[**Breath Mastery Fundamentals Day 3**](https://www.o2collective.com/products/breath-mastery-fundamentals-2/categories/553754)

**Module 23 Internal Awareness**

[ Name ] also pointed out that we don't give attention to something unless there's something wrong with it. Like you would never focus on your kidney unless you had  a kidney problem. You wouldn't focus on your breathing, unless you suddenly had difficulty breathing. You wouldn't focus on your elbow unless there was a pain there. The pain the illness, the disease, causes us to, it calls our attention. And so he said if you look at how fixated we are on our mind, what must that tell us about our mind? It must be the most diseased part of us, if it's getting all of our attention all the time. Interesting.

Audience member: [inaudible].

Speaker:

Yes, and as children, people put us into our head constantly. Every time you have a conversation with a child, and you know, what's right and what's wrong, and think about this and look about this, you're making them go up into their head. And so that just becomes what they do whenever they have a problem. It's what they use to get other people to do things, it's what they use to manipulate themselves, logic, ration, comparing, analysing, and that's not natural for children. That's why we have to repeat again and again and again "look at me, listen to what I'm saying". We're forcing them to come up into their head. Because we're giving them information, we're giving them what's right and what's wrong and how things should be and how they shouldn't be. And without realising it, we are establishing a pattern in them that the head becomes the default place. Because then if they say the right thing and they make the right choices, and they explain themselves properly and they justify what they're doing, then they're mastering this game. Let me tell you why we have to do it this way. Ok, now I understand the why, I understand, understanding, understanding, understanding. That's all head stuff. and if you think about, what is understanding? It's satisfying your mind. When you understand something, all you do was satisfy your mind. It was bothering you and pulling you and poking, until you satisfied it, and then it leaves you alone. Is that our job? To be satisfying our mind? Is that really the kind of relationship we want?

Audience member: [inaudible]

Speaker:

Freedom, safety, honesty and feel where what you’re saying and doing, where is it coming from? Beyond that? I don't know, nothing else needed. And how importnat, you know, having enough moments when you look back on what happened yesterday, or last week, and how serious it seemed in the moment, and then honestly going, look at here we are, 2 days, three days a week later. Come on, in that moment, if it were to go either way, is it really making a difference? And I think once we go through that reality check often enough, we start lightening up in the moment. It doesn't become so crucially important that they get what we're saying in that moment. That how we want it to be is how it will be. At some point you realise, it could have gone either way and I would still be right here.

And the only way they could do that is if we ourselves are doing it, and then they catch it from us. Because you can't explain how to come from your heart. You can't explain how to listen to your body. You can only be doing it yourself and then they catch it from you. A very personal observation, because I've been listening. It was funny to me, I didn't mention it at the time. There was a point when little Lila, climbed up onto the counter and was getting something in the cupboard. You have stone counters and cupboard doors with sharp corners and everything is hard, and marble stone floors and corners of the table and corners of the thing. And she was up there on her tip-toes, balancing on this counter, getting something. And I think one of you said something, like get down from there or something. And then she climbed back down by herself and got down. And then we were out in the forest and the child wanted to go behind the grill or something, or step on a rock, and it was like woah, you don't pay attention, it's not going to be safe. And I though, God, compared to that moment when the kid was up on the counter. And here she is, in a stream with round rocks and you're worried about her safety now? As an outside observer, it was funny to me.

Audience: [inaudible].

Speaker:

You know, we slip in and out of wisdom constantly and I think that's good enough. YOu know, you can't be wise all the time and getting comfortable, and getting from wise to stupid and getting wise with that journey. And being able to move and shift, that's part of it. And they'll feel energetically, they'll feel that. And something in them will kind of start to awaken and develop with no words necessary. They start to catch it. In the same way when you're supporting someone's session and you're giving them all of your attention and then someone cries or screams in another part of the room and you shift your attention to there, energetically that person, that registered in their awareness. That energy connection was suddenly broken, severed. And in that moment when you shifted away, you didn't see a subtle change in their breathing, but it was there. And the third party observing that whole thing, could see that. And it's real, you know, this whole energy phenomenon it sounds kind of woo-woo and stuff. It's real.

So let's explore this internal dimension and see how we can develop our own kind of healing practice. What's possible in your inner world? In my experience, there's only three things that occur in our inner world;

Thoughts; this could be words and pictures and images;

Feelings and sensations; and

Emotions.

That's it. Can you give me anything related to an internal experience, that doesn't fall under one of these categories.

This fourth dimension of our internal world; energy. Because energy is a form, or these things are forms of energy. And when we don't get fixated on the forms, we begin to awaken to a direct experience of this energy. Because emotions, is energy. Feelings and sensations, is a form of energy. Thoughts, are a form of energy.

So in breathwork, we're using breathing to begin to awaken to this experience of energy.

So there is this cyber-netic loop between these three things.

Audience: [inaudible].

Speaker:

So can you start to see how they connect. IF I have a thought, it triggers an emotion and it triggers a feeling and sensation in my body. And if I'm sensitive to my energy, I will catch that. I can observe it, I can experience it. When I have an emotion, it causes a thought and it causes a feeling or sensation in my body. And when I have a feeling and sensation in my body, it triggers a thought, it triggers an emotion.

Something else lighting up. And so this represents a way, a model for healing.

Let's say I have a physical pain. It's on the physical level. That physical pain is going to cause me to think thoughts that resonate with the quality of the frequency of that pain. I will literally have painful thoughts. I will have painful emotions because they're growing out of this painful feeling. If I have a painful emotion, it's gonna cause a sick feeling in my stomach or it's going to cause an uncomfortable feeling in my body and it's going to cause a certain quality of thoughts because they're arising from this emotional pain. And if I have some psychological issue, it's going to cause feelings in my body that resonate with the frequency and also emotions. And if I don't interrupt that, it's going to spread. So I have a negative thought and it's going to cause more negative thoughts. It's going to cause negative feelings in my body, negative emotions and so I need to interrupt that otherwise it's going to spread to those other levels.

So let's say I start with this feeling, I had this horrible ... I keep pointing to my knee because I destroyed my knee a few years ago, at Yvonne's place when they lived in Santa Barbara.  And so it was a truly miraculous healing. So let's say I have this pain in my knee, and it wants to dominate my attention, I'm almost distracted and it bothers me when someone talks to me because I'm in this uncomfortable state or pain. So when I used to work in hospitals, I really got how pain and illness brings out who you really are. You know we had two kinds of patients. One was just so difficult, so obnoxious, so, just horrible. And others were like saints. Like the worst the disease was, the nicer they became. And other people, the worse the disease was, the more obnoxious and difficult to deal with they became. So you know illnesses, diseases, difficult situations, have a tendency to bring up who and how you really are.

So what are my choices here? If I start with a pain in my knee, and I'm conscious, I notice that tension happens around this area. I'm trying to protect myself from the pain and I might even have tension up in my jaw and tension in my neck and tension in my shoulder and it's like the rest of my body is trying to protect itself from the pain or its reacting to the pain. So one physical feeling, can cause another physical feeling somewhere in the body. Or that physical feeling can cause some emotion; 'oh my god, what if I have cancer, my mother had arthritis, maybe I'm getting arthritis'. Look at those thoughts that were triggered by that feeling.

So the lesson is, that these two areas are still, I can't do anything about the physical pain, but I can still do something about what I focus on. I can still choose thoughts, I don't have to let the pain choose my thoughts. And so I take advantage of that. Say I stayed on the physical level; my knee is hurting, I can still enjoy the sun on my face. I can awaken to other pleasant physical sensations. I can enjoy a cup of tea. And maybe very consciously enjoy that cup of tea. I'm not denying or ignoring or supressing my pain in my knee, I'm just choosing my focus. And I can also choose my thoughts, I don't have to let the feelings determine the kinds of thoughts my mind generates. And I can consciously generate gratitude, appreciation, patience, you know any emotion. I'm still free. If I allow myself to take advantage of that freedom, and I exercise that freedom.

Same thing with the thought, I just had this psychological issue and it's going around and, my wife asked me for a divorce. And the feelings in my body that that brought up, and the emotions that are brought up. If I don't get into that game and start to be a conscious factor, look how that can spiral into me saying things and doing things and being a way that I would never want myself to be. Louise when she first announced that she wanted a divorce with me, we had a good friend Ridgeway Cook who lived in New Port, Broad Island and I drove out to see him and it was on my mind. Fuck, Louise wants a divorce, she's just at the end of her rope. So I told Ridgeway, I said you know Louise told me this morning she wanted a divorce. And his response was, "nothing wrong with that". And the way he said it, it just like, holy crap, it never occurred to me to have that kind of a response. It was the last freakin response that I ever would have come up with in my being. And hearing it, and the way he said it, and the genuineness of it, just shattered, just this whole thing that was building up in my system, just fell like a house of cards,  just in a moment. Letting that in. And the way he said it, "nothin' wrong with that". [Explosion sound].

So that kind of thought could only come from outside of a system that was lost in this. But we ourselves can transcend that system and those thoughts and those feelings and those emotions can break out of this pattern just like that. One breath can shatter that whole thing that was building up, or the whole thing that was spiralling downward. You get really good at this. One breath is like this message from an angel, like grace. The grace of God just shines through in a moment.

So this game we practice is what I call the Two-Against-One game. If this thought has the ability to change and produce feelings and sensations in my body and to activate and trigger emotions, then what if I take these two things, I use feelings and sensations and emotions, and I pit them against the thought? Two against one. Now, instead of this negative thought, starting to affect my emotions and starting to affect my feelings and sensations, I turn that game around and I deliberately generate positive emotions, and I deliberately generate or enjoy physical sensations and now this dimension, this aspect has no choice but to start to change. It's being affected by those other two things, and not just one, but it's two against one. So really quickly you can switch and change, so you can pit any two against any one and you can shift and heal yourself. When you do, you are using the breath, using the power of the breath to bring those energies to there, onto that third prodigal child.

In a way, they transferred the energy from alcohol onto cigarettes or onto something else. So you know, it's better than what they were doing. But smoking is a good example because, you know it's so unconscious, it's so automatic, people just reach for the cigarette, they light it up and you know, the behaviour is so familiar to the system, whenever it wants security, comfort, it just launches into those actions and the movements and holding and seeing the smoke and feeling the inhale. Smoking is a substitute for inner fire and so when you wake up that inner fire, smoking loses a big portion of its appeal. And the other thing is just dealing with the actual feelings. So I catch myself wanting to light a cigarette. Woah, that, in itself, is already huge. You're not automatically, unconsciously doing it. You're actually aware of the urge and in that moment, you have a choice. And that space of choice is the opening of, is the beginning of the potential for, you know, over coming, recovering, whatever. So maybe in that moment, the choice is ok. I know I want to light a cigarette, but what is the feeling in my body right now? And where is it it? And what exactly does it feel like? And what are the details of it? Does it have a location? Does it have a shape? Does it have a texture? Does it have a temperature? If it could hold water, how much water could it hold? So now I'm exploring the actual feelings that are driving my behaviour unconsciously and that's something my energy has never gone there before in that moment. The energy is actually, I'm taking a different path of energy and consciousness in that moment, and it's starting to loosen up the grip that the addiction has on me. It's just a little bit, but it's in that right direction.

So then we can play that game of allowing that feeling, so if people say, I don't know "what do you mean what colour is it, what do you mean what shape is it". Well look a little more closely, relax a little bit and really tune in. So now, seconds have passed, minutes have passed, and you're already breaking a pattern. So then the game is you allow those feelings to get stronger and stronger and stronger. And they get to a certain point and you say, I don't want to play this game any more, I just want a fucking cigarette. And you say ok, fine, you went three minutes. Let me hug you. That's three minutes of freedom, that's three minutes where you would have been just automatically following your whatever, dysfunction. We got the wedge in the door, we started. Next time it will be four minutes, and then it's five minutes. Then if you could allow those feelings as they get more and more uncomfortable, the urge to be moved by them, just get stronger and stronger, and at some point they reach a peak. And then they go away. And if you allow them to reach a peak and go away, you just completed one very important recovery loop, and now it's complete. You sat with the feeling until it threw everything it had at you, and you didn't let it push you. And now you light a cigarette and you enjoy that cigarette and you enjoy pulling it out of the package, and you enjoy smelling it and you look at the shape and the colour, and when you light it, you play with the flame and when you smoke it you enjoy it like you're making love to it. And you reward your brain for allowing you to play that game for whatever it took three, four, five minutes. Five minutes is about maximum I think. And for most people, even two minutes is all you really need to do when the urge drops away. And if you just go through that cycle a few times, you're unhooking from the addiction. It's losing its ability. And then you really see that it's a choice. And when you get to that point where it's unarguably a choice, now you're in this point of power. Who do I want to be? I know I'm feeling this urge, but how do I want to be right now? Who do I want to be right now? And in that moment of choice, you start choosing in a certain direction, and you only have to choose that direction a few times before that gets to be where your energy goes. And now, whatever that addiction was, smoking, it's a thing of the past.

Audience member : And that could apply to pretty much any habit.

Speaker:

Absolutely. Any emotional habit, any behavioural habit, any thinking habit, any physical, yeah, it works for absolutely anything, eating, anything.

I'm sufferng with some issue, emotional or psychological or physical. I accuse my second wife [name]. When she got upset and angry, don't try to not make me angry. "Would you like a cup of tea", "no I would not like any tea". "But you like tea". "I don't want any tea".

[Story continues]

So there is this attachment to suffering. There is this energetic addiction, psychological addiction to suffering that we all have. So it takes over our system. Sometimes an outside force, you know, you're depressed and you're sitting at your house and friends come and they pick you up and they make you go out and they do something. You know you needed that external force to get you out of your slump. So we need a strategy.

[End of video 23].