



## Using the Emotional Agility Response System (E.A.R.S.)

Although the 7 processes appear to be separate with their own integrity and their own applications, they are actually an integrated system. Much like a room with many doors, all the processes eventually lead to the same place in the center of the room. And that center is the wholeness of Self within the context of the Whole or Oneness.

They lead to an experience that allows one to reconnect with their innate capacity and potential. They help remove the limitations that constrain people's ability to perceive the congruence between their true self, their sense of meaning and what's important to them in the larger scheme of their lives. They allow people to maintain a sense of growth mindset and release them from a fixed mindset.

On the following pages are some general ideas about how to use these tools and where to focus them however if one's intuition indicates that a different tool would be of value, then by all means use it. Since the human being is a hologram, much like the room above, it matters less which door one uses to enter the room than it does being inside.

These may be used in tandem, one immediately after the other, or they may be used in solo. Sometimes they are also used, one within the other, such as using the Reveal process, in the middle of Be With or Perceive, or the Be With process in the middle of Deconstruct when someone's attachment to what's being deconstructed is so strong, they get emotional at the idea of the system being taken apart.

There are many combinations of these and the best method for mastery is to:

- A. Stay open and not make rules about what to use when and where. And definitely practice.
- B. Experiment and see what happens. Sometimes you will be right on the money and sometimes not, but you will always learn more about how to use these processes best.

## The Peace Process

Use for purposes of relaxation, or a diminishment from anxiety. It is especially valuable to create a presence of peace, silence and connection to Source. It gives one a break from the notion that we are our thoughts, feelings, sensations and allows us to just 'be.'

It can be used for 'grounding' oneself and slowing down the sense of time. The effect of all these things is that our choices, actions, and decisions come from a less frantic place or a less overly intellectualized place. They will come from a more intuitive place that has the effect of organic alignment with self and everything outside self. This process is also the lead in to the Reveal Process.

## The Reveal Process

Use this when you want to uncover hidden solutions or new and innovative answers to questions whose resolution seems to elude you. This process is also good for simply getting intuitive guidance about what direction to take with actions, or decisions. This is not an 'infallible truth' but rather a mechanism for information being brought to you either from one's 'higher self' or at the very least, from a quiet mind.

The consequence of this is that new ideas, innovations, and methods to approach situations may reveal themselves. Things one might never have thought to consider or try because the mind was focusing on linear solutions and answers that are born from the past. These old ways are based in what 'has' worked, not necessarily what will work. These old ways are also grounded in the existing information, mental models or paradigms that others may hold vs what is intuitively optimal for you.

## The Connect Process

Use this when you are seeking to let down the illusory barriers between yourself and someone else. This process works as a precursor to a coaching session, a difficult conversation, or simply to dispel the illusion that one is alone in the universe. It can also be done as a means for connecting with oneself and what is truly important to them. It is especially powerful when combined with the Compassion process.

## The Deconstruct Process

Use this when you are seeking to challenge a person's perception, conclusions, and mental models that seem to limit them from possibilities. This is also good to use when someone is caught in a negative self-assessment that has severe self-judgment and an emotionally supported self-criticism. Many times people don't see a situation in the 'greys' of it, they perceive it as an absolute truth/ fact.

People will then make this perception into something that is 'true for all time' when in fact it never is nor has been, nor will be. This process can help take apart the logic structure that the mind uses to hold the perception/ conclusion together.

Once that is done, there are new possibilities of how to view a situation that become available, thereby freeing up an entirely new panoply of choices and actions to take.

This is particularly good with limiting beliefs about oneself. It is even more valuable when combined with other processes that go to the emotional basis for the belief such as Be With, Perceive and Space.

## The Be With Process

Use this to take the debilitating energy out of an emotion or the leftover energy of previous emotions that are clouding one's ability to move forward simply and easily. These leftover energies color and pollute our possibilities and when someone has this emotional reactivity in their essence it's difficult for them to have the clarity they need to make clean choices and take clear actions to move forward.

This also helps release the judgments one may have about having these feelings inside in the first place. Since most of the emotional leftover are 'unpleasant' to some degree the tendency is to want to get rid of them or not feel them. It is in the loving acceptance of being with them that their energetic configuration is changed and our relationship to their presence is transformed. We can also then notice the value these energies have carried for us all our lives and perceive that it is now time for their release so as to allow us to create new ways of being and doing.

## The Perceive Process

Use this to support someone or yourself in taking a new path, a new timeline into the future when the current timeline/ path is not working in the way you want or need it to. This process is used to give recognition to the fact that there is an infinity of timelines available and that we are not imprisoned by the one that is occurring or has already happened. We can change the timeline and its path of action at any time. Use this also to create more alignment with self and deeper congruence with the path that already fits you, and with more harmonious energy moving forward.

Use this to be more attuned to the future as it emerges toward you so you can align appropriately with the actions that will support that future. Use this to get free of the past constructs and beliefs about who you are and what's possible. And especially use this to step out of seeing your life as a snapshot or a frame in a movie and allow yourself the context of your life as an entire series of frames that simply haven't played themselves all out yet.

## The Space Process

Use this to create a sense of self as being larger and more capable than the current self-perception allows. This can be used to handle overwhelm, and the energetic impact of circumstances and other people in the world. This also gives one a sense of being connected to the world and even to something larger than themselves. When this is accomplished, people feel more capable and notice more possibilities than they had before. This is a very freeing process while being one that brings internal peace as well.