



## Reveal

### What to know about the Reveal Process

Much of the time when we look for answers we tap into our brain for them. The brain contains the full repository of all the input we can remember. It has all our successes and failures. It has everything we've ever read or been taught (even if we can't remember it all) It has memories of experiences, most of which are imperfectly remembered either from the distance of time or the inadequate and limited perspective of what was actually occurring at the time.

The second place we go to is to the outside. To experts who are often also constrained by the limited 'knowledge' they possess accompanied by their own confirmation bias to color what is or isn't 'truth'.

This is like going to the small local library that is not hooked up to the internet and filled with only the information in the books we have collected over time. Going to experts is simply like visiting other small local libraries.

The challenge with this is not only the lack of access to a higher data base of information, it's also related to the state of mind we're in when we seek the answers. When we're in a state of fear, we eliminate any of our internal sources of information that don't provide answers while in a fear state. We don't, for example seek answers that might come from our 'books' that contain joy.

So we are neither accessing the full spectrum of possible answers either from the fact we have a limited volume to access or we are accessing only a select group of answers as seen through whatever emotional lens we're looking through at the time.

The Reveal technique addresses both of those challenges. First, since it begins with the Peace process, it allows us to access answers from a neutral state. Already we have more answers available to us when we are not in an emotionally triggered moment.

Secondly and even more important is that Reveal allows us to access answers that are 'beyond' our small intellect. We can tap into the source of all information. This source goes by many names:

- The quantum information field
- God
- The Collective Unconscious
- The Universe
- Oneness
- Our higher self
- Intuition

It doesn't really matter what the label is the experience is the same. We are accessing something beyond the limitation of the construct called 'me'. We are accessing a much larger source of information that includes ALL possibilities. It includes possibilities that we may never have associated with a solution path before because it wasn't 'logical'. We can even get the answer that there is 'no answer' available at this moment, or perhaps the invitation or direction to ask a different question.

It is basically like putting a question into a search engine that has ALL possible information to select an appropriate piece of information for us to have. And when on the few occasions there is no answer it can mean a number of things. It could be that the question was off target for our highest and best good and so another direction of questioning is perhaps more beneficial. Or things are being lined up in a way by forces beyond our perception to create a pathway and the answer would be premature and therefore ineffective at this time.

The bottom line is that we are accessing a consciousness that 'knows more' than we do in our human configuration and therefore is worth paying attention to.

There is one thing that is also important to know about what happens when we use the Reveal technique. We get an answer, yes, but that does not necessarily mean its 'truth'. It's an answer that we can elect to act on or not.

It's valuable to be curious about how this answer may fit in our life. What might it challenge in us or require from us that we haven't yet noticed? Being curious about what has been given vs. disagreeing with it outright or automatically following it will help it become more congruent with our 'self.' So a question that can follow the 'answer' we're given is..."If this were to be the best answer for me at this moment right now, what is it calling for me to do or be?"

# How to do the Reveal Technique

Begin by doing the Peace 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 notice that your life energy is like the ocean with waves of energy going in and out with the breath. (pause) Now begin to see yourself as the ocean, with the waves moving back and forth in rhythm with the breath. Observe the surface which is full of busyness – waves, foam, movement, much like your mind filled with the busyness of thoughts and the body busy with feelings moving into thoughts and thoughts creating feelings. (pause, allow a little time for this)

Notice that all this busyness is floating on the surface level and near surface level.

Now let yourself go deeper, dropping down and down in this 'ocean' to where it's less busy, and it's getting more and more quiet the deeper you go and the further away you get from the 'noise' of the surface.

The deeper you go the more distance you're putting between you and the busy surface of thoughts and feelings. (allow some time to notice this)

Now let yourself go even deeper where it is even more silent and with less movement. Even though every now and again a few thoughts will bubble up out of you to the surface or some feelings may arise and float up. (pause) There's no need to try and change this phenomenon or ignore your thoughts and feelings. Just notice that the deeper you go the more they are becoming less and less present in your awareness and fewer and fewer they are as you have more and more quiet. (allow some time)

Notice this effect continuing as you go deeper now finding yourself in almost pure silence inside. Let yourself float at this level. (pause)

While you are floating and in the feeling of silence, let whatever question you have slip outside the boundaries of your being and into the depths of the ocean of silence you're floating in. let the curiosity flow out of you and into the ocean surrounding you. (pause) Let this question flow out like waves rippling throughout this vast ocean of silence.

Now simply wait for an answer to drift back to you. It may come quickly or it may take a little bit of time. If you have any thoughts about how fast or how slow it is, simply let those thoughts escape and bubble up to the busy surface while you stay filled with the silence. (pause)

Sometimes the response will be quick and sometimes the question lingers as it gathers what it needs to respond to you, like a sonar wave rippling through the water into the essence of your being. (pause) Let it seep into your conscious awareness in whatever form it comes... Words, a 'feeling', a sensing, pictures, sounds or symbols. Whatever way it comes is the way it needs to come. (pause a bit longer)

Then, when you have it, even if there is no response, slowly let yourself rise to the surface bringing your answer with you along with that depth of silence in your being. Bring it all with you as you come to the surface so that even when you get to the top. (pause)

When you feel you're at the surface and back in the room' open your eyes. (pause) Write down your answer if you feel that's appropriate. Write the word or words of it if it was in a sentence form. Write a description if it was something you saw, heard or felt. If it came as a symbol, see if you can draw the symbol. Do whatever you need to do to be able to reference it. Then let your curiosity about its relevance to you show itself.

**\*\* Special note:** With practice, the coach can do this 'in the moment' in a session, when you're stuck and wondering what to say or ask. It can even be done with your eyes open, however if you feel the need for the space for a moment, never be afraid to let the client know and either ask permission for some time or simply inform them that you are 'taking a moment to perceive what to say next' based on what you've heard. In most cases they'll appreciate that you respect what they've said that you're not just answering or asking out of automatic reactions and are being thoughtful about your coaching.