

Reclaim YOUR Freedom Online Workshop Transcript

Lesson 6 – The Personal Journey

What are the movies you love? Name some of the movies you love.

I love The Matrix - overcoming control, overcoming manipulation, overcoming the group mind, overcoming the matrix, becoming free, for me. As does Shrek, as does Pretty Woman, as does Avatar, as does Star Wars, as do all the Star Trek movies, they all follow this pattern of our hero or heroine.

This is a variation on Joseph Campbell's The Hero's Journey. So, what is it saying? We are coming along, everything's going fine in life. There's order, meaning, union, belonging, feeling connected, and then something happens. Crisis. Look at Shrek, he's living in a swamp quite happily. And he gets given this notice of eviction, get out of the swamp.

So, then you go downhill; losing the way, lost, fallen, decent, darkness, heaviness, ignorance, illness. And we go down and where we lose... it becomes a dark, heavy place. It's called chaos, dissolution of body and mind or death, metaphorical death where nothing matters. That's a *Nadir*, The Dark Night of the Soul, nadir so it's down there.

That's a place where it's a really horrible place to be, where we think total desperation, what's this about. Many things take us there. It's when we don't pay attention to spirit it'll create crises for us through divorces, separations, deaths, job losses, car accidents, illness, stuff like that will manifest we are not paying attention of what we've been asked to do in our inner work.

It'll take us down here until we actually surrender and just release that need to stay so-called self-control, total control, just let it go and start trusting. When that





happens, that turning point, the medicine here, or vision... the medicine is interesting, the medicine comes in the form a book, a workshop, a movie, a telephone call.

It doesn't really matter what it comes in, but something comes in and triggers and says *wow*, that just makes so much sense. Actually, I need to follow through this with some with more kind of thing. And with that, we come up the other side, finding the way, found rising ascent light, lightness, gnosis and wellbeing until now hero or heroine arrives back again.

Shrek arrives back with Princess Fiona. New meaning, rejoining, building, creating, reconnected. That's the kind of of journey we go through. That's what the journey of life is about. We've all been through these and we are going to go through more. That's what being born human's about. It's not always nice and easy like this.

It could be very flat, (then) car accident or something, bang! And then long, long, long recovery up. Or it could be a gradual, slow decay in a relationship until eventually, wow Prince Charming or Princess Fiona or something steps in and suddenly it's how cool is that? The shape, it takes on different forms but it's generally the same kind of thing.

I know that all seven of you are here because you're over there somewhere, in something in your lives, Because I know I always arrive. I've been in this work 25 years. I know when people arrive in my life for this kind of work... it's over here. I'm part of that medicine. I don't really work with people here. I work with people there, which is interesting.

There's something each of us are dealing with, at your own level, where you said I'm actually over this, I've had enough, I need to resolve this. It could be over I'm fear about my studio or something, whatever it might be, I'm just over it. And you do something about it and it might be... whatever it might be.





Just think about that. It could be I'm over this meaningless existence supporting a bloody farm and all this is draining me and exhausting me. I'm just over this. I want to surrender. I'm open to new possibilities, whatever it could be. And so it carries on. So we each will have something we are with dealing with because invariably when I arrived in people's lives is here. The pattern has been too entrenched for me not to recognize it now.

This is put in this part of this program as well because this is where we are here as well. We've kind of done all this freedom stuff, that whiteboard stuff. We've been gentle. We've only got one day. We can't go too deep into this.

We are kind of being gentle coming through it, we will come up now as well in this program. Makes sense?

It's actually nice to be able to plot yourself and say where am I, what's happening? This is called the separation. This is called the transition, the dissolution... the transition and this is called the return... the return of the hero.

From a shamanic point of view, this, the **path of awareness** is about 80% of the work. Why? awareness, awareness, awareness. Why am I feeling this way? Where does it come from? What's the history behind it? What external influences are there? What do the cards tell me? What is that music telling me? What is a rooster trying to tell me?

All these omens and indicators, that's part of awareness. And we get to that place of saying, okay I need to now make this change. We then allow... in change, even if it is surrendering to the belief system, or getting rid of the belief system "I can't afford this". I say I'm tired of that, I'm tired of whatever history that's whatever's caused that beliefs in history behind that.

We allow that grief of the old. We allow it as part of the grieving process. We don't indulge in it, but we don't deny it either. It doesn't matter what it is. I'm tired of being held captive to the farm. You know, guess what? You do a ritual.





Release it. Grieve. Whatever energy was locked in there, you grieve the loss of that energy, the loss of that belief. You allow it to go.

You bid it farewell and then you dream the new. That's the shamanic path of doing this stuff. That's about 80%. That's about 10%. That's about 10%. There are a lot of tools around that, because invariably there is this waiting. There always is. That's where you will find freedom is in what you are defining.

Whatever the issue is at the moment that's caused you to be here, that's where freedom lies. It's when you reconnect, reunite, reunion, rejoining. It is always there, it's never not there. It's what we choose to do here that matters.

