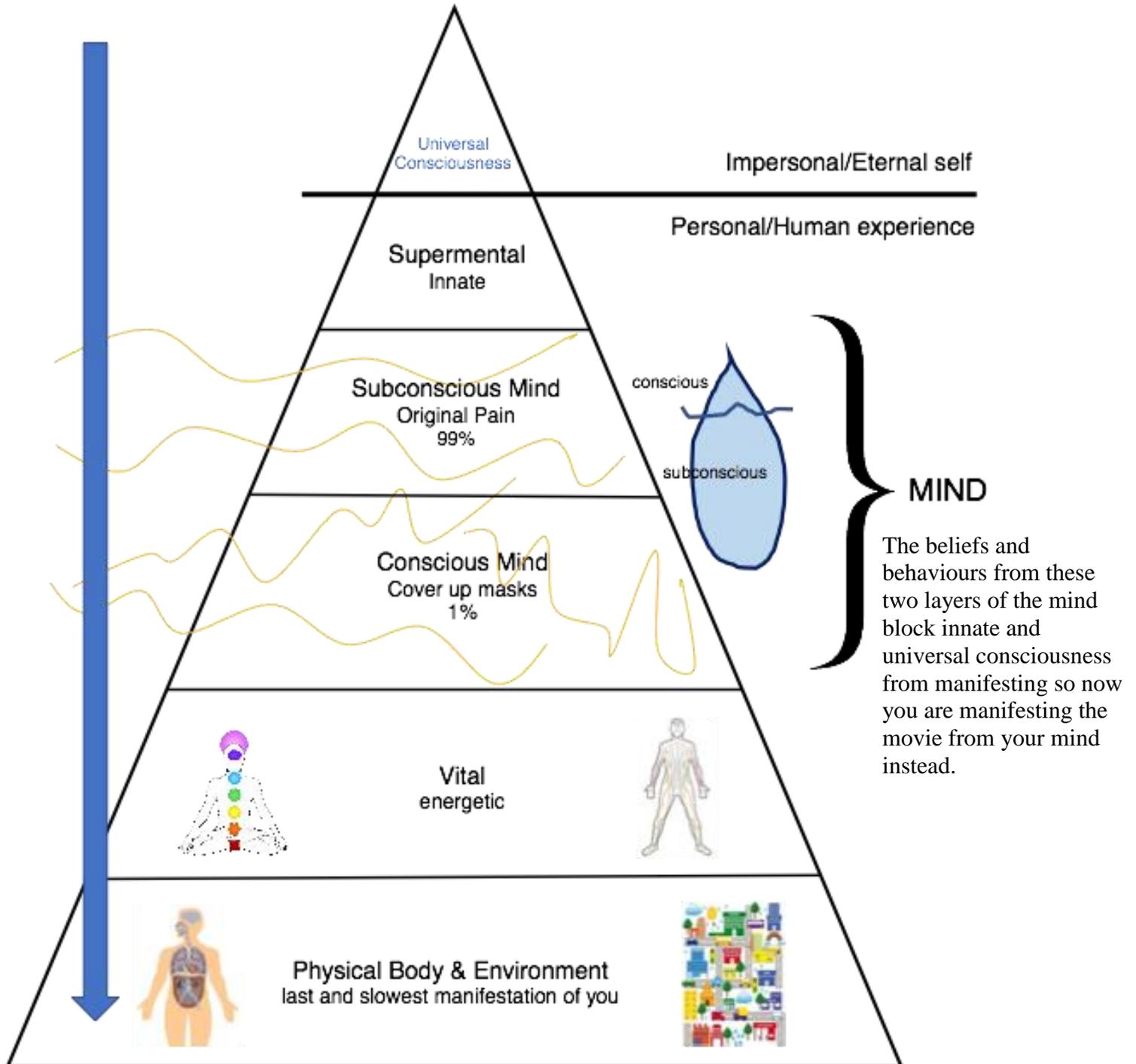
One of the number one goals in the CLI process is to teach your over-reactive mind how to live more of the time in the rest and repair nervous system (PNS) and show it that the fear is not real. Fittingly, an acronym for fear is FALSE EVENTS APPEARING REAL!

## **DOWNWARD CAUSATION**

Very simply put, you are pure consciousness first and this is meant to infuse and animate all other levels of your human self and experience. Manifestation starts with a gathering of energy in the unmanifest (where everything is pure potential) in Universal Consciousness. Then as the energy flows downward, it causes the rest of the levels of you from not seen to seen - not manifest into manifest.

The difficulty comes from the mind as it interferes with and distorts this downward flow of pure energy blocking it off. Instead of Universal Consciousness flowing through us, the false beliefs of the mind filter down and we manifest our lives through these pathological recipes for safety.

# The Downward Causation of Manifestation



# BELIEF SYSTEMS

Remember the ego mind? The part of your fear-based brain that designs the masks to control and cover up the real pain and only wants to keep you safe? The mind started developing as you grew in the womb, and with it came the fear that causes us to judge everything as a life or death situation. This develops a default mode of all your false belief systems and assumptions, between ages 0-7. Now you will spend the rest of your life using them, modifying them, and defending them to make sure you are always safe. You actually have no other way.

Your senses restrict and often completely cut off your experiences of life and Universal Consciousness. The human brain in its split form, has a limited capacity to process all of the sensory information around you. Only between 10-15 percent of the information gets sent to the appropriate processing centers in the brain and then the brain attempts to categorize and sort this information into false belief systems and rules for life. The brain then fills in the 85-90 percent gap based on your previous experiences, false belief systems and corresponding memories. Your brain will make sure you experience your reality according to your recipes and beliefs. Consider that we are Universal Consciousness in a human sensory body suit. Conscious Living Investigation is a process of overriding what the suit tells you is real so that you can realize who you really are.

The world you experience is a projection of your own mind. We manifest in our reality the very things we reject about ourselves and life. This is how the split mind works. Think of a movie theatre. You face and watch the screen, not the projector. Yet the movie you are watching is coming from the projector. It is not really on the screen. The movie is really in the projector and the image on the screen is just a projection of it. Your mind is your own personal projector, manifesting and projecting outward the movie in your mind. This is your reality - totally made up from your own mind! This is how you can call reality an illusion, and no two people can ever have exactly the same experience or exact same movie. How could they? No one has the same mind as someone else. Your mind is your one and only problem at the moment!

The brain capacity of a seven year old is quite different than that of an adult. The little kid brain only has about 25 percent of an adult's brain capacity and cannot understand jokes, sarcasm or irony. You can imagine how the things little kids hear are misinterpreted. All the false belief systems you will ever create are formed before you are eight years old and you will spend the rest of your life defending these false belief systems with the mind of a child. Each one of you spends the rest of your life in a continual over-reaction trying to prove these false belief systems as true, and to make sure you are safe. The basic survival part of you is addicted to safety and control – to the mind it's always a life or death situation. This usually includes creating and attaching yourself to a certain identity or type of person that is safe, like kind, or respectful or smart.

When you are young and are operating from a fearful little-kid mind, the only strategy you usually have is to hide everything – this is how you try to cope and control things. You hide the original pain in your subconscious mind, while at the same time creating masks that shows the polar opposite to the world, proving that you are not the pain we are hiding and rejecting. You get very attached to the behaviours that mask the original pain and when these masks are threatened or challenged, you get very defensive and upset.

The stronger the masks become, the stronger the false belief systems become to balance them. Both the pain you are hiding and the mask are false belief systems and polar opposites. You attach to the ones you know are safe in the conscious mind and act them out so others see, while the rejected parts stay hidden as too shameful and unsafe for anyone to know about.

However, here's the best news ever - you cannot BE your behaviours, your masks, or the original pain underlying it all. You can, however, ACT all of these out as upsets and over-reactive behaviours, and you will until you resolve the inner conflict causing them. There is only one real you - and that is Eternal Self; Universal Consciousness.

For example, let's say when you were young you had an experience of taking one of your toys from another child. The adult in the experience told you not to act so mean and rude – you have to share! This was a very traumatic event and you were hurt, and also afraid the adult wouldn't love you if you WERE mean and rude. As you depend on adults at this stage for safety and all your comforts, you need to please the adults in your world at all costs.

Your little-kid brain couldn't understand that acting out rude is only a behaviour and not the real you. Plus you needed the approval and care that the adult gave you. Early on you make the mistake of identifying yourself by your behaviours (I am rude), assuming that they ARE you instead of understanding "I am acting out the behaviour rude".

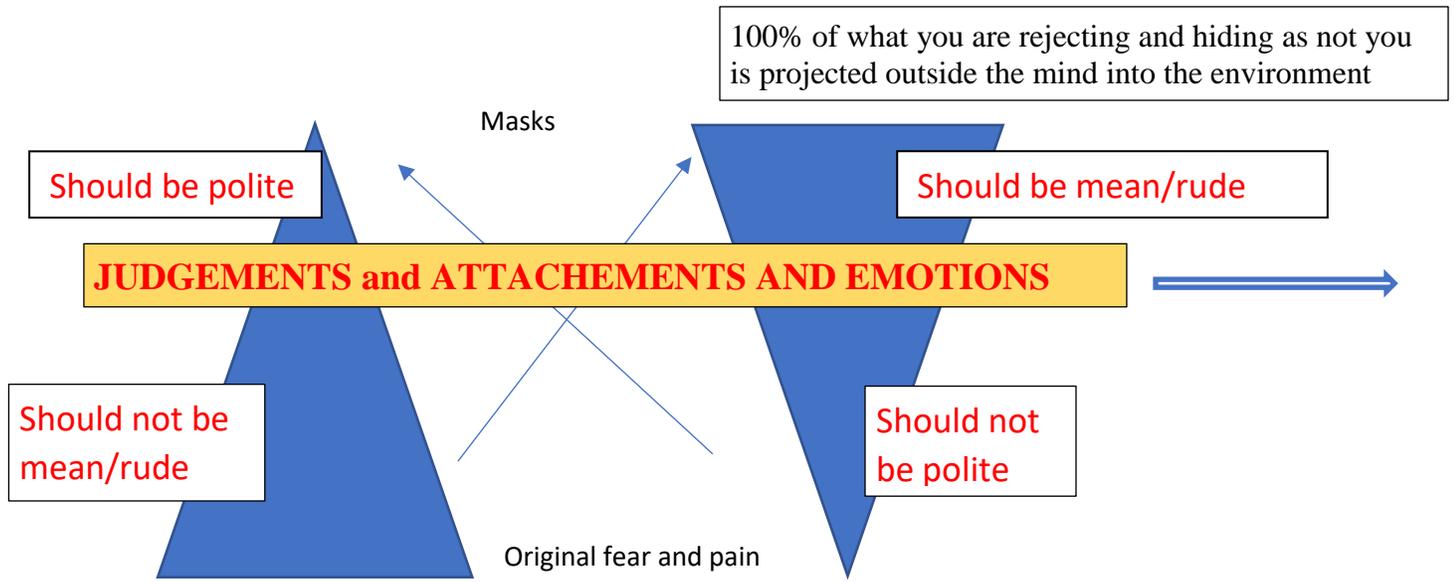
So what to do?

Well, you needed to stay on the good side of the adult so you hid rude and mean in the subconscious as a false assumption or wound (a false belief system) about the world and yourself that you then needed to defend and keep secret at all costs because clearly you needed to be on the good side of this adult for safety and shelter and food.

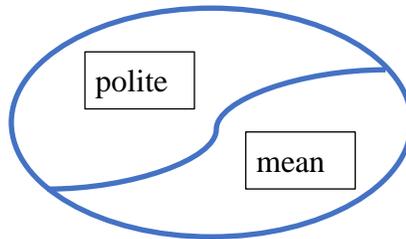
You also built a very convincing mask (the polar opposite of rude and mean) attaching yourself to sharing and politeness. You want everyone to see you as polite and sharing because it is safe and that is the ultimate goal. The more you attach yourself to politeness, the bigger the wound you are hiding about rude and mean becomes. When you were a child fixing the underlying pain was not ever an option.

The subconscious mind is always working to show us our deepest wounds by projecting clues into your awareness for the sole purpose to drop the judgements and emotional upset. However, you are unaware of your rejected self because of your fearful minds. Fear only allows you to defend what you *think* you believe is true, which is always pathologically false. To get our attention, the subconscious mind projects clues into our environment. If you are hiding a belief about being rude, chances are you notice a lot of rudeness around you.

# DOUBLE ICEBERG THEORY



Here there is no separation anymore so the two halves are one whole.



Now here's the crazy part! Whatever secret wound you are hiding, you will create projections of it in the movie outside you - in people, events, relationships and things. These were never meant to hurt you. The conflict that arises here is meant to alert you that you have some faulty thinking and a split here; an old wound that is ready to shift. Each of these projections and paradoxes is an opportunity to complete yourself. If you only knew!

Clues are around you all the time, you just haven't learned to notice them yet. Learning your own code teaches you to notice. Once you know that you are constantly sending yourself clues for new awarenesses and resolution, you needn't feel threatened or fearful. You can actually learn to collaborate with fear, and experience gratitude towards any conflict or situation that gets your attention, since it is only pointing towards something you are ready to resolve.

The CLI process will safely guide you when you approach any conflict in a playful, collaborative, grateful way you are releasing feel good endorphins in the brain that help you relax during the process, which is quite different than experiencing the normal fear or blame.

Remember when you can let go of the judgements and attachments the two sides of the whole can reunite as one whole concept. Then the mind relaxes with nothing to do as there are no sides any more.

# THE CONSCIOUS PARENT

You are everywhere and how you do one thing is how you do everything. CLI works with your priority clues to move from a place of blame to a place of unconditional gratitude through complete resolution of the pain and false judgements. The result is a falling into the state of grace inside you, full of unconditional love. In CLI we call this the 'conscious parent'. This is the part of you that has no fear or need to defend or control. This parent loves you without the need to fix you or change you. This conscious parent inside you unconditionally parents you from a place of true unconditional love, with no judgements, attachments, conditions, or buts.

There is no "I love you if..." here.

No I love you if you have \$\$\$ in the bank.

No I love you if you loose ??? pounds.

No I love you if you don't get that new job.

This is about embracing every bit of you with so much gratitude that your heart might just burst. No shame or blame or fixing required because in reality there is not and never has been anything wrong.

Now you have the option of consciousness, which is where you came from - Source - or you can stay in the illusion in which you are currently addicted to living in. The good news is that your journey here is to shift and become whole and the conscious parent inside you already is. The universe will never stop presenting you with opportunities to shift aspects of your split mind, to reintegrate a part of ourselves we have rejected. Everything in our outer environment are aspects of lessons and opportunities for your human self to resolve its own inner conflict. With each split or paradox we resolve, we move into a state of grace. We are one step closer to living a whole, self-aware life. With each resolution a space is created, an opening, for something new to evolve. Life feels less rigid, less controlling, and far less painful. Brand new perspectives result when we collaborate with pain and conflict to create peace and wisdom.

# REMEMBERING WHO YOU ARE

“There is only one reason you experience life as an endless series of conflicts - everything other than you is living at the center of your life”

-Kelley’s version of Esther Velthiem’s quote

Our purpose in life, our human experience, is to remember we are pure Universal Consciousness. The circles in the diagram below represent that journey from the fear driven mind (where everything is personal) to Universal Consciousness (Divine or impersonal) which is ultimately knowing and loving ourselves unconditionally in our hearts.

We all start in the first circle on the left in the diagram, because we have no memory of who we really are - Universal Consciousness. We act out from our mind out of fear and neediness, making other people and situations responsible for how we feel. Everything feels very personal as we think the world is happening TO us. In this phase of the human journey our only choice, as long as we are working from the fear-based mind, is to constantly strive for control of things by manipulating and abusing to get the safety we crave.

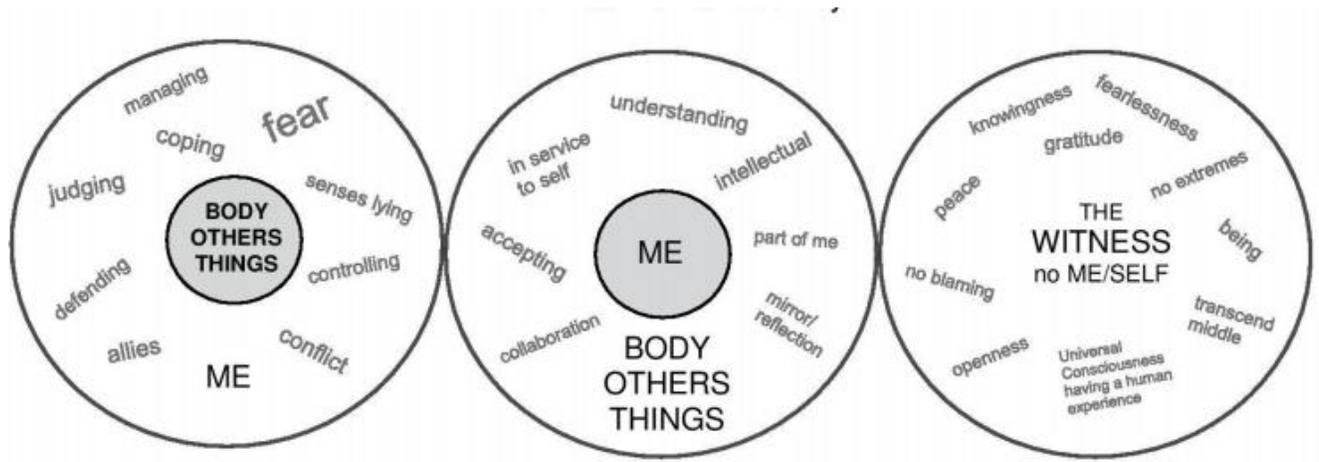
Manipulative and abusive behaviours are coping mechanisms that come from fear and the need to control everything. When we can’t resolve life and are afraid, there is no choice but to experience everything as conflict. Everything is conditional in this stage.

The catalyst between the first and second circle is asking questions like: “Is there more to life than this?” or “What the fuck is this all about anyway?” or “Why am I even fucking here?” or “What is my purpose here anyway?”.

At this point, we are often open to exploring things like BodyTalk and CLI and other philosophies because the fear that is driving you is causing so much pain and it doesn’t seem to matter what strategy you do, you cannot make it stop! So now you are ready to hear and become aware of the world that has been in front of you the whole time, but you have been misinterpreting all along. In this moment, you can continue to be a master coper or you can take a risk and look at the world and yourself through another lens that might actually be the truth!

Exploring these questions moves you into the second circle and opens you up to reading, studying, and going to workshops about consciousness. For now this is an intellectual exercise as you do your research. You begin to understand the concepts and theories of how the world really works on an intellectual level. There is acceptance that something has to change and an agreement to explore. This starts to increase your understanding of yourself as more than a human being. In this second circle, you now know intellectually that everything outside of yourself that you have an opinion about is a clue to something you have rejected about yourself. Instead of hiding this as you did before, you are now curiously willing to work with it to invite a old exiled part of yourself back home.

At first you may do this still trying to “fix” yourself because something seems wrong with you. But as you continue to play with this consciousness idea, you become compassionate and feel gratitude toward yourself and everything else. The misunderstanding that there is something wrong with you begins to shift to there was never anything wrong with you or the world – you just didn’t have all of the information!



The third circle on the right in the diagram above is referring to the shift that happens when you experience everything AS YOURSELF. You are no longer attached to the illusion the mind used to fool you with. You KNOW that the world is a projected movie from your own mind and you are no longer involved. You have become the conscious witness, with no judgements, opinions, attachments or conditions. There is no fear or blaming. You are Universal Consciousness having an experience in your very human suit!

The only part of you that is real is pure divine love that glows from the inside out and is not conditional to what is happening or not happening.

MIND .....NO MIND  
 HEAD.....HEART  
 FEAR ruling your life.....GRATITUDE  
 Everything is happening TO me .....Everything is happening FOR me  
 PERSONAL experience.....IMPERSONAL experience  
 CONTRACTING .....EXPANDING  
 OUTWARDLY FOCUSED .....INWARDLY FOCUSED  
 SPLIT .....WHOLE  
 Selfish/Selfless .....In service to SELF

# DEATH and DYING STAGES of FALSE BELIEFS

As I evolve through my own CLI practice, my understanding of the principals we work with also expands and deepens. Allow me to share my awareness about the stages of the death of a belief. We go through these stages every time we willingly engage in conscious resolution of a conflict.

## Stage 1 Denial and Isolation

For your whole life you have denied or blocked this innate process out of fear and misunderstanding. When rigid with fear, the need to be safe and control things causes you to become isolated and defensive, sometimes even aligning ourselves with allies. The mind's normal reaction to conflict is to overreact and create drama to find a way to get out of the situation, therefore denying the opportunity at hand to resolve in gratitude. Letting go of denial is when you take a deep breath and agree to at least admit there is a conflict.

## Stage 2 Anger

When you realize that pretending isn't working out, you move into the stage of anger as it is necessary for you to take different action and this can't happen when you are in the denial stage. This often frustrated action can be fear-based and often is looking for allies, and actively searching for ways out of the mess.

## Stage 3 Let's make a deal!

When you realize that the actions you tried to take haven't worked out either, you move into somewhat of a desperate last-straw phase of step three bargaining. You can use your anger to bargain and make a deal, which is really the only action the mind knows how to do. The question is 'how is that working so far?' Is your action taking you into bargaining as a last ditch effort to avoid life? Once you see it, you can move through it.

## Stage 4 Depression

The next step is depression. There is deep sadness in the fear and conflict. There is also sadness that all your efforts and strategies up to this point have not gotten you anywhere. Depression is a beautifully necessary and powerful stage. It's the first inkling that the egoic strategies of managing and manipulating are not working and that we could let them go.

Depression is meant to help us let go of the need to keep developing strategies and manipulating. There is a death that is happening and it's a huge move that can be scary. The key is to really experience it. The more you can be willing to experience this depression the more complete the resolution will be. This is not meant for you to be wallowing, though. You can deeply and briefly live

this stage and completely move to the next. There is a deep letting go here of the need to fix anything at all! There emerges a realization that there was never anything wrong in the first place!

### **Stage 5 Surrender**

At the bottom of the well of depression there is a surrender, like allowing yourself to hit the bottom of the pool. But as your knees bend when you hit the bottom of that pool, you can push up to the surface. Surrender is a natural result of immersing your whole self in the Universe's plan in gratitude and love. The more deeply you can surrender, the deeper the resolution of fear and conflict. You can rise with more grace than you ever imagined. There is a willingness and openness that happens. You become so grateful and understand the purpose of the conflict. Surrender brings great peace, awareness, willingness, complete resolution. You go through these steps every single time you go through a conflict or do a CLI.

### **Stage 6 Resolution and Gratitude**

The willingness to fall into love with all of yourself is a peace and expansion you may never have had the pleasure to feel before now. Resolution happens when there is so much unconditional love, that the fear of the mind has nothing to hang onto anymore and then the mind can fall away completely. This step also allows you to come full circle back home to yourself.

You can sometimes get caught in one of these stage as a coping mechanism. If you can notice where you get caught, you have an opportunity to move past it. This is a progression to learn more about yourself, your ego, and where you take yourself out of the process. There is a positive, worthwhile nature in all of these steps to help facilitate a deeper result. Each step does not have to last long but can be experienced in a moment and moved through. They don't need to be fear driven.

# EMOTIONS

As you can imagine, all of these stages and all false beliefs are emotionally charged; emotions seem to be the glue that allow you to hold on and keep the story active instead of using the energy of the emotions to help let go. Emotions were only meant to last a very short time for the sole purpose of alerting you to some faulty thinking that is ready to shift.

You have five key emotions:

Anger

Fear

Grief

Worry

Joy/Sadness

Identifying a priority emotion, with a willingness to change is essential to releasing all attachments. Instead of creating drama and upset with our emotions we can use the energy of these emotions as a pointer towards a false belief system that is in this moment flexible and ready to shift.

# BREATH

The breathing cycle is an interesting reflection of this process. When you were born you used your lungs to take that first breath of life in the outside world. This was like signing the contract for the human body you were in and the life you were destined to live.

Every breath since has been an opportunity to either embrace this life or contract and not experience this life. The natural death and regeneration cycle of you is meant to complete itself in the span of one of your breath cycles, every breath cycle of your life.

The 'in' breath is when you embrace the moment whatever it is right now, alert and fully aware and open to what is happening now. The 'pause' at the top of the breath is when you resolve and process what is happening now. The 'out' breath is when you completely release and let go of all judgments and attachments in that moment, keeping you alert and ready for the next 'now'. The 'pause' at the bottom of the breath is a state of high alertness ready to embrace the next moment with a clean slate.

Using your lungs and your breath, you are meant to generate enough grief in every moment to allow yourself to surrender in unconditional gratitude all your attachments in life, making graceful transitions effortlessly, so you are able to stay present in every moment with no regrets.

Most of us have spent a lifetime until now suffocating ourselves by resisting this very basic process. The breath of the human system is meant to connect you moment to moment to your Divine self. Taking full breaths in and out is meant to create flexible, inspired openings to life itself.

## BLAME

The definition of blame is assigning responsibility, credit or fault to someone or something - to hold accountable, condemn, accuse, find/consider guilty, assign fault/liability/guilt to, indict, point the finger at, "finger" or incriminate. It includes saying or thinking that someone or something is good or bad. Blame is a form of bullying for either good or bad.

As children we learn that being blamed is dangerous, which also means that taking responsibility or credit is dangerous too. The mind blames out of fear and its obsession to keep you safe.

There are two types of blaming:

1. **For something bad**, which is either
  - a) blaming yourself - assuming responsibility or credit (martyr); or
  - b) blaming others (bullying).

Both come from fear and are conditional, making someone or something else responsible for your experience. Every complaint, including every little sigh or eye roll, is blaming.

2. **For something good**, which is hero worship - involves blaming someone else for goodness or being great. Now they can never make a mistake or screw up being wonderful. Putting people on a pedestal is also blaming too. We might even call it hero worship.

We blame out of fear - because it keeps us safe. When belief systems are developed between 0-7, so too are habits of blaming and then moving into a collaboration with it. Most of us are attempting to be good because good often equals safe. Remember that consciousness comes first. The inference of the mind results in an experience of: separation = fear = cycle of manipulation/abuse/overreactions/belief systems/habit of blaming.

Blaming is a fear cycle of manipulation and abuse, which is also a fear-based survival cycle. Blaming, complaining and all overreactions manifest in our minds, emotions, behaviours, bodies and environment. By doing this work we invite ourselves to move out of this cycle of abuse and fear.

You may think the opposite of blaming is taking responsibility, but really it is gratitude. It's not possible to work with these opportunities when we are in a place of blame. Recognizing that you are blaming and collaborating with it grows and expands you into gratitude so naturally. This is the path out of the fear/blame cycle. Resolving the need to blame means resolving the fear and resolving the overreaction that goes with it. The moment the resolution occurs, you have moved into a state of grace. Gratitude for the conflict's new awareness is the key. Right now there is an opportunity in front of you to shift something.

You are responsible for making up your world and you are the only one who can resolve it. Change your mind; change your reality.

# **FORGIVENESS**

Another common way to blame is to forgive or to need to receive forgiveness. The concept of forgiveness implies that there is a 'right' and a 'wrong'. But if the universe is simply unfolding, and you are part of that unfolding. How is there right and wrong? Right and wrong are concepts that are born of fear in the split mind from the need to be safe.

Forgiveness is a way of placing responsibility. If we are all part of an universe unfolding, then we know that you, nor anyone else, ever has a real choice. You have the illusion of choice designed by your mind. In reality we are Universal Consciousness unfolding as planned - happening as planned and there is no right and wrong.

This is good news for our minds. If there has never been anything wrong, it means that your kid self was doing the best they possibly could with the tools they had. They were always acting out of the need to keep you safe. I know this seems misguided at best, and it has to be, because remember you only had half capacity brain power when you were little. There is no need to blame them, or for them to be forgiven. There is only love and gratitude for everything, without the need to shame and blame or fix a thing.

# **MANIFESTING THE MIDDLE**

In Buddhism there is the idea of the middle way. This idea is born from the idea that we are meant to be all inclusive in our beingness. But instead we seem to be all about the extremes; judging this and that and everything. In the choosing of one thing you end up eliminating everything else. And the more attached you are to that one thing the more you push away everything else. You see you really are extreme!

Now let's imagine for a minute that you can liberate yourself from these judgements. If you did then the two extremes would actually disappear. SO letting go of both wants and don't wants liberates you from the duality reality you are in. You then begin manifesting one step at a time a 'choiceless awareness' in the middle! The crowd inside you is no longer necessary!

What if I told you that all extremes are actually complimentary not contradictions? Hot is the compliment of cold. Long is the compliment of short. These complimentary ideas make up a whole and they need each other for whole to exist. But what we do not need is the all the drama and judgements that our fear manifests.

CLI is a wonderful path to manifesting the whole as you remove your extremist judgements from the equation.

# THE CONSCIOUS LIVING 5-STEP PROCESS

These five simple steps have been carefully designed and structured to lead you from the moment you notice a minor upset or opinion, to resolving an inner conflict and releasing the false judgements, attachments and coping strategies, as well as the emotional charge that has been keeping the whole thing active. As you work with each small upset, each step builds collaboration and confidence with the mind so your fear-based defensives are unnecessary, and the mind is retrained to understand it is safe to playfully examine your upsets and opinions.

## Steps Review

1. Find a whisper to explore.
  - a. Story
  - b. What can you blame?
  - c. Write the should/should not statements.
2. Draw the iceberg
  - a. Identify the location
  - b. Identify the emotion
3. Behaviour
4. Buts - understanding?
5. Release – from fear to gratitude

## Step 1: Find the Whisper (some 'thing')

Every moment of every day you engage in an opinionated conversation with yourself in your head that often times leaks out of your mouth. These are small upsets to life events that are so common that you have learned to ignore them as normal chatter in your head. Besides the fact that everyone else is doing it, too! You are quite aware of the big upsets, but the small ones you often shrug off or ignore. If you worked with big stories and large entrenched coping patterns, or what I call 'screams', which almost always include blaming people, the safety-focused mind would get very defensive and work hard to keep proving the story, judgements and false assumptions that you are really ready to release. As you know the mind is only trying to keep you safe. Choosing a small upset (called a 'whisper'), or less emotionally charged situation - one that you think is stupid is the best - allows the mind to come along and eventually learn that it is safe and easy to change your mind – in fact it is kind of fun!

If you are having trouble finding your whisper, notice what your coping strategies are. You have a unique way you cope or dismiss the upset, that is an automatic, unconscious knee jerk reaction. It's the give-away that you are triggered. Becoming present to your own coping patterns helps you be more aware of your complaining and blaming so you can explore with CLI.

Clues that there is an upset need to be small enough to work with include: coughing, sighing, wringing your hands, or rubbing your forehead. Anytime you respond with “ya, but...”, “that is so stupid!” “whatever”, or “seriously”, “how dare you!”, or swearing (out loud or in your head), walking away, throwing up your hands, or the classic rolling your eyes. As soon as one of these behaviours is happening you know there is a very flexible belief just waiting for you to notice it. This is when to get very present to what just happened so rewind in your mind a few seconds or a minute.

### **a. Story**

Briefly explain the story, in the first person, in the present tense as if it is happening right now. Let the writing flow naturally for the language you use is an important clue to the pain underneath. You may need to rant a little to find the thing that is a priority in the story to work with. Allow it to be funny. Laughter changes the chemistry in the brain producing feel good endorphins that will help you through the shift in the mind that is available right now.

Whisper examples:

“There is bird poop on my windshield.”

“The shampoo ran out this morning.”

“The button fell off my coat.”

### **b. Blame**



**REMEMBER:**  
**NO POINTING AT PEOPLE, including yourself.**

You need to have a ‘thing’ to work with. If your story involves another person, find some ‘thing’ in the scenario you can blame. In every conflict there is a thing in the middle that you are upset about, every time!

For example, if you and your partner/roommate are arguing about the heat, there are many things in the story you could blame: the thermostat, temperature, outside temperature, inside temperature, money, heating, size of the house, heating costs, weather, climate, the place you live, the power bill, or the furnace.

Putting the blame on an object allows you to work with an emotionally charged situation without the usual defensiveness of the mind when people are involved, because you are not emotionally entangled usually with a thing like you are with a person.

Make a list of all the possible things in the story. Everything you can think of that is remotely related to the story like the example above. Sometimes you will find something while making this list that is exactly what you could blame and without making the list you wouldn't have thought of it - so take your time here and be playful and creative!

Now take a look at the list while considering the story and choose a thing to blame that will capture your pain in the story.

### c. Should and should not statements

The thing that you choose will now go at the front of your should and should not statements. Be specific about what is happening in that moment.

\_\_\_\_\_ 'THING' \_\_\_\_\_ should \_\_\_\_\_ (what you want)  
\_\_\_\_\_ 'THING' \_\_\_\_\_ should not \_\_\_\_\_ (what you don't want)

To find the 'should' statement consider what the situation would look like in a perfect world - what do you really want here? The word in the 'should not' statement may not be the exact opposite you would normally associate with the word you've found, but it will reflect what you didn't want to happen and did!

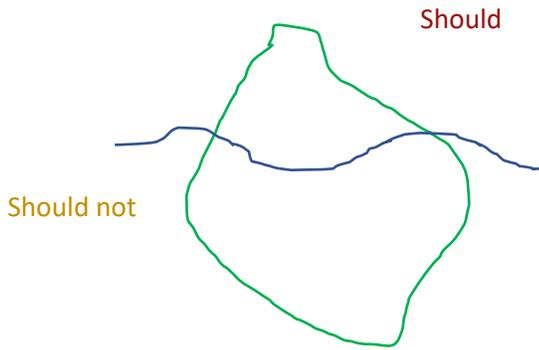
Use little-kid words to describe the situation. Why? Because your little-kid self made this whole thing up to keep you safe the best way you knew how at the time many years ago, and is burned into your brain. Sometimes these kid words you find will have loads of memories attached to them. This is good so you can break down the hard-wired associations in the mind that go with this upset. Working with seemingly innocent annoyances using little-kid language results in collaborating with the mind and re-training it to be more open to change.

Try not to use general words like open/closed, right/wrong, up/down, in/out, easy/hard, etc. These are too general and will not get you the results you could get. Kids have all kinds of language and expressions specific to that time in their lives when the belief was formed in the mind. The minute you find a little kid way to express this that your little kid might have used (or maybe you have kids and they have great ways to express things) you will feel it!

Use the best little-kid idea you can and only ever only use a word or idea once. If the same idea comes up in another CLI some time later, find a new angle to work with and new words.

## Step 2: Draw the Iceberg

Remember you are working with ideas that your little kid decided were true a long time ago. You need to continue to tap into that time and the specific part of your brain that has stored this the way a child would by drawing this story now. So draw an iceberg with a waterline. Use colours – something else a kid would do.



I am acting out \_\_\_behaviour \_\_\_\_ (ing)

Write 'should' and 'should not' statements sticking close to the story.

The \_\_\_thing\_\_\_ should \_\_\_\_\_ (use kid words)

The \_\_\_thing\_\_\_ should not \_\_\_\_\_ (use kid words)

The word from your 'should' statement always goes on the top of the iceberg. It is what you want or are attached to.

The word from your 'should not' statement always goes on the bottom of the iceberg. It is what you are hiding and ready to release.

Use 'I am acting out \_\_\_behaviour \_\_\_\_ (ing)' on the bottom of the iceberg.

The language we use affects our ability to take full responsibility and release the judgements about entire iceberg and emotional charge. Consider the following statements:

**‘I am bullied’**

In this statement, it sounds like something is happening **to** you. You think you are experiencing a behaviour coming at you from outside that is not got anything to do with you. In this statement you are a victim. You now know the world is NOT happening to you – you create your world!

**‘I am acting out bullying’**

This statement embodies *consciousness comes first*. Your behaviour and actions are already happening inside you and you have simply been unaware until now. In this statement you are taking responsibility for your own actions that were happening all along. This a good step in the direction of being in service to yourself. You also know that you cannot **be** a behaviour but you can act out behaviours all day long.

**a. Locate the Iceberg**

Finding where the iceberg lives in the body is the next step. When you reject an idea you will hide this in your environment and in your body. Take some deep breaths, place both feet on the ground and close your eyes. Use your breath to scan your body and see what area is drawing your attention. Do you notice a temperature? A sensation? Pain? Itchy? Find a place below the neck. Write down the area you found. Whatever you notice, go with it - this will help teach you to trust yourself.

**c. Emotion**

Every story, no matter how small, carries a range of emotional charges with it. This emotional charge is how you keep the upset and belief in your awareness. It’s like the emotion helps to keep you reliving this story over and over like you are stuck in a time loop.

Each emotion offers important perspectives and frequencies that we can work with. The key is to identify the emotion that is the priority or the one that will be the most helpful in letting go. Observing the priority emotion resolves the entire story. Again, whatever you feel, just run with it as it will build trust in yourself.

There are only five emotions to work with. Every emotion you could name will fit into one of these five:

- Anger
- Fear
- Worry
- Grief (loss)
- Joy/Sadness

Once you've found it, draw the emotional charge around the iceberg in a zig-zaggy line. The emotion is what helps keep this judgement in your awareness as a rule you must follow in order to stay safe. Emotions in reality are meant to be temporary energies that come and go quite fast. They are meant to alert you to some faulty thinking you are having. They are like a red flag. You were not meant to keep reliving them over and over.

When finding the location and emotional charge, trust the first thing that pops into your head. If you think about it too much the mind will get involved and try to take over running the show.

### **Step 3: Behaviours**

Until you are able to resolve it, our pain and upset will cycle, reincarnating events over and over again feeling like the first moment it ever happened back when you were very small. Every time you find yourself in an upsetting story, you will also find yourself judging, defending, proving and trying to control the situation to be safe just like the first time years before. These are all fear-based behaviours you act out from a perpetual state of fear in the mind. The only way that your mind can see a way out of a problem is to try to control it and when this happens you end up acting out pathologically manipulative and abusive behaviours which clearly are not working! As long as the mind is in charge, you literally do not have a choice in the matter.

Every time you blame or complain you make someone or something else responsible for your experience. Every opinion and complaint is an over-reaction that is emotionally charged and presents a red flag that alerts you to a faulty belief system, behaviour and coping strategy that is ready to change.

Here are some other behaviours that will alert you to the same thing: proving, judging, defending, blaming, finding allies, coping, controlling, attaching, attitudes, and managing.

Every time you do these things you are making others responsible in your mind for your situations and yourself. You use blame to try to make yourself feel better.

You have already identified the behaviour you are looking for in your 'should not' statement.

Here's the question you must get an answer to now:

**How have I been secretly acting out ( \_\_\_\_\_ should not word here \_\_\_\_\_ ) toward the ( \_\_\_\_\_ thing you were blaming here \_\_\_\_\_ ) first?**

Remember that you cannot be a behavior – these are of the mind and your human experience so they are not real. You can act out behaviours but you cannot be it. There is only one thing you really are and that is Universal Consciousness.

You cannot perceive that which you did not first create yourself. So if you are noticing a behaviour in something else outside you, then it had to have been made up by you first, and you are acting this out somehow right now. It is time to become aware of how. Not so you can shame or punish yourself. This is an act of unconditional love so you can show yourself that you no longer need to act this out.

You have been acting out both parts of the iceberg; the 'should' has been very obviously acted out, and the 'should not' has been a deeply hidden acting out.

Sometimes a movie of all the ways and situations you have been acting out this behaviour in your life may start running. Let it run for a minute and notice this but come back to the small story. By doing so you are keeping the mind in collaboration with you, and not getting hooked in the bigger picture of your life, which will sabotage the process for some of you.

#### **Step 4: Buts?**

Once you have found how you have been secretly acting out the behaviour toward the 'thing' you chose to blame, ask yourself if you are in any way still blaming it. This is the part where you will feel an overwhelming sense of gratitude for the clues from the thing you were blaming, and gratitude for yourself now being aware of the clues you were always giving yourself to shift. If there is nothing here now but understanding and gratitude, you are ready for Step 5. At this point there is also a feeling that there is nothing to 'fix'; you are simply amazed and grateful for the new understanding – it was always perfect and now you know this. This is where the mind relaxes and the heart is open.

Now if by some chance you don't feel grateful, it means you do not have full understanding and you do have a 'but'. Ask what are you still blaming the 'thing' for? Is it the same behaviour or something different? You may have the wrong words. Go through the steps again. Maybe the charge is in a different part of the body. Check if the movie is still running. If it is, acknowledge it and then go back to the whisper. Having a 'but' is not a bad thing. It is just inviting you deeper, getting more specific, so you can collapse the whole iceberg.

Do not go to Step 5 until you can really feel 100-percent grateful. Make sure it feels amazing that you learned so much about yourself from this object and whisper.

## Step 5: Release

Knowing that you cannot *be* a behaviour, belief system or emotion, you can now take full responsibility for your little kid who created it and was acting it out, and now you can let it go. You are repairing a concept that your little-kid self could not grasp and then split into its polar opposites in order to cope. The little kid was in survival mode, only trying to be safe and loved. Now, as an adult, you have more information and can heal the split in the mind with gratitude, without shame or blame of self or other. The key is unconditional gratitude for the new awareness and the feeling that there is no need to fix anything.

1. Close your eyes and go back to the part of the body storing the iceberg and emotion. Take deep breaths. Take your time and allow yourself to really feel that part of you called the conscious parent – the part that loves you no matter what. Rest here without the need to fix anything and observe the iceberg.
2. Now create a bubble in front of you and allow the judgements and emotion to float into the bubble, proving to yourself that you are Universal Consciousness and can transform the pain. Anything that goes in the bubble is portable and flexible. Feel the gratitude for the opportunity to learn more about yourself and to love yourself. Experience heart-felt graciousness of what you have done and why the upset has really happened. Let the bubble go. Stay tuned with all your senses to the iceberg and observe the energy shift. Without the judgements and emotion, the iceberg has no purpose anymore.
3. Next bring the thing that you were blaming into your awareness. Maybe give it a face, look it in the eye. Tell it, “without you, I wouldn’t have had this amazing new awareness”. Feel how grateful you are? At this point you see the magical collaboration. You needed this object to show you a rejected part of yourself that was ready to release. Maybe even tell it “thank you!”
4. Next step is to invite another version of yourself into your awareness. You might be older or younger. Go with whoever shows up. Look, hear, and feel this version of yourself; notice the details. Look yourself in the eye and let yourself know that you are so grateful you did the very best you could to keep yourself safe. Let the other you know the good news - you are doing a very adult thing by taking responsibility for your actions. You didn’t understand the information and now you do, which means you are ready to change. This is you consciously parenting you with no shame, blame or conditions. Allow your open heart to embrace the new awareness.

This should feel great in your heart. You have just successfully moved from a fear-based belief to gratitude! Recognize that you have just given yourself the greatest gift as you remember that you are and always have been Universal Consciousness. Using the CLI process to heal the overreactions and bring peace to your life is like building a muscle, it will get stronger and faster over time.

To finish, eyes open or closed, continue deep breathing and do your Cortices to lock in the new awareness you have uncovered.

# CORTICES TECHNIQUE



## BodyTalk Cortices Technique Quick Reference Guide

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### The BodyTalk Cortices Technique Self Application



①

Place one hand, with fingers together, at the base of your skull, so that it straddles both sides of your head and covers the top of the neck and the bottom of the skull. While holding this position, tap the head and then the sternum with your other hand, alternating for two full breath cycles. Focus on connecting all points of the right hemisphere of the brain to the left hemisphere, and highlighting circulation and communication between them.



②

Now move your hand up onto your head just above the position you just held. (You are going to systematically cover the whole head one hand-width at a time.) In the new position, tap out your head and sternum alternating for two full breaths.



③ a.

Repeat this procedure until you have covered the whole midline of the head from the base of your skull to just above your eyebrows, making sure that the entire brain is covered. Your hand positions may overlap to ensure that no areas are left untouched.



③ b.

Remember to maintain deep (but not forced) breathing throughout this entire procedure. Just getting more oxygen into the body can improve health on its own. Oxygen is vital to every cell producing energy for all biochemical processes.



④ a.

Now cover the sides of your head to balance the temporal lobes of your brain. After holding both sides of your head for a few seconds, let go with one hand; and while still holding one side of your head, use your other hand to tap on your head and then on your sternum. After each head and sternum tapping, place your tapping hand back onto the side of your head for a few seconds. Continue this process for at least two full breath cycles.



④ b.

# EXAMPLES

## 1 a. Story

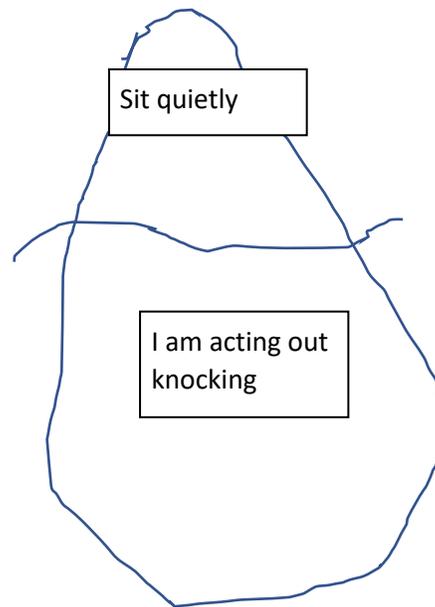
Eating out and a child at the next table starts knocking a glass on the table.

## b. Blame:

table, glass, dinner, eating, restaurant

## c. Glass should sit quietly.

Glass should not knock.



## 2 a. Location: lower stomach

## b. Emotion: worry

## 3. How am I acting out knocking toward the glass first?

I am knocking or bossing the glass around first by demanding it to stay quiet.

4. Buts toward the thing? Can I feel 100% grateful for the lesson thanks to the glass? Am I amazed at myself for sending such brilliant clues to something I could change? Yes

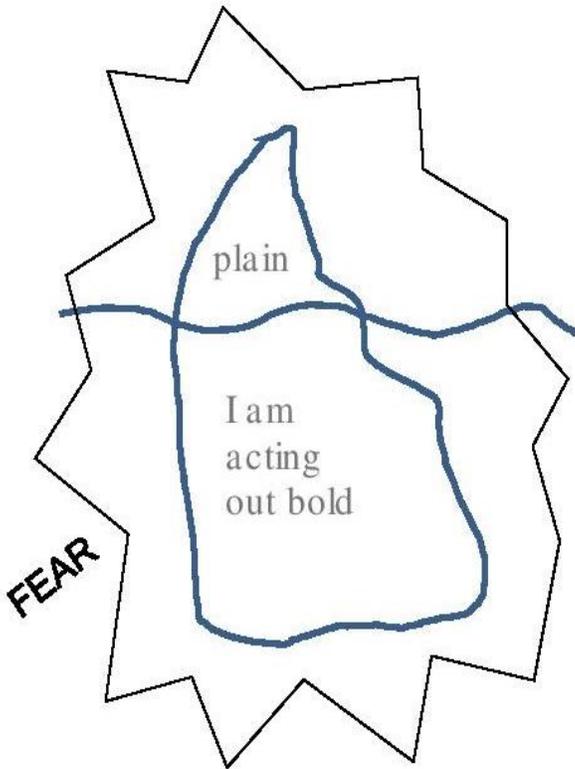
If yes proceed to step 5

## 5. Release

**Whisper:** The text in my document is bolded even though I didn't make it bold.

Text *should* be plain.

Text *should not* be bold.



**Locations:** outside the body: text  
Inside the body: stomach

**Emotion:** Fear

**Behaviour**

I am noticing the text being bold. I am acting out being bold towards the text first by having and writing really bold ideas.

**Buts?**

I can thank the text now that I understand it was me acting it out all along.

**Release!**

# THE FARMER STORY

There is a Taoist story of an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, the villagers came to visit. "Such bad luck," they said sympathetically.

"We'll see," he replied.

The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the villagers exclaimed.

"We'll see," replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The villagers again came to offer their sympathy on his misfortune.

"We'll see," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The villagers congratulated the farmer on how well things had turned out.

"We'll see," said the farmer.

CLI is the process of realizing you are, and always have been, the farmer. CLI teaches you that thriving in life depends on resolving all conditions and all fear. Like the farmer, you can also live unconditionally and without fear.

# YOU ARE EVERYWHERE

Thank you for showing up to read this CLI guide. Thank you for being in service to yourself. Conscious Living Investigation is a gift from your heart, from you to you, with love. Thank you for giving yourself the gift of yourself. Maybe you got a glimpse of how fucking awesome you are?

Thank you for giving yourself the gift of exploring an unconditional life. Thank you for giving yourself the gift of realizing that an unconditional life is possible.

This work takes courage, an open heart, a lot of integrity, and a ton of humour. Thank you for opening up the possibility that you too are the farmer; everyone has an inner farmer that lives in your heart.

As you go about your daily life, stay committed and stay present. Commit with your heart to giving yourself this gift every day. You are indeed everywhere. Through reading this guide and perhaps joining us in class, you've learned that everything outside of you is a part of your rejected self. From the smallest thing to the biggest thing.

In this moment, commit to finding the smallest things, the ones you've been overlooking, the ones you've been ignoring and pretending they are not there. These hold the greatest gifts of healing; your smallest rejections are your biggest gifts. Each of these whispers is an opportunity to resolve yourself with compassion, humour and gratitude, and minus the need to fix you. If you have learned anything I hope you have learned that there is nothing wrong with you and there never was. CLI is a process that shows you it is possible to move from blaming to unconditional gratitude with grace, confidence and love.

My hope is that you will now commit to showing up in person every way you can and truly learn how to use this tool and create more peace and a life filled with opportunities to be grateful. You are now able to take advantage of these opportunities; you are able to move into them with gratitude. We've planted a seed together and there is only one person who can grow the seed. Remember that you can do this on the fly and not get bogged down. In fact, the whole point is to know the process well enough to apply it anywhere.

By reading this, and showing up at a CLI workshop, you are starting to build a conscious community, which starts in yourself. Even when you feel stuck or feel like you aren't doing it right, remember there is no CLI that misses the mark. There is no such thing as a backward step; every investigation makes progress. It may be a baby step or a huge leap but it's always exactly right for that moment.

Just show the hell up.

Namaste,  
Kelley

# NAMASTE ESPERANZA RETREATS

## Immerse yourself in yourself!

Namaste Esperanza Retreats Inc. offers the time and space for you to see who you think you are NOT. By placing yourself at the center of your life, you are not only in service to yourself, you are also in service to the community.

Namaste Esperanza has over the past few years developed a brand of conscious resolution that creates an innovative and unique retreat experience no matter where we are in the world. In an immersion environment, you will discover the feeling of living moment to moment – similar to when you were a child. Your physical, emotional, and spiritual life can all be integrated as one, shifting your consciousness, allowing gratitude to replace fear. As you gain clarity and begin to see things differently, you truly become the collaborative architect of your life.

Expertly designed conscious retreats currently take place at Namaste Esperanza Retreat in Nova Scotia, Vancouver Island and in 2019 even farther afield. Stay tuned!

In 2018-9 Namaste Esperanza Retreats Inc expands its retreat offerings into Saskatchewan, Alberta, Manitoba, British Columbia and Ireland.

2018 has brought with it the development and delivery of new advanced classes in CLI; Money, Parenting and soon Body Image. This year we introduced an online support program for both beginners and advanced students. We are also in 2018 launching our CLI trainer program for those students who want to learn to deliver the CLI One Day Event. If you would like to become a student, trainer or host a class in your area, please let us know!