# request for help -- energy signature

Hi friends, family (and a few mentors!),

Right now, I'm in George Kao's Energy Signature course, and one of our exercises this week is to reach out to others for feedback about ourselves.

The question alive for me is, "Who am I when I'm not trying to be someone else?"

You're someone that I feel "myself" with and I'm holding something I heard once -- that "the most obvious things about you are least obvious to you." Which is also why **I wanted to ask you for any reflections you have around how I show up, or how you experience me, when I'm most "myself."**

This could be:
- adjectives or moments that feel "very Brandon"
- any thoughts or stories you have about me, and/or
- how you'd describe me to another good friend before introducing us.

I'm hoping to collect these by next Monday (you can just reply directly back to me on this email) and review them in our next class then.

Thanks for being someone in my life I feel like I can be fully myself with :)

Love,
Brandon

## responses

Hi,

The first thing that comes to mind is that your wedding was SO Brandon, with a dash of Audrey put in (who appears to be a real soulmate for you!).

Casual, friendly, a bit long winded, fun, surrounded by friends and family.  Thoughtful too. A bit off the well beaten path.  Delightfully different.

I have the picture of you and Audrey in the pool in your full wedding getup on my office shelf, because I thought that was so you (and her).  Makes me simile.

Hope this helps,
Love,

—

Just did a quick glance at George Kao's site - so cool and seems so aligned to you and your interests.

When I think of you / describe you to other good friends, words that come to mind are...

- SUMMER CAMP
- playfulness and adventure
- your big smile and full body laugh
- the way you give big hugs (not side hugs lol)
- adventure
- intentionality and attentiveness
- listening to listen
- holding up a mirror to myself to help me see/understand my thoughts more clearly
- curiosity and exploration
- enjoyment of life's simplicity
- meditation, mindfulness, introspection, self-awareness
- not conforming to expectations, knowing what you want and sticking to it

Sending you lots of love!

—

Hey friend,

What a lovely idea. I'm going out of town tomorrow so wanted to share my quick thoughts!

Adjectives... silly/goofy, present, genuine, kind, playful, attentive.

Since most of our friendship has been from a distance (sadly!), I think about moments where I get a voice note from you on my phone and am always excited to hear from you. My first thought is usually, "Brandon must be up to something interesting!" and I always have a curiosity to learn from/with you. You make people want to say yes to your creative ideas and proposals - I imagine you're a source of inspiration for many people, certainly for me. I still remember the virtual camp session you hosted during the pandemic and how much fun I had.

How I'd introduce you to a good friend... Meet my friend Brandon! He's one-of-a-kind and always up to something new, but no matter what it is, I feel that it's in deep alignment with his values. He understands the art of a good conversation and knows how to listen in the truest sense of that word. I sense that Brandon is someone who follows his heart, slowly and patiently, because he knows that all good things take time and inner work (just a guess, you can tell me if that's accurate!) He's a great source of knowledge around wellbeing, meditation, and other practices that encourage presence. Above all, a kind soul!

Hope this helps. Hope early parenting days have been sweet and loving. Hope you and Audrey and the little one are well!

Much love,
—
Remarks: I texted your dad when he texted me to inquire how I am doing. This is a part of the text I sent him re:”Brandon”

Brandon (judging from his podcasts) is truely a person to behold. It is very special that on one hand, Brandon acknowledges the travails of his day to day experiences and on the other hand, found ways to practice equanimity.
—
Good questions! I have to admit this put a smile to my face because likewise I feel so myself around you.

Reflections :

Adjectives :
Liberating
Free
True
Heard
Seen
Joy
Smiles

Moment that are so Brandon:
Meditating on rocks and enjoying the nature

Always smiling upon seeing each other or anyone that you vibe with

Joy in presence

No phones ever. I don't remember ever having to be around you and using my phone or feeling the need to. Very very present.

Last but no least- digging back into self. Buddy and I have made tons of progress together. Thanks to you!

Description to a good friend -

Brandon is the person you'll be saying where have you been all my life. You feel free and always want another call scheduled because you look forward to meeting again.
—
- Quoting someone or idea you've read about, particularly if it articulates thoughts that resonate with you.
- Compassionate.
- Meditating (though it's inward and hard to tell what's "you" or "yourself" ).
- Apologetic smile / laugh ... before introducing an uncertain subject or response.
- Certain catch phrases that precede a remark ... which demonstrate a certain style or learned response from, say, Non Violent Communication etc. ( "ask", "in this moment", "not feeling ...", "hear ..." etc.).

There're more I'm sure, but just a quick sampling.
—
Happy to help with this and honored that you feel yourself with me. "The most obvious things about you are least obvious to you." resonates with my own experience of myself!

- adjectives or moments that feel "very Brandon"

- trying out something "all in" e.g., shutting off your hot water in college, DIC, your job an Pana, Audrey, summer camp, intentional communication (speaking relatively slowly for several months)
- quietly leading - things just seem to happen, but without you forcing it (e.g., the wedding, virtual summer camp, the group with Mark F and Makaela)
- intentional and thoughtful - I often think "oh, that is such a wise way of looking at things" after I speak with you
- in your body
- great listener
- stopping something if it doesn't feel "alive"

- any thoughts or stories you have about me, and/or

- that time you were in the car with my dad and Greg. Greg said he doesnt like Disney, you said something like "do you not like wonder and joy"
- showing up to our apartment in denver with a car full of mostly just books
- sending me a picture of the ultrasound and saying "look their is leg in audrey"
- knowing that you wont judge me

- how you'd describe me to another good friend before introducing us.

- My dear friend, Brandon, and I met and lived together in Colorado. We bonded as housemates and through starting an "opposite of loneliness" group of fresh-grads. For me, it was a formative experience on community gathering and close bonds. I learned a lot from Brandon's ability to gather people. He is super intentional and has a deep spirituality with his deep meditation practice and commitment to intentional communication. Over the years he has gotten more and more into intuitive living (currently lives in Guatemala with his partner and newborn where I hear there might be more space for that??). He still dabbles in his former life of tech-adjacent work, while being aware of the challenges that world presents to holistic living. He does what feels right for him and those around him (e.g., somatic training being played out in the day to day). When he is committed to something he is really committed and makes magical things happen. If you are a 'the world "by me"' person and want to collaborate with B Wong on a project, I would be aware that his style might conflict. He is much more of a "through me" person so he may change course at a moments notice if he feels this isn't the right path for him.  He is known for attracting amazing friends (would also mention working at a place beyond, endless summer, the wedding). He's generally good at most athletic things, which I think speaks to his intuitive nature. He's also really into regenerative farming and is planting some beans right now and working with his hands a lot - yum, beans!

My first thoughts above. just let me know if anything else would be helpful!

—

What a lovely request, Brandon.

A few random reflections for you:

- I experience you as deeply enthusiastic — you get into things *richly* and share them freely
- I experience you as inspirable — open to the world and willing to be enwondered by it
- I experience you as profoundly curious
- I experience you as someone who enjoys learning
- I experience you as some with an optimistic orientation in the world, even while not shying away from hard truths
- I experience you as a very encouraging voice in my life

I hope that's helpful!

—

Hi Brandon,

To me, you are most "yourself" when you have a **playful/carefree/kidlike energy**, whether that's singing a Disney song or T-ing the D or cackling to yourself as you start every beatbox rap with a Taylor Swift lyric. I often think of you running around to all the high surfaces on one of our Death Valley hikes -- essentially climbing rock formations in your *sandals* while we navigated the trail in our *hiking boots*.

If I were describing you to a good friend, I would say you have an adventurous spirit, a curious mind, and a huge heart. To illustrate such things, I would tell them about your dreams to start a summer camp, your Vipassana retreats, and your life in Guatemala.

Hope this helps! Love you B.

—

Hi bugga boo! Hope you're doing well. Some quick thoughts from me:

- Five person pillow talk in Cape Town beds
    - Adjectives that come to mind for me: cozy, snuggly, warm, non judgemental, fun, lighthearted, safe
- Looking over on any hike I've ever been on with you & you're climbing some random rock by yourself
    - Adjectives: independent, adventurous / adventure seeking, exploratory, curious, playful
- Walking up to Jake & I on the beach new year's morning at the campground post your wedding & reflecting on the beauty of the day
    - Adjectives: grounding, grateful, present

I hope the class is enlightening! Excited to hear how it goes.

—

Hi Brandon,

Here are some words that comes to mind when I think of you:
compassionate
kind
beautiful inside and out
curious
following your dreams
Love you!