

1 NAADAC

00:02:29 2 USING RIM FOR ORGANIC EMOTIONAL HEALING FROM TRAUMA

3 4-21-21

00:03:02 4 [CAPTIONS PROVIDED BY CAPTION ACCESS]

00:03:12 5 [CAPTIONER ON STANDBY].

00:03:53 14 >> HELLO, EVERYONE AND WELCOME TO TODAY'S

00:03:56 15 WEBINAR ON USING RIM FOR ORGANIC EMOTIONAL HEALING FROM

00:04:01 16 TRAUMA PRESENTED BY MICHAEL AND GARRETT. IT'S GREAT THAT

00:04:06 17 YOU CAN JOIN US TODAY I'M THE DIRECTOR OF TRAINING AND

00:04:09 18 PROFESSIONAL DEVELOPMENT FOR NAADAC.

00:04:15 19

00:04:15 20 I'LL BE YOUR FACILITATOR FOR THIS TRAINING

00:04:16 21 EXPERIENCE. THE PERMANENT HOMEPAGE FOR WEBINARS IS WWW.

00:04:22 22 NAADAC/WEBINARS. MAKE SURE TO BOOKMARK THIS. CLOSED

00:04:29 23 CAPTIONING IS PROVIDED BY CAPTION ACCESS, PLEASE CHECK

00:04:31 24 YOUR MOST RECENT CONFIRMATION E-MAIL OR Q&A IN THE CHAT

00:04:38 25 BOX TO USED CLOSED CAPTIONING.

↑

00:04:48 1

00:04:48 2 WEB PAGE HOUSING EVERYTHING YOU NEED TO KNOW

00:04:48 3 ABOUT THAT PARTICULAR WEBINAR. IMMEDIATELY FOLLOWING THE

00:04:48 4 LIVE EVENT YOU'LL FIND THE QUIZ LINK, ON THE WEBSITE YOU
00:04:55 5 USED TO REGISTER FOR THIS WEBINAR. HOSTED.

00:05:04 6

00:05:04 7 IF YOU NEED YOUR CERTIFICATE TO STAY LIVE ON

00:05:08 8 IT MAKE SURE TO COMPLETE THE CE QUIZ AS SOON AS YOU CAN

00:05:11 9 PREFERABLE WITHIN THE NEXT 24 HOURS. AFTER 24 HOURS YOU

00:05:17 10 WILL NOT BE ABLE TO RECEIVE A CE WITH LIVE ON IT BUT IT

00:05:21 11 WILL STILL BE A CE NONETHELESS. IF YOU ARE A SOCIAL

00:05:27 12 WORKER LEARNING WITH US TODAY STAY FOR A FEW MINUTES AT

00:05:29 13 THE END OF THE TRAINING. THERE WILL BE A TWO MINUTE

00:05:32 14 BRIEF VIDEO TO SHOW YOU HOW TO GET YOUR CE S AT NAADAC.

00:05:37 15 WE'RE USING GO TO WEBINAR FOR THIS LIVE EVENT AND IT

00:05:45 16 LOOKS LIKE WHAT YOU SEE ON MY SLIDE AND YOU CAN USE THAT

00:05:45 17 ORANGE ARROW ANYTIME TO MINIMIZE OR MAXIMIZE THE CONTROL

00:05:48 18 PANEL AND IF YOU HAVE QUESTIONS FOR THE PRESENTER TYPE

00:05:50 19 THEM INTO THE QUESTIONS BOX.

00:05:52 20

00:05:52 21 WE'LL GATHER THOSE QUESTIONS AND GIVE THEM

00:05:54 22 TO OUR PRESENTER DURING THE LIVE Q&A. ANY QUESTIONS WE

00:05:59 23 DON'T GET TO WE'LL PUT ON A Q&A DOCUMENT AND SEND TO THE

00:06:04 24 PRESENTERS AND GET THEM ON THAT SAME WEBSITE IN A COUPLE

00:06:07 25 OF WEEKS. YOU'LL SEE HANDOUT S TAB AND YOU CAN DOWNLOAD



00:06:11 1 THE POWER POINT SLIDES WITH NOTES ON THE SIDE FOR YOU

00:06:15 2 AND THERE'S A USER FRIENDLY ACCESSIBLE GUIDE ON HOW TO
00:06:18 3 ACCESS THE CE QUIZ AND IMMEDIATELY EARN YOUR CE
00:06:21 4 CERTIFICATE. IF THIS IS YOUR FIRST TIME GETTING CE'S
00:06:25 5 WITH US OR MAYBE YOU HAVEN'T BEEN BACK WITH US ANY A
00:06:30 6 COUPLE OF YEARS PLEASE MAKE SURE TO USE THAT GUIDE TO
00:06:31 7 WALK YOU THROUGH OUR NEW PROCESS.

00:06:33 8

00:06:33 9 LET ME INTRODUCE YOU TO TODAY'S PRESENTERS.

00:06:36 10 FIRST, MICHAEL CLINE HAS A PASSION FOR COMPASSION AND
00:06:39 11 FOR PROMOTING A NEW PARADIGM FOR EMOTIONS AND IS THE
00:06:43 12 11TH OF TWELVE CHILDREN OH BORN INTO POVERTY TO AN
00:06:48 13 ABUSIVE FATHER AND LOST HIS MOTHER TO CANCER. BEING AN
00:06:53 14 EXECUTIVE AND SIX TIMES SUCCESSFUL ENTREPRENEUR HAS
00:06:56 15 SERVED AS A LABORATORY FOR HUMAN POTENTIAL DRIVEN BY THE
00:07:01 16 CONVICTION THAT IT'S NEVER TOO LATE TO HAVE A HAPPY
00:07:05 17 CHILDHOOD OR ADULTHOOD HE'S SPENT THOUSANDS OF HOURS
00:07:09 18 TRAINING OTHERS TO USE RIM AS AN ADVANCED EMOTIONAL
00:07:14 19 HEALING TECHNIQUE. HE'S A SENIOR JACK CAN FIELD
00:07:16 20 MYTHOLOGY TRAINING AND A MASTER CERTIFIED RIM AND
00:07:24 21 TRAINER AND A CONSULTANT. AS YOU CAN SEE HERE ALSO WITH
00:07:25 22 US TODAY IS GARRETT, A RETIRED MARINE CORE PILOT
00:07:30 23 TRANSITIONING FROM A CAREER OF MILITARY SERVICE WAS A
00:07:33 24 TRAUMATIC CHAPTER IN GARRETT'S LIFE, ONE DEFINED BY
00:07:37 25 CONSTANT ANXIETY, REGULAR PANIC ATTACKS AND A BATTLE



00:07:41 1 WITH SUBSTANCE USE DISORDERS AND THROUGH SURVIVING THIS
00:07:45 2 CHAPTER GARRETT BEGAN A JOURNEY FOR A SEARCH FOR A
00:07:51 3 MEANING IN LIFE AND STUDIED THE HUMAN POTENTIAL THE
00:07:54 4 SCIENCE OF HUMAN FLOURISHING AND PIONEERING TECHNIQUES
00:07:59 5 LIKE RIM THAT EMPOWER INDIVIDUALS BEYOND THE CHAINS OF
00:08:03 6 THE PAST TO FULL POTENTIAL AND RECOVERY AND GARRETT HAS
00:08:07 7 USED THIS EDUCATION EXPERIENCE TO CREATE A THRIVING IN
00:08:11 8 YOUR RECOVERY PROGRAM.

00:08:12 9
00:08:12 10 THIS STRENGTH BASED AND POSITIVITY FOCUSED
00:08:16 11 PROGRAM ALLOWED GARRETT'S COACHING CLIENTS TO ACHIEVE
00:08:20 12 INCREASED SELF AWARENESS, IMPROVED SELF ESTEEM, GREATER
00:08:24 13 EMOTIONAL RESILIENCE AND A RENEWED SENSE OF MEANING AND
00:08:28 14 PURPOSE AND AN AWARD WINNING AUTHOR OF MULTIPLE BOOKS
00:08:33 15 INCLUDING THE FIRST STEPS TO THRIVING RECOVERY WORKBOOK
00:08:37 16 AND 2020 WEBINAR CULTIVATING GREATER MEANING AND PURPOSE
00:08:41 17 TO PREVENT RELAPSE AND HIS BREAKOUT SESSION AT THE 2020
00:08:46 18 VIRTUAL CONFERENCE UNDERSTANDING VETERANS AND THE UNIQUE
00:08:48 19 FACTORS CONTRIBUTING TO SUBSTANCE ABUSE DISORDER S AND
00:08:51 20 WE AT NAADAC ARE DELIGHTED TO PRESENT THIS WEBINAR.
00:08:56 21 GARRETT, WHENEVER YOU ARE READY, I'LL HAND THIS OVER TO
00:08:59 22 YOU.

00:08:59 23 >> WELL THANK YOU VERY MUCH. AND IF MICHAEL,
00:09:02 24 IF YOU'LL NOD SO I KNOW EVERYBODY CAN HEAR ME. GREAT.

00:09:05 25 THANK YOU VERY MUCH FOR THIS OPPORTUNITY. WE'VE BEEN



5

00:09:09 1 TALKING ABOUT THIS PARTICULAR TOPIC FOR A LITTLE WHILE

00:09:13 2 NOW. LET ME NAVIGATE THESE SLIDES. LET'S SEE.

00:09:16 3

00:09:17 4 PERFECT. I'M EXCITED THAT THE DAY HAS COME

00:09:19 5 TO SHARE THIS WITH THE COMMUNITY. OUR GOAL FOR TODAY IS

00:09:22 6 TO INTRODUCE RIM AND DEMONSTRATE TO EVERYBODY HERE HOW

00:09:26 7 IT IS A REALLY PROMISING TECHNIQUE FOR USE IN THIS

00:09:30 8 PROFESSIONAL BY PROFESSIONALS AND ANY HEALTH

00:09:34 9 PROFESSIONALS ANYBODY WITH A CALL TO SERVICE THAT IS

00:09:37 10 WORKING IN A CAPACITY TO HELP OTHER INDIVIDUALS.

00:09:40 11

00:09:40 12 OUR BLANKET STATEMENT FOR TODAY IS WE'LL

00:09:44 13 INTRODUCE RIM AND TALK ABOUT WHAT IT IS AND WE'RE

00:09:47 14 EXCITED TO ALLOW YOU TO HAVE AN EXPERIENCE WITH RIM.

00:09:51 15 THAT WILL CONVERSATION WE HAVE AFTERWARDS WILL MAKE IT

00:09:58 16 MEANINGFUL AFTER THE EXPERIENCE AND AFTER THE SHORT

00:10:01 17 EXPERIENCE WE'LL TALK ABOUT THE FOUNDATION AND THE

00:10:03 18 BENEFITS OF RIM AND DISCUSS SOME OF THE CONCEPTS THAT

00:10:06 19 ARE SUPPORTING IT. THERE'S A LOT OF DIFFERENT RESEARCH

00:10:09 20 AND LITERATURE THAT SUPPORT ELEMENTS OF IT AND KIND OF

00:10:14 21 SHOW IT'S EFFICACY AND WE'LL TALK ABOUT SOME OF THOSE

00:10:16 22 THINGS THAT YOU MIGHT ALREADY BE FAMILIAR WITH AND

00:10:18 23 YOU'LL SEE HOW IT CORRELATES TO THIS MODALITY OF RIM AND
00:10:24 24 WE'LL TALK ABOUT APPLICATIONS AND STUDIES OF RIM AND
00:10:27 25 MAYBE YOU'LL SEE SOMETHING THAT INTERESTS YOU OR



6

00:10:31 1 RESONATES WITH YOUR EXPERIENCE OR THE WORK THAT YOU DO.

00:10:33 2

00:10:33 3 SO WEBINAR LEARNING OBJECTIVES AS YOU WERE

00:10:36 4 PROMISED WHEN YOU SIGNED UP FOR THIS WEBINAR,

00:10:42 5 PARTICIPANTS WILL BE ABLE TO EXPLAIN A PERSONS' ORGANIC

00:10:49 6 OPERATING SYSTEM AND PARTICIPANTS WILL BE ABLE TO

00:10:52 7 FACILITATE THIS PROCESS OR A PROCESS TO EXPERIENCE THAT

00:10:56 8 INTANGIBLE, THOSE INTANGIBLE FEELINGS AS SOMETHING THAT

00:11:01 9 IS TANGIBLE EVENTS THAT ARE SAFE, MANAGEABLE AND CAN BE

00:11:09 10 PROCESSED IN THAT ORGANIC WAY AND EXPLAIN HOW RIM

00:11:14 11 RESOLVES NEGATIVE EMOTIONAL EFFECTS OF NEGATIVE

00:11:18 12 EXPERIENCES AND INDUCED ONES RISKS AND CONTRIBUTE TO

00:11:26 13 THEIR JOURNEY IN RECOVERY.

00:11:29 14

00:11:30 15 SO THIS IS A REMINDER: YOU'LL HAVE AN

00:11:32 16 OPPORTUNITY TO EXPERIENCE RIM AND IT IS A CLOSED EYE

00:11:35 17 PROCESS SO I'M JUST LETTING YOU KNOW NOW THAT IN LESS

00:11:39 18 THAN TEN MINUTES YOU'LL HAVE AN OPPORTUNITY TO

00:11:45 19 EXPERIENCE RIM FOR YOURSELF SO IF YOU ARE IN A PLACE

00:11:45 20 WHERE YOU MIGHT BE DISTRACTED THIS IS YOUR OPPORTUNITY

00:11:47 21 TO MOVE, CLOSE YOUR WINDOW, SILENCE YOUR TELEPHONE AND
00:11:53 22 GET IN A PLACE WHERE YOU ARE FREE FROM DISTRACTIONS AND
00:11:56 23 CAN CLOSE YOUR EYES FOR A FEW MINUTES AND CAN EXPERIENCE
00:11:59 24 RIM AND IF YOU ARE IN AN ENVIRONMENT WHERE YOU CAN'T DO
00:12:02 25 THAT, THAT'S FINE. LISTEN THROUGH THE EXPERIENCE AND

↑

7

00:12:05 1 HEAR IT THROUGH AN OBSERVE AND THEN GO BACK AND VISIT
00:12:08 2 THE RECORDING AFTER THE WEBINAR AND YOU CAN EXPERIENCE
00:12:13 3 IN EXPERIENCE IT FOR YOURSELF.
00:12:14 4
00:12:16 5 RIM, REGENERATING IMAGES IN MEMORY AND IT IS
00:12:22 6 A CLIENT GENERATED BODY CENTERED PROCESS THAT REALLY
00:12:26 7 ACTIVATES ONES NATIVE EMOTIONAL OPERATING SYSTEM AND BY
00:12:30 8 DOING SO IT HELPS STIMULATE THAT HEALING AND HELP
00:12:34 9 INDIVIDUALS GAIN INSIGHT OR PROBLEM-SOLVING AND SO MUCH
00:12:37 10 MORE REALLY ONCE WE HAVE BEEN AFFORDED THAT OPPORTUNITY
00:12:41 11 TO TO PROCESS THOSE NEGATIVE EMOTIONS IT REALLY CAN
00:12:46 12 TRANSFORM SO MANY DIFFERENT ASPECTS OR AREAS OF OUR LIFE
00:12:50 13 AND RIM WAS CREATED BY DR. DEBORAH SANDELLA AND SHE GOT
00:12:56 14 HER MASTER'S DEGREE IN PSYCHIATRIC NURSING AND SHE HAS
00:13:01 15 WORKED IN EVERY MENTAL HEALTH SETTING FROM INTENSIVE
00:13:04 16 RESIDENCIES TO PRIVATE PRACTICE FOR MORE THAN 25 YEARS
00:13:08 17 AND AN AWARD WINNING PSYCHO THERAPIST, A PROFESSOR,
00:13:13 18 TEACHER, BEST SELLING AUTHOR, RESEARCHER AND WAS HAS

00:13:17 19 FORMALLY BECOME KNOWN AS THIS RIM TECHNIQUE DEBORAH
00:13:22 20 SYNTHESIZED BY DRAWING ON HYPNOSIS, SOMATIC TECHNIQUES
00:13:30 21 AND JUST SOME OTHER TECHNIQUES THAT SHE FOUND TO BE
00:13:33 22 EFFECTIVE THROUGH HER WORK THROUGH YEARS OF RESEARCH AND
00:13:37 23 WORKING WITH CLIENTS BUT AS RIM HAS EVOLVED OVER THE
00:13:41 24 YEARS IT HAS DEVELOPED A STANDALONE MODALITY.

00:13:44 25



8

00:13:45 1 AS YOU'LL LEARN MORE ABOUT HERE SHORTLY AND
00:13:49 2 EXPERIENCE SHORTLY AND AS A STANDALONE IT HAS ITS OWN
00:13:54 3 UNIQUE RIM SKILLS AND WHAT'S EXCITING FOR THOSE OF US
00:13:58 4 THAT HAVE BEEN STUDYING THIS IS SOME OF THE NEURO
00:14:02 5 FINDINGS COMING OUT ARE CONFIRMING A LOT OF WHAT DOCTOR
00:14:05 6 DEB HAS BEEN TRAINING INTUITIVELY THROUGH HER WORK FOR
00:14:10 7 DECADES AND LOT OF THAT IS CAPTURED IN HER BOOK AND SOME
00:14:19 8 OF THE SCIENCE BEHIND HOW AND WHY IT WORKS AND SOME
00:14:22 9 SIMPLE RIM ACTIVITIES THAT THE READER CAN DO OR THAT YOU
00:14:26 10 CAN DO WITH YOURSELF.

00:14:27 11

00:14:34 12 SO, HOW DOES RIM WORK? SO IS RIM IS A
00:14:37 13 PROCESS AND REALLY ALLOWS YOU TO REGENERATE YOUR
00:14:41 14 NEUROLOGICALLY GROUNDED SENSE OF SELF AND THAT MIGHT
00:14:45 15 SOUND FOREIGN BUT AFTER THE EXPERIENCE WE'LL GET INTO
00:14:48 16 MORE CONVERSATION AND EXPLAIN WHAT THAT MEANS.

00:14:55 17 NEUROSCIENCE FINDINGS SUPPORT THE EFFICACY OF RIM BY
00:15:00 18 EXPLAINING THE WAYS THAT OUR BRAIN AND NERVOUS SYSTEM
00:15:03 19 CAN REALLY BE CHANGED OR CHANGE OVER TIME. WHAT WE HAVE
00:15:10 20 LEARNED IS RECALLING MEMORIES BIOCHEMICALLY DESTABILIZES
00:15:15 21 IT AND ALLOWS IT TO BE CHANGED AND WE'VE FOUND THAT TO
00:15:22 22 BE MOST HELPFUL OR BENEFICIAL WE MUST BE IN THE MEMORY
00:15:26 23 AND NOT JUST TALKING ABOUT IT IN ORDER FOR IT TO BE
00:15:31 24 STABILIZED OR PROCESSED AND WHEN I TALK ABOUT THAT I'M
00:15:34 25 NOT TALKING ABOUT CHANGING A FACTUAL MEMORY, A

↑

9

00:15:37 1 HISTORICAL MEMORY OR EVENT OR CIRCUMSTANCE WILL ALWAYS
00:15:43 2 REMAIN IN TACT BUT I'LL PROCESS SOME OF THE EMOTIONAL
00:15:46 3 MEMORIES ASSOCIATED BY DEVELOPING THOSE NEW NEURAL
00:15:52 4 PATHWAYS IN OUR SUBCONSCIOUS AND NERVOUS SYSTEM.

00:15:56 5

00:15:56 6 WITHDRAWALS FROM A LOT OF THIS RESEARCH, THE
00:16:01 7 SUBCONSCIOUS IS, BECAUSE OF THE FACT THAT WE NOW NOW
00:16:05 8 THAT OUR SUBCONSCIOUS NERVOUS SYSTEM TREATS WELL
00:16:09 9 IMAGINED EVENTS MUCH LIKE REAL EVENTS, OUR BODY
00:16:15 10 EXPERIENCES THIS AND THIS PROCESS IS FELT OR UNDERSTOOD
00:16:18 11 SIMILARLY TO LIKE WE'RE EXPERIENCING A REAL EVENT AND
00:16:22 12 SOME OF THE RECENT FMRI'S SHOW THAT SIMILAR OR
00:16:26 13 NEUROACTIVITY IN INDIVIDUAL WHEN MENTIONING A RECALL
00:16:31 14 EVENT AS COMPARED TO WHEN THEY ARE ACTUALLY DOING IT AND

00:16:35 15 I THINK OF THE EMOTION OF FEAR. A LOT OF TIMES WHEN
00:16:38 16 WE'RE EXPERIENCING THE EMOTION OF FEAR IT'S NOT BECAUSE
00:16:40 17 WE'RE CURRENTLY FACING SOMETHING THAT COULD THREATEN US
00:16:44 18 BUT BECAUSE WE'RE IMAGINING SOMETHING THAT COULD
00:16:46 19 THREATEN US NOW OR IN THE FUTURE AND WE GET THE SAME
00:16:50 20 PHYSIOLOGICAL RESPONSES, THE SAME RESPONSES IN OUR BODY
00:16:53 21 AND FEEL THAT EMOTION AS THOUGH WE'RE CURRENTLY FACING
00:16:56 22 THAT THREAT BUT WE'RE NOT SO THAT'S HELPED ME UNDERSTAND
00:17:00 23 OR VALUE THAT TRUTH THAT WHAT WE IMAGINE SOMETIMES AS
00:17:03 24 PROCESSED OR FELT OR EXPERIENCED IN OUR BODY MUCH LIKE A
00:17:07 25 REAL EVENT.



10

00:17:08 1
00:17:10 2 SO, AT THIS POINT, BEFORE WE GET INTO THE
00:17:15 3 EXPERIENCE THAT MICHAEL WILL GUIDE US THROUGH IN A
00:17:15 4 MOMENT I'D LIKE TO TAKE THIS OPPORTUNITY TO LEARN MORE
00:17:17 5 ABOUT WHO IS SHOWING UP HERE TODAY AND WHO IS ON THIS
00:17:20 6 LIVE WEBINAR. I'LL ASK YOU FOR THIS QUESTION, WHAT DO
00:17:24 7 YOU ALREADY KNOW ABOUT RIM, WHICH CATEGORY DO YOU FALL
00:17:28 8 INTO, THE FIRST I NEVER HEARD OF IT, THE SECOND I HAVE
00:17:32 9 HEARD OF IT BUT DON'T KNOW WHAT IT IS, THE THIRD, I'M
00:17:36 10 FAMILIAR WITH RIM AND EXCITED TO LEARN MORE ABOUT IT OR
00:17:41 11 FOURTH I HAVE PERSONALLY EXPERIENCED RIM AND AS A CLIENT
00:17:50 12 PRACTITIONER.

00:17:51 13 >> ABOUT 70% OF YOU HAVE VOTED VERY QUICKLY.
00:17:58 14 THANKS FOR VOTING IN THIS POLL. JUST A QUICK REMINDER,
00:18:01 15 ANY QUESTIONS YOU HAVE FOR OUR PRESENTERS YOU CAN ASK IN
00:18:05 16 THE GO TO QUESTIONS BOX AND WE'LL ASK THEM TOWARDS THE
00:18:09 17 END OF THE WEBINAR FOR A BRIEF Q&A. I'LL GIVE YOU FIVE
00:18:13 18 MORE SECONDS TO ANSWER THE POLL AND THEN WE'LL TURN THIS
00:18:17 19 BACK OVER TO YOUR PRESENTERS.

00:18:20 20

00:18:21 21 ALRIGHT. THANK YOU SO MUCH, EVERYONE. I'M
00:18:23 22 GOING TO GO AHEAD AND CLOSE THIS POLL AND SHARE THE
00:18:26 23 RESULTS AND I'LL TURN THIS BACK OVER TO YOUR PRESENTERS.

00:18:29 24 >> AND I'LL UNMUTE AND THEN I'LL SAY SAMSON
00:18:38 25 AND THANK YOU GARRETT. LET'S LOOK AT THE POLL RESULTS.

↑

11

00:18:41 1 65% BRAND NEW TO RIM. I LOVE THAT. YOU ARE IN THE RIGHT
00:18:46 2 PLACE AND WE'RE BRINGING YOU TO THE RIGHT PLACE. HEARD
00:18:49 3 OF IT BUT NOT SURE WHAT IT IS IS THE NEXT BIG GROUP AND
00:18:53 4 SO WE CAN SURE FIX THAT AND A LITTLE BIT OF FAMILIAR,
00:18:56 5 EXCELLENT. GREAT.

00:18:57 6

00:18:58 7 THANK YOU FOR THOSE RESULTS AND THANKS FOR
00:19:00 8 PLAYING ALONG AT HOME. AND NOW, LET'S SEE IF I CAN GET
00:19:05 9 CONTROL HERE.

00:19:06 10

00:19:07 11 THERE WE ARE. EXCELLENT. IN A FEW MINUTES
00:19:12 12 I'M GOING TO START OUR EXPERIENCE SO LIKE GARRETT SAID,
00:19:15 13 IF YOU CAN GET TO A PLACE WHERE YOU CAN HAVE 20 MINUTES
00:19:18 14 OF UNINTERRUPTED TIME FOR YOURSELF, IT'S A GIFT WORTH
00:19:24 15 EXPERIENCING. IF NOT, LISTEN TO THE RECORDING LATER BUT
00:19:28 16 IT'S BETTER TO EXPERIENCE IT THAN TO WATCH IT.

00:19:31 17

00:19:31 18 WHAT WE'RE GOING TO DO, IT'S GOING TO SOUND
00:19:34 19 LIKE GUIDED IMAGERY. PEOPLE HAVE SAID I DO THIS IN MY
00:19:39 20 YOGA CLASS BUT THIS IS NOT MEDITATION. IT DOES HAVE THAT
00:19:45 21 FEEL WHEN WE'RE IN A GROUP. IF I WAS WORKING WITH YOU
00:19:48 22 ONE-ON-ONE YOU WOULD BE DOING YOUR PART OUT LOUD AND
00:19:51 23 SHARING WHAT'S SHOWING UP AND BUILDING FROM THERE BUT IN
00:19:55 24 A GROUP EXPERIENCE IT'S GOING TO BE FACILITATED BY ME
00:19:59 25 BECAUSE I HAVE NO IDEA WHAT YOU ARE EXPERIENCING SO I'M



12

00:20:01 1 GOING TO BE PRETTY GENERIC. WHATEVER COMES UP IS
00:20:07 2 PERFECT. IF YOUR ANSWER IS NOTHING, JUST NOTICE THE
00:20:10 3 NOTHING. IT'S ABSOLUTELY BRILLIANT. TRUST THAT THE
00:20:14 4 UNCONSCIOUS KNOWS WHAT IT IS DOING AND IF YOU FEEL LIKE
00:20:16 5 YOU ARE NOT GOOD AT IMAGERY, THAT'S GREAT. I NEVER WAS
00:20:22 6 EITHER AND I DISCOVERED THAT. JUST GO WITH WHAT POPS UP.
00:20:31 7 IF YOU FEEL LIKE YOU FALL ASLEEP OR IF YOUR MIND WANDER
00:20:35 8 S, IF YOU HAVE A COMPLETELY DIFFERENT EXPERIENCE THAN

00:20:37 9 WHAT I'M GUIDING, I'M JEALOUS BECAUSE YOURS IS BETTER
00:20:42 10 THAN MINE. I CAN NEVER COME UP WITH AS MUCH AS YOUR
00:20:45 11 CONSCIOUS HAS ACCESS TO SO JUST WELCOME WHATEVER IS
00:20:49 12 THERE.

00:20:49 13

00:20:49 14 OUR LANGUAGE, WHEN I SAY WORDS LIKE ENERGY,
00:20:52 15 RESOURCE, THERE'S NO PARTICULAR MEANING. I'M
00:20:55 16 INTENTIONALLY TRYING TO BE NEUTRAL SO WE HAVE NO
00:20:58 17 PARTICULAR SPIRITUAL OR RELIGIOUS BELIEF SYSTEM BUILT
00:21:03 18 INTO RIM AND IT'S WIDE OPEN FOR YOU TO BRING YOURS INTO
00:21:07 19 IT OR NOT AT ALL AND IT ALL WORKS THE SAME SO WHEN I SAY
00:21:11 20 RESOURCE, THAT COULD BE BATMAN OR WONDER WOMAN, MY
00:21:16 21 CLIENTS TEND TO BE WOMAN OF A CERTAIN AGE AND THEY HAVE
00:21:20 22 RECENTLY BEEN TELLING ME THAT IT'S WONDER WOMAN, LINDA
00:21:24 23 CARTER, NOT THIS NEW CHICK SO WHATEVER SHOWS UP FOR YOU
00:21:28 24 IS PERFECT AND IT VERY WELL MAYBE A RELIGIOUS FIGURE OR
00:21:34 25 THE PET THAT YOU HAD WHEN YOU WERE A KID OR SPONGE BOB

↑

13

00:21:38 1 SQUARE PANTS, IT DOES NOT MATTER. WHATEVER SHOWS UP FOR
00:21:42 2 YOU IN THAT MOMENT IS PERFECT.

00:21:44 3

00:21:44 4 THE ONLY THREE THINGS YOU NEED TO KNOW
00:21:46 5 BEFORE YOU CLOSE YOUR EYES IS ONE, YOU ARE ALWAYS IN
00:21:49 6 CHARGE AND TWO, YOU CAN'T DO IT WRONG. NO MATTER WHAT

00:21:53 7 HAPPENS OR DOESN'T HAPPEN OR MAYBE YOU FELL ASLEEP,
00:21:56 8 MAYBE YOU NEEDED THE REST SO YOU ARE WELCOME. AND WHAT
00:22:01 9 HAPPENS MORE OFTEN THAN NOT, PEOPLE SHARE WITH ME, I
00:22:04 10 THINK I FELL ASLEEP, I GOT THE BODY SENSING AND THEN I
00:22:08 11 WAS GONE AND THEN I REMEMBER WHEN YOU WERE TELLING US
00:22:10 12 YOU ARE BRINGING US BACK AND THEN THEY SHARE THROUGH
00:22:14 13 DISCUSSION OTHER THINGS THAT HAPPENED DURING THE
00:22:17 14 EXPERIENCE AND IT TURNS OUT THEY DID EVERYTHING THEY DID
00:22:22 15 DURING THE EXPERIENCE AND SO THE CONSCIOUS SLEEP S AND
00:22:28 16 YOU CAN'T DO IT WRONG. DON'T WORRY ABOUT IT.

00:22:31 17

00:22:31 18 TWO WEEKS AGO I HAD A GROUP OF WRITERS WHO
00:22:34 19 HAD A GROUP BOOK ABOUT TO BE PUBLISHED AND THEY WERE IN
00:22:38 20 THAT ANXIETY PHASE AND WE DID A GROUP RIM FOR THE
00:22:45 21 WRITERS GROUP AND AFTERWARDS IN THE SHARING ONE OF THEM
00:22:49 22 SHARED THAT SHE HAD THIS BIG SHIFT WHEN I TOLD HER TO GO
00:22:54 23 DOWN THE PATH THAT SHE WASN'T READY TO GO DOWN AND
00:22:59 24 EVERYTHING CHANGED BUT I NEVER MENTIONED A PATH AND
00:23:03 25 ANOTHER THING SHE HEARD WAS WHEN I TOLD HER TO SPEAK TO

↑

14

00:23:08 1 HER YOUNGER SELF AND I NEVER SAID THAT EITHER SO
00:23:11 2 WHATEVER SHOWS UP AND SPEAKING OF BEING IN CONTROL, WHEN
00:23:15 3 I SAY CLOSE YOUR EYES, IT'S ONLY IF YOU WANT TO. I
00:23:18 4 ALREADY TOLD YOU YOU ARE IN CHARGE. IF YOU WANT A SOFTER

00:23:22 5 GAZE AND YOU WANT YOUR EYES OPEN, THAT WORKS TOO, THAT'S
00:23:26 6 TERRIFIC. YOU CAN FEEL FREE TO IGNORE ALL OF MY
00:23:29 7 DIRECTIONS. I'VE BEEN MARRIED FOR 32 YEARS. I'VE GOTTEN
00:23:34 8 GOOD AT GIVING DIRECTIONS AND SOMETIMES IT HAPPENS, MORE
00:23:37 9 OFTEN THAN NOT IT DOESN'T AND IT'S PERFECT AND SO NOW
00:23:41 10 I'M LEARNING TO LIVE LIFE IN A MORE RIM LIFE WAY,
00:23:45 11 WELCOMING WHAT SHOWS UP. RIDING THE HORSE IN WHATEVER
00:23:49 12 DIRECTION. SO IF YOU ARE READY, CLOSE YOUR EYES OR JUST
00:23:54 13 SOFTEN YOUR GAZE.

00:23:57 14

00:23:57 15 LET'S JUST START WITH A COUPLE OF DEEP,
00:24:00 16 CLEANSING BREATHS, MAYBE A BIG BREATH IN THROUGH THE
00:24:03 17 NOSE AND IN AN AUDIBLE SIGH ON THE EXHALE, LET'S US KNOW
00:24:11 18 WE'RE REALLY RELAXING. [SIGHS] AND JUST IMAGINE ON YOUR
00:24:20 19 NEXT INHALE THAT YOU ARE BREATHING RIGHT INTO YOUR
00:24:23 20 CHEST, RIGHT INTO YOUR HEART. AND IMAGINE THAT YOU ARE
00:24:26 21 EXHALING OUT OF THE SMALL OF YOUR BACK.

00:24:30 22

00:24:36 23 AND THEN IMAGINE ON YOUR NEXT INHALE THAT
00:24:39 24 YOU ARE ALSO BREATHING, RIGHT INTO THE FRONT OF YOUR
00:24:43 25 NECK, RIGHT INTO YOUR THROAT AND EXHALING OUT OF YOUR

↑

15

00:24:48 1 BACK AT THE SAME TIME. JUST BREATHING IN A SENSE OF LOVE
00:24:57 2 AND SUPPORT, EXHALING WHATEVER WANTS TO BE RELEASED. AND

00:25:08 3 NOW IMAGINE ON YOUR NEXT INHALE THAT YOU ARE ALSO
00:25:12 4 BREATHING IN RIGHT INTO THE TOP OF YOUR HEAD, RIGHT INTO
00:25:16 5 YOUR CROWN AND EXHALING OUT OF YOUR BACK AND BELLY AND
00:25:19 6 HANDS AND FEET ALL AT THE SAME TIME.

00:25:21 7

00:25:25 8 SO NOW YOUR WHOLE BODY IS JUST RELAXING AND
00:25:31 9 BREATHING. AND THEN LET YOUR BREATHING RETURN TO ITS OWN
00:25:44 10 NATURAL RELAXED RHYTHM. JUST GO AHEAD AND LOOK AROUND
00:25:49 11 INSIDE YOUR BODY LIKE YOU ARE LOOKING AT IT IN 3D.

00:25:53 12

00:26:00 13 AND JUST NOTICE WHATEVER IS CALLING YOUR
00:26:05 14 ATTENTION, EVEN IF THE ANSWER IS NOTHING, JUST NOTICE
00:26:12 15 WHAT THAT'S LIKE. THERE'S NOTHING CALLING YOUR
00:26:14 16 ATTENTION. YOU MIGHT NOTICE A SENSATION. THERE MIGHT BE
00:26:19 17 A PAIN OR AN OLD INJURY OR SOMETHING PHYSICAL. LET GO OF
00:26:24 18 ANY NEED TO EDIT OR FILTER OR DISMISS ANYTHING. IT'S
00:26:28 19 OKAY IF IT'S A RECENT INJURY OR SURGERY OR SOMETHING
00:26:34 20 LIKE THAT. JUST WELCOME IT. NOTICE IT'S SOMETHING THAT'S
00:26:38 21 SHOWING UP. IT MIGHT BE A KNOWING. NOTHING AT ALL,
00:26:41 22 NOTHING TO FIGURE OUT. SOME AREA OF YOUR BODY MIGHT JUST
00:26:45 23 BE LIGHTENING UP OR JUST DRAWING YOUR ATTENTION SO JUST
00:26:49 24 NOTICE.

00:26:49 25



00:26:49 1 THERE MIGHT BE MORE IN ONE AREA OF YOUR
00:26:52 2 BODY, YOU MIGHT JUST NOTICE THAT THEY ARE CONNECTED LIKE
00:26:56 3 ONE ENERGY. YOU MIGHT NOTICE THAT ONE IS CALLING YOUR
00:27:01 4 ATTENTION MORE THAN THE OTHER. YOU MIGHT NOTICE THAT
00:27:04 5 MOVING, YOUR ATTENTION MOVING FROM PLACE TO PLACE.
00:27:08 6 THAT'S OKAY TOO. JUST NOTICE WHAT THAT'S LIKE.

00:27:12 7

00:27:17 8 SO WHATEVER IT IS OR ISN'T JUST NOTICE.
00:27:24 9 NOTICE THE COLOR OR COLORS THAT YOU ARE IMAGINING AND
00:27:35 10 THAT ENERGY MAY BE CLEAR OR BLACK OR WHITE AND LETTING
00:27:46 11 GO OF ANY NEED TO MAKE MEANING OF IT, NOTICE WHAT COLOR
00:27:50 12 OR COLORS IS THERE. AND JUST NOTICE THAT THERE'S A SHAPE
00:27:56 13 TO IT. OR IS IT A BLOB OR A CLOUD, OR MAYBE IT'S
00:28:07 14 CHANGING SHAPE OR IN MOTION, MAYBE IT'S MOVING LIKE LAVA
00:28:17 15 LAMP OR MAYBE IT'S PULSATING OR MAYBE IT'S STILL.
00:28:21 16 THERE'S NO RIGHT OR WRONG. JUST NOTICING.

00:28:24 17

00:28:30 18 AND JUST NOTICE WHAT THE SURFACE IS LIKE. IS
00:28:33 19 IT HARD OR SOFT? MAYBE IT'S GOOEY OR LIQUID OR MISTY OR
00:28:46 20 SOMETHING ELSE. AND IT MAY BE ROUGH OR SMOOTH. AND
00:29:00 21 NOTICE WHAT'S BENEATH THE SURFACE. IT MIGHT BE THE SAME
00:29:03 22 THROUGH AND THROUGH. IT MAY BE HOLLOW. IT MAY BE MORE
00:29:08 23 DENSE. IT MAY BE JUST SOMETHING COMPLETELY DIFFERENT.

00:29:13 24

00:29:13 25 OR YOU MAY NOT KNOW. JUST SENSE WHATEVER



00:29:19 1 WANTS TO BE SENSED THERE. AND WHATEVER ELSE WANTS TO BE
00:29:29 2 NOTICED ABOUT IT, IT MIGHT HAVE A WEIGHT, IT MIGHT FEEL
00:29:32 3 VERY HEAVY, IT MIGHT FEEL VERY LIGHT, IT MIGHT BE WARMER
00:29:37 4 OR COLDER THAN YOUR BODY OR JUST THE SAME.

00:29:40 5

00:29:45 6 AND SO WHATEVER YOU ARE SENSING, JUST
00:29:48 7 IMAGINE MOVING YOUR AWARENESS INSIDE, MOVING YOUR
00:29:54 8 AWARENESS INTO THIS ENERGY. AND JUST NOTICE WHAT IT'S
00:29:58 9 LIKE TO ALLOW YOURSELF TO JUST BE IN IT. EVEN IF IT'S
00:30:05 10 SOLID OR LIQUID OR SOMETHING ELSE, YOU CAN JUST BE IN
00:30:09 11 IT. YOU'LL JUST NATURALLY FIND YOURSELF IN WHATEVER AREA
00:30:13 12 IS MOST COMPELLING, WHATEVER YOU ARE DRAWN TO IS RIGHT.
00:30:17 13 YOU MIGHT BE ON THE SURFACE. YOU MIGHT BE IN ONE CORNER.
00:30:21 14 YOU MIGHT BE IN THE VERY CENTER. YOU MIGHT BE SPINNING
00:30:24 15 OR FLOWING IF THERE'S MOVEMENT. YOU MIGHT FIND YOURSELF
00:30:27 16 VERY STILL. IT MAY BE SMALL AND CRAMPED. IT MAY BE LARGE
00:30:33 17 AND OPEN, EVEN CAVERNOUS. YOU MIGHT FIND YOURSELF
00:30:39 18 STOPPED. YOU MIGHT FIND YOURSELF EXPLORING.

00:30:42 19

00:30:42 20 JUST NOTICE WHATEVER IS THERE, WHATEVER
00:30:45 21 WANTS TO BE NOTICED, WHAT CALLS YOUR ATTENTION? IT MAY
00:31:01 22 BE VERY DIFFERENT THAN WHAT APPEARED FROM OBSERVING IT.
00:31:05 23 YOU MIGHT NOTICE IT'S COOLER OR WARMER. WHATEVER YOU ARE

00:31:12 24 NOTICING, I THINK NOW YOUR IMAGINATION IS GOING TO BRING
00:31:17 25 FORGE A VIRTUAL RESOURCE ABOUT YOU. IT COULD BE AN ANGEL

↑

18

00:31:22 1 OR A DEITY FROM YOUR FAITH, SOMETHING FROM NATURE OR AN
00:31:27 2 ANIMAL, A FRIEND, IT MIGHT BE YOUR FUTURE SELF OR HIGHER
00:31:36 3 SELF. IT MIGHT EVEN BE CARTOON OR A SUPERHERO. LETTING
00:31:43 4 GO OF ANY NEED TO EDIT OR FILTER, WELCOME WHOEVER OR
00:31:50 5 WHATEVER SHOWS UP AND NOTICE HOW THAT FEELS AS YOUR
00:31:56 6 RESOURCE IS THERE.

00:31:57 7

00:32:04 8 WHETHER THAT'S AN ANGEL OR AN ASPECT OF
00:32:07 9 YOURSELF, JUST NOTICE HOW IT FEELS LETTING GO OF ANY
00:32:10 10 NEED TO MAKE MEANING OF IT. AND NOTICE IF IT'S A
00:32:18 11 RESOURCE YOU KNOW OR NOT. AND IF NOT, YOU CAN JUST ASK
00:32:26 12 WHAT NAME IT WANTS TO BE CALLED AND IF IT'S AN ANGEL OR
00:32:30 13 IF IT'S A TREE OR A STONE, IT MIGHT JUST BE ANGEL OR
00:32:35 14 TREE. OR IT MIGHT HAVE A NAME. YOU JUST RECEIVE WHATEVER
00:32:39 15 POPS IN AND IF IT'S SOMEONE YOU DO KNOW, JUST NOTICE HOW
00:32:44 16 THEY APPEAR. DO THEY LOOK THE WAY THEY DID THE LAST TIME
00:32:48 17 YOU SAW THEM OR PERHAPS FROM A YOUNGER AGE?

00:32:52 18

00:32:53 19 ARE THEY FACING YOU OR AWAY? ARE THEY NEAR
00:32:59 20 OR FURTHER AWAY FROM YOU? AND IF IT FEELS RIGHT IF THEY
00:33:03 21 ARE FURTHER AWAY YOU CAN SIMPLY ASK THEM TO COME CLOSER.

00:33:08 22

00:33:09 23

AND IF IT SHOULD HAPPEN TO BE SOMEONE WHO

00:33:13 24

HAS PASSED, YOU MIGHT GET A SENSE OF IT BEING A

00:33:16 25

SPIRITUALLY EVOLVED FORM OF THEM OR A VERY HUMAN FORM OF



19

00:33:19 1

THEM OR BOTH OR YOU MAY NOT KNOW.

00:33:22 2

00:33:26 3

AND AS YOU ARE SENSING HOW IT FEELS TO HAVE

00:33:29 4

THIS RESOURCE WITH YOU, NOTICE WHAT ELSE IS THE SAME OR

00:33:32 5

WHAT ELSE IS DIFFERENT AS YOUR RESOURCE IS WITH YOU. IT

00:33:36 6

MIGHT BE WARMER OR COOLER. IT MIGHT BE MORE OPEN, LARGER

00:33:43 7

OR SMALLER, LIGHTER OR DIMMER. STILLNESS MAY BE AN OCEAN

00:33:50 8

OR A MOVEMENT MAY BECOME STILL OR MAYBE EVERYTHING IS

00:33:54 9

EXACTLY THE SAME. THERE'S NO RIGHT OR WRONG. JUST

00:33:57 10

NOTICE.

00:34:01 11

00:34:09 12

AND NOW JUST IMAGINE MOVING YOUR AWARENESS

00:34:11 13

OVER INTO THE RESOURCE. AS BEST YOU CAN JUST SO YOU CAN

00:34:16 14

STAND IN THEIR SHOES OR LOOK OUT OF THEIR EYES, LOOK OUT

00:34:20 15

OF THEIR PERSPECTIVE OR ITS PERSPECTIVE BACK AT

00:34:23 16

YOURSELF.

00:34:24 17

00:34:27 18

AND YOU'LL SENSE YOUR RESOURCES FEELINGS FOR

00:34:30 19

YOU AND WHENEVER I SAY THE WORD SELF JUST REPLACE IT

00:34:34 20 WITH YOUR OWN NAME OR WHATEVER NAME YOUR RESOURCE CALLS
00:34:37 21 YOU BY AND JUST GO AHEAD AND SPEAK FOR THE RESOURCE TO
00:34:42 22 YOURSELF WHATEVER WANTS TO BE SPOKEN.

00:34:45 23

00:34:45 24 SELF, WHAT I SENSE WEIGHING ON YOU IS? AND

00:35:03 25 SELF, WHAT I SENSE IS MOST CONCERNING ABOUT THAT IS?

↑

20

00:35:08 1

00:35:25 2 AND SELF, WHAT I WANT YOU TO KNOW. AND SELF,

00:35:42 3 WHAT I KNOW TO BE ABSOLUTELY TRUE FOR YOU IN TERMS OF

00:35:48 4 YOUR RESOURCE FULLNESS AND SUPPORT?

00:36:04 5

00:36:05 6 AND WHAT I WANT MOST FOR YOU,SELF? AND IF I

00:36:26 7 COULD CHANGE ANYTHING FOR YOU,SELF, I WOULD? AND

00:36:40 8 ANYTHING ELSE THE RESOURCE WANTS TO SHARE WITH YOU.

00:36:44 9

00:37:01 10 AND SELF, HOW IT FEELS TO SAY ALL THIS TO

00:37:04 11 YOU? AND WHEN THAT FEELS COMPLETE, GO AHEAD AND MOVE

00:37:18 12 YOUR AWARENESS BACK INTO YOURSELF AND JUST LOOK BACK AT

00:37:21 13 YOUR RESOURCE AND JUST SENSE RECEIVING ALL THAT'S BEEN

00:37:25 14 SPOKEN LIKE A STREAM OF COLORED ENERGY FLOWING FROM THE

00:37:28 15 RESOURCE TO YOU.

00:37:29 16

00:37:30 17 AND JUST NOTICE THE COLOR AND THE QUALITY OF

00:37:33 18 THAT ENERGY AND NOTICE WHERE IT ENTERS YOUR BODY. AND
00:37:46 19 YOU CAN JUST GO AHEAD AND RECEIVE ALL THAT WANTS TO BE
00:37:48 20 RECEIVED OF THAT ENERGY FLOWING THROUGH YOUR WHOLE BODY
00:37:52 21 AS IT JUST TAKES ON A LIFE OF ITS OWN FILLING EVERY PART
00:37:59 22 OF YOUR SKIN, EVERY BLOOD VESSEL, EVERY BIT OF BONE AND
00:38:03 23 TISSUE UP TO YOUR HEAD TO THE TIPS OF YOUR FINGERS TO
00:38:08 24 THE TIPS OF YOUR TOES TO THE CORE OF YOUR SPINE
00:38:11 25 RADIATING OUT TO EVERY CELL OF YOUR BODY, AS EVERY CELL



21

00:38:15 1 RECEIVES ALL OF THE KNOWING AND SUPPORT AND INSIGHTS AND
00:38:19 2 EVERYTHING THAT'S BEEN SHARED.

00:38:22 3

00:38:24 4 AND WHEN THAT FEELS COMPLETE, GO AHEAD AND

00:38:28 5 SPEAK TO YOUR RESOURCE WHATEVER WANTS TO BE SPOKEN,

00:38:32 6 CALLING THE RESOURCE BY WHATEVER NAME IS APPROPRIATE.

00:38:35 7 WHATEVER FEELS RIGHT. RESOURCE, WHAT I HEAR YOU SAYING,

00:38:38 8 WHAT I'M RECEIVING IS? AND RESOURCE, HOW IT FEELS TO

00:39:00 9 HEAR THIS FROM YOU? AND RESOURCE, WHAT I'M BECOMING

00:39:15 10 AWARE OF, WHAT I'M REALIZING IS?

00:39:24 11

00:39:44 12 AND JUST SENSE THE ENERGY OF YOUR AWARENESS.

00:39:48 13 YOUR NEW REALIZATION, SENSE YOUR AWARENESS AROUND YOUR

00:39:53 14 BODY, WHERE AND WHEN IS THAT SHOWING UP? AND JUST NOTICE

00:39:59 15 THE COLOR AND TEXTURE, DIFFERENT QUALITIES WANT TO BE

00:40:03 16 NOTICED ABOUT THAT. AND GO AHEAD AND MOVE YOUR AWARENESS
00:40:07 17 IN THAT, BE IN THAT ENERGY, THAT COLOR, THAT TEXTURE,
00:40:11 18 THAT MOVEMENT, WHATEVER IS THEREOF THAT AWARENESS AND
00:40:14 19 SPEAK TO THE RESOURCE WHATEVER ELSE WANTS TO BE SPOKEN.

00:40:17 20

00:40:19 21 RESOURCE, WHAT I NEED OR WANT FROM YOU NOW
00:40:22 22 IS? ANYTHING ELSE UNTIL THAT FEELS COMPLETE. AND
00:40:45 23 RESOURCE, HOW IT FEELS TO SAY ALL THIS TO YOU. AND JUST
00:40:56 24 NOTICE IF THERE'S -- NOTICE WHAT'S CALLING YOUR
00:40:59 25 ATTENTION IN YOUR BODY NOW AND IF THERE'S ANYTHING ELSE

↑

22

00:41:02 1 THAT NEEDS MORE TENSION AND JUST NOTICE THE SIZE, SHAPE,
00:41:13 2 COLOR OF THAT AND ASK YOUR RESOURCE IF THEY WOULD BE
00:41:17 3 WILLING TO HOLD THAT FOR YOU TO WORK ON AT ANOTHER TIME
00:41:20 4 OR JUST TAKE IT AWAY OR JUST CHANGE IT IN A CERTAIN WAY
00:41:25 5 AND NOTICE WHAT HAPPENS WITH THAT, WHAT WANTS TO BE
00:41:28 6 NOTICED AND JUST ALLOW THAT TO HAPPEN AND IF THERE WANTS
00:41:32 7 TO BE ANY OTHER SPONTANEOUS EXCHANGE OR ANYTHING ELSE
00:41:36 8 THAT WANTS TO HAPPEN WITH YOUR RESOURCE. MAYBE YOU WANT
00:41:40 9 A HUG OR THERE MIGHT BE SPONTANEOUS DIALOGUE OR DO
00:41:44 10 SOMETHING ELSE.

00:41:45 11

00:41:45 12 YOU COULD ASK YOUR RESOURCE IF THEY WOULD BE
00:41:48 13 AVAILABLE AT ANOTHER TIME OR PERHAPS TO STAY WITH YOU

00:41:51 14 ALWAYS. OR TO SAY GOODBYE FOR NOW IN WHATEVER WAY FEELS
00:41:56 15 RIGHT. AND WHEN ALL THAT FEELS COMPLETE, JUST NOTICE
00:42:12 16 WHAT YOU ARE SENSING IN YOUR BODY NOW AS YOU BECOME
00:42:19 17 AWARE OF YOUR BREATH AND MORE WARE OF YOUR BODY. AND YOU
00:42:25 18 CAN BECOME AWARE OF WHAT EVERY CELL IS AVAILABLE TO IT
00:42:31 19 NOW, AS EVERY CELL IN YOUR BODY BECOMES MORE WARE OF HOW
00:42:35 20 RESOURCED YOU ARE. AWARE THAT YOU ARE ALWAYS LOVED AND
00:42:43 21 RESOURCED.

00:42:44 22

00:42:46 23 AND ALL OF THE SUPPORT AND INSIGHTS RECEIVED
00:42:50 24 ARE ANCHORED DEEP IN CELLULAR MEMORY OF EVERY SINGLE
00:42:54 25 CELL OF YOUR MEMORY UNTIL THE CELL OF DNA AND YOUR

↑

23

00:43:01 1 CONSCIOUS LET'S YOU KNOW THIS IS INTEGRATED INTO
00:43:05 2 PERMANENT ENERGY AND WE'RE HERE TO SERVE YOU NEXT WEEK,
00:43:08 3 NEXT YEAR AND IN YOUR FUTURE AS A PERMANENT PART OF YOUR
00:43:12 4 EXPERIENCE. BY PULLING YOU AWAY AND FEELING BACK TO YOUR
00:43:17 5 ARMS, LEGAL S, WHOLE BODY, ARMS, FINGERS AND TOES AND
00:43:21 6 SPONTANEOUSLY OPENING YOUR EYES.

00:43:24 7

00:43:35 8 WELCOME BACK. SO RIGHT NOW I IMAGINE THAT
00:43:43 9 SOME OF YOU ARE FEELING PERHAPS NOTHING. SOME OF YOU ARE
00:43:50 10 EXCITED AND READY TO SHARE THAT SOMETHING SPECTACULAR
00:43:56 11 HAPPENED OR VERY MOVING OR VERY DEEP AND EVERYTHING IN

00:44:00 12 BETWEEN AND SOME OF YOU MIGHT BE FEELING STUCK.

00:44:03 13

00:44:03 14 SO WHATEVER YOUR EXPERIENCE IS, IT'S OKAY

00:44:07 15 AND WE'VE GOT YOUR BACK. SO RIGHT NOW, SO JUST HOLD THAT

00:44:11 16 THOUGHT, WHATEVER IS COMING UP RIGHT NOW. WE WANT TO

00:44:15 17 HEAR EVERYTHING YOU HAVE TO SAY AND NORMALLY, WHEN WE DO

00:44:21 18 -- WE'RE GOING TO DO A Q&A LATER AND DO SOME SHARING AND

00:44:24 19 PROVIDE ANOTHER RESOURCE AND YOU CAN REACH OUT TO US

00:44:27 20 TOMORROW OR NEXT WEEK IF YOU WANT TO.

00:44:29 21

00:44:29 22 LIKE IN OUR FIVE DAY TRAININGS WE DO A LOT

00:44:32 23 OF THESE EXPERIENCES WITH SMALL GROUPS AND WE MIGHT HAVE

00:44:36 24 LONGER EXPERIENCES AND THEN HAVE EVERYONE SHARE AND THAT

00:44:40 25 TAKES TIME BUT CREATES REALLY DEEP JUICY SHARING AND

↑

24

00:44:44 1 VALUING AND DEEPENING AND LEARNING AND GROWING AND I

00:44:47 2 WANT YOU TO SHARE OUT IN SOME WAY WHETHER THAT'S

00:44:50 3 JOURNALLING OR SHARING IN THE Q&A TIME OR IN THE CHAT OR

00:44:54 4 WHATEVER YOU DO BUT SHARE IT SOMEHOW AND I'M NOT GREAT

00:44:58 5 AT MATH BUT I WAS TOLD WE HAVE 800 PEOPLE THAT SIGNED UP

00:45:04 6 TODAY AND I DON'T HAVE TIME TO DO THAT HERE.

00:45:07 7

00:45:07 8 WHAT I WANT TO DO HERE IS GIVE A FEW SECONDS

00:45:10 9 TO TAKE A PEN TO JOT DOWN A COUPLE OF KEYWORDS OR A

00:45:13 10 SENTENCE OR TWO SO THAT YOU DON'T LOSE THE KEY POINTS
00:45:18 11 THAT YOU WANT TO MAYBE JOURNAL ON LATER OR TO SHOOT US
00:45:21 12 AN E-MAIL AND SHARE WITH US OR TO SHARE WITH SOMEONE
00:45:24 13 CLOSE TO YOU, SO ANYTHING THAT CAME OUT. SO GO AHEAD AND
00:45:28 14 DO THAT NOW.

00:45:29 15

00:45:43 16 GARRETT, JUST KICKED ME UNDER THE TABLE AND
00:45:46 17 REMINDED ME THAT I'M GOING TO SHARE A SAMPLE STORY.
00:45:50 18 WE'VE HEARD THIS STORY 100 TIMES. IT'S A SAMPLE STORY
00:45:54 19 I'LL SHARE BECAUSE SOME OF YOU HAD THE SIMILAR
00:45:58 20 EXPERIENCE AND YOU'LL KNOW YOU ARE NOT ALONE. IT'S
00:46:00 21 COMMON, MEN, WOMEN, TEENAGERS AND PEOPLE FROM ALL WALKS
00:46:04 22 OF LIFE, A SIMILAR STORY.

00:46:06 23

00:46:06 24 I HAD A WOMEN HERE IN SARASOTA CAME TO THE
00:46:09 25 EVENT AND BOOKED A PRIVATE SESSION WITH ME AND FELT

↑

25

00:46:12 1 GUILTY ABOUT BOOKING THE SESSION BECAUSE THERE WAS
00:46:15 2 NOTHING WRONG. SHE GOES I SHOULD BE HAPPIER. SHE IS 60
00:46:19 3 YEARS OLD AND OWNED A BUSINESS AND HAS LONG TIME
00:46:21 4 EMPLOYEES AND MARRIED TO THE SAME GREAT GUY FOREVER, AND
00:46:25 5 BUSINESS IS GOOD AND KIDS ARE IN COLLEGE AND PAID OFF
00:46:29 6 THE HOUSE ON THE GOLF COURSE AND I SHOULD BE HAPPIER AND
00:46:33 7 SHE FELT GUILTY FOR NOT FEELING HAPPIER AND WANTED TO

00:46:38 8 FORGET THE WHOLE THING. I THINK WE CAN ALL RELATE AND
00:46:41 9 HAVE BEEN THERE AND IT'S USUALLY NOT THE SORT OF THING
00:46:44 10 THAT PEOPLE GET HELP ON AND I SAID CLOSE YOUR EYES AND
00:46:50 11 SPONTANEOUSLY A MEMORY SHOWED UP FOR HER, A 6TH GRADER
00:46:55 12 WALKING HOME FROM SCHOOL AND BOY PUSHED HER FROM HIND
00:46:59 13 AND SHE FELL AND BROKE A TOOTH AND THERE WERE TEARS AND
00:47:07 14 SHE HADN'T THOUGHT ABOUT THAT AND SURELY I SHOULD HAVE
00:47:10 15 GOTTEN OVER THIS BY NOW BUT WE WENT BACK TO THE SIX YEAR
00:47:14 16 OLD AND DURING THIS TIME OF REDO SHE GOT TO HAVE A
00:47:18 17 DIALOGUE WITH THE LITTLE BOY WHO PUSHED HER AND SHE
00:47:22 18 SPOKE AND STOOD UP FOR HERSELF AND WHEN SHE MOVED INTO
00:47:25 19 THE LITTLE GUY AND SPOKE BACK SHE DISCOVERED HE LIKED
00:47:30 20 HER AND WANTED TO SPEAK AND THAT WAS HIS LIMIT OF SIX
00:47:35 21 YEAR OLD SKILLS AND GARRETT IS SMILING LIKE HE KNOWS
00:47:39 22 ABOUT ROMANTIC LITTLE BOYS AND UNFORTUNATELY SOME OF US
00:47:44 23 NEVER GROW BEYOND THAT.

00:47:45 24

00:47:46 25 IN AN HOUR SHE HAD GONE FROM BEING A WOMAN



26

00:47:50 1 WHO HAD NEVER STOOD UP FOR HERSELF AND HAD A VOICE TO A
00:47:53 2 WOMEN WITH A VOICE AND WHEN ALWAYS STOOD UP FOR HERSELF.
00:47:58 3 SHE HAD DONE HER MYERS BRIGGS AND SHE THOUGHT IT WAS HER
00:48:02 4 PERSONALITY TYPE. IT WAS JUST AN OBSERVED BEHAVIOR FOR
00:48:06 5 FIFTY-FOUR YEARS AND NOW SHE KNOWS SHE HAS A VOICE. SHE

00:48:10 6 CALLED ME AND SAID I KNOW THAT WAS JUST PRETEND BUT I
00:48:14 7 FEEL COMPLETELY DIFFERENT AND I TOLD MY HUSBAND AND SAID
00:48:17 8 I NEED A NEW WARDROBE. I WALKED INTO MY CLOSET THE NEXT
00:48:22 9 DAY AND I HAD NOTHING TO WEAR. EVERYTHING I HAD WAS FOR
00:48:27 10 ROLE PLAY. I HAVE CLOTH S FOR A MOTHER AND COMMUNITY
00:48:32 11 WORK AND NOTHING FOR ME AND SHE DISCOVERED HERSELF AND
00:48:36 12 THAT SHE HAS ALWAYS HAD A VOICE AND SHE GETS TO USE IT
00:48:40 13 AND SHE HAS A MEMORY AND SO SHE FEELS LIKE SHE HAS
00:48:45 14 ALWAYS SPOKEN UP FOR HERSELF SO THE NEW EMOTIONAL
00:48:48 15 MEMORY, THE IMAGINATION ALLOWS US TO CREATE WHAT NEEDS
00:48:52 16 TO BE CREATED RATHER THAN A GUIDED IMAGINARY. SHE
00:49:01 17 CREATED THIS ON HER OWN AND THE BODY TREATS THE WELL
00:49:04 18 IMAGINED' EVENT LIKE A NEW EVENT.

00:49:10 19

00:49:11 20 WE SHOULD HAVE PUT UP A POLL, HOW MANY
00:49:15 21 PEOPLE HAVE A STORY? WELL WE DO HAVE A POLL SO LET'S
00:49:24 22 PULL THAT UP NOW.

00:49:27 23 >> I'M LAUNCHING THE POLL NOW. I DIDN'T WANT
00:49:34 24 TO INTERRUPT IT WAS SO POWERFUL. WE DID HAVE A FEW COME
00:49:38 25 IN. SOME SAID RELIEVED, SOME SAID EXPERIENCED

↑

27

00:49:42 1 EXHAUSTION. THEY ACTUALLY COME INTO THE QUESTIONS BOX SO
00:49:48 2 YOU AND GARRETT MAY NOT SEE THEM SO THE POLLING QUESTION
00:49:52 3 IS ON THE SCREEN, EVERYONE. WHAT HAPPENED FOR YOU DURING

00:49:55 4 THE RIM EXPERIENCE? YOU'LL SEE FOUR OPTION ANSWERS ON
00:49:59 5 THE SCREEN, A, I NEVER EXPERIENCED THAT TO SHOW UP. THAT
00:50:03 6 WAS PROFOUND, B, THAT WAS INTERESTING, I CAN BEGIN TO
00:50:07 7 UNDERSTAND THE POTENTIAL, C, IT HELPED ME BE PRESENT OR
00:50:11 8 RELAXED BUT NOTHING PROFOUND, D, NOTHING AT ALL, I
00:50:16 9 COULDN'T FOCUS OR FOLLOW ALONG.

00:50:24 10

00:50:24 11 IF YOU HAVE QUESTIONS FEEL FREE TO SEND
00:50:27 12 THEM TO THE Q&A BOX AND WE'LL MAKE SURE TO GET THEM TO
00:50:32 13 YOUR PRESENTERS DURING THE LIVE Q&A. FIVE MORE SECONDS
00:50:35 14 TO ANSWER THE POLLING QUESTION ON YOUR SCREEN.

00:50:40 15

00:50:47 16 ALRIGHT. EVERYONE, I'M GOING TO GO AHEAD AND
00:50:51 17 CLOSE THE POLL AND SHARE THE RESULTS ONSCREEN. I'LL TURN
00:50:54 18 THIS BACK OVER TO YOUR PRESENTERS, GARRETT AND MICHAEL,
00:50:57 19 IF YOU WANT TO HEAR MORE OF WHAT THE AUDIENCE IS SAYING
00:50:59 20 BECAUSE THEY ARE SHARING A LOT IN THE BOX, I'M HAPPY TO
00:51:02 21 SHARE WITH YOU BUT FOR NOW, I'LL TURN IT BACK OVER TO
00:51:05 22 YOU.

00:51:06 23 >> THANKS, I CAN'T WAIT TO READ THAT. I SEE
00:51:09 24 MOST ANSWERS THERE. IT WAS INTERESTING. I'M BEGINNING TO
00:51:12 25 UNDERSTAND THE POTENTIAL. HELPED ME BE PRESENT OR

↑

28

00:51:15 1 RELAXED. NOTHING PROFOUND. VERY GOOD. NOTHING AT ALL.

00:51:19 2 COULDN'T FOCUS OR FOLLOW. EXCELLENT. FOR THOSE THAT SAID
00:51:24 3 NOTHING AT ALL, COULDN'T FOCUS OR FOLLOW ALONG,
00:51:26 4 ABSOLUTELY FINE. I PROMISED YOU COULDN'T DO IT WRONG AND
00:51:29 5 YOU ARE IN CHARGE SO YOU DID GOOD. GIVE YOURSELF A PAT
00:51:33 6 ON THE BACK. NOT TO WORRY.

00:51:35 7

00:51:35 8 IF WE'RE WORKING ONE-ON-ONE IF YOU COULDN'T
00:51:38 9 FOCUS I WOULD SAY TELL ME WHAT IT'S LIKE WHEN YOU CAN'T
00:51:42 10 FOCUS AND WE'D MAKE IT THAT YOUR UNABLE TO FOCUS WOULD
00:51:46 11 BE THE ISSUE SO I WOULD BE FOLLOWING YOU. THE WAY RIM
00:51:50 12 REALLY WORKED IS YOU ARE NOT SUPPOSED TO FOLLOW US.
00:51:52 13 WE'RE SUPPOSED TO FOLLOW YOU SO DON'T WORRY ABOUT IT.
00:51:56 14 SAMSON MENTIONED SOMEONE SAID THEY FELT EXHAUSTED.
00:51:59 15 NOTICE THAT AND LISTEN TO YOUR BODY. ALLOW THAT WELCOME.
00:52:03 16 A LOT OF TIME PEOPLE SAY I'M EXHAUSTED AND I'M ALSO
00:52:07 17 ENERGIZE. THEY FEEL BOTH. THERE'S NO RIGHT OR WRONG WAY
00:52:12 18 TO FEEL. YOU MIGHT FEEL LIKE A NAP OR FEEL LIKE GOING ON
00:52:16 19 A RUN. FANTASTIC. I LOOK FORWARD TO MORE SHARING.

00:52:19 20

00:52:20 21 AND I'M WAITING FOR THAT DELAY ON THE
00:52:24 22 COMPUTER HERE. HERE WE ARE.

00:52:28 23

00:52:28 24 AND DID I LOSE --

00:52:32 25 >> IT LOOKS LIKE YOU STILL HAVE IT. UM?

↑

00:52:36 1 NOPE. CLICK IT ONE MORE TIME.

00:52:41 2 >> I'M LOOKING FOR MY CARTOON. HERE WE ARE.

00:52:44 3 >> THERE YOU GO.

00:52:45 4 >> VERY GOOD. THIS IS WHAT I WAS LOOKING

00:52:48 5 FOR. I LOVE THIS CARTOON. BECAUSE WELL HONESTLY, BECAUSE

00:52:52 6 I FLUNKED CALCULUS IN COLLEGE. IT SAYS IN THE MIDDLE OF

00:52:57 7 THE MATH EQUATION IT SAYS I THINK YOU NEED TO BE A

00:53:00 8 LITTLE MORE SPECIFIC.

00:53:00 9

00:53:01 10 THE THING IS THAT RIM, OUR POINT IS THIS,

00:53:05 11 EMOTIONS DON'T HAVE TO BE CALCULUS. WE DON'T HAVE TO

00:53:13 12 FIGURE IT OUT LIKE A MATH PROBLEM. IT DOESN'T HAVE TO BE

00:53:17 13 THE ARDUOUS TASK THAT WE'RE LED TO BELIEVE THAT IT IS

00:53:21 14 AND IT IS FOUNDED ON THE PREMISE THAT EVERY CLIENT IS

00:53:27 15 CREATED AND WHOLE AND FULLY CAPABLE OF PROCESSING THEIR

00:53:35 16 EMOTIONS IN AN ORGANIC WAY BECAUSE THAT'S WHAT THE BODY

00:53:39 17 DOES ON ITS OWN WHEN WE ALLOW IT.

00:53:42 18

00:53:44 19 SO THE CLIENT IS IN CHARGE AS I MENTIONED AT

00:53:49 20 LEAST TWO OR THREE TIMES. GARRETT USUALLY KICKS ME UNDER

00:53:52 21 THE TABLE AND SAYS YOU'VE GOT TO TELL THEM YOU ARE IN

00:53:55 22 CHARGE.

00:53:55 23

00:53:56 24 AND OF COURSE, THE FOCUS IS ON THE

00:53:59 25 RELATIONSHIP BETWEEN THE CLIENT AND THE CLIENT'S SELF



30

00:54:04 1 RATHER THAN BETWEEN THE CLIENT AND THE THERAPIST OR THE
00:54:07 2 FACILITATOR.

00:54:08 3

00:54:08 4 AND IT RELIES COMPLETELY ON THE CLIENTS OWN

00:54:12 5 IMAGINARY RATHER THAN THE OTHERS SO WE LET THE

00:54:16 6 UNCONSCIOUS KNOW WHAT IT'S DOING AND LET'S EXPERIENCES

00:54:22 7 WITH NEW EMOTIONAL ENDINGS AND AS PART OF THE EMOTIONAL

00:54:28 8 OPERATING SYSTEM THIS ALLOWS US TO REWIRE OLD

00:54:31 9 EXPERIENCES WITH NEW EMOTIONAL ENDINGS AND EMOTIONS ARE

00:54:36 10 A FEEDBACK SYSTEM.

00:54:37 11

00:54:38 12 SO LIKE OTHER FEEDBACK SYSTEMS IN THE BODY,

00:54:42 13 I'VE NEVER KNOWN ANYONE TO SET THEIR SMART WATCH TO

00:54:46 14 CHECK EVERY TEN MINUTES TO SEE IF THEY ARE CHILE OR WARM

00:54:50 15 OR IF THEY SHOULD PUT ON A SWEATER OR CHECK THE

00:54:55 16 THERMOSTAT. YOU JUST KNOW.

00:54:57 17

00:54:57 18 WHEN WE REALLY TUNE IN AND LISTEN IT CAN BE

00:55:01 19 HELPFUL LIKE A SMOKE DETECTOR. SMOKE DETECTOR GOES OH

00:55:05 20 OFF IN MY HOUSE SOMETIMES BUT IT HAS NEVER BEEN A REAL

00:55:13 21 FIRE. I PRESS THE RESET BUTTON. OR YOU WAVE A TOWEL AT

00:55:20 22 IT OR WHATEVER YOUR MODERN SYSTEM IS AND USUALLY IN MY

00:55:24 23 HOUSE IT JUST MEANS THAT DINNER IS READY.

00:55:27 24

00:55:27 25 SO, WE JUST VALUE YOU.

↑

31

00:55:40 1 >> HEY, MICHAEL, I DON'T KNOW IF YOU CAN

00:55:42 2 HEAR ME. THIS IS SAMSON.

00:55:45 3 >> SORRY?

00:55:46 4 >> YOU MIGHT BE EXPERIENCING A LITTLE BIT OF

00:55:48 5 NETWORK DISRUPTION. YOUR AUDIO IS GOING IN AND OUT.

00:55:55 6 >> I'M NOT SURE IF YOU CAN CANCEL THE SCREEN

00:56:01 7 SHARE.

00:56:12 8 >> WE KNOW EMOTIONS OCCUR IN THE BODY AND

00:56:15 9 THEY ARE CHANGING CONSTANTLY LIKE WATER THROUGH A RIVER.

00:56:21 10 >> SORRY, EVERYONE, WE'RE GOING TO WORK WITH

00:56:23 11 MICHAEL TO SEE IF WE CAN IMPROVE CONNECTIVITY HERE. JUST

00:56:27 12 A SLIGHT DISRUPTION. SORRY, JUST ONE MOMENT.

00:56:30 13 >> THIS SLIDE AND SAMSON LET ME KNOW IF YOU

00:56:34 14 CAN HEAR ME OKAY.

00:56:34 15 >> YOUR CONNECTIVITY IS OKAY. I THINK

00:56:37 16 MICHAEL IS JUST HAVING A SERVICE DISRUPTION.

00:56:39 17 >> THIS SLIDE HERE REALLY WHAT IT'S TALKING

00:56:43 18 ABOUT IS EMOTIONS ARE INTENDED TO FLOW THROUGH THE BODY.

00:56:47 19 ENERGY IN MOTION WHICH REMINDS ME THAT EMOTIONS, THEIR

00:56:51 20 PURPOSE IS TO BE THAT SIGNAL TO GIVE US THAT FEEDBACK

00:56:55 21 BUT THEN TO FLOW THROUGH THE BODY. UNFORTUNATELY, WE CAN
00:56:58 22 HAVE EVENTS OR CIRCUMSTANCES THAT SHOW UP IN OUR LIFE
00:57:01 23 THAT CREATE EMOTIONAL BLOCKAGE S. IF THERE'S SOMETHING
00:57:05 24 TOO TRAUMATIC OR EMOTION TOO RAW OR EXTREME IT CAN GET
00:57:10 25 STUCK IN OUR BODY AS WE TRY TO SUPPRESS IT OR PUSH IT

↑

32

00:57:14 1 BACK OR RESIST THAT EMOTION AND IT CAN CREATE BOULDERS
00:57:19 2 IN A RIVER THAT CREATES A DAM AND AS WE EXPERIENCE THOSE
00:57:24 3 FUTURE EMOTIONS THOSE BOULDERS CREATE TURBULENCE AND IT
00:57:30 4 CAN CREATE ISSUES OR PROBLEMS FOR US AS WE FIGHT AGAINST
00:57:34 5 THOSE EMOTIONS OR TRY TO LIVE THROUGH OUR PRESENT
00:57:39 6 EXPERIENCES AND NOT BEING TRIGGERS OR ALTERED OR NOT
00:57:43 7 HAVING THOSE STUCK EMOTIONS, THOSE THINGS THAT NEED TO
00:57:46 8 BE PROCESSED OR HAVEN'T BEEN PROCESSED OR ARE STILL
00:57:49 9 AFFECTING US FROM THE PAST CAN CONTINUE TO AFFECT US
00:57:53 10 TODAY IF WE DON'T LEARN SOMEWAY TO PROCESS THROUGH THAT.

00:57:56 11

00:57:56 12 I WASN'T SURE IF THE AUDIO WAS FIXED BUT
00:58:04 13 THAT PICTURE OF THE SMOKE DETECTOR, I LOVE USING THAT
00:58:09 14 METAPHOR ESPECIALLY TALKING AROUND PEOPLE THAT HAVE
00:58:12 15 STRUGGLED WITH SUBSTANCES OR BEHAVIORS BECAUSE THAT'S
00:58:16 16 WHAT I THINK. IF EMOTION IS SOMETHING INTENDED TO GIVE
00:58:19 17 US FEEDBACK OR PROVIDE US A SIGNAL LIKE THAT SMOKE
00:58:24 18 DETECTOR IS ARRIVING AT A SIGNAL THAT THERE'S SMOKE,

00:58:27 19 SOMETHING THAT COULD CAN BE A POTENTIAL THREAT TO US, IF
00:58:30 20 WE SILENT THAT AS WE DO OFTEN WHEN WE EXPOSE OURSELVES
00:58:34 21 TO SUBSTANCES OR BEHAVIORS THAT PROVIDE THAT NUMBING,
00:58:39 22 IT'S JUST LIKE PUSHING THAT SMOKE DETECTOR BUT NEVER
00:58:43 23 PUSHING TO FIND THE SOURCE OF THE FIRE AND AS YOU CAN
00:58:46 24 IMAGINE WITH THAT SMOKE DETECTOR METAPHOR IF YOU PUSH IT
00:58:51 25 AND SILENCE IT AND NEVER INVESTIGATE TO PUT OUT THE FIRE



33

00:58:56 1 SPEAKING FROM PERSONAL EXPERIENCE THAT'S A LOT LIKE THE
00:58:58 2 JOURNEY OF USING THOSE SUBSTANCES TO NUMB THE EMOTIONS
00:59:04 3 COMING UP AND NOW LOOKING AT THIS RIVER OF EMOTIONS,
00:59:07 4 SEEING AND I THINK, LET'S SEE IF I STILL HAVE CONTROL,
00:59:10 5 I'LL CLICK. THIS IS A QUOTE THAT WE BOTH LOVE BY CARL
00:59:13 6 JUNG, SAYS WHAT WE RESIST, NOT ONLY PERSISTS BUT
00:59:25 7 EXPANDS.

00:59:25 8

00:59:26 9 SO IF WE ARE RESISTING CHANGE, IF WE'RE
00:59:29 10 NUMBING THAT AND TRYING TO AVOID THAT OR IF WE NEVER
00:59:32 11 FULLY PROCESS THAT, NOT ONLY WILL IT PERSIST BUT IT
00:59:35 12 OFTEN EXPANDS AND CAN ENCOMPASS MORE OF OUR LIFE OR TAKE
00:59:41 13 MORE OF OUR CONTROL OR HIJACK THE EMOTIONAL OR NATURAL
00:59:44 14 RESPONSES THAT WE HAVE TO THINGS THAT HAPPEN PRESENTLY
00:59:47 15 OR IN THE FUTURE.

00:59:48 16 >> HEY, GARRETT, AND THIS IS SAMSON, I THINK

00:59:51 17 WE HAVE MICHAEL BACK WITH US. CAN YOU COUNT TO FIVE,
00:59:55 18 MIKE TO MAKE SURE YOUR AUDIO IS BACK?
00:59:58 19 >> ONE TO THREE FOUR FIVE.
01:00:01 20 >> YEAH. YOU ARE BACK. MICHAEL, WE LOST YOU
01:00:04 21 FOR A LITTLE BIT THERE. BUT IT LOOKS LIKE YOU ARE BACK.
01:00:07 22 >> YES. SO THANK YOU, GARRETT.
01:00:10 23 >> ABSOLUTELY.
01:00:11 24 >> I'M REALLY NOT NEEDED HERE ACTUALLY BUT
01:00:15 25 HAPPY TO GET TO PLAY ALONG SO THANK YOU FOR COVERING ALL

↑

34

01:00:21 1 THAT. I'M GOING TO BRIEF THROUGH A FEW MORE OF THESE
01:00:22 2 SLIDES AND GIVE IT TO YOU GARRETT TO GO THROUGH THINGS
01:00:26 3 WE PROMISED TO SHARE. WE'VE GOT THROUGH SO MUCH OF THIS
01:00:29 4 ALREADY, CLIENT LED AND GENERATED, MUCH MORE SO THAN
01:00:35 5 YOU'VE EXPERIENCED IN THE WORKBOOK COURSE AND WORKED
01:00:38 6 DIRECTLY WITH RAW EMOTION. YOU NEED TO BE IN THE EMOTION
01:00:41 7 WHEN YOU BIOCHEMICALLY RE STABILIZE IT BY BEING IN IT
01:00:46 8 AND NOT TALKING ABOUT IT AND DO THAT WITHOUT RETRAUMA
01:00:50 9 TIEING THE CLIENT AND THAT'S WHAT WE'RE ABLE TO DO HERE.
01:00:52 10
01:00:54 11 HERE WE ARE. HIGH LEVEL OF EMOTIONAL SAFETY.
01:01:02 12 WE CAN BRING IN RESOURCES FOR SAFETY FOR WISDOM BUT WE
01:01:07 13 RELY ON THE EMOTIONAL OPERATING SYSTEM IN KEEPING CLIENT
01:01:12 14 SAFE. WE'RE NEVER THE EXPERT TO LEAD THE CLIENT INTO

01:01:18 15 ANYTHING BUT RATHER FOLLOWING THEM AND THERE'S EMOTIONAL
01:01:20 16 SAFETY INVOLVED. IT'S NOT WILLPOWER DRIVEN WHEN WE USE
01:01:25 17 MOST COGNITIVE TECHNIQUES. SAY YOU PRODUCE A TERRIFIC
01:01:29 18 REFRAME AND THE CLIENT APPRECIATES THAT AND SAYS I NEED
01:01:35 19 TO THINK OF IT THAT WAY IN THE FUTURE AND SO OFTEN THEY
01:01:38 20 DON'T REMEMBER TO THINK OF IT THAT WAY DURING A MOMENT
01:01:42 21 OF STRESS SO CREATING A NEW FELT EXPERIENCE A NEW
01:01:47 22 FEELING IS THERE THAN STRIVING THE BEHAVIOR, BEHAVIOR
01:01:51 23 CHANGE CAN BE INSTANT CHANGE.

01:02:05 24 >> MICHAEL, REAL QUICKLY, ONE THING I WANTED
01:02:08 25 TO THROW IN ON THAT LAST SLIDE IS I LOVE THE METAPHOR,

↑

35

01:02:11 1 THE IMAGE OF THE FLASHLIGHT AND I THINK YOU KNOW WHAT
01:02:14 2 I'M TALKING ABOUT BUT WHAT DIFFERENTIATE S RIM FROM
01:02:18 3 OTHER METHODS IS US, THE FACILITATOR NOT BEING THE
01:02:22 4 EXPERT ON WHAT THE INDIVIDUAL NEEDS OR WHERE THEY NEED
01:02:25 5 TO GO OR WHAT THEY NEED TO PROCESS OR EXPERIENCE. IF YOU
01:02:29 6 CAN IMAGINE WE WERE WALKING THROUGH THE WOODS AT NIGHT
01:02:32 7 WITH OUR CLIENT OTHER MODALITIES MIGHT EQUIP US AS THE
01:02:36 8 EXPERT WITH THAT FLASHLIGHT SO WE CAN NAVIGATE INTO THE
01:02:39 9 WOODS AND HELP THE CLIENT HAVE THE EXPERIENCE THAT WE
01:02:44 10 NEED. RIM IS FOLLOWING THE CLIENT SHRINING A FLASHLIGHT
01:02:48 11 OVER THEIR HEAD TO ILLUMINATE WHEREVER THEY NEED TO GO,
01:02:53 12 WHEREVER THEIR IMAGINATION OR CURIOSITY NEEDS TO GO.

01:02:57 13 WE'RE NOT TELLING THEM WHERE TO GO. WE'RE PROVIDING THAT
01:03:00 14 FLASHLIGHT SO THEY CAN SEE THE WAY AND THAT'S WHAT
01:03:03 15 DIFFERENTIATE S THIS FROM ANYTHING ELSE I'VE HEARD
01:03:06 16 ABOUT.

01:03:06 17 >> ABSOLUTELY. THAT'S A GREAT METAPHOR.

01:03:09 18 THANKS FOR SHARING THAT. LOVE THAT. AS YOU CAN SEE ON
01:03:12 19 THE SCREEN, BENEFITS HERE FOR THE CLIENT: TURNING ON THE
01:03:18 20 EMOTIONAL HEALING PROCESS TO GET THE RIVER OF EMOTION
01:03:22 21 FLOWING AND ACCELERATES SUSTAINABLE TRANSFORMATION AND
01:03:29 22 STIMULATES CONFIDENCE AND INNER PEACE AND PRESERVING
01:03:32 23 RECOVERY CAPITAL IS SO CRITICAL TO THE CLIENTS THAT MOST
01:03:40 24 OF US ARE WORKING WITH, FEWER AND LESS FREQUENT SESSIONS
01:03:44 25 ARE THE NORM. WE'RE NOT BUILDING A RELATIONSHIP WHERE WE

↑

36

01:03:47 1 SEE THEM ON A NORMAL RHYTHM OF VISITS SO THE FEWER
01:03:50 2 SESSIONS HELPS THE CLIENT STAY MORE ENGAGED AND THEY ARE
01:03:56 3 LESS FREQUENT AND COSTS LESS FOR THE CLIENT TO HAVE
01:03:58 4 FEWER SESSIONS SO IT'S MORE ACCESSIBLE.

01:04:02 5

01:04:03 6 THE CLIENT IS ALWAYS IN CONSCIOUS AWARENESS.

01:04:06 7 SOMETIMES THEY ASK IS THIS LIKE HYPNOSIS AND NOT LIKE
01:04:10 8 THERE'S ANYTHING WRONG WITH HYPNOSIS, TRAINED IN THAT
01:04:13 9 AND VERY EFFECTIVE AND MOST CLIENTS ARE AFRAID OF IT
01:04:18 10 BECAUSE OF LOSING CONTROL SO WITH RIM THEY ARE HYPER

01:04:21 11 AWARE AND THEY ARE NOT IN A TRANS STATE SO THEY CAN AND
01:04:26 12 WILL SHARE WHAT'S WORKING FOR THEM AND THEY ARE
01:04:28 13 PARTICIPATING AND IT WORKS ON ALL LEVELS OF BRAINWAVES
01:04:34 14 AND THEY CAN BE IN A TRANS-LIKE STATE AND COME BACK IN
01:04:39 15 AND OUT OF IT THROUGHOUT THE SESSION. THE UNCONSCIOUS IS
01:04:47 16 THERE TO PROTECT THE CLIENT. THEY ARE THE LEADER AND WE
01:04:58 17 ARE THE FOLLOWER.

01:04:59 18

01:04:59 19 BENEFITS FOR THE FACILITATOR, REDUCING
01:05:04 20 BURNOUT, THE BIGGEST THING I'VE LEARNED WITH FACILITATOR
01:05:08 21 S IN TEACHING THIS IS YOU DON'T HAVE TO WORK SO HARD.
01:05:12 22 WE'RE PROUD OF WHAT WE'VE LEARNED AND WHAT WE KNOW HOW
01:05:16 23 TO DO AND BY BEING THE EXPERT WE'RE WORKING ON THE MAJOR
01:05:20 24 BIG CAPITAL TRAUMA ISSUES AND THOSE SAME CLIENTS WE'LL
01:05:24 25 DO A RIM SESSION AND WE'LL GO TO THE PLAYGROUND SCENE



37

01:05:28 1 WHERE THE BOY IN THE LUNCH LINE CALLED YOU A NAME AND
01:05:36 2 THAT DIDN'T GET TALKED ABOUT AND THAT CHANGES EVERYTHING
01:05:39 3 FOR THEIR CAPITAL TRAUMA WORK AND WE DON'T HAVE TO WORK
01:05:43 4 SO HARD.

01:05:43 5

01:05:44 6 TURNING THEIR RESISTANCE, WE WELCOME THE
01:05:48 7 DESTRUCTIVE RESISTANCE AND USE THAT TO AID US RATHER
01:05:52 8 THAN HINDERING THE WORK. IT'S SO INDULGENT WITH THE

01:05:58 9 CLIENT. THEY DON'T KNOW WHAT TO DO WITH THAT. THEY ARE
01:06:01 10 SO INDULGED AND WILL DO WORK SO MUCH FASTER AND YOUR
01:06:13 11 CASE LOAD BECOMES MUCH MORE MANAGEABLE AS WELL AND FOR
01:06:16 12 BUILDING A PRACTICE MOST OF MY CLIENTS ARE FROM
01:06:24 13 REFERRALS AND BECAUSE OF THIS PARTICULAR AREA OF
01:06:24 14 SPECIALTY, I WILL USUALLY DO A SESSION OR A COUPLE OF
01:06:27 15 FEE SESSIONS AND SEND THEM BACK TO THEIR ONGOING
01:06:30 16 RELATIONSHIP WITH THEIR COACH OR THERAPIST IF IT'S STILL
01:06:34 17 REALLY VALUABLE FOR THEM, AND WE CAN DO THIS WITH ANYONE
01:06:39 18 ANYWHERE. IT WORKS WELL ON ZOOM OR THE PHONE OR WHATEVER
01:06:43 19 WAY WE CAN GET TOGETHER. THAT'S ALL I'D LIKE TO SHARE
01:06:46 20 AND I THINK I PROBABLY TOOK MORE TIME.

01:06:49 21 >> ON THAT LAST BULLET THAT YOU HAD UP I'VE
01:06:53 22 MET PEOPLE THROUGH THE RIM COMMUNITY THAT ARE SOCIAL
01:06:56 23 WORKERS, OTHER HELPING PROFESSIONALS THAT ADD THIS TO
01:07:00 24 THEIR MODALITY, THIS TO THEIR TOOLBOX SO NOT JUST PEOPLE
01:07:04 25 THAT WANT TO REFER THAT OUT. THE POINT OF THIS

↑

38

01:07:06 1 PRESENTATION OBVIOUSLY IS TO SHOW THE EFFICACY OF IT AND
01:07:09 2 MAYBE INTEREST YOU TO SHOW YOU THERE'S SOMETHING THAT'S
01:07:11 3 AVAILABLE, SHOW SOMETHING THAT'S REALLY KIND OF NEW TO
01:07:15 4 THIS INDUSTRY OR THIS LINE OF WORK.

01:07:17 5

01:07:18 6 SO ONE THING I WANT TO DO QUICKLY IS JUST

01:07:20 7 COVER SOME THINGS THAT YOU MIGHT BE FAMILIAR WITH. AS I
01:07:24 8 LEARNED RIM AND LEARNED MORE ABOUT IT I REREAD BOOKS
01:07:29 9 I'VE READ IN THE PAST AND THESE THINGS POPPED OUT AT ME.
01:07:34 10 THIS IS WHY RIM WORKS THE WAY IT DOES AND THE EFFICACY
01:07:39 11 IS SO VALUABLE AND THESE ARE BOOKS THAT MOST PEOPLE IN
01:07:43 12 THE FIELD ARE FAMILIAR WITH.

01:07:44 13

01:07:44 14 THERE IS A SECTION IN THE BOOK THE BODY
01:07:48 15 KEEPS THE SCORE THAT TALKS ABOUT THERE'S A SECTION 4
01:07:54 16 THAT TALKS ABOUT THE IMPRINT OF TRAUMA AND THINGS FROM
01:07:54 17 THIS SECTION JUMPED OUT AT ME TO HELP ME BETTER
01:07:58 18 UNDERSTAND WHAT'S GOING ON WITH RIM AND WHY IT'S SO
01:08:01 19 HELPFUL AND THIS TALKS ABOUT THE DIFFERENCE BETWEEN
01:08:04 20 TRAUMATIC EXPERIENCES OR HOW TRAUMATIC EXPERIENCES
01:08:08 21 CREATE A DISASSOCIATION BETWEEN FACTUAL MEMORY OR THE
01:08:13 22 NARRATIVE MEMORY AND THE EMOTIONAL MEMORY.

01:08:16 23

01:08:17 24 I'M STILL HAVING TROUBLE. OKAY. SO IN THE
01:08:19 25 NARRATIVE MEMORY, I SKIPPED PAST ONE. THE NARRATIVE

↑

39

01:08:23 1 MEMORY AND THE EMOTIONAL MEMORY BEING OUT OF SYNC IS
01:08:27 2 WHERE THE LASTING TRAUMA COMES FROM. WE MIGHT REMEMBER
01:08:30 3 THINGS IN A LOGICAL ORDER OR AS THINGS HAPPEN AND RECALL
01:08:35 4 THEM IN THE PAST BUT THE WAY THE EMOTIONAL MEMORY

01:08:37 5 CONTINUES TO BE EXPERIENCED DOESN'T NECESSARILY HAVE
01:08:40 6 THAT CHRONOLOGICAL ELEMENT TO IT THAT WE CAN STILL FEEL
01:08:44 7 WE'RE IN THAT EMOTION AND NOT HAVE THAT COGNITIVE
01:08:47 8 UNDERSTANDING THAT THE EVENTS THAT WE'RE FEELING RIGHT
01:08:50 9 NOW HAPPENED IN THE PAST AND WHAT I ALREADY MENTIONED
01:08:53 10 ABOUT THE NEUROSCIENCE, RECALLING THOSE MEMORIES
01:08:57 11 DESTABILIZES THEM SO AS WE RECALL MEMORIES FROM THE PAST
01:09:03 12 IT CAN RETURN THEM TO OUR SUBCONSCIOUS WITH
01:09:08 13 MODIFICATIONS TO IT SO SOMETIMES I THINK OF IF WE WERE
01:09:14 14 TO TAKE A MEMORY OUT OF A FILE AND IT'S A PIECE OF PAPER
01:09:19 15 AND MAYBE WE TAKE A XEROX AND IT LOSES CLARITY AND IT
01:09:26 16 LOOKS DIFFERENT THE NEXT TIME WE PULL IT OUT BUT IT'S
01:09:28 17 BECAUSE OF THAT THAT WE'RE ABLE TO RE PROCESS AND ALLOW
01:09:32 18 US THE ABILITY TO RE PROCESS THOSE MEMORIES AND GET
01:09:38 19 SYNCHRONICITY BETWEEN THE NARRATIVE MEMORY AND THE
01:09:41 20 EMOTIONAL MEMORY AND SOME OF THE WORK MENTIONED IN THIS
01:09:44 21 SECTION TALKS ABOUT THE USE OF THE TALKING CURE AND HOW
01:09:48 22 THE RETELLING OF THE TRAUMATIC EXPERIENCES CAN HELP RE
01:09:53 23 SING THAT EMOTIONAL MEMORY BUT THERE'S LIMITATIONS OF
01:09:57 24 THE NATURE OF RETELLING THE EXPERIENCE, DIFFERENT TOOLS
01:10:00 25 OR MODALITIES, THE NATURE OF RETELLING THAT CAN PUT



01:10:06 1 SOMEBODY IN A HEIGHTENED STATE OF ALERT AND FURTHER
01:10:08 2 DISCONNECT OR INHIBIT THE FRONTAL LOBE SO NOW THEY ARE

01:10:13 3 NOT ABLE TO PROCESS IT RATIONALLY BECAUSE ONCE THEY FEEL
01:10:17 4 THAT RE MOTION THEY GET BACK ON THAT REACTIONARY STATE
01:10:21 5 AND BEGIN TO OR CONTINUE TO OPERATE FROM DIFFERENT PARTS
01:10:24 6 OF THE BRAIN WHILE THEY ARE IN THAT HEIGHTENED SENSE OF
01:10:28 7 ALERTNESS.

01:10:29 8

01:10:29 9 THERE'S ANOTHER THING THAT WAS MENTIONED IN
01:10:32 10 THE NEXT SECTION OF HOW THE BODY KEEPS THE SCORE BUT
01:10:35 11 IT'S FASCINATING ABOUT THE WORK WITH STRUCTURES SO HE
01:10:42 12 USED STRUCTURES AND THERE'S A GREAT SECTION ABOUT IT BUT
01:10:45 13 HE USED WHAT HE REFERRED TO AS STRUCTURES TO EVOKE IDEAL
01:10:50 14 VERSIONS OF PAST ACTORS SO INDIVIDUALS COULD GO BACK AND
01:10:53 15 RECALL EXPERIENCES FROM THE PAST AND ACT IN DIFFERENT
01:11:01 16 WAYS AS MICHAEL TALKED ABOUT IN THAT SAMPLE STORY HE
01:11:05 17 SHARED WITH A CLIENT SHE WAS ABLE TO GO BACK AND GIVE
01:11:08 18 HERSELF A VOICE AND CREATE NEW EMOTIONAL MEMORIES OF
01:11:13 19 WHAT HAPPENED. AND I'LL SHARE A PERSONAL EXPERIENCE IN A
01:11:17 20 SECOND THAT SHOWS HOW THAT CAN INTEGRATED IN OUR LIFE
01:11:20 21 MOVING FORWARD.

01:11:21 22

01:11:21 23 IN THESE CONVERSATIONS IN THE HOW THE BODY
01:11:25 24 KEEPS THE SCORE AND I'M APPLICATIONS FOR RIM, USING THAT
01:11:28 25 IMAGINATION TO RECALL THE EMOTIONAL MEMORY AND WITH THE

↑

01:11:33 1 TALKING CURE OR WITH OTHER KIND OF MODALITIES WAS THAT
01:11:37 2 EMOTIONS ARE NOT FELT OR EXPERIENCED IN THE SAME PLACE
01:11:42 3 AS A -- EXCUSE ME, LET ME MUTE FOR ONE MINUTE WHILE I
01:11:48 4 CLEAR THIS TICKLE IN MY THROAT.

01:11:50 5

01:11:52 6 SO THE EMOTIONS ARE NOT RECALLED OR
01:11:55 7 EXPERIENCED IN THE SAME PLACE IN OUR MIND AS WHERE WE
01:11:58 8 PUT RATIONAL THOUGHT TOGETHER OR EXPRESS SOMETHING SO
01:12:02 9 SOMETIMES THERE'S A DISASSOCIATION. IF WE'RE WORKING
01:12:11 10 WITH SOMEBODY A LOT CAN GET LOST IN TRANSLATION,
01:12:15 11 EFFICACY OR EFFICIENCY IN WHICH SOMEBODY CAN PROCESS
01:12:20 12 THOSE EMOTIONAL MEMORIES AND BY PROCESSING THAT AND
01:12:23 13 DRAWING IN THOSE IDEAL VERSIONS OF OURSELF OR THOSE
01:12:26 14 RESOURCES AND THINGS THAT ALLOW US TO ALLOW THOSE
01:12:29 15 BOULDERS TO BE REMOVED FROM THAT RIVER OF EMOTIONS AND
01:12:33 16 CREATING A NEW EMOTIONAL IMPRINT IN OUR SUBCONSCIOUS OR
01:12:38 17 IN OUR NERVOUS SYSTEM AND THEN LASTLY, THE VIRTUAL
01:12:44 18 RESOURCES, YOU HAD A BRIEF OPPORTUNITY TO EXPERIENCE AND
01:12:51 19 ADDITIONAL EMOTIONAL SAFETY AND CAN PROVIDE A LOT OF
01:12:54 20 FUNCTIONS IN A RIM EXPERIENCE AND FUNCTION AND SOME OF
01:12:59 21 THAT SUBSTITUTING INDIVIDUALS, PROVIDING NEW EXPERIENCES
01:13:03 22 AND A SENSE OF SAFETY AND SECURITY FOR THE INDIVIDUAL AS
01:13:07 23 THEY GO BACK AND RECALL SOME OF THOSE EMOTIONAL MEMORIES
01:13:10 24 FROM THE PAST.

01:13:11 25



01:13:12 1 ANOTHER BOOK BY JOHANN HARI, THE VIRAL TED
01:13:17 2 TALK BY JOHANN, AND IT'S TITLED, EVERYTHING THAT WE KNOW
01:13:21 3 ABOUT ADDICTION IS WRONG, AND HE'S GOT A BOOK THAT'S
01:13:24 4 MORE POPULAR IN THIS FIELD ABOUT CHASING THE SCREEN BUT
01:13:28 5 FROM THIS BOOK LOST CONNECTIONS I THINK THAT THERE'S A
01:13:32 6 LOT MORE THAT I LEARNED TO REALIZE AND THAT'S HELPFUL
01:13:35 7 BUT UNDERSTANDING NOT JUST SUFFERING BUT STRUGGLING OF
01:13:40 8 ADDICTION AND ULTIMATELY PATHWAYS TO RECOVERY AND THIS
01:13:44 9 IS NOT THE ONLY PLACE THAT'S TALKED ABOUT THIS BUT ONE
01:13:47 10 THING HE BRINGS UP IS DR. FLOODY'S WORK ON THE CAUSE OF
01:13:50 11 OBESITY INPATIENT S AND IF YOU ARE FAMILIAR WITH THE ACE
01:13:53 12 S STUDY YOU MIGHT BE FAMILIAR WITH SOME OF THE WORK
01:13:57 13 FLOODY WAS DOING BEFORE THAT AND IT'S HIS WORK FIGURING
01:14:01 14 OUT WHY SOME PATIENTS WERE STRUGGLING WITH OBESITY AND
01:14:08 15 THE HYPOTHESIS HE CAME UP WITH IS PEOPLE ARE OBESE
01:14:12 16 BECAUSE THEY NEED DIETARY CHANGES AND HE EXPERIENCED
01:14:16 17 RADICAL DIETARY CHANGES AND NOTICED A LOT OF THEM LOST
01:14:20 18 HUNDREDS OF POUNDS BUT DURING FOLLOW-UP INTERVIEWS HE
01:14:24 19 REALIZED A LOT OF THE INDIVIDUALS, HIS ASSUMPTION WAS IF
01:14:28 20 SOMEBODY LOST THE WEIGHT AND MOVED PAST THAT CHALLENGE
01:14:31 21 THEY WERE DEALING WITH, OBESITY, THEY WOULD NATURALLY
01:14:35 22 HAVE A LOT MORE JOY AND SENSE OF HAPPINESS BUT WHAT
01:14:38 23 CAUSE HIS ATTENTION WAS THE FACT THAT THEY WEREN'T

01:14:41 24 EXPERIENCING THIS AND A LOT WERE EXPERIENCING GREATER
01:14:45 25 DEPRESSION AND ANXIETY AND HE REALIZED OBESITY WASN'T A



43

01:14:51 1 PROBLEM IN THEIR LIFE BUT THE SOLUTION TO SOME OTHER
01:14:55 2 PROBLEM AND IT WAS THAT GROUP PROBLEM THAT WAS GIVING
01:14:57 3 THEM THAT THING THEY NEEDED TO ESCAPE FROM AND THEY WERE
01:15:01 4 FINDING AN UNHEALTHY WAY TO DEAL WITH IT WHICH REMINDS
01:15:05 5 ME OF A QUOTE, WE SHOULD NOT BE FOCUSING ON WHY THE
01:15:09 6 ADDICTION OR BEHAVIOR BUT LOOKING BENEATH THAT AND
01:15:13 7 ASKING THE QUESTION, WHY THE PAIN? WHAT IS SOMEBODY
01:15:16 8 TRYING TO ESCAPE FROM AND HE SHARES ABOUT HIS PERSONAL
01:15:20 9 STORY IN HIS BOOK AND HE TALKS ABOUT HE'S COME TO
01:15:23 10 UNDERSTAND THAT IF YOU ARE A CHILD AND EXPERIENCE SOME
01:15:26 11 KIND OF PAIN OR SOME PAINFUL EXPERIENCE THAT YOU'LL COME
01:15:28 12 AWAY OFTEN WITH ONE OF TWO CONCLUSIONS, THE FIRST ONE IS
01:15:32 13 I AM POWERLESS AND THINGS IN THE WORLD ARE BAD AND ARE
01:15:36 14 GOING TO HAPPEN TO ME AND THIS IS NOTHING I CAN DO ABOUT
01:15:39 15 IT OR WE OFTEN COME TO THE CONCLUSION THAT IT'S OUR
01:15:44 16 FAULT AND WE DESERVE WHATEVER THAT PAIN OR SUFFERING WAS
01:15:47 17 THAT WE EXPERIENCED IN OUR LIFE AND UNFORTUNATELY, AS WE
01:15:51 18 ACCEPT THAT AS A CHILD SELF WE'LL CARRY THAT BELIEF OR
01:15:56 19 LIMITATION INTO ADULTHOOD AND IT WILL CONTINUE TO AFFECT
01:16:00 20 OUR LIFE MOVING FORWARD SO I'M APPLICATION FOR THIS FOR
01:16:04 21 RIM IF THAT FALSE CONCLUSION IS NOT QUESTIONED AND I'LL

01:16:09 22 SHARE MY PERSONAL STORY IN A MINUTE BUT IF WE EXPERIENCE
01:16:13 23 THAT AS A CHILD OR ADOLESCENT AND WE EXPERIENCE
01:16:21 24 SOMETHING WE'LL COME TO A CONCLUSION ABOUT WHY WE
01:16:28 25 EXPERIENCED THAT AND IF WE NEVER QUESTION THAT WE'LL



44

01:16:32 1 EXPERIENCE IT FOR THE REST OF OUR LIFE AND IF THERE'S
01:16:35 2 SHAME AND SOMETHING TRIGGERS US WE'LL FEEL THAT PAIN AND
01:16:39 3 THAT PAIN WILL CONTINUE.

01:16:40 4

01:16:41 5 BY RECONNECTING A PERSON WITH HIS OR HER
01:16:44 6 CHILDHOOD TRAUMA OR THOSE EXPERIENCES AND SHOWING THAT
01:16:48 7 HIM OR HER, AN OUTSIDE OBSERVE DOESN'T SEE IT AS
01:16:54 8 SHAMEFUL IT HELPS THE CHILD SELF, WHAT THEY ARE HOLDING
01:16:59 9 ONTO, THEY CAN RELEASE THAT SO IF WE CAN SHARE THAT WITH
01:17:04 10 SOMEBODY, OUR ADULT SELF, RECALLING THAT EXPERIENCE AND
01:17:08 11 SHARING IT WITH OUR ADULT SELF AND SEE THEY DON'T FIND
01:17:15 12 THAT BEHAVIOR AS SHAMEFUL WE CAN RELEASE THAT EMOTION
01:17:19 13 HOPEFULLY AND A LOT OF THAT IS HAPPENING THROUGH RIM
01:17:23 14 SESSIONS. WE'RE AN ALLOWING TO GO BACK TO WHERE THAT
01:17:26 15 EMOTIONAL MEMORY WAS CREATED AND REVISITING IT WITH A
01:17:33 16 PERSPECTIVE AS AN ADULT AND ALLOWING THAT CHILD SELF TO
01:17:41 17 REALIZE THERE'S NOT SHAME ASSOCIATED WITH IT.

01:17:45 18

01:17:46 19 BECAUSE HE KEPT THAT PAIN AND SUFFERING AS A

01:17:49 20 CHILD AND KEPT IT LOCKED AWAY HE NEVER HAD THE
01:17:52 21 OPPORTUNITY TO QUESTION THE NARRATIVE. HE WAS SUFFERING
01:17:56 22 EMOTIONALLY AND BECAUSE HE NEVER PROCESSED IT IT
01:18:00 23 CONTINUED TO AFFECT HIS LIFE AND ONCE HE SHARED IT HE
01:18:03 24 HAD THE OPPORTUNITY TO SHARE IT, HE QUESTIONED THAT AND
01:18:07 25 IT WASN'T BECAUSE HE OBSERVED OR SHARED THE PAIN THAT IT

↑

45

01:18:12 1 HAPPENED TO ME.

01:18:13 2

01:18:14 3 I'LL SHARE MY PERSONAL STORY AND WHAT

01:18:19 4 LEARNED ABOUT RIM. INTENSE EVENTS THAT HAPPEN TO US

01:18:24 5 CREATE EMOTIONALLY CHARGED THOUGHTS AND IMAGES ARE

01:18:28 6 IMPRINTED IN OUR SUBCONSCIOUS. IN CHILDHOOD WE COME TO A

01:18:32 7 CONCLUSION ABOUT WHO WE ARE AND WHAT OUR RELATIONSHIP IS

01:18:36 8 AND WHO WE ARE IN THE WORLD AND THAT CREATES LENSES

01:18:40 9 THROUGH WHICH WE SEE FUTURE EXPERIENCES SO ONE TRAUMATIC

01:18:44 10 EVENT IF SOMETHING HAPPENS TO US WE COME AWAY WITH A

01:18:47 11 CONCLUSION ABOUT THE WORLD AND CARRY THAT BELIEF. IF WE

01:18:51 12 HAD A TRAUMATIC EVENT THAT SAYS I DESERVE THIS PAIN OR

01:18:55 13 SUFFERING OR WE THOUGHT BEFORE THAT EXPERIENCE THAT THE

01:18:57 14 WORLD WAS RELATIVELY A SAFE PLACE AND WE COULD TRUST

01:19:01 15 PEOPLE AND WE EXPERIENCE A TRAM AN ATTIC EXPERIENCE THAT

01:19:03 16 CHANGES THAT FUNDAMENTAL BELIEF THEN WE'LL CARRY THAT

01:19:07 17 NEW LENS OR PERSPECTIVE INTO ADULTHOOD AND CONTINUE TO

01:19:10 18 DISTORT THAT REALITY.

01:19:12 19

01:19:12 20

A PERSONAL EXAMPLE: THIS IS SOMETHING THAT

01:19:15 21 CAME UP AND I WAS ABLE TO PROCESS THROUGH A RIM SESSION

01:19:19 22 BUT I WAS REMINDED OF AN EXPERIENCE I HAD WHEN I WAS

01:19:26 23 SEVEN YEARS OLD. I WAS CAMPING WITH MY DAD AND IT WAS A

01:19:28 24 UNIQUE EXPERIENCE. MY DAD WAS OFTEN CALLED AWAY TO WORK

01:19:30 25 AND IT WASN'T OFTEN HE WAS ABLE TO FIND TIME TO GET AWAY

↑

46

01:19:34 1 SO IT WAS EXCITING TO BE THERE. WE WENT CAMPING AND SET

01:19:40 2 UP THE CAMP SITE AND HE USED THE PHONE AND WHILE HE WAS

01:19:50 3 AN AWAY I HAD A BATHROOM EMERGENCY AND I HAD THIS

01:19:54 4 CONUNDRUM AS A SEVEN YEAR OLD CHILD. I COULD CAN LEAVE

01:20:02 5 AND MY DAD WOULD COME BACK AND HE WOULD BE UPSET OR I

01:20:08 6 COULD STAY AND UNFORTUNATELY I HAD AN ACCIDENT AND WHAT

01:20:11 7 I RECALL WAS EXPERIENCING THAT IN A RIM SESSION WAS I

01:20:15 8 CAME TO THE CONCLUSION THAT DAY WHEN I HAVE A BASIC NEED

01:20:20 9 OR BIOLOGICAL NEED THOSE PEOPLE THAT I TRUST ON MIGHT

01:20:23 10 NOT BE THERE FOR ME SO I CAN'T RELY ON THEM AND AS I

01:20:26 11 PROCESSED THIS I SAW HOW IN MY LIFE I CONTINUED THAT

01:20:31 12 LIMITING BELIEF OR FALSE NARRATIVE INTO MY ADULthood AND

01:20:37 13 AS AN ADULT WHEN I HAD A BASIC NEED OR FELT MOST

01:20:42 14 OVERWHELMED OR STRESSED I WOULD ISOLATE AND FEEL

01:20:47 15 RESENTMENT TOWARDS PEOPLE THAT WERE NEAR ME, I WOULD

01:20:51 16 START TO FEEL RESENTMENT AND ALL THAT CAME FROM THAT
01:20:56 17 FALSE NARRATIVE THAT I CARRIED FORWARD AND THROUGH A RIM
01:21:00 18 EXPERIENCE I WAS ABLE TO LET THAT GO AND DEVELOP A NEW
01:21:04 19 LENS TO EXPERIENCE LIFE AND TO JUST LET THAT FALSE
01:21:07 20 NARRATIVE OR THAT FALSE LENS, THAT DISTORTION GO.

01:21:11 21

01:21:11 22 SO IN THAT TIME, YOU KNOW UP UNTIL THAT
01:21:14 23 POINT I'D BEEN COMPLETELY UNAWARE. I DIDN'T REALIZE HOW
01:21:19 24 IT WAS AFFECTING MY EMOTIONS AND THE BEHAVIORS IN MY
01:21:26 25 LIFE AND THERE WAS PAIN THAT WAS COMING FROM THAT FALSE

↑

47

01:21:32 1 NARRATIVE THAT I WAS CARRYING INTO ADULTHOOD AND ONCE I
01:21:32 2 REMOVED THOSE NEGATIVE IMPRINTS I COULD RELEASE THAT
01:21:35 3 CHARGE THAT WOULD INFLUENCE ME AS I WAS STRESSED OR
01:21:38 4 TRIGGERED IN ADULTHOOD AND BY GOING BACK IN VISITING IN
01:21:45 5 THAT RIM WAY I WAS ABLE TO RELEASE THAT AND I DON'T HAVE
01:21:48 6 THOSE SAME RESPONSE AND WHAT I'VE COME TO APPRECIATE
01:21:52 7 MOST ABOUT RIM IS THE LIMITS OF TALKING ABOUT IT. HAD I
01:21:58 8 GONE TO MICHAEL OR A FRIEND AND TRIED TO FIGURE OUT WHY
01:22:01 9 IT WAS THAT I WAS REACTING THESE CERTAIN WAYS WHEN I WAS
01:22:05 10 OVERWHELMED IN MY LIFE I NEVER WOULD HAVE CONNECTED THE
01:22:08 11 DOTS IF IT HAD HAD ANYTHING TO DO WITH THE EXPERIENCE AS
01:22:12 12 A CHILD AT THE CAMPGROUND BUT BY USING RIM AND TRUSTING
01:22:17 13 MY SUBCONSCIOUS AND TRUSTING MY EMOTIONAL OPERATING

01:22:21 14 SYSTEM THAT IT WOULD GO THERE AND DO THE WORK IT WENT
01:22:25 15 STRAIGHT THERE AND WHY DID IT GO TO THAT MEMORY AND NOT
01:22:29 16 SOMETHING ELSE? IT'S JUST THE NATURAL RESILIENCE THAT
01:22:31 17 OUR EMOTIONAL OPERATING SYSTEM HAS. THE SAME AS IF I GOT
01:22:35 18 A PAPER CUT IN MY HAND MY IMMUNE SYSTEM KNOWS HOW TO FIX THAT WOUND
01:22:40 19 ON MY HOUND JUST THROUGH THE INTELLIGENCE IT HAS AND OUR
01:22:44 20 EMOTIONAL OPERATING SYSTEM HAS THAT SAME INTELLIGENCE.

01:22:47 21

01:22:47 22 QUICKLY, IF YOU GO TO THAT LINK AT THE
01:22:51 23 BOTTOM OF THE SLIDE OR GO TO THE REFERENCE SHEET YOU CAN
01:22:56 24 FIND THESE FULL REPORTS. SIX STUDIES AND MAYBE THIS WILL
01:23:02 25 RESONATE WITH YOU. FIRST ONE IS CALLED FACILITATING RIM



48

01:23:07 1 WITH A HISTORY OF SEX ADDICTION THAT RECEIVED ONE OR TWO
01:23:13 2 SEX ADDICTIONS AND BY AND LARGE THERE WAS A WILLINGNESS
01:23:17 3 OF THESE CLIENTS TO TAKE GREATER RESPONSIBILITY AND
01:23:25 4 IMPROVED RELATIONSHIPS WITH THEIR FAMILY AND HIGHER SELF
01:23:27 5 AND SECOND ONE, MALE CLIENTS WITH HISTORY OF SEX
01:23:32 6 ADDICTION, SIX PARTICIPANTS WITH CHILDREN SO NOT JUST
01:23:37 7 INDIVIDUALS WHO HAVE STRUGGLED WITH ADDICTED BEHAVIORS
01:23:43 8 BUT THOSE THAT ARE CONNECTED AND THE EFFECTS OF RIM WITH
01:23:51 9 ADULT CHILDREN OF ALCOHOLICS AND THEIR FINDINGS THERE
01:23:56 10 AND I'M GOING THROUGH THIS AS QUICK AS I CAN SO WE CAN
01:23:59 11 GET TO SOME Q&A, PARTICIPANTS WHO ARE SELECTED THERE SO

01:24:07 12 THESE ARE PEOPLE THAT STRUGGLE WITH LONG AN AGO TRAUMA
01:24:11 13 WHO FACED RECENT TRAUMATIC EVENT AND STUDIED HOW IT
01:24:15 14 AFFECTED THEM.

01:24:16 15

01:24:17 16 RIM MAJOR TRAM AWE TIEING EVENT THAT
01:24:21 17 OCCURRED AND THIS IS USING IT AS AN INTERVENTION TO HELP
01:24:25 18 INDIVIDUALS AFTER THAT.

01:24:26 19

01:24:26 20 AND THEN LASTLY, THIS ONE IS A LITTLE
01:24:28 21 DIFFERENT. THIS DOESN'T LOOK AT INDIVIDUALS BUT IT IS A
01:24:33 22 STUDY ON THE IMPACT OF RIM SESSIONS WITH CERTIFIED LIFE
01:24:37 23 COACHES AS HOW IT HELPS THEM OR HELPING PROFESSIONALS TO
01:24:42 24 BETTER SERVE THEIR CLIENTS AND PROVIDE BETTER SUPPORT
01:24:46 25 AND CONNECTION TO THEIR CLIENT AND AFTER EXPERIENCING

↑

49

01:24:49 1 RIM SESSIONS THEY HAD A NEW AWARENESS AND NOTICE THAT AS
01:24:54 2 THE INDIVIDUALS PERSONAL LIVES IMPROVE THEIR CAPACITY TO
01:24:59 3 HELP OTHERS ALSO IMPROVED. THAT DOG WITH THE PAW IS MY
01:25:03 4 REMINDER THAT IT'S MICHAEL'S TURN.

01:25:05 5 >> ALRIGHT. GREAT, THANKS, GARRETT.

01:25:08 6

01:25:09 7 HOW IS HE GOING TO MAKE UP ALL THAT TIME I
01:25:12 8 TOOK TOO MUCH OF? WHAT DOES RIM DO FOR CLIENTS? IT HELPS
01:25:17 9 CLIENTS PROCESS OR RELEASE EMOTIONAL REMNANTS OF PAST

01:25:22 10 EXPERIENCES THAT NO LONGER SERVICE THE CLIENT AND ALLOWS
01:25:26 11 CLIENT TO ANCHOR MOTIVATIONAL DRIVERS FOR FUTURE
01:25:30 12 AMBITIONS AND PROVIDES PROCESS TO RELEASE EMOTIONAL
01:25:38 13 BLOCKAGE S AND LIMITING BELIEFS.

01:25:41 14

01:25:41 15 WHAT DOES RIM NOT DO? CHANGE THE PAST OR
01:25:46 16 FACTUAL MEMORY OF THE PAST, OR IMPROVE COGNITION OR
01:25:49 17 FACTUAL RECALL.

01:25:50 18

01:25:51 19 SOME OF THE COMMON QUESTIONS WE GET INCLUDE
01:25:55 20 DOES THE CLIENT NEED A DIAGNOSIS TO USE RIM? NO IS THE
01:25:59 21 SHORT ANSWER WHICH I SHOULD PROBABLY STICK TO. A LOT OF
01:26:03 22 OUR FACILITATOR S DON'T SPECIFICALLY SAY THAT WE DON'T
01:26:07 23 DIAGNOSE OR TREAT MENTAL ILLNESS.

01:26:11 24 >> I'LL TAKE CONTROLS IF YOU WANT ME TO TALK
01:26:14 25 ABOUT IT.

↑

50

01:26:14 1 >> I KEEP LOSING IT. RIM IS NOT FOR EVERYONE
01:26:18 2 AND A BIG PART OF OUR TRAINING IS TO TEACH COACHES TO
01:26:28 3 REMAIN IN THE COACHES LANE. ANYONE THAT WAS CALLED TO
01:26:39 4 SERVE IN THESE TYPES OF WAYS WOULD BE BENEFICIAL TO USE
01:26:42 5 RIM. WE'RE CURRENTLY WORKING WITH BRINGING INTO SCHOOLS
01:26:46 6 AND TEACHING IT TO TEACHERS AND PRINCIPALS AND GOT IT IN
01:26:51 7 CHURCHES AND SYNAGOGUES AND WE HAVE COACHES AND

01:26:55 8 THERAPISTS.

01:26:56 9

01:26:56 10 SOMETIMES THERAPISTS REFER CLIENTS TO ME FOR

01:27:01 11 A SINGLE SESSION SO IT DOES NOT REPLACE THE THERAPY. IT

01:27:05 12 ACTUALLY IMPROVES THE EFFICACY OF OUR OTHER SKILLS SO IF

01:27:10 13 YOU ADD TO THIS YOUR TOOLBOX TO WHAT YOU ARE ALREADY

01:27:13 14 DOING THAT'S GREAT. IT MAKES THE OTHER WORK THAT WE DO

01:27:17 15 MORE EFFECTIVE. I DO A LOT OF TRAINING IN JACK CANFIELD

01:27:23 16 RETREATS AND IT MAKES THE REST OF THE WORK BETTER. AND

01:27:27 17 RIM CAN BE LEARNED IN AS SHORT AS A THREE MONTH PROGRAM.

01:27:32 18 IT'S A FIVE DAY TRAINING PROGRAM WITH THREE MONTHS OF

01:27:35 19 SUPPORT AND IT'S CALLED RIM ESSENTIALS AND IT'S DESIGNED

01:27:39 20 FOR PROFESSIONALS THAT WANT TO USE THIS AS AN ADJUNCT TO

01:27:44 21 WHAT YOU ARE ALREADY DOING. YOU ARE NOT LIMITED IN ANY

01:27:49 22 WAY. YOU CAN GO ON TO A MASTER'S CERTIFICATION. YOU

01:27:53 23 COULD LITERALLY MAKE A CAREER OF IT AS I HAVE CHOSEN TO

01:27:56 24 DO AND IF ALL ELSE FAILS, YOU COULD SIMPLY ASK ALEXA.

01:28:20 25



01:28:21 1 RIGHT NOW I'LL GO TO THE QUESTIONS.

01:28:27 2 RIM ENGAGES THE WHOLE BEING OF THE

01:28:29 3 INTELLECTUAL MIND, BODY, AND HUMAN SPIRIT AND

01:28:34 4 COMMUNICATES DIRECTLY WITH THE UNCONSCIOUS AND LEVERAGES

01:28:48 5 THE LATEST SCIENTIFIC FINDINGS.

6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25

[CAPTIONS PROVIDED BY CAPTION ACCESS]