

What are the core issues that are coming up during this time?

Shems

- Money/finances
- Power pulls, planet, effects

Harlon

- Life purpose

Nic

- Desire to be present and authentic
- Fear of being misunderstood, arrogant, overly alpha
- Facing the inner critique

Casey

- Fear of lack of money
- Soul Purpose/mission
- Capacity

Danny

- Perfectionism, not needing to ask for or receive feedback
- Desire, to be liked, inner critique, saboteur
- Fear of things slipping through the tracks

(Didn't see who said this, maybe danny?)

- Taking up space

Leivan

- Not being observed, not being understood, almost a need to prove that I'm right

Erik

- Stepping in to old patterns and behaviors with my ex partner
- Desire to please her, instead of doing what I need to do

John

- The song, if i can only go back 10 years
- Feeling of missing out on opportunities, do I have what it takes to engage
- Intentional with dating sites etc
- Being asked to be a backup foster dad has been encouraging

Shems reflects

- Going into unconscious patterns

- Unconscious way to deal with fear, to believe the worst case scenario

Naim

- Saying yes too much that I burn out, desire to be a hero in this situation
- Bandwidth, capacity, needing to be 120% but only reach 50%
- Lone Wolf, desire to be lean, mean, alone
- Being in a new relationship and not making boundaries

Kyle

- Things get busy, the ability to say 'no'

Mitch

- What is my life purpose, what do I do with my free time
- Not following through

Jeremy

- Feeling connected to yoga, but what am I really meant for?
- On a hamster wheel inside at home, on a computer, feeling what is bigger?
- 'What if' fears of health and providing for myself
- Be able to manage time, chores, tasks

Shems Discusses Unconscious Commitments

When Intensity increases, fear increases, so does unconscious commitments. It's powerful to put a spotlight on what consumes us. Like some of you have pointed out, not making the best use of this time. Wondering that you should have more capacity.

At this time, and maybe other times like these, of big fears, changes and uncertainty; It's almost like life grabs us by the balls.

Part of this work is to learn to accept our unconscious commitments so they release the grip they have, that keep us frozen and unconscious, unable to respond and breathe.

What I want is for all of us to really commit, to attune to, our unconscious commitments. Embrace them, and then commit to our conscious commitments.

We sometimes want a radical shift. Rather, let's try to go into the unconscious patterns and listen, ask why. Give the behavior and patterns space to be here so it doesn't have a grip on us. For example; why do I want to turn on Netflix and binge watch? Why do I want to drink another glass of wine?

We sometimes want to change the radio station and swing away from these behaviours instantly, but we really can't always do that.

If we can embrace unconscious commitments, maybe we can accept our partners more fully, make space for employees and coworkers, so we can also allow them to not feel they have to hide something from us.

One of the ways we can be full leaders, is to look at these unconscious habits, so their grip reduces. When the weeds unconscious commitments are seen and released, we can plant the seeds of conscious commitments.

Jeremy

The lesson I get, when I make space for the things that come up, the patterns and unconscious behaviors, the more I can understand them. And I as a reflex from listening I can 'be', rather than "do do do".

Shems

For myself, I make a commitment in the moment. For example, 10 deep breaths.

Another example; There's so much fear in the world and my body is putting my sexual energy down. So rather than sex I have been making time to just hold my lady, during the day, making time to just hold give her love and affection, which she needs right now.

Consistent little commitments. Each one gives some juice and fire to allow me to meet what happens.

Our entire culture and humanity is living in unconscious commitment.

Salvador arrives

Jeremy

Preparing for what is coming is something to consider, as the adversiting mechanisms come back online after this is over, co-opting this collective trauma and taking us further into unconscious commitments.

Leiven

The tentacles of unconscious commitments.

Nicolas

We are given the opportunity right now, for example, to binge watch netflix, or to feel the space of this time.

Shems

Taking ownership and leadership

Let's take this into polarity. For example, the extremes of politics. Seeing the world through a limited lens.

Part of our challenge as leaders is to do our best to not be overly polarized.

Polarity of external leadership, vs internal leadership.

Casey

Fear is the thing that is needed as a motivator. But maybe not. What else is available.

Shems

If i can hold both polarities, yet not come from one.

Sal

Religiously going to yoga, yet cannot seem to bring myself to zoom classes etc. So ive chosen to cut off completely. So instead of filling it was something, ive filled it with nothing.

Casey

Top level question, what is the insight of this exercise of polarity?

Shems

The insight is to see where we might polarize. See if we can hold multiple polarities. And as we do that, we can be creative in how we engage. Multidimensional, as in, approaching it in many views and perspectives. From both my polarity and the other polarity. See where I agree, and where I don't agree, and they both exist.

We do this to increase our capacity to make an impact and connect.

We highlight the deficiency.

Be conscious of our polarity.

Connect or contribute.

Might simply be how we relate to our partner as to what time to wake up etc, it does not need to be grand.

What am I judging over there?

Why do I feel so strongly?

What am I trying to control that I am hesitant to embrace?

Look at where you have polarity. Can you embrace the otherside?

Erik

I play devils advocate. For example, my father and Trump. But it builds a tension between us.

Naim

Tribal instincts. By not joining the polarity, we ajatate the polar view of the tribe.

Shems

Maybe there is another language that can be used to share a perspective or hold another polarity, that does not cause an instinctual reaction in the tribe?

This is rich, let's take this into marco polo so we can dissect it further.

What are your essential gifts?

- What have you been given that you did not need to cultivate?
- For example, my enthusiasm. Best surf ever!
- Gifts you came in with and embodied
- Share them, and others respond.
- Responses examples:
 - turn up the vol in that, or, i see that in you