



21-Day Stress, Anxiety &  
Overwhelm Healing Intensive  
Day 4 Transcript

Good morning everyone. Good morning everyone, and welcome to day four. It is so great having you here. It is so great playing in this mode of transforming and changing the dynamic of stress in our life. It is wonderful that you are here playing full out.

This has been a particularly powerful 21 days so far, and we're just on day four. I think it has something to do with the commitment level that you have brought to this topic, that there is a real need/want/need yearning to transform this stress and the overwhelm and upset and anxiety in your life. Let me tell you, that level of commitment, that holding a very strong intention is a creative force in the universe, and I believe that creative force of your intention created me to come up with the idea, first of all. You're the reason I'm here.

Secondly, it also creates a momentum, a magnetization, a pulling of us to it, and so you were drawn to this program, and now on top of it, that commitment and engagement is also creating a beautiful energy momentum of transformation and healing. That's what's happening here right now. In the first four days, we've really been going for it and doing really, really well.

I hope you've been able to listen to the bonus call. Both of them are really incredibly powerful but bonus number two, which is the second one obviously, that one was the start of another 21-day program, and it was incredibly powerful to go deeper into your qualities, your noble, divine qualities. So I hope you had a chance to do that. That was yesterday's homework. And really starting to embrace those qualities.

Now let's talk about the complaining diet. I've been reading a little bit on Facebook about how some of you have been approaching this, and it does seem a little daunting, doesn't it? But it's one of those things that is creating a tremendous noticing, and that was the intention. The intention is not to stop or suppress or judge because we complain, but just notice it. Notice that a lot of people complain. Notice that there's this triangulation thing that happens sometimes too around gossip that's part of that complaining cycle, and it is a self-fulfilling cycle. It keeps us where we're at. Complaining is a vibration, and it's a vibration of the mind in a creative moment. The mind is the most creative part of your life, really and truly. It is the thing that magnetizes things, that creates things in the world that you want, and when your mind is focused on what's wrong, it becomes a creative force for that.

So the two things you're doing, which is what's right in your life. What is right in your life. Remember you're doing that every day in your journal, you're looking around and pointing at what's right in your life. You're also doing your stress worksheets, stress alleviation worksheet, right? So you're focused on noticing the things that alleviate or release and relieve stress. The things that when you do, you feel better, you feel more full. You're going to be doing more of those every day. Now, this is not taking a week off for vacation. This is maybe having a little 10, 15 minute vacation once or twice a day. Isn't that cool?

When I went on vacation once, and it had been five years since I had been on vacation, I took a whole month off, and this was a couple years back, and I noticed, what do I do that's different on vacation? I noticed that I read a lot. I go to the beach, I read a book. I read like probably, I don't know, five or six books while I was on vacation in that month.

So like, okay, well that's something that I can do, so every day, and I have to tell you, I haven't been doing this in the last probably two months, but almost everyday prior to that, I was sitting on my hammock and I was reading my book for half an hour noticing the breeze and the clouds and the sun. Those two activities, one activity's a 9, the other activity is a 10, and those activities together created at 19. Remember the stress alleviation? So no matter what stress I had, if I could get half an hour on a hammock with a book, I was good.

Now, on day two, I had a complete stress meltdown, and part of the reason why I get to see in hindsight, is because I have not been honoring my stress alleviation. That's a powerful piece of the puzzle for you. Discover the things that feel good and do them. You don't have to do them for a super long time, just do them for a little bit and start building up. In the whole scope of your day, you can find 15 to 30 minutes for you, and if your mind is telling you right now that you can't, then that is a beautiful thing to notice because that's going to create more of the same.

Here's the other thing that happens. When we start dancing down this road, when we start alleviating our stress by doing that worksheet every day, we start noticing what's right in our life. When we start embracing our noble qualities and really feeling them, and when we do this program for, we've got a couple days left here, for those who are going on for 21 days, it's going to continue to evolve and evolve and evolve higher and higher and higher. When we play with all of these things, our whole space changes. There it is, it's right there right now. It's already happening and a still point shows up.

And in this still point, we can breathe. We can breathe in this still point. And everything relaxes and settles and calms. That's it. There's a ... just happen to the still point. And if you can't, just pretend you can. Just pretend for a minute that you're in this place that is absolute still. There's no thing in it, there's nothing in it. There's no attachments, no expectations, no conditions, no thoughts, just you. You in the moment in stillness. Ah, there we go.

Now from here, we are able to make new choices in our life. From here, we can make new choices about our life. From here, we can see that we have choice, and when we have choice, we have freedom. Stress, anxiety, overwhelm, upset usually happens when we feel we are caged in, when we feel like we have no choices. The reality is, our mind has decided we have no choices, and for really good reason. Again, I don't want to judge the mind here. The mind has really good reasons for doing what it's doing. It's in full protection mode to make sure you're feeling safe somehow in a strange, weird world, right?

And yet, it kind of got it backwards. It's protecting from something that happened a long, long time ago that isn't here now, and it's okay that it's doing that because it helped you to survive the first time, so it's got a really good piece of evidence that this is a good strategy to be in a world.

The mind is then doing the best it can, and it is creating all these interesting thoughts and reactions within you so that you will avoid the emotion. It will allow you to then kind of maybe feel safe, okay? Old model. Old neural pathway. New neural pathway is the mind is and all of ... By the way, in either case, the mind is the creative force. It is the thing that's going to create in our world. That's the old model, the new model is a mind that knows and recognizes and recognizes that it has a choice in every moment. In every moment, it has a chance.

Now, what does that choice look like? What does that choice look like? That choice might look as simple as a pause. It's just pausing in a moment to say, "I'm not going to complain," or pausing in a moment to

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say, "Wow. I surround myself with a lot of people who complain a lot. Like attracts like energy. So if you want to change, you might want to surround yourself with slightly different people, like in this community, when you can have a conversation about what you're experiencing in life.

I was reading someone saying that I can't talk about what's happening with me. That's correct. With certain people, you don't want to talk about what's happened to you in this program. You don't want to because they will be threatened. Why? Because their mind will be threatened, because you're changing. They don't want you to change because their mind says status quo is best. Status quo is safe. The unknown is not safe. So when we can understand now them, they don't want you to change. They don't want you to talk about this new great stuff you're doing. They don't want to.

This is your journey, not theirs, by the way. So have your journey with this community and allow them to be and do what they're doing, and at some point in time, they'll look at how happy you are and they'll say, "What's going on? Can you help me?" They'll start asking questions. I'm telling you, it is the most powerful way to do it. But in the meantime, we get to have compassion for the fact that they are not interested in your journey through this program. They're not.

It's too threatening. So come here. Come to this community, come to this Facebook group, and talk to each other about what you're experiencing so you could receive like-minded support. And it's really cool that you're noticing that some of the people around you complain a lot. Yes, of course they do. Like energy attracts like energy. So now, your mind is in a moment of, "Would you look at that? Holy cow. I have a lot of people in my life that complain." Right? That's what the three day of no complaining is about.

Now, let's talk about no complaining for just a little bit longer. There's a strategy that I sent you in the email today, which is your homework, and that is ... And by the way, I'm posting the homework on the Listening Salon as well so you can access that. The strategy is just the facts, ma'am. Just the facts, ma'am.

The mind has this wild and amazing set of somewhat warped coping mechanisms that keep you safe and have you avoid the real emotions. It has you go into reaction so you don't go into the true emotions. So just the facts, ma'am will allow you to have a more pure through line of that still point. When you're in that through line more and more and more and more, you're in a state of neutral, which is actually what love is. When you're in that state of neutral and in that state of love, you have enormous capacity to create the life you want, to have compassion for those other people in your life, to move through the world as a being that isn't as dramatically impacted by the upsets of the world and instead moves through the world saying, "Compassion, compassion, compassion. That's not mind." So there's compassion and love there, but you don't take it on. Right?

So just the facts, ma'am. Just the facts. I gave an example. The facts ... I actually was at a restaurant with someone recently and they had lost their diamond ring, and they actually did just the facts. They said they lost their diamond ring. They're asking me for some psychic input, and so I noticed it, I'm like wow, they're not ... They were a very balanced person. They said, "I lost my diamond ring, and I'm really sad about it." That's the facts, and you get to be sad, by the way. You get to actually feel the feelings. You saw me on day two, feeling my feelings. Okay? She lost her diamond ring, and she was sad about it.

Now, I've had other people that tell me this huge, big dramatic hyperbolic story about the diamond ring, and understandably so. I'm not making it wrong. It's not wrong or bad. It's just what was. It's the old neural pathway, it's an old way of doing things. There's a new way of doing things that lightens the load tremendously. Okay, so the old neural pathway would've been, and I'll probably change what I wrote in the email but you'll get the gist. "I lost my ring. This is my mother's ring and my grandmother's ring and my grandmother's ring. This was passed down through generations. I'm devastated. And my stupid husband didn't remind me to take my ring off before I got my massage because I've lost a little weight and it's a little bit loose, and I can't believe you didn't support me in this. How could he not remember? I even asked him to remind me and he didn't remember. Why is my life always like this? Why do all those things happen? Why?"

Okay, so you can see that's a mind that is just going nuts. The "why" questions. "Why, oh, why me, why this, why now?" Those are questions that the mind asks that can't be answered. They're unanswerable questions and it just creates upset, anxiety, stress, and overwhelm. The hyperbolic drama creates stress, anxiety, upset, overwhelm. Are you getting the picture?

If we switch now ... Now, there's energy in the field. Can you even feel it? For me, that was a whole diatribe of complaining. Can you feel that it's kind of like ugh, I feel icky in my chest right now. Ugh. Ah. So, that's what we're creating. We're a creative force in that moment.

Now here's the other side of that. Simpler. A lot less energy being expressed, too. Can you feel how much energy was spent in that mode? Like we spend energy, no wonder we're tired, no wonder we're sick. Because we're spending energy where ... That whole diatribe reduces our immune system. It suppresses our immune system. So now, just the facts. And just the facts are, I lost my diamond ring, and I'm really sad. No energy. In fact, energy has been created from that because through the expression of the sadness, we're creating space in our field of being. We're actually unwinding an old emotion. That's why much of the circumstances of our life is showing up right now anyway. It's to unwind the old emotions to love and honor those old parts of us like we do in spontaneous transformation technique. That's STT. Also known as STT.

Isn't that cool? Just the facts are going to help you with this complaining diet. Just the facts. And now, I can feel you. There's this beautiful unwinding happening again. Oh my gosh, it's lovely. As your mind is chewing on this, going, "Whoa," the mind really does want to support you. The mind really does want to make you say, "That's why it's created all these wild gyrations and coping mechanisms like complaining to keep you safe. It's doing it to keep you safe, right?"

So everyone, while the garbage guy's here, I'm just going to mute this out for a second. Everyone just take a nice deep breath. Feel the still point here right now. And we're in a healing singularity as well. That's it. Good. So the mind wants to go here. It wants to. It wants to ... It is the most beautiful, powerful partner for us. The mind and the heart are the team that keeps this thing going, this thing called our soul and our life going.

So ... Oh my goodness. Sound, sound, sound. That's it. I've never heard a garbage truck back up here on this street before. So as I was saying, circumstance creates opportunities for us to unwind. I have a little bit of issue with sound outside

And (those on Facebook live video) you got to see that in my expression, didn't you? My expression changed, and my thought was... "Oh my God, this is driving me nuts..." That's a moment of stress now. What happened, you got to witness this, what happened in the moment is I got to notice it, and go, "Oh. Ah." And I get to go to the neutral pathway gym. I get to go the gym now. I get to say, "That sound is upsetting to me. It triggered something deep, deep in my unconscious, and now I get to do a spontaneous transformation on it," or, "Now I get to sit on my hammock and read," or, "Now I get to go to the ..." which is the stress alleviation worksheet, or, "Now I get to remember my noble qualities," or, "Now I get to remember one of my STT sessions when I felt that need-expressed energy."

You got it? Life is showing up for us. The circumstances of our life provides us with the moments of resistance that we can use to get stronger in our new neutral pathways, in our new beliefs of safety and freedom and choice. Choice. Choice. And when you have that moment of pause and can see it, you are now in choice, and when you are in choice, you are in freedom, and when you are in freedom, there's this, it's as if ... Remember when I talked on the first day how most of us live right, our field of being is right really here because it feels like that's somehow safer? And when we move into choice, it goes like this ... Way, way out there. And now we have this space around us to be. To be our noble qualities. To be still. To be in love. To be in our power.

That space creates the capacity for us to receive support. It allows us to raise the chin to the horizon of our life and see that there are opportunities and possibilities and flow moving towards us. It gives us a chance to go to our "what's right" diary and really see what's right in our life. And we might even be able to point to one of those disturbing and upsetting circumstances. Right now, I am grateful that that stupid truck ... Okay, maybe not completely grateful, but I am grateful that that truck backed up and did that horrible sound that triggered me so that I could show you this piece. How cool is life? How cool is life? It's here in every moment ready to serve you, to love you, to honor you.

Okay. Let's do a little process. Ah. That's it. We're going to do a little spontaneous transformation on complaining. Complaining is just a conversation, and it's a conversation in the field of warped, and we want to switch it over to be a conversation in the field of honoring and compassion for ourselves and for others. So we just want to flip it. It's hard to do with the core belief is driving the complaining conversation, so we're going to do a little spontaneous transformation on that need to complain.

Think of something. You've been on the diet now for two days, and you might have just considered it now or if you're just joining us for the first time today, which is fine by the way. Think about that moment of complaining. Think about what triggered it. Think about that. Think about that moment of complaining. Michelle is sharing about, she went into a week of why, why, why, why. Think about that, Michelle. Think about that moment of complaining or that moment where the mind just can't let go and feels like a victim. Think about that moment where you're complaining about your life, about a circumstance. That's it. Good.

Now think about the emotion that's underneath that. If you can't quite grasp the emotion, it's okay. But if you can, just find and discover the emotion that's underneath that. There's usually an emotion that is being suppressed and repressed from the complaining. Just discover the emotion and now either where is the emotion or if you can't quite find the emotion, where is that complaining energy in your physical body? Bring your attention into your physical body. That's it. Where is that in your body? And I'm feeling it in the same place I felt couple days ago. I'm feeling it, well, a little bit higher. I'm feeling it right up in here.

Where are you feeling it? It could be your hand, your knee, your neck, your nose, your throat, your eyes, your head, your foot, your toe. It could be anywhere in your body, and it's only one place. Just bring your attention to one singular place in your body. That's it.

So Michelle is in her heart, and the emotion that she felt prior to that was sadness so it's good. As you bring your attention into that area ... That's it. That's it. So you're going to bring a certain kind of attention now into that area. You're going to bring the attention of the observer. You're going to embody this kind of new energy of power and observer energy. As the observer, you're going to be detached and compassionate. Detached is kind of like you're watching a movie versus being in the movie. Got it?

So you're going to be detached and yet very compassionate and present in support. Imagine that you're like either a mothering, archetype of mothering energy like Mother Mary. Maybe you embody that energy or maybe you're like a fairy godmother energy. You notice how fairy godmothers, they usually don't jump in unless they're really wanted, and they're usually quite detached. Neutral. Maybe you're a spiritual scientist that is compassionate yet neutral, or maybe you're like a guardian angel. So embody whatever it is for you. This beautiful energy of the observer, and notice what it feels like to be this neutral energy of observer that also has compassion. Notice that.

That's it. Now bring that beautiful energy to this area of your body. You as the observer is now going to bring your attention to this part of your body. As you get closer to that, you're going to notice that there's a younger version of you. There's a little one in there. It's a little version of you, and you're just going to acknowledge and present yourself to this little one and say, "I'm here."

As the observer, remember, you're going to keep your distance, and by doing so, you're giving them space, and they're already noticing that. They're saying, "Hey, there's something different here. There's a beautiful adult-like presence that is not crushing my energy. They're actually giving me space." The little one's really grateful that you are embodying this neutral observer energy.

You say to that little one, "I'm here, and I'm present, and I'm not leaving you. I'm here, I'm present, and I'm not leaving you. I'm here, and I'm present, and I'm not leaving you," and you stay in the observer and you say that to the little one. "I'm here in support of you. I'm here to dance and play and acknowledge and be with you right now, and I'm not leaving you." There we go. There's the shift. That's it. We're in a little healing singularity right now just from that. That's it. That's ... Oh, lovely. Beautiful.

And so as the observer, you're present there with her and you just encourage her to feel that feeling that you felt around the complaining. Shirley was feeling overwhelmed. Good. So allow that little one to feel the overwhelm, and remember you are the observer observing the little one, the younger version of you feel. They're feeling your observing. They're feeling your observing. You want to really give them space to just feel, and if you feel like you're going to dive in, and you're feeling the emotion as the observer yourself, you can say to them, "I am willing to feel this with you, beautiful one. I am willing to feel this with you," so that you can feel and they still get to have their experience because it's really important for them to feel and for you to observe. It's very, very, very important for their process, so we just let them feel their feelings.

So Shirley, let them feel the overwhelm, and Michelle, let them feel the sadness, and just let them express it finally, and we're going to say to them as an observer, and you can repeat after me if you'd like as the observer to your little one.

I'm so sorry for what happened. I'm so sorry for what happened, that I created this upset. I'm so sorry. We want to just say that the first time you felt this, it wasn't safe to express it. In fact, it might've even been dangerous. So now is your turn. Now, it is time to express. Express this powerful and important emotion. Now it's time," and in turn we also say, "Thank you for holding onto this so that we could've survived. You helped us survive by holding onto this, and now, it's time to express it."

Then we say to them, and again, you can repeat after me, "Of course you would feel that way. Of course you would feel that way. That is an appropriate, appropriate reaction. Of course you would feel that way. Of course you would. That's appropriate. That's exactly how you should have felt, and the emotions you're feeling right now, they're yours, and they're real, and now it's time to finally give voice to that which was unvoicable previously. That's it. That's it." And we allow them to feel and feel and feel and feel and feel how we say, "Yes, that's exactly right. That is an appropriate and real emotion. That's yours. That's all yours, as it should be."

We also, in turn, as the observer, remember, you're observing their feeling, you're observing their feeling, you're observing their feeling. At the same time, the observer that is you says to them, we're not asking you to change, my love. We don't need you to change. We don't need you to change. That's it. We don't need you to change.

That's it. That's it. And we just love them, and we just love them and love them and love them and love them and love them and honor them. We just tell them how much we love them, how brave they are, how powerful they are. How powerful they are. We just say, "I love you. I love you so much. You are so brave to have held onto this for so long. I love you so much." And we feel that this is powerful energy of love moving in. There's this powerful energy of love moving in. That's it. That's it. That's it.

And you notice it ... The little one notices that, and they're correct in this noticing, that their ability finally expresses emotion is the catalyst to allow the love in that is moving in now, that is seeping in, that is moving in and loving them and honoring them so powerfully, and the love is filling the space and marinating them and gently embracing them if they like and giving them space if they like. Whatever they like, this love is honoring them so powerfully, and they are the source of the love. The love is now getting bigger and bigger and bigger. We just tell them again how much we love and care for them.

Find your own words as the observer observing this little one. Loving them. Loving them. They've been so courageous. All this time, they've been so courageous. There we go. We're in a beautiful, we're in a beautiful energy here. That's it. And the love is getting bigger than the upset. You might notice that. The little one may notice that. The love is getting bigger than the upset. That's it. It doesn't make the upset any less. It just means that the love is so much greater, and that this incident, this energy, this emotion is less significant in the face of this enormous love that has been created through feeling.

Ah, there we go. There is a resolution that just happened there. That was the spontaneous transformation. Now we can ask a question of this little one. We're going to turn to them and say around the original upset, around the complaining energy and the emotion underneath it, and around the transformation that just happened and all the emotions that were expressed around all of it, "What Stress, Anxiety & Overwhelm Healing Intensive Day 4 of 21  
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is it that you need now, little one? What is it that you need now? What do you need now?" And we let them tell us, they are going to tell us, not our mind, but they are going to tell us what it is that they need now. What do they need now?

We just say, "What do you need now, little one around all of this?" Good. So we ask them, "Can you please show me what it would be like if that need were fully expressed? If that need were part of my life and your life and our life, what would that be like if that need were completely expressed? What would that be like? What would that be like?" And let them show you what that would be like. Let them feel what that would be like. That's it.

Now describe that does that feel like. What does that feel like to be that expression? What would it be like if that were in our life every day? What would that need expressed be like?

Mine, for example, was to just be. I'm saying, what was it like to just be in every moment in my life and just describe that to yourself. What you're doing right now is you're shining the light of consciousness. Your mind is becoming conscious of the power that is you. Remember I talked about the walnuts? We just cracked open a walnut, we expressed all the emotions that were in there, and what's left now in this need expressed is a pure, perfect diamond. The pure, perfect diamond of the truth of who we are. We get to now feel that truth. To just be would be to have freedom. That's mine. What's yours?

And we feel it, and we feel, and we feel it, and what we're doing is we are right now, right now, creating a new neural pathway of who we really are, the truth of who we really, really are. We've remembered, we've recognized, we've recognized, we've seen it, we can't unknow this. This is who we are, and this is another little tool that you'll have to reflect on whenever that complaint shows up. You said, "Hell, I remember who I really am. I remember this energy. I remember this moment. I remember."

Jackie, feel safe. That's huge, Jackie. That's huge. Just remember this moment to safety in the days to come, and remember also that as we move through this program, the program is a catalyst that says to you and your soul, "Oh my gosh, this is a huge opportunity. We're going to throw all kinds of stuff at this. We're going to throw a whole bunch of resistance," and you get to push against it like you're in a gym and do resistance training. Now that's not the case for everyone, but for some of us, me included, everything that is ready to be honored and loved and seen through STT process like we just did, everything that is no longer in alignment with who I am and where I'm going is going to show up to provide the resistance that we need in order to strengthen who we are.

If you're in this program, you're on the cutting edge. Sorry. Your soul said, "I'm on the cutting edge," and you came here with a whole bunch of experiments to play with, and you came here with a whole bunch of wonderful resistance playing to push against, to grow your brilliance because your brilliance is part of the 10% that can change this whole thing.

There's this thing called critical mass in the hundredth monkey, and it only takes 10% to change everything, and so I believe that you and me and all of us are part of this 10% that are here unwinding these parts of us. I personally stand in the gap for all of humanity to do this, and most of you just stand in the gap of you for now until you can stand on the gap for all of humanity with me.

But even standing in the gap, just for you, just doing your work, just playing in this mode, just noticing that you're in choice, noticing that you're in freedom in every moment, noticing when you're

complaining, bring your attention back, doing a spontaneous transformation in the moment, going to the neural pathway gym of remembering who you are, remembering your divine qualities, doing the activities in your life that reduce stress. When you're doing those things, you are part of the 10% that is changing everything because you're creating a ping of vibration on the web of life that is this planet, and the web of life says, "Ah. There's a change. Aha, grasshopper."

There's a change in the force, and that's you. So keep playing. Keep playing and don't get distracted or get distracted and use it. Don't get distracted by any upset that shows up during this program. Use it, use it, use it. Go to the neural pathway gym, okay? You are doing great, and it's only day frickin' four.

Okay, I can't not mention this. On the page now, there is a link for you to join the 21 days. Day four is powerful. Imagine what's going to happen between in the last 14 days. There's an additional 14 days that you can register for right now. For those of you who are doing the seven, you're in good shape. That's not stopping. We will be closing down the seven days, however. Those who are in the 21 days, they get to own the whole thing, and they get to continue this 21-day journey with me. There's a separate Facebook group that we'll be making sure that those who are registered for 21 days are in, and we're going to be continuing this journey.

So if you want, go to [21daystress.com](http://21daystress.com). [21daystress.com](http://21daystress.com), or on the page where you're listening to this, go to the link, towards the top one-third, there's a whole section that tells you a little bit more about it. Click on any of that and register right now. When you register, there's also a really cool bonus. It's a little surprise for you. I'm really excited. You get to choose what you pay for that too, which is kind of fun.

Join me on the full 21-day program. Join me for the final 14 days by pressing that link. We're going to [21daystress.com](http://21daystress.com). That's the number two, the number one, and then day, then stress dot come. You can continue this journey with me, which I sincerely hope you do because it's obviously going to be a slightly more intimate group, which will be fun, and I'll likely be opening up the lines a little bit more during those 21 days too.

So thank you for being part of this free seven-day program. I'm so happy you said yes because this is for you. The investment for the rest of the 21 days is very, very small so I hope you'll join us, and if you don't, that's okay too. It's all good. It's all good. Can you feel that? It's all okay. It's all going to be okay. I love you guys. I'll see you on day five tomorrow. Bye-bye everyone.