

Show the Hell Up!

A Guide to Conscious Living Investigation



By Namaste Esperanza Retreat Inc.
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Table of Contents

1. Developer: Kelley Burry	1
2. In Service to Self	2
Introduction	3
The Ego	3
3. Consciousness Comes First	4
The Birth of Fear	5
Belief Systems	6
Remembering Consciousness	8
The Death of Beliefs, Manipulation, and Emotions	9
Blame	10
4. The Conscious Living Investigation Process	12
Step 1: Find the Whisper (some thing)	12
Step 2: Draw the Iceberg, Identify the Emotion & Location in the Body	14
Step 3: Behaviours	15
Step 4: Buts?	15
Step 5: Taking Responsibility	16
Conscious Living Investigation Summary Page	17
Conscious Living Investigation Worksheet	18
Conscious Living Investigation Example	19
5. You Are Everywhere	20
6. Namaste Esperanza Integrated Wellness Retreats	21
7. Cortices Technique	22
8. The Farmer Story	23

1. *Developer: Kelley Burry*

B.PE., B.Ed., Adv. CBI, BAT, Adv. CBP, Full Mesa Shaman, owner of Namaste Esperanza Retreat, Inc.



What does the alphabet soup mean?

- B.PE: Baccalaureate of Physical Education from Dalhousie University
- B.Ed.: Baccalaureate of Education
- Adv. CBI: Advanced Certified BodyTalk Instructor
- BAT: BodyTalk Access Trainer
- Adv. CBP: Advanced Certified BodyTalk Practitioner

Kelley, like many of us, experienced a number of painful, life changing events that provided the impetus to change and find the part of herself that was already peaceful. At first, Kelley could only respond to suffering by managing and coping. In time, she discovered a variety of modalities, including BodyTalk and Shamanism. Kelley credits these tools with her ability to not only survive her later experiences with trauma but to also resolve the inner conflicts to which these experiences were bringing attention. Kelley lives from the perspective that *consciousness comes first* and is dedicated to being an example and teacher for others who wish to do the same. She continually reviews the works of a variety of authors dedicated to understanding consciousness and awareness to improve her own practice, and continue her self-discovery. A few of Kelley's favourite thinkers and practices include: John Veltheim, Esther Veltheim, Alberto Villoldo, Byron Katie, Linda Kohanov, Chris Erwin, Brenda Miller, Osho, Lao-Tzu, Ma Deva Padma, Robert Lanza, Dr. Bruce Lipton, Manjir Samanta-Laughton, Sylvia Muiznieks, Matrix Energetics, Reconnection and Reiki.

Kelley finds joy in her company Namaste Esperanza Retreat, Inc. which has brought her to a place of resolution and peace. At the retreat centre in Newport, Nova Scotia, conscious living pervades everyday operations and the lives of those who visit/retreat to the farm. Opportunities for conscious living happen on a regular basis from seeing one's self in the animals and nature to more formal explorations using Conscious Living Investigations and BodyTalk. For more information about Kelley and her work please visit RememberingConsciousness.ca

The culmination of Kelley's journey, knowledge, and experiences has resulted in development of Conscious Living Investigation. Welcome! We're glad you've arrived.

2. *In Service to Self*

Every moment is your life's purpose - Learn to experience it!

Conscious Living Investigation provides a safe space for you to explore a new approach and commit to the change it brings. The theory and exercises retrain your brain to operate from a different perspective. In fact, you will be creating a new default for the way you think, react, and respond. As you move forward with CLI your heart and your mind begin to expand to a point that 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 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 around you and embrace living without blame, shame or fear.

Fear solves nothing. Gratitude solves everything. It is possible to be grateful in every moment of your life, for everything.

Conscious Living Investigation teaches you to consciously parent yourself and develop the ability to:

1. Show up with openness and a whatever-it-takes attitude. Be ready to drop what you think you know and open to the idea that you don't know everything.
2. Show up and commit to taking responsibility for yourself.
3. Show up to a new awareness of your self that is larger than you.
4. Show up to resolve in every moment with confidence and a willingness to act no matter what.
5. Show up, laugh your ass off, and be light, dissolving the need to blame and moving yourself through fear-based survival (coping) to openness and expansion (surrender).
6. Show up in gratitude for every opportunity to collaborate with another aspect of yourself.

While we are so excited that you've decided to show up and read this book, we know there is no substitute for an in person experience and the personal guidance of one of our instructors. If you want to get the best results, show up in person at one of our many workshops and events.

Introduction

Conscious Living Investigation (CLI) is a tool and approach for a **sustainable** life. Living consciously creates a ‘**show up**’ habit, or the ability to be present to what is really happening. It also means being accountable and taking conscious responsibility for your life 100% of the time. Using the CLI steps can change all aspects of your life without delving into painful relationships, awkward situations, or anything else stressful or highly emotionally. Instead of another coping tool to manage and control your fears, CLI dives deeply into your subconscious to soften and release hidden beliefs that no longer serve you.

Through the process of investigating an emotional overreaction, we gather insight into what beliefs are operating in your life. Using the world as our reflection, we can see the part of ourselves we have rejected, effectively bringing the split mind back together and ridding the body of pain.

When we take our eye *off* the ball (person, situation, stressor) that is drawing our attention, the ego relaxes, allowing changes to happen quickly and permanently.

How you do one thing is how you do everything.

Everywhere you go there you are.

The Ego

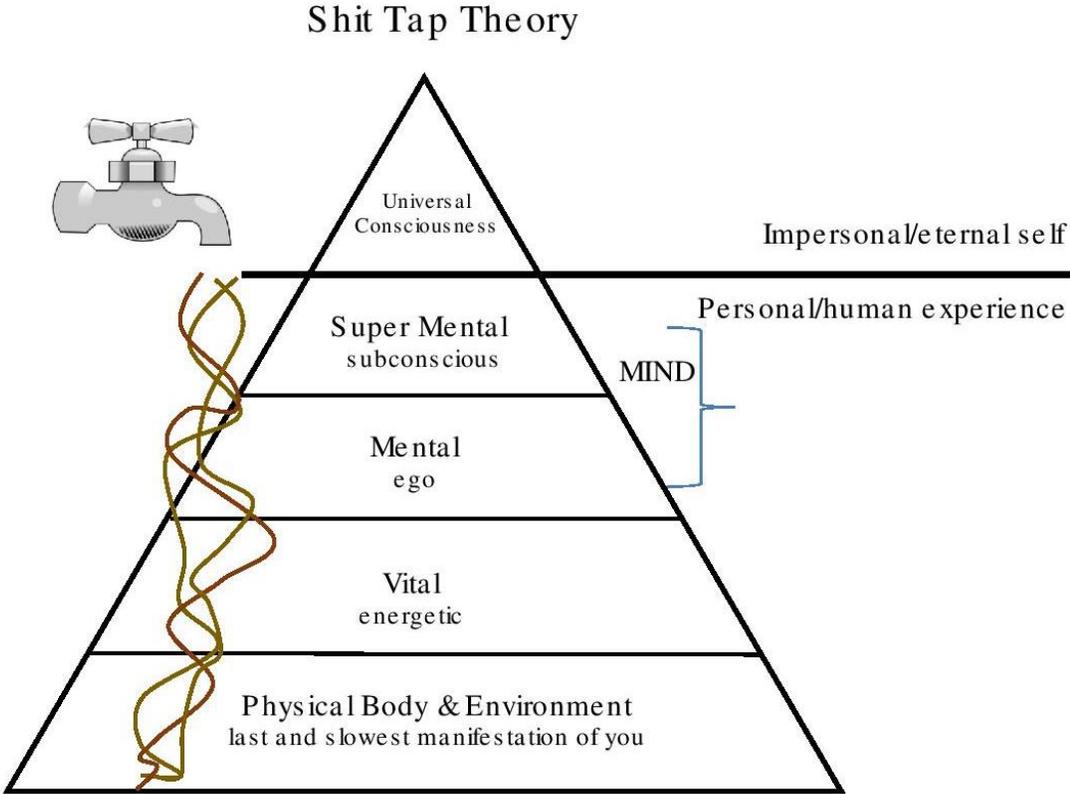
Every person has an ego, in fact, its the part of your brain with which you are most familiar. It creates the stories of who you are and what you want. The ego’s primary job is to keep us safe and it will use every tool and resource it has to do so. Fear drives the ego; fear is the only motivator the ego understands. Unfortunately, the ego’s strategy to keep us safe often means holding onto patterns, belief systems, stories, and dynamics that cause us pain and suffering. The ego doesn’t know that you can let go of a story and live without fear. Conscious Living Investigation takes a gentle approach to retraining ego 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 telling us that things are happening *to* us. It allows us to blame people, situations and things outside of ourselves. The ego hides the fact that we are responsible for ourselves and any of the conflicts, pain or suffering we experience. However, the people, situations, and things outside us are actually clues to what we are experiencing inside but are afraid, and unable, to examine. Shifting this perspective is the key to resolving conflicts and increasing self awareness.

3. Consciousness Comes First

Many of the great gurus and philosophers agree that all humans and everything in our awareness come 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 there is.

The idea of Universal Consciousness, or whatever word you choose to use, is so big that our human brains cannot understand the concept as a whole. To cope with this, we split the concept (and every other whole concept) into two extremes, time and space, causing us to experience reality as a duality. This is called the 'split mind' and healing it is the human journey. Every person experiences this; it is perfectly normal. This is the exact right place for you to be. For example, consider the concept of temperature. In order to understand temperature we have to divide it into hot and cold and compare it. Our understanding is always relative, without the comparison, temperature has no meaning. Humans also need to attach value to one extreme or the other - every person has a preference for hot or cold. The values we attach to one extreme or another become belief systems that help us cope and manage in the world. It is extremely difficult for humans to see something and not judge it as good or bad/right or wrong and we ultimately live our lives according to these beliefs.



Living as a whole concept would look very different than our distorted experience of duality, which is our current reality. Our dualistic interpretations of life cause the conflicts we see and experience, including illness and pain in our bodies. This perspective may feel strange to you, it may even feel terrifying. Living consciously heals the split mind and decreases conflict as we deconstruct our fear-based beliefs. Nothing can be right 100% of the time nor can it be wrong 100% of the time. Healing the split mind is also a return to Absolute. By embracing life as a playful illusion we live a very different, lighter, sort of life.

We are all Universal Consciousness at the top of the triangle. However, the light and wisdom from Universal Consciousness cannot come through the mess of the mind, the mental and super mental levels, and an essential part of our humanness. Both the conscious and subconscious mind are clouded by False Belief Systems which then get projected through and into the energetic and physical levels of self, resulting in a wide variety of health issues. As you begin to clear away the mess of the mind you are also changing your perception and awareness of who we are and how we got to be here. You are moving from accepting that this model may be true to knowing it.

The Birth of Fear

Can you imagine what it was like being in the womb? It was warm and comfortable, a place where all your needs were met and you didn't have to do anything. You were totally connected and aware of Universal Consciousness (God, Absolute, Source), in fact, you knew you *were* Universal Consciousness. This deep knowing was your essential nature and your birthright. All was self.

Happy Birthday! Everything changed at the moment of birth as every one of your five senses was assaulted by the world. All of a sudden your senses moved your focus outwards. What's that smell? Why is it so cold? Who turned on the lights? What happened!?! Birth is the single biggest trauma we ever experience. It is a physical assault. As your senses bombard you with information about the outside world, and you discover so many new things that don't seem like you at all, the process of forgetting Universal Consciousness begins. And having forgotten that we are Universal Consciousness is where many of us find ourselves today, feeling separate.

At the moment of birth we have two new, huge experiences - fear and sadness. We feel fear because we are now alone and can't do anything for ourselves. Our helplessness creates fear. The sadness derives from the rejection of Universal Consciousness, and to some extent, the mother. You have forgotten who you are and where you came from. Each person attaches themselves to one or both of these emotions and this is where the manipulation begins. Now our lives are driven and influenced by these emotions until we are able to resolve them within ourselves.

The five senses - touch, taste, sight, smell, and hearing - develop your conscious mind, effectively separating what goes on inside of you from what goes on outside of you, while attaching feelings and emotions to everything. Your senses limit and restrict your experiences of life and Universal Consciousness. If we processed all of the sensory information around us we would quickly be overloaded. Instead, only between 10%-15% of the information gets sent to the appropriate processing centres which the brain attempts to categorize and sort into belief systems. Then the

brain fills in the 85-90% gaps based on those belief systems and corresponding memories. Our brain will make sure we experience our reality in a certain way based on our 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 so that you can realize who you really are.

Belief Systems

Remember the ego, the part of your brain who is driven by fear and only wants to keep you safe? The egoic mind came into existence the moment you did, and with it came judgement of everything as a life or death situation. This develops into all of your belief systems, which were created between ages 0-7, and every single one of them is false. However, you now spend the rest of your life using them and defending them. The brain of a 7 year old is quite different than an adult brain; it only has about 25% of an adult's capacity and cannot identify or understand jokes, sarcasm or irony. You can imagine how the things kids hear are misinterpreted and how each one of us spends the rest of our life proving these False Beliefs to make ourselves feel better. The basic survival part of you needs to - for the ego its life or death. This includes believing we are a certain identity or type of person.

These False Belief Systems and ideas about ourselves are often so scary and painful that we do what any young kid would do - hide them. We hide a false belief in our subconscious while at the same time creating a mask that shows the opposite. We get very attached to the behaviours that mask the false beliefs and the stronger the mask becomes, the stronger the false belief becomes to balance it. Both the belief or identity we are hiding and the mask are False Belief Systems, we just allow the ones we accept into the conscious mind and show them to others, while the rejected parts are hidden for being too shameful and unsafe. However, you cannot *be* your behaviours. You can act them out, and you will until you resolve the inner conflict causing them.

For example:

Consciously I am very attached to politeness.

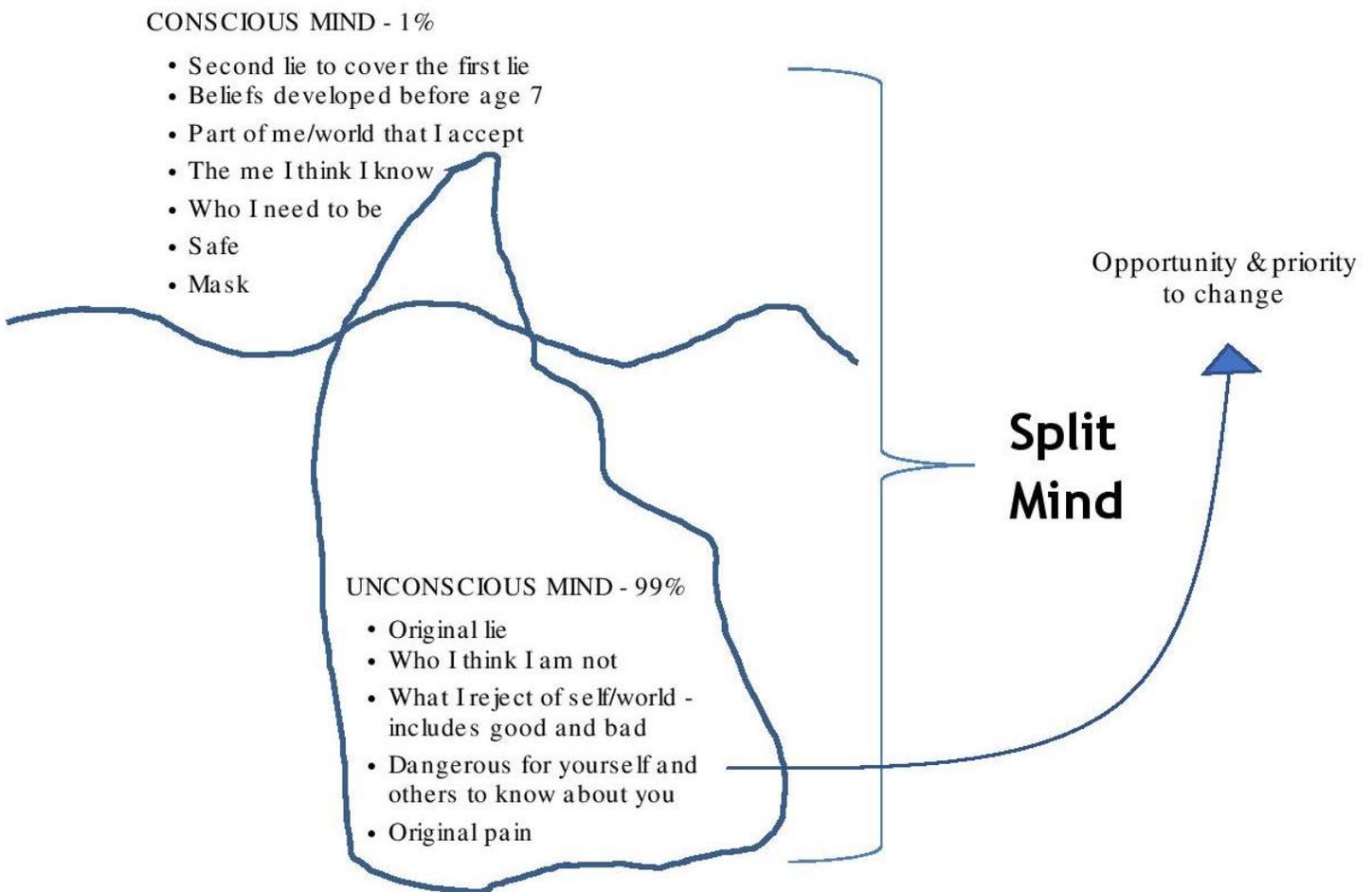
I want everyone and myself to be polite.

The more I demand politeness of myself and others, the bigger the wound I am hiding about the opposite.

In my subconscious, I believe I am rude.

In this example, the false belief 'I am rude' happened first. In order to cover it up, the mask of 'I am polite' was built over top. Both of these beliefs are false. Below the iceberg lies the original pain while another painful mask hides it. This is one pain hiding another pain. When this split becomes a priority and is ready to shift it will come into your awareness with clues of rudeness everywhere.

The subconscious mind is always working to show us our deepest wounds so they can be healed. However, we are unable to see our rejected selves because our fear stops us. Fear only allows us



to defend what we already believe, which is always 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. Or it may not be that obvious. Clues are around us all the time, you just haven't learned to notice them yet. Learning your own code teaches you to notice. Once you know that the world is constantly sending you clues for healing and resolution, you needn't feel threatened or fearful. You can actually experience gratitude towards any conflict or situation that gets your attention since it is pointing towards something you are ready to resolve. When we approach conflict in a playful, loving way we are releasing endorphins that help us relax during the process which is quite different than experiencing the normal fear or pain. You are everywhere and CLI works with your clues to move from a place of blame to a place of gratitude through complete resolution of the pain.

Now you can choose consciousness, which is where you came from, or you can choose the illusion in which you currently live. The good news is that the universe is always presenting us with opportunities to heal an aspect of our 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 self aware life. With each resolution a space is created, an opening, for something new to evolve. Life feels less rigid, controlling, and far less painful. Brand new perspectives result when we collaborate with pain and conflict to create peace and wisdom.

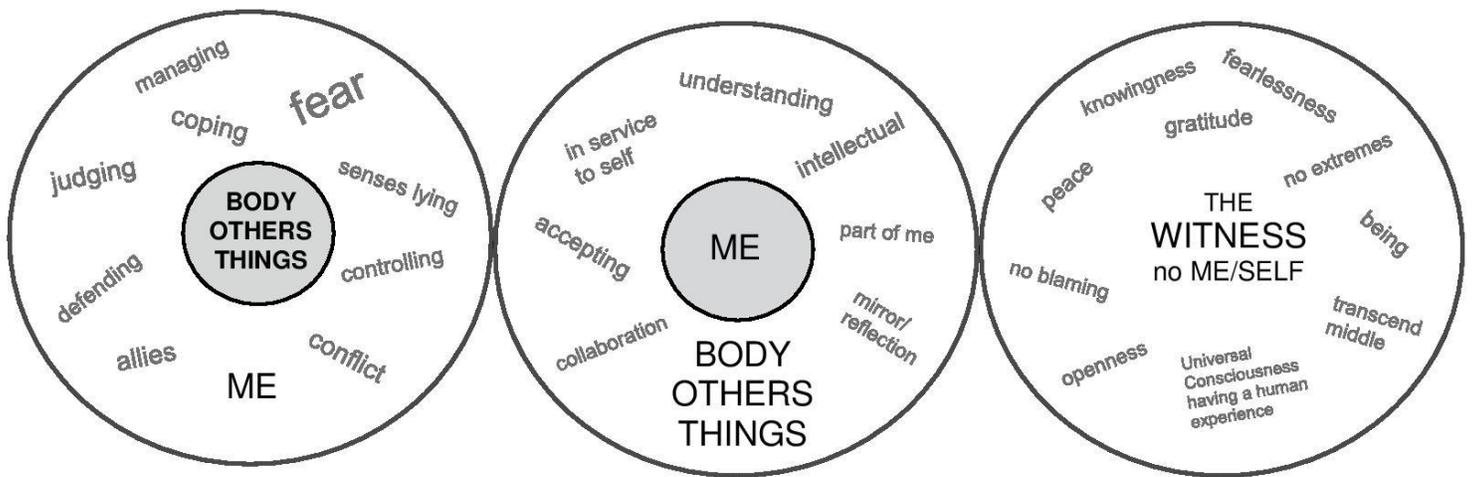
Remembering Consciousness

There is only one reason you experience life as a series of conflicts; everything other than you is living at the centre of your life”

- Kelley's interpretation of Esther Velthiem's quote

Your purpose in life, your human experience, is to know you are pure universal consciousness. These circles represent that journey from the personal to the impersonal which is ultimately knowing ourselves in our hearts.

The Real Human Journey



Although it seems backwards, we all start in the first circle because we have forgotten that we are Universal Consciousness. We act from our ego out of fear and neediness, making other people and situations responsible for how we feel. Everything is personal. In this phase of the journey our only choice is to manipulate to make ourselves feel better. We are always in service to an other but we call it selfless. This is driven by fear. If we put ourselves first in this circle we call it selfless but it is still driven by fear. There is no choice but to experience 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?’ Exploring these questions moves us into the second circle as we begin to understand that others are not ruling our lives. We understand the concepts and theories of how the world works on an intellectual level. There is acceptance of how the world works and an agreement to explore it as such. This increases our understanding and awareness of self and puts us in service to self. In this circle we know that everything outside of ourselves are clues and we become willing to work with ourselves in every moment. This feels less personal. The third circle is knowing that you are Universal Consciousness having a human experience. There is no need to accept or understand because you already know it to be true in your heart. Peace and fearlessness live here, whereas blame and shame cannot. It is impersonal with no conditions.

We can move between the circles and be in different circles on different issues or situations.

Death of Beliefs, Manipulation and Emotions

In order to attract something new in our lives we must resolve limiting beliefs, attachments, and judgements. This means accepting all of life. When that happens at a deep level it creates an opening for something new.

Each time we choose to become more conscious and work through limiting belief systems we go through the 5 stages of death and dying originally identified by Elisabeth Kubler-Ross. Stages 1-4 all have corresponding manipulative behaviours we act out in an egoic attempt to make ourselves feel better. By Step 5 we are ready to release and resolve.

Stage 1	Denial & Isolation	- defences
Stage 2	Anger	- allies
Stage 3	Bargaining	- proving
Stage 4	Depression	- victimizing
Stage 5	Acceptance	- willingness

CLI expands this process to include a sixth stage:

Stage 6	Resolution	- releasing/gratitude
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We go through these six stages over and over as we move through every overreaction.

As you can imagine, these stages are emotionally charged; emotions seem to be the glue that allows us to hold on and keep the story active instead of letting go. We have 5 key emotions:

Anger Fear Grief Worry Joy/Sadness

Identifying a priority emotion, and having a willingness to change, are essential to releasing the attachment. Instead of creating drama and upset with our emotions we can use the energy of these emotions as a warning sign or pointer towards a false belief system ready to shift.

Blame

Blame is assigning responsibility or fault to someone or something. It includes saying or thinking that someone or something is good or bad.

As children we learn that being blamed is dangerous, which also means that taking responsibility is dangerous. The ego blames out of fear and its need to keep you safe. There are two types of blaming:

1. **For something bad:** which is either:

- A. Blaming yourself (martyr)
- B. Blaming others (bully).

Both are conditional and make someone or something else responsible for your experience. Every complaint, including every little sigh, is a blame.

2. **For something good:** hero worship - involves blaming someone else for goodness or being great. Now they can never make a mistake. Putting people on a pedestal is also blaming.

We blame out of fear; we blame because it keeps us safe.

When belief systems are developed between 0-7, so too are habits of blaming. Most of us are attempting to be good because good often equals safe. Remember that consciousness comes first, resulting in an experience of *separation = fear = cycle of manipulation/overreactions/belief systems/habit of blaming*. Blaming is a cycle of fear cycle. Blaming, complaining, and all overreaction manifest in our behaviours. By doing this work we invite ourselves to move out of this cycle of fear.

Another common way to blame is to forgive or 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 that possible? Forgiveness is holding someone else responsible for you, putting yourself on the outside of the first circle. When we are the unfolding we know that I,

nor anyone else, had a choice. Your child self was doing the best they possibly could with the tools they had. There is no need to blame them, or for them to be forgiven.

The opposite of blaming is not taking responsibility, which you might think, but gratitude. It's not possible to work with these opportunities when we are in a place of blame. But what if we could collaborate with the event and grow and expand in gratitude? This is the path out of the 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 and gratitude is the key. Right now there is an opportunity in front of you to shift something. You are responsible for your world and you are the only one who can resolve it.

Change your mind; Change your reality.

4. *Conscious Living*

Investigation: The Process

These 5 steps have been carefully designed and structured to lead you from noticing a minor irritation to resolving an inner conflict and releasing a False Belief System. Each step builds collaboration with the ego so your defensives remain at rest and the ego is retrained to understand it is safe to change its beliefs.

Step 1: Find the Whisper (some thing)

Many times throughout the day we over or under react to situations. The big ones we are quite aware of but the small ones we often shrug off or ignore. If we worked with big stories, or screams, which often include family members or other people, our ego would get very defensive and work hard to maintain the story and beliefs you are ready to release. It is only trying to keep you safe. Choosing a **whisper** or less emotionally charged situation allows the ego to come along and learn that it is safe to let go and change.

HINT

If you are having trouble finding your whisper, learn your 'tells'.

Your tell is your unique coping pattern that is an automatic, unconscious overreaction. Its a give away that you are triggered. Some examples include coughing, sighing, rolling your eyes, wringing your hands, or rubbing your forehead. Anytime you respond with 'ya, but...' or 'seriously' or swearing (out loud or in your head).

Becoming present to your 'tells' makes you more aware of your complaining and blaming so you can do the work.

Briefly tell your story in the first person in the present tense as if it is happening now. Let the writing flow naturally for the language you use is important. You may need to rant to find the priority piece of the story to work with. Allow it to be funny.



REMEMBER: NO POINTING AT PEOPLE, including yourself.

If you are working with a situation involving another person, find **some thing** in the scenario you can blame. For example, if you and your partner/roommate are arguing about the heat, blame the thermostat or the furnace. Putting the blame on an object allows you to work with an emotionally charged situation without the usual egoic defenses when people are involved.

Whisper examples:

“There is bird poop on my windshield”

“The shampoo ran out this morning”

“The button fell off my coat”

Once you have a ‘THING’ to work with, fill in the following statements. Be specific about what is happening in that moment.

_____ ‘THING’ _____ should _____ (kid expression)

_____ ‘THING’ _____ should not _____ (kid expression)

Ask yourself questions like, so what? why? what happens when? and then? Figure out what part of the story hurts the most. To find the ‘should’ statement consider what the situation would look like in a perfect world. The word in the ‘should not’ statement may not be the opposite you would normally associate with the word you’ve found. Use little kid words to describe the situation. Remember, your little kid self made this up to keep you safe the best way you knew how.

Working with seemingly innocent annoyances using little kid language results in collaborating with the ego and retraining it to be more open to change. Please only use a word once, if the same idea comes up in another CLI, find a new word to work with.

Step 2: Draw the Iceberg, Identify the Emotion & Locations

Your little kid mind made up the belief that is ready to go so tap into that little kid brain and draw a floating iceberg. The word from your 'should' statement goes on the top. It's what you want or are attached to. The word from your 'should not' statement goes on the bottom. It's 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 entire iceberg and emotional charge. Consider the following statements:

'I am bullied'

In this statement, something is happening *to* you. You are experiencing a behaviour outside of yourself that is affecting you physically, mentally, emotionally and spiritually. In this statement, 'bullied' is responsible for how you feel. You are a victim.

'I am acting out bullying'

This statement embodies *consciousness comes first*. Your behaviour and actions precede what is happening outside of you. In this statement you are taking responsibility and putting yourself at the centre of your life. You also know that you cannot be a behaviour and you are grateful to have new information about yourself and an opportunity to heal.

Now that you've noticed where this lives in the thing you are blaming, find where the story lives in your body. Take deep breaths, place both feet on the ground and close your eyes. Scan your body and see what area is drawing your attention. Do you notice a temperature? a sensation? Find a place below the neck. Write down the area you found.

Every story, no matter how small, carries a range of emotional charges with it. Each offer 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. Connecting with the priority emotion resolves the entire story. The emotions to work with are:

Anger

Fear

Worry

Grief

Joy/Sadness

Once you've found it, draw the emotional charge around the iceberg.

When finding the location and emotional charge, trust the first thing that pops into your head. If you think about it too much the ego is now involved and running the show.

Step 3: Behaviours

Until we are able to resolve it, our pain and upset cycles, reincarnating events over and over again. You are always reliving the event and pain in your mind, which believes it is always happening right now. Every time we find ourselves in an upsetting story we will also find ourselves judging, defending, proving, and trying to control the situation to be safe. These are all manipulative behaviours we act out from a perpetual state of fear and sadness.

Every time I blame or complain I make something else responsible for my experience. Complaints are overreactions that are emotionally charged and present a red flag that alerts you to a faulty belief system 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 and managing. Every time we do these things we are making others responsible for our situations and ourselves. We use others to try to make ourselves feel better.

The behaviour you are acting out is hidden in the bottom of the iceberg as your 'should not'. Use little kid words. First point the finger at the 'thing' in your story. Blaming your mirror allows you to be more honest while blaming ourselves. Pointing at the 'thing'/mirror also allows the ego to relax and accept the change.

Remember that you cannot be a behaviour, which falls below the Universal Consciousness line on the Downward Causation Triangle. You can act it out but you cannot be it. Also remember, if *consciousness comes first* than I am everything and I created the bottom of the iceberg - it was the first lie to keep me safe. Then I created the mask on top of iceberg - the second lie to hide it. And if I created it, its only me that can change it. I cannot perceive that which I did not create. Then ask, where am I this FIRST? How did I do this FIRST to the object? Often this is conceptual.

A movie of all the ways you act out this behaviour in your life may start running. Acknowledge the movie, thank it, and then turn your focus back to the 'thing' you are blaming know that you get to collapse all of it by following the CLI steps. By doing so you are keeping the ego in collaboration, getting hooked in the bigger picture of your life will sabotage the process.

Step 4: Buts?

Once you become aware of how you have been acting out this behaviour through the reflection of the 'thing', ask yourself if you are in any way still blaming the 'thing'. Is there still an emotional charge? If so, there is something standing in the way of you taking full responsibility and moving from blaming to gratitude. Ask, what are you still blaming the 'thing' for? Is it the same behaviour or something different? You may have the wrong word. 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 pointing you deeper, getting more specific, so you can collapse the whole iceberg.

Are you in full gratitude? Does it feel amazing that you learned so much about yourself from this object and whisper?

Step 5: Taking Responsibility

Knowing that you cannot *be* your behaviour, belief system or emotion, you can now take full responsibility for creating it, acting it out, and letting it go. You are repairing a concept that your little kid self could not grasp and split into its polar opposites and hid. 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 gratitude, without shame or blame of self or other.

- A) Recognize that you are in service to self. You are taking responsibility and feeling grateful for your child self by understanding they made it up to keep you safe. You are also taking responsibility for having the courage to investigate and knowing when something no longer serves you and it is time to let it go.
- B) Close your eyes and become aware of a bubble outside of you. Feel your openness and use the emotion you found to allow the iceberg move from its location in your body into the bubble. Take deep breaths. Anything that goes in the bubble is portable and flexible. Feel the gratitude for the opportunity to learn more about yourself and how you talk to yourself. Experience heart-felt graciousness of what you have done and why it has really happened. Let the bubble go. If you need to kick or push the bubble, that is a 'but'.
- C) Bring the object into your awareness, give it a face, look it in the eye. Tell it 'thank you! Without you I wouldn't have this awareness'. Are you really grateful? Do you feel amazing? If not, go back. At this point you see the collaboration. You needed this object to show you a rejected part of yourself that was ready to heal.

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 yourself to be open to how things play out in 2 and 3.

Feel the gratitude in your open heart. 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. You are acting in service to yourself.

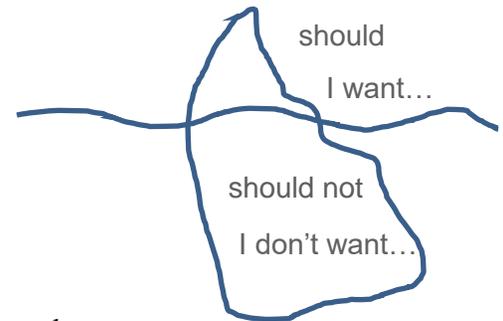
Conscious Living Investigation Summary

Step 1 *The Whisper - some thing*

Find a whisper, some thing that bothers you that you could ignore or are hopelessly coping with, but instead you are going to investigate. **DO NOT BLAME A PERSON.** Tell the story in the first person, present tense.

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

___thing___ should _____
___thing___ should not _____



Step 2 *Location & Emotion*

Draw the iceberg with the 'should' behaviour on top and the 'should not' on the bottom. Remember that both are False Belief Systems you are ready to release.

Sit quietly and find where this iceberg lives in your body, somewhere below the neck.

Next find the emotion that is the priority to work with: Fear, Anger, Worry, Joy/Sadness, Grief. Add the emotional charge to the iceberg drawing.

Emotion: _____ Location: outside the body _____
inside the body _____

Step 3 *Behaviours*

We can see how the thing you are blaming has shown you this behaviour. Next, figure out how you are acting out the same behaviour **FIRST** towards the thing. (This may be conceptual).

How was I acting out ___(bottom of the iceberg)___ towards the ___thing___ first?

Step 4 *Buts?*

Can I thank the 'thing' understanding that it was me acting this out all along? If yes, continue to taking responsibility. If you do not feel gratitude towards the thing, back up and investigate further. You may need a new word or new angle to take yourself deeper and release the entire iceberg.

Step 5 *Taking Responsibility*

Sit quietly with your feet on the floor. Take deep breaths. Go back to the part of the body where you found the iceberg and emotion. Recognize that you are in service to yourself by taking responsibility for what you made up as a child and knowing its time to let it go.

- Create a bubble in front of you and let the iceberg and emotion float into the bubble. Allow the bubble to drift away.
- Invite in the 'thing' from your story. Give it a face. Thank it for showing you an inner conflict you were ready to resolve. When it understands, let it go.
- Invite in another version of yourself, you may be older or younger. Let this person know that you are taking responsibility for your behaviours and that you have resolved this conflict. Consciously parent yourself. When your other self understands, let that person go.

Conscious Living Investigation Worksheet

Step 1 *The Whisper - some thing*

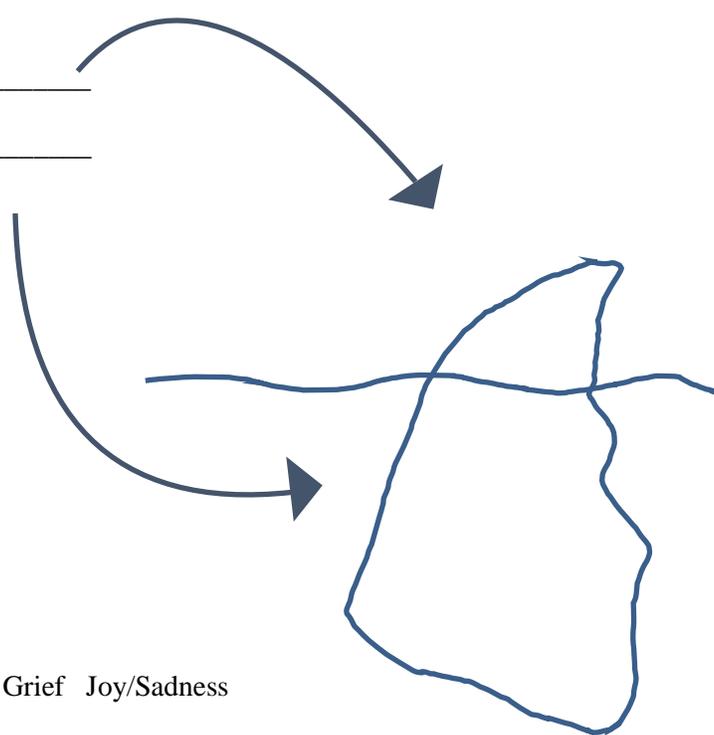
Write your story:

Find your 'should' and 'should not' statements:

_____ should _____

_____ should not _____

Fill in the Iceberg:



Step 2 *Location & Emotion*

Determine the emotion: Fear Anger Worry Grief Joy/Sadness

Find the location: outside the body _____

inside the body _____

Step 3 *Behaviours*

How was I acting out _____ towards _____ first?

Step 4 *Buts?*

Can I thank _____, understanding that it was me acting this out all along?

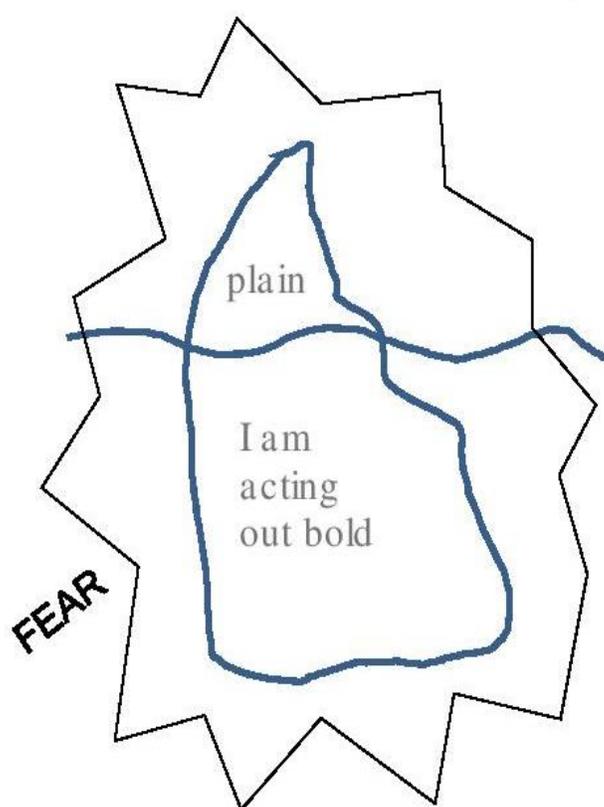
Step 5 *Taking Responsibility*

Conscious Living Investigation Example

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!

5. *You Are Everywhere*

Thank you for showing up to read this book. Thank you for putting yourself first. Thank you for giving yourself the gift of yourself. Conscious Living Investigation is a gift from your heart, from you to you, with love. 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 to realize you are the farmer; everyone has an inner farmer. The farmer 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 everywhere. Through reading this, 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 reflections are your biggest gifts. Each of these whispers is an opportunity to resolve yourself with compassion, humour and gratitude. CLI is a process that shows you it is possible to move from blaming to gratitude with grace, confidence and love.

My hope is that you will now commit to showing up in person 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 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 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 its always exactly right for that moment.

Just show the fuck up.

6. *Namaste Esperanza Integrated Wellness 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 centre of your life you are not only in service to yourself, you are also in service to the community.

Kelley Burry and her brand of conscious resolution creates an innovative and unique retreat experience. 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 on a picturesque 135 acre farm in Nova Scotia. The Retreat Centre boasts a spacious main house with full commercial kitchen, cozy living room with fireplace, recreational area, and an outdoor lounge and patio. Separate from the main house, the office, barn, and lake-side yurt also offer additional meeting spaces. The Retreat Centre is also home to the greatest teachers: Shiver, Simon, Granby, and Leo – the horses, Samantha and Delilah – the cats, and Missy the alpacha. A variety of homemade menu options are provided at each meal and accommodations can be made for dietary restrictions. The office building has an additional 2 bedrooms, classroom, office, and treatment room. After a full day of self awareness workshops, guests can enjoy the pool and relax in the deluxe hot tub. Customized retreat packages can be made to accommodate any individual's needs.

In 2017 Namaste Esperanza Retreats Inc expands its retreat offerings into Quebec, Saskatchewan, Alberta, and British Columbia. Soon Kelley's company and her brand of conscious resolution will be found in immersion workshops across the country.

7. 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.

8. *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.