

PROJECT:

Love, Me

— By Rachel Harvest —





Dedication

FOR MY MOTHER
AND THE
MOTHER WITHIN.

YOUR JOURNEY STARTS HERE

Relieve Stress & Anxiety

Build Confidence

Balance Emotions & Improve Communication

Through the Art of Knowing Yourself.





Project: Love, Me

INTRODUCTION

TO YOU,

My story is a self-made story, one with no regrets, a lot of mistakes and, throughout, an unwavering belief that life would guide me to whatever the next step was for me to realize my purpose.

It was mayhem at home, hands-off parenting from two who just did not have the capacity to show up, love and guide my brothers and I. From the start, I knew it was going to be me getting myself wherever I was going.

I started dancing when I was 3 and immediately decided it was to be my career. I missed “normal” childhood to train and dedicate myself to the ballet art form. I learned discipline and technique. Integrity was fed into me day in and day out and, simply, became my norm.

I have never been a perfectionist. I have never thought I needed to be perfect. I just understood there was a way things were meant to be done and I did what I was told and I got to be what I wanted to be.

When I got too old and just not good enough to keep going, the depression set in. It had not occurred to me that I was traumatized by my childhood and that, even though I gave everything, there could be an end to what was possible for me.

At 28 I had a breakdown. All of the feelings and emotions I had shoved down to achieve came bubbling to the surface and exploded out into this new person - a highly sensitive and scared mess.

Project: Love, Me / INTRODUCTION

I spent many years in therapy and self-development work attempting to overcome my sensitivity. It seemed everyone around me agreed that it was a handicap and that, in order to function in the world outside of my art, I had to learn to stop feeling so much.

While I attempted to work the awareness out of me, I achieved more and more. I got my masters in clinical nutrition at New York University, opened a private practice, studied Dialectical Behavior Therapy, Cognitive Behavior Therapy, Mindfulness, Life Coaching, Shamanism, a myriad of spiritual teaching and practices, yoga, pilates, aerial dance, Ayurveda. You name it, I became an expert.

I brought all these skills into my practice and sat there waiting for my clients to come to me. I found it impossible to put into words what exactly I had to offer and whom I was aiming to offer it to. There were so many skills and modalities and tools for the tool belt of self-care but, I could not put my finger on who they were meant for.

Then, they kept coming - the highly sensitive. One after another, clients arrived for weight management, eating disorder treatment, gastrointestinal problems, etc. Consult after consult brought us to the same conclusion - each was a highly sensitive person trying to fix his/her/their sensitivity and suffering as a result. Food was their medium, self-denial their method.

The “a-ha” moment came when I wholeheartedly accepted my own sensitivity. I developed a project that would support me and create a language for my clients all the same. That project is called *Project: Love, Me*. It is designed to be a lifestyle training tool where one chooses, day-in and day-out, to honor, respect and accept him/her/themself.

Instead of using the “harvest” of tools, techniques and method I was licensed and trained in to heal sensitivity, I began to employ them to support maintaining a sensitive soul and letting him/her/them shine. Though I still give my service as a dietitian, my work has naturally progressed to include contracted personal coaching. Sensitivity is a



super power that I intend to foster in my clients so they can use it to sense and respond to what is needed and, confidently, change the world for the better.

When *Project: Love, Me* came to me, I knew I was downloading a new language. I knew that I had to become a student to these words, to live my message and connect with those I coached as equals. I would only be able to communicate this language if I was truly proficient in it myself.

I sat down to write a list of the things that make me feel free. I sat down and thought about everything that made me feel small and listed the opposite. I sat down to create for myself the things I needed to be to live my truth.

When that list was done, I promised myself that everything I would do, every project, every relationship, every single action I would take, would embody this list. Every person has different dreams and... we are all cut from the same cloth.

I am you, you are me.
You have to be, for you,
Everything you need.

Project: Love, Me / INTRODUCTION

I sat down to write this book to inspire your freedom and the life you dream of becoming the one you are living. Make this book the transcript for your becoming. Because, you will become everything you ever dreamed. How do I know? Because, I know you and you love yourself that much.

Every human that has crossed my path (myself included), every friend, every client has found their way to these baseline beliefs:

- ◆ ***“I am flawed.”***
- ◆ ***“I don’t like me as I am.”***
- ◆ ***“I want to fix myself.”***
- ◆ ***“I want to stop the negativity.”***

These baseline beliefs are in the way of love. That are in the way of well-being. They are in the way of trust. Letting go of these baseline beliefs is the path to respect, empowerment, happiness, contentment and fulfillment.

You do not have to do anything to be welcome and belong. The only thing that must be is self-acceptance.

Acceptance is an art. The deeper you go into yourself, the more you study, learn and apply, the more you find to accept. The more you mine the caverns of your heart, the more you find your colors, your self, your expression.

There are lids on lids on lids on those parts of you. Taking them off, slowly, one at a time, gives you the room you need to breathe and feel your aliveness.

The art of acceptance is an art that you have to commit to as your project. Your mission in this life requires you to be fully functioning, available and present in it.

You can not do that if you are in the practice of negating, judging, abandoning and trying to fix who you are.

THE PROJECT IS THE WORK ON THE ART OF *You.*

It is a day-to-day, moment-to-moment project and it allows you to be alive.

You return to your natural, loving state by doing the work to acknowledge everything that is NOT love.

Your natural self love emerges when you fact check your unwavering thoughts, judgments, beliefs and behaviors.

When I truly took on *Project: Love, Me*, I physically wrote a love letter to myself every day for 21 days.

Then, I turned that into actions and thoughts that showed myself love, every day.

While doing this work, I caught myself judging myself for failing. I stopped myself. The first time I ever talked to myself like that was when my mother died.

I told myself, then, that I would have to apply what I was taught and do the rest alone. I had been keeping myself busy ever since, simply, to run from the loneliness I made out of being alone.

I sat in it for a weekend. I felt it. I decided to give all that lonely talk up and, I wrote my mom a love letter.

Project: Love, Me / INTRODUCTION

Mom,

Mothers are lifelines.

In the beginning you kept me alive, then, you taught me how to do it for myself, then... you left because you knew I could, without you.

I have learned that mastering the journey of LIFE is learning to be your own life-line and giving yourself the unconditional love of a mother. I call it "mom-ing yourself". It's a real hit. It has a hashtag. (Don't worry. It's ridiculous. You don't need to know what a hashtag is).

I have made it my passion and purpose, you know that, mom?
I have made it my dream and life's work to support people to love and accept themselves just the way they are and the way they are not.

I know you are proud. I hope this is all linear and you are now a teenager somewhere, learning about your talents and passions and skills and superpowers. I hope you have a hippie for a mom. I would like to think myself an urban hippie, and I am having a lot more fun than I ever saw you having. Maybe it's the hippie-ness. Likely, it is the love.

I wish you had more time for you.
I wish you made time for hobbies and interests.
I wish you got enough sleep or read good books or took off your glasses once in a while to show off your beautiful, big blue eyes.
I wish that you were happy. I accept that you were not.
I believe you get another shot and the next, for you, HAS to be so beautiful.
I wish you joy. I wish you peace. I wish you awesome adventures that take your breath away and leave you satisfied that you are living a life that has you feel ALIVE.

I thank you for what I learned from you. It does not matter if it came out of necessity or fear or surviving, I learned to love and be loved.

Maybe that is how it is truly done. You saw everything. You felt it too.

I know because I constantly catch myself behaving and feeling the way I saw you behaving and the way I felt you feeling.

That's the part of you I got, mom...the superpower.
It was tough loving so much, wasn't it? It was tough being so present to the awesomeness of humanity and then, watching people hurt each other. I wish, wherever you are, that you can now see that that is all part of it.

We are all here to experience it all...the light and the dark.
People will be however they will be. We get to decide what we make experience mean. We get to decide how it impacts us.

You were afraid you would not get it right or that time would run out.
You were a perfect Madonna Harvest and time goes on in a new vessel.
I hope this one works a little better for you. I know you are here.
You are not with me. That job is done. You are within me. Through me, I see you every day.

I am grateful I got 20 years with you. I wish we hugged and spent time together. *I forgive that we did not, too.*

Be joyful. Be light. Accept and love hard, mama.

Love, Me



Project: Love, Me / INTRODUCTION

That is a love letter. Forgiveness and acceptance is love. Turn it inward. Let it flow out from your full, connected presence to yourself.

If you found your way here, you have found your way to the “abc’s” of *Project: Love, Me*. *Project: Love, Me* is my baby. it is my creative project to help support The Harvest Method. It is the support for your daily commitment to writing yourself the love letter that your innermost, youngest parts need.

Every day. Every single day. You can only move as fast as your slowest parts. Take your time. You have got all the time you have. Savor it. Savor your time with yourself. The only one that you will spend every moment of this life with is the one you see when you look in the mirror. *Project: Love, Me* is the work of loving that reflection and owning it as yourself.

You can work through this book however you like. What I request is that you take your time. The book is designed in 26 lessons, encouraged to be taken on, one by one, spending a week reading and allowing the lesson to resonate, going within to assess your personal connection to the lesson and then meditating with an audio coaching bit that supports you practicing focus on the part of you that the lesson speaks to.

Six months is a commitment. When was the last time you made that kind of commitment to yourself, the one person you get to spend every moment of your life with? Do you make commitments and promises to yourself? Perhaps it’s time to start or deepen that practice. There is no right way to heal and grow. Growth takes healing. You have to shed what does not serve you to make room for what does.

For 26 weeks, you will be building a language of knowledge, care, trust and respect (*The Harvest Method*) with a weekly dose of lessons and concepts that you can expect to deepen once you choose to become a student of *The Harvest Method*. There will be baby tastes of the coaching we do over here.

WHAT YOU GET

Dialectical Behavior Therapy Skills

Law of Attraction

Deep Understanding

Wisdom

Tools for Alternative Long-Term
Effective Soothing Behaviors

Voice

Grounding

Creative Inspiration

Empowered Action

Heart-centered Purpose

Intuitive, Conscious Awareness

Trust

Respect

Knowledge

Care

Love... Real, True, Unwavering Love.

**Take it on. Dive deep into your being-ness.
It is immeasurable how beautiful this world is
when you welcome yourself into it. Looking
forward to everything we make together.**

Love, Me

Project: Love, Me

A IS FOR AWARENESS





Project: Love, Me / LESSON A: AWARENESS

READ & RESONATE

Awareness is simple. You are a human being. A human, being. Not a human doing. A human... being here.

All actions stem from desire.

If you are not inspired by a need or want being met by an action, you will not take the action. You may think you “have” to do something and then do it. This would be an action inspired by the need to be welcomed, accepted, safe, out of trouble or the want to be acknowledged, liked, given opportunity.

You may think you “should” do something and then do it. This would be an action inspired by the desire to look good, meet another or a collective’s standards or standards you have placed on yourself. We take action. We do things based on these types of reasons.

The reasons are reflections of who you are being about your actions.

If you “have” to take an action, you are being obedient, moral, driven. You might also be being fearful, worried, anxious. You might also be being exhausted, stretched thin.

If you “should” take an action, you are being rigid, correct, perfectionistic. You might also be being guilty or indebted. You might also be reluctant, forceful or righteous.

Feel into each of the above ways of being.

Lesson A: Awareness / READ & RESONATE

OBEDIENT - is this action authentically your choice?

MORAL - is this action based on your truth?

DRIVEN - do you have the energy to take this action and still care for yourself?

FEARFUL - does this action inspire ease?

WORRIED - does doing this squelch your worry?

ANXIOUS - does this action control the outcomes?

EXHAUSTED - are you honestly capable?

RIGID - are you present, or are you blindly following a set of rules?

CORRECT - do you agree with the moral guidelines of how this is meant to be done?

PERFECTIONISTIC - what is perfection?

INDEBTED - do you feel whole and complete doing this deed?

RELUCTANT - are you truthfully, wholeheartedly in to this?

FORCEFUL - is this pace, this energy, flowing or crashing?

RIGHTEOUS - what is right?

etc. etc. etc

None of the above reasons for action are catapulted from real, pleasurable desire. They are all conditioned, self-delegated tasks to try and control outcomes, survive and stay safe. Does that sound like a way of being that will get you to contentment, fulfillment or peace?

Centering yourself and choosing how to authentically act take awareness.

A centered being-ness has no chitter chatter or ruminating thought. It is not spiritual or existential or difficult to maintain.

It does not take training or skill sets.

It takes a breakdown, a de-conditioning of all of the smoke and mirrors and non-factual connections you have been taught or have deduced with your own creativity.

Awareness is not about how you speak or what you do or your impact on others. It is not about how well you navigate the world. It is definitely not about how tuned in you are to spirit or creation or your connection to where you are from.

Awareness is about now - only now.

Awareness is, simply, being in your body and observing how you feel.

There are a lot of thoughts and sensory language to describe awareness. Awareness is given terms like: physical, emotional, interpersonal and yes, spiritual awareness.

None of those elements are true awareness. They are guideposts to help you ease into being self-aware, but they are not what it is to be aware.

Awareness is not about anything external to you.

There is not one iota of your awareness that has to do with your surroundings. Each and every element of awareness is about you, in your body, feeling.

Rejection of overwhelm is dangerous.

Lesson A: Awareness / READ & RESONATE

Forcing yourself past how you feel is self-abuse.
It is not overcoming.
It is numbing, ignoring and disrespecting yourself.

It is abandoning yourself. When you abandon yourself, who is there to be here, now? Who is there? I promise you are not.

Patience in presence - that is the practice.

Being here, now, with all of your thoughts, feelings, sensations and emotions happening...just feel that. Do not imagine it. Feel it.

How does that feel?

There it is. If you could manage that - THAT was awareness.

Awareness is allowing everything around you to happen. It is allowing yourself to respond however you respond, to realize that nothing and no one is doing anything TO you.

You are responding with awareness, however it should arise.

What would it be like for you to have an argument and simply respond? To acknowledge how it feels in your body when fear passes through you and to communicate without trying to fix that fear?

What would it be like for you to go out into a huge, excited crowd and simply respond? To acknowledge how the collective expressed energy passes through you? To let that happen?

What would it be like for you to have a loss, a breakup, someone close to you leaving, or dying and to simply respond? To acknowledge how heartbreak or loss passes through you and to stay...right where you are, and just breathe?



Thought and awareness are two very different concepts.

Thoughts are manifestations of fear. They show up to protect us against being present to how we experience being-ness. Thinking about what it would be like or how it was in the past is not awareness. Pondering what it might be like in the future produces anxiety. The unknown future is a crafty topic you use to avoid being here now.

Thinking about what already happened, feeling guilt or shame or indignation or even nostalgia are all ways we avoid what is happening in us and through us, right now.

It is not a matter of getting somewhere. It is not a matter of stopping your thoughts or ignoring or detaching from what is around you. It is a matter-less moment of being, simply, aware.

GO WITHIN



FEEL WHAT YOU ARE FEELING.

Where does it happen in your body, physically?

Where does it seem to get stuck?

How are you breathing?

Where are you holding?

Where are you tensing?

What do you like about this feeling?

What part of this feeling are you trying to hold on to?

What do you dislike about this feeling?

What part of this feeling are you trying to get away from?

Who are you being, right now (describe how you are, not what you are)?

Name 3 ways that you are aware.

Name 3 ways you lack awareness.

Did you answer the last two prompts with thought-based answers?

Yes

No

Lesson A: Awareness / GO WITHIN

AWARENESS HAS NOTHING TO DO WITH THOUGHT.

When do you physically orient yourself in space?

When I am trying to fit somewhere.
When I am frightened.
When I get to a new place/start a new experience.
I do not think about where I am in space.

When do you notice your breath most?

When I exercise/exert myself.
When I am emotionally heightened.
When I meditate.
I do not pay attention to my breath.

What are you most likely to base your assessments on?

Past experience.
Knowledge.
Another's guidance.
Intuition.

Are you aware that, in the last question, all four answers were colored with perspective?

Yes I am now

Right now, what emotion are you blocking from flowing?

Instead of trying to release the hold, can you try letting the emotion flow? Yes No

If you paused your judgment and assessment, what could you see differently?

If you didn't use your past to judge and assess, what might change?

If no two things are truly alike, what can you see without comparison?

PRACTICE

Click the audio button to practice Awareness.



Project: Love, Me

B IS FOR BODY TALK



Project: Love, Me / LESSON B: BODY TALK

READ & RESONATE

“Out of thy head, into thy body” - a commandment for self-love.

The more conscious you become, the more your awareness overwhelms you.

You are living in a world where there is so much stimulus. You are, constantly, inundated with sights, sounds, energy, advertising, brainwashing and conditioning. Making sense of it all shuts most people down. It is too much.

Stay ignorant.

Stay oblivious.

Shut off.

But what happens when you can not shut off? What happens when you lack the energetic boundaries to buffer and you can not look away?

This is the plight of the highly sensitive, that is, until that sensitivity is harnessed. It is a super power to be sensitive to your experience, but only if you take the time and effort to let the stimulus pass through.

Like electricity moving through an electrical socket, if you create a pathway for the current, you remain safe. If you stick your fingers in the socket, you get the shock that might take your life. Grounding yourself, having the boundaries to let energetic stimuli go through you and out into the air, earth and atmosphere is the only way to



prevent the shock - the trauma of stimulation. It is when you hold on to what you absorb that problems arise.

When over-stimulation occurs, you naturally try to make thought-based sense of it. The brain uses the past, the conscious connections you have made, whether true or false, and blows a fuse in its own way, as a result of all of that energy.

The body tells you when you are overstimulated.

What is the physical feeling?

What is your body trying to tell you?

What is the message?

What is the need the message is aiming to meet?

All of these questions can only be answered if you drop out of your head and into our body.

Lesson B: Body Talk / READ & RESONATE

The nervous system is highly sensitized and responsive.

It tells you when your muscles are tense. It tells you when you are close to too hot or unprotected from the cold. It also tells you what you need to come down from hyper-stimulation and to recalibrate. When we go into our heads and try to make sense of experience, we override this intricate, delicate, highly communicative system and lose sight of our ability to self-regulate. Getting heady and trying to sort it out leaves you overwhelmed.

Let the body talk to you.

Let it tell you what you need to move away from or boundary against to create time and space to feel capable, responsive and safe. Let it tell you what you want, what you want to move towards, be with, take in...what you are ready for.

The more time you spend in your head, the more difficult it is to listen to what your body is saying.

Breathe. Listen to the breath. Look for places you are tense. Breathe into those places. Do not try to fight. Do not try to “relax”. Let the body talk to you.

The more you feel yourself in space, the more you listen to your body talking, the more readily you find your edge. You can respond to what that unthinking, unspeaking parts of yourself is needing. It is not conscious. Listening to your body brings the unconscious forward. You can be with it. You can process it. You can let it flow through and out of you and your own energetic container.

There is nothing to fix.

The attempts to fix and make sense send the suffering deep into your cells and, then, deeper into the unconscious. This makes

it more difficult to bring that unconscious, which runs the show, forward. Being a passive listener, taking the time needed and having patience for the message brings healing and, therefrom, wisdom. It is a practice, especially when considering the constant flow of “stuff”. That practice is presence.

To harness this sensitive superpower, look beyond the thoughts.

Watch how you fidget and try to get away. Give yourself time and attention. Begin and continue the mantra:

“I’m right here. I will never leave you. I am listening”.

Watch yourself settle, let the physical feelings rise, let the emotions follow.

“I’m right here. I will never leave you. I am listening”.

When you go up into your thoughts, you abandon yourself. You are there. You will never leave. You are listening.

When we respond to conditioning, we move away from ourselves, our core, our truth.

The body tells you when you begin to make those moves away. This message system is brilliant in that, no matter how far you push what is authentic and true to you down and out of conscious awareness, you cannot get away from yourself.

In your practice you will learn to settle in to listen, find soothing in this acute awareness of how aligned you are or how far away you are from alignment. The only one you have to answer to and stay with is you. You are your own North Star and your own expert on you. Practicing body talk makes your path clear. Your actions align with your needs and you trust the process. This is your flow. It can only be attained if you learn to communicate with yourself.

GO WITHIN

When an experience of any kind interrupts your flow do you...

- Problem solve?
- Avoid?
- Pause and breathe?
- Scream for help?

Which above choice would lead you to listening to your body?

What is your goal when things do not feel "right"?

In this moment, where do you feel tension/blocks/tightness/pain in your body?

What color can you give that place?

What texture can you give that place?

What emotion relates to that place?



PRACTICE

Click the audio button to practice Body Talk.



Project: Love, Me

C IS FOR CREATIVITY





Project: Love, Me / LESSON C: CREATIVITY

READ & RESONATE

All you do is create.

No, seriously...it is all you do. You are a creation and you create. No one “is not creative”. Some have shut down their creativity, in an external, outward sense. Mostly, that indicates that the inside creation are so intense that you have not got the energy to spare to make and manifest, outwardly. Some are always making something. This could go a lot of ways...the healthiest of which: making stuff for the sake of making stuff - doing what you are designed to do.

You create your next breath, your next thought, your next idea, movement, plan, emotion, value, direction, commitment, action, fantasy, resolution...

You make it happen. You let a mass of stimulus and inner gusto collide and birth whatever it is that happens next in this episode of your life. The unconscious creations are the ones to work on. They are the creations that developed from reactions. They are the creations that have not been fact checked and are mostly overplayed and misunderstood. They might seem natural and unavoidable. “This always happens.” “I guess it’s just the way I am”. They are not unavoidable. They are not definitive. They are, simply, unconscious, mostly ineffective, habits.

Habits are robotic actions taken in a somber, grey, conveyor belt world.

Lesson C: Creativity / READ & RESONATE

Use your awareness to consciously choose your behavior.

It is a powerful practice - all the sifting through, giving up resistance, de-conditioning and reprogramming. That is what it takes to get to the beginning, where these same happenings, repeat offenders and habitual patterns were created. Way back then, way in there, there is a definition, a belief, a rogue thought that you can not hear yourself thinking.

That thought is running the show. You respond to that thought by further creating ways to run from it, fix yourself, compensate or avoid and deny it.

You think magically. You blame. You protest. You segregate. You differentiate.

You connect dots that you are splattering just ahead of the previous dots, desperate to create a picture that makes sense of things now, so that the past and whatever that deep seated unconscious thought is saying will disappear. The impact will just dissolve and, magically, all will be well.

You can not fix yourself.

You are you. However you are is however you are. You can reinvent or relocate or upgrade or try a new hair color or something like that. Whatever you want, go ahead and do that. Pay attention to why you do what you do. Is it to fix you as you are now?

That would be a failed creation, an invention that no one needs. It is an excuse for an already solid and powerful creation (you) to get stuck.

Create a time and place to sit and suss out your common dialogues, life theme, repeated patterns, emotional waves.

All of these beautiful stories are your creations from your creations

from your creations. The more you suss out, the more they will connect. The theme and variation will all distill down into one (usually surprising, yet untrue) belief, which you also created, that just does not serve you.

When you get to the depth, where you created that belief, you can see it, acknowledge how helpful it might have been when you created it and then, let it go, making room for a new creation - a new, conscious thought to lead you in a more fruitful creative direction.



GO WITHIN

What are you making today?

Where are you putting your focus and your energy right now?

What is a low bar, not-so-far-fetched dream you have for yourself and your life?

What is a dream you have that is so big that you have trouble sharing it?

What is something you have created in your life that does not work for you in the present?

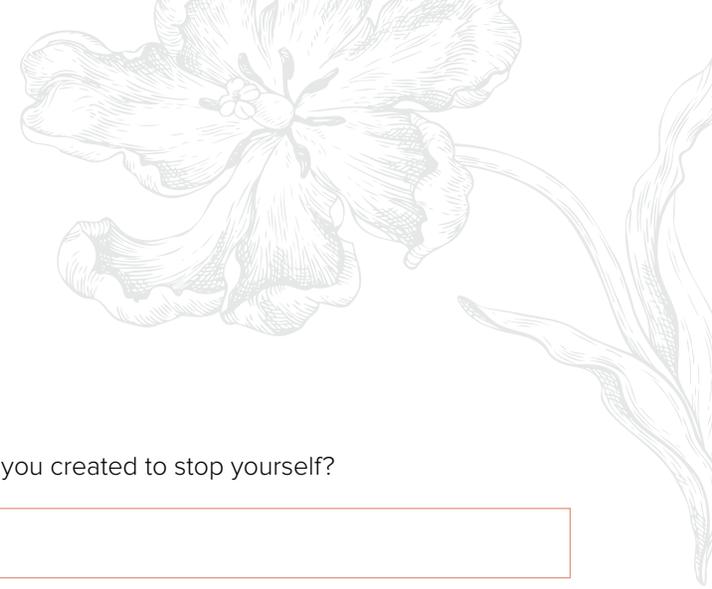
What is something you let go of because you told yourself you could not create it for yourself?

What is the reason you created to stop yourself?

What is a creative art form you have never tried but would like to?

What do you say you are not good at?

What is a new perspective that you can create that allows you to stumble and learn that skill?



PRACTICE

Click the audio button to practice Creativity.



Project: Love, Me

D IS FOR
DISTRESS
TOLERANCE



Project: Love, Me /
LESSON D: DISTRESS TOLERANCE

READ & RESONATE

No one reading this is royalty, lounging on a temperate island, being fed frozen grapes, fanned and attended to, hand and foot, 24/7. The Harvest Method is not of interest or service to these people in their not-so-human experience bubble.

If you are here, reading, you are living a typical, honorable human experience. In that experience, you, inevitably, have stressors in your life. Stress is anything that takes you out of your chill, your equilibrium, peaceful, easy feeling of just being. Stress is not only negatively derived - dark emotions, arguments, relationship difficulties, deadlines, pollutants, crowds, loud and grating stimulus.

Stress can come from experience that you see as positive - endorphin rushes from exercise, excitement, falling in love, going to a concert, show or interactive environment, community engagement, orgasm, being with another human...period.

It is all stress on your system.

If your body needs to adjust and work to bring you to your baseline of being, you are under stress.

Though you do a decent job, the means your body has for dealing with stress is fallible and becomes more and more fallible with age and compounding stressors.



When you are finished growing, your body is either actively maintaining or repairing stress. That is the simplest way to explain our physiological functionality.

When there is stress, it manifests in the body as inflammatory response. When your body has inflammation, your systems work to repair. Over time, you work less and less at maintaining, so, digestion, absorption & metabolism lessen. This makes you have less energy to repair.

Not only does your system lessen its ability to repair, when it repairs, at any stage of life, the byproduct of that repair is oxidative STRESS. Your body gets stressed by stressors, by aging, by lowered function and by repairing.

That is a lot of stress. It is also the reason why the human body has an expiration date. You and I are not getting out of this one alive.

The more acute your awareness, the more present you are to stimuli. The more present you are to stimuli, the more you get out of life

Lesson D: Distress Tolerance / READ & RESONATE

AND... the more susceptible you are to overload.
There is a LOT of stuff coming at you ALL. THE. TIME.

In order to be able to find your chill in the chaos, you need to build distress tolerance.

Distress tolerance is NOT being able to take it.
It is NOT enduring.
It is NOT allowing.
It is NOT surrender.
It is NOT submission.

Distress tolerance is having a system in place to move through overwhelm while taking care of yourself.

It is building tools to find pleasure, distract, self-soothe and/or take care that are LONG-TERM EFFECTIVE, that you can easily draw from to support discomfort and distress at every stage and intensity.

Sensitivity is a super power. Overwhelm is healthy in this environment. It is your body/mind/spirit's response to invasion. Learning to choose your stimulus, boundary unwanted and unwelcomed input and maneuvering the world as a whole, authentic and healthy you is a tremendous feat.

If you are “strong”, “brave”, “resilient” or (much worse) “unaffected”, “despondent” or “zero-fucks-given” you are overriding and ignoring, blocking, numbing and, likely, dissociated from everything that is happening around you and getting absorbed within you.

Dis-ease comes from letting stressors wash over you, penetrate and infiltrate!

Compartmentalizing, numbing, pushing down, rising above or, simply, living with and succumbing to stress is what makes you sick. Your issues melt into your tissues. Stress ages you. It makes you feel down and depressed. It kills your will and your dreams. It makes you reject and stop caring for yourself... if you ignore it.

Distress Tolerance is your tool to learn and your skills to build.

Emotions flow is waves.

The body produces physiological sensations that help us realize what emotions are coming up. These are our feelings. Some people get triggered more quickly than others. No one is free of triggers.

When a trigger presents itself, the wave is set in motion. Practicing present moment awareness, body talk and paying attention to your thought and idea creations helps you to catch the wave when it is a manageable one to ride, surfing safely to shore.

Distress Tolerance becomes more necessary when you miss the first ripple and find yourself getting up to surf more of a tidal giant. That is when you need your tools.



GO WITHIN



PLEASURABLE ACTIVITIES

Pleasure is the feeling that accompanies obtaining something wanted or needed. It is not an antidote for or a way to discharge pain. Our brains do tend to compound the two, but pleasure is about the release and peace of satisfaction and fullness. Fulfillment is deeply pleasurable. Sussing out what you need, first, then, what you want and, then, determining actions, things, activities or experiences that bring you to that feeling, would be making a list of pleasurable items for you. Your list is different from anyone else's because you have your own needs and wants and you are your own person. All of the things you list are long-term effective. They have to be. Otherwise, the pleasure results in pain, does it not?

Think about that. If snuggling in a cashmere sweater is present-moment pleasurable, is there a point where it could get painful? No.

Sex with whatever stranger you find on Tinder...not so long-term effective. Got me?

What are 10 long-term effective things that you enjoy doing, just for the sake of doing?

DISTRACTIONS

Distractions are NOT avoidance strategies. They are NOT numbing. They are, simply, a change of focus. Feeling like calling your ex or binging on some cookies? How about listening to that podcast about traveling to India? How about watching that funny YouTube channel? How about doing a puzzle, drawing a picture, splashing cold water on your face and wrists?

These are distractions. They are other things that stimulate your senses or that you are interested in that do not keep you on the same brain wave. They switch you to another station for a time so your stress levels can come down to a more manageable emotional wave and you can apply logic and skill to the stress-load at hand. Again, you choose long-term effective distractions. Scrolling on social media or posting to get attention is not a long-term effective distraction. Scrolling through Instagram for inspiration for an art or passion project you are working on using hashtags and related accounts **WOULD** be long-term effective. See how that shifted?

What are 10 long-term effective distractions that you enjoy and can use to heal and grow?

Lesson D: Distress Tolerance / GO WITHIN

SOOTHING

What soothes you? Think sensory soothing. What sounds bring you to peace? What colors? What textures? What type of order or aesthetic? What smells? What places?

Natural habitats like parks and beaches are soothing to many. If you can not take a trip, you can get your feet on the earth, look at photographs, collect them and collage or Pinterest them for later. Listen to the sound of water or singing bowls or peaceful mantra. Lie under a gravity blanket, feeling the weight or on a yoga mat, feeling your own weight and contact with the floor. Run an ice cube down your arm or, if it is a chilly day, lie with a heating pad, or a warm and snuggly human.

Doing things that discharge or numb like bingeing, doing drugs or a few shots of whiskey is not soothing. It might feel soothing at the moment but it is not a long-term effective approach.

Remember the long-term effective approach. It does not matter what the brain says might feel good right now...you need the plan, the practice and the space to put things in place to take real care.

What are 10 long-term effective ways you feel soothed that you enjoy?

SELF-CARE

Go hog wild. What do you need to feel calm, cool and collected, to truly be present and enjoy the moment, to let things roll off without the impulse to fix, run or ignore? Give those things to yourself and/or find others to ask for those things and to meet your needs. Eating healthfully is self-care ONLY when it is accompanied by body and self-positive thoughts, feelings and opinions. Skin, hair and body care/exercise is also self-care ONLY with the healthy, self-loving mindset. Saying “no” is very healthy self-care when it is paralleled with saying “yes” to yourself and your needs. You come first to you.

What are 10 long-term effective self-caring actions that you enjoy?

PRACTICE

Click the audio to practice Distress Tolerance.



Project: Love, Me

E IS FOR EMOTION





Project: Love, Me / LESSON E: EMOTION

READ & RESONATE

We are not a culture that is skilled with emotional expression. We are not skilled in expressing because we are not willing to sit, breath, accept and allow the flow of energy that is our emotion within us. We are not patient enough to be with that energy, name it and welcome it into our day-to-day lives.

Emotion is not logical.
Emotion is the polar opposite of logic.

Defining an emotion is acknowledging the energy moving within us.

Humans are emotional beings.
Energy builds within us and flows until it gets stuck. It can flow through you, out of you, into someone else, across a continent and on and on into the universe...unless it is hindered.

A mistake in our rearing, whether modeled by a caregiver, taught by another or taught to yourself, if there was no aid in learning; is the teaching that emotional maturity means that you control and suppress your emotional states to be socially, professionally and interpersonally acceptable.

You can not control your emotions.

Emotion is energy, in motion.
If you aim to control that energy, you will find yourself having intense outbursts or having shame attacks from your inner critical voice.

Lesson E: Emotion / READ & RESONATE

If someone else tries to control your emotions, that is, simply, abuse. It does not turn out any differently than trying to stop a freight train barreling downhill.

Step out of the way.

Stop trying to analyze why or what the energy that is moving means. Let it tell you. If you stop the chitter chatter in your meaning making, know-it-all mind, your intuition (which is balanced emotionally and logically) will speak to you.

This is your wise mind in action.

Give yourself and others the space to express. Check yourself to see what meaning you give to another's expression. Do you think it is about you? Do you believe you are the cause of another moving energy?

Here's a hint: 80% of our emotions and reactions are based on past-occurrences. These past occurrences create an electrical charge that gets stored in our system. Though unrelated, our mind makes connections in the present that can re-activate a charge or, in a healthy healing process, the charge might rustle because a person is ready to release the recorded trauma they have been storing.

REACTIVATION = ENERGY IN MOTION = EMOTIONS

If, 80% of the time, one version of this is occurring when we relate with others, 80% of the time my emotions are absolutely NOT about YOU or anything you are or are not doing and your emotions are absolutely NOT about ME or anything I am or am not doing.

This is also the reason you have to pause and stop blaming people for your emotional state. What someone is doing, her presence or her energetic makeup only impacts you, in the present moment, 20% of the time and, that 20% you two have create TOGETHER.



It is not personal.
It is electrical.
It is energy.
It is expression.
It is release.
It is healing.

The more tuned in you become to allowing your emotions and their energetic flow, the easier they are to channel...not control, CHANNEL.

You design the waves you give off.

You create the impact your emotional state has when it makes contact with another being or object. This does not mean suppression is the answer. It means quite the opposite. A mature emotional being lets it all flow ALL OF THE TIME. She gathers the energy and directs it. She invites others to a comparable capacity. She is vulnerable to nothing because she is fully accepting of her emotions. She is free to experience life-force running through her and from all living things surrounding her. She is tuned in. She is activated. She is ON and present, all because she respects the flow of energy in motion.

GO WITHIN



What emotions do you express easily?

What emotions do you have trouble accessing?

What emotions do you attempt to block or avoid?

What do you do to try to block emotional flow?

What are you afraid will happen if you are fully emotionally expressed?

What were you taught about expressing anger?

What were you taught about fear?

What was the message you were given about your vulnerabilities?

What were you taught about gratitude?

In what ways do you judge your emotional expression?

In what ways do you judge the emotional expression of others?

Emotions are your spirit, mind and body connecting. What does that mean for you? How does that make you feel?

Lesson E: Emotion / GO WITHIN

If you were to respects and honor your inner universe, what would that look like for you?

Self-acceptance includes the light, the dark and the grey.
It includes all aspects of yourself.
What aspect of yourself could you better accept?

What do these questions have you realizing about your emotional expression?



PRACTICE

Click the audio button to practice Emotion.



Project: Love, Me

F IS FOR FEELINGS



Project: Love, Me / LESSON F: FEELINGS

READ & RESONATE

Feelings - messages in the form of physical manifestations within and around your body. Tightness, pain, waves, relaxation, electrical impulses from nerves, clenching, tingles, vibrations, hollowness, numbness...these are but a few of the physical manifestations that ebb and flow in our bodies. Each and every one is a message.

Being physically aware is a powerful bridge towards inner peace.

None of your feelings are bad or good. They may arise when your physical body is in danger (pain from touching a hot stove) and they may come, seemingly, spontaneously (crick in the neck, migraines etc).

They are never spontaneous.
You store your issues in your tissues.

Something or someone in your external environment is triggering a reaction in your internal environment. Connecting the dots between these two occurrences allows you to illuminate what your unconscious is trying to tell you.

In an actualized human (aka a unicorn), the unconscious messages are few. The physical manifestations in the body are easily attributed to experience, fact checked for usefulness and utilized to allow energy to flow in or out or to boundary either flow. Remember that energy in motion is emotion. Physical feelings are the precursor to emotions.



Emotions can be channeled best when feelings are understood consciously.

Scanning the body at regular intervals and in non-reactive (non-emotional) states helps you connect to your physical feelings. When there is little charge, you can be an expert and objectively decipher what your feelings are messaging your way. With practice and deep attention, this can also be the path you take when energy charge is high and emotions are flowing.

Finding a middle ground where logic and emotion move simultaneously builds confidence.

You can be peaceful and trusting of yourself and how you perceive your environment. Respecting this connection and the process of self-referencing deepens your capacity to be in the world, respond in a way that suits you and your inner climate and choose what truly works for you. This type of work, then, on its own, with NO DOING OF YOUR OWN, expands out into your immediate and then distant environment, settling the charge in others by presenting your own emotional charge in a clean, precise, channeled manner.

GO WITHIN

Which is a healthy response to physical feelings?

- Authentic Expression
- Socially Acceptable Behavior

What emotions do you compartmentalize and store in your tissues?

Why do you choose to do this?

What do you believe is the “right” way to respond to physical feelings?

When you move your body, what does it feel like?

When you rest, how does your body feel?



When you are at work, how does your body feel?

When an emotion arises, pause to reference your body.
Where is the tension or pain?

Lesson F: Feelings / GO WITHIN

What color can you
give that space?

What texture can you
give that space?

Where do you feel contentment in your body?

Where do you feel repression in your body?

Where do you feel freedom in your body?

Where do you feel pleasure in your body?



PRACTICE

Click the audio button to practice Feelings.



Project: Love, Me

G IS FOR GROUNDING





Project: Love, Me / LESSON G: GROUNDING

READ & RESONATE

Please fasten your safety belt, the ride is about to begin. Out of body experiences are all too common. Humans spend a tireless amount of their waking time fighting to escape where they are.

Boredom is fear of being in the present moment.

If you are not engrossed and engaged, if you are not inspired and flowing, if you are not having a full-on sensory experience (naturally), you are not grounded.

HIGH ON LIFE = GROUNDED IN YOUR BODY.

Most people mistake that revved up, light-headed, pre-orgasmic moment as presence. That is your mind/body/spirit pressing the fight-or-flight, mayday, we are about to overwhelm here button. You are looking for the drop in the music, the release, the big O, the ejection out of your seat into the universe.

Well, my friend, you are already in the universe. There is nowhere to get ejected out to. What you are actually experiencing is anxiety about finding the way to leave your body, and that does not help you, in the slightest.

Being grounded is a highly sensitive awareness of your environment, feeling your body in the experience, using your senses to see, feel and hear the color, texture, temperature, and sound and relishing in the here and now.

Lesson G: Grounding / READ & RESONATE

Grounding is not relaxing, it is returning.

Fasten your safety belt. Stay in your vehicle. You are on a wild ride called life and you really do not want to miss this by dissociating. Staring at a wall is exciting, really. Sitting in silence for 10 minutes is like a Las Vegas spectacle. There is just SO MUCH HAPPENING.

When you get into your body and stay or pause and presence yourself back into our body when you realize you are way up here and heading out, you get more and more lushness out of life and less and less anxiety.

The antidote to anxiety is learning to stay.

Finding the energy in your lower half, your feet on the earth, your sit bones on your chair, the warmth, weight and spark in your pelvis, the mobility of your lumbar spine - sensing this when you start to escape up into your rapid heart rate, the speed racing thoughts, headache, emotional waves or the simple desire to turn and leave (or not want to be where you are)...that is what gives relief.

You want to be where you are.

You orchestrated all the events and experiences and thought patterns and plans that brought you here. The chatter in your head about fear, boredom, discontent, depression, anger, anxiety or discomfort is all happening because you are trying to leave. You are doing it to yourself.

In a situation that is violent or dangerous or “not your scene”, this is valuable messaging that needs to be followed. If you have got stage fright, nervousness before an interview or a first date, are at a big event with you favorite music art/friends...whatever pumps your blood, these are moment that leaving really is not what the doctor ordered.

You are being inundated, every day, with useless advertising and McDonald's quality life crap.



Practice grounding. Get into your base. Be with yourself. Then, ask yourself if you want to be here. Do you want to be with these people? Do you like this stimulus? Are you growing and gaining from where you are and what you are doing/receiving in this moment?

If you are authentically choosing your life, you will find the desire to ground and stay forever in the moment. If you are not quite “there”, ground more.

Thoughts about not quite being where you want to be:

“I can’t.”
“I am not good enough.”,
“I give up.”
“Life is hard.”
“I am overwhelmed.”

These, and all other self-negating thoughts, stem from you being up in the air, on your way out of your life.

Get in it. Ground. Be here now. You have got everything to gain in every instant when you learn to choose it as it is, to show up and to stay.

GO WITHIN

What do you do to ground yourself in the present moment?

What frightens you most about staying present, no matter what?

What is a negative experience you have had that you had to get away from?

What is a positive experience you've had that you had to get away from?

What is a neutral experience you've had that you had to get away from?

What methods do you use to bring yourself back to the present moment?



What do you let take you away from the present moment?

How often do you experience guilt?

What is the theme of your guilt?

How often do you experience anxiety?

What is the theme of your anxiety?

When you get to spend time with your family...

... what would you like to be present for?

... what would you like to avoid?

Lesson G: Grounding / GO WITHIN

When you get to spend time with your significant other...

... what would you like to be present for?

... what would you like to avoid?

When you get to spend time with your friends...

... what would you like to be present for?

... what would you like to avoid?

When you get to spend time with your coworkers/clients/classmates...

... what would you like to be present for?

... what would you like to avoid?

When you get to spend time with your yourself...

... what would you like to be present for?

... what would you like to avoid?

Fear is universal and it is ever-present within you. When you become present to your fear, you need to make contact with it so it can calm and dissipate.

How do you make contact with your fear?

PRACTICE

Click the audio button to practice Grounding.



Project: Love, Me

HIS FOR HOME



READ & RESONATE

Home is not a house.
Home is not a family.
Home is not a place.
Home is not a person.

Home is a feeling.

Home is free. It is at peace. It is fulfilled because there is nothing needed. You feel fulfilled by not needing. You feel fulfilled by being and seeing you have everything you need.

Home is a felt sense that you can only have through deeply knowing.

Deep knowing automatically invites acceptance. There is light. There is shadow. There is flow. There is chaos.

The peace of home lies in the middle area, the space where light meets shadow and they mix together to balance. Home is the blend of all energy and the acknowledgment of what moves and what has resistance.

Running from shadows and tensions deepens the discontent. It is an action to fix the balance. It is an action to thwart the feeling you feel when you are home.

Home is familiar because it is you.

Some parts of you have been blocked out of your conscious awareness. You have let your conscious mind shove them down. Perhaps, when these parts first appeared, you did not have the skills or capacity to allow them to be there. Perhaps you were taught that they were wrong or unwanted so, you had to push them away. Perhaps you felt a feeling that you could not yet name and decided it was not meant to be, nor was it appropriate or healthy.

What happens when you reject those parts? You get further away from home. You get lost. You get emotionally blunted. You start to have affects and compulsions and self-hating thoughts and feelings. You distance yourself from connection. You hide. You hide from what you are trying to hide from yourself.

Wrap your thinking mind around that for a second. You hide from what you are trying to hide from, rationalizing that you want to find yourself. That is a lot of wasted energy trying to get away from right where you are.

Now, wrap your feelings and emotions in that thought:

“I am hiding from myself.”

Feel what that feels like. Where do you feel it? What emotion comes through?

Now, try this thought:

“I am right here. There is nothing to hide.”

Feel what that feels like. Where do you feel it? What emotions come through?

Respond to yourself with all of you. Allow all of you to come up to your response to all of you and to meet it. Feel the knowing. Feel the sense of love. Feel the belonging.

GO WITHIN

When you hear the word “home”...

... where does your mind go first?

... what happens in your body?

Home is belonging. In what ways do you belong to yourself?

Where do you have a sense of belonging in your life?

Where do you feel most in your skin, in your essence?

When you are in your true essence, how do you express yourself?

When you are in your true essence, what do you think and share about?

How does it feel to be in your true essence?

In order for right now to feel like home, what is missing?

Who do you know that is really good at having what you see as missing?

What about that person is similar to you?

The person you are describing might be one to consider for mentorship. Mentors are supporters. They do not try to fix you or do anything for you.

They hold space for you and have patience to move with you, at your pace.

PRACTICE

Click the audio button to practice Home.



Project: Love, Me

I IS FOR INAUTHENTICITY





Project: Love, Me / LESSON I: INAUTHENTICITY

READ & RESONATE

*"Hello, person in the mirror. Nice to meet you.
Oh wait, you're me.
You're me?!?!
Wait, who ARE you?"*

Sound familiar? Welcome to your inauthenticity.

Let's start with the same old, same old discussion of feel-good
Novocain spirituality and positive-focused psychology:

"Be authentically you!"

"Live from your desire."

"Say "yes" to yourself."

"Always be true to you."

"Be your own North Star."

"You have everything you need inside of you."

...all stated with little to no applicable support or skill building, pie
in the sky, magical thinking that is, effectively, a slap in the face,
compassion-free response to actual life circumstances.

Then your partner squelches your creativity.

Lesson I: Inauthenticity / READ & RESONATE

Your boss does not have time for your input and ideas.
A friend tells you that how you are being is hard to handle.
Your social circle has an expectation of positivity.
Your brand is renowned for its positivity and purity.
Your image depends on you being perfect.

Hi! Remember me over here, your dark angle of inauthenticity?

If you do not question and remove yourself from any and all of the above, you are 100% inauthentic.

Authenticity does not align with anyone or anything else, completely.

It is the expression of your originality as an individual. Waving your “freak flag”, being your true self, warts and darkness, beauty marks and lightness and ALL, is a necessary component of your evolution to your most actualized self.

You want on that spaceship? *Learn to leave.*

Learn to choose your purpose and the deep inspiration and drive within you over any and every speed bump or road block. Most road blocks are family and friends and your job and your false self that you splay everywhere (especially via social media) hoping to get people to buy in and love the parts of you that you accept and deem as lovable.

Authenticity requires you to sit and illuminate all the things you hide about yourself, all the darkness you reject, all the self-hate you let resonant in the background of every action, experience and way of being you take on in your life.

Harsh?
Reality is harsh to your perfectionistic ego.

Your perfectionistic ego is violently harsh towards the totality of you.

There is always a middle ground.

There is always a middle path. There is absolutely nothing that is black/or white, good or bad, right or wrong. In fact EVERYTHING is black AND white (grey), good AND bad (there is no free lunch), right AND wrong (where someone is and what they have experienced and what they believe and value colors every millisecond of life. Point of view and context are decisive).

You can always find either side. That is why a righteous, perfect performance of either pole is inauthentic.

The only thing that's authentic is the grey.

“Stuck in the middle with you”. Better stated: “flowing and growing by seeing all parts and accepting experience as a means for growth in every instance with you”.

Isn't it a beautiful thought?

Maybe it is not? Maybe, you prefer the anxiety-ridden stance of perfection and disowning and hiding all of your perceived flaws?

There is no vulnerability in that. Without vulnerability there is no common ground - middle, common space, grey area comparison, understanding or connection.

It is not the norm, and, it is so much more enlivening and fulfilling to own your inauthenticities and find the middle ground that makes you real - really real...who you really are.

Who that is is perfectly imperfect and such a breath of fresh air, easily taken in for deep deep breathes.

GO WITHIN

If you answer from your authentic truth, would you rather be true to yourself or be liked by others?

If you answer from your authentic truth, would you rather follow your dreams or feel a comfortable sense of safety?

If you answer from your authentic truth, would you rather speak your truth or be sure you do not upset another?

Who is the person or people you are least yourself with?

What part(s) of you do you hide from that person/those people?

Why do you hide those parts?

What do you need to feel comfortable sharing those parts?

What is one way that you can be more yourself, every day?

What does the part of you that you hide from others have to say right now?

What does the part of you that you hide from others feel most left out of?

What can the part of you that you hide from others contribute?

PRACTICE

Click the audio button to practice Inauthenticity.



Project: Love, Me

J IS FOR JUDGEMENT





Project: Love, Me / LESSON J: JUDGEMENT

READ & RESONATE

One of the sweetest skills to watch a baby learn is spacial orientation. This is one of the first ways that the cognitive mind puts 1 + 1 together. It is one of the first ways a baby human demonstrates that they are learning judgement.

Humans are also animals with reflexive, fight-or-flight, fear-based survival strategies.

Animals do not put 1 + 1 together. They do not sit and logically think out consequences for actions or about what might be needed to provide a long-term effective result. When you get stuck in your emotional body, you go animalistic. You try to survive. Survival is all that matters. You try to survive life - which you are not getting out of alive.

Is that not a paradox?

Beyond the animal in you, you are conscious.

Consciousness, conscience (adding a moral stance for behavior to your judgments and findings) and “socialization” come online as you develop.

With these attributes, you have logic. Logic provides you with the sense to try and manipulate and control this uncontrollable sequence of events called life.

This is where you need judgment.

Lesson J: Judgement / READ & RESONATE

Judgement is built on education and experience.

It is essential to your survival. You need to use your memory to understand how to proceed. Spiritual practices often speak to suspension of judgment being an enlightened state. The “Judgement-Free Zone” is not only a perfectionistic, unattainable way of being, it is inauthentic to our human-ness. It is also exactly what you are seeking from others and the world around you.

“I just wish I could be myself, do my own thing and still be unconditionally loved with an impermeable sense of belonging.”

Way to distance yourself...from yourself.
You will judge. You will be judged.

What is important is your judgment comes from conscious choice.

Just like every other piece of this Project: Love, Me alphabet puzzle, the middle ground in key. After all, this is where true spiritual work brings you. As your work deepens, you realize you are just a “soul in drag” living out a human experience. Humans are thinkers. You use your mind. Your mind is an essential part of the “now” that you are in. Technology and ideas are all of the mind. They are all produced through judgment of the past - what worked and what did not work. If you stay conscious of how you get to the judgment you are making, you open up a really deep, whole and satisfying process of FACT CHECKING.

“Is this judgment based on facts or stories/opinions/fear/pain/avoidance?” or “Is it possible I will not die if I am open to seeing this differently?”

Will it ruin you at your core, that indestructible conscious force, if you do things differently or against your judgment?

Are the standards you have set, the morals you cling to so tightly, the beliefs you hold, definitive truths?

Are they your own, or, did you adopt someone else’s, based on their experience?

Most remarkably, are they even conscious?

Are you judging from auto-pilot or did you really pause to see if this resonates with you and who you are in your deepest sense?

This work is substantial and really mind-boggling. Instead of thinking so much about what you are reading, can you take a deep breath and just listen for the sign that something does or does not resonate with you?

Hint: it’s not a thought-based sign. It is your intuition.

Your intuition is the ultimate balance between animal - human - spirit.

Your intuition holds thoughts and questions. Thoughts, influenced by your past, are thought. Then, they are questioned...fact-checked. Is this thought a fact or a story?

These questions allows you to intuit more deeply, connecting into the knowing beyond your world of judgments, stories and education material. This is where you find the space to feel belonging, to trust your own needs, wants, feelings and emotions, to respect what aligns with your depth and behave accordingly. It is also the space where you find acceptance...that unconditional love you so desperately crave.



GO WITHIN

What is something that you judge, consciously, often?

What is one regular, unconscious judgment you make?

What is your favorite style of music or band?

That is a conscious judgment.

What is a personal belief that you live by?

That can be a conscious or unconscious judgment, depending on whether you blindly accepted this belief from another and took it on as your own or you contemplated taking this belief on as your own.

What is one place in your life that you could use your conscious judgment more?

What is one place in your life that you could lighten up and be more open to other viewpoints?



PRACTICE

Click the audio button to practice Judgement.



Project: Love, Me

K IS FOR KINDNESS



READ & RESONATE

Be a nice person...

Being a “nice” person goes right along with the experience of being taken advantage of. When you are “nice”, you are allowing for, excusing and, frankly, enabling irresponsibility. Nice people freely forgive those who do not show up. Something is missing here.

Forgiving is great. It frees you up and lets dead weight and baggage slide away. By all means, absolutely, forgive but...DO NOT skip over asking what happened. Let whomever you are forgiving know how their actions impact you and everyone else they do not show up for and, from that, what that does or does not do for them. Tell them what you need from them. Tell them what you expect, if that need is to be met. Do not choose your words or placate their emotions or do anything that resembles worrying about the other over yourself.

Nice people do everything in their power to make sure everyone else is taken care of, needs fulfilled, coddled and accepted, no matter what behavior comes about.

This type of free giving often comes at his/her/their own expense. Nice people do not think that they, themselves, are important. They operate from the false belief that they are accepted for their giving, that this taking care is what has others like having them around.

*If this resonates with you, you have an addiction.
You are addicted to being liked.*



The paradox is that the person you morph into to get that acceptance is not really who you are. That person is who you think you need to be. It is the performance that is easily accepted and welcomed, while the rest — hidden and stuffed down. That part, hidden away and muted, way down underneath, is left out. All of you, in your wholeness and completeness, is not liked. The complete you is fragmented. The part you hide...that part is resentful. You feel resentment every time you are nice.

Lesson K: Kindness / READ & RESONATE

Kindness

Being kind is being supportive, listening, standing for someone to have whatever realization he needs to step into the next space in his life. Kindness has nothing to do with doing anything for him and it, definitely, has nothing to do with excusing that he is not doing what it takes for himself.

Being kind is telling it like it is, holding another accountable and backing up and getting out of the way so she can hit the wall and have what is necessary happen to have her get how her not-so-great way does not serve her.

Being kind is creating, creating, creating. It is not listening to sob stories and excuses. It is being there to have things move in a new direction or asking another to go figure that out while you move in this direction, alone.

It takes a lot to shift from nice to kind. Nice people are typically known for their niceness. This is not to your benefit. Those who take advantage of nice get a bit ruffled when they can not depend on you to do things for them anymore.

They will survive.... and your nice little head will likely feel guilty or bad or all sorts of negative feelings as you embark on the adventure from nice, and used up, to kind, and appreciated.

The ship to sail from a to b is that ruthless compassion.

Be down and dirty about how much you care.

Let people know that they will learn that it is for the best that you are not doing it for them.

Be ruthless about it so you can sigh and support and be kind, not just to them, but to yourself.



GO WITHIN



Where are you placating someone in your life?

What is the “nice” reason you have for doing that?

How can you, kindly, stop abandoning yourself and pause the placating?

When you feel the need to help/fix, what drives you?

Who do you do a lot for that could benefit from you giving them space to do for themselves?

What have you excused, over and over again, in others?

What happens when you make those excuses? How are you impacted?

What emotions do you feel from that impact?

What do you miss out on for being so accommodating?

What is something you have never shared with someone important to you, for fear of upsetting them, that would really make a difference if you shared?

PRACTICE

Click the audio button to practice Kindness.



Project: Love, Me

L IS FOR LONG GAME





Project: Love, Me / LESSON L: LONG GAME

READ & RESONATE

Purpose.

If you know your purpose, if you have gotten the download for your mission, you are nodding your head, relaxed, sitting back and flowing through the moment when you hear this proclamation:

Life is a long game.

If you are stuck in trying to figure out who you are supposed to be to get where you think you are supposed to go so that you feel good when you get there...you are in a loop.

You are in a loop that is frenetic. The energy is a constant grasping, a fixing, a getting it “right” - the “right” people, experiences, connections, admiration and acknowledgment...and avoiding the “wrong” - the conflict, the failure, the tension, the disconnect, the darkness. All of your focus is outside of you. This searching and seeking can only be settled if you pause.

You have to stop doing. Stop taking actions when you do not have a reason for which to take them. Stop and sit still and listen.

The slower you go, the easier it is to hear. Your purpose will gently, yet obviously, come to you when you give yourself the time, space and stillness to let it come to light, to your conscious awareness.

Lesson L: Long Game / READ & RESONATE

Your purpose is in your depth.

It is the seed that started the life that you are living. If your life feels strained or lonely or frustrating or unlivable, you are not aligned with your purpose. Alignment is peaceful. It flows.

Every action goes along with the flow of what you are meant to do.

We all have a mission.

It is much bigger than your individual life. Your mission is something that you are meant to be, do and have that takes your whole lifetime to nurture, nourish and realize. When you have sat still long enough to hear your purpose, the long game unfurls. All the events and emotions and reactions and moments suddenly connect. Everything you have been through until now, the family you were born in to, the friends you have chosen, the love you have had, the loss, the work, the pain, the joy, the thoughts, the opportunities, the failures...all of it connects to show you the lessons you needed and still need to learn to accomplish your purpose in this iteration of “you”.

A long game is paced.

It has rhythm. It is responsive to what is versus what was or might be. It takes in and processes and learns for the next step.

A long game is a dance.

There is forward motion...two steps forward, one step back, around this, up high, down low, allegro, adagio.

A long game is mastered as one masters an art.

Learning what serves the discipline and then making your own expression of that discipline, individual to you.

A long game has skills learned from lessons taught.

A resistance or conflict or loss is the greatest teacher. It gives you more to work with to have life become more workable. You get into your flow when you choose to learn the lessons. They are your calling to the next current. Have you the skills to manage that trickle? That lazy river? Yes?

Alright then, head to a more vigorous current, one you will have to stay awake, aware and focused to maneuver, one in which you will find more satisfaction and vitality in staying the course. Eventually, you will realize. You will look back at all the experience and what lengths you have gone in your purposeful mission and you will take to shore, choosing to watch the river go by. That choice can only be satisfying when you have spent the energy playing the game.

It is a terrible waste of a life to watch everyone else living. That is what happens when you stay stuck in your worries and insecurities. That is what happens when you let others dictate what is the best course for you.

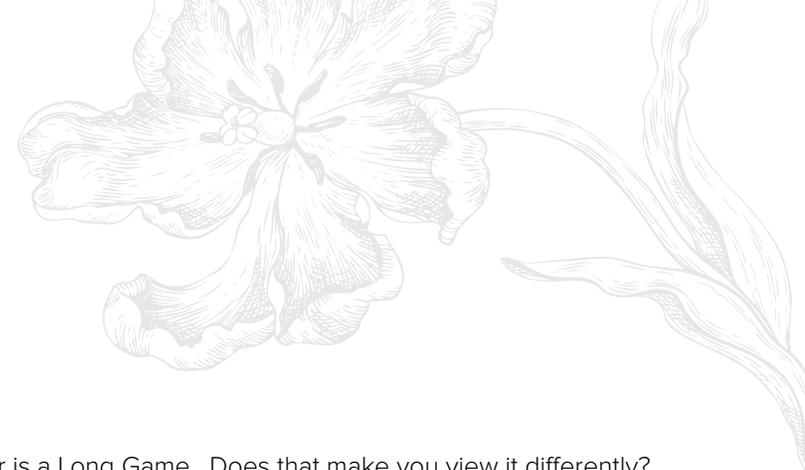
Only you can find your way.

It is YOUR way, after all. How can anyone else give you what belongs only to you? How could they get it from you to give it back? How could they know what the next step is for you? You are you. Who that is and what you are here for is yours to decide.

Take the time to resolve the little things - the suffering and the storylines, the beliefs that hold you back, the identities that do not serve your creativity. Letting go of all of these “not-you” distractions lets you, and all you are here to do, emerge.

Life is a long game that is the most worthwhile game to play.

GO WITHIN



What is your purpose?

When do you, or have you, felt purposeful?

When do you, or have you, felt inspired?

What does it feel like to be inspired?

Love is a Long Game. How does that make you feel?

What's a skill you could develop that would make you a batter player in the game of love?

Your career is a Long Game. Does that make you view it differently?

What's a skill you could develop that would make you a batter player in the game of your career?

Your well-being is a Long Game. Knowing this, what would you think more about?

What's a skill you could develop that would make you a batter player in the game of your well-being?

PRACTICE

Click the audio button to practice Long Game.



Project: Love, Me

MIS FOR MOVEMENT



Project: Love, Me / LESSON M: MOVEMENT

READ & RESONATE

Life is a series of events and happenings that humans react or respond to, that have you feel a certain way and inspire you to act on those feelings.

Living is getting moved to make a move.

Most nutritionists and health conscious folks will tell you diet and exercise is the key to feeling and looking your best. I disagree. Dieting is ridiculous. Learning to feed yourself is where the gold is. Exercise is punishing. Learning to move your body in a way that moves you, your mind, your heart and your soul is the secret.

'Being moved' has such a deep seeded meaning.

You rarely remember the mundane and routine aspects of your days, weeks, months and years. You can recall and tell tales of moments where you were moved to tears, fits of rage, outbursts of laughter and sheer joy or excitement.

Something moved you. You were inspired into being present and you recorded that memory so you could hope to find your way back to that feeling (being moved) again. Even when the memory is not positive, you record, because you are human and being human has so much to do with the experience of feeling, deeply.

You can find that in how you care for yourself.



The intention becomes to be moved to gratitude for what your body can do or being moved to acceptance and understanding for what limitations you have. Pause and listen to the way you talk to yourself. Listen to how you feel in response to assessing your body - how you look, how talented you are, how it feels to be in your skin. Make a conscious effort to choose that communication you have with yourself, carefully. Be mindful of how you steer your thoughts and what you focus on.

Let yourself be moved to feel. Choose activities and interests that move you into a positive, whole and healthy place.



Project: Love, Me / LESSON M: MOVEMENT

GO WITHIN

What is your favorite way to move your body?

What is one thing about your body that you are grateful for?

What is one limitation of your body that you accept (or can now choose to accept)?

What is a social movement that moves you, that you are inspired by or participate in?

What is a belief that you have that moves you and inspires you to participate?

Lesson M: Movement / GO WITHIN

Who is someone who's work, love or attention to life moves you and inspires you to follow or take your own actions?

What is an experience you have had that impacted you negatively and positively and had you grow or shift to a better understanding in your life?

Negatively

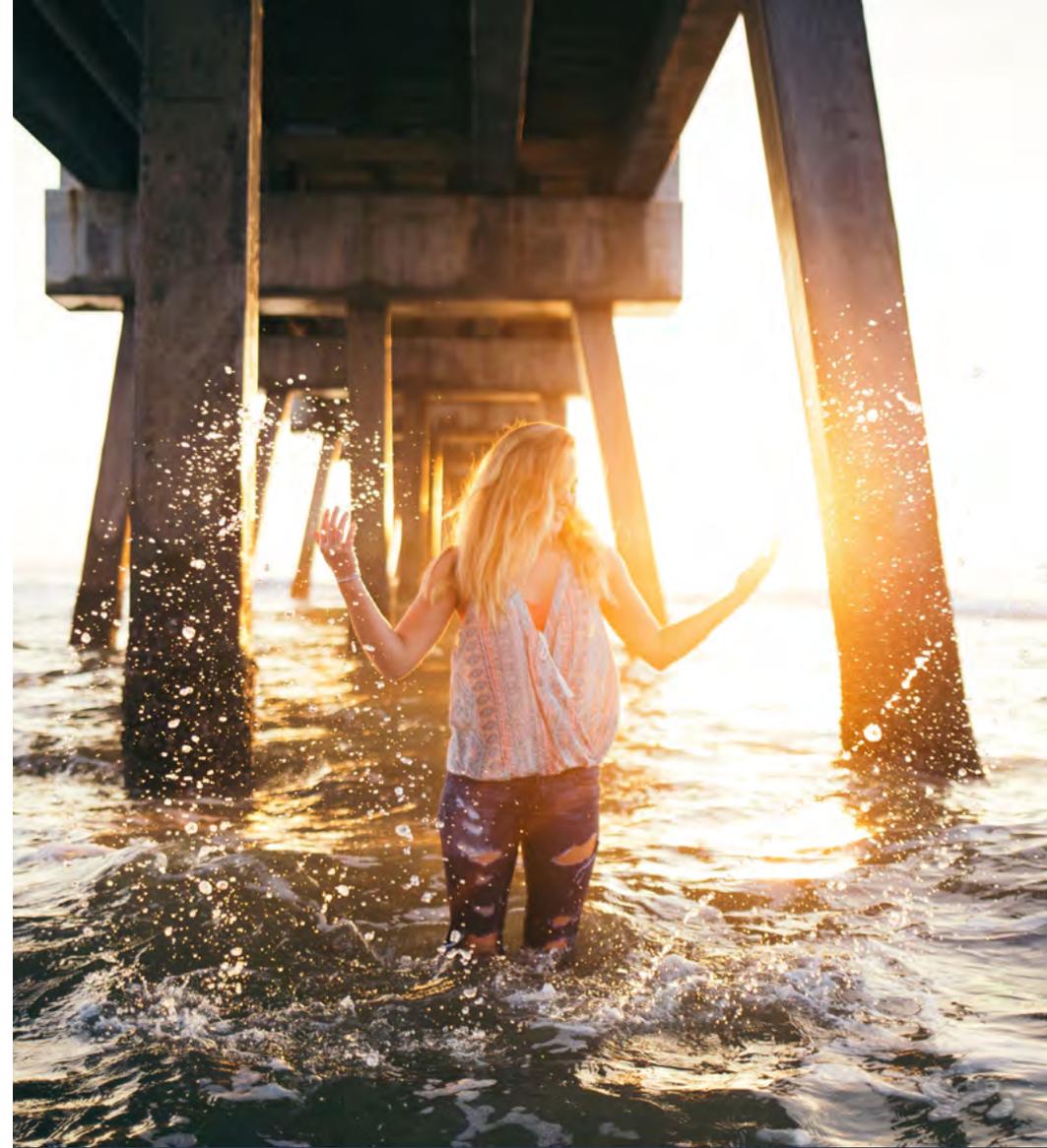
Positively

What accomplishments have you made that move you?

What skills do you have that move you and have you present to your contribution?

What is something you say you need in order to get moving in a specific area of your life?

What is something you say you are missing that keeps you from being moved in a specific area of your life?



PRACTICE

Click the audio button to practice Movement.



Project: Love, Me

N IS FOR NUMBING





Project: Love, Me / LESSON N: NUMBING

READ & RESONATE

What you resist, persists.

I have a tremendous amount of compassion for people's pain. I can maintain that compassion because, I am reminded on daily basis and accept that pain is a portal to healing. My greatest work has been learning to shield, protect and honor myself when I go in there, into the dark with others. Empathy is only a superpower when one can feel with another but remain aware of what is his/hers/theirs and what emotions belong to the other. Learning to ground in one's self and stay present for others is the finest fuel for a healer's fire.

We are all experiencing this, not just those who are aware of it, all humans feel everything, deeply, constantly and fully. We all feel each other.

Your five physical senses are part of your design. They are what makes you engage and be conscious of your environment. Deeper than this is your intuitive body, the part that feels the energy in the space and catches emotional information like one can catch a cold. Highly sensitive people are the most tuned to this. They are not flawed for it. They are present.

If you are not totally aware of your environment and your physical and emotional response to it, you are numb.

Something in you is not feeling. Something you are doing is anesthetizing you.

Lesson N: *Numbing* / READ & RESONATE

Take a moment now and realize how much sensory stimulus you have in your immediate environment.

How many different sounds can you hear? - a fan, a cough, a car horn, music, the refrigerator buzz. This is your current symphony. How many colors can you see? - red, brown, green, real, off white, black, purple, yellow, orange, gold, blush. This is your color palette.

Any smells? Tastes?

What are you touching? - a keyboard, a chair, a desk, your clothes, glasses, a hair band, jewelry, the roof of your mouth with your tongue. This is your orientation.

Subtly, you might sense how much calmer it is in your personal space compared to what is right outside your window.

New York is a particularly intense, frenetic and heavy energy. There is so much innovation, electricity and tenacity here. Mostly, the energy out there manifests in feelings of frustration, anxiety, anger, aggression, sadness and overwhelm. Whether you are in an environment like NYC or you are on a farm out west, aim to create environments where outside energy can melt off of you (what is not yours) and where energy that can heal you and whoever you share space with is welcomed and received. Create these environments in your home, your office and your curated social circles.

If you do not feel at peace, someone in the space is not peaceful and you are not attending to your own tranquility.

Remedy: Attend

Maybe you take medication to numb. Many do. There is a real pull for medications that blunt pain - antidepressants, dissociatives, Novocaine, anti-psychotics.

Maybe you use drugs to numb - sugar, alcohol, MDMA, cocaine etc. Maybe you use “doing” to numb -always moving fast, always working, always socializing, always planning, always running. Maybe you use people to numb -unavailable, avoidant, sarcastic, disconnected friends, unconscious sex, social clubs, large groups where you can hide.

Numbed or not, the pain is there.
What you resist, persists...

So how do you start to feel?

One by one, acknowledge what you use to numb. Keep a running log. You are likely quite good at numbing. There is a whole lot of “stuff” surrounding and coming at you all the time.

Being present is the work of a warrior.

Next, notice what is surrounding you and coming towards you with your senses.

Count things, repetitions and varieties.

Next, notice what you feel, physically - tension, tightness, pain, support, contact, ease, release, relaxation.

Last, notice what you feel, emotionally. Let emotions come up, one by one to be recognized and received. Spend 90 seconds with each one. Just a minute and a half of feeling what is to be felt, letting what energy needs to move have room to flow.

This is attending. This is what heals. This is the gift of non-resistance.



GO WITHIN



What is one thing you are apathetic about?

What recurring theme in your life does that thing illustrate?

What is something you used to get excited about that you do not let yourself get excited about any longer?

What changed that you let go of that feeling?

What do you need so that you can allow yourself to get excited again?

What is an emotion you say is bad or wrong, that you avoid feeling?

What are you afraid will happen if you allow that emotion to flow?

Who do you know that is good at expressing that emotion?

What qualities do they have that seem to make that easy for them?

How can you locate more of those qualities in yourself?

What is an experience you have had that seems to have ruined your positivity and openness?

Did that experience really ruin that for you or did you stop being so positive and open in order to protect yourself?

Lesson N: Numbing / GO WITHIN

What are you protecting yourself from?

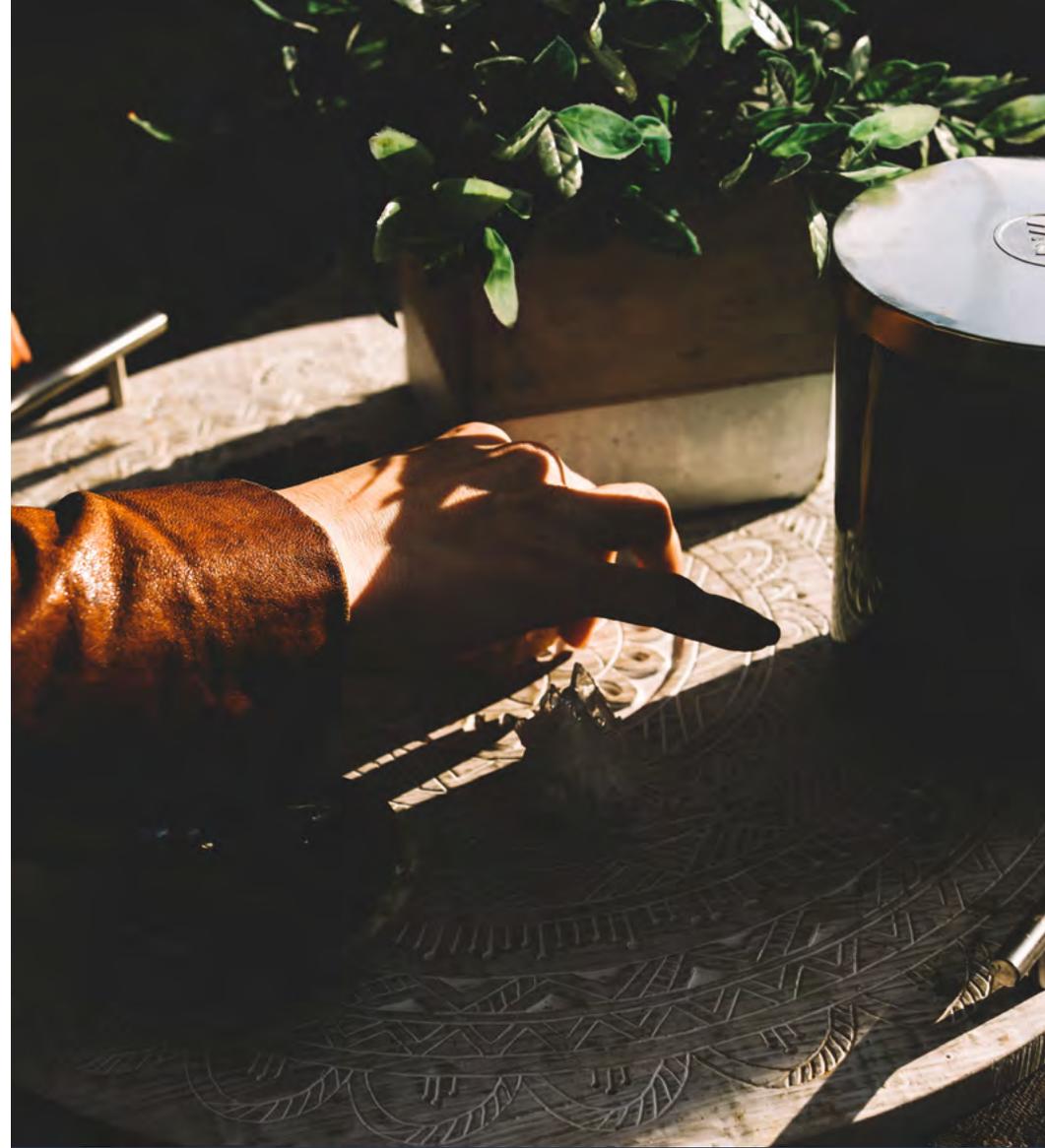
Who in your life modeled the way you respond, react or avoid certain emotions?

How did that play out for them?

How did that play out in your relationship with them?

What do you think they needed in order to feel safe to feel?

How can you give that to yourself?



PRACTICE

Click the audio button to practice Numbing.



Project: Love, Me

O IS FOR OVERWHELM



READ & RESONATE

No one can tell you how you feel, what you feel, how much you can take in, your preferences or your rhythm.

Each is your own to own.

Our culture is pushy. Aggression, though it tires and wears on even the most innately aggressive, is the go to method for “succeeding”. Destroy the competition. Go harder, faster, stronger. Win by domination. Directly and emphatically assert yourself. Take charge. Lead. etc. The subtle, meditative, methodical, deeply contemplated and gentle grace of eastern culture and practices lend to a balancing energy.

Humans are wired to seek comfort. Tolerating a slow, comfortable pace, when you’ve been drilled to move fast and get things done, seems foreign. It brings up a lot of anxiety for westerners.

What if I am left behind?

What if they beat me?

What if I can’t?

What if I am not good enough?

What if they forget about me?

What if I am not included?

So many thoughts, questions and beliefs like these run your subconscious mind. The terror of being lost or abandoned is one of the toxic fuels of society. It is what makes you give up on yourself to please others. It is what makes you do more than you can handle, which then distances you, by instilling feelings of resentment. It is what makes you consume.

Marketing and advertising are industries built on making you feel like you are not enough and the train is leaving without you...unless you act, buy, fix and catch up. It is what makes you doubt, judge and abandon yourself.

Your rhythm is slower than you think it is.

It is rare to meet an American, especially a New Yorker who was not chasing themselves all day long. It is like you are out there trying to have some sort of stamina miracle occur. Tolerance and resilience are so highly revered, at so much cost.

If there were one thing that you knew, innately when you arrived on planet earth that you could comprehend and take on first and above all other programming to come, it would be this:

You are here to have a human experience. Your experience is uniquely your own. It is special and it is sacred. You will have a body that you will need to take care of. Your body will respond and perform at its best if you pay close attention to it and make sure you give it what it needs. It will wear out, though. That is certain.

You will have limitations. You will not be able to do everything that is possible but... more will be possible for you if you take the time to be sure you have the energy. Respecting your needs and your rhythms is the most important way to succeed and feel fulfilled in this life that you are beginning. Please breath, pause and enjoy yourself.

Lesson O: Overwhelm / READ & RESONATE

Since you did not get that message when you arrived, here it is now. Can you hear that and pause, right now, to assess how much you need to step off the gas, maybe even break for a few? When you get through the initial fears of stillness, you will realize that you have been operating in a persistent state of overwhelm.

Time and space is a non-negotiable need.

You burn out and lose functionality when you go too fast, far or long. Your body is working well when it asks you to stop. When you honor that request and stop trying to keep up and tag along with the rest of the hyperactives around you, you find peace.

Pause and check in with yourself. Does this read as a truth for you? Does it seem possible you might be causing your own anxiety and stress by adhering to a rhythm you do not want to dance? Does it seem possible that you might enjoy yourself and your life more if you took the time to acknowledge what is happening and existing all around you? Might there be a lot more depth and lushness to savor at a slow and leisurely pace?

Start with your breath.

Do you take long, deep inhales? Do you let the air leave your lungs on its own or do you push it out forcefully? Do you feel the air filling you? Do you let the exhale relax and release you and whatever you do not need to hang on to? Do you sigh? Whenever you are “in it” - ruminating thoughts, stressful crowds, every time you cross a doorway...just let out a sigh. Reset.

Check your body.

Are you tense anywhere? Jaw? Shoulders? Back? Spine? Hips? Pelvic floor? Hands? Feet? If you are gripping, your body is resisting. If you are resisting, it is probably time to back off.



Check your emotions.

Do you feel good? If you do not feel good, you are not in your flow. If you are not in your flow, you are not with yourself. Overwhelm is on its way if you are not there already.

Check your thoughts.

Your emotions are informed by them.

Check your words.

Are you choosing them to say what your heart needs to say or what others need you to say? When you take the time to take your time you find more time. You spend less time trying to catch up or to recover from overdoing it. You keep an even, methodical pace. You dance. Slow down to give it a chance.

GO WITHIN

In what ways are you letting the circumstances of your life drag you along faster than you really want to go?

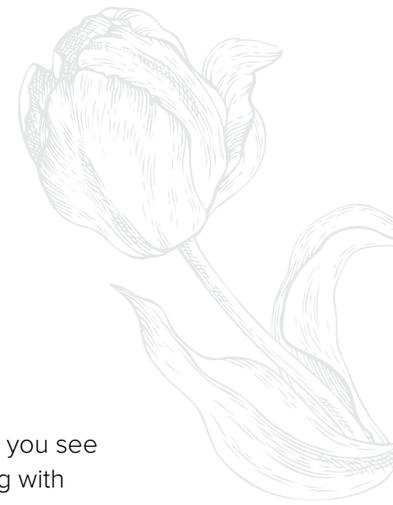
What would you like to savor more than you tell yourself you have time for?

Who is pushy with you?

How does it feel in your body to be pushed?

What emotions come up when you recall being pushed?

What is something you have rushed through and discovered, later, that you missed?



Think of an instance you have rushed, what did you see differently about what, or who, you were rushing with when you realized you were rushing?

What mistakes have you made that would have been avoided if you had not rushed?

What takes you a long time?

What is your experience when you take the time you need?

PRACTICE

Click the audio button to practice Overwhelm.



Project: Love, Me

P IS FOR PERCEPTION



READ & RESONATE

Heaven is a mindset.

You can create your own heaven with your mind. Spiritual practice is misconstrued to be some sort of jump seat, readying you to detach and dissociate from thoughts. The mind is seen as a fallible construct, designed to distance you from who you really are, what you came from - the one - your source.

What is missing is the truth of reality.
You are spirit.
You are also animal.
You bring the two together with your mind.

Your thoughts, conscious and unconscious, are what make you human.

To connect with your thoughts is to recognize the lens you look through. Your thoughts become things. This is your greatest creative capacity. What you think grows into what you believe. What you believe determines your focus. You gather evidence of what you believe by focusing on experiences that fortify your beliefs.

Your mind makes sense of the immense amount of creative stuff all around you. Coexisting with everyone else, having their own thoughts to beliefs to perceptions, working in concert or against your personal creations, is what it is to be alive and have experience.

The sense you make of experience is what you do to feel safe and in control. Safety and control are built on a made up foundation of your mind.

Too heavy?

Well, then, how about this...

You make up everything about your life and what it is to be alive.

You have experiences and then you make them mean something. You created all the synchronicities and lessons and truths you hold by connecting the dots of your experience.

What if you were sitting on the other side of the room?
What if you saw it all from a different angle?
What if you were one second later or earlier for every moment you have lived?
Would you see it the same way?
What if you had one of your greatest sorrows immediately after your greatest joy?
Would you still assign both the value you have?
What if you turned right, today, instead of left?
Would you see something new?
Would you know what was to come?

Perception is a choice.

When you harness the thoughts in your mind, listen to yourself and take the time to slow to find the thought beneath the thought, beneath the thought...you recognize your creative choices. Why does anything you have assigned meaning have any meaning at all?

You chose to make that meaning.

Lesson P: Perception / READ & RESONATE

The collective viewpoint of the world is based on a whole bunch of random connections we have all chosen to agree upon.

Are they true?

Is it true that a thin, tall, blonde beautiful woman born with a silver spoon in her mouth to a family and a fortune that would give her any worldly thing she desires is safe?

Is it true that a short, pimply shy girl from a Kentucky trailer park is set up for failure?

Neither is safe.

Both can have the greatest opportunity and the most devastating loss. Both can be happy. Both can be miserable.

The only thing each has control over is how she perceives her life. She can choose any belief. She can think her own direction.

Every aspect of you is constructed.

You have written the movie of your life. You have cast yourself and every other actor.

When you watch a film, the writer has designed each scene and each character to play a certain role of a certain level of performance. Some stories are more entertaining than others, so, you remember the characters more clearly. Some stories relate to your own story so you connect emotionally to the actors. Some characters are so well played that they are given awards. In each example, in truth, there are really just people moving around, talking and doing things. The audience gives them meaning and watch the story unfold.

Life is exactly the same way. Anyone can play any role. You assign who and what part of your thoughts and beliefs they represent and the emotional value and meaning you want to give them.

You do not have to attach yourself to any storyline. You do not have to sit in your suffering and look for more evidence that it will never end.

You do not have to hide from life because you think you will fail.

Spoiler Alert: You are not getting out of this one alive. You will fail at living.

Reverse engineer every moment.

You experience something.

What belief would you like to have?

Think that belief. Give that focus.

Watch that thought align with the belief.

Watch the meaning you now give the experience.

This is mindfulness. This is the way you practice the law of attraction.

This is the way you create your own heaven (or hell).



GO WITHIN

What is a reoccurring theme of frustration for you?

What would be the worst case scenario if that theme played itself all the way out?

What would be the best case scenario outcome?

What comfort do you get from choosing the worst case or negative lens?

What comfort could you get from choosing to focus on best possible outcomes?

Combine the two, worst and best. What middle ground could you create?

What is comforting about that point of view?

What is something you have taken notice of and paid attention to today?

What was enjoyable about that focus?

What was undesirable about that focus?

How do both the enjoyable and the undesirable fuel a particular opinion or belief you hold?

Choose NOT to enjoy what you said was enjoyable above. Choose to desire what you have indicated was undesirable, just for a moment. What other opinion or belief could that reversal fuel?

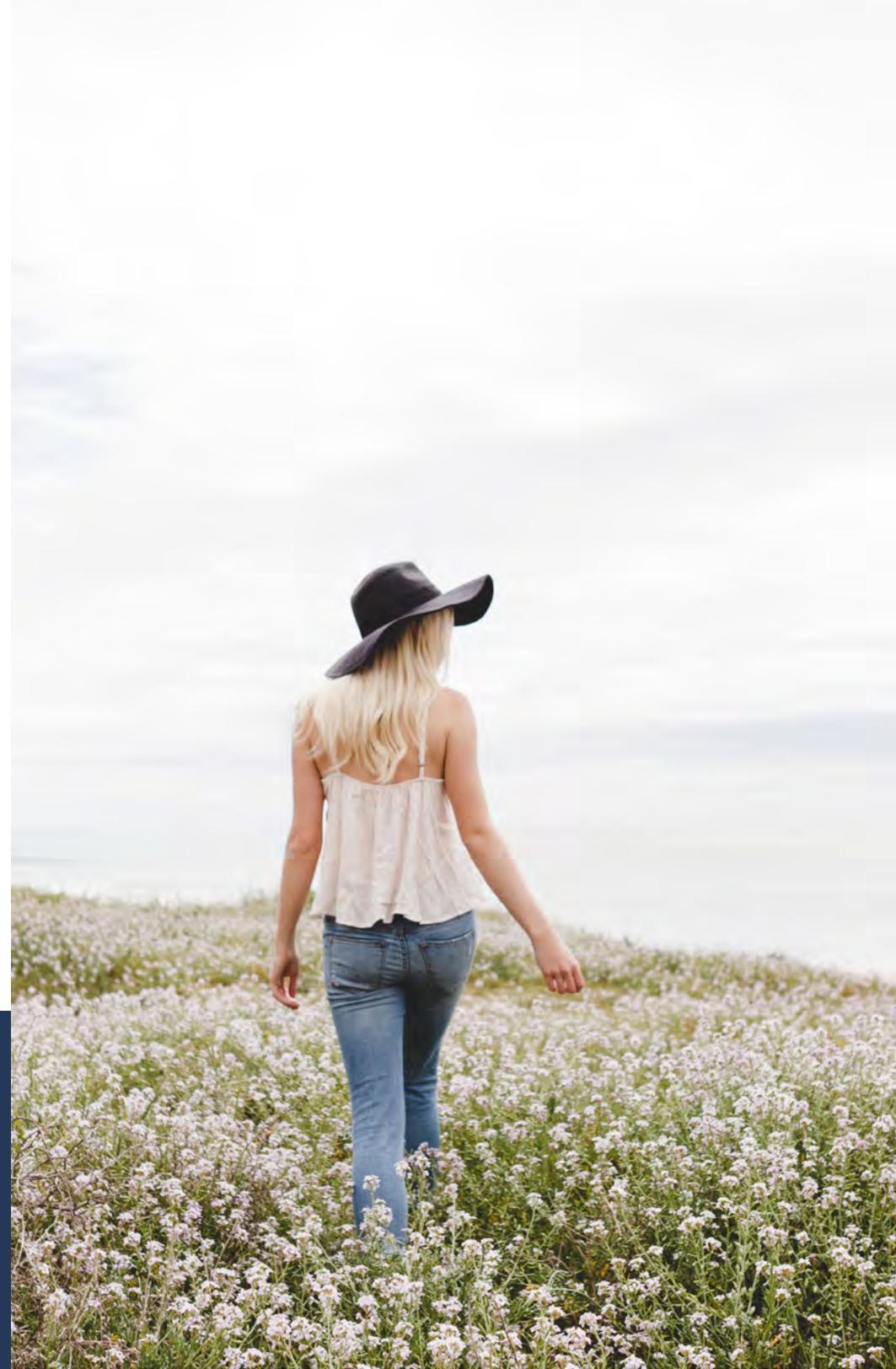
What would you like to believe that you need to find evidence about?

Lesson P: Perception / GO WITHIN

Where could you look to find that evidence?

What choices could you make to shift a viewpoint or belief that holds you back?

What choices could you make to further a viewpoint or belief to propel you forward?



PRACTICE

Click the audio button to practice Perception.



Project: Love, Me

Q IS FOR QUESTIONS



READ & RESONATE

How much time do you spend aiming to convince yourself that you have got the answers? How often do you hide or keep your mouth closed or, maybe even, make something up so no one knows you are in the dark about a topic? How much do you tell yourself that you “should” know how to do this or that, or, that you “should” have this or that, or, be this or that type of person?

The answer to all the above questions is:

“More often than I am willing to admit”.

It is a human tendency to want to know, to feel safe in knowing and having answers. We all feel that and we all try to control. That is, unless you pause and surrender to NOT knowing.

Life is a series of learning experiences. Sometime what we have decided an experience means is not really true. The dots we connect are based on what we “know”, what we have seen before, what makes us feel safe in reality...which, in truth, is an unknown existence.

We do not have any answers. We only have what and how we choose to see things. Nothing is the same as anything else. Each moment is filled with innumerable options, occurrences and information. Everything is always changing - gathering new insight or letting go of old conditioning (hopefully). Nothing is fixed or known. Flux is the constant. There are no finite answers. There is only reasoning.

Reasoning is your mind’s way of creating safety. It is how you make sense of a nonsensical world. The collective consciousness is a conglomerate of agreed upon reason. You do not have to agree with anything. Some reasoning makes systems work better. Some brainwashes you to fall in line (or buy whatever you are being sold). It is when you unconsciously follow the collective consciousness or you make up affirmations and finite reasoning, that you truthfully know nothing about, that you get in trouble.

You abandon yourself when you do not honor presence.

Presence is non-judgmentally taking in the stimuli. You, simply, listen and observe when you are present. There are no thoughts or reasoning or assessments of what is happening. All is, simply, what is.

To practice presence, you have to be open and vulnerable to honoring your naivety.

You do not know. If you can sit with yourself long enough to find the gusto to declare that to the universe, your life opens up. “I don’t know” becomes the gateway to learning.

First, you have to practice with yourself.

The first question is simple. Whatever action your are about to take, take a moment to pause and ask yourself **“Why?”**

Give yourself the time and space to hear the answer.

You are always chasing the feeling of safety.

You are always trying to figure it out.

There is nothing to figure out. It just is. Be Here, NOW.

Allow yourself to be a 3 year old. You did not have a moment’s pause to ask “why?” then. In fact, you likely drove your parents crazy asking “why?” about anything and everything that you witnessed. You were OK not knowing. You were open to learning.

Lesson Q: Questions / READ & RESONATE

It is peaceful when you can sit with yourself and honor the worry and anxiety that stems from being in the dark about life.

There is no way to tell the future. We have collective beliefs that drive a great portion of our reality to what seems like inevitability. Besides dying, nothing is inevitable. You can transform any pattern, path or decision into one that allows for your growth.

Growing requires you, however, to step into a new unknown.

You did it at least once in your life. You were born into a complete unknown. You were not frightened of it, then. You just observed. You learned your fear. You can unlearn it. To do so, you have to be willing to ask questions. You have to be present to yourself and to whether or not the answers you receive truly resonate with you. Answers from other humans, likely, will not resonate, unless you two have the same reasoning about the topic and, then, no one is learning anything, you are just reinforcing reason and finding agreement with each other.

Receptiveness requires an open mind.

It requires what Buddhist's call Beginner's Mind. From a Beginner's Mind, nothing you "know" is welcome to color or fuel what you are experiencing. Every moment is a new lesson that you are being taught.

If you are open to asking questions, you will be open to the lessons. The lessons, too, change over time. What is a workable learning when you were 5 years old does not necessarily work for you now.

For instance, I was taught that God would punish me if I did not confess all my negative thoughts, ill will or mean and manipulative behavior. Back then, that meant I had to be good, always. I had to negate my negative feelings and push down my anger. I had to ask for forgiveness for being human.

Fast forward to today. You are not going to catch me apologizing for being me. I am not going to ask for forgiveness for not knowing or for having an emotional reaction or for behaving outside of the box that someone else prefers me to fit into. I disagree with the lesson that there is a judgmental God that I must leave myself to obey. The lesson has changed. It has become:

How do I feel and what is charging my feelings?

What is keeping me from being present?

What needs to heal?

Where have I left myself?

What do I need?

Does this resonate with me?

Are my thoughts, beliefs and actions aligned with my truth and purpose?

Do you hear all of the questions?

When you ask questions, you communicate that you want to learn.

Learning is the construct of life. It is what you are here to do. Ask the questions. Take on the answers that resonate and explore the resistance you feel or the reason you create when you do not feel aligned with a teaching.

None of it is truth, but is it truth to you?

Does it support you?

Do you feel expansive and energized by it?

Does it deepen your connection to yourself?

These questions are pertinent to balance. They allow you to dance with life and the experiences you have with an unattached way of being. You do not cling to knowing. You accept that you do not know. You do not fight and claim righteous viewpoints. You process and learn and work together with others.



Project: Love, Me / LESSON Q: QUESTIONS

GO WITHIN

What is something you tell yourself you “should” know that you know nothing about?

Who taught you that you “should” know that?

What is something you pretend that you understand?

Why do you pretend to understand that?

If you could ask three anonymous questions, right now, what would you ask?

In what ways are you open to learning about those three things, whether you ask or not?

Lesson Q: Questions / GO WITHIN

In what ways are you closed off to input about those three things, if you remain silent and do not ask?

What happens when someone offers you education?

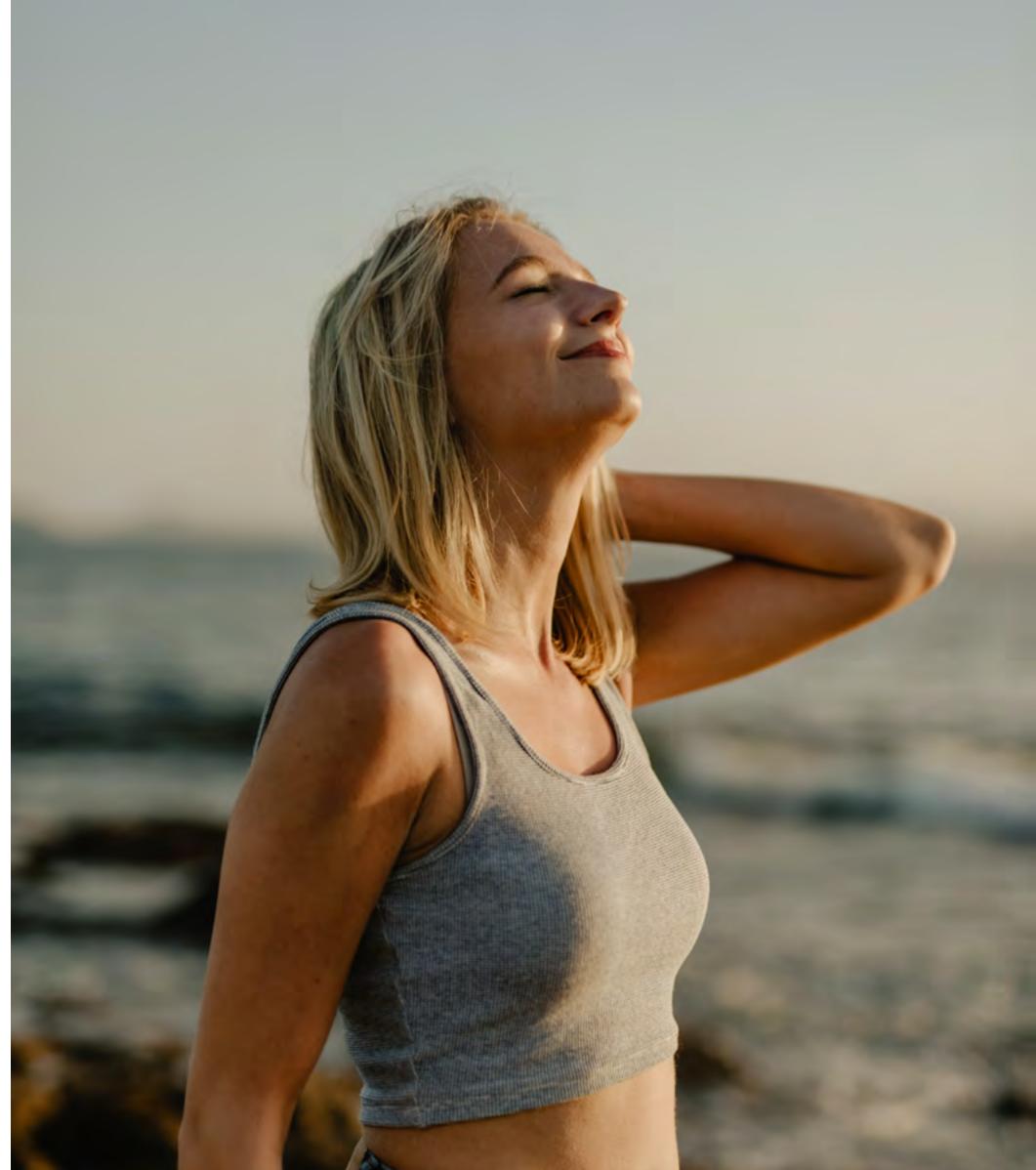
What happens when someone offers you feedback?

What happens when someone offers you guidance?

What do you say to yourself about how much you know?

What part of your last answer is factual?

What would you like to learn?



PRACTICE

Click the audio button to practice Questioning.



Project: Love, Me

R IS FOR RESPECT



Project: Love, Me / LESSON R: RESPECT

READ & RESONATE

Your opinions, beliefs, ideas, thoughts and perspectives are yours. They may not be truths and they are valid to you. They can be spoken, shared, crusaded for, even. They can be kept to yourself. They guide you. They determine your point of view. They steer your life, your relationships and your energy.

No one has to agree with any of them.
No one has to be on the same page about a single notion you have.

To be angered, offended or upset in any way for another's non-agreement is a time suck. It is a waste of your precious moments, attention and energy.

What is yours is yours and there is nothing wrong with any of it.
This, you must respect.

Respect is the due regard for any and every feeling, wish, right or tradition you and all others possess.

You do not have to agree and, if you are committed to a path of inclusion and acceptance (which is the only true path to connection), respect is non-negotiable.

Does that mean that people are automatically respectful?
Quite the opposite.



Because of fear, humans have an insatiable need to be liked and included.

This translates to finding agreement. If someone agrees with you and you agree with him, you two are on the same team. You have the same values.

You can count on each other...?
Pause and think. Is that actually true?

No two people share the entirety of their thoughts, ideas, beliefs or truths.

We are all having separate experiences, coming from different backgrounds and traditions, working through and succumbing to different conditioning and facing different days, schedules, environments and choices. You might agree on some or many things, but you will never agree with another, completely.

Respect your stance. Respect the stance of those you encounter.

Lesson R: Respect / READ & RESONATE

Judgment is the work of disconnection. It comes from a place of fear - fear of rejection, separateness, abandonment or, at its worst, death. You judge to feel safe. You ridicule to create a false sense of power and superiority over others. True power is in the minds of those who respect.

Respect requires acceptance.

It requires you to listen without input. It requires you to stop waiting for your turn to take or give your two cents or mock, jeer or argue. Respect is allowing me to be here, as I am, and you to be there, as you are. We connect through respect.

I honor you. You honor me.

Before this becomes a natural way of relating, you have to practice with yourself.

Attacking yourself with internal judgments and assessments, criticism, comparison and negative self-talk is disrespectful to yourself. You spend every moment of your life with only one person...you. The relationship you have with yourself, your growth, your hopes, dreams and lessons is the root of your respect. Like you build a muscle in the gym, you have to be consistent and committed to the practice of respecting yourself for what and who you are and what and who you ARE NOT. You have to stand up and declare your beliefs and ideas. You have to take up space and claim your spot. You are welcome. Do not let anyone tell you, otherwise. If you do not respect that right, why would you expect to experience respect from others?

Listen to how you speak to yourself. Not sure how to do that?

How you treat others is in direct alignment with how you regard yourself.

Explore and observe the moments you are triggered by another. Watch how you react. Listen to what you say. Pay attention to your opinions. They are your inner critic and all its self-denying assessments, on loudspeaker. When you have done so and you have accepted the reality of that behavior reflecting the conflict you have within, pause.

Slow down and start listening.

Your inner critic is a disrespectful mix of anyone and everyone who has ever shamed you, placed rules and regulations on you and judged your character. It comes from bad parenting and bad coaching and bad teaching and bad leadership. It comes from media and advertising. It comes from perfectionistic cultural idealism. It comes from every moment you have had where you were NOT taught how to behave in order to A) stay true to yourself B) get your needs met C) Fulfill your wants and D) Honor and respect others. Instead, in these moments, you were taught that you are fundamentally flawed, unwelcome, unaccepted and did not deserve love because of WHO YOU ARE.

Your inner critic is your shame, speaking to you.

It sabotages you, holds you back, makes you freeze and give up. It ruins your experience with babble and chitter chatter about nonsense that is not even happening and, mostly, not even relevant to the present moment.

Slow down. Listen. Realize it is not your voice. Respectfully, distance from it. From here self-respect can blossom.

As within, so without.

GO WITHIN

What do you NOT respect about society/others?

What are the themes and qualities you see are missing?

Do you have respect for yourself in regards to these themes and qualities within you?

Instead of disrespecting society/others, what guidance or example could you provide to have everything align with the theme and qualities you desire to see?

What can you forgive in yourself so that you are not so harsh on society/others about these missing themes and qualities?

Take a moment to pause and listen to your inner critic.
What does your inner critic have to say?

Who does this sound like?

Where did this come from/when did it begin?

What do you think you needed, back then, that would have supported you and respected you?

What can you do to give yourself that support and respect now?

PRACTICE

Click the audio button to practice Respect.



Project: Love, Me

S IS FOR SHARING



READ & RESONATE

Sharing your world is the only way another can truly find understanding and can learn what you need for support. As intuitive as one can be, there is, simply, no possibility that your mind and heart can be read. Assuming one knows is dangerous to your own well-being as well as to the well-being of a relationship.

Why does it seem so difficult to share?

Because you choose and have chosen people to share with, in the past, that had not given you the safe space to know you were being listened. When we are not heard, we feel embarrassment. Dependent on your history, that embarrassment can deepen to guilt, sharer's remorse or, if your character has been attacked and you have absorbed the assault, you might feel shame.

You need to move slowly with people. Be honest in your relationships.

Is this person someone who you can trust? Does this person give you time and attention and the space to work through things? Can this person be counted on to be there for you if you need them? Are you projecting a hope and desire on to someone that they can show up for you? Has this person agreed to have that kind of relatedness with you? Have you two taken the time to learn to communicate so that what is to be shared will land and be held?

Social media has become an outlet for dumping. Hiding behind

screens, people drop bombs and serious hardship and then create their own shame loop when the response does not meet the need.

Even when you have found a trustworthy person to share with, there is one step before you share that will determine what you need to say and how you need to say it.

You must get present to what you need.

If you have a vulnerability, a place you feel weak, incapable or stuck, there is a need you have to meet. Interpersonal relationships are meant to create bonds that fulfill on needs. Connection comes from being able to share and to make the need obvious, as well as the request to have said need met. Are you willing to be vulnerable and to ask, directly?

Keep deep shares to the select few you can count on.

If you do not have anyone you consider dependable in that way, pause and reflect. Are you actually aware of what you need? The most powerful support one can receive is the space and time to let it out and slowly, but surely, get clear on your answers for yourself. When you share to be saved from victim hood, you are not being responsible for your part in everything that happens. Your role is clear when you slow down and work through it. Being listened means being supported without advice and interjection. You can figure it out. You can determine whether or not you are perpetuating a story or are on the brink of learning a lesson. You are your best teacher. Trusting your heart and sharing from it with a trusted other is a form of letting go, getting the thoughts and worries out of your head so you can settle into your body and listen to yourself.

The best way to ensure you have got a supportive listener is to practice being one yourself.

GO WITHIN



Listening is providing space for someone to work through something.
Who listens you best?

Who considers you a good listener?

What is a storyline or frustration that continues to repeat in your life?

What is the need that is not being met in that storyline or frustration?

Who do you know that seems to have that need met?

What is something that you assume that everyone know about you?

What is the frustration that comes up when this assumption is not acknowledged?

What is one of your boundaries that often gets crossed?

How could you share this boundary more definitively?

PRACTICE

Click the audio button to practice Sharing.



Project: Love, Me

T IS FOR TRUST



Project: Love, Me / LESSON T: TRUST

READ & RESONATE

Does this topic interest you?
Trust it.

Does this topic make you have a sense of jadedness or anger?
Pause.
Do you trust yourself?

There is little we can do, be or have outside of ourselves in exactly the way we fantasize. There will always be something awry. There will always be questions. There will always be flaws. This is because you regard everything you experience from the standpoint that it can not be trusted.

If this person does not behave exactly as I say I need him to behave, I cannot trust him.

If I do things exactly as I say they are meant to be done and things do not turn out exactly as I desire, I cannot trust effort or reward. If you are being true to yourself and honoring your shadow and your light, your confidence and your insecurity, your presence and your avoidance...You can trust everything.

Fear has you seek outside of yourself where nothing is known. When you are operating from fear, life cannot be trusted because it cannot be controlled. Being with yourself and digging deep to find your desire, your beliefs and your truth is the only way to build your capacity to trust.



Lesson T: Trust / READ & RESONATE

You cannot be shaken or broken by another when you stay with yourself.

Staying with yourself means moving slowly.

It means slowing down to be with your youngest, least aware parts. You have to bring light to your shadows. In doing so, you allow them to be and you grow in your acceptance of them and all of your parts.

The reason you have an expectation of perfection in your experience is because you have an expectation of perfection with yourself.

You cannot be trusted if you do not give yourself time, room and attention. You cannot be trusted if you expect others to fix you and your life. Firstly, basing relationships on something needing to be fixed is an untrustworthy foundation. Everything is exactly as it is and that, in and of itself, is perfect. There is no input needed. There is nothing needing to be changed. There is nowhere to go and nowhere to get.

Whatever you experience, truly, just is what it is.

Trusting that is the foundation for peace and inner stillness. It is the foundation for your intuitive connection and your confidence, as a result. To trust yourself is to trust the lessons of life.

It is to trust the nature of experience. It is to observe. It is to let go of the chitter chatter of assessment, demands, judgements and feelings of discomfort and frustration.

When you find yourself analyzing, passing judgment or trying to manipulate someone into taking your “stuff” from you, it is time to return. It is time to return to your mind and let the thoughts take you to your heart and your root. It is time to take a deeper look at the beliefs you have constructed to support those thoughts. It is time to

bring awareness back to your truth.

Does it support you accepting yourself and your life?
Does it settle you and allow you to be present?
Does it disconnect you from the world around you?
Does it create distance between you and what you desire?

When you are not in a state of contentment, you are not trusting yourselves.

You are lost in the sea of conditioning and worry that you have accepted and given power. Your truth is strong and powerful. It is connected to everything around you and receiving while it gives.

Your truth is here, in this moment, freely experiencing.

You need space and time with yourself.

You need space and time to work through things. Space and time are truths in your reality. They are tools to use to learn. They are luxuries that are built-in to your nature.

Practicing returning to your peace and trust is just as important as feeding, moving, resting and caring for your body. In order to go where you are going, your body has to be on board and ready. Why do you drag yourself around in bewilderment? Why do you move so fast that you stress your system? Why do you push and pull as far away from being with yourself as you can?

You trust you.

It is in there.
It is innate.

Finding your way home to that feeling is the simplest exercise. Just give yourself time, space and attention.

GO WITHIN



In what ways do you distrust yourself?

What is the issue? Think surface, the problem at hand, then pause and go deeper.

Where do you go to try to solve this issue?

What do you do to try to avoid this issue?

In what way would slowing down help you to resolve that distrust?

In what ways are you cautious to trust others?

Do you trust yourself to take your time, get a good read and open up when you have established safety?

What do you need to feel safe?

Have you been repeatedly burned in similar ways but different situations throughout life?

How much of the repetition can you attribute to projecting worry or assumption on each example?

PRACTICE

Click the audio button to practice Trust.



Project: Love, Me

U IS FOR UNLEARNING



READ & RESONATE

You are a neutral, lesson-learning, meaning-making, thought-producing, action-taking, feeling-feeling, emotion-moving being.

You are not your personality.
You are not your thoughts.
You are not your job or your income or your ethnicity.
You are not your social status, your pant size or your intelligence.

Everything that compiles the above and any other characteristics or definitions that you call “you”, is something you learned.

It may have been a direct teaching, modeled for you by your parents, your community, your school or your religious background.

It may have found its way into your behavior indirectly from the influence of marketing, sales, movies, tv and books.

You may have had a first-hand experience that you decided meant some sort of definitive thing about yourself.

Whatever way you got your teachings, conscious awareness gives you the gift of choosing which you would like to absorb and make a part of your narrative and which would be more helpful to you and your happiness if you unlearned them.

Unlearning is a deep process. It requires committed introspection and asking questions, constantly.

Addressing your feelings and emotions is a direct link to finding what files need to get erased from your database.

If a lesson does not allow you to be present and you are not readily receptive, time to delete.

First, it is noticing - noticing how you feel and what emotions arise when you read, hear, see or “buy in” in some other way, noticing how you feel with certain company, about your work and those you work with and for, about the places you visit, the food you eat, the products you use, etc.

You have reasons for everything.

These reasons are a part of your conditioned construct... your programming. Some reasons are collectively agreed upon.

An example: Full time employment is a 40+ hour work week.

Says who? What if a person can be gainfully abundant and participate in their craft 5 hours a week or any amount of time they would like to give to it? What if work is not necessary? What if work is the give-back you contribute to society when you are taken care of and surrounded by supportive, like-minded community?

That is not the norm. Nothing about unlearning is the norm.

The norm is conditioned.

There is also a collective agreement about how one behaves to “fit in”. Fitting in is a disease. It requires shape-shifting.

Changing how you present yourself in order to be included is a rejection of yourself at your core.

Changing yourself is turning your back on yourself in order to fit the fancies of others.

Lesson U: Unlearning / READ & RESONATE

Belonging is innate.

You are here, therefore, you belong here.
Here would not be here without you.
You belong.
However you show up, you belong.

When you are asked (or tell yourself) that you must be a certain way, achieve a certain level of success, look a certain way or participate at a certain capacity, you are fitting in. You, who you truly are, is rejected.

You, who you truly are, does not belong.
This causes you to question yourself. Your self-esteem gets shaky.
You feel a sense of loneliness and loss. This causes you to become emotionally and physically drained by “connecting” socially - personally and professionally. You develop social anxieties and the need for emotional distancing is born.

The purpose of unlearning is to get to the heart of the matter...

You feel and question this way because you chose to reject yourself.

It might seem like an easy choice to let go of “you” to fit in.
Truthfully, this practice is the seed of your greatest heartbreak.

The only person you spend every moment of this life with is yourself.
Would you consciously choose to spend all of your time with someone who rejects allowing you to grow and learn and explore and engage? Would you consciously choose to always be tethered to someone who abuses, speaks negatively and distances him or herself from you? Would you want to be locked away for every moment with someone who tells you how to be in order to be loved? No? Why are you doing that to yourself?

Project: Love, Me is a self-reckoning. It is a love letter to yourself

that, very likely, begins with an apology - for being a bad friend, for asking yourself to change, for judging and trying to destroy everything that makes you vulnerable.

Your vulnerabilities are your raw, unconditioned parts.

They are the questions you ask because you accept that you do not actually know the answers and, somewhere in there, you remember that this was not your creation and you do not actually agree with what you experience - the scene in which you have been cast in the puppetry of normalcy. They are the spaces from which you can begin reconnecting to your desires and dreams...the way that you are meant to go, *because you made the choice...* not the way you were told to go, to prevent you from being cast out or left behind.

Pause to think about what you follow and why. Pause to see if your reasons, under your reasons, under your reasons, are fearful. Pause to see if you think that being yourself is difficult. How can it be difficult to be what you are?

You find difficulty in allowing yourself to be who and what you are because you have bought in to so much selling. It is difficult because most of your teachers and the salespeople all around you are not consciously aware that they, too, do not agree with how things go.

They operate from the same fear of rejection.

Do you want to pass that fear on to the people you teach?
Do you want to create communities, products and social structures that reject those you love and care for, for being themselves?
Getting out of this loop takes going deeply within and making it a daily practice to unlearn.

You will feel, at times, that you are unraveling. That is a beautiful thing. You can use those threads to sew a self-accepting, self-respecting, self-trusting tapestry called “you”.

GO WITHIN



What is a distracting loop of thought that you want to unlearn?

What is a belief that limits you, that you would benefit from unlearning?

Who do you say you are?

Where did you learn each of those characteristics?

Which were modeled for you by another or your culture?

Which did you learn from magazines, TV, the news or advertisements?

Which did you experience for yourself and then give meaning to?

What is an experience you have had that you consider to be life-defining?

What definition did you give to yourself and the world from that experience?

If you can accept that you gave that definition and made that experience mean what you made it mean, what would be a more empowering meaning to give yourself, regarding that experience, now?

What is a habit or way of being that you continuously go to that does not authentically express all of you?

Lesson U: Unlearning / GO WITHIN

Who do you put on that act for?

What aspects of yourself are you omitting?

What do you expect to get out of that performance?

If you were you, fully, authentically expressed, how do you assume those you put on an act for would respond?

What is your evidence that that would be the case?

Who are you for the people you perform for?
What role do you play in their lives?

What about that role feels good to you?

What about that role feels negative to you?

What would it be like for you if you chose to concern yourself with how you feel about others instead of how they feel about you?



PRACTICE

Click the audio button to practice Unlearning.



Project: Love, Me

VIS FOR VOICE



READ & RESONATE

Your words are your world. You have the capacity to share what you see, what you feel and what you know, in your deepest parts, with your voice. You can be the greatest gift when you choose who you want to be and speak from your heart. The tone, volume and cadence can be manipulated. None of these attributes soften or strengthen the message. The person you are being, behind whatever you say, determines the impact.

When you speak the words of your heart, these words transform.

Nothing has to change outside of you. No one needs to change and become more receptive. Words land in the hearts of those who hear and receive them. They are like seeds you plant in the garden of another's mind. It may take time for them to grow into the energy you transmit to the other. They may germinate for weeks, months, even years and, if you choose to speak from your true nature, someday, sometime, they will be heard.

Your voice rings echoes of your experience.

Have you learned the lessons? Have you healed your pain? An unhealed heart speaks with fear. There is defense, anger, judgment and aggression in your energy. This is the voice of your words.

Taking the time to heal your heart, learning the lessons of life's experience, nurturing the skill of separating from the critic, the self-loather, the perfectionist in all of us, gives you the space to find

hope, resilience, wisdom and humor. These are the energies of a healed heart. This is the voice of your words.

Are you settled?

Are you at peace?

Are you accepting the way it is (and is not)?

Do you understand your fear?

Do you know where it lives in you?

Do you know how to make contact with it?

Speak with your heart.

Sift through the spaces that feel inauthentic and jaded. Sift through other voices that are not your own.

When will you know you have reached your heart?

You have reached your heart when every word you speak, you hear repeated back to you with a sense of love and nurturing. Your voice warms you from within and gives you the home you have been leaving. Your words are strong, yet gentle. They are easily understood and easily repeated and reflected.

Look at your eyes in the mirror. Say the words you need to say. They are true and honest when you can not look away, when you see beauty and love and all things making sense, coming together, being true.

Your true voice connects you to yourself.

It never distances. It is inclusive. It is the voice of the perfect mother, the perfect friend, the answer to your every need.

Before you speak, pause to listen for your heart. Let that speak you. Let that flow from your lips into the notes of your song. Let that heal everything around you through healing yourself.

GO WITHIN

If you let your heart speak, what does it have to say?

If your heart speaks pain, what needs to heal?

If your heart speaks love and joy, what thoughts typically get in the way of your words?

What is your worry about letting go of those thoughts?

If your heart led versus your head, what is something you would communicate differently?

Who is someone you can share with, in a more healing way?

Who is someone you could be more open about your love for?

Who is someone you can forgive?

Who is someone you can ask for forgiveness?

What is something you have not shared that you feel would make a difference for a particular person or the world?

What is in the way of you sharing this?

PRACTICE

Click the audio button to practice Voice.



Project: Love, Me

W IS FOR WORTHINESS





Project: Love, Me / LESSON W: WORTHINESS

READ & RESONATE

Every thought, choice and action taken, every experience and energy shift, gives way to what will come next. There is no way to predict the future because every moment has every human and living beings' choices wrapped in to it. It is immeasurable how much goes in to a moment. It is awe inspiring to think of the intricacies of all of those thoughts, choices and actions occurring at once, feeding the energy, each creation impacting all others.

“Our lives are not our own. We are bound to others, past and present, and by each crime and every kindness, we birth our future.”

- David Mitchell, *Cloud Atlas*

The story each of you holds deep in your heart that you do not belong and that you are not worthy of love and belonging is a story of self-protection. Letting go of the story would be taking on the intense responsibility for each and every one of your choices, moment-to-moment.

The world and everything in its flow could not be without you and your contribution to it.

You are a necessary spoke in the wheel. Your energy is essential. It does not have to be publicized. Fame and fortune are their own energies, contributing to the collective. Fear and loss are equal contribution, as are love and war, affection and hate, connection and disconnection, peace and anger. Opposing or magnetizing, whatever

Lesson W: Worthiness / READ & RESONATE

energy is being expressed by each and every creation, is necessary to this moment.

Worthiness is a concept of the mind.

Our culture uses your stance regarding your worth, value, self-esteem and contribution to manipulate you. If you give this much, make others feel this good, be this way, have this, reject that, join us, avoid them...then, you are worthy. Then, and only then, will you receive love, attention and acceptance. The easiest way to unhook those talons from their influence on your heart is to remind yourself that everything that triggers your thoughts of unworthiness is a sales pitch. It is not real, true or valid. What is real, true and valid is your pertinence to this moment of existence.

You do not need anything to be worthy.
You do not need to be or achieve anything to be worthy.
You do not need to hide any part of yourself to be worthy.
You are born and forever worth love, belonging and experience.

If you want something, respond to the energy. Move towards what you want. Tune out the sales pitches that say there are steps to getting there or to being allowed to have what you want.

Tune out the sales pitches that tell you that you must follow certain rules and attend to others to make them feel safe and worthy themselves, that you are selfish for following your own dreams and having what you want.

You are not responsible for others' feelings. You cannot make anyone feel anything. You cannot placate and create a world that feels safe for others. Each and every person is responsible for the stories they write and the meaning they give to their life experience. Each is responsible for how they respond or react to their environment. Each is responsible for their contribution, their energetic gift to the moment.



You can only be swayed by another or feel unimportant if you choose to participate with the point of view that you are nonessential and that your life is at the whim of someone who, for whatever made up reason, garners more worth than you, yourself, do.

If you feel any emotion that leads to unworthiness or unimportance, you are letting someone pitch you a product or service. Perhaps your essential role is to shift the collective away from lack by refusing to be susceptible to these kind of sales?

You are worthy.
You belong.
You are loved.

Do whatever it takes to see through that lens.



Project: Love, Me / LESSON W: WORTHINESS

GO WITHIN

What is your part in everything right now?

Knowing you are essential, what would you like to change?

Knowing you are worthy, by birthright, what do you want for yourself?

Knowing you belong, what do you want to stop putting up with?

When you realize your part in the whole, what might you be more mindful of?

What might you take a moment to sort out before you react or put up defenses?

Lesson W: Worthiness / GO WITHIN

What might you take responsibility for that you typically blame another or the collective for your behavior?

What might you take responsibility for that you typically play victim to?

What dream might you take responsibility to realize?

What does it feel like, physically in your body, when you acknowledge the responsibility in being essential?

What emotions come up, when you acknowledge that responsibility?

What actions do you typically take when you forgot that responsibility?

Now that you see you are responsible for your part in everything, what changes do you see to make?



PRACTICE

Click the audio button to practice Worthiness.



Project: Love, Me

X IS FOR X-MEN



READ & RESONATE

There is always a message under a creation. The fictitious super-human creations of Stan Lee's X-men provide a not-so-fictitious attention to people who "just don't fit in". Not because they are bad or wrong, but, because their gifts frighten those who try to fix and dominate and win because they are not allowing their own gifts to express, those who follow and assimilate to survive. Each X-men character was born with a unique genetic mutation, which, at puberty, manifested itself into extraordinary powers. In a world filled with hate and prejudice, they are feared by those who cannot accept their differences. Led by Xavier, the X-men fight to protect a world that fears them.

Highly sensitive people are like x-men.

Unlike the majority, they have either been born with or connected to a series of qualities in themselves that cannot be disconnected from and allows them to view the world with an unfiltered, fully engaged presence. Uncultivated, this seems detrimental, a handicap that disallows these people to function and succeed but, ***when understood, cultivated and honed, sensitivity is the foundation of the greatest innovation, healing for the masses and the glue that keeps this world together.***

The interesting thing about highly sensitive people is that their skill is seen as unordinary and, possibly, a genetic mutation or the result of trauma but, ***in states of relaxation, connection and at a pace that allows for presence, everyone is highly sensitive.***



It is not a handicap. It is the gift of presence.

In her research, Dr. Elaine N. Aron, a psychologist who has dedicated her work to supporting highly sensitive people, four characteristics emerged.

Firstly, you process deeply.

All of the stimulus and experience you go through - the lights, sounds, energy, temperatures, feelings, emotions and thoughts; are received and then, filtered, added to chains of memories and logic, responded to physically and emotionally and then, only then, are you prepared for more.

Lesson X: X-Men / **READ & RESONATE**

Stimulus is constant. when your system is inundated and you do not take the time and give yourself the space to process, going deeply inward and waiting, listening for the lesson and allowing for the guidance, you are met with the second quality - ***overwhelm***.

If you are tuned to your sensitivity, overwhelm is noticeable. Your fuses blow and your emotional and mental capacities seem to become extreme and dysregulated.

The world around you has a collective energy of impatience. Overwhelm is not something most people can be with. If you are one who “handles everything” and applies logic and planning and problem solving without emotional affect, this is your overwhelm. This is your numbing, avoiding, fixing and rushing to get away from the discomfort of acknowledging what you are processing, deeply. This is how your sensitivity manifests.

Both styles of overwhelm are directly related to your third quality - ***empathy and emotional responsiveness***.

If you tend to be on the emotional pole, empathy can be disorienting, especially when met with another on the logical, non-emotional pole. Opposites attract so that, in connection, we find balance. These interactions happen constantly. One is highly emotionally intelligent, the other is practical and emotionally unavailable. They come together to even out the experience. Two poles do not find balance very easily. When these interactions happen, both sides step into the fourth quality - ***noticing subtleties***.

The emotionally driven empathetically reads expressions and energies from others, has trouble differentiating what is her emotion versus that of another or of the collective. She cries when she sees another crying. She senses danger as it begins to develop. She sees the need and, again, deeply processes, taps in emotionally and overwhelms. The logically driven analyzes. He goes into his head to assess risk, danger, outcomes and directives. He avoids how it feels,

though he is deeply aware, and stoically fixes.

Harnessing sensitivity is a meeting of the poles, it is the grey area, middle ground between the emotions and logic.

Each of you has access to both the emotional and the logical. In dialectical behavior therapy, this is referred to as “wise mind”. When practicing wise mind, you receive information, you pause and slow down to allow for deep processing. You do not do anything, you surrender and allow. This gives time for the emotional waves and the ruminating thoughts that block your intuitive knowing.

In meditation practice, you learn to sit and slow down. When you have paused long enough, you find an opening between emotions and thoughts. This is where the lessons and guidance live. These practices stop the overwhelm and allow for creativity.

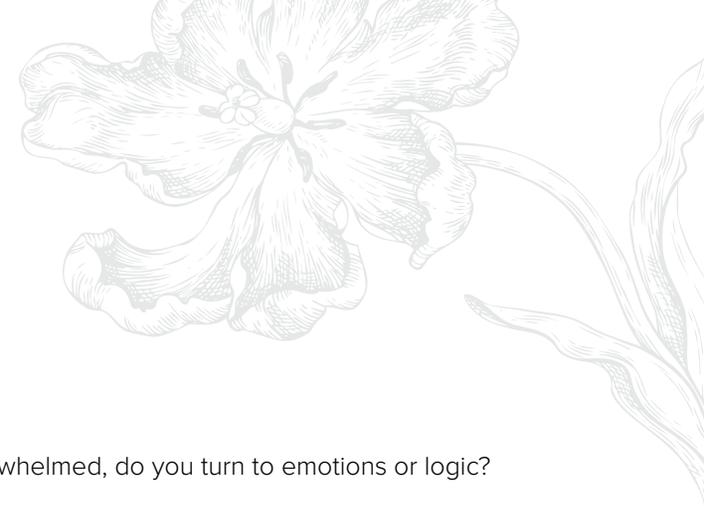
In slowing down, you get a better understanding of what you feel and are attracted to, or repulsed by, in another or a situation. You get to observe the triggers and boundary to realize what is yours and what is that of another. We all feel what each other is feeling, no exception.

Empathy is part of being human. How we respond or react to that quality shows what pole you tend towards to cope with overwhelm.

The antidote is slowing and observing, feeling into the needs and responding with solutions.

At a slow pace, the subtleties are beautiful. The orchestration of a single moment of reality is breathtaking. Harnessing your sensitivity is the superpower that brings you closer, has you heal and see yourself in every other and grow in compassion. It protects your heart and strengthens your courage to be the essential person each and every person is.

GO WITHIN



What is something you are highly observant of, in the world, right now?

How does it feel, in your body, to acknowledge that?

What emotion needs to move in you?

What is something you are highly observant of, in yourself, right now?

Where do you feel it in your body?

What emotion do you need to express?

When you feel overwhelmed, do you turn to emotions or logic?

Empathy connects. Often, empathy has you experiencing “catching” another’s emotional state, similar to how you catch a cold.

What does it feel like to “catch” another’s emotions?

How do you respond or react?

What do you do to differentiate another’s emotions from your own?

If you turn to logic when you are overwhelmed, what do you do to stay connected, emotionally?

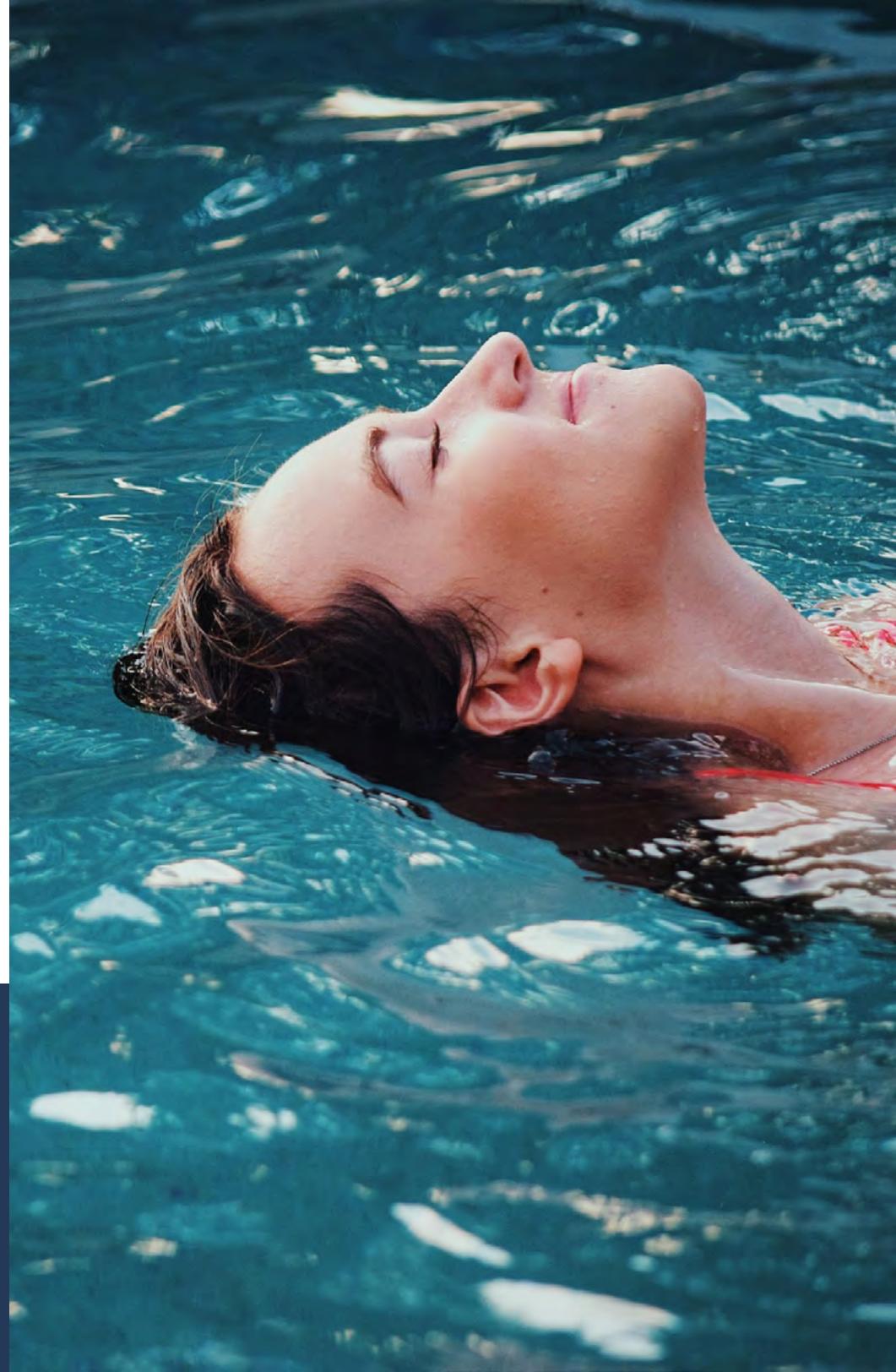
Lesson X: X-Men / GO WITHIN

If this is not a practice, what happens if you slow down and allow for both emotions and logic to be online?

What does it feel like to be both emotionally and logically present?

What solutions become apparent when both emotion and logic are used?

When you slow down, there are obvious subtitles. What do you notice?



PRACTICE

Click the audio button to practice this lesson.



Project: Love, Me

Y IS FOR YEARNING



READ & RESONATE

The storyline of a silly Rom-Com, the success story of an underdog, rags to riches, finding Mr. Right, getting the recognition and the big promotion after you went what felt like eons going unnoticed, putting everything into something and, finally, winning...these are all stories that tug your heartstrings and play well into your programming to yearn.

Yearning is desire.

Desire is healthy. It is a motivator. It has you connect to the parts of you that want to deserve, to be worthy. When yearning is matched with a feasible goal, something that, with effort and commitment, is possible, this programming leads to the joy of achievement and success. When yearning is matched with wanting to get away from something, have something that may not be available to you, where you are in your life, with the connections you have, or a desire to fix the past, this programming is a recipe for depression.

In either case, ***yearning is based on a limiting belief.*** The success in the storyline and the feasible goals is fleeting. It does not “make up” for the difficulties and the hardships that often occur on the way to achievement. The failures and struggles, that do not bring you to your desire, strengthen and deepen the underlying belief that has you be susceptible to the heart string pulling of yearning for whatever it is you desire.

If you struggle with worthiness, being enough, being welcome or

belonging, you are susceptible to what it is to yearn. This is the true teaching under Buddhist non-attachment.

Non-attachment is not dissociation or indifference. Non-attachment is finding the place in your depth of self that knows you are enough, exactly as you are. If this does not work out, if the effort becomes far greater than the reward, if you do not check all of the boxes, dot all of the i's and cross all of the t's, you are still enough. You do not lose your enough-ness. As you are and as you are not, you belong, deserve and can have.

Consumerism is built on programming you to yearn.

In order to get you to buy, you are convinced that you need and want what you are offered. ***This bleeds out into the workforce*** - in order to keep your job, you have to jump through hoops, produce, be grateful and easy to work with. In today's world, there is no guarantee of a ladder climb. There is no promise of a raise or more responsibility. In fact, in most career paths, there is a definitive moment where someone younger can do your job for less of a salary and you are replaced.

This yearning brings toxicity to how we relate.

A good partner does not have issues. She does not question avoidant, withdrawing behavior. He does not question your demands and wants. A good friend constantly builds you up and makes you feel good about yourself. She does not point out your selfish behavior. He does not stop you when you are being righteous and rejecting. A good child is obedient. She achieves and works hard and does not waste time playing and doing frivolous things. He has perfect manners and does things as he is told, no questions.

This programming, that you are not enough, is pervasive in your daily experience. It is modeled for you in others behavior.

Lesson Y: Yearning / READ & RESONATE

When you are young, you watched your parents, teachers, siblings and other caregivers behave from their belief that, in order to be allowed, to be welcome and to be safe, they had to be perfect. They had to do everything in their power to fit in. They had to follow the rules. You were taught to do the same. That was the first dose of poison. Next, ***you saw TV, watched commercials, saw what other people had*** and, unknowingly, let yourself be convinced that, if you did not obtain what they had or better, you were not enough. That shaky self-esteem, then, went out into the world to find love, to find work, to find community. This is when ***you had personal experience*** to fortify the need to be some manufactured version of you in order to have your desires met.

You met some of those desires. How did you feel? Did you feel like all of you, all the parts, were welcome to the celebration of achievement? How about the insecure parts or the parts that have this limiting belief that you are not enough? Those parts are never welcome when you beat the odds and won.

Vulnerability is not a characteristic of a winner in this nightmare of conditioning.

Those parts get pushed further down and hidden in your unconscious. You get pummeled with more and more of the same programming and become less and less inspired to act, less connected to others and your accomplishments. You get so far away from yourself that you are lost wherever you are.

The good news is that all of this is built on false pretense.

With conscious effort, you do not have to buy in to any aspect of consumerist culture. You can choose whatever you want.

A whole, healthy, connected human operates as follows:

First, ***she slows down and takes the time to learn about herself.*** She grounds herself, allows for her creative juices to flow, feels



empowered, simply, by being alive, learns how to keep her heart open, speaks from there, asks questions and lets her intuition feel into answers. She operates on flow.

Second, ***that learning and self-knowledge gives her access the how she needs to care for herself.*** This is her primary focus. She schedules time for herself, first, makes sure she has her needs met, builds the skill to attract people whom she can ask to meet her needs. She only acts from a full, cared for place.

Next, ***she learns to trust her choices and her understanding of herself.*** This has her construct healthy boundaries and to have compassion for herself.

Last, ***she respects herself.*** She realizes that, with this knowledge and ability to care, she attracts trustworthy others who she gives respect, as they do, her.

This is how she connects with family, friends, communities and coworkers. ***She operates from deep understanding, compassion and partnership.*** She builds her world from this.

Lesson Y: *Yearning* / READ & RESONATE

Then, *she goes out and shares her gifts and is compensated for her generosity and contribution.*

The world you have agreed to listen to and follow puts this on its head. You work, tirelessly. Your employer sees you as your productivity and ability to bring in funds. No one cares if you are cared for. They expect you to care for yourself enough that you keep showing up and producing.

Then, you do all the things you are supposed to do to be attractive to other, unfulfilled people who are in the same bad dream of self-rejection. You perform to attract a social circle and a mate. Do you feel the resistance in that? Do you feel how far this is from what you need?

If you are superhuman, even with all of this influence, you might make some time to take care. Is the care you take out of honor and love for your body or is it more of the same - attempts to fix what is not perfect, lose enough weight, build enough muscles...look the part. Most often, this is when people develop shame around their lack of self-control or complete apathy and resignation because they "just can not find the time to care".

Though the utopian life that was first described is virtually impossible in the current downward spiral that our culture has created, it is possible to shift towards this way of being.

You first.

No matter how much that flips your programming switch that says you are selfish, you come first. That "selfish switch" is also a part of this "not enough" programming. If you believe that it is selfish to take care of the only person you spend every moment of your life with, the foundation has to give. Fact check all of your programming. How true is it that putting yourself first is selfish? If you are not taken care of, you cannot show up for others. You are never, truly, available if you are running on an empty tank.

Give yourself time to practice pleasure.

Pleasure is the joy of doing something just for the sake of doing it. It is the feeling you experience when you listen to your heart and respond to its need for lightness, playing and the joy of discovery. Hobbies are lost in our culture. Everyone is constantly doing. Everything is a means to an end, an action to achieve what you yearn for. Remember, that is programming. You are missing the experience of enjoying life, finding ways to experience yourself, your body, your skills and your creativity. That is what doing something just for the sake of doing it provides for you.

Choose people who reflect your enough-ness.

These people will question you when you veer away from your center. They will ask you why you are creating distance and defensiveness, why you are engaging with others that do not see your whole, beautiful light, that do not accept you as you are and as you are not. These people will receive the same questioning from you. The partnerships we create - be they love, chosen family, friends or colleagues, reflect how we relate with ourselves. It is easy to walk away from those who are stuck in this pattern of yearning and programmed lack. You will not resonate with them and you will learn to use your intuition to feel what resonates with you.

Listen to your body.

You will know when you are in the flow. You will also know when you need to slow down and tend to your heart. This becomes part of that self-knowledge that informs self-care. You will set boundaries that disallow undue pressure and abuse. You will learn to feel content and committed. You will stop attaching yourself to experiences and people that suggest you need anything to be better or to do anything to receive love. You will let what you need come to you.

GO WITHIN

What is a desire you have yearned for, for a very long time?

Where did that desire come from?

In not getting what you want or need, what do you say about yourself?

What meaning do you give to achieving that desire?

If you take on the truth that you are enough, what people and parts of your life would you detach from?

What, in your current life, perpetuates the idea that you are not enough?



What was the last thing you purchased to “better” yourself?

What was the last achievement you had?

Lesson Y: Yearning / GO WITHIN

How long did the feeling of accomplishment last?

When that feeling subsided, what was your next thought?

If you were not attached to outcomes, what would you be doing?

What are you attached to that keeps you from having that experience?

What is the worry you assign to being “enough”?

What would happen if you accepted that you have everything you need available to you?



PRACTICE

Click the audio button to practice Yearning.



Project: Love, Me

Z IS FOR

ZZZ





Project: Love, Me / LESSON Z: ZZZ

READ & RESONATE

Rest whenever you can.

Yin and Yang are not gender specific - female and male. Both men and women possess both aspects. Your yang is your effort, your force, your action. Your yin is your passivity, your receptiveness, your ability to allow.

No matter your chosen or birth gender, both qualities have to find balance in order to navigate life as a whole being. Yang is encouraged. The message that you need to fight for your rights, to get ahead and to have, sidelines your ability to have.

Receiving is the portal to having.

You can be conscious of your needs and still go without. This is the experience that typically causes you to force your way forward. It is the experience that seeds your stories of victimhood and suffering. What is missing is not effort.

What is missing is pause.

The power of pause is immeasurable. It gives you the time and space to observe, to see what is available to you. When you pause, the flow of your environment becomes apparent. Everything you are pining for, shows up. The answers to your questions are given light.

Connecting to your needs is the first step. Asking for them to be met

Lesson Z: ZZZ / READ & RESONATE

is second. Third, you have to slow down and allow what you need to come to you.

Resistance comes from fear.

What would it be like if you felt cared for? What would it be like if you did not have unmet needs?

Pausing to experience the feeling you would have when you are present to having everything you need gives you access to what you have put in the way of receiving.

Any roadblock to receiving comes from an overabundance of yang energy. Your storylines that you do not deserve and are weak in your vulnerability block what you need from arriving. You do this out of habit. It is not your nature.

You are a human, being, not a human, doing. In being still, you open up to the vast space you are a part of.

In the teachings of Abraham, Esther Hicks speaks of a grid. You have a grid of desires and needs that you constantly fill. When your energy is yang, you resist the realization that your questions are being answered and the grid is filling up. When you allow yourself to melt into your yin, you feel free to receive and, more and more comes.

It takes resting.

It takes pausing, even just for a moment, before doing anything. Does this action, truly, have to be taken to receive what you want? Does this effort truly give you access or are you missing the access that has always been there?

Slowing down reduced the anxiety that constant effort breeds. This anxiety comes from fear and lack consciousness. If this is the



emotion and the point of view you are operating from, you will find evidence of lack and fear-filled experience. When you pause, you see divine order. You see that life is a series of events that teach you the lesson that you are part of an abundant whole. There is more than enough to go around. You have more than you need. You just have to be open to receiving it.

Take pause. A deep breath before every answer you give, every thought you latch on to, every action you take, informs your point of view. If you stay in waiting, you will keep waiting. If you surrender to what is, you will actually see what that is. What is, is everything. Give yourself the gift of rest. Slow your breath to slow your heart rate and slow your roll. This presences you to the awesomeness available to you. Take your time and savor your experience. Every one is beautiful. Every bit of your life can give you peace.

Slow down and let it happen.



Project: Love, Me / LESSON Y: YEARNING

GO WITHIN

In what ways are you forceful about outcomes?

What do you worry you will never have?

Who or what modeled that worry for you?

What experiences have you had that you gather to fortify your decision to keep taking action?

What would it be like for you to rest more?

What are you exhausted by?

Lesson Z: ZZZ / GO WITHIN

What would it be like for you if you were alleviated of exhaustion?

What do you need?

When you ask for your needs to be met, what do you feel?

What meaning do you assign to that feeling?

If you take on the perspective that everything is available to you, where would you stop putting effort?

What can you do to pause today?

Surrender is complete pause.

What thoughts come up when you “try” to sit still?

Being is a natural state.

What fears do you have in response to being without action?

Who is offering you support?

What resistance do you have to their offering?

What are you saying about yourself that causes you to resist?

If getting your needs met is a numbers game, where can you ease up and relax?

PRACTICE

Click the audio button to practice this lesson.





Project: Love, Me

IN CLOSING

TO YOU,

The purpose of this book is not to teach you. The purpose is to help you remember who you are so that you can connect to what you want and experience your life as a gift. It is a manual for loving yourself that you can return to, over and over again. We all need reminders. I wrote this book for you as much as I wrote it for myself. Throughout my six month writing process, I was met with deeper lessons in each topic. I found blind spots in each letter of this language. Project: Love, Me is not intended to be a project you take on, perfect and let go of. Project: Love, Me is the project of living your life. It is the project of keeping an open heart and staying connected, even when life feels unbearable.

I hope that you feel more deeply connected with yourself. I hope that you have more compassion and patience for your emotions and your need to move slowly. I hope that, that compassion, extends outward to the people you touch with your presence. To heal the world, to be a good partner, to be a supportive parent and a dependable friend - *focus on yourself.*

You are your best partner, parent and friend. You know yourself more deeply than anyone else can ever reach. The deeper you go, the stronger you feel. Your confidence comes from your acceptance. I hope you see how awesome and deserving you are. I hope you continue to show yourself the respect you are entitled to. If you falter, I hope you return, again and again.

I wish you peace and happiness.

Love, Me



ABOUT THE AUTHOR

Rachel Harvest is a registered dietitian, certified dietitian-nutritionist, behavioral health specialist and personal coach seeing clients in-person in New York City and nationwide, via video appointment.

Rachel graduated from New York University with a Masters of Science in Clinical Nutrition in 2013. During her studies, she saw a need for supporting people learning why it is important to take care of themselves and relating to themselves with confidence and compassion, over the need to educate how.

She got trained in dialectical behavioral therapy, cognitive behavioral

therapy, mindfulness and mind-body orientation and, as a result, provides behavioral health coaching to her clients. Her method ensures clients are not only given information and education, but are primed and coached to implement the changes that are needed. Rachel encourages incremental shifts utilizing 4 pillars of focus: self-knowledge, self-care, self-trust & self-respect to create balanced, feasible plans that are tailored to suit each client, individually.

As a dietitian, she is most talented and effective with clients seeking weight management, support with disordered eating and digestive hypersensitivity. Her typical client is highly sensitive, entrepreneurial/performance based career-focused, seeking balance.

Rachel's personal coaching is designed to implement the same 4 pillars as above. Through a contracted 6 month program, she supports you to become your best self—the person in you who achieves the highest level success in your work, leads with a confidence and courage, has deep fulfillment in your relationships, lives a balanced life and is inspired, fulfilled and nourished physically, mentally, emotionally and spiritually—all with grace & confidence.

Rachel has spent the past two decades as a student of all aspects of what it is to be well through academia, personal development work, spiritual practices and therapeutic modalities. She wants nothing more than to give what she has gotten to others.

Rachel has found that, beyond taking care, you have to find purpose in yourself, practice gratitude for who you are and connect deeply to your innate energy/qualities to be able to live a balanced, successful life in the current world. She has developed a deep understanding of what that takes and has chosen to bring all of that education, practice and experience to her coaching through The Harvest Method. The Harvest Method uses a special language Rachel calls Project: Love, Me. This language consists of 26 topics and tools that support you shifting your focus away from the external to the internal - what you need for you. All of this is available to you by taking on The Harvest Method.

Please visit RachelHarvest.com to learn more and to get started.



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