

The Conscious Business Telesummit

Mastering Your Inner Game

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Adela: Welcome everyone to the Conscious Business Telesummit, Mastering Your Inner Game. This is the second series of telesummits around conscious business and I am really, really excited to have you all here and exploring the inner game with me.

There's really a fantastic roster of speakers. You're going to hear a lot of things. Not everybody's going to be for you, not everybody's going to be your speed, not everyone's going to be your style. Some people may resonate with every single speaker. But everybody that speaks has something to offer. As you listen, in a really deep and engaged fashion, you will hear what's here for you. Just be aware of that.

The webcast link is also the replay link that comes in your email. It will be available after the call for 24 hours. Submit your questions on the webcast and if you can, beforehand. That way, I can make sure that we answer your questions. Sometimes it won't be possible because we're getting loads of questions. If you want to make sure that your question gets answered, put your email in there. I will send you a personal email response. Otherwise, I'll post these topics on my blog.

You will receive offers. People are donating their time. It takes quite a lot of energy to put on an event of this magnitude. As seamless and as easy as it all seems, it takes a good amount of energy. Everyone who is here is offering you great content, and also tools, tips, a different way of seeing, a different way of engaging your inner game.

There is loads of value to be had here. You've got to check in. This is part of the invitation in my community. Always check in for yourself. This is not about selling, even though I am an affiliate for all of my speakers. But everyone benefits—my speakers benefit, you benefit, everyone. If you feel called to either purchase my series or purchase something that one of the speakers has on offer, check in for yourself and know if this is so for you. This is great practice.

The offers are the last five minutes and that's it. I really want to deliver content. I really want to impact. I want us collectively to shift consciousness around business, especially for many of us that are service professionals, solo professionals, entrepreneurial. We've got our own work that we're bringing into the world. These are the people that I feel really resonant with. It's who I am and it's my tribe, people who care; who have integrity, who really want to deliver their gifts, their abilities, their

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service to the world and want to be compensated in a way that really honors them.

It feels like that energy of Namaste in yoga, where the divine in me salutes the divine in you. Everything is a divine exchange. Everything is this honoring of one another. I want that energy to be the energy of our Conscious Business Telesummit.

So that's about it in terms of the logistics. I will start every single call with a connection. Take a nice deep breath and exhale. Take another nice deep breath and on this exhale just feel yourself becoming fluid, open, flexible, kind of like the inside of you can jiggle and move around. It's a feeling, it's a sensation in your body. It's not something in your head.

One of the things that I have found helps to get you into this experience of your body is to stand. So if you're seated, I'm going to ask you to stand for a moment. Just place your feet hip width apart, soften your knees, just bend them slightly. Release your hands at your side, as if you've got these little five-pound sandbags on each side of your shoulders. Inhale and exhale and just release and relax. Feel yourself here and now. Feel that sensation of nowhere to go and nothing to do. Something you might have when you're looking at your child playing or you might be on a walk, you might be with your pets, you might be doing what you love, you might be dancing or painting. You might be lying on the beach just listening to the roar of the waves. Allow yourself to sink even deeper until you are at one with the pulsing heartbeat of life. It doesn't matter what you call it, it's what gives rise to everything—what gives rise to you, what gives rise to our planet, what gives rise to all that is.

It's an energy that can be felt and can be understood beyond the intellect and feeling and sensing and knowing. Knowing is like a download. Know that on every call there is an offer, there is an opportunity to engage in the moment. There's something for you here. It's about you, about your being, as you engage this idea, this vision, this dream, this longing of a conscious business. Take a nice deep breath and exhale. Feel the energy of that collectively, all of us. There are over 3,000 people engaged in this adventure. Whether they're on the phone or listening to the replay, there is no time in the world of energy. We were energy before we were physical. Everything is energy.

Feel yourself as this connective weave of creation. Know that there is a calling right now for what you are wanting to bring into being. Life is

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eager, eager to explore with you a conscious business and to bring it to life your way, the only way that you can. Take another nice deep breath and exhale. Feel how that intention of yours, so beautifully formed through your heart, through your whole being, how it ripples into everything, touching everything and everyone, just as you are touched by everything and everyone. There is no separation between you and your desire and your dream and your vision. It's just a matter of the timeline. Sometimes we can collapse that timeline and things can happen extraordinarily fast, if you're willing to be shifted. Because make no mistake, a conscious business requires a shift of being. Take another nice deep breath and exhale.

Thank you everyone for that wonderful engagement and your presence.

As I was running my last telesummit, this telesummit was born. Some of what occurred while I was doing the telesummit, was a lot of interaction with people who were participating. I became aware of how much unconscious stuff was going on, things like projection, assumptions. Once I got into conversations with people, things really shifted. It was glorious and it was wonderful.

If you're here, you're attracted to the idea of a conscious business. That means that you're on the path of, I'm not going to say, enlightenment because that's kind of—what does that mean?

In the everyday world we're living, it's about being aware. It's about being awake to the possibility. It makes me feel very kind of Star Treky—you know, to boldly go where no man has gone before. I think that that's what each of one of us really seeking in our life. There's something unique that wants to be birthed through us. It comes through these hopes and visions and dreams and longings that we have.

So, how do we bring them to life? Lots of times they don't even make sense. We really can't even articulate them. Part of what I would like to do, in this series, is help you articulate some of that through the reasons why it's not showing up. Ha-ha!

I'm going to ask you to explore three shifts with me today. There's a line from the Course in Miracles that says that the course is the course and only the time you choose to take it is your choice. You know, the curriculum is established. I feel that way about this. We each have to honor each others path on the adventure. We each are the authority in our

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own lives to know what's a “yes” for us and what's a “no.” You know that your body tells you instantly.

So, these connections that I do at the beginning, they will expand your ability to feel, sense and know for yourself, which is really quite excellent and extraordinary, and that's where we want to be. What's most exciting is co-creation and collaboration. The old paradigms of power are gone. They're disintegrating. They're falling apart. I don't care if you're looking at the healthcare system or Wall Street, it doesn't matter where you look. They're all falling apart and that's because we are no longer asleep. So, welcome as we each awaken more and more to what's possible.

So the first shift is problem to potential. We probably have the very same library, many of us. You know about focus and attention. But this is about in each moment when you're feeling not so pleasant. Mastering the inner game for me, what really created huge shifts for me was my ability to start engaging the stuff that was coming up in my life every time I wanted to do something or be something. I started engaging it from my intellect and it really just did not happen. It didn't matter how many books I read, how many courses. I would get a little thing here, a little thing there. You know, it helps some and then I don't what happened. I'd spiral back and I'd be back where I'd started. And I'd be like, whoa, and it just didn't seem to work.

So problem versus potential. It looks like a problem. Guess what? It's something really glorious if I will only just notice. Just notice. And in noticing, in a deep being with, there's nothing that you need to do. Because what happens is noticing engages your being.

So take a nice deep breath and exhale and let's just play with this first one—problem versus potential. I'll bet somewhere in your life there's a problem right now. Take a nice deep breath and exhale and just notice it, whatever it is. As you're noticing, just notice how it feels in your body when you're noticing. Allow yourself to feel spaciousness amid the other things that you are feeling. So there's room for things to move and shift. Sometimes I imagine the problem just kind of inside out. I turn it inside out, and I see what else is here. Take another nice deep breath and exhale.

Imagine that this problem is on the surface of a really, really calm pool of water. There aren't any waves. Notice how it looks from here, from the top. You're kind of floating on the top, can you see it? Yes, there's that

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problem. Take another nice deep breath and on the exhale just allow your feet to just touch the earth underneath, going deeper and deeper and deeper and deeper until your feet touch the bottom of the pool. Notice the same thing, that same "problem" from here. Notice what you notice.

You might notice a lot of things and you might not notice too much at first. Notice how your body feels right now as we're noticing. Notice where your energy is. Good.

So the second one is intellect vs knowing and we just played with that one too. So intellect is the stuff that you've learned, that you know—the books, the training—all that great stuff that one day somebody put into a book and the learning and the training, right. So, at some level, you are consuming someone else's knowing, for a specific point in time, for a specific circumstance. Imagine if you had a library of all the wisdom accessible. I know some of you are saying, "Oh yes, I know, the Akashic records." I'm going to say that's also somebody's knowing. How about let's go DC—direct current? Take a nice deep breath and exhale. Notice you have direct access to the sourcing of life, whatever you call it. You can call it God. You can call it source. You can call it creation. You can call it life. You can call it anything. You know that it's true. You have direct access to this all the time. Your body and your breath are a bridge to knowing, to direct current.

I'm going to invite you to explore intellect versus knowing. It is a fun ride. You are going to be flabbergasted. A lot of you already know how much you know. But we're going to really expand your broadband sensing just by being at choice with these shifts. You're going to realize how much more you do know about everything—about your marketing message, about your brand. All of that stuff is an outflow. It happens naturally once you're actually sourcing the real deal, the real deal of you.

The problem I find with my clients, with their business, is that they're not really being who they are. They're being who they think they should be, that somebody said they are. Perhaps it was a really well-meaning trainer or facilitator who said you should do X. I don't know what happens, but that kind of dims your own brilliance and your own certainty of your own knowing. You know what the world wants from you? What the world wants from all of us is our brilliance. That's what really turns us on when we see the kind of stories that happen on whatever that show is in Britain about the singers. I forget all these because I don't really watch TV, but I hear about them on the internet. All these stories, if you know people

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have these extraordinary experiences and they come through. That's being your brilliance. It happens when you're relaxed, when you're super connected and when you keep having the experience over and over and over of who you really are.

So the third shift I'm going to ask you to explore—again, we've all heard these words and I'm going to ask you to explore the energy of the words, not only what I'm saying but notice what you're feeling as I say the words. Tune into DC, direct current, to the energy of the exploration.

So this third shift I'm going to ask you to explore is “at effect to at cause.” If you've done any metaphysical training, you've heard this. This is nothing new. Adela, come on. From moment to moment, not only on the telesummit hour but as you're washing dishes, as your kids are doing something crazy and really whacking you out there for a moment. Or maybe you've got a project and you're, "Oh my gosh! I've got to do this thing." Or there's some place you've got to go that you really don't want to go. For me, it might be a baby shower. As these moments start arising, I'm going to ask you to explore these three shifts, right? Problem to potential, intellect to knowing, at effect to at cause.

This is like anything else. The more that you are tuned in, turned on, the more that you're going to notice this happening. One of the things that I'll ask you to do, if you want to, is look for the signs. That's one of the things that I do. I used to own a health club with my brother, a World Gym franchise. After I left my gig, managing technology in corporate America for a New York City law firm, I was out working with people who wanted to shift their bodies. Lo and behold, it was driving me crazy because I would give one person the same set of things, you know of course specific to their unique situation, one person would get results and the other person wouldn't.

I also led group exercise classes and taught yoga. Somebody would come up, “I hate my stomach.” And I knew instinctively, "No, let's just have fun with this. Let's just be in the body in a different way.” These shifts, moment by moment, you have opportunities throughout your day all the time. This is just a matter of being conscious, right? Conscious business means conscious business person coming through.

The more that you engage life dynamically, the more you come to know who you really are. The more you come to know who you really are, your business is a snap.

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Now, the rub is most of us resist that getting to know who you are because it's downright frightening, as that Marianne Williamson greatness quote goes. So I wanted to take a moment to see if there were any questions before I explore—resistance, assumptions and judgment—three of my personal favorites that I've had lots of experience with.

I know this is a little different than the rest of the calls. The rest of the calls I'm interviewing some fantastic people. Since this is my call today, I can do whatever I want.

Cynthia: I have a question.

Adela: Thank you, Cynthia.

Cynthia: Yes. Earlier, you talked about a shift and I believe you were referring to a shift in the universe. And you talked about co-creation, collaboration and the old idiom of falling down. I'm not quite sure what you meant when you said that shift. I'd like to understand what that is better.

Adela: Oh sure, Cynthia.

Cynthia: What shift is taking place?

Adela: Yes, yes. Okay, thank you. I live in the New York City area and I remember 9-11. I lived it. It was here; it was happening. I worked in New York City for over 23 years. I saw the shift of systems fall apart and how it reverberated throughout this country. That event was, for me, a cosmic opening for a breakdown of the old and it ushered out a lot of the old systems. The old systems, the old proprietary, the old leadership systems toppled down. Even though, when I worked in corporate America, yes, we had teams to roll out technology. But it really wasn't teams. I got a very different experience of collaboration. The kind of collaboration that I'm talking about is not so much about a charismatic leader and someone that is at the top and is going to move us forward.

Even Obama, when he was speaking, when he was running for election, he was talking about that, he couldn't do everything by himself. It's the same kind of thing. But I would say, going a step further, that it's about each one of us being leader-full and really owning our own energy, our own brilliance of who we are. And as we do that, the relationships are going to change—businesses change, personal relationships change, marriages are changing. I mean, I'm seeing this in the people that I know—how marriages are shifting, how businesses are shifting, how the

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way that we partner is shifting. People are really wanting a more meaningful connection. They're wanting to really know one another.

It's not so much about the end result. It's also about the experience and the process of being with one another. It's not only about getting to the end goal, but it is about the experience of how we adventure together. I know that before, you could feel very anonymous in New York. Let me tell you during 9/11, during a couple of months there, it was extraordinary the shift that occurred. Strangers were talking to each other. Even though New Yorkers got a bad rap because New Yorkers are really very friendly and very helpful. But there was an energy of community that I had never felt before. I think that as a people in general, as part of the human race, the way that families have changed, the way that they have shifted, the way that organized religion has shifted, we no longer have this connective glue to one another. I think we are all seeking real community and so some of us are finding it virtually and we have for a very long time. I've had strong virtual communities for over six years. Some of these people I'm actually meeting in person now. But we're looking to dynamically come together with one another. It's not like you have your friends from childhood all the way. The way that the world is now with us, everything's coming so fast. It almost feels like we're modular sometimes. You know, where can I fit myself in?

But there's nothing really frightening about it. Our nature is connective. What's starting to happen as we start coming online more, Cynthia, is that a lot of these senses, a lot of these things that we thought were true start falling away. You could meet a stranger and right away you could feel you like know that person. You feel like you've known them your whole life. There's a level of connection that's available now. Because of the breakdown of a lot of the old systems that are no longer working, they are forcing people who are in corporate jobs or had safe jobs and now they're out of a job. Now they have to figure out, how am I going to make money?

A lot of these people are exploring business and their own businesses because they know that you can't rely on any system. They could just fall apart. One of the best things that you could do is invest in yourself and create for yourself. My idea, at least the thing the I've been getting, Cynthia, is that as a community, if we come together in this conscious business, that we can actually propel each other collectively a lot quicker than doing all the stuff by ourselves. It's not the time to do anything by yourself. Yet, there are certain things that are asked for, as you come into

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connection and into collaboration with other people. You really can't collaborate with other people if you don't get your own brilliance. It just doesn't work brilliantly. Does that answer your question, Cynthia?

Cherrine: I had a question about the problem, potential, intellect, knowing. All of this you're referring to is when you come up with something that's bothering you. I missed the first part.

Adela: Yes, it could be. It could be something that's bothering you or it could also be an opportunity. I use this all the time. Let's say, I've got two workshops I want to go to. Before I might have gone by the details and by the deliverables of each one, right? Maybe. No, actually never. I probably would have never done that but some people might. For me I check in instinctively and I see, energetically, I get out of my head and I get into my body. I engage what I feel is the potential of each workshop, for example. Then I'll get specific images. I'll get specific things. Of course I do this all the time. I'll make a choice from that. I know because of how it feels in my body. I know how it feels. And if you're not a feeler—so this comes really naturally to people who are feelers and they feel a lot in their bodies. They're very sensitive. So if you're feeling like, oh, I'm not sure I get this. I'm actually doing some free calls in the morning. It's a program called Conscious Energy Shifts where we do this every morning. I lead folks through an experience and then we check in. So it's a reorienting and it's a tool. It's a device. There are all kinds of devices. This is just a device that I use. So I use it not only when I'm having a problem but I also use it for anything—for my business, for my speakers, in deciding who my speakers are. I use it for that. I use it for everything. Does that make sense?

Cherinne: Yes. And when you refer the resistance and assumptions and judgment, it's the same thing, right?

Adela: It's energy. The thing is that we're used to viewing energy from its problem perspective; whereas, it's a lot smarter when you view it from potential. It actually activates you. Just notice how you feel when you've got a problem. Just think of a problem and just see what happens in your body. You contract. The possibility is seductive. It's ecstatic. It's pleasurable. I live in an area that's an immigrant area. I live in north New Jersey. People are not in a high-income bracket but there are a lot of bars and restaurants. Because we want to be where there's pleasure. It feels good to eat. It feels good to dance and to socialize. We are creatures that are propelled, our whole species, we're still here because of pleasure. So

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if we orient towards the potential, it opens us and as we open, much more can come through us. We become hyper creative. It's amazing what happens when you just step into your feeling, sensing and knowing nature, and you start stepping out of the dogma and the drama. The dogma and the drama, which is what happens when you're doing resistance, judgment and assumptions. So does that help?

Cherinne: Can you also tell us about that conscious energy shift call, what time?

Adela: They're 9am. If you go to <http://consciousenergyshifts.com>, you can sign up. It's free and I'm doing them every morning, 9 o'clock eastern. It's got over 650 people participating and we've got an extraordinary community of people who are showing up brilliantly. There's all kinds of great stuff happening. This is what I would call a collective movement. It's a collective intention. What they say in scriptures, when one or more of us come together with an intention, that's what this is. This is a collective intention. There are at least 3,000 of us that want a conscious business. So you're here looking for that. You're here saying, hmm, conscious business. Yes, let me check that out. There's something here that felt magnetic to you, otherwise you wouldn't have signed up. God knows you don't need another email from somebody else, right? But it's compelling. So this is a collective movement. Once I realized that I'm co-creative, I'm at cause with my choices, with how I choose to engage life. You always have the option to engage in the potential of something. I won't say it's not challenging sometimes. It is challenging sometimes but I will say this—if you regularly choose to be at cause with how you engage life, it gets easier and easier to have a glorious life.

An hour and a half before the telesummit today, the power went out on the whole block. And I started laughing. I was like, "Oh, this is so hysterical." I called one of my buddies, Suzanne Holman, and said, "You may need to do the webcast for me," because she had offered to help me out. At another time, I would have felt freaked out about it. I was just, "Okay, can I use the cell phone? Oh, a landline. Thank gosh, this still works, I have a phone." So the more that your energy is open and free, it's not hooked into all these beliefs. We know that beliefs are a problem. Those of you that are on this call, I know that you've already done all the reading. You've done a lot of professional development. You've already done so much in your life to bring you to this point where conscious business seems like an attractive thing. I know that you've done a lot. You've done a lot of this already. So it's just really being, really knowing that you are at

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cause, Yes. And knowing that as each one of us really gets this and we start opening to this, the beliefs fall away. It's not like you have to go out of your way to pluck them out. I joke because I was a Reiki—I guess I still am a Reiki master – but I really don't practice Reiki anymore. Sometimes I have, when it feels right. But it's not like you need to have the secret handshake and the systems. We are hardwired for brilliance and connection. There's nowhere that you've got to go to get a little paper and have somebody tell you, yes, now you can do this. You are it. You are connection itself. Notice, you walk in and you can feel whether you're going to like these people or not. There's something instinctive. Sometimes some of that may be assumptions, but the feeling is there.

I wrote about this on my blog, I think it was this morning. It's about separation. All of this stuff, I don't care what it looks like, if it looks like resistance, if it looks like you're judging somebody, if it looks like you've made an assumption, it's all about separation. It's all about disconnection from the other, whatever the other is. The other can be a person, it can be an idea, it can be a project, it can be anything. What the disconnection is letting you know is you're not being who you are because who you are is a cell in this enormous and glorious—at least this is my story; they're all stories, but my story says that we're all cells in this living organism of life, just like the body is. The body is organized intelligence. We're organized intelligence that knows that we're organized intelligence. That's kind of cool. But it's really about just being here. It's about being here and noticing and using some of these tools. After a while you won't even need the tools or you'll come up with your own tools. I always think that's the best thing. Come up with your own system, your own thing, whatever it is that you do, where you have this access to who you are. What happens is that then this starts being the default mode. Instead of having moments of brilliance, your brilliance is on. Every once in a while there will be some dull moments and you'll be like, "Oh wow, okay."

The shift is not that hard and it's always experiential for me. I found that as long as I was in the intellect it didn't move. I could do workshop after workshop after workshop. I was wondering, why not me? Why can't I get this? Why can't I be in abundance with my business? Why aren't I having all these clients coming my way? The whole thing about mastering your inner game is that business comes as you shift. A business is an evolutionary tool because everything that is in the way of you having a brilliant conscious business comes up. It comes up not to keep you at bay, not to say, "you're not going to get that conscious business" because

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of A, B, C, D, E, F, G. No. It's letting you know, oh my God, A, B, C, D, E, F, G—what the heck is that?

Everything that comes up, is the playground of what's up for you, in order to have your conscious business. Your conscious business wants you just as much as you want it. What comes up, the things that come in the way. that's what our speakers are going to be exploring this week. I'm really, really excited. We've got just great people. I could go on and I could talk about resistance and judgment and assumptions. They're all about separation. They're all about something isn't what I want it to be. Or you're not the way you should be.

The most extraordinary tool is this tool of noticing. Just noticing. Noticing the things that you're saying inside before you behave or have an action that comes from it. Because that's the point where a choice can be made. But you won't even have to make a choice if you noticed. Because if you notice, it's like the mist dissipates and you can really, really start seeing more clearly. What happens is that there are so many conglomerated—it's like they're a mass – there are so many beliefs. There are so many things that are inside of us that we've assumed are true. Again, an assumption.

This is about delightfully exploring who you are. You are a dynamic life in constant connection and in constant movement. Constantly. One thing that is guaranteed is change. It can be a alivening change. Not all the days are starlight and moonbeams. Sometimes, there are days that are being with 'what is.' It's a deep compassion that arises for yourself and for everything from that. Like, this is life. This is the bitter, this is the sweet. This is the good. It is. And so it's not about the end goal. Lots of times it's this whole striving to get somewhere, to get somewhere, to get somewhere that's the problem. I remember hearing years ago, it was something really clever. We'd go around, if I do this then I'll have that then I'll be X, Y, Z. I remember reading in some book somewhere it's be and have and do. But the kicker is, how do I get to be? How do I feel this? How do I get to feel my brilliance? How do I get to not feel this resistance? How do I get through this assumption? How do I do—how?

What I found that was really helpful for me was not doing it alone. First of all, it's really hard because you're really rough on yourself most of the time. Compassion might be at the backdoor, but it's certainly not greeting you at the front door when you come in. With ourselves that seems to be a prevalent attitude. Other people won't be that way with you. When you

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come together in a community that decides to be open and aware is that there is a collective witnessing of one another.

You're just breathing, breathing is the bridge. Breathing moves energy. If you are breathing and you are angry and you go somewhere and lock yourself in the bathroom and you slow down your breathing, really slow, really deeply, really fully, you might start crying. But another thing that can happen is that you will find a still space and your emotions will shift. So breath is very Oz. It's very Dorothy. It always takes you home.

When we come together and we breathe, knowing who we are and fully intending to be who we are, it just happens. For me that's the quickest way to do it. It's the easiest way to do it. If there's any way to "do it," that's how I do it. That's what I invite you to do, not only on my conscious energy shift. It's great if you come and you experience it. But you can have this experience if you decide to do it with your own community. You can choose to do that too and you can create your own little ripple into the universe.

So there were some really great questions that folks put in. Oh this one was a wonder from Josan in Finland: "How do I deal with the fear fact that my ideas are stolen? In journalism very often you offer an article/topic to a media and they take the idea and do it themselves." It makes me smile. Just a big hee-haw is what I would say. There's plenty more where that came from is what I would say. I find I sit down and I write and in five minutes I write a blogpost. Because we're always channeling life. And the thing is—I don't know if you can remember a time when you thought of something, where you thought of a great URL, or you thought of a great topic for something, you thought of a great idea for a program and you went on the internet and you found it. Somebody else had already done it. Brilliance is constantly beaming into the universe. So if you're open and in flow and you're picking it up, you got it. It doesn't mean that you can't do it too, but in terms of intellectual property I know that there are legal things that of course are your recourse too. I'm not going to say don't do that because I think that in certain circumstances that is part of what you need to do. This happened to me recently or actually it was a few years ago. I shared something in a Yahoo group and then I found that this person posted it on his site like it was his and at first I was indignant. I was like, he took my stuff! And he didn't give me any credit—all that yaky-yak. And then it was really interesting. I just sat with it a little bit and I didn't email him. Oh man, it was so hard not to email him especially because that was

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like, I was like Ricochet Rabbit in those days. I was really quick on the draw. And, thankfully, I had learned to just like chill it for a little while. Then something came to me that said, Adela, that was really complimentary. He must think quite a bit about you because he was somebody who was very fussy, who was very particular. And then another thought came, he probably, maybe—because he was from another culture also, maybe he doesn't think there was any big deal. So I think that with anything, Josan, I would say this, you need to check in. Because even my answer may not be the right thing.

So this is that thing about direct current: check in each moment what feels like the right thing here. And right is a misnomer. So just feel into it. Feel into the person. Feel into the situation. And in the beginning this may feel like this is really airy-fairy, Adela, I'm not really sure what you're talking about. I can guarantee, if you start really engaging your body, your feeling, your sensing and your knowing, you will be directed to everything. I have more opportunities now than I can shake a stick at. Just a little while ago I was struggling. So this is the other thing. A lot of times the path is very fortuitous, right? It's like you're going on this yellow brick road kind of thing and you're doing this and you're that and you're wondering, okay, like when the heck does this is all come together? I see in my own business now how things have come together. And it's because I did A, B, C, D, E. And so it does come together. So in every moment, it is about checking in and it is about seeing what is it that wants to be engaged in this moment because there's always a possibility.

So let me move on to my next question. Okay, this is from Lorraine in Okanagan Falls. "I have everything lined up for launching my business. I need to start marketing with video and articles. When I start to work on this my whole system freezes. I can't think or take action. I'm feeling desperate to move on." Well, I would say any time we come from a place where we need, where it's coming from this push energy, it's just not the thing to do. It's not the thing to do. I just did a class on Building your Tribe, Social Media Marketing which is a bonus for the upgrades on the program, and I remember as I was planning for that call that I got this idea. We all have our own social media style, right? And so we all have our own conscious business style. So there are loads of tools out there that you can use to let people know about what you're up to. So one thing is telling people about your business and letting people know about your programs and letting people know about the work that you do. And for yourself right now, just take a nice, deep breath and exhale. And just feel,

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when you're talking about your business, where is it in your body? And if it's anywhere above the nose, that's the problem. So your business has to flow from deep inside of you, and I really feel it coming out through my heart. And I love to speak so it's also going to come out through my voice and through my hands because I love to write and I love to touch and I love to connect and I love to create communities. So just imagine my hands going out and holding other hands. I love that. I love hanging out with a resonant tribe. I do. So there are going to be ways that are just you for your business. And you may even do a video or you may do an article but that may not be the place that's going to open you up to your juice, to your flow.

So I think that it's more important for you to be in the flow of your business. Even before the business, be in the flow of your message. What is it that just so sparkles you up? See, I do this work, I do it for free and I do it for a fee. But even if I'm not getting paid I'm doing it because I can't not do it. So there's something inside of you that's just like that. Something that you can't not do. It may be also that you haven't tapped into that yet. The reason you haven't tapped into that is because you're still on the surface of you. So it's about diving really, really deep. It's about being who you are and who you are is different. Who you are is different than someone else.

Anyway, there are so many other questions. Thank you all for being here. There are folks that do have to leave top of the hour. I'm going to stay a little longer if people would like to ask questions. "Adela, can you share that one way to learn your yes and no in your body is by starting with small things like vanilla or chocolate today, Italian or Chinese that help me immensely to learn my yes and no in my body. Hope this helps." Thank you, Miriam. Yes, that could be a way for you to do that. So, great. That's a great tip.

Two people volunteered that book. Oh, Shift! by Jennifer Powers.

So another thing I'm going to say is if you want to connect and you want to find and meet these other people in this conscious business community, go to <http://consciousbusinessnetwork.ning.com>. I'm sure that was in the email this morning. You can sign up over there. I do ask you to answer three questions. If you don't answer the three questions, I won't let you in because this is about being present to your conscious business. The thing here is it doesn't have to be perfect, it just has to be right now. So just

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answer those questions right now because the edit button exists and you can go in and you could change it all.

Dive in and get to know these amazing and delicious people that are showing up and are ready to be in community. One other thing that I'm going to say about your business that speaks to Laraine is that as you're in community, people are going to let you know what works and what doesn't work. As you're in your community and you're talking about your business and you're talking about your ideas, you're going to hear what lands, what works for people. That's how you're going to get some of those a-has too. That's how you're going to know. Somebody will say something and all of a sudden your body will go, "Yes!" and you'll know. Most of us do know a yes in our body. Maybe we're not used to using it all the time, but I would say, man, go for broke with this because there's nothing that's going to actually connect you to inspired action like really going direct current, feeling, sensing and knowing your own "yes."

Great. Nicole: "Being a freelance TV journalist, I deliver qualified pieces so I totally trust in my end product but I'm totally tardy and almost unable to meet deadlines. Well, I'm really working hard on this handicap. Meanwhile, I don't have the courage to send out applications because I'm afraid that I'll disappoint my potential employers. How can I heal this dilemma?" Nicole, thank you so much for sharing that. Well, it's not a dilemma, it's a potential. That's the first shift I would make. The second thing is I would be with it, allow yourself to think, to scuba dive out of the intellect, like when you're dropping from the head into the body is another way to say it. And just feel into it. Of course you can do this for yourself but you can also do this with someone else and it's always wonderful. I do this with my clients.

One other thing that would pop up for me is just really cleaning your communication with prospective people on projects. One of the good things about projects is that you've got some flexibility in how you do them. Letting people know that you work dynamically and maybe setting a schedule for yourself that gives you enough room that you feel that you can play with and you're not feeling limited and constricted. Because it may have to do with just having some space, and it may have to do with asking for what it is that you want. So it could be any number of those things. We're not in a coaching environment now so I wouldn't be able to explore that with you. But those might be a couple of places where you might want to play.

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And by the way, yes, coaching is an extraordinary way to tap into your greatness and to get into this Mastering Your Inner Game thing. Julia Stewart who I've just mentioned is an extraordinary coach and actually is the founder of the School of Coaching Mastery. And there are so many people in this community that are coaches—John from Minnesota, Leo who may be on this call. There are many people that are coaches that I know personally. So the good thing about this kind of community too is that there's a certain skill set with coaches of deep listening, of seeing brilliance, of sparking your potential. These glorious skills that you're going to feel as you join the community. You're really going to enjoy that I welcome you to come on over to <http://consciousbusinessnetwork.ning.com>..

Jane: Hi, I'm Jane.

Adela: Hi Jane.

Jane: I did not hear the third shift. Could you just repeat that for me, please because I didn't understand it?

Adela: The third shift, these are all from memory. I think, okay—"at effect" to "at cause."

Jane: Somehow, "at effect?"

Adela: Victim versus power would be another way to say it. I don't particularly resonate with the word victim. When you're "at effect" of something it's like, oh, it's not my fault. The external is what rules. In Mastering Your Inner Game, it all comes from you. So it's never about the outside. The outside lets you know what's going on in here and points you to where is the playground that you can explore next. So thank you for that.

Jane: Can you expand on that at all?

Adela: What would you like me to expand? Tell me what your other question is.

Jane: Well, you talked about the first two shifts in considerable detail but you didn't really elaborate on the third one. The third one interests me quite a bit. I know you're running out of time but if you just have a few things to say about that, that would be—

Adela: Yes I can. Thank you. A lot of times, we encounter situations where we think we don't have any power. It may look like outside we have—we're in a job. Let's say, I would rather work four days a week or I would rather leave early. Well, there are lots of choices that you can make around that.

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You could choose to perhaps look for another job. You could look at perhaps creating a business for yourself in the evenings, little by little. You could talk to your boss about, hey, is it possible to do this? That's being "at cause." So being "at effect" will be like, oh my god, my job so sucks. I hate my boss." You haven't even asked him. "Oh, I wish I could do this, I wish I could do that." Being "at effect" is feeling the result of the external world without taking the power of your choice and doing something with it. So you can do many things with it. It may or may not shift that but in your taking power, in your being "at cause" with things, things will shift. Guaranteed. You will shift. You will be different. Your energy will be different. Because being "at effect" does not feel good. And it's not who you are. It's not your nature to be powerless. Does that make sense?

Jane: Yes it did. Thank you very much.

Adela: All right. Thank you. Well, I'm going to put us on interactive mode so that I can sign off. Folks, it's been a wonderful time together. Thank you so much.