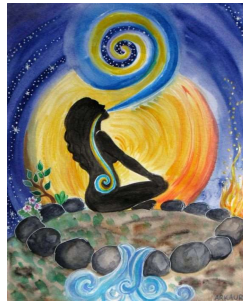


Welcome to Module 1
THE TERRAIN



Everything is energy

Within the energy
of everything, there
is a landscape that
is YOU



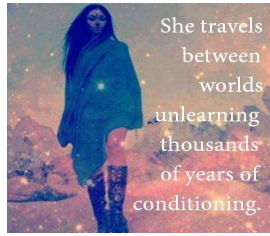
The landscape that is you

- ❖ Physical landscape
- ❖ Emotional landscape
- ❖ Mental landscape
- ❖ Spiritual landscape

... within ...

- ❖ Relational landscapes
- ❖ Cultural landscapes
- ❖ Collective landscapes
(Historical, Astrological,
Sociopolitical, ...)

The landscape that is you
Is both separate and
not separate from the
landscapes around.



Therefore...

"As within, so without"
"As above, so below"
"As the Universe, so the
Soul"
- Hermes Trismegistus

Note about the Hermetics:
They took the pursuit of the
mystical experience into their own
hands and developed a way of
thinking about the world that
helped them communicate with
and directly experience what they
call 'a more visionary reality.'

Separate AND not separate

- ❖ Everything is interconnected
- ❖ There's an interaction between your landscape and the world's landscapes
- ❖ You have a sphere of influence and/or impact
- ❖ You have the biggest impact where your PRESENCE and ATTENTION lie



Separate AND not separate

- ❖ As within, so without & as without, so within.
- ❖ Your outside world IMPACTS you enormously: What you eat, your relationships, your home, your work, your purchases, etc.
- ❖ You IMPACT your outside world enormously also



The interface between "Separate AND not separate"



The interface between "Separate AND not separate"

What determines what's in the middle of all this complexity?
Your attention.

Attention: in the middle of it all

In a system that works well: your attention connects to..

- ❖ the messages you're receiving from you
- ❖ the inspiration & guidance life gives you.
- ❖ what's important to you (and nourishes it with your life-giving attention)
- ❖ Intuition & the clear next steps to create what you're here to create
- ❖ Your inner integrity or wholeness meter
- ❖ The observer in you who makes choices about what gets to hold your attention.

You, center stage in your life, in your power.

Center Stage

What are you like when you master your attention?

Plugged into the *multidimensional you*
AND
the multidimensional beyond.

Center stage in your life, in your power.

The qualities of attention

The qualities of attention that make the object of it flourish:

- ❖ kindness, reverence and **softness**
- ❖ awareness, clarity & **truth**
- ❖ No judgment, resistance, distortion or illusion

The qualities of attention

In other words:

- ❖ Seeing what is as it is and including it all.
- ❖ An inner posture, a way of carrying our energy and power in the world.
- ❖ Mindfulness / Heartfulness

When we pay kind, truthful attention

You feel

- ❖ in flow
- ❖ in alignment with life
- ❖ on purpose
- ❖ Intentional
- ❖ Creative

"Where attention goes, energy flows"

Two possibilities for misalignment

We just described when the system works well

What about when it doesn't?

Two main possibilities:

- (1) Your attention is mostly focused outward and placed on external things. You are not functioning as the main hub your attention runs through.
- (2) Your attention is preoccupied with yourself and you're cut off from beyond yourself. You are not connecting to beyond yourself.

Misalignment of Attention

Possibility 1 – Outward Focused

- ❖ Because you believe your source of safety or well-being lies in something external. (i.e. "If only X could happen" or "If only I could get X", or "If only X could see Y", then I would be happy or content or satisfied)
- ❖ Because you haven't been shown to include yourself in your attention
- ❖ Because you believe you're not worthy of your own care

Misalignment of Attention

Possibility 1 – Outward Focused

- ❖ Because your attention is entirely over-recruited by the outside world:
 - ❖ you're trying to do or be it all for everyone
 - ❖ You don't know how to say "no"
 - ❖ You have long to do lists in your head
- ❖ Because your inside world has so many things to say that it feels overwhelming

Misalignment of Attention

Possibility 1 – Outward Focused

The end result:

- ❖ Your energy gets cluttered, overwhelmed and distorted. You may close up or tense up in response. Any criticism feels like death. You build up resentment for the things YOU placed as the center of your universe.
- ❖ Self-worth is stored OUTSIDE of ourselves (as is our energy)

Misalignment of Attention

Possibility 2 – Cut off from the beyond

You're totally the center of your life. Your attention is solely focused on yourself and you can't connect beyond yourself.

- ❖ Because you've been burned by caring too much or being too vulnerable and concluded you can only rely on yourself
- ❖ Because it feels hard to trust life after the wounds it gave you
- ❖ Because being separate seems to hurt less
- ❖ Because it's easier to fight than to love

Misalignment of Attention

In both cases

❖ You're not operating on the TRUTH
(The Truth is that YOU are your source of security, well-being, cash & magic. None of this comes from the outside)

❖ You lose a lot of SOFTNESS
(Because you "need" to protect & because you stopped including a sphere of life)

What do we do to get to the middle ground?

Get smack in the middle of our life and decide to take full responsibility for all of it.



Open your eyes to all the ways distortion is operating and decide to shift it.

What do we do to get to the middle ground?

All the untruths, distortions, illusions and judgments are the RAW MATERIALS to turn into more LOVE & more TRUTH.
(and Truth = Love)

Ready to get to WORK?

(1) Full Responsibility

New Mindset:
"Whether I was aware of it or not, I have co-created my life up until now and I can't wait to co-create it consciously"
"Every piece of mud in my life is my chance to grow a lotus"
"My mess is my message"
(and probably part of my purpose)

(2) I' m opening my eye

New Mindset:
"That which is built on love & truth is the true foundation for my life. I'm willing to let the rest crumble"
"I'm willing to sacrifice my untruths"
"I pledge allegiance to Love-Truth"
"Distortion or illusion or judgment doesn't mean anything about me, it just means I've found a place Softness & Truth don't inhabit me yet"

Our aim in Soft & True?

*Softly & Truly
taking center-stage in our life
by sitting on the throne of our authority
and writing the stories of our own lives
in harmony with all that is and
the laws of nature
(while encouraging &
inspiring others to do the same)*

Your work this week

- (1)An attention audit*
 - (2)A upping of your
mindfulness game*
 - (3)360 degree life-assessment*
 - (4)Awakening to inspiration
& Spiritual allies*
- (all in your workbook)*
