

# ***What I am trying to remember....***

1. This isn't about ME/Shame....
  - Personalization of the events in our life; without explanation, we create our shame story.
2. *I am Ok, just the way I am.*  
*The sum or my parts are good and beautiful.*
  - Create of view of life in terms of "parts of me; at this time"; that was 5 Scott's ago; "I have all that I need..."
3. AND....
  - Drop living in "OR" world; allow balance, middle path, equanimity, paradox, non-dual.
4. Love is the New Money....
  - Measurement is an unhealthy mindset.
5. Heaven is Here, when the Mind is Clear....
  - I create my own suffering, my own thoughts. Supportive thought: "There is a BIGGER story here...."
6. Righteousness/Conflict/Blame is unprocessed Grief....
  - My own projections point to unresolved grief.
7. That which *Activates can Educate*....
  - Bring a sense of curiosity to the activation in the body; Rumi's *Guest House* poem.
8. Vulnerability is the Path to Freedom....
  - The Body Keeps the Score; need to express, letting go is not just an internal process.
9. You'll never be free until you can be still with your pain....
  - We need to experience pain to release pain.
10. Moment's Matter....
  - Minimization of past moments; Extraordinary in the Ordinary; Marvel in the Moment.
11. I can be RIGHT or in Relationship....
12. This isn't about ME/Spiritual....
  - Death of EGO (edging god out); creating space from the "I" addiction.