

Conscious Living Investigation

An Excerpt from the Full Guide to Showing the Hell Up!



Developed and written by:
Kelley E. Byrne

Edited by:
Erica de Sousa
Donna Rehirchuk

Excerpt
November 2018

DEVELOPER AND PRESENTER: Kelley E. Byrne..... 3

IN SERVICE TO YOURSELF IS THE ONLY PURPOSE 6

CLI OUTCOMES..... 10

INTRODUCTION..... 11

CONSCIOUSNESS COMES FIRST 15

THE MIND..... 18

DOWNWARD CAUSATION 22

BELIEF SYSTEMS 24

DOUBLE ICEBERG THEORY 26

THE CONSCIOUS PARENT 27

REMEMBERING WHO YOU ARE 28

DEATH and DYING STAGES of FALSE BELIEFS 30

EMOTIONS 32

BREATH 32

FORGIVENESS..... 34

THE CONSCIOUS LIVING 5-STEP PROCESS..... 35

CORTICES TECHNIQUE..... 43

EXAMPLES 44

THE FARMER STORY..... 46

YOU ARE EVERYWHERE..... 47

NAMASTE ESPERANZA RETREATS 48

DEVELOPER AND PRESENTER: Kelley E. Byrne

B.P.E., B.Ed., Adv. CBI, BAT, Adv. CBP,
Full Mesa Shaman, CEO Namaste Esperanza Retreat Inc.



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.

So I'll ask you again

Is it HOLY SHIT time yet?

We've provided this excerpt from the full CLI Manual to give you an idea of what we are offering in our CLI classes and workshops, and the potential impact it can have in your life. We've left the full Table of Contents to give you an idea of what follows in the full manual, including more discussion on consciousness, our human journey, and the steps you can take to start consciously investigating and changing your life. We've also included on the follow page a guide to the Cortices Technique, an excellent tool for calming the brain as it takes in and integrates new information. Its part of our CLI process and we hope you'll use it.

Every CLI student uses this Manual as they develop the skills to become more self aware and live a heart-felt life.

We've designed many ways for you to join us, no matter where you live, no matter the time zone. You can:

Join our online conscious community in the [Show the Hell Up 'Hood](#)

Purchase the [full manual](#)

Show up for an in person or online class: [Show the Hell Up Calendar](#)

Watch videos about [consciousness and the CLI process](#)

Learn even more on [YouTube](#), [Facebook](#), and [Instagram](#).

Once again, we are so glad you've arrived!

CORTICES TECHNIQUE



BodyTalk Cortices Technique Quick Reference Guide

© Copyright 2017 International BodyTalk Association

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, lightly tap the head, then the sternum, then the navel 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, sternum, and navel, alternating for two full breaths.



③

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.



④

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.



⑤

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, sternum, and navel. After each head-sternum-navel 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.



⑥

