



Man on Purpose – Session 4 Transcript

“Transforming Your Resistance into New Possibilities”

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Chris: Hello, men. Welcome to Session 4 of the Man on Purpose Course. It's so great to be here with all of you again. And we have a very special night tonight. And I'm excited to have our first guest faculty, Brandon Peele, which I'll share a little bit more in a moment. But I also wanted to welcome Michael Russer, our Program Manager. Hello, Michael.

Michael: How are you doing, Chris? Brandon, it's good to have you here also. I'm excited to hear what you have to say as well. And I want to welcome all the men here. I've been watching what's been going on both in front and behind the scenes. And I'm really, really liking it. You guys are awesome. So thank you.

Chris: All right. Thank you, Michael. And Brandon Peele. Welcome, Brandon.

Brandon: Thank you, Chris. Hello, men. It's great to be with you again.

Chris: Yey. I think you men have seen some of the emails have gone by. But if you haven't seen those, Brandon Peele is an amazing man. He's a purpose guide and he's the author of Planet on Purpose and was the co-teacher of the Man on Purpose Course with me last year. So it's just awesome to have him back. And we're actually going to do a full-on co-teach of this session together which will be not only really fun but I think you men will get a lot out of Brandon's wisdom. So it's so great to have you here, Brandon, again. And it's just fun to co-teach with you.

Brandon: Thank you, Chris. I'm looking forward to it.

Chris: Great. Well, I see, men, you're rolling on. We got a bunch of men and some are still rolling in. So we're going to go ahead and just get started with our grounding practice, our four levels of presencing practice. And then we're going to dive into the context for

today. And we've got a really powerful process or exercise that we're going to be introducing to you today. So get ready for that.

So here we go. So to get us all present to ourselves and to each other, if you're in a place where you can put your feet flat on the floor, relax your body a bit and allow your eyes to close if you're able to do that. I'm going to go through the four levels of presencing. And we're going to do this quickly as a way to see how you could do this very quickly in your own life.

And so at the first level we start with getting present to your body. The best way to do that is just start with the breath and deepening your breath. Bring your breath into your belly. Allow yourself to feel your whole body with your breath. You may choose to do a body scan where you start from your head and move down your body to your feet and from your feet up to your head. Just notice your physical body -- it's here right now -- the position you're in, what's happening in your body. Keep that breath deep. Welcome your body. Welcome. Welcome, body.

Do the next level. And the next level is the mind. We ground into our body and bring our physical presence online. Switch to looking and noticing our thoughts. What am I thinking about right now? Is it something that just happened an hour ago or so or something that I'm thinking about that's coming up later tonight or tomorrow, something that I'm thinking about right now in this moment that's got my attention? Notice those thoughts, whatever they are. It's about something in the past or something that's pulling us in the future. And so now as you hear my voice and as you're present to this moment, then bring your thoughts to this moment, go into this moment. And welcome your mind, welcome your thoughts.

We move to the third level. And the third level is the emotional body, our emotions, our feelings. And just notice what is the predominant feeling right now. Is it sadness or joy, gratitude, just anger, fear? And just notice that. And then welcome those feelings. Just welcome the anger. Welcome the sadness. Welcome the joy. And allow yourself to come fully present in your emotional body.

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Let those go. Maybe there are some things that you've been holding on to, some emotional pieces you've been holding on to. You just can release that for now. They're like waves in the ocean. They just come and go.

And then the last level is the level of intention. So as you're now fully present in your body, bringing your thoughts and your mind here to this moment in present, noticing your feelings and allowing them to be here in this present moment, now take a look at what your intention is. And maybe it's an intention for tonight, for our work together, for the course. It's simple. It's here in your mind, the intention is. What is that? Each week of the course you can back up your intention by just grabbing your notebook or notepad, writing that intention down.

As we head into this session of the course -- Transforming Your Resistance into New Possibilities -- what might be an intention around that? I'm open to my resistance and I'm open to new choices that I can make around my resistance, something like that.

So welcome, men. I feel grounded and present and I'm here with you. And I'm going to turn it over to Brandon to give us some context for Session 4: Transforming Your Resistance into New Possibilities. Brandon.

Brandon: Great, Chris. Thank you. Men, our context for this evening is about flipping your resistance, turning all these different bullies into allies. And I got to tell you, I'm really excited about this because this is the lion's share of purpose discovery work. There's a piece of it that's a revelation during the exercises. But the real work and the real benefit comes from reframing this resistance.

As you guys know, this resistance comes out of the limiting beliefs from our past, so stuff that we created around these events, these traumatic events, wounding. And so we create this meaning and this sense of becoming a script that we then bring into our lives and the stories that basically determine our present and our future. They live up there in our future and we live our lives through those stories, through all these limiting beliefs. And these stories and beliefs collectively are called resistance. Meaning, we'll choose to live into these stories instead of taking action towards our purpose. "Oh, well, this happened so I can't do it." Basically it always ends up like, "So therefore, I can't do it."

So last week I know you and Chris went through all the different inner bully archetypes and looked at the different beliefs and the messages that each of them have and basically how these form the bulk of the machinery. It just drives us in the present, affects how we make decisions and launches us into the future. And it determines what portion of our future we can actually see.

So each of these archetypes with their beliefs, they got these black magic markers. They're just coloring the whiteboard of what your future looks like. And all that's left is a super, super, tiny piece. You'll have archetype from the Good Boy and archetype from Critical Carl. All the different types out there are going to cloud that future of what's possible and the ways that you can express your purpose.

So that's why this is so important. We have to remove all of that blackness on the whiteboard. All these limiting beliefs that are sitting out there in your future that belong to these inner archetypes through your bullies, we've got to look at them and we've got to reframe them and transform them into allies so they're not blocking us, we have a clear path to take purpose throughout the course of our lives.

So to do this we've got to make peace. We've got to really get to know each one of these inner bullies and understand who they are, what they want, the decisions that they made up about us and how we can bring them back on our team so that they can now be agents for us and help us in our purpose as opposed to impede us.

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And so the way we do that is by reframing our beliefs. And we're going to use this great tool called the reframe process. And this is really where the rubber meets the road, where we move all this stuff out of theory. You're actually going to get to see what it's like. You're going to see a belief show up, see where it came from, what it does, and then find out what's possible now that this inner bully has been transformed.

So now Chris is going to share where we are in the hero's journey. Chris.

Chris: Thank you, Brandon. One of the meta-stories that we've been talking about in the course is your hero's journey. Here we are basically midway through the course through this hero's journey into your purpose. And we're beginning the ordeal. So we move from your ordinary life to then beginning to see the call or hear the call and then look at how we resist the call, and then beginning to see "Oh, that resistance is something that's pretty deep." And in fact it may go all the way back to our earliest days.

So now we arrive at "Okay, the dark parts of myself, the wounded parts where the demons and the dragons live inside me, those warring parts of me, now I get to go take a look at to confront them." But that's really the ordeal of any life. Yes, there are the demons and the dragons out in the world that we can master or slay but really, the deepest and most important journey or ordeal is inside of our own lives.

So this work of looking deeply at the resistance and then finding a way to transform it, to shift it, to bring our skills and our awareness and our sword of power, our sword of awareness to actually shifting and transforming that to slain the demons, if you will. Another way to frame it is to also begin to embrace it -- as Brandon said -- is to shift them so that they become allies. So it's this alchemical transformation out of the ordeal.

I want to share a few things that you need to know about transforming your resistance and then share with you and actually model the reframe process. We need to talk a little bit about resistance and these inner bullies. So first and foremost, we are starting this resistance from this place of these inner bully archetypes.

Now, resistance doesn't always show up as messages in my head that are really clear or it's the Good Boy or Victim Vinny. We're actually just trying to ferret out those voices. But resistance in general is just where I'm coming up against some belief structure whether it's conscious or unconscious, whether I can even tap it or not. There is some belief structure that's limiting me.

And so when we look at how these inner bullies, where these limiting beliefs arise from, we do need to cast back into our past. And so as we look back to when we were young boys, where our bullies came from, there was a reason for them. And usually it was a way to keep us safe or to make sure we survive in some form or fashion, emotionally or even physically. So they've served us. So these inner bullies -- even though they may show and reflect a negative belief or a negative way of thinking -- in

some ways from the past they have served us, supported us or helped us in some way.

What happened though is maybe at 6 or 8 or 12 the way the inner bully was formed helped to make sure we wouldn't continue to get hurt or abused or beat up or bullied literally. But now in our adulthood they don't serve anymore. But the thing is the script is still running.

So these bullies do come from these traumatic events of our past. The false beliefs arise out of those traumatic events. And even those traumatic events can be everything from just somebody leaving, a parent leaving for a couple of months, it could be a divorce, it could be abuse, it could be any number of things, even neglect. Sometimes that doesn't feel like a trauma but somebody just wasn't there -- mom or dad wasn't there often.

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So this is where we learn to then accommodate those traumas or those challenges in our childhood. And what Brandon and I have talked about is that there is this pure, golden, beautiful being -- that is you. And in a way these events in our past, these traumatic events or incidents have had us fall away from our golden selves. And it's a fall from grace, if you will, a fall from the purity and the beauty of who we are where in some ways our purpose is encoded in that place, that we're brought here to bring something. And our life story and our journey as it unfolds is also telling us about what we can bring and what we can share as a part of our purpose.

And so bottom line is these beliefs -- and we give them inner bully names -- are essentially those beliefs that I'm not good, I'm not worthy, I'm broken, I'm defective. And so there are thousands of ways that we can reflect that in our own way of talking about ourselves, to ourselves or even how we're interacting with other people. And it's really time to ferret all those out as much as we can and transform them.

So that's a little bit about the resistance and the bullies. Brandon, do you want to talk a little bit about the distinctions?

Brandon: Yes. Thank you, Chris. I know this is going to sound really rudimentary but, really, one of the core things that runs our lives is this sharp line between what happened and what we make it mean. So your childhood, your teen years, your 20s and 30s, there were events that happened. Stuff happened. That left or dad was mean or mom was cruel or somebody died or you lost a job or there's a disease. Life is punctuated by things that can be traumatic. Things happen and they're actually valid and real. No one is going to take that away from you.

Now, what we make up about it in the aftermath of it, that is really ours. So we create that meaning. If something happen when you were four, five, six, it's not that you can necessarily blame the four or five or six-year-old you from making up that meaning about what happened. You weren't a bad kid for making meaning of it. That's actually

how people psychologically individuate. They create meaning out of the world so that eventually that stack a meaning and it's becoming your personality because you need that to go out in the world and function. But what's important to recognize is that the meaning is essentially the personality structure and that you created your meanings. So these significant events happen but you make up the meanings and interpretations.

I'll give you an example. My sophomore year of high school I had my very first real girlfriend. Her name is Angie Romeo. She's very pretty. I'm really excited because I only had hand-holding, kissy-kissy things and now it's a real girlfriend. I'm old enough to do something about it. And so we did it for a short while and then she calls and breaks up with me. But then she tells all of her friends that I kissed like a dog. And then that starts spreading throughout my high school. And I am mortified. With a rep like that, I am totally hosed. I'm never ever going to lose my virginity. This is just not going to happen.

And so that happened, right? But then look at all the meaning I just made up about it. I'm not going to lose my virginity. Nobody's ever going to date me. I'm totally hosed. And more importantly, I started judging her and all women as being untrustworthy and cruel. I judged that with cruel.

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And you might be enrolled in my story, you might believing me but remember, that was my story, that was my meaning that I added to that thing that happened. I could've just as easily said, "She's crazy or I kiss just fine. I kiss my own hand. I'm fine. I'm a perfect kisser." But I decided to make up this other meaning. So there's a real, valid thing that happened. And then that's what I'm left with, this meaning that I created about it.

Now we're going to explore exactly how to take responsibility for this meaning. So it's important to really examine what was true, what actually happened as if there was a video recorder. What were the events? What did you see in here? Okay. I saw dad throw the chair. Okay, great. And I heard mom scream. Whatever it is, to own what happened no matter how bad it is or how bad it might've felt.

And then from that place, anything that you add to that data, it's important to take 100% responsibility for it. Now, I'm not saying that you need to feel shame or blame for what happened or the meaning that you make up about it. But from a place of 100% responsibility, now you have power because if you acknowledge that you have the power to create that meaning in the first place you can create new meaning today.

So to do that you really have to look hard at what are the meanings you made up about it. What are the things that you said and the judgments that you brought to that situation? Basically what happens is there is an event that you felt an emotion. Maybe you got afraid or angry or scared. And then to justify the emotion because you didn't have probably many skills, you told a story about it. You said, "Okay. Therefore, dad's a jerk or men are dangerous or I can't trust anything."

When you take full ownership over those meaning you clear a space for anything that you want to put in. In that space you might say, "Wow. Dad must've been at wit's end or wow, it must've been hard to work two jobs or wow, gosh, I can't believe my dad had so little skills and how well he did."

So this process is really liberating. As I mention, it's like taking that darkened whiteboard and just removing it. It allows you to put whatever you want in there. And if you can create whatever meaning you want, why not create some empowering meaning? Put an empowering context in there.

Looking back at Angie, my empowering context is "She must've been really insecure to share that." And I can also be probably honest. I was probably a pretty lousy kisser at 16. That's never come up again. Yes, I think I'm pretty decent now. But not I'm not going to continue to carry that around with me and continue to say that women are untrustworthy and cruel because I've acknowledged a meaning I made up about them, recognized it's mine, took responsibility for it. Now I can put in whatever I want. Now I can put nothing in there too. It's just like, "Oh, yes. That happened," and move on. But that's really the power. It's how it happens. It's simple, truth-telling and taking responsibility.

So now we're going to show you men what this actually looks like through this reframe process. Chris. Chris, you're on mute.

Chris: Thank you, Brandon. Men, you're starting to get the feel from Brandon and I back and forth here of the set up of the reframe process. Before we do that I want to come to you men. And before we set up the actual reframe process I'm going to walk Brandon through it. And then we're going to have an opportunity to have one of you men go through it.

Before we do that I'd love to just hear from a few of you men what your biggest inner bully is because that's our starting point that helps us to dive into the reframe process. So if you want to just share what your top bully is after doing your exercises, hit 1 on your phone. And I'd love to hear from just a handful of you men what you noticed was the biggest one that's up for you now or the top two.

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So go ahead and do that now. Hit 1 on your keypad and just keep doing that. I see a couple coming in. So I'm just going to have you say your name and your inner bully. So ahead, Mark.

Mark: Hello.

Chris: Hi, Mark. Yes, you're up.

Mark: Hi. Okay. So my biggest inner bully actually is the Flying Boy. And I was really shocked to see that it was one of the choices. I talked about during the course a few weeks

ago. How that's been affecting me is basically the lack of commitment to things and not really giving things a real shot when I could be doing so much more because I'm not seeing my full self into it and don't feel ready to do that. But at this point I do. So I'm confronting my inner bully.

Chris: Thank you, Mark. A big one for me in my earlier days was the Flying Boy. It's the perpetual theme -- Peter Pan, flipping from one thing to the next. So thank you for sharing that.

Mark: Thank you.

Chris: Great. And Carrie. Carrie, you're up.

Carrie: Lone Wolf.

Chris: Lone wolf. So tell me a little bit about that.

Carrie: That's been the bully even two years ago when I did the course and 20 years ago and pretty much 50 years ago from age ten. My father had nothing to do with me after we moved. And I had no idea what was going on in his life for the next ten years. So yes, I see that showing up in my life today.

Chris: Thank you, Carrie. From the course two years ago I find that common for most men. Not all but most have some level of the Lone Wolf and some maybe stronger than others. But that's definitely one of my triad ones. So thank you, Carrie.

Carrie: Thank you.

Chris: And let's see. David Monroe. Hello, David.

David: Hello there. The Atlas Man is my biggest bully. And it has a paralyzing effect. It's so big and doing so much that I'm scared to move forward and be overwhelmed. I've got to be huge and perfect and amazing. I built it up as such a huge thing that I'm scared as hell to start.

Chris: Boy, I know that. It's like the weight of the world. And it sounds a little bit of Mr. Perfect in there too, David, **[0:28:15] [Crosstalk]** as well with that. Yes. Obviously you'll be going through the reframe process through this week. But do you have a sense of where that was first born? Was there some specific time in your life, an incident or a period where that was born?

David: I imagine it happened before. There were a couple of times where I had experiences that really did make huge changes in the world. And they weren't intentional. They were things that were side effects of stuff I was doing. I had a lawsuit that really changed a lot of the way the EEOC settle employment discrimination cases. It was a side effect. I didn't know that was going to happen but I set that up as a standard.

I think probably even more core, my mother, I argued with her all the time about doing things right. And I was always arguing with her. She was telling me why I was wrong at a very fundamental level as a child. If things weren't exactly right then I was wrong or something like that.

Chris: That sounds a big piece too to work at Atlas Man and also Mr. Perfect. It seems like some of that's born there with the interaction with mom. I totally can relate to that. Thank you, David. Good share.

And Paul. Paul, are you there? You might be on mute on your own phone, Paul. I don't hear you.

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Paul: Is that better?

Chris: Yes. There you go.

Paul: Thanks. I wanted to share that I had real difficulty identifying any of these inner bullies for myself. During my childhood my family was very much play by the rules, shut up and do what's right, what you're supposed to do and you'll be taken care of. And actually that the way it works in my family. That's the philosophy that I brought upon myself. And I'm having difficulty finding where that would align with these archetypes. I'm confused.

Chris: And we'll have more time in the Q&A at the end too as well. I definitely want to come back to you. Even what you're saying right now would point to me as something like, again, Mr. Perfect, meaning that the family had everything organized a certain way. For me that would be something like if I do everything just perfect and just right I'll be okay, I'll be loved.

Paul: Yes, that's right. That's pretty much it. I didn't have to be perfect. I just had to shut up and not make waves and I would be served.

Chris: Remember I said in the call last time, Paul, you certainly can define your own archetype. Remember I said we just put up 15 here that may cover 80% of what men experiences, that inner bully. You may have your own. It may be the Rule-Follower Randy. You know what I mean? You may have something that stay within the rules, don't rock the boat, it's okay to be imperfect but just make sure you follow what is prescribed for you, the follower. Does that resonate?

Paul: It does, it does. Thank you, Chris.

Chris: You're welcome. We could definitely come back at the end at Q&A and do some exploring more with you there as well. Great. Thank you.

Wonderful. It was great to hear from you men. I really appreciate your sharing of your inner bullies. And that's a great set up for us to go into the reframe process and for me to share a little bit of context before we dive in. It's great having Brandon on the call because I'm going to actually walk Brandon through the reframe process. And it's going to be an authentic situation in his life. It's going to be authentic to Brandon. And then we're going to do a little bit of Q&A and then we're going to see if we have time to take one of you through the process as well.

So let me give you a couple of key points as we start talking about the reframe process. So first of all if you are at your computer you can go to the course materials section of the website. Go under Session 4. And you can click on the document for this week, the PDF. And you'll see in that document the reframe process. There's a little diagram, all that. It's just easier in some ways for you to pull it up and me to share the screen or anything with you. So go ahead and do that now if you are at your computer. No worries if you aren't. You can always go do that later and listen to the recording again.

So the reframe process, as you'll see, is these distinct buckets, identify your current inner bullies, some inner bully that's working you, identify the incident that connects with it. And then we go through an inquiry process around that. Then we take a look at noticing how this may be limiting you. And then we do this process called making the core distinction. So we're going to go through that all live with you now but if you have a document up you can also follow along.

So one thing to just note as we go into this now and as you also look to use the process as part of the practice for this week is that it may bring up feelings and memories that are uncomfortable, scary, maybe even a little bit retraumatizing. And certainly if you're going through it yourself, you're in full control. If it's feeling like it's bringing up too much for you, you can just take a break from the exercise, get up, take a walk, whatever.

But this is normal. The uncomfortable, scary, don't want to face it feeling is normal. That's actually a marker that you're on to something that had some hook in you or some juice.

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And so just being present to this is really what's needed here and that as you move through the process you may notice that actually the energetic shift then change. What's happening is if you're doing the process and staying with it and being present to each step of the process you're actually doing some rewiring of your nervous system and rewiring in your brain. It's subtle, yes, and it's just a one-time thing but it can be the start of how you continue to work with some of these most intense bullies in you to transform them over time.

And so here's the big shift that we want to offer you at the reframe is that we're going to help you shift from you being the consumer of your own story. You're creating the drama in your own life because of the story you keep telling yourself. There is a certain drama and interest to it, if you will. It brings up some juice for you. And that you're the

consumer as if you're watching your own television program. You're consuming that story.

We want to shift you from that -- the consumer of your story -- to being the programmer of your own life. You get to program. You get to tell yourself what is most empowering, what you want in your life, most current for you, what's real and authentic for you. The point here is being able to draw the line between these various events of your life like David mentioned a few and even Paul spoke a bit about that. You then can begin to see the distinction between the event and the meaning you made up about it.

And sometimes it is hard to pull those apart. The event itself is so couched in meaning. The meaning around it is data. But that's just how it was. Look. I was abused. I'm the victim here. You want to even look at that and say, "Wow. I'm continuing to perpetuate the story of victim."

And then what we want to do is start to reprogram your software, reprogram your mind, rewire your brain, rewire your thinking. As Brandon mentioned earlier, there's no shame or blame here at all as we go through this experience. It's really just an experience of seeing what is there, what you made up about it and then begin to transform that. It's a pathway that we're offering you. The reframe process is a pathway to eliminating these beliefs, these limiting or negative beliefs that we hold about ourselves.

So are you men ready to go? So I hope you are because we're going to dive into now the reframe process. Go ahead and pull your document in front of you so you can see it or just listen closely as I take Brandon through the reframe process. So are you ready, Brandon?

Brandon: Ready.

Chris: All right. So here we go. Brandon, you've done this inner bully work for several years now. What's an inner bully that's up for you now or you want to work with now? What inner bully is up?

Brandon: I think it's a mix between Mr. Perfect and the Good Boy. Working with some folks right now and feeling the desire to really want to please them and really want to do it right and have it be perfect so that I don't waste this opportunity.

Chris: Thank you. So two. The Mr. Perfect and the Good Boy intertwine. So go ahead and close your eyes and relax your body, take a big deep breath and allow yourself to drift back in time, floating back in time to some significant event or an incident early in your life. You may notice this connects to these inner bullies. Try not too hard to think about it. Just allow yourself to relax and then land on some place earlier in your life. These inner bullies maybe were first born or early on they were born. Let me know when you've landed on that event or incident.

Brandon: I got it.

Chris: Great. So our first step in the reframe process is -- Brandon, what is that event? Just briefly describe it and try to stay as factually as you can, no interpretation, just really data, the facts.

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Brandon: Six years old in Central Illinois, going to the general store in this small farm town with my dad. And I ran up to the record selection. It was back in the day when they had those. I grabbed my favorite record at the 45 of Culture Club, Karma Chameleon. And I ran up to my dad jumping up and down. I said, "Dad, can I get this? It's my favorite record, my favorite song." And he grabs the record out of my hand, he looks at it and he says, "Sure. Just promise me you'll never be gay." That's it.

Chris: Very specific. It's interesting that you have a very detailed memory of that incident. These men are witnessing us go through that. That's part of what is helpful to look for is where you land on some place in your life that has a pretty strong memory. You can really see, feel, experience that moment. So thank you for sharing that.

So the next question is what was the impact on your personally from that event, your feelings, your reactions to that.

Brandon: I just felt like all the air went out of the room. There is joy and excitement and possibility. And then it was like -- I don't know -- it was like shame. Was I bad? Did I make a bad decision with the record? Was there something wrong with me? It was just like the joy just died in that moment.

Chris: Joy just died in that moment. And you already started to point to the next question which does fall on right at the heels of impact. From that impact of the joy died, the shock of it, what did you come to believe about you as a result of that specific event?

Brandon: Well, that there's something wrong with me. I didn't know what gay meant. There is something that was missing or was wrong or that my dad was worried about, that there's something wrong with me basically.

Chris: What else did you come to believe about maybe your relationship with your dad in that moment?

Brandon: Who I was in my joy was not what he wanted -- me being authentic and happy and joyful. It couldn't look like that because I would get that reaction. So if I wanted to get my dad's love and please him it had to look like something that he could hear.

Chris: You made a decision maybe in that moment possibly. I want to make sure I become what my dad wants me to be at some level. Am I right?

Brandon: Yes. He was full of all these rules around tucking in your shirt and combing your hair and looking people in the eye and shaking their hands and all those kinds of stuff that

pleased him that I then took on with greater fervor. I was like, "I've got to do all this stuff or my dad's not going to approve."

Chris: It's beautiful. You've naturally slid into the next question so we'll just have you expand this. You noticed how the impact led you right to the belief. What are the behaviors that you took on really over time? So now from six onward, what behaviors did you take on as a result of the belief?

Brandon: That six-year-old stayed with me basically through my early 20s.

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I had to get good grades. I had to play sports. I had to date pretty girls. I had to get into a good college, join the good fraternity. And just project that I was doing everything that my dad wanted me to do and then some. I had to be a scholar athlete who had a hot girlfriend.

Chris: So there you go. Over time the behaviors of the Good Boy is doing everything right. Correct?

Brandon: Yes.

Chris: Then you can layer the Good Boy on top of that as Mr. Perfect is now -- not only be the good boy but do it well and perfect. **[0:45:59] [Crosstalk]** the job and the grades and the perfect girlfriend, all that?

Brandon: Yes. Obviously I didn't know anything about purpose at the time but I had some unique gift for something to do here. This was my world. I had to be my dad plus 30%. I had to do everything he did just better and bigger because that's what's what I thought I needed to do -- just be him but better.

Chris: So you can notice at this point as you move through this part of the process that the underlying belief or meaning and message that you made up may have kept you from what you really want in your life over these years or at least in those years?

Brandon: Yes. It kept me from so much self-expression, from so much art, from so much joy. I just forced myself into this role.

Chris: The Good Boy box or Brandon the Star box that dad's going to be proud of. But you recognized that that's the meaning that you've layered over all of these?

Brandon: Yes.

Chris: I'm sorry. Go ahead.

Brandon: I kept that six-year-old logic for 15 years. It's crazy. I kept it.

Chris: Now go ahead and open your eyes and come back to the space that you're in and wiggle your toes and come out of this trance place where we've gone back in time so you're here, 2016, with me. And now, Brandon, we're going to switch to the final piece which is making the core distinction. This is where we will really work at the subtle rewiring of your brain and looking at how this can shift and transform.

So we're going to go through those questions now. And we'll do it quickly so that your brain doesn't spend too much time thinking about it. So just move through these questions as almost a mantra of transformation.

So the first question, Brandon, is -- you spoke to this event at six years old -- did that event happen?

Brandon: Yes.

Chris: What did you invent/come to believe about yourself as a meaning or interpretation of that event?

Brandon: That there's something wrong with me. I've got to be different in order to get approval.

Chris: Did you act as if that meaning was true about you?

Brandon: Yes.

Chris: Thank you. It's important to just sit with it for a moment and feel it. Is this meaning that you made up actually true about you?

Brandon: No, not at all.

Chris: That's right. And even though it may seem a little obvious to the brain, your brain now got to release where you even have a smile and laughter around it. Can you see how that meaning, that false story or false belief might be stopping you from moving forward in certain areas of your life?

Brandon: Yes, I do.

Chris: And now the flip as you spoke. The flip is this, are you willing to take 100% full responsibility for all the meanings that you have created around this event both conscious and unconscious?

[0:50:12]

Brandon: Yes, I am.

Chris: Just take a deep breath into that yes. Yes, you are. You say, "I am willing to take 100% responsibility." As you feel into that from this place the final question is from this new

place of clarity, of 100% responsibility for these meanings, declare what new possibilities are available for you right now in this moment.

Brandon: It was definitely the possibility of joy and self-expression. I'm feeling like already my hand slip off the throttle of Mr. Perfect. I can have some peace and some leisure and not have to work so darn hard. Yes, peace and leisure.

Chris: Great. Beautiful. You said something about joy and creative expression.

Brandon: Yes.

Chris: Creativity there too. I heard that. Good. Thank you, Brandon. That's d reframe process complete. How do you feel right now in this moment spending the time doing that?

Brandon: I feel good. I'm already seeing a new action here. After this class I was like, "Oh, I'm going to clear out all my inboxes and blah-blah-blah." And then I'm like, "I'm going to pour a scotch and sit back and relax. I don't need to clear up those inboxes yet."

Chris: That's great. I love it. Thank you. That's great. Remember, my triad is Mr. Perfect, the Good Boy and the Lone Wolf. To your point, that combination is such a driving combination. Just like you said, "I'm going to clear out my inbox. I'm going to do this. I'm going to get this going. I'm going to write this book." Sometimes the joy and the peace and the juice of life is saying, "No, I'm going to do something I love right now or I'm going to relax or I'm going to enjoy this moment. I'll get to that." So thank you for sharing that. That's definitely my journey too. I appreciate it. Great. Thank you.

We're going to have some chance in the Q&A to answer your questions about the process. But I'd love to actually go right into -- since we have limited time -- working with one of you on the line. So if we have a volunteer that would like to go through that same process for yourself, we can do that now. Just hit 1 on your phone keypad and pick somebody. And then we're going to do one more man and then do a little wrap up of our weekly practice and then go into our Q&A.

So let's do this. How about Oceano? Awesome. Hello, Oceano.

Oceano: Hey, Chris. How you doing?

Chris: I'm doing well. Thank you for stepping up and being a volunteer to go through this process. I'm happy to get you through it.

Oceano: Beautiful.

Chris: So are you ready to dive in?

Oceano: I'm scared all of a sudden but ready.

Chris: Good. Thank you for that authentic share. I'm glad. That's perfect that you have a little bit of fear coming up. That's great. So we start to set the ground work, Oceano. We start with what's your top inner bully that's really working you now. What's that number one bully?

Oceano: I'm calling him Disempowered Larry.

Chris: Disempowered Larry. Okay, great. Tell me about that. We talked about the bullies having actual phrases and words that they keep telling us. So what are the phrases or words of Disempowered Larry?

Oceano: One of the biggest ones is it's not fair, nobody loves me, I'm not likeable, what do I think I am -- not even who but what do I think I am, I'm worthy of hate. He also rallies all the other bullies. It took me a while to discover him.

Chris: Wow. Thank you for that. You came up with your own and you've seen how this one is the ring leader that rallies the others. This is the bully that we need to work with here. Wonderful.

[0:55:14]

So now, Oceano, with Disempowered Larry brought to the surface and to awareness now, just go ahead and close your eyes. Again, take a couple of deep breaths, fill in your belly, bringing yourself into your body, share some things from your mind and put some stuff out, and now allow yourself to come back to your body.

Also allow yourself to drift back in time, allowing yourself to float back, drift back, drift back. See if you can land on some significant event or incident in your life that relates to Disempowered Larry. When you have that, let me know.

Oceano: I have one.

Chris: Great. So what is that event, Oceano, the fact, the data?

Oceano: Okay. My sister and are saying words to each other. She tries to hit me but I block her with my elbows. And she screams. My dad comes and punishes me -- me being the attacker when I was trying to get away from my sister. I punched her door.

Chris: What did your dad do in that moment to you?

Oceano: It's a little blurry but what I'm seeing right now is him dragging me into my room and grounding me and blaming me for what my sister did to me. And my sister was hitting me and I got punished for it. So he yelled and grounded me in my room.

Chris: You were grounded and you were punished for what your sister may have actually instigated. Thank you. So now we move from the event itself. So what was the impact

on your personally from the event? Here's where you can name feelings that arose in that moment, reactions that you had in that moment or shortly after that.

Oceano: Okay. I immediately felt angry. I felt like life wasn't fair. After I punched her door I had to pay for fixing her door as a teenager. I didn't know how I could get some form of justice. I'm punished for doing things that I didn't do. And weirdly I would see that happening in school where I'd be punished even on days where I wasn't even in school. So it was reflecting that the world wasn't fair and I have to pay the price. So I thought something must've wrong with me for that to happen or else it wouldn't happen.

Chris: Let's stay with that because you're already on it. I hear the impact now. What did you come to believe about you as a result of this event? You just said one there. Keep going with that.

Oceano: That I'm wrong and I'm less than.

Chris: I'm wrong and less than.

Oceano: Life isn't fair to me **[0:59:22] [Indiscernible]**.

Chris: Life isn't fair to me or for me. I'm wrong. I'm less than. Life isn't fair to me or for me. Are there other beliefs or messages that you have on?

Oceano: It's almost like it started with there was a game. Everybody would get a handicap point and I'm behind. I'm below zero and I needed to try extra hard just to make it to neutral. I have a disadvantage.

Chris: I like to get to neutral. Great. Thank you for sharing that. So the next question is then what are the behaviors that you took on over time from that. Now over the coming years what were your specific behavior, not just your beliefs but what did you do?

[1:00:28]

Oceano: I try to be the most well-behaved boy and adult that I could be, cross every T and dot every I, get the best grades possible, try to win at any sports, any event, try to date the most popular and prettiest woman. And even though that wasn't happening I would keep trying even if I got ridiculed. I try to win at everything even games that I shouldn't have been playing, that weren't of interest to me. I hurt a lot of people in that process too, a lot of women in that process.

Chris: Okay. Hurt a lot of people with those behaviors. So you're already seeing that those behaviors also have impact. So you hurt people with those behaviors. Is there anything that came up in terms of how you were acting on with yourself? What were you doing to you?

Oceano: There were times where I would feel so much disempowered and rage that I hit myself. I had abused my body physically too working out intensely or hitting.

Chris: Thank you. So you can also see that behaviors are certainly out in the world but they're also behaviors with ourselves or to ourselves. Thank you. I'm hearing more and more the Disempowered Larry piece.

So as we move to this part of the process, the final question, notice this underlying belief, the message you've been sharing, really the ones that relate to I'm wrong, I'm less than, life isn't fair for me, see how they may have kept you from having what you really wanted in your life at that time or even now.

Oceano: Yes, I can see it just in replicating that same story.

Chris: And that we can begin to see that the story keeps running us and running you in a way that you're not able to really claim what you really want, what's most alive for you and most fun and most passionate, that has an impact.

Go ahead and open your eyes. Come back to the room you're in, feel your body, feel your feet on the ground, your hands and know that you're here -- November 2016 -- with me, that you've come back from this journey into your past and you're here. Are you here with me, Oceano, in this moment?

Oceano: Yes.

Chris: So now we'll go through the core or the final process which is the rewiring process, the core distinction, these seven questions. And so you've now investigated and brought this to the surface. And so now we go through this process to shift it, to transform it.

So this event with your sister and your father, did this event happen?

Oceano: Yes.

Chris: What did you invent or come to believe about yourself as a meaning or interpretation of this event?

Oceano: I believe that I was less than, had no power, had no choice and that life wasn't fair.

Chris: Life isn't fair, right. And specifically to you, life isn't fair to me or for me.

Oceano: Yes. There must be something wrong with me.

Chris: Good. Thank you. So did you act as if that meaning was true about you?

Oceano: Yes.

Chris: That's part of the behaviors and how you were acting over all those years from that event. Here's the shift. Here's where we begin to make the mental shift. And just sit with this for just a few seconds to let it land. Is this meaning that you made up, that you just shared with me actually true about you?

Oceano: No.

[1:05:00]

Chris: It's not. Can you see how that meaning or the false story that you've made up might be stopping you from moving forward in certain areas of your life?

Oceano: Yes, clearly.

Chris: Now the flip are these final two questions. Are you willing, Oceano, to take 100% full responsibility for all the meanings that you have made up, that you created around this event?

Oceano: I am. I can feel I'm 90%, but I can feel the drive to make it 100%.

Chris: That's good. I want to acknowledge you. You can feel the 90%. Own that and acknowledge that. So here's where we do a variation of that. You can feel the desire to 100% but just notice that there is something that may still be in the way. Are you able to name in this moment what that 90% there is in you or what is coming up that has you not 100%?

Oceano: Yes. I can see the 10%. I can feel fear and I can feel I became friends with this bully and letting him fall off a cliff. It's almost an internal betrayal of some sort because that's all I've known.

Chris: Thank you for sharing that. Sometimes these are so ingrained in who we are that we believe they are truth of we are. And that would certainly account for 10% or 20% or whatever because this just me, this is who I am. Life is really not fair and I believe that fully. Thank you for claiming that there's still 10% part of you that are friends and familiar with that part of you, this inner bully.

So the final question now is from this new place of awareness, declare what new possibility is available for you right now in this moment.

Oceano: That's the tricky part. What's coming right now is I'm always at choice. I would have that power of what choice will I take now from this place. Even if I don't like what I'm seeing I can still choose what I want to do.

Chris: Thank you, Oceano. I'm just reflecting that back to you that you always have the power of choice, that you can choose how you think in any moment, what you choose to act on or not act on. And I will say how beautifully you navigated back to the core bully

with Disempowered Larry. And I hear you claiming a lot of power through your journey. How are you feeling right now?

Oceano: Broad chest, sitting tall, strength and I know it's always there, it's so powerful.

Chris: Get familiar with this. This is now the counterpoint for you, Oceano, that you can easily access this moment of this broad chested, strength, the sense of rising a little taller, that this is a part of your real experience and your choice that you can make as Disempowered Larry maybe shows up again. This is the rewiring process. Every moment you can make this choice to come back to what is empowering, what feels like this is what I'm choosing to do. And it's not about whether life is fair or not. It's not about being wrong or less than. You just get to choose, Oceano, and every moment. Thank you. Beautiful process, Oceano.

Oceano: Thank you.

Chris: Wonderful. Thank you, Oceano. Thank you, Brandon. For those of you that are just listening along, hopefully it brought some things up for you. Maybe you even followed along with one of your bullies. What we'd like to do before we go into the wrapping up with weekly practice and the reflection is we're going to have Brandon dive us back into the Matrix story and the story of Neo. Brandon.

[1:10:08]

Brandon: Great. Thank you, Oceano. It was really touching. Remember where we left Neo. He was resisting the call in the car and then he answered it. Next in the story we find him with Morpheus. And he takes the pill and begins to awaken to his authentic life in the pod. So he wakes up and he's now in the ship. He's starting to get this full awareness of what he is in. He thought it was the Matrix. He thought the Matrix was the reality but that's something else. That's just something that exists.

And really what he's established, pulling himself out of the pod, taking the red pill, he's established that the Matrix itself is not real. The Matrix is the meaning. It's the web meaning that we all make up about ourselves and the world. All the stories, all the identities, all the judgments, all the because's, all the should's, everything that we've created about ourselves, that's the Matrix. We wrote the Matrix.

And so Neo realizes this. He's like, "Wow. There is a substantial difference between what I thought was real and what this is right now, what's really happening, this giant war essentially between the real and the meaning and the Matrix." He doesn't know his purpose yet. It's almost like he's been spun around ten times. He's like, "What just happen? How am I on this ship? How is it that none of the things I thought were real are real?"

Morpheus shows him the construct. Everything is a construct. Our politics are a construct. Your identity, your career, even your name is a construct. As Chris was

saying, we can choose to stop passably consuming these constructs. They're not bad in any objective sense but they're also not given. There's no objective reality to them.

And now that you have these amazing tools -- you've got this reframe process -- every place that you get stopped, every place you feel disempowered, that's just another construct that you haven't looked at. And you got this reframe tool that you could now dive into. What's real? What's the event? What's the story? What's the impact of that story? How can I choose something new?

What did the Hollywood superhero choose in that space? He deconstructed everything. He chooses kung fu. He chooses himself as the one. He's like, "Yes, okay, fine. Why not be the one?" That's a way more empowering context. Why not create my own construct?

Say what you will about Tom Cruise but this guy lives entirely in a world of make believe. All he does is make movies. He creates his own construct and makes millions of dollars. He's a head of a religion that's entirely made up. The whole thing is one giant Matrix that Tom Cruise is like, "Yes. I decided I'm going to be number one in both of those things. I'm going to be the one."

Whether or not that's his authentic self or not, who knows, but that's the power. That's the power when you're able to distinguish the real from the meaning. That's what you men came here for. That's what you're incarnated on this planet to do -- to step into the bigness and the greatness.

Like Neo, he decides to take on the biggest meaning possible. Oh, yes. I'm the one. I'm going to rescue humanity from this Matrix, from this web of beliefs and limiting structures and disempowering context that don't serve me and don't serve humanity. So that's our weekly chapter in the Neo story.

Chris: You're right, the unfolding story of the Matrix and Neo. Thank you. Beautiful. So now before we head into the Q&A session, as we wrap our session today, I just want to go through briefly the practice for this week so you have a recording of it. Again, the practice for this week is doing the reframe process on yourself.

But here's what I'd also offer you. If you have a friend or a partner or somebody close to you, have them walk through the questions, have them take you through the process. You could also connect with the men on the course and set up a time using the video chat or using the Skype or phone and have somebody take you through the process. So you can absolutely do it yourself but there's also a power to having somebody else ask you the question so you can just tune in to yourself.

Just make use to use the reframe process document on the website. If you're going to do it yourself it would be helpful to sit with it, think about it and then journal it. That can ground it. It also can take it out of your mind into a physical act of writing, putting it down on paper.

Make sure you go through all the questions. It's a long process but it's really in two parts. It's investigating the event and the meanings around that and then it's doing this flip or this rewiring that we core the call distinction, making the core distinction because that's what you're doing. You're really finally making this distinction veteran the events, the meaning I made up and then shifting that.

So complete the process yourself either writing it or having somebody go through it with you. You might even want to record it if somebody's taking you through it so you have a record of it.

And then I would encourage you to share this with at least one person close to you. So if you've done it yourself, share it with somebody where you walk them through what you came up with.

And then as you go to write your experience to the reflection questions just notice through this whole process any resistance that comes up for you. Notice that resistance -- either another one of your inner bullies or just simply resistance, the fear that comes up, anxiety, some new belief structure that might be a pointer towards some other piece for you to look at.

And then journal about this new resistance. Maybe you're able to pin that as a certain bully. And then you can start the process and do a second round, if you will, around that new resistance.

So that's the practice, pretty simple, for this week. Do the reframe process, share it with somebody and then write about it in the discussion forum. Brandon, you want to share the reflection questions briefly for this week?

Brandon: Yes, man. So as we went through that reframe process what limiting beliefs came up for you as you're listening? And how do these beliefs hold you back? And then once you start to complete the reframe process, what is opening up for you? What new possibilities for your life are now present?

Chris: Thank you, Brandon. So I'm really looking forward to this week. Even if you men are a little bit behind I would encourage you to skip forward to do this. This last week was really looking at the inner bullies but you can combine last week and this week to really want to make sure you just go for it, dive into this, get yourself caught up to here and then share those two questions on the discussion forum. This is the juicy part of the course. This is the ordeal. This is the unfolding. This is where you begin to see how you possibly have sabotaged your life and even your sense of purpose, what you want in your life, your passion. So it's important to just dive into this work. And get support from other men in the course and questions if you've got it, and I'm really looking forward to reading these coming up this week.

So we're going to wrap with a poem. This is one of my favorite poems. I have shared this a lot. I share it in the men's circles. I've shared it on the Men's Weekend that I do,

the New Warrior Training Adventure. And I just dig this. And this poem is called Escape by D.H. Lawrence.

[1:20:18]

When we get out of the glass bottles of our own ego,
and when we escape like squirrels from turning in the cages of our personality
and get into the forest again,
we shall shiver with cold and fright
but things will happen to us
so that we don't know ourselves.

Cool, unlying life will rush in,
and passion will make our bodies taut with power,
we shall stamp our feet with new power
and old things will fall down,
we shall laugh, and institutions will curl up like burnt paper.

I love that poem. I love it. There's so much for this week. This session is just juicy in there. So that poem is also up on the site. I encourage you to look at it, print it out and see how it relates to this part of the journey for you.

All right, Brandon. So let's move. We've got about ten minutes for Q&A. So I want to open the field up to you men to ask any questions? Before we do that, just a couple of housekeeping items. Make sure you read the emails from yesterday. And you'll also get another email tomorrow. The mentoring calls are starting. So if you haven't yet filled out the mentor form, it's in the mentor program tab in the course website. So hopefully you've all had a chance to do your Passion Test Session. We wanted that done early in the course.

And now as we move to the second half of the course, it's time to get support with a live mentoring call with your mentor. So please go ahead and do that, fill it out. We are starting to make those assignments to your mentor today and tomorrow. And then your mentor will be contacting you directly. He'll have your contact info and just set up an exact time and then if you'll use Skype or the phone or whatever.

The other one is if you haven't yet -- you've seen it practically in every email --do two things. One is your Passion Test, sign up for that, get that booked if you haven't. And then Brandon has created a powerful tool called the Purpose Assessment Tool. You've also seen some emails on that. That's one of the bonuses. So I encourage you to take the Purpose Assessment Tool. Use that now so you get a sense of where you are now with your purpose and then you can take it again at the end of the course. And you can keep using this as an assessment tool.

I wanted to remind you about that because some of you may have actually already done that and want to ask Brandon some questions about it. So I'll pause there and turn it over to you men for any questions, comments about today's content or anything

in the course so far. Just hit 1 on your keypad, 1 on your phone. Brandon and I will see if we can answer your questions or share comments with you. Go ahead and hit 1 on your keypad if you have any questions or comments or share, really anything.

All right. Paul. Hello, Paul.

Paul: When I was listening to Oceano it struck how I could see the work of the law of attraction in his life when he was accosted by his sister and punished for something that he didn't do. And that became a mindset, that became a belief for him which he felt them reflected in his activities at school, his experience at school. It seems to me that that's a great example for law of attraction working.

Chris: Yes, Paul. Good point. How does that inform you and what you're working with? Personalize that back to you. I'm curious.

Paul: It's just a confirmation that your inner beliefs are going to be reflected in your other experiences. So we need to work to change those or at least get them to be what we want them to be.

[1:24:59]

Chris: Yes, or just actively choosing in that moment of -- what do I want to choose now? What's the thought I want to choose or the actions I want to choose or the way of being I want to choose? Absolutely. And that is some of the essence of the law of attraction or manifesting what we put forward is really from our thought. We know that those are the powerful energies. Our thoughts are very powerful forces.

Paul: I think Oceano can come back to those feelings of strength and fulfillment that he had at the end of the session. And just keep revisiting those and become more familiar with those emotions. He'll then in time see that reflected in his experiences.

Chris: Yes, absolutely, Paul. For you, what there anything that got activated in you hearing Oceano or hearing Brandon in terms of what your own message might be that you want to reframe? Is there something kind of more clear to you?

Paul: Well, there are a lot of similarities there, and I did go through one or two of my own issues as you brought Oceano and Brandon through their steps. So that was helpful for me.

Chris: Great. Paul, I'm really excited about you going back into the bullies defining -- did you hear Oceano created his own? He just investigated what's the message and then he gave it his own name which you might want to do as well. And then take a look at where that might've first have risen in your life.

Paul: Right. Thank you for that.

Chris: I think that's the key. As you hear and get inspired by Oceano's work it's like "Okay, great." What is the" -- and really the inner bullies -- and I'll make it really simple for you, Paul --the inner bullies are just a way for you to essentially get to the negative beliefs that are maybe a little bit hidden from you. So ultimately you can just dive into "What do I keep telling myself that is a limiting belief? Oh, it's that little thing that keeps saying I'm not enough or I've got to keep following all the rules, I'll only get liked and loved if I follow every rule and do it right or do it by the book," whatever it is for you, Paul, that's where you want to get to. And you can give it any name you want. That's your inner bully with your own creative name.

Paul: Chris, I resonate strongly with what you're saying right now. I've been noticing these feelings in my life last year and a half. And I think they kind of led to take this course. So I feel a pretty strong coupling with senses that I already have active in myself. And they're giving more embodiments here in the course which is really great for me.

Chris: That's great, Paul. I appreciate what you're sharing and also your willingness to just get on the line and share and share a little about your journey and that you're struggling with some pieces. And so I'm just excited to see what happens and unfolds for you this week as you do this practice. So thank you, Paul.

All right. We've got a couple of minutes here. Any other burning questions or comments? I'd love to hear from any of you men. If you want, just hit 1 on your keypad or 1 on your phone. I'd love to hear either a final comment or question. Otherwise if we don't see anybody else we'll just move to close. Great. All right. Mark.

Mark: My question is just about the process reframing inner bullies. My thought is that as you do that sometimes you're going to see your reframed belief validated and sometimes it won't be validated. And so do you have any suggestions for when you're reframing your inner bullies, how to successfully go through this process?

Chris: You mean after you've reframed it to a more powerful possibility? Is that what you're saying? How to work with it there?

Mark: Yes because I was just thinking that it does feel really empowering and powerful to do that reframe. But I'm also thinking in some cases you might see the reframe not work out as you thought. And so how do you suggest keeping it up?

[1:30:17]

Chris: Thank you. I get where you're coming from, Mark. I'd like to hear Brandon's quick thought on it. I know we're coming to the end of time. That's a really great question, Mark.

And I think one thing that snotted in the document and all that is that when you reframe it and come to some new sense of clarity, a new possibility -- but you're right, it's wobbly or it doesn't stay solid or you go back into the old pattern. That's going to happen. That

bully is strong. The grooves in your mind and your body and your energy field are really strong with some of these limiting beliefs that we have.

But what I would say is that if you can actually come to a place where that new belief or the new possibility is to really name that as an ally for you. You could even give it a name. That's my power statement or that's my authenticity right here or whatever, even if you want to give it a name almost like an ally as a counterpoint to the inner bully, like that's my Powerful Paul or my powerful dude.

Then what you can do is you can anchor it. The key thing is to just anchor that into some remembering of that and then be able to come back to it very quickly. You don't have to go through all the process to get there to activate that ally in you. And so it's just another energy, it's just another way of choosing so that you that can actually build that muscle, if you will, of that part of you that's coming more forward.

Even when the negative beliefs shows up again, you welcome it and you meet it with this new energy. "There you are. Thank you for sharing. I really don't need you right now. My authentic self is coming online right now." And then you get to just choose it in the moment, Mark. Do you know what I mean? So you can almost bypass the whole process to just absolutely choose that way of being. If you've done some work to ground it and remember it, name it, then you can tap back into it more easily.

Mark: Okay. That actually makes a lot of sense.

Chris: Great. I think Brandon's got a little piece too. Brandon.

Brandon: Mark, exactly what Chris said, this is a process. What you're doing through this reframing is you're essentially creating a structure inside of your own ego, inside of your personality so that when resistance comes up again -- and it will, it comes up for me. Chris, I know everyone's get resistance. Stuff comes up. Whenever we're hitting our edge one of our bullies is going to start waiving its arms and saying stop the process, we got to stop taking actions, stop, stop, stop, stop, stop, stop, stop.

And so it's not so much that when we do this reframe process we fully and finally put our ego to bed. It's just that now the channel is open. It's almost like we've been warring countries and we haven't had diplomatic relations. And now diplomatic relations are there.

So now you can go back, you can listen to it because a lot of times they've got really good stuff to say. The initial conclusion might be like "Okay. Stop doing your purpose." But actually what's underneath is a deeper concern, a care for you, a love for you. They've been with you your whole life. Maybe there is something that you haven't considered. You can then bring that into your purposeful action, something that is more evolved expression. So there's always wisdom there in those parts too.

Now, I know I said that they're going to be there forever. Folks who have been doing this for a really long time -- example, Tim Kelley who's been working with his parts for

years, decade at least, he's dealt with them explicitly using the same work for so long that they've actually started to quiet down. And so his mental chatter is on par at least from what he understands is the mental chatter for like seasoned meditators, that it basically starts to quiet.

Once you acknowledge and listen to them and work with them for a few years, their concerns are met and they're just like your buddies, they're just onboard with you and your life's purpose. So just know in the beginning that they're going to keep flaring up but just keep doing the work and eventually over time they'll start to quiet and they'll stop putting up so many roadblocks.

Mark: All right. Thank you.

Brandon: You got it.

Chris: Thank you, Mark. Great question.

[1:34:54] End of Audio