



Occupy Heart Cafe Call

“To transform the world—transform yourself.”

“Be the change...” ~ Ghandi

“You can’t solve a problem with the same mind that created it.” ~ Einstein



Occupy Your Ego

April 20, 2012

Cafe Call Flow

- Introduction: Context for the call 12:05
- Sacred space / ALOHA meditation / Heart Journey (~15 mins) 12:10
- Small Groups: Round 1 (~12 mins) 12:25
- Harvest w/ “Wisdom Sharing” (~45 mins) 12:40
- Harvest (20 min) 1:25
- Closing Group Share 1:45
- Closing Meditation/ End 1:55

*Note: **Press 5** on your phone keypad if you’re having technical difficulties at any time.*

The question is not whether or not you have an ego.

Are you operating your ego in *Fear Mode* or *Love Mode*?

ALOHA Practice

Train your whole being to quickly shift from fear mode to Love mode.

Aha - Relax and allow free (uncontrolled) and natural breathing:
release and relax your jaw while breathing in & out; release your diaphragm as you exhale (BREATH)

Liquid Body - Open, relaxed body; melt tension from head to fingers to toes; open your awareness to flow of sensations (BODY)

Oh, I remember! - Raise your awareness to include the largest sense of who you are [elder vs child perspective] (SPIRIT/CONSCIOUSNESS)

Heart - Activate your heart through warm, smiling eyes (HEART)

Aligning Belief - Align your thoughts with a positive, present, embodied experience of now. (MIND)

Today's aligning belief: **"I release and let go."**

Are you operating your ego in *Fear Mode* or *Love Mode*?

⇒ Practice These Helpful ALOHA Hints (practice makes ease):

"I release and let go." — Taste these words as you slowly savor the vibration of each syllable and journey into relaxed safety—releasing / dissolving tension.

- **Slow down to the speed of life**, the pace of sensation, the movement of your breath.
- **As you declare "I release and let go."**, what arises in your awareness in your body?

- **Notice in *this* present moment**, to what degree you feel safe and secure in this moment.
- **Notice any signs or signals of protection.** Any tightness, worry or low-grade edginess... Just be present with those signals...
- **As you breathe, track the streams of thought and feeling...**stalking them back to their source...from whence they arise...
- **“I release and let go.” ...continue to savor your Aligning Belief,**
- **Bring a warm, gentle smile to your lips.** Let your smile fill your eyes. Invoke gratitude to build presence and warmth (feel the smile in your eyes, feel your heart growing warmer)
- **I invite you to feel a time when you felt relaxed... secure... confident, certain...**notice how this experience feels in your body...notice your thoughts....breathing.
- **Is there a time in your past or present** you'd like to infuse with this feeling of relaxed, secure presence...
- **Soften your focus, expand your field of perception and awareness**
- **Imagine...everywhere you go...**people feel relaxed and secure...there's enough for everyone, people treat each other with dignity and respect... just, fair and kind in all interactions
- **Consciously saying, “I release and let go.”**, while engaging all the other dynamics of the ALOHA practice, reprograms your brain and body to **allow your awareness of your inner authority more easily and fully.**
- **Remember: “I am safe in Love.” is the CORE fundamental** to shifting from fear mode to Love mode. It *allows* your body to more and more easily “let go” into Loving, connected presence.
- Your Inner Authority reminds and directs you to notice that no man or woman is superior to you unless you allow and choose that.

Practice tips

- **Experiment by first standing;** then very slowly clenching and relaxing your jaw. Notice how connected your entire body is to this action. (You can feel it pull on the arches in your feet.) You may not consciously feel fear, but the tension in your jaw can tell you that your body is in fear (survival/protection) mode.
- **Notice how your jaw controls** your diaphragm tension. Soft jaw=soft diaphragm.
- **Let go of your exhale by releasing your diaphragm.** Releasing your diaphragm opens your energy to your central core. (Freezing your diaphragm cuts off your head and heart from your ground. Experiment with both holding

and surrendering your breath. Notice the many different effects.)

- **Physically releasing your body from its default** defense posture (tense jaw) while engaging your heart, opens your body's cellular and neural matrix to integrate new and past information for present time response (empowered compassionate choice), rather than survival-based reactivity (fear &/or hostility).
- **Practicing ALOHA in the presence of strong emotion INTEGRATES** (digests) your experience, leaving you with greater capacity and resiliency to respond
- **Your mind spontaneously relaxes and opens** as you integrate your emotions in this way, creating deeper mind/body/heart connection

Jitendra's definition of Ego:

Ego is a brilliant device designed by Divine Intelligence to allow an undifferentiated All-One Consciousness to express itself as myriad individuals with unique, diverse and creative perspectives.

The challenge occurs when we forget the Source of who we are. Fear Mode maintains our illusion of division, Love Mode restores our remembrance of Oneness.

Today's aligning belief: **"I release and let go."**

BREAKOUT INQUIRIES

Round 1: What does ego mean for you. If your ego were your significant other, how would you describe your relationship?

Round 2: How might being more skillful with your ego affect your abilities as a change agent?

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Round 3 - Closing Share:



Round 1: Small Groups

Table 1:

Today's aligning belief: **"I release and let go."**

Names: Patric, Sam, Iwanka

Scribe(s):

Time-keeper:

Process Tips

- Record names of those at your table
- Choose a scribe and a time keeper (two different people)
 - Make sure you highlight key points, but don't worry about a "transcript"
 - It works best if Everyone helps take notes, highlight key ideas, etc. Play! Have fun!
- Make brief introductions. (1 minute each)
- Always say your name when you start speaking, and indicate when you are finished by saying something like "I'm complete," "I'm done," or "Check."
- Everyone's voice matters!
 - Be brief.
 - Do more listening and thinking than talking.
 - Make space for others to speak.
- Listen together for patterns, themes and deeper questions.

Round 1: What does ego mean for you. If your ego were your significant other, how would you describe your relationship?

Round 1 Notes:

1. Patric offered ego means identity. My relationship is a reflexive mirroring to encounter the ego or the reflection as an image.
2. The cultural matrix of our swept along historic drift has a notion

deprecation of the Homo sapiens species and we live in cultural demands for obedience and negation of self.

3. Liberation of ego occurs in embracing all the parts, voices and sub personalities that are disowned. By allowing and listening to these parts of ego one can become a more aware integrated ego. Voice Dialog by Hal and Sidra Stone is a process of attaining wholeness in ego.
4. Ending the war by befriending all of the hidden, denied and hidden voices and loving your autopoietic emergent identity as a creation in appreciation for yourself and others as a poetic dance.

Table 2:

Today's aligning belief: **"I release and let go."**

Names: Daniel, Shikha, Pamela, Anita

Scribe(s):

Time-keeper:

Process Tips

- Record names of those at your table
- Choose a scribe and a time keeper (two different people)
 - Make sure you highlight key points, but don't worry about a "transcript"
 - It works best if Everyone helps take notes, highlight key ideas, etc. Play! Have fun!
- Make brief introductions. (1 minute each)
- Always say your name when you start speaking, and indicate when you are finished by saying something like "I'm complete," "I'm done," or "Check."
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Round 1: .What does ego mean for you. If your ego were your

significant other, how would you describe your relationship?

Round 1 Notes:

Daniel - referring to David Hawkins as ego as survival mechanism. Inner ego brave - inner daughter is shy so they have a lot to offer one another.

Shikha - (I'm sorry the connection is very broken)

Pamela:

Ego=trying to prove something down to our very existence. about being really present

in body and heart. Relationship is very sweet, as I live my life this way.

Ego also as ... (interrupted) Survival is guaranteed - it's ok to relax.

Anita - Ego from Freudian perspective not particularly helpful and an outdated term. Ego consist of many parts within me and not strategies not always useful in all situations.

Table 3:

Today's aligning belief: **"I release and let go."**

Names: Shikha, Patric, Sam, Daniel

Scribe(s):

Time-keeper:

Process Tips

- Record names of those at your table
- Choose a scribe and a time keeper (two different people)
 - Make sure you highlight key points, but don't worry about a "transcript"
 - It works best if Everyone helps take notes, highlight key ideas, etc. Play! Have fun!
- Make brief introductions. (1 minute each)
- Always say your name when you start speaking, and indicate when you are finished by saying something like "I'm complete," "I'm done," or "Check."
- Everyone's voice matters!
 - Be brief.
 - Do more listening and thinking than talking.
 - Make space for others to speak.
- Listen together for patterns, themes and deeper questions.

Round 2: How might being more skillful with your inner relationship with yourself affect your abilities as a change agent?

Round 2 Notes:

Daniel people want to change the world into a defined system and it doesn't work they are crushed. We need to be focused on the inner to a greater power.

Sam surrender to the inner guide and self and allowing higher skills to develop.

Patric agrees listening and seeing the beauty in others is witnessing victory in the emergent universe surrounding us.

Shikha shared story of brother's skillfulness and the miracle of each other in relationship, and being free internally with a willingness to

share.



Round 2:

Table 4:

Today's aligning belief: **"I release and let go."**

Names: Pamela, Iwanka, Anita

Scribe(s):

Time-keeper:

Round 2: How might being more skillful with your inner relationship with yourself affect your abilities as a change agent?

Round 2 Notes:

Table 5:

Today's aligning belief: **"I release and let go."**

Names:

Scribe(s):

Time-keeper:

Round 2:

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Round 2 Notes:

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Table 6:

Today's aligning belief: **"I release and let go."**

Names:

Scribe(s):

Time-keeper:

Round 2:

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Round 2 Notes:

Table 7:

Today's aligning belief: **"I release and let go."**

Names:

Scribe(s):

Time-keeper:

Round 2:

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Round 2 Notes:

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Round 2 Full Group Harvest



Closing Inquiry:

Notes: