Transcript: EM 0904 Integration Change

So you made a change and you shifted something. You've done a patent break, you've had a dialogue between your two intelligences in a symbolic form... and something has moved and you can tell that there's a change. What I'd like to do now is to prepare you for what could happen as this change gets integrated into your system.

We are one very complex interconnected set of parts. Even though we might think of ourselves as having these completely separate things like a physical body and an emotional world and thoughts, in fact all of those things are very closely interconnected and a shift in any part of our system can cause changes in many other parts of our system.

I remember myself a couple of times early on realizing that I had made a major shift in the way I thought about myself. My identity, my self-image... I'm standing up and realizing that something was different in my physical body and I felt like I had to learn to walk all over again. Sometimes when I've done this it's been so extreme that I felt like I'm an alien that's been dropped into this body that I haven't been in since birth and that I'm learning how it works for the very first time.

The reason this happens is because this subconscious material is stored or is influencing our physical body in ways that are expressed as same muscle tension, the alignment of our bones, the way the fresh air is working, even our breathing patterns are affected by all of our subconscious materials. So any subconscious shift is going to have a cascade effect throughout our whole system: physical, emotional, and mental.

I've had clients say to me for example after doing a big emotional shift that ‘suddenly I've got the ability to plan ahead so much more easily... I never understood how other people could do it, but now I'm just doing it naturally’. This you would think would be a completely mental capability. It should have nothing to do with somebody's emotional world, but everything is interconnected.

So now that you've made a shift your system is going to adapt to that and it may take even a few days to allow yourself three to five days for the integration. Within that time period, somewhere between three and five days, you will have adjusted, everything will have taken its new position, and your subconscious will have considered ‘his now the new normal’ and everything will go back to being relatively automatic.

However during that time you could experience physical shifts, feelings of tension, or muscles where something was pulling against it suddenly it's letting go and other muscle goes into spasm. So on a physical level you can have shifts, emotionally you might find yourself feeling inexplicably vulnerable if you've let go of some very important defence mechanisms that you had for example and it takes a reasonable amount of presence of mind to stay in the new state, because it's always possible for us to retighten to flip back to grab that defensive mechanism again to go back to the way we were before. It's a big temptation, because we don't like the unfamiliar and the new and the unknown. We don't like feeling a bit exposed, a bit vulnerable. We don't like feeling like we're having to learn how to walk all over again. We don't like that feeling of integration, not automatically.

What I would say to you though is if you want to become as fully empowered and liberated and powerful as you can be, you're going to need to make a lot of these shifts and you're going to need to integrate a lot of these shifts. So one of the things that will really support you is if you actually get

used to this feeling of uncertainty and vulnerability and recognize it as a sign of growth, as a sign of change, and welcome it even though it's uncomfortable, because it means you're expanding, you're growing, you've gone to a new level, you've let go of some kind of obstacle, you've made a change which you chose which is an improvement.

I encourage you as you're in this integration stage: take care of yourself physically, mentally, and emotionally. So drink lots of water, get lots of rest, eat good food, stay away from people who are really challenging if you possibly can, spend a reasonable amount of time just with yourself doing meditative things like painting or journaling or just sitting and looking at the ocean whatever is your go-to peaceful thing. Just make a bit more time for that over the next few days.

Give yourself permission to be different from how you were without questioning it, without getting upset with yourself without trying to force yourself to be able to do things in the same way that you could before. Give yourself a chance to integrate the changes, because you'll find that you may do things differently after this shift from the way you did them before, but the net result is always an improvement. The subconscious is not stupid, so it will always put you into a better state a more balanced lower energy more integrated more functional state.

Now it can be a little bit tricky if we've got accustomed to driving ourselves in an unsustainable adrenaline way. It can be tricky to adapt to a way of operating which is less intense, less pushy, less adrenaline driven. It can feel like we're not being productive enough. The truth of the matter is generally you're more productive when you're relaxed. You're more creative. You're more able to solve problems, but we have so much in our culture equated the fear being pressured and rushed and having adrenaline with being productive. Whenever you're integrating one of these changes it's a chance to notice any programming you have which might be pushing you back into that old way that you don't want to have anymore.

If you can't simply let that programming go that's the next candidate for the pattern release. Find the driving emotion for that belief for that thing you tell yourself and release that as well.

Ultimately if you just remember one thing from this video it's this be gentle with yourself. Allow the process to do itself without your interference. Keep your conscious mind distracted as much as possible drink water eat good food relax let it happen. In three to five days it will all be settled in and then you can start experimenting and seeing what new capacities you've developed.