



21-Day Stress, Anxiety &
Overwhelm Healing Intensive
Day 14 Transcript

Good morning everyone and welcome to day 14. Day 14, huh? That means we are 2/3 of the way through the program. We stop a week from today, so we have seven days left of wonderful, magnificent transformation and healing, to really create a new habit, a new powerful way of being, of being, of being. To make sure that no matter what shows up in our life we have these tools now, we have choice now. We have choice. Now part of that choice may be to have a full on freak out, sobbing on the floor moment. There's probably a really good reason why that would happen.

When you get the layering of five different things that happen all at once and you just explode what if that's okay? What if we don't have to judge ourselves anymore for that moment? What if we just go, okay, I'm going to feel it? What if we have this ocean of grief, an ocean of upset, an ocean of hurt, an ocean of frustration, that just needs to be released, that's it. Instead of judging ourselves we're just in the moment with it. We allow ourselves to feel it and then we notice that we're allowing ourselves to feel it and in that split second moment we are in the still point. In that still point we're in the state of neutral, we're in the observer, we're able to see more in that moment. In that moment we are able to make a new choice and that is the start of the unraveling of everything.

Every time we do it we're at a higher and higher and higher level. I showed this to you before, but I'll show it to you again. Imagine spirals going up vertically on a page, I'll show it to you on Facebook. There's spirals going up, and just imagine that each spiral is a little breakdown, but we're in a different mode with the breakdown now. We're in a different mode with the breakdown because we have conscious awareness that we're bringing to every single moment. With that conscious awareness we can become conscious of the fact that it's a higher elevated experience. The first time you have the experience of a breakdown you're down here and you use your tools and you work your way up to the top. Then we're going up, up, up, up, and we're at the top and, oh my gosh, we're feeling so good at the top of the spiral.

Then a bunch of stuff happens and we're down here at the bottom again, right? Then we have a little breakdown, but the breakdown's a little different because we're noticing it even more and we have new tools and we're bringing those tools, we're remembering who we are, we put on our super power suit, we point at what's right. We notice that it's just a bunch of walnuts that need to be cracked, that's it. We do some spontaneous transformation here. I want to you to notice something this breakdown is a lot higher than this breakdown, so we use our tools, we use our tools, we use our tools. We're like, oh my gosh, I feel so much better.

Then something happens and we get triggered. Life shows us because we're ready, because we're ready, because we're ready and we're down here. Look, we're two times higher when we're down at the bottom of the third wave of this breakdown, if we're going on a vertical upward spiral it means the bottom of the third spiral is two times higher than the bottom of the first spiral. Got it? It's changing. It's changing. Again, just remembering part of the reason that you are in a program called Stress, Anxiety, and Overwhelming Intensive is because you have a lot of it in your life. You've spent a lot of time pointing at the fact that you have a lot of it in your life.

Every time you point at it remember this is your magic wand what are you pointing at. When you point at the overwhelming upset and stress and all the things that are causing it you're pointing your magic wand of attention at that and you're pointing energy at it. You're giving it power. You're saying you're

the most important thing in my life. I'm pointing at you because you are dominating every part of my being. In that moment notice what your attention is pointing at, then move your focus ever just slightly two, three, four, five degrees. I'm going to do five degrees of attention right there, that's it. Just change the angle of perception ever so slightly and use your pointer in that very moment and say what's right.

Sally was sharing this morning how she's missed one, she's judging herself, and she kind of had a meltdown, so pointing at what's wrong, what's wrong, what I did wrong, what I did wrong. Instead just five angles of perception, you still have this program that you can point at. That's change, bang, it's over. That is the vigilant process that we are in. That is the vigilant practice that we are in, pointing at what's right. Moving our attention away from what's constantly seeming wrong because when we give it our attention it gets our full attention and it says "I own you". Instead, we shine the light of consciousness on that moment and say, "No, you don't own me. I am in command of this."

We change our angle of perception and we say what's right with my life, what's right. In every moment of that breakdown there's something right in your life. When I was on the floor in my garage last week bawling my face off because I couldn't find my phone, oh my God, we're so cute right, that moment was priceless because a couple things happened. I noticed the reaction, I noticed that this has been an enormous pattern of mine that I can't contain at all. The reason why is because all the beliefs are crowding my space and I'm describing this so you can understand what's happening for you as well. In that moment, I got to really go into a very, very deep STT where I realized, and I shared this already, that I hated myself. For good reason, for good reason, and because of that beautiful experience I got to do a process with myself where archangel Michael came in and gave me that beautiful ball of power, that neutral no. That neutral no has made an enormous difference. That whole thing happened because I was ready.

Now previously, I might have just said I'm a horrible person and what's wrong with me and how could I. No, not anymore. I challenge you right now to do the same, to use these moments that sometimes just needs to release out of your system, but use it and do a spontaneous transformation. Use is to unwind that part, which is what I did and I don't hate myself now. I've hated myself for 55 years and because of that one incident, where I could've judged the hell out of myself, I instead noticed it, paid attention to it, used it, and then wound the part of me that had those temper tantrums because I hated myself. Then that brought forth this wonderful just realizing this is all your fault. I'm just kidding. That came forward, so the next day we worked on shame and self-hatred and unwound it. Life is this amazing journey that is presenting these amazing opportunities of resistance, so that we can push against them and grow and get stronger.

Radika is asking "Do we ever reach a point where we simply don't feel stress because we are so vigilant in our noticing that it does not even arise in the first place?" Yes. The answer is yes, that's what we're doing here. All the stress is created by our reaction that is based on the beliefs and the coping mechanism that is hiding us, that is protecting us from the emotion that happened the first time. That's stress. Stress is happening because of our belief, because we are suppressing emotions that we don't want to play with and understandably so. We go to the neural pathway gym now. We do spontaneous transformation in the neural pathway gym. We stop into the still point, that's a neural pathway gym moment.

The old chatter neural pathway is going to show up to offer resistance to grow the new neural pathways. We unwind, we unwind, we unwind. We crack a bunch of walnuts. Over time, this is a vigilant

practice, yes, and one day it's just not there. It's just not. I'm noticing this a lot for myself and my clients certainly notice this. You're going to notice this, if you aren't already, that all of a sudden you're about to go into a reaction and you realize I'm not actually feeling that at all. It was just a habit, it was just a habit. Yes, that is the point and when we're in the observer, when we're in that neutral observer more and more and more, we have space to be in the neutral observer when we've cracked all these walnuts and unwound all of these old beliefs and, therefore, the protection mechanism patterns they dissolve, they fall away because they're not need anymore.

That's right, Michelle, it's a habit. This is a habit of behavior. Again, there's nothing wrong with it. I want to be really clear with that. We don't have to judge the habit. The habit saved us. The original thing that happened that created the habit saved us and that's why it got locked away in that shell. It saved us. There's nothing going wrong here; however, you're here for a reason. You would not be listening to this video if you weren't ready to unwind it. That means a vigilant practice of noticing and playing with it and pretending with it, and moving into a relationship that is different, a new conversation, a new paradigm with the stress. The stress is 100% your beliefs in reaction, the coping mechanisms that are here to protect you, to suppress you to avoid, avoid, avoid, avoid those emotions. That's why it's here. When we unwind, unwind, unwind, we have this space. We're in the neutral more and more and more. When we're in the neutral we are in choice.

We are responsible because we have an ability to respond now instead of react. We are responsible. When we're responsible we can change because we have an ability to respond and we are now in choice. When we are in choice we are free. The thing shows up and we're like whatever. I've been sharing lately my business has changed quite dramatically this year and it's been really, really, really challenging. I'm getting to the point now where it's like we're barely squeaking by right now and I had this moment a couple of days, or was it yesterday, where I'm like it's okay. It's going to be what it's going to be, I don't think I'm every going to be homeless and it's okay. That moment just seems like it's impossible. That moment seems like it's impossible that I could actually get to a point where there's nothing in the horizon that indicates that I'm going to make it through the next month and, yet, I know I will. Right?

The other thing that happens is that we start creating this beautiful foundation of trust and faith in our soul's journey. That is an enormous stress releaser. I want to remind you that in those moments of breakdown get out your page for the stress alleviators. Remember the stress alleviators we did? Get out your page and do at least one of those so that it compensates for that one. Remember to point at what's right in your life in that moment. Put on the superpower suit with all of your divine qualities so you can remember who you really are in your power. Do spontaneous transformation in the moment. Crack another walnut because all that's happening is that these walnuts are the beliefs and the coping mechanisms that are creating stress are all a result of beliefs.

Now, I think I shared this story with you, I'm just going to remind you of this little story. My mentor, Matt, who was ... My spontaneous transformation technique really, really did a lot of what Matt was teaching me, however, I didn't have the words. He provided me the words to describe this a little bit better. We were walking through the jungle in Ecuador together. We paused at a plant and he pointed at the plant and he says, "I'm just gonna show you how we throw meaning at things, we throw beliefs at things. We throw them at things and we make them more than they really are." My quote is "When we make something matter it becomes denser, it becomes matter."

When we make something matter so much it becomes dense. He said, "This plant here, you're someone who believes that this plant is the most important plant in the universe. It's the last one on the planet and we have to protect it at all costs. That's your belief. You believe that it is a magical plant and it cannot be destroyed or the whole world will end, that is your belief. I'm gonna just go and pull it out. Your reaction would be devastation. How dare you. I would be the evilest person in the world if I pulled that plant out and you had that belief."

He says, "Now you're a person who believes that this is a weed and that if I pull out this weed the world will be rid of the most evil plant ever, ever created. So when I pull out that plant I will now be your hero. I will be elevated. I will be the savior that saved everyone. Exact same plant two different perspectives, two different points of view, both of which created immense reactions if an action is taken against the plant." You got it? This is what we do. We throw meaning at things. Like a monkey throws poop, we throw the poop of meaning at things and then we make ourselves completely stressed out.

Here we are, there's a moment happening right here, there's a moment of stillness as the mind chews on this and starts to consider that it, meaning you, have way, way, way more power than you've been using. You have way more choice, that you're creating space in your field of being. We're going to do a little spontaneous transformation today on stress. I'm just waiting to hear from you, from your guidance. What you're doing spontaneous transformation on today. Grief, we're going to do it on grief. The reason I'm doing that is because today is the fourth anniversary of my sister's passing, so they want me to do this with you. It's a tough day. I miss her a lot and you're seeing a moment where we just get to feel. There's nothing wrong with the tears. I have really good reasons for them. I miss her so much. I can feel her, that she's here. Anyone who's experienced loss you know that it's different when you can't talk to them, hear their voice. Okay, so we're going to do spontaneous transformation on the grief. I kept getting these images of this ocean of sadness that is part of stress. Stress, especially depression, anger, all of those things are really often hiding sadness. We're going to go into a little spontaneous transformation into what's ready to be released, what's ready to be really felt and honored.

Think about ... Sorry, Ursula. Ursula's sister passed away too in June. Okay, so think about the grief, think about the sadness, just think about that. If you don't have any grief or sadness then you can do spontaneous transformation on anything you want, so think about the thing and then find the emotion of it. I'm going to think about grief and loss. It's not just my sister I'm thinking about, it's so much. So much grief and loss. We just go into our physical body and where do you feel that? Where do you feel that in your physical body? Where do you feel that in your physical body?

It's in my lungs. You're going to bring your attention to that area of your body, but you're going to bring a certain kind of attention, you're starting to get really good at this. This is the attention of the observer. You're going to embody this beautiful observer energy and you're going to feel yourself as this observer and the observer is in a state of neutral. It's in the still point of neutral love. You're going to embody this. It's like you're going to put on this beautiful cloak of the observer. You're going to be maybe it's an archangel kind of energy, a guardian angel kind of energy, maybe it's a Mother Mary mothering kind of energy, maybe it's a fairy godmother kind of energy, it's a scientist kind of energy, whatever it is. You're in this beautiful state of neutral.

In that state of neutral you're feeling it, you're just feeling the still points of that neutral energy. You feel that you're, someone described it nicely the other day that they were in a movie and they just see themselves as the watcher of a movie. At the same time, you as the observer are neutral, so detached,

but very, very, very present. Now, I can't tell you how important it is to be the observer. This is extremely important. When you get into my STT courses you'll understand a little bit more why. Just know that by being the neutral observer we are giving space to the part of us to actually feel and it's such a beautiful honoring that we do. It's a form of protection, it's really, really important to not dive into the emotions that our little ones are about to feel, so embody this beautiful neutral observer energy.

That's it, good. Now as that observer bring that energy into that area of your body and you'll notice that there's a younger version of you, there's a little one in there. There's a younger version of you there. By the way, you can't do this wrong, you can't do this wrong. You cannot do this wrong. If it looks something other than a little one it's okay, just go with it. There's a little one there, and I'm just going to keep saying a little one, even though it might be something different for you, a younger version of you there and you're going to just make yourself known as this beautiful, supportive, loving observer.

As this observer to this little one you're just going to say to this little one "I see you and I'm so sorry for what's happening. I'm so sorry for what happened. And I'm here and I'm present and I'm not leaving you. I see you and I'm here and I'm present with you and I'm not going anywhere. I'm here and I'm present and I'm not going anywhere. I'm here with you." There it is, there it is, good. The little one knows that this is beautiful observer energy present that is giving them space by being in neutral. They just love the fact that we are giving them space by being in this neutral observer energy.

For some of our little ones they've experienced anything quite like this. Yeah, so Michelle if it seems hard that's your mind telling you that it's hard. It's not hard. Michelle's mind is telling her it's hard not to go into the feelings. That's totally your mind and it's not true. Just ask your beautiful minds to just be put aside temporarily and just be the witness. They're going to continue the journey with us, but as a witness only. That's a belief, it's just a belief, that it's hard not to dive in. That's not true, when you're the observer it's easy, so move back into the observer right now and feel how easy it is to be in neutral when you're the observer. Feel yourself as this beautiful observer.

The fairy godmother doesn't find it hard, she's just being her. You just get to be this powerful neutral observer. There it is, there it is, very good, very good. Now as the observer bring your attention to this little one and maintain that energy of the observer. If it is hard, your mind is telling you that it's not true, just let your mind just relax and ask it gently, but powerfully please, please stay over there and also there's nothing wrong with what's happening with the mind intervening here. Nothing wrong with it. It's really important that the mind intervenes and shows you this is your pattern. This is your pattern. The mind intervenes all the time. Just go I see you now and have the mind just be set aside and move your attention back to the little one and notice that the little one got abandoned in that moment when the observer came in and said it's hard to be the observer, blah, blah, blah. That little one got abandoned and what did it feel like for her.

Be the observer for her. If nothing else, be the observer for her. That's it, beautiful. Embody the observer energy again, bring it to this little one and just see them and they see you and they see that you are giving them space by being in neutral and they really appreciate that. They really, really appreciate that. Yes, Ellen says it's a practice. It is, it is. Know that the spontaneous transformation frequency is here to help you do this. It's always here. It's wrapping its arms around you, supporting you in doing this. Know that the mind is going to try and interfere. Why? It doesn't want to go here. It's been

protecting you for decades from this very emotion, yet in this moment we can show the mind it's safe here and that as the observer we're really honoring this part of us.

Can you just pretend for the next five minutes, that's it, that's all we need is five minutes. Just bring your attention to the little one. Sometimes the little one will want to hide and not show herself or himself and that's okay, just go with it. Just say to them, "Of course you'd want to hide, of course you'd want to not address the situation, of course you would." Just honor them, honor them, honor them, honor them whatever they're doing. We just tell them, "In this moment we're in a super safe space, no one can come in here, no one can come in and intervene, no one." In this beautiful safe space it's designed for you to finally crack open the walnut and feel the feelings of the very first time that you expressed this emotion.

It's time to just feel it finally because what they've done, and we're going to explain this to them so that they understand it, is they held on to this emotion so that we could survive and it worked and we thank them for their incredible bravery and their brilliant strategies for putting it in the walnut, protecting us from it, and all the coping mechanisms that kept us from it until this moment. Now is the moment to give voice. First we thank them for their incredible bravery and courageousness. Thank you so much for protecting us from this. Before, it would've cracked us. It would've broken our psyche and now it's not. Why? We're embodying the observer and we are honoring the little one by doing that. We're letting the little one now crack open the walnut and feel the feelings finally. That's it. We just let them feel. How are they expressing it?

Remember you're observing their feeling, you're observing their feeling, you're observing their feeling. How are they expressing this? That's it, that's it. How are they expressing this emotion? That's it and just allow them to feel. Remember you're observing their feeling, you're observing their feeling. By doing so you're giving them a gift by being the observer, by keeping your distance. You're giving them a gift of having an adult that lets them be them finally, so do that for them. Just allow them to now feel. Notice how they're expressing themselves. Allow them to express themselves. That's it. Now just allow them to feel and feel. Whatever they want to do they can. We're not asking them to change because you don't need to change, just finally express the emotions that got held in that moment.

Finally express those emotions. That's it. Again, you're observing. You're keeping your distance so that they can finally and fully express. You're observing their feeling. You're observing their feeling. That's it, that's it. There we go. Very nice. Now let them feel and express this, and we just love them. We just love them, we tell them how much we love them. We see them, we honor them, we acknowledge them, and we say I'm so sorry for what happened and I love you so much, I love your courage, your brilliance, strategies for keeping us safe, for keeping these walnuts safe until we're ready, until we have the power and the wherewithal to crack them open, thank you.

Now as they're feeling and expressing we just love them. If they want you to we can embrace them and love them. If they don't they'll tell you and we honor whatever they want. We're not asking them to change. If they're feeling we just get to say of course, of course, of course, this is how you feel, how else could you have felt those emotions are appropriate, they're real, they're as they should've been and yet it wasn't safe in that moment to express it, so you held on and thank you. This is exactly real emotions and I'm so proud of you for both holding on and for feeling them right now, not that you require my pride, but there it is and I love you so much. There's this beautiful energy of love moving in now, this

powerful, powerful, powerful, potent quantum love energy, concentrated love energy, moving in and just loving them.

It's moving in and moving in and moving in and filling the space with just love. As they finally express these emotions and feel them and allow them, and there might even be a dialogue there something like it wasn't okay what happened, it wasn't okay, and we could agree, yeah, it was not okay. We're not inviting anything in, it's impossible for anything to come in, but we get to give a nod to what happened and we get to have a few words about it because what happened does not matter at all. All that matters is releasing the emotion that we've held. We get to say it wasn't okay, it was not okay, and whoever needs to hear that is hearing that and they get it. Then we use our little power ball of noes right there and we just do our neutral no. No, no, no, and we push any of that old stuff out in a 360 degree ball of light and love just pushes out.

This beautiful ball that is installed by archangel Michael in us, it just pushes out all of this energy. The little one feels their power again. We feel their power. We feel our power. We feel the love that is here in the midst of all of this, loving, loving, loving, loving, loving them. Loving them. Loving them, loving them, loving them. Honoring them, seeing them, loving them. Loving them, loving them, loving them. That's it. That's it. That's it. That's it. There's a beautiful healing pulse here right now as they're marinated in this love and are starting to notice their power. They're starting to notice the love that they are. They're starting to notice the love that is here, acknowledging them and saying, "Yes, that's for real, it really happened, you were so brave and now here we are."

You have these new tools, you're in this powerful moment right now, and you created the love coming in and marinating you, and honoring you, and seeing you, and cherishing you, and adoring you, and seeing you, and reminding you of who you are. This love is here because of the powerful energy of the expression of your emotions and the observer is observing all of this and staying out of it, staying in neutral. That's it, that's it. There we go. There we go. There's the resolution beautiful.

This universal vacuum cleaner is coming in now and just vacuuming up any old residue, any old dust bunnies, any old things that are no longer needed around all of this, it just comes in and it just cleans things up. That's it. Now we ask the little one around everything, around the original emotion that you were feeling, around the expression of that emotion, around the resolution that just happened, around the power ball of the neutral no that moved in around all of it what is it that you need now? What is it that you need now? What do you need now? They share what they need now, they tell you. Good. We ask them can you please show us, can you little one show me what would it be like if that were fully expressed, so tell me and show me what it would be like if that need were fully expressed in my body, in my thoughts, my emotions, in my life, can you show me what that would be like if that were fully expressed?

They're showing you. You just notice what it feels like. What does that feel like, that fully expressed need? What does that feel like in your body? What kind of thoughts are present? What kinds of emotions are present? Who are you as that need expressed? Notice all of it. What we're doing right now is we're shining the light of consciousness. This is a moment of the neural pathway. We're seeing the diamond in the middle of the walnut of who we truly are. We are this and so we're going to claim it right now. In an "I am" ceremony you're going to find a word or two and you're going to put an "I am" in front of it and the little one is going to organize a little ceremony for you and the two of you are going to get

together in this ceremony and claim it three times aloud "I am" and then whatever the word is that describes that need expressed, that diamond of truth.

The ceremony is going to start on the count of three and you're all going to share out loud on the count of three. One, two, three. I am, I am, I am. That's it. That was powerful. There's a beautiful healing pulse here right now. That's it. Take a deep breath and just feel this energy of you. Remember the neutral no ball of powerful love that archangel Michael installed as a natural field of protection for us. Michelle is awesome. I am awesome. Fran says, "I am empowered." Excellent, excellent. That's it, that's it. Beautiful, well done. There we go. Some one says, "I am divine presence." Katherine is, "I am care free." "I am okay now, I am lovable", Kim says.

"I am strong", Maura says. "I am worth the feeling of love", that's it Cynthia. "I am loved and important", Sandy says. Sharon says, "I am compassion." Judy says, "I am hope." That's it. "I am courageous and strong", Sally says. Yes, you are and I'm glad you're here, Sally. You are courageous and strong. It's true. Tara says, "I am light." Tony says, "I am love." Here, here. Joyce says, "I am peace and safe." Ellen says, "I am loved and held by the divine mother and father." That's it. Cynthia says, "I am worthy." Of course you are. Gina says, "I am worthy, I am creative." Tamara says, "I am love, I am fearless, I am free." So it is. That's it. Beautiful.

Beautiful, beautiful, beautiful, beautiful. Linda says, "I am joy filled." Kate says, "I am knowing." Some of you have been asking me about this, so I'm going to start it today and hopefully everything's ready, we'll see. The spontaneous transformation training is done and waiting for you, and I'm going to be doing three live shows including one on Friday. I'm going to be doing a live teaching show for the spontaneous transformation training. If you want to learn how to do spontaneous transformation, if you want to really learn it and understand some of the philosophies behind it that really helps your mind and receive the frequency of the ... Let's see if this works. Okay, that works. Receive the frequency of the attunement of the spontaneous transformation system, so that it is part of you and makes the whole practice easier, allows your mind to stay out of the way a little bit more, allows your body to receive it, and you get to do, through this course STT with your friends and family. It's also the prerequisite for the level 1 certification where you can actually earn income doing the system of healing.

One of my students was on a telesummit doing spontaneous transformation. Isn't that cool? If you go to trainingSTT.com, which is for the STT training program, it's a training program, between now and day 21, for the next week it's going to be discounted \$100 off. I'm just seeing that it's so needed as part of this course, especially for you folks in the overwhelm course that I brought it back again. I did it for the money and prosperity people and I'm bringing it back for you because it's so incredibly important after the 21 days to be able to have this practice of spontaneous transformation. It is a vigilant practice and it's the neural pathway gym. If something shows up you do spontaneous transformation, you crack some walnuts, and you allow that expression to finally be felt and seen.

You're going to learn how to do that and, as I said, get the STT frequency. You're going to get the attunement with that. If that's something that's of interest to you go to trainingSTT.com. I wasn't going to share it with you today, but I'm just hearing that some of you might be interested in joining that. A course is done, there's six classes in there and a bonus class plus I'm going to be doing some Facebook Live. There's also an STT training Facebook group that you'll become part of, a very intimate, beautiful group. You'll have friends there for life. You'll be able to join me on the Facebook Live on Friday when I'm going to be doing an SST training class.

If you want to join now this is a good time. Again that's trainingSTT.com. Thank you. Again, that's \$100 off between now and day 21, which is next Sunday. If that's something that's of interest please go check that out. Thank you for being part of this amazing community. I'm really, really proud of you. This is not an easy topic and we are really going for it. It's powerful and it's meaningful and it's courageous. It's courageous what you're doing here, turning around and facing that pile of walnuts. Turning around and facing those beliefs is just incredibly powerful, so thank you for that. Thank you for being you. Thank you for the co-creation. Without you and your comments I wouldn't be doing this right now.

Every single one of these healing sessions comes from you. Thank you for that. I love you. I will see you tomorrow. Bye everyone.