



The “Basics”

Below are some basics for conscious, “above the line” interactions. Play and enjoy!

1. **Experience** yourself fully. Make “smart” decisions about what you **Express** (when, to whom, etc.). Revealing creates connection. Reveal if you want to be closer, to clarify your YESes and NOs, etc. You may be very surprised with what unfolds.
2. Notice your **body** and your **sensations**. Share what you notice.
3. The 5 primary colors of feelings are **Mad/Angry, Scared/Fear, Sad, Joy and Sexual**. There are 4 types of Fear: Freeze, Flee, Faint and Fight. Fight may look like Anger, and it is different! When you notice you are having a feeling, share this, and **allow yourself to fully feel the wave**. Notice when someone is having a feeling wave, and **do nothing to fill the space** or distract them. Be in the space with them as they feel the entire wave; don't rush them. Also, don't leap (Flee) to what they might do.
4. There is no transformational value in addressing someone or their topic if they are not **willing** to experience what they say they want. If it seems a person is not open to feedback, ask if they are willing for _____. If they are not willing (they don't say a clear YES), perhaps ask what it might take for them to become willing and/or lovingly switch attention to something/someone else.
5. **The Triangle**: notice your tendency to leap into Hero, Victim and Villain. If you see someone else in The Triangle, you likely are in too! Reveal!
6. **Appreciate and celebrate** what's working, what's going well. Do it more.
7. **Look for what is and go with that** instead of noticing what is not and what's wrong. Go in the direction of what's here; don't try to push (Fight) it away or correct it. Examples are making it bigger and exaggerating.
8. Whatever shows up is what you are committed to. This may be hard to believe or accept, and it is so. These are your **unconscious commitments**.
9. Asking, “**Why?**” is a very common way that people can get lost intellectually, which is actually a Flee move (Fear). **Instead be with what is.**
10. **Own** what's yours instead of focusing on others. Focus on what is “**in your file**” of control or response-ability. Talk about your part instead of blaming or gossiping.
11. Be open to **feedback**. Look to see what is here for you to learn.
12. **Love yourself as you are** now, love what you do and what you don't do, and love yourself as you learn/relearn and commit/recommit to what's on this page.