



Level 1 Spontaneous Transformation
Technique Certification Practitioner
Course

2-Day Workshop
Day 1 Morning Session
Part 2

Jennifer: Okay, we're back. We're back for part two.

Students: I have been revived by the view of the scene.

Jennifer: Yeah, it's a beautiful view isn't it?

Students: It's wonderful.

Jennifer: I'm going to miss it. We're moving in August.

Students: Where are you moving?

Jennifer: We don't know yet. We're finding a new place, a little bit of downsizing.

Students: Maybe another view of the sea.

Jennifer: Wouldn't that be nice? That'd be nice.

Students: Hope a space for the perfect spot to be opened up for you.

Jennifer: Yeah, well part of the Dream Home, they've been doing a Dream Home draw June 11th.

Students: The HGTV Dream Home?

Jennifer: No, it's actually for the Disabled Olympics. So welcome back everyone. Glad you're here, and I think we got all the recordings started, yep. So we're having a lovely, Louie, we're having a lovely discussion about the client is in good shape, you're in good shape, and the balancing between neutral and compassion, which is a bit of a misnomer but it works for the mind for the time being. It allows to have a discussion. The discussion in, just imagine a discussion with us as God, talking to God. Imagine what that would be like. It would just be kind of ... Ah. Then God would go ... Ah. Not a lot of words there.

So I think I'd like to talk a little bit more about the mind, since we were on the topic. Did I put the sheets down somewhere? I'm sitting on them. They're all warmed up by my butt. I'll actually-

Students: Got them.

Jennifer: There you go. And you guys on the watching Facebook Live, and watching on Zoom here, just scroll up, there's also a link right in where you are watching to grab the worksheets for today. And you might want to grab the worksheet that the original worksheet from the STT training, which you should have, which is a simpler form of the steps.

So we're going to play a little bit with this notion of overcoming the mind. The mind initially is something to overcome. Yulaina was talking to be about that to me on the break. But really, truly, the intention is to be in partnership with the mind. Truly, that is the intention. However, to start with, we've got this combatant. We've got this part of our client, that does not want to yield, for a really good reason. We don't have to look at them as combatants, but their mind is in full protection mode. It wants help, but it does not trust, just about anything. So it will use as many coping mechanisms as possible.

So here are some of the languages of the mind, which is how, how. Yeah, but how, but how. Yeah, but ... Is that in there, yeah but. Yeah but. Yeah, but how, how, how. How can't be answered. And it can be only answered with a mind oriented answer. How gives an answer that is a fix it. Here's how to fix it. And we all know that there's nothing to be fixed because we are simply appreciating the system as it expresses itself, period. So when the mind is asking how, you know immediately, when the how question comes up, you know immediately they're in their mind. When you ask that question as a practitioner, you know immediately, that you left the observer. You're in your mind. Oh my God, how am I going to do this. I've asked that question a lot by working with people. Oh my God, how am I going to do this one?

It's okay, it's not a bad question to have. It is a question that creates a noticing. In that moment of you as a practitioner saying how, you're going to say oh, I'm in my mind. It's not a bad thing, it's just okay, get back into the observer. Get back into being the observer, in neutral and compassion. Allow the mind to witness, allow the mind, and if you want to do a process like Daniel had us walk through for your mind before you start a session, that's good. Hello beautiful mind. I love you, and I'm going into a session, and I want you to really witness, and partnership, and be present, and really let Ashara take over. That's why I name her. Ashara takes over my session work, and my mind which is Chuck. Hello beautiful Chuck. G to Hawaii. Go hang out. Drink a beer. Ashara and I are going to go over here and work with this client. These are different strategies that you can use as a practitioner.

For our clients how will tell you that they're in their mind a lot. I just don't know how. I just don't know how. So you know that their mind is creating this strategy that focuses, that when they have the how, here's how the mind works, when they have the how, everything is going to be okay. When they know how, then it's going to be okay. We all know that's not real. That's actually an expectation.

I can't. I can't, that's a mind oriented protection. I just can't do it, I can't. If our client is saying that a lot, we just know that they have a powerful coping mechanism in their mind.

Victim, victim, why me. Victim, why me.

Students: What about the one before, the what's wrong one?

Jennifer: Oh yeah, sorry. I'll just do victim right now.

Students: Okay.

Jennifer: Thanks.

Students: I just wanted to-

Jennifer: You just did that one. Maggie just-

Students: You tricked me into doing that.

Jennifer: I did, that was exactly-

Students: Thank you.

Jennifer: Okay, so right now we have an example of the mind in full ... That was funny. So let's talk about victim. Victim is a really important coping mechanism. This where people are, they will go to their death fighting for their limitations. You've heard me work with people like this, haven't you, where they are just circling back, and circling back. Yeah, but you don't know my circumstances. This is what happened to me, and victim, victim, victim. If someone is really doing this a lot, there's likely some narcissistic tendencies, and pass them on to someone else, honestly. I still haven't figured out how to work with narcissists. Pass them on to a narcissist specialist, truly, okay. Narcissists really claim victim a lot. They're always victimized by their circumstances. I suspect you probably won't attract many, but if you do, does that feel true. Suyen the victim stuff right, for narcissists.

You can pick him up if you want. He found a friend. I don't know if you can tell, oh yeah, you can see it on the Zoom, that Louie is hanging out, oh and there's Saul too.

Jennifer: Okay, so victim, why me. That is a really powerful coping mechanism. It's powerful to say, I am a victim, and that's why things are going the way they are. Do you see that there's a period on the end of these sentences of who we are, and therefore it's as close to being safe as they can be. If I'm a victim, then that's a natural state of being. I know how to be a victim. I know how to do this. You were talking about this Maggie, about strategies that people who are severely traumatized use. Victim is one of those strategies, and you know how to use it.

When I was in my 30s I wore my sexual abuse like a badge of honor. I talked about it in the most inappropriate places, and it made people incredibly uncomfortable because I would choose really weird places to talk about it. I finally got it, but I did that so that I could see this, that my mind was using that as a strategy, to poke, to see if I was going to be safe, no matter what. So victim is a powerful, powerful strategy of the mind.

Pointing out what's wrong. That is an enormous strategy of the mind. It's really what keeps people set, what they are calling stuck. It's because they are constantly pointing out what's wrong in their life. Their constantly pointing out yeah, but if they would just change. If that would just happen. That went wrong, and then that went wrong, and

then that went wrong. If I was totally in my mind today, I would recant all that went wrong this morning with the Live Streaming. I can't even remember it now because this is all working just fine. So it was meant to be. This is a better system. So we get to say, yeah, it's a better system. It is, it's better for them, it's better for Facebook Live. It's good.

So the universe is constantly nudging us and them into the better path, and our minds say no. Our minds say this is wrong. This is wrong, this is wrong, this is wrong. The universe is going to nudge us there anyway. The universe is going to nudge them there anyway. So we have a choice at any given moment to say, oh, what if this is right. What if this is happening because I'm ready? Now, that's language you can't necessarily use with a client. I wouldn't recommend it. I would just recommend doing STT. This kind of cognitive conversation that I do, that's for level two people. That's what we're going to do in the next one. I'm going to teach more about that, but for you, you're just going to take them through the steps. But it's good for you to have a really, working understanding of what's happening. It's really good for you to have a working understanding of what is going on, so that you can now observe from that perspective.

So here's the conundrum right, the mind is this amazing intellect that fetches information, that validates our heart. That's the powerful, healthy working relationship between the mind and the heart.

Students: Can you say that again?

Jennifer: Yeah. Hopefully, maybe not. The mind is this powerful partner, that fetches, that validates the intuition of the heart, that validates Ashara saying "go this way." The mind and partner say, I trust that Ashara just said go that way, and finds reasons why we should go that way. When Ashara isn't present, the heart has been vacated. The mind now has no direction. It has no guidance. Ashara, my Ashara, the higher self, the heart is the guidance system.

Jennifer: So the guidance system, the guidance system comes from Ashara, the higher self.

Students: Okay.

Jennifer: That's the guidance, that's the soul. The soul is guiding, inexorably, always. The mind is, in a healthy relationship, is able to hear the guidance, and act upon it, in a way that bring harmony between the heart and the mind. So the heart says go this way, and the mind says oh, I've got to gather all kinds of data that validates why we're going this way, and makes it a richer experience. So here's what happens, trauma happens, and by the way, the mind is the force of creation, for the soul. So the mind is the force of creation. Thoughts create things. So thoughts create things, the mind is the force of creation.

When the mind is in charge, without the guidance of the heart, the guidance of the higher self who is the map of the blueprint, the mind is just freaking out, because it doesn't know. So it uses how, can't, what's wrong, victim why me, and deeply upsetting

emotions, and that's the creative force in that soul's life. That's why the circumstances look the way they look.

Students: Okay.

Jennifer: Does that answer your question?

Students: Yeah.

Jennifer: Okay, good, so what happens is the trauma happens, and remember the little boy. I'm going to say that story again. Is that okay? All right, let's do the story of the little boy. So there's this little boy, he's walking down the street. He's walking down the street after having amazing, perfect summer day at the skateboard park. He's been with his friends, and he's landed a bunch of jumps and tricks, and it was just an amazing day. Perfect bliss, the perfect sun, mix of sun, and cloud, and wind. Ah, it was just perfect. Then he finds a stick. He's got his skateboard under one arm, and he finds a stick, like one of those great, perfect, not too heavy, not too light sticks. He's like, oh my God, this great stick. He can walk on it.

Then he starts to push it along the fences as he's walking towards his house, and it's creating a little bit of a beat. He's bopping along to the beat ... All this different. He's just having a blast. He's totally in the moment. What he doesn't realize, is he's coming up to a yard where the rottweiler is in the yard, and there's a fault in his collar, and it's a low picket fence. So he starts pushing it against that picket fence. It's got an even better beat because it's wood on wood. It's loud, and that rottweiler is just going, this boy is in my territory, and he lunges. The collar breaks, dog lunges right over the fence. The boy drops his skateboard and the stick, and is running for his life. The dog grabs his pant legs. He falls down and skins his knees, and just as the dog is about to attack, the neighbor, and the owner stops them.

The little boy just gets up and runs as fast as he can home. He's crying because he almost died. He walks in the front door, his mom, who is completely stressed out with his other six brothers and sisters, and they're having all kinds of traumas, looks him up and down, he's alive. That's all she's got. That's all she's got. He's alive. Then she notices that he doesn't have his skateboard, and she freaks. She yells at him for not having his skateboard. So he goes upstairs and is devastated, and that's the end of the story.

Now, what happened in that moment is that there was a trauma. There's the overall trauma. I think they all see that, thank you. So there's the moment of trauma. Make sense? If I'm in bliss, I could die, little dyslexia there. If I'm in bliss, I could die. That's a belief that happened, isn't it. That's a belief that happened in that moment right. Mom doesn't care. That a belief? Brothers and sisters more important.

Students: Dogs are dangerous.

Jennifer: Dogs are dangerous. My skateboard's more important than me. I'm sorry, you can't read this but you get the idea. My skateboard is more important than me. If I'm in bliss, I

could die. Mom doesn't care. Brother's and sisters are more important than me. Dogs are dangerous. There's probably something that got held in the knees as he fell on them. So he might have knee problems later. He doesn't like wearing jeans anymore. He wears only skinny jeans now, because there's no pant leg to grab. Do you get it? I'm not kidding.

So here's what happens. You guys get this? I'm kind of overdoing it but it's actually real. You get it? Now this one here, this one here has created its own little universe. This is if I'm in bliss, I could die. Here's what happens now. If I am in bliss, let's say this is one. If I'm in bliss, I could die. Okay, if I'm in bliss, I could die. Now this is in the subconscious. This is the mind has now taken over, and saying I'm going to protect bliss. I am going to protect myself from bliss. Now he's got this universe around him, that says I'm going to protect myself from bliss, no matter what. I'm going to protect myself from bliss. So bliss kind of shows up and he gets anger. Bliss shows up again, maybe a girlfriend, maybe it's a little bit of love bliss, and he goes no commitment. This is the mind now, in full creative force. Got it?

The mind is in full creative force. The mind in this one thought, is creating constantly, he's 35 years-old, or he's 45 years-old, and he's still single, and he's wondering, what's going on, as all of us do. Not about single or about anything, but at one point we sit there and go, what the hell is going on. Now, all of your clients are at that point when they come to see you. What the hell is going on? Yeah, right. He's agreeing. What the heck is going on? When your clients come to you now, you get to witness, the coping mechanisms that have been established, to protect this belief. You can see there's actually dozens of acorns from this one traumatic incident. Dozens of traumatic acorns, this is just one. It's a big one.

Here's what happens, that's why this is not inner child work. This is trauma work. One string at a time trauma work. So now we've got dozens, maybe, there might be 1,000 beliefs out of this one thing that happened to this little boy. So out of these 1,000 things that happened to this one little boy, we tug at one. You know where that tug comes from? What's happening in their life right now, because what's happening in their life right now, is a vibrational field that is created from this one one thought. Okay, I might have to put them away. Eating the microphone head.

So the thought is now, we tug at that thought, from what life just showed up for him. So he's probably coming, because he's having a few health challenges. He's got some knee trouble. He can't commit, and he's unhappy. He's unhappy. He's got mom issues. He's got brother issues. He's unhappy, so he's coming to us with all of that, and we get to look at his system as it expresses itself. He is telling us about his life. He's not telling us that when he was seven years-old, he almost died with a dog. At some point in the session, it will come out, because that's the memory, that's the dominant memory.

Lately, this past whole year, I've been dealing with the seven year-old within me. That's all I've been working with until today with Daniel who was 10. So it tells me that something changed too.

Jennifer: That was funny. Hopefully that's not messing up the microphone. So they come to us now, all these years later, and our job is to use what's happening in the moment with them, because the moment is presenting what they're ready to play with, with one of these strings, that's it. The moment is showing them one of the strings that they are ready to play with. That's it, okay. So whatever they're presenting in that moment, I think I'm going to have to put these guys away, I apologize, unless you want to hold him.

Students: I can hold him.

Jennifer: Okay. Sorry, oh went to the room himself. All right, we're just going to follow that up ... Sorry guys. Sorry guys, I should've done this earlier. There we go. They're too distracting for me. I love them too much.

Okay, so they're going to be presenting with whatever happened in their life in the moment, and that is going to lead them to one of these beliefs, one. Once we go through, quite a bit of therapeutic process, we might tug at one of these, that collapses the whole thing. Think of the game Jenga. Right, you know that game Jenga? So Jenga is this game that has, you have four wooden blocks, and four wooden blocks on top, and then you keep adding, and adding, and adding, and you build it up I think, then you start pulling things out, and pulling things out. The structure stays intact.

So the game is, let's pull, whoever gets the last one loses. So we want to pull the right one. So that's kind of what we're doing here. We're pulling each one of these threads, and at some point, the whole structure of the belief collapses, and we have a new person in front of us as a result. Because that belief is no longer running the show. Now here's what's fascinating, is that they don't remember. They don't remember who they were as much. It's really good for our minds, especially when we're on a therapeutic journey, and when we're taking our clients on a therapeutic journey.

It's good for the mind to recognize. That's something I want to give you, and if you guys could remind me to do this. I want to give you a taken-

Students: Intake.

Jennifer: Intake, thank you. I want to give you a client intake form okay, that you can use with your clients. I'd like to have one that you give to them to fill out, kind of like the 21 day program where ... Just three or four questions. Then you keep it. They bring it in, and you keep it. Then at some point during the therapeutic process, when they're saying this isn't working. This isn't changed. You pull it out, because they've forgotten what they were like. They've forgotten what their life was like. When the mind can see, oh my gosh I really changed ... Did you have something to share Iris?

Iris: No I just, I love that tool because it's true. I've noticed over the years, with clients, they do forget. When I ask them to look at what they were working on, and then they look at

it they say, oh. They truly do forget, because they're still filled up with I'm not perfect in, or I'm not-

Jennifer: Right, right. Cool. How many years have you been a therapist Iris?

Iris: This is my 40th year.

Students: Wow.

Jennifer: Yeah, so thank you for that validation. They do forget, so it's good to do that. So I'm going to give you an intake form. If you don't have it by next week, just remind me. I don't have good memory for stuff like, well that's a belief.

So our client is going to come to us with whatever is happening in their life at the moment, and we use that. We use that. Now, for us who are now practitioners, and are moving into being practitioners, we do STT in ourselves every single day. I've noticed something that happened. I didn't know this before, because I'm still, I still have lots of beautiful things that I get to unwind every single day. So I still use my reactions everyday to unwind, but some of you have started using it as a practice, where you're actually saying, there's this big thing that I want to work on, and that's something that you can do. You can encourage your clients I think to do that as well, which is as they start to work with you more. You want to get it to one of their big core beliefs is kind of been Jengod. You want the collapse, the structure to collapse, of the big core belief, before you start having them do that kind of stuff.

The ideas there is that when we are noticing, when we are noticing our life so profoundly, when we're seeing everything, we are seeing that there's a belief. We're starting to actually see them. We're starting to notice when something shows up. We notice that, oh my goodness, that is a belief. In that moment, we can use that belief to start unwinding, or we can start capturing them. So this is something I'd recommend you do, is create a belief book. Create a little belief journal, and start capturing your beliefs. Then, if you want to start a daily practice, of STT, you can just go to your belief book, and just go to that belief.

You have a lot of information now so the whole STT process should be much, much stronger. For yourself, you might get to a point where you don't need to use every single step. If you're just starting, I would definitely use every single step, in your own STTs, but you'll get to a point when you can shortcut it. I just go straight in and say hey, into the little one right. That works for me now, and I could do it in two or three minutes now, an STT. Then some times if there's something longer, I'll do a long 20 minute session. Regardless, for you, start capturing a belief book, and then this could be part of your STT practice.

Now, as a practitioner, you want to be doing STT on yourself every single day. Everyday, without exception, okay. Seriously, you get going with this, two or three minutes. How many minutes does it take you Daniel, to do STT?

Daniel: It completely varies on what I'm hitting.

Jennifer: Yes, and when you're hitting, that's right. That's right.

Students: It takes an hour and a half some times.

Jennifer: That's okay, and that's okay. That's okay. If we're hitting the big stuff, that's okay. An hour and a half is just fine. For some of us it's long, and some it's short. I do things fast. So sometimes I like doing them really, really fast. So the idea here is, this is for you to understand that every single person, this is one trauma, one, one. That little boy, may have had hundreds. This is one trauma, that has all of these beliefs associated with it. I think part of the reason why STT is come forward and things like EFT is another really powerful system that deals with trauma in the moment, quickly. I think the reasons these systems of healing are coming forward, is because of this. There's not just one, there's dozens.

Students: That looks like if there was another set of traumas from a different experience, they may-

Jennifer: Yes, that's true. That's true. If we have another set of ... If we have a trauma over here that's got, you got it, you're exactly right.

Students: So then you got a cluster of them.

Jennifer: Yeah, and that's when the mind has started creating these wild, and incredible, and warped coping mechanisms. So Ho'oponopono is another system of healing that can unwind this stuff as well, really beautifully. This reminds me of Dr. Hew Len, when he was working with the people in the prison for the criminally insane, in Hawaii. I honestly don't know exactly the story but it's about two years, it might have been less. He did Ho'oponopono without meeting anyone. He just did it for himself, self identity, Ho'oponopono, and with them in mind, and they shut the place down. Everyone left. Part of the criminally insane, has thousands of these clusters.

So we now know, kind of what we're dealing with here, right. I hope that this gives you some freedom, because it helps you not feel like every session is going to be a cure, because it's not. First of all, there's no cure, because there's nothing broken. There's no cure because there's nothing broken. Does that feel true?

Students: I want it to.

Jennifer: Yeah, so but that's your mind.

Students: I feel it now, but I hope I can keep feeling it.

Jennifer: Yeah, yeah, and that's also your mind, that thinks that you might not be able to.

Students: Yeah.

Jennifer: Aren't we cute? Okay, so now we've got these people that are coming to us that have these crazy coping mechanisms, warped, amazing coping mechanisms, I'll speak to what Yalaina approached me with. In her culture, in Russia, you were telling me, I'm going to paraphrase, she was telling me that everything is just fine, and it's not. There's a cultural upset that has happened, a cultural upset that has happened. I'm getting distracted by the cats yelling. Sorry about that.

So this cultural upset, creates a natural repression, because it's not safe at all culturally. It's not safe at all culturally to speak, and this is decades, 60, 70 years.

Students: 100s of years.

Jennifer: 100s of years, and in particular since Stalin.

Yalaina: The revolution Stalin, he destroyed communism.

Jennifer: Yeah, so there's multiple, multiple examples culturally, of how this repression is important as a survival mechanism. Now you've got people that you're maybe going to be bringing this to, your friends that are here.

Yalaina: All my friends, they came from all this culture.

Jennifer: So what do you do? They've got a huge coping mechanism, huge. Yalaina you had it, on the calls with you. I remember our sessions. You had it, and yet you shifted.

Yalaina: They are so closed, and strongly closed, so even if they open the gate-

Jennifer: Okay, so right now, you have a belief. Right? You have a belief that it's too closed, that you'll never penetrate, but I want you to know, that we did with you. I know that you think you're more open, but you might be, but maybe not. Okay, so we opened that door with you. Is that true?

Yalaina: That's true.

Jennifer: And it was question after question, after question, after question that you asked me. Yeah, but what about. You did a lot of yeah, buts. You did a lot of them. And I'm not saying that was bad, it was awesome, because what it's giving me to tell you is, this is what you have to do. You have to deal with a very active mind, that is totally protecting. So, yeah buts, a lot of yeah buts.

How do you overcome a client's bias? That's a really good question. Did you have a thought?

Daniel: Yes, actually a couple that have come through, and it started with the little session we had, and will actually wrap up I think to what you were getting at. In appreciating this system as it expresses itself, from that observer standpoint, you are accepting, acknowledging, and having deep compassion and love, for everything around who they

are, how they are expressing, what they're going through. When we have that also for ourselves in that same moment. Allow ourselves to have those feelings, in the background, we don't want to cloud their-

Jennifer: No, but that's exactly right-

Daniel: Which is what I ended up doing with the two of us, and I felt like it allowed her to open up more. She expressed some personal feelings that started as a result of the session I did up there, that typically would seem very hurtful-

Students: You can say what it was.

Daniel: She was jealous, that I went up and did-

Students: So well-

Daniel: So well on the session. I allowed myself to feel that, and in allowing myself to feel, oh, she was jealous of me, that emotion cleared for me so quick, and I had greater compassion that she was willing and able to completely be herself, and express herself to me. I felt like that helped her open up even more. I think in allowing yourself to really be present as an observer, appreciate where they are, while you're still appreciating where you are. It opens a doorway.

Jennifer: Yeah, this is really good Daniel. I'm going to go through how to overcome the client's mind step by step, and what Daniel is bringing up is really powerful, which is, we get to do this for ourselves at the same time. So you have a belief that they're closed, and part of that belief is happening because, and you're noticing it so profoundly, is because it was safe for you to be closed. So we most judge what we don't want in ourselves any longer. Clients are going to show us the things we don't want in ourselves, so that's really powerful. We get to have a moment of look at that over there with client, observe. Client is in good shape, I'm in good shape, neutral compassion.

I'm in good shape because I just noticed that oh, that was mine. Over there, it's just over there temporarily, and seriously, you can do a STT right afterwards. It's over there, and it's okay that it's over there, because we signed up as practitioners. We get to put our stuff over there when we're with a client. Is that an agreement that we can all make? Yeah? So let's just put our hand on our heart right now and make that agreement. I commit.

Students: I commit.

Jennifer: My mind commits.

Students: My mind commits.

Jennifer: To putting aside temporarily.

Students: To putting aside temporarily.

Jennifer: What we're triggered with.

Students: What we're triggered with.

Jennifer: When we are in a session with our client.

Students: When we are in a session with our client.

Jennifer: And we engage our observer.

Students: And we engage our observer.

Jennifer: We engage our compassion.

Students: We engage our compassion.

Jennifer: And have neutral compassion for ourselves.

Students: And have neutral compassion for ourselves.

Jennifer: As we have neutral compassion for our clients.

Students: As we have neutral compassion for our clients.

Jennifer: That felt really good. That felt really good. Excellent, excellent. Okay, so what do we do? We got this person in front of us who is like no, no, no, no, no. Have you ever tried to quiet a baby?

Students: Yep.

Jennifer: There's not one thing you do is there? No, there's like, oh let's try this. Let's try a little of that. Let's try that. Throw them in the car, drive. Oh that worked. Okay let's stop driving, uh-oh. Right? We push them in a rocker. We bounce them. Right? That's what we're doing with our clients. Okay, that's what we're doing with our clients. We're trying a bunch of stuff to see what works, to see what's going to get through. We do it over, and over, and over again, which is what I did with you. Again, you were not a hard case by the way, but you were definitely someone who was very, very closed when we first started. We refunded you, you're back, right? It's good, this is good because this is you. These are your clients. Your clients are going to be you. Okay, good.

So let's talk about this. How do we overcome the mind?

Jennifer: This set of five things, are what you're going to try. This is your set of step one is put the baby in the car and drive. Number two is put them in a rocker. Number three is bounce them up and down. That's what this is. All right, let me get my glasses on here, I can't

see. How are you guys doing on Facebook? You guys doing good on ... Okay, good. You're welcome to use the chat there too if you want, and if you have a question, we can hear you.

Okay, so asking might you be open to experimenting, playing, doing this in a new way. That might not work for them, but that's okay. It might work at some point with them. You can say look, I get that you're really happy right now, and there's a reason that you came here, so would you be willing to play and experiment with something, just for a minute. I'm pretty sure I said that with you. You can read the transcripts. Would you be willing to just try something different, just for a minute. Most of the time people will say okay, and they will only give you a minute. But you got somewhere, right.

Do you remember, were any of you in the 21 day program when I was working with Lorrain? One of the most powerful mind oriented sessions ever. I will post that here, okay. I will post that for all of you because that was a mind in action. That was a mind that was in complete, and you'll see, and I finally just let it kind of go. We did have a transformation that happened. It wasn't a full one, but it's okay. Lorrain is amazing. I love her.

Students: That was a powerful session.

Jennifer: It was a powerful session. It was a powerful session. A lot of people got a lot out of that. I just thank Lorrain so much, oh my gosh. But that was a powerful, powerful thing. I will post it here as an example, because you're going to see all the times, all the different ways. It's going to be ... It is this worksheet. So would you be willing? You came here for a reason, and I know the reason is not because you're completely happy and everything is fine. They're going to nod, right. For them you might want to say a lot, is that true. You might get a lot of, well it's not exactly true, because for that kind of culture, and for that level of mistrust, they probably won't even be able to admit it's true. But that's good because every single time, this was in the phases remember, when I said is that true, and they say it's not true, that's a powerful moment of safety for them. Because they get to say to the authority figure, this is not true for me. They get to claim what is right for them. It's a really, really important and powerful moment.

So if you say is that true, and they say no, that's a good thing. That's a breakthrough for them because they get to say and claim no. I'm going to do it my way. Yes you are. That's as it should be. You might have to ask them a lot. Okay, would you be willing to play with this? Would you experiment, just a little bit, just for a minute? Then we can go back to you being completely happy and not doing a session. Already I can feel you were going, okay I can do this. If I had said that to you, you would've said, okay, okay.

Yalaina: Because they're very strong.

Jennifer: Yes, very strong, yes.

Jennifer: You can just say, I get that you're like no I'm happy, and I said yeah it feels that you're strongly sharing with me that you're happy, yet you're here. So, do you want to just play

for a minute, just experiment with something? Then the mind will go, okay I'd be willing to experiment. You can say it's just for a minute, just for a minute.

Then the next one is play fantasy nonfiction. This is really, really, really powerful. Again, some of this is in the phrasing as well so you can understand this deeply. The play fantasy nonfiction is a really, really important thing that the mind just can not deal with. It kind of fries itself. When you are in play, the mind isn't there. The mind can't control play.

Often times, I said it to you in one session, I don't know how to do this, and it's just like pretend that you knew. What would it be? Instantly, well then it would be this. So just pretend. Just pretend for a minute that we're going to do this session, just pretend for a minute. This is absolute fantasy and fiction. We're not actually in the session. We're just going to pretend that we're going to do the session. That's it. You see there's a detour around the mind that happens in that moment.

Students: A pretend session-

Jennifer: A pretend session-

Students: Totally.

Jennifer: Right? That can work. That can work for some people, a pretend session. We're not going to do a real session. We're just going to do a fake one. It's kind of a practice one. It's not real. We're just going to do something pretend here. We're just going to fake it. This is pure fantasy. None of this is real, and that allows the mind to go, okay, okay I guess I could do a fake, pretend session maybe. Okay?

The play fantasy nonfiction one is my go to. It works almost every single time. It gets them at least to the next yard, if we want to use a football analogy. It gets to the next down. We might not get a touchdown in that session, but it at least got them to the next down so they're feeling a little safer that they can come back again.

Yalaina: So not push hard.

Jennifer: No, don't push hard. No, no, no, no. That mind will just walk away, so don't push hard. No, these guys are probably going to have 10 sessions before you really get into a session.

Jennifer: So we're just going to play. We're going to have a fantasy that you know, and where's that in your body? Then we take them to the first step. It's like well, I think it's here, but I'm not sure. It's like well, we'll just pretend it's there. Then when you bring them in there. Just pretend that right in there is a little version of you, and that you're going to pretend that you're being an observer, and being present with that little one. You're just going to pretend that that little one can feel. That may be all you get. You might only get to the little one.

Listen, when you, with someone like this, in this culture, gets to just the little one, if you get to the observer observing the little one, and the little one recognizing it, the observer saying I'm here, I'm present, and I'm not leaving, that's enormous. That's a session right there. If you get deeper, fantastic, but if that's all that happens in like the third session. The first session is just playing, and pretending, and what if. Okay, good.

So the next one here is, is that true. Okay, in this instance, it's using a ... This doesn't work every time, but it's not the is it true that's in the phrases, it's is that really true. So for example, they share a story about what's going to happen, and it hasn't happened. If I lose the contract, then I'll lose my house. I'll lose my car. I'll be homeless. Then you say okay, are you homeless now. No, is that true that you're going to be homeless? I remember someone saying that to be once. Will you actually be homeless? I'm like well, no. My sister would take me in. I will never be homeless.

So sometimes that is a direction that you can go, with someone who is hyper dramatizing. So is it true that you will actually be homeless? There was no one in the world that would help you, or support you, or take you in? If that's the case, then they probably wouldn't be seeing you, if that were really true. They wouldn't have the means to see you, right, because they would be homeless already if they had no one who could take care of them.

That kind of conversation, it can some times validate what the mind is saying, but most of the time you can get to another thing. This is a little bit more like, you say is that true, and it's like, well no, that's not really true. There are some minds however, who will take that and run with it, so be careful with that one. However, it can definitely work. If they are catastrophizing something to the Nth degree, and you have your mind just say hey, is that really true. Is there really no one that would take you in, no one that would help you? Then you could point even to the STT community. Is there no one here in the STT community, whatever, or the church community, or whatever, or our community, or whatever.

You can say, I don't think that's true, because I would help you. I would take you in. It's like, oh well I guess that's true. It's just allowing the mind to have a different perspective. When the mind is now chewing on the fact that it's not true, it now has space to go into the session. So all of this is to allow the mind to feel safer so you can get them into the session. Get them back into the session, and some times the mind is going to distract out of the session for a reason. I'm thinking it's time for lunch soon. I'm getting hungry. So the mind is distracting out of the session for a reason. So sometimes, you have to pause the session, and do some of this stuff. Is that true that you will be homeless? Is that really true? You have a mother, a father, a kid, am aunt, an uncle, a friend, a community, a church, whatever ... That can help the mind to say, well it's not really true. Just calm things down a bit so that the mind is now calmer, and can get back to the session.

Okay, belief busting, this is really powerful. What if questions, what if questions, incredibly powerful. Have you all experienced a what if, belief busting session? We'll do one after lunch. The what if questions are incredibly powerful because most of the time

the mind is asking a question it can't answer. All of the things on the first page, are things that the mind can't actually answer. So the what if allows us to kind of find that, discover that. The mind starts to play along. Well what if, what if you were able to just be free in your business. What if that contract were signed, what would that be like? So what if, and then what would that be like.

It starts to change the dynamic, and calms the mind down. So if the mind is freaking out, you do a couple of what ifs. Well, what if this person wasn't part of your life? Again, we're just going to pretend here. We're just pretending. That's not true, you know they're part of your life, but what if they weren't. What would that be like? That would be free. Well, just feel that free. What would that free be like? You just do some what ifs. It just calms the mind down. Then you can get back to the session. Okay. I'll do a little more on what if this afternoon.

Okay, and then number five is really important, which is pointing out to the mind that they left the session, pointing it out. You say to their mind, now you just left the session, you are in your mind now, and that's okay. But I want you to notice, that you're in your mind now. Now you're in your mind, and when you're in your mind, you're no longer in the observer are you. Is that true? Yes that's true. I'm not in the observer. Oh my gosh, I'm in my mind. That's a breakthrough moment.

They start to see this practice of how their mind comes in, and intervenes. They're going to start to make a new choice. Does that feel true? So pointing out to their mind, that they just left the session is a really powerful strategy. Now you're in your mind okay. You're in your mind right now. Now, how do you know they're in their mind? Because they just said how, I can't, they're pointing out what's wrong, they're victim, why me, they're in deeply upsetting emotions, they're using competitive language, like they're better than me, I'm better than them, I'm right and they're wrong. That's how we know they're in their mind. They're in analysis.

Analysis, that's another good one. Another way that the mind takes over is the say, you know I remember once when I was on this other workshop, and the guy was saying ... They just left the session, totally left the session. It might be interesting, but it's just an avoidance tactic. So that's how you know they're in their mind. You might discover your own tell. I can tell immediately when someone has entered their mind. I can tell immediately. I don't know how to teach that exactly. We've been talking about tells.

When these symptoms show up, when these words show up, when these strategies show up, that's an indicator that they're in their mind. See if you have a tell, in your physical body, or in your motion, or something shows up like you get a little crick in your neck when they're in the mind. The weirdest things happen that give us a tell. But when you say to them, right there and then, you call it out, hey you know what, you just left the session, you're in your mind, and that's okay. You're in your mind now, and it's okay that you're in your mind. It's good, it's all right, but I want you to notice that you're in your mind. You left the strategy, and you're in your mind now, because you wanted to avoid what we're about to play with, and that's okay. I want you to just notice that.

Does that feel true that you're in your mind? Oh yeah, I'm totally in my mind. So let's just bring your attention back to the observer. So now by addressing it, it's done. It's out of the way. The mind is over here a little bit more, chewing on things, and now you can bring them back into the session. Sound good?

Students: Mm-hmm (affirmative)-

Jennifer: I feel like we're losing energy because we're hungry. So think about this, and over lunch, I want you to just talk about any questions you might have, or considerations that you have, or any new ideas you might have, any symptoms that aren't on here of the mind. If you want to talk amongst yourselves about that great. If you want to just have lunch, that's fine too. We're going to come back and talk about this just a little bit more, because it's incredibly important. If there's anything that comes up from your mind, or from your higher self about what's happening with the mind, and strategies that we can use, and Daniel did beautiful strategies this morning, to address it before the session even starts, which was really, really cool. I liked that a lot.

Students: Elizabeth does a nice one too.

Jennifer: Elizabeth does?

Students: Elizabeth does a nice one for that too.

Jennifer: Oh good, okay.

Jennifer: What do you do?

Students: Putting your mind to rest

Elizabeth: Yeah, I grab the mind up in a nice warm baby blanket.

Jennifer: Oh, so Elizabeth wraps the mind up in a nice warm baby blanket. Aw, that's swaddling. Aw, that's beautiful.

Elizabeth: It's nice and cozy.

Jennifer: It's nice and cozy, comfortable.

Elizabeth: Yeah.

Jennifer: Good, that's lovely right. This is lovely. So if you think of any of that kind of stuff, let's bring it back after lunch, and talk about any of the strategies that you've come up with, besides what's on here. Or, any other symptoms that you've thought of, that people have, because they're might be some cultural symptoms of the mind, that are not here, that I'd like to start gathering.

So I'll tell you what, if you have, let's put them, let's put it on here. No. Let's put it on here.

Students: I was just going to ask, at a level one, should we work with paranoid schizophrenics?

Jennifer: Nope. No, do not work with a paranoid schizophrenic at level one, no. Nope, nope, nope, nope. Don't work with a narcissist at level one, nope. Pass them on. Pass them on to professionals, okay. Level two, possibly, possibly. That's even out of my area of expertise so, I would say probably across the board, likely not, now if you are called to that, you have other skills, you are a therapist, you're a licensed therapist already, and you are somehow attracting a bunch of paranoid schizophrenics, maybe.

Students: I have a sister.

Jennifer: Oh, okay.

Students: So I just wanted to know to not even go there with her.

Jennifer: Not yet, nope. I would not. I would not. Yeah. Here's what I know, that what we attract what it is that we're ready for. If your sister sees you changing, if your sister sees you start your practice and other people are changing, and she says can you help me, that is a clear indicator that the universe is saying maybe. I would say with her, I'm not sure. I would say I'm not sure, but I do have this system, do you want to try it? Make sure she's on her meds when she's doing it, right, because it's not going to work if she's not on her meds.

So again, I just shared a bunch of beliefs. So those are all beliefs. I'm just as culpable to being in belief mode as all of us are, but they feel like safe beliefs to me in this system. So take them, you get to take them, and look at them, and decide for yourself. Good, so we're going to break for lunch. We're going to start this afternoon at 2:30. So you guys can be back here at 2:30. Does that sound okay?

Students: What time is it now?

Jennifer: It's 1:07. So, that will give you an hour an twenty-

Students: Any good ideas about where to go to lunch?

Jennifer: Yeah, let me just stop the feed here. I'll see you guys at 2:30.