

## Week 4 Day 3 – Outward Expression

Today we are practicing an outward form of expression of our selves. We are allowing ourselves to wonder like a child. We are now becoming outward expressions of the aliveness that resides in everything that we see and touch. We are going about our day today watching children and expressing ourselves as children. Remember how we played the “I wonder” game in the first week of this program? Now, we will be expanding on this concept and we will be expressing ourselves in amazement over everything that happens within and around us. You are to express yourself out loud as much as possible. Be as a child. This is your mission today...to be as a child would be in every moment.

Even within a very serious meeting. There will be a way to be as a child. Of course, you will not draw attention to yourself as one who seeks to be noticed from an ego standpoint. You are simply to be curious as if you were on a new planet that has never been inhabited before and on this new planet there is no fear of anything around you. Absolutely nothing is to be feared. This means you are expanding your consciousness to allow yourself to drop all perceived judgments on what things mean and develop new perceptions of the world around you. If you are in a board meeting and you know that you will not be drawing attention to yourself, ask yourself this question every time you find yourself being drawn into a serious or very complicated discussion...Simply ask yourself, “Isn’t that interesting?” But say this to yourself in a very lighthearted and curious manner. When you feel the weight of a conversation become intense from the scowl of the colleague across the table from you say to yourself, “Isn’t that interesting?” In a curious and heightened vibratory manner. Remember, you have worked so hard to dispel and release all the experiences that have kept you trapped in a state of unconscious fear. Now, it is time to live life from the heart and feel curious about this new life that you are embracing. Be curious and wondrous like a child. Be curious and excited about everything that comes your way. Have the courage to do this.

If a friend offers you a bite of something you have never tried before...say “Yes!” out of the sheer excitement that you get to try something new! Even if it is a plate of escargot! If you are standing in line waiting to order a cup of coffee, be aware of your surroundings. Stay off your phone and watch the world around you and be curious. If a pretty blue purse catches your eye from the woman standing in front of you then ask her a curiosity question and offer her a compliment. “Hello mam, I just noticed that beautiful blue purse and just wanted to tell you I really like it!” Who knows, maybe you have something in common with that person besides just the pretty purse! If you are outraged by the person in front of you that is getting annoyed with the person behind the counter because they made the wrong drink... see this as an opportunity to yet again be curious. Ask yourself, “I wonder why that person is so upset today and I wonder if they just need a hug?” Then see what positive and delightful comment comes out of your mouth next! You might feel the urge to say something like, “Oh, I do find it annoying when my drink is not quite right but then I always seem to get something that I have never tasted before and sometimes I am very pleased with the outcome.” You might continue on in empathy... “I do hope you have a better day today.” If you are like a child, then you say it with a smile with no attachment to the outcome. He or she may either become angered or he or she may rest and relax and begin to see the light of the matter. Children have no form identity and so therefore everything is just an experience. It simply just is. They are not trying to get somewhere or become something. They are right here and right now just accepting the world around them and experiencing. When we are adults being as a child, we are able to spread light consciously and make lasting changes in the world for the good of all. This, of course, can only begin with us.

Today, you are to live your life as a curious and wondrous child. Smile at the world and see the joy in almost everything, no matter what. There may be a homeless person on the street, and you may ask, “why is this

person homeless and why are they on the street?” Then maybe another thought will come in to go to the corner store and buy him a blanket. Why not? Because this is what a child would do. Be as a child.... Ask questions to everything around you! Live your life outward and loud when you can and know when to be subtle and peaceful, as it deems necessary. The point is not to be egoic and only take all of this in as learning experiences for yourself. You are merging with your higher light filled consciousness that holds no judgment about any situation and always lives outwardly in full heart filled openness. Remember, we no longer contract and tighten we go into full expansion in every situation we encounter.

Today you are to live as a child and question everything seen and encountered... “Oh! I hear an airplane right now... I think it’s an airplane...I wonder what kind it is, and I wonder where it’s going and what it is carrying!” Allow your senses to guide you into going deeper into every experience. If you are in a meeting and there becomes a deeply heavy period, be in the deepness, do not judge, and see what bubbles up...maybe a joke is brewing in your subconscious, and you can’t help but share it with the crowd to lighten the mood. This may be exactly what they need to alleviate the unconscious and come up with a creative answer to a solution to their heaviness. At this point, you know this as an intuitive and can tap into this, your insight as a child is necessary to help the situation... so go with the urge to be lighthearted and child like it may be the gift that is needed in that moment. A conscious intuitive is a lighthouse in a sea of dark. We are far and few for now but as our light grows stronger the masses will catch on. As a leader, it will serve you well to be the lighthouse.

For the second half of this moment-to-moment experience you will be still with what comes to you and just observe. A child is so curious and asks lots of innocent questions about things that they see and feel. And then they just experience and take in the answers that they receive with sometimes more questions and sometimes just with silence. You are to act to your own accord with the result being listening. For continuing to seek answers, will not find the answers. Be still and thou shall know.

What this means is we are practicing asking in a way that does not determine the outcome of anything. We are not asking, “Why is there a bum on the street?” or “What is that guys problem that he is so rude?” or “What is wrong with that person today?” ...because the answers will come in later moment to moment interactions that will actually answer all these questions that you are questioning. This is why we see the same things over and over again and experience the same draining effects on life over and over again because we are asking draining questions! When we ask questions as a child would ask and see from a child’s eyes, we are opening to possibility that comes from a higher plane. We have all this great knowledge from our minds to make real and lasting changes in consciousness in our world, but it is only useful for positive change if we live our lives from a positive light. If we ask questions in a way that brings a spin of judgment or make statements with a spin of judgment or negativity then we will see this in return. Instead, if we become lighthearted and curious, we will receive creative answers that will help with higher forms of resolutions and keep us unattached to outcomes. Most suffering resides in unconscious attachment and expectation. When we suffer it is usually because we are holding onto something we don’t want to lose. It may be a thought, a belief, or a thing.

Children begin to gain ego when we see them throwing a tantrum over wanting a toy. That is their first form of ego identity and when they begin to identify with form or things. Parents and adults reinforce this identity with form or things when scolding the child or telling them they are bad for doing something wrong. The parent means no harm they believe they must teach their child something about behavior. When in essence the child is really teaching the parent about being present and unattached to form and things by being able to teach in that moment the true meaning of what is going on. If a parent were to be present with the child and only whisper, “I know, I know, I hear you”, and understand and allow them to fulfill the function of their

tantrum without the judgments and scolding getting in the way the child would have a chance to eventually cease crying and realize they never really needed the thing in the first place. What they really needed and wanted was a hug and connection with themselves and the parents on another level, which is formless. But since they have substituted form for the formless and real connection, the ego continues to gain strength instead. If we allowed them to have their tantrum they may cry and tantrum longer at first but eventually they will calm down and the periods will become shorter until this no longer becomes something anymore. Then that is true freedom for the child and the parent.

So today, your mission, is to be the child you were meant to become. Be inquisitive, excited, and insightful even in the face of darkness. Remember, you know what happens when faced with releasing old thoughts or beliefs, which thrive in fear. We simply breathe through it, we breathe into it, we allow it to come up, we see what is there, and we forgive and release it. If us, as adults all put this into practice, the practice of peaceful and fun inquisitive living coming from a place of wonder and excitement over life, we may find ourselves in less ego driven competition, less confrontation, less wars, and less battles over humanity. We may find that we all begin to relax and resolve and leave out debilitating fears keeping us contracted and stubborn in the mind. Our minds are awesome at making insightful scientific connections as well as holding a plethora of knowledge. Our consciousness, that keeps us expanding, is what is necessary to live life to the fullest and be able to express our intuitive knowing fully. Without hesitation we produce and maintain a zest for life.

Seek and you shall **not** find...only **be** still and you will know. Ask into, but do not seek the answer. Be curious and without the need for answers or expectation. Be with the experience and be as a child, being in the experience without the need to know anything except the experience itself. This is the space of consciousness that we are seeking.

Practice today and feel the difference that this kind of living can make in our life. And if any curious and miraculous experiences arise from this be sure to acknowledge them in your notes/journals! This makes for great confirmation on all the fantastic work that we are doing to step into our intuitive consciousness.

### **Today's Mantra**

**I am as a child in a wonderful world full of imagination.**

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