



Be With

What to know about the Be With Process

The purpose of this process is to not only make peace in the present with highly charged emotional situations, but also to make peace with whatever emotional situation are leftover in your body, in your being. One might call that unfinished business. And this unfinished business has an affect not only on our current experience but also on how we see, act and make choices about our future.

When these leftovers are hanging around they taint our ability to hear our intuition effectively. They color the moment with whatever the flavor of the leftover has, much like having a bad taste in one's mouth changing whatever new food taste you have.

There are many reasons why we have leftovers and that is unimportant. What is important is to know that part of what keeps them there is a lack of understanding the value of them being there in the first place. This then breeds a lack of acceptance for their presence.

We look at these emotional experiences past or current, as something to control, fix, or escape. Instead of something to welcome, with unconditional love for what they are to bring to us. It could be an awareness that has been waiting in our development. It could be an awareness of an action that has been calling and being ignored. And it could be simply something whose intention is for our highest and best good. Something that has simply been misinterpreted because it was or is, unpleasant and undesirable in some way shape or form.

When we are with these energetic emotional leftovers or overwhelming emotions in the moment in a loving way, an accepting way, then they no longer rule our focus. They no longer seek to grab our attention. The purpose for which they have been created and brought into our lives is no longer needed and therefore they simply dissolve or morph into the neutral energy from which they were born.

Repeated use of this technique gives one the agility to be able to respond vs react, or to rebound from the reaction in very short order. We may never completely master our emotions to the degree that they don't have an effect with us, however we can minimize the degree of control over our 'in the moment' experience, enough to be able to sense the most favorable course of action to be taken in response.

How to do the Be With Process

**Note that the use of the word 'pause' is simply to allow some time for the experience.

Start by closing your eyes.

- Now focus on your breath. Notice when the 'in' breath begins and notice when it ends. (pause)
Notice when the 'out' breath begins and ends. (pause).
- Notice the rhythm of when 'in' begins and then makes the transition to 'out'. (pause)
- Notice how long each phase takes. (pause)
- Now notice how long both take together. (pause)
- Begin to notice the space between in and out. (pause)
- Notice that the space is very slight but if you let yourself you can become more aware of it.(pause)
- Notice that it's not holding and stopping, it's just a distance in between in and out. A transition of energy. (pause and allow some time to notice this space in between)

Now let yourself become aware of the emotion, either leftover or in the present that is calling your attention. (pause) Notice where the epicenter of this emotion is. (pause) Now let yourself be with it in a state of pure curiosity about it. Without judgment, just curiosity. (pause)

Be With it and notice its shape, size, color. (pause) Notice how it breathes or moves its energy around. (pause) Notice how it's connected each element of it together with each other. (pause) Now notice the glue that holds it together and observe all the extensions it has made out into your being. (pause)

Now notice how it's been the source of certain experiences in your life. (pause) Notice if you have any judgment about even having this energy in you and especially notice if you have any energy of wanting to make it go away. (pause)

Now observe it with a state of acceptance for it. And begin to notice the intentionality of why it was created and there in the first place. (pause) Notice that despite the sometimes bittersweet way in which it has affected you, notice that there at its heart there was a desire for your highest and best good. (pause)

And now notice that it has served its purpose, it has gotten your attention and is now no longer needed in the form that was created. (pause) If you can, allow yourself to lovingly relinquish it and honor its value in your life. (pause)

Now begin to notice that there is something fundamentally different in how its presence or even its absence feels for you. (pause) See if there is something else that has been waiting to be born and is now ready to show itself. If there isn't that's okay, just check. (pause)

And now slowly and gently, allow yourself to begin to be aware of your surroundings. First from hearing, then from sensing and finally from opening your eyes.

When the process is finished then ask one of these questions or a question that occurs in the now.

- What is different in how you feel about that particular experience, event, or emotional leftover now?
- What is now freed that before was constrained?
- What is now available for you to take action on?
- What is left to relinquish so that you can go forward?
- What is the new sense of space you have regarding this issue?