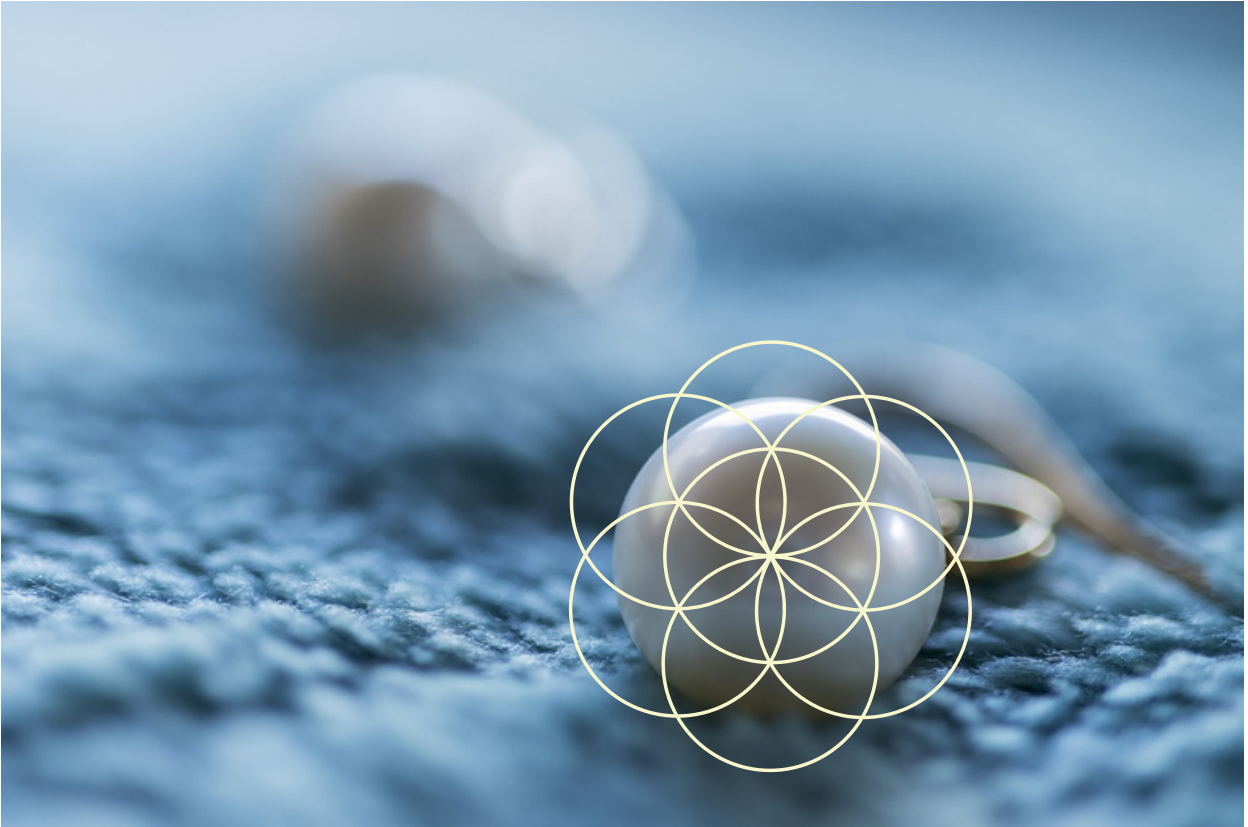


TREASURE



The Seed of Life
Module 2

- # Stage 1 Excavate: Excavating Mental Programmes

Video Transcript

We started Stage 1 Excavate by priming your consciousness. In the earlier module, we looked at Sacred Geometry, and there were 2 practices that we did to begin immersing your consciousness in these divine patterns. First, you learnt about the Flower of Life, and did an open-eyed practice of contemplating or meditating on this mystical symbol.

Then, we moved on to the Seed of Life, you learnt how this symbol is embedded within the flower of life, the seed of it can be found here. In Module 1, there was an intellectual teaching that gave you a foundational understanding of Sacred Geometry, of both the Flower of Life and the Seed of Life. You then had an experiential understanding as you did these practices.

By utilising both hemispheres of the brain, by bringing online both the logical, language-based parts, as well as the intuitive, image-oriented sides, you are effectively consolidating your learning in a whole-brain way.

You also did a couple of practices from a sister circle excerpt that helped land the teachings here in a somatic way. Through the practice of tapping and self-havening, you learnt that it's possible to regulate your nervous system, to bring your being back into balance whenever stress arises. Understanding that you are the co-creator of your life, that you get to emerge from, to rise out of your shell instead of being broken from the outside, is a powerful reframe. And incidentally, egg shells, which are rich in minerals like calcium, potassium and magnesium, make a valuable addition to any soil.

So let's now come back to the metaphor of gardening. In the activations you did, and in the teachings that you absorbed, what you were really doing was, you were tilling the soil, preparing the earth, working on it in order to plant seeds and grow your crops. You were actively engaging with the field of consciousness by amplifying the harmonious vibrations of these sacred symbols throughout your being. As we continue onwards in Stage 1 Excavate, you will further deepen your connection with universal wisdom and awaken your intuitive understanding of sacred geometric principles.

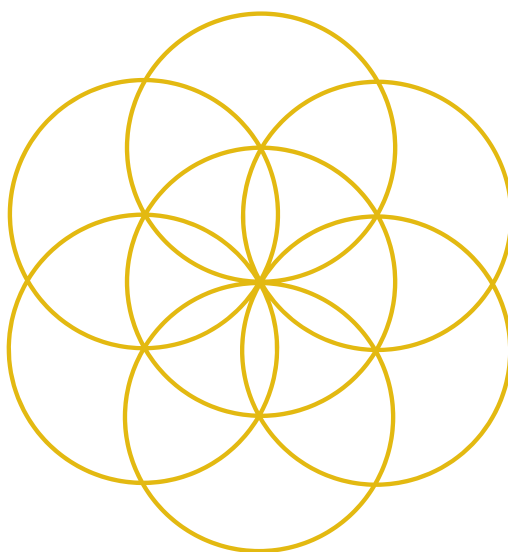
In this Module, Module 2, we're now going to enter into the realm of thought, and excavate your mental programmes. By further tilling the soil, we're going to work on clearing out mental debris, to dig out the roots of limiting beliefs which you had formed at an early age. We'll be using tools from psychology and neuroscience to do this so you can experience your thoughts, the way you think, in a new way.

The geometry in the seed of life invokes inner peace and interconnectedness because there is balance, harmony, and proportion in its design. By extension, in our mental universe, it's important for our thoughts to be balanced and harmonious. Unfortunately, that's seldom the case. All too often, you may find yourself caught up in mental loops, or harsh, judgmental, critical thoughts about yourself and others. These are toxic weeds that needs to be pulled out before new seeds can be planted. So what can we do? Coming back to the metaphor of gardening and the first step: we prepare the soil, we till the field of your mind.

Tilling is the practice of aerating the soil in order to allow moisture and air to permeate. This creates a favourable environment which allows the seeds you

plant to germinate. Now that the soil has more space because it's not compacted together, this also encourages root growth. And by making sure that the nutrients in the soil are well balanced, this helps to control the growth of weeds. Finally, we also want to make sure that we integrate fertilizers into the soil to support growth and flourishing.

When we till the field of our mind well, then the new, empowering seeds we plant can really thrive. We move from disorganisation to organisation: whereas in the past, weeds that were dispersed landed in the soil of your mind and just grew without careful deliberation or choice on your part, you are now exercising your role as co-creator, as landscape gardener. So put on your gardening boots, have your gear ready, and let's begin!



Tilling Your Thought Field

Video Transcript

Here, you're going to learn how to improve your ability to examine your unconscious blocks, to grow your awareness by deconstructing your thought process and making room for the new to land.

When we aerate soil, we're introducing air so there is room to breathe. What we're doing is, we're supplying oxygen to the topsoil. We're making holes to allow air, water and nutrients to penetrate. Using language from the Aligned Woman's Way, we are making and creating space in the topsoil of your mind. As a grown adult, your mind field is more likely than not to be filled with overgrown beliefs and stories about yourself and about the world. It's not ideal to start planting new seeds if the land isn't cleared of what we don't want.

From an early age - when you absorbed information at the pre-verbal level, right up to the formative years of your adolescence, and even up to the ages of 25 when your pre-frontal cortex fully develops and matures -, you have been taking in data and information without always consciously thinking things through. Neither was it always by free will or deliberate choice. Some of this information turned into unconscious blocks, which are interwoven in your perception of the world, and can be hard to see. And so, these unconscious patterns that were taken in early on have modified and shaped how you think. This means that how you look at things, how you interpret and make meaning passes through the lens, or filter, of your unconscious thought patterns.

On an energetic level, the frequency of these unconscious thoughts align, and therefore draw in and magnetise, beliefs and narratives that are an energetic

match. For instance, if you had grown up in an environment that adhered to a poverty mindset, you would have picked up thoughts aligned with scarcity, ideas about how there isn't enough to go around. As you go through life, your field will resonate, pick up experiences, and form judgments that reinforce your beliefs around lack and not having or being enough.

This can be a vicious cycle: your unconscious beliefs attract more of the same, and you continue to form new interpretations of the world based on these unconscious beliefs. But once you see how your thought patterns shape how you think, how they align with the energetic trajectory of your unconscious thoughts, and dictate your life, it's then possible to break out of it.

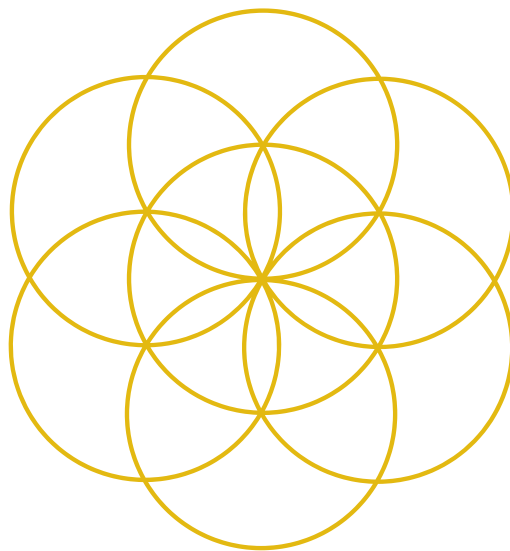
So let's go deeper into understanding the mechanism of mind, perception & projection. 1 of the most important things you can do in order to discover your TREASURE is to become aware of your thoughts - your mindset and perspective. The work here is to polish your mind so it becomes a radiant jewel, a prized treasure.

"Your thoughts are your message to the world. Just as the rays are the messages of the Sun." Amit Ray.

Now, to do that work of tilling or polishing, I'm going to bring in Metacognitive psychology. Meta, meaning outside of, cognitive meaning thinking, so metacognitive refers to thinking outside of our thinking. Research from neurologists and psychologists show that we have 60-90,000 thoughts a day, but only 10% of these thoughts are in the conscious mind. So 6-9000 conscious thoughts a day, which is still a lot if you think about it. In fact, have a think right now, how many thoughts have you had so far today? That depends on what time of day it is for you, of course. Now, how many of those thoughts can you remember? Probably not many, and

there are so many. The way I like to think about it in metacognitive psychology is that these thoughts are popping up from the subconscious to the conscious mind, much like a cork pops up to the surface of the water and becomes conscious. So 6-9000 of these corks popping up all day long. Imagine that.

There are now 2 practices I invite you to do to enhance your understanding of your thoughts.



The Tumble Dryer

Video Transcript

We might think we have negative thoughts. Sometimes we might think we have positive ones, but really, every thought that pops into your head is neutral until you give it a meaning. And this is really important. There's your string of thoughts, there are these corks popping up, and then there's you, the watcher of the thoughts, and it's this watcher, this observer, that judges the thoughts and gives them a judgment: Is it positive? Is it negative? Is it neutral? Is it somewhere in between? Your judgment determines the quality of the thought, you'll see it as positive, which means it's good, or negative, which means it's terrible, etc. So you've got all these thoughts coming into your mind, and you actually have a choice on what you do with the thinking.

This is actually what creates stress. When you think about it, most of the stress we experience is because of our thinking. If you think about the present moment, right now, 99% of the time, everything's actually okay. But it's your thoughts about the future, or ruminating about the past, that is creating a physiological response in your body. Because, as we know, the mind and body are so connected, and you're always having a physiological response to every single thought. Which means your stress level is dependent on the quality of your thinking.

When you have a negative thought, it's actually not a negative thought pops into your head that says, Oh no, what's everybody going to think of me if I share something that feels very vulnerable to me? Everybody is going to think that I'm such an idiot. Or who does she think she is, what is she doing this for? And what a load of nonsense you've got here, all this judgment going on.

When we slowly unpack this, we realise that there's a first thought, this might be 'I want to share something and put it out there. I might try.' It comes into your mind, and this is the trigger thought. By trigger, I mean that it's the thought that sparks it all off - the first thought. And that first thought, If you don't let it go, you grab onto it. It becomes a train of thought, with additional carriages fitted in.

It's like taking a rock and chucking it into a tumble dryer, and then when your first thoughts are in there, all the other thoughts come around, like I just demonstrated. I might share something, oh no, but what if people think I'm stupid? What if I make a mistake? What if I get tongue tied and everyone's looking at me? These are worst nightmare scenarios, and you start tumbling it around like you've pressed 'start' on a tumble dryer. Now if there are six rocks in there, what do you think would happen to a tumble dryer after about three minutes of having all these rocks spin around inside? They'd probably start making a lot of noise, your machine may start to smoke, maybe it would fall apart.

This is what happens to you when you have three minutes of these rocks tumbling around inside the tumble dryer of your mind. Your body says, Oh, this seems to be a stressful situation, because, again, the mind is just believing what it's seeing in its imagination. It's seeing events happen, in this case the worst nightmare scenario, it's seeing it as if it's already happening. Your mind doesn't realize it's not real, much like when you imagine taking a bite into a big juicy lemon - just by saying this and imagining it, my mouth automatically starts to salivate. Although I know there is no lemon, but the picture I'm getting in my head is creating a physiological response in my body. You're probably getting the same now, just me talking about biting into a really sour, juicy lemon.

So we get immediate physiological response when we have stressful, anxious thoughts, thoughts about all the things that could possibly go wrong, or all the things that happened. By ruminating, you're going to get a stress response because the body wants to help you. This is important to know. The research shows after three minutes of being stuck in this mental tumble dryer, a psychological phenomenon happens. The technical term for this is cognitive attentional syndrome, also known as CAS. So CAS and tumble dryer can be used interchangeably here.

Now when you're in CAS, you are not in the present moment anymore. You have lost touch with the present moment, and now you're in some imagined future, or you're ruminating over your perception of how something went down in the past. So what are you doing when you're in the tumble dryer? The trouble with it is, it's so entertaining when you're in there. I'm sure you have had experiences where you got completely lost in your thoughts.

So what do you do if you're stuck in the tumble dryer? How can you make sure that you don't get stuck in there and create more stress response in your body? Well, the first thing is, you do tend to get a physical response. So that's the first clue that you are in the tumble dryer. Let's just practice it now so you can actually feel what happens in your body: try to think of something, something that you're worried about, because worry is what creates stress. So close your eyes for a moment, and think about something that you're worried about, think of that, and I want you to sit with it for a little while. If you need to, you can pause the video to give yourself a while to really experience what it feels like to worry, and just let your mind run free with worry, and then start to notice after a few minutes what that feels like in your body.

So as soon as you feel that, that's your wake up call, oh, I'm stuck in the tumble dryer. And you'll probably have to ask yourself, what was I just thinking about? You have to get conscious about the thoughts that were going on, because you weren't really present, your thoughts were running like a film, and you need to become aware of what's the thinking that has created this feeling of stress and discomfort. Once you become aware of that, then you need to ask yourself 3 questions:

To help you get clear about the situation, the first question to ask is this: Is this thought about the future or is it about the past, i.e. what direction is my tumble dryer turning in? Is it going towards the future? Is it a worrying and anxiety type thinking, or is it going around, around about the past, about what you had said and what could have been done differently? All those sorts of thinking about the past or future both create a response in the body. If it's the future, which actually most of the time it is, we tend to be worried as we project threats into these potential futures.

So close your eyes again, I'd like you to have a physical experience before going further. I'm going to give you a thought about something that's going to happen. I want you to just imagine that you're sitting in a car, and it's just you in the car, and all your hands are handcuffed behind your back, and the car is going pretty fast. There's a massive rock on the accelerator, and you are careening towards a cliff. You don't know how far down the cliff is, it's just coming closer and closer and closer. So how are you feeling around about now? Probably scared, Oh goodness what am I going to do? Perhaps you're thinking there's nothing I can do. My hands are handcuffed. I can't move this, I can't move this thing. The doors are all locked. I can't escape, I

can't get down. If you keep focusing on the problem, then you go over the cliff. But, what if you stopped and said, Hang on a minute. What's the situation here? Okay, I'm in a car, I'm handcuffed, and I can't escape. Oh, there's a brake pedal. Oh, there's a clutch. If I press down on both feet now, the car's going to stop. How do you feel now? Probably relieved. The only reason that you're not going over the cliff is because you stopped worrying and you moved into solution, focused thinking.

The more you focus on the problem, the bigger it gets. You never solve anything. We often think, if I just worry about it enough, then I'll solve the problem. No, that rarely happens. If you're worrying, switch to solution focused thinking. Oftentimes we have this idea or belief, that if we just worry enough, we'll get somewhere. But worry is always a waste of time and energy,

So to pattern interrupt, a follow up question to ask yourself is this: Why is it so important or necessary for you to worry? What are you getting out of it? What do you hope to get out of it? There are 4 main common reasons where we believe there is a purpose to worrying, that it helps us get so worked up that we take action: One is, could it be, if I just worry enough, then I'll find a solution. Or oh, I need to worry about it because I need to be prepared. You may think you're preparing somehow, but you're not. You are doing anything but preparing. You're not sleeping well, you can't concentrate on what it is you need to do.

Another big one is control: if I just worry about it, it makes me feel I'm in charge. What we convince ourselves of, we're actually getting the opposite. It

ends up being a self-fulfilling prophecy. Another one, a sneaky one, is I need to worry. Because if I love this person, I'm concerned about this person, of course I need to worry about it. But think about it, are you really loving this person more by worrying about them? Perhaps as a child, from your experience of your own parents, it didn't feel that loving. So these are the big four, here are the reasons we give ourselves.

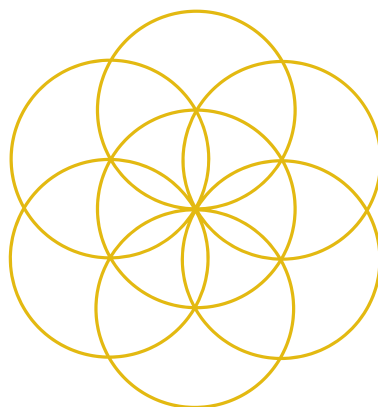
What I have just demonstrated here is a meta cognition, an understanding of what's driving our thinking, we're unpacking and coming up with reasons for why it's important and necessary to think about something that creates stress. And here we have a key principle that's important to know: you never do anything unless you believe there's a payoff. Human beings are lazy creatures, and brains are lazy. We're not going to use energy unless we feel there's a payoff. So the second you realize that something is a waste of your time and energy, it's like pulling out the plug on that tumble dryer.

Let's recap. The first question to ask yourself is: Is this thought about the past or future? What is the situation? The next question is, what are the options you see in the situation? For instance, when you're in that car, if you stay on, what's going to happen? Keep broadening the possibilities here: What else? What else? What else have you got? Your feet here, you've got two feet, you can use those. As soon as you start considering options, the mind suddenly finds a way that it didn't see before, and you find a way out all through.

Now, what if the thought is about the past? What if your mind keeps going over, re chewing things that have happened in the past? Here are questions to ask yourself: what is the situation? What happened actually? What were the effects of what happened? What were the consequences? And then there's the only really important question, when it comes to the past, that's worth looking at: What did I learn? The only point of ever looking back is to learn. So that's really what your mind is going for. When it's going over and over and over things, it's really trying to get the lesson. So just shortcut to that, what's the lesson? What do I need to learn from this? Take the learning and move forward and put that into your next decision making.

YOUR PRACTICE

1. Is this situation about the past or the future?
2. Is it important to worry/ruminate about this? Will it help?
3. What are the options I can see in this situation (future)? What did I learn, and what will I do different next time (past)?



The Armchair Exercise

Video Transcript

Ok, we've just spent a bit of time unpacking our thoughts. You now realise that we usually have a string, or a train of thoughts, there's a trigger thought, the first thought that pops in, and it's neutral in nature. What we attach to that first trigger thought, is a series of thoughts that tends to be negative. It tends to be either worrying about the future or ruminating about the past. A huge percentage of your time and energy is spent on this.

Now, if you have a choice, you probably don't want to think every thought that comes into your head, because it doesn't always add value. That's real freedom, freedom in the mind, and we're going to practice this because it's not as easy as it sounds. If it was, we'd all be doing it. But we do get taken over by our thoughts. We do get stuck in the tumble dryer without realizing it. They're very entertaining little movies we create. So here's a practice that really has changed my brain and my life, and everything in my mind is actually most of time pretty quiet. This is the practice that has helped me, and it's very, very simple. It just needs to be practiced twice a day for two weeks. To help you stay accountable, because it's so easy to do, but it's also very easy to not do, I'm going to take you through it now, and I've also provided 3 audio recordings that you can pick and choose from to make it fun, and to help add some variety. You also have this video, of course, if that's what you prefer, and here I'll explain and go into the details more. Just so you know, the audios are timed for three minutes, and we'll also go for 3 minutes here.

So let's begin: close your eyes and just see yourself standing in an empty room, in front of you there is another doorway, and this doorway is representative of the subconscious mind, the room that you're standing in represents the conscious mind. And now I want you to place an armchair somewhere in the room, and you can choose however it's going to look whatever the fabric it has, what size it has, and just see that nice, comfy, inviting armchair there. Standing between the opening of the doorway and the armchair. In a moment, a thought is going to come from the infinite dark space, in through the door, and as soon as you see this thought, without judging it as positive or negative, and it happens pretty quick. So if you can without making any judgment, as soon as you see it, just lead it to the armchair and just sit it kindly down, then look back to the door opening again. So you're looking out through the door and another thought comes in. Same thing again, you are the watcher of the thoughts, and you're placing your thought over in the armchair. You're not engaging, you're not judging it, you're putting it straight in the armchair. These are the trigger thoughts that pop in, and they're not going to turn into anything, because they're going straight to the armchair the second you see it. So if you find that you accidentally get caught up in a train of thought the second you realize it, that's great. Just grab that train of thought and put it in the armchair. Come back to being a watcher and look at that doorway. Again, and just keep doing that with every thought that comes. So we're going to do this now for another 3 minutes. Just keep your eyes closed, and I'll let you know when the time is up.

Ok, so how did you go with that? Did you have a lot of thoughts? Was it quite quiet up there? Did you find that you were judging the thoughts? One thing that clients often share is that they think they should put all the negative ones over in one corner and then place the positive ones over to another side.

This can be a really fun experience, watching the thoughts. Maybe a thought about Grandma appears. You lead Grandma to the armchair. As you do that, maybe you think, Oh, I love grandma, I'm so happy to see her. But no, none of that because now you've judged it. You just need to go, grandma. Next thought enters: Oh, aren't you Grover from Sesame Street? Next thought, a sesame seed, whatever comes into your head, you just go straight over without any judgment. If you can, because it's not about separating them out or saying the positive ones are okay, the negative ones are bad, the positive ones are okay, they're all neutral, and you're letting them go. You are remaining present. And what you'll probably feel once you get practiced at this is you'll feel really peaceful, because as the watcher, everything's perfect, everything's ok. It's only the thoughts that disturb us. This practice is called detached mindfulness, where you are remaining just as the watcher and not allowing yourself to be drawn in. If you get drawn in, wake up as quick as you can, as soon as you become aware that you're on a train of thought then you can go oh, I just woke up. I just became aware. It's natural to keep getting caught up in trains of thought. It does take practice, but every time you wake up to being in that train of thought, you are moving it over to the armchair.

Another metaphor is one where you're standing on the platform of a train station, and along comes a train. Now the old you, or most people, will just go, oh, this train, and they jump on it. But you don't have to get on every train that comes into your head. So you can stand on the platform and be present, that's being the watcher, and go, oh yeah, I see that train, we have 6 to 9000 conscious thoughts a day, that we are aware of, so there are many trains that come and go, they are like the clouds, and it's only when you grab onto it that it turns into something.

In this practice, you can just let each thought go and have more choice over which trains you get on. For instance, if it's a grandma train. I love thinking about grandma, but then remembering that she died, and of course, perhaps that train of thought will make me sad, but actually, I know that's a safe train because I have some great memories with her. I can actually connect to her. I can feel the love of my grandma when I get on that train. So I'm going to get on that train. It's a good train, whereas any of the other trains that you know are not worth spending time on, you don't have to get on them. And this is not about avoiding your issues. Here, you are spending your time in your own mind. You've got to be with yourself every day for the rest of your life, so you have to learn to keep it tidy. Taking a leaf from Marie Kondo, only choose what sparks joy, and let the rest go. If you've had a house of monkeys that have been going nuts for years, there's a new ringleader in town now, and things are going to change around, things are going to be much more orderly.

Now, here, even though we're just working on a conscious level, the subconscious mind is also learning about your preferences. The conscious mind is the mind of choice, and the subconscious mind is the mind of preference. It's much like how, when you watch a certain type of show on Netflix or youtube, the algorithm tracks and makes suggestions. It gets preferences for who you are, so when we do this exercise of choosing which trains to get on, we are consciously making suggestions based on what you desire to focus on, and the subconscious mind will respond.

So whatever you are repeating is wiring in and becoming stronger and stronger, you're getting more of it. It's so important to have this awareness, because you're teaching yourself what you want. You are talking to yourself: if you're worrying all the time, you're drawing more of that towards yourself. So have more awareness around this mental habit of worrying, if this were to become true, would I want that? If this thought I had right now, this manifested, would I want it? And if you say no to that, then that's your thought, and it's time to find solutions, or a better thought, because you want to be moving towards what you focus on.

I really recommend practicing this because it is so worth it. If you have a regular meditation practice, you may already have experienced something similar. If not, do this exercise for the next 2 weeks, practice it twice a day, and make sure that it gets wired in. After a while, it's going to be installed in you like an app that opens up, that just keeps you in the present moment. Soon, you'll find that you're doing it naturally, when

you're at the traffic lights, and with your eyes open, you can observe your thoughts and make an empowered choice. Use that choice and tell your mind what you want more. This is a fantastic tool, so start practicing it, start installing this ability. It is going to be such a blessing in your life as it has been for me, and I hope you enjoy using this tool.

PRACTICE

You have 3 audio recordings that you can use throughout the next 2 weeks to practice this metacognitive exercise of watching/observing your thoughts.

Each audio is approximately 4 minutes long, and you are invited to do this practice twice a day, ideally once in the morning, and once during the later part of the day.

