



## Emotional Agility Response System

(E.A.R.S.)

The Emotional Agility Response System is more than simply a collection of tools and processes. It's way of being. The acronym is E.A.R.S which implies listening and yet it's more than the simple faculty of using our 'ears'. It's about being so clear from historical baggage, in the moment triggers and limited constructs of belief and perspectives, that we can attend to the moment with full attention, and the full presence that the moment deserves.

Practice with the tools, techniques and processes of this system allows us to hear more than just words ears to the deeper and more intuitive guidance that comes from beyond our physical being. It allows us to use 'Full Being Listening' to connect with what someone else is communicating. It goes past mere language into sensing and Presencing. It allows us to employ the energy of the quantum field characterized by the principle of 'entanglement' wherein there is no separation of matter.

Without having as clear a space inside as possible, anyone attempting to lead, coach, or simply communicate is merely dragging their leftover emotions, trigger patterns, and limitations of belief into the conversation and painting the interaction and dialogue with those colors. One is then imprisoned by being predisposed to hear in a certain way and to react rather than respond. Essentially one is on automatic pilot with a knee-jerk reaction to whatever stimulus comes at them.

E.A.R.S., with practice and eventual mastery, a person can free themselves from this behavior and simply respond to whatever stimulus may be with grace, ease, presence and the appropriately aligned action. Basically the system supports an energetic experience, where the 'listener' and speaker are as one.

In the Chinese character for 'listen' we have indications of how important this is as the character is comprised of other characters. (see below)



**Ear** = What you use to listen (hear)

**King** = Pay attention as if the other person were king (obey)

**Ten and Eye** = Be observant as if you had ten eyes (heed)

**One** = Listen with individual attention (attend to)

**Heart** = Listen also with your heart (in addition to ear and eye)  
(hearken)

As we can see, the act of 'listening' is more than just about ears. It's about Presence. A Presence that is as clean as possible from biases. A presence that is as open as possible. A Presence, that is by our definition an expression of self filled with the acceptance of Love.

This is what the use of the Emotional Agility Response System can bring. It's not a magic bullet in that one uses it one time and magic appears. It's a Way of being that includes practice. However, it is an easy system to master and what may be challenging is simply the act of staying with it.