

The Conscious Business Telesummit

Mastering Your Inner Game

Why High Profile People Sabotage Themselves by Cheating

Colin Tipping

Author & Founder of Radical Forgiveness

Adela Rubio

*Conscious Business Telesummit Host,
Conscious Business Strategist and Mentor™*

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Adela: Welcome everyone to the Conscious Business Telesummit. This is call number ten in our series and our guest today is Colin Tipping. As we do every time we begin our exploration of our topic, take a moment to bring ourselves here and now. If you've been seated all day just stand, and soften your knees, inhale and exhale nice and slow... notice how good it feels to be in your body, feel the breathe coming in and out. Cool on the inhale and warm on the exhale. Feel yourself relaxing, flowing down creating inner space that revolves in the outer space and there's a vibrant container for our experience.

On today's call, for those of us who are up to consciousness, being more awake and aware of our connections to one another and in our businesses and in our message in the world, feel yourself as this immense connected weave of potential that is so ready to be here right now through you. In the conversation with Colin and Adela, combined with your intention of what is here specifically for you to get, that after this call you'll clearly know

Can you be away from your computer even if you're on the webcast. Tune in to the conversation and really imagine that we're together in a really comfy café, drinking our favorite drink and having a really deep and very connected conversation. You're open to things that you've never been before. Take a nice deep breath and exhale and just relax into that. Knowing that in our time together there is going to be so much here, for all of us.

So I am very very excited to have Colin here. The topic today is Why High Profile People Sabotage Themselves By Cheating and the undercurrent to that is all around energy sabotage. Even though it may seem to stop you in many many ways it serves you.

Colin Tipping is the creator of what has come to be recognized as the most powerful technology for personal and spiritual growth today. Radical Forgiveness he is the acknowledged international authority in the application of this technology to the healing of individuals, families, racist, corporation and communities. He is the author of seven books, has on many online and multimedia projects. His workshop are renounced as life changing experiences and I know this column because people in my community who had come to me through you actually email me and tell me how you have changed their life.

Colin: Exactly yes, right, yes. Actually I wrote an article some months back when we first broke about the whole thing and how I saw it from the Radical Forgiveness stand point and I'm going to read that later on if we have time. So people can get a feel for how you can see what's on the

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news and see what's breaking in terms of people lives. See whether there might be some underlying meaning and it's not what it gets obvious but can be incurred if take a very spiritual look at what's happening.

Read that later on because it's so current. By the way Adela, I'm so happy being one of the speakers on this Inner Game series, I think it is a very inspired concept and that because there is no doubt in my mind that successful people do need to take as much account of on what's going on inside themselves as what they do on what's happening outside of themselves.

I think if your focus is on what is out there and you're ignoring all the messages, and cues and information that comes from within, you're running your business and for that matter your life and career on a very narrow set of rails. The Inner Game to me is extremely important and expands our visions to a great degree.

I think you've done a great job putting speakers together and all of whom have been able to highlight many different aspects of the Inner Game and show us all what we can do to be more aware and responsive to that particular side of us.

Adela: Thank you.

Colin: Yes. And when I say that side of us you know, the Inner Game, what do we really mean. So let me just say this. There are several ways to answer that question but we should start up as saying that we have three distinctly different forms of intelligences that we're working with at any one time.

Intellectual Intelligence well, we know what that is. That's the part that is really good in perceiving and understanding what is out there. In other words, it's good to play in the outer game. We very familiar with it. We know how to measure it. And even how to develop it. It's centered very much in the neo cortex part of the brain and we know it to be extremely powerful. We've done wonders through it too through the generations. But what we do know about that part of the brain is it is not very good at the inner game. It is just too dependent on logic, proof and rational thinking.

Then we come to Emotional Intelligence which is quite different and is in a different part of the brain called the limbic brain. Now this is a very different kind of intelligence and of course we know that it is based on feelings. And a big part of the Inner Game as I understand it anyway, You might want to correct me here if I am wrong, Adela, but the big part

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of the Inner Game understands what our emotions are trying to tell us because it is usually right. They are usually right even though very often our feelings run counter to our mentality, saying it's the right way to go.

But I think a lot of people will probably agree with me that there are times when they follow their feelings and have been very grateful that they did because if we are in touch with our feelings they usually give us very very good advice especially what not to do. If there's something that doesn't feel right it's not a good idea to do it.

The way I define emotion is that it's a thought attached to a feeling. So when we have a feeling then what we need to do is to check in the thought that is attached to that feeling. And then that usually tells us what to do or what not to do. So I call that Emotional Intelligence and although it is not as refined and measurable as intellectual intelligence as a lot of people are find it now to be a good way to work in the business world and the idea of following your intuition is much more acceptable these days in business than it was once.

So since Daniel Goldman came out with the term Emotional Intelligence, I think it has become very respectable but it's much more difficult to work with because it's very introspective and it's very experiential and peculiar to oneself. It's not difficult to share that.

Anyway the third form of intelligence that I am going to speak most about today and find it the most fascinating is Spiritual Intelligence.

You'll not hear people talk about Spiritual Intelligence but I do believe that it's a faculty of mind we all have. Just like we have the intellectual and emotional intelligence. I think it differs in some regards and it's more of a collective experience. It's not quite so specific to us as an individual as the other two. It's more collective in its nature as I see it. You can liken each one of us being an individual cell phone. Separately each cell phone is part of the communications network.

That's how I see Spiritual Intelligence that's where we are individually spiritually intelligent but we do depend on this collective Spiritual Intelligence that we might call God or ourselves for advance consciousness whatever we want to call it. But it's that part of us that can tap into universal intelligence. It's that part of us that's guiding us, I believe all through our lives. All be it at a much lower level, out of our awareness more or less. That's by design because we are here to experience the human experience as it arrives, as it comes to us and even though our highest self knows the purpose of everything that happens.

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It also knows that there is purpose even on the worst of things that happen or what appears to be the worst of things. And it would not interfere unless asked to interfere by us. And we do that sometimes by praying or in the case of Radical Forgiveness by using a worksheet or one of the tools that we have that helps us to connect to our spiritual intelligence, that's what the worksheets are designed to do.

So now having said that about this spiritual intelligence let me address the topic as I said I would in the description. I said and this I quote, "In the wake of the Tiger Woods affair it is interesting to ponder why people like Woods, Bill Clinton, Mark Sanford, Eliot Spitzer and many others celebrities, politicians, executives and other highly successful individuals use infidelity as a way to sabotage themselves just when they are at the top of their game. The concept of sexual humanergy, a term coined by Colin Tipping, author of Spiritual Intelligence At Work, offers us possible explanation."

So that is what I am going to talk about today. Now Adela, feel free to jump in if you want to.

Adela: Yes, I will. I just feel that you've been laying the ground work and it's so beautiful because no one has touched on this quite the way that you are. So thank you Colin, this is fantastic. I will dive in.

Colin: Alright. Well I am assuming and I am pretty sure that some of the speakers have already addressed the idea that part of the Inner Game is dealing with our shadow. Is that true?

Adela: Some people may have touch a little bit on it, called it ego but no I don't think so.

Colin: Okay, so let me say a little bit then about what I see the shadow as being. The shadow is that part of us that, as we've been growing up as it starts right at the very beginning of our lives. There are parts of us that get discourage or even shamed and we pushed that down into like a covered deep down on our subconscious mind and keep it down there. Because we don't want to feel this hatred that comes about through being shamed in that way.

So it's a part of us that we don't like or feel ashamed of usually that comes about through people shaming us into thinking that we are bad or thief or a liar, mean or ugly or whatever. All those things about us that we really don't like we tend to put into our shadow. This is what Carl Jung - that was the name he gave to that part of us.

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And the essential part about the shadow is that it is the unconscious. We don't know it's there, once we've repressed it deep down to that part of our psyche. We really are not aware that it is there and we pretend that it's not. The only way that we know that it is there is we tend to see other people and judge them for it. That's the clue. If we want to know what's in our shadow then all we have to do is identify who or what it is about the certain person that upsets you. Then you'll know that that's part of the shadow that you own in your selfness part of your own self-hatred.

So that is a useful thing to know, it's called the Mirror principle. If you look at somebody and there's something about them that you really don't like and find it very objectionable, you're actually looking in the mirror. What we say there is, "if you spot it you got it".

Okay. So that's the way to know what's in your shadow and the beautiful thing about Radical Forgiveness is when you realize that, "Oh my goodness, I can't stand that about that person but that is a part of me" so all I have to do now is quick worksheet on that person and I have already forgiven not only him or her but myself at the same time. So it's a way of integrating one's shadow. Okay.

So we pushed it down in some conscious and some of those things are very very toxic indeed and very shameful. So we push them down even further and never to look at them again. The problem is though that those things still carry a lot of energy and that is why I've come up with the term humenergy. Carl Jung called it a shadow; I'm calling it humenergy. This is an amalgam of two words, human and energy. I do this to emphasize, even though it's deeply repressed and out of our conscious mind rather. It is active, energetically. Its energy moving and it's constantly driving our lives from deep within the unconscious mind.

So not only, you know humenergy is a general term, sexual humenergy refers to that particular part of our shadow, our psyche which is tied in with our shame around our sexuality. I call that sexual humenergy.

Of course, that's actually what's acted out with all these folks committing adultery and sabotaging themselves through sexual acting out. I think it is a very interesting phenomenon especially that it doesn't seem to be that doesn't rise until people reach a certain level of success in life and brings them down in a very big way. It's not a question why it is but it's quite interesting that it seems to do that.

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Now in my book *Virtual Intelligence at Work*, I define humenergy as follows: It's a subtle and largely unconscious material that every individual brings to work and let it out almost always to the detriment of the organization and or their own career. As a way to heal the original wound that cause it to be repressed in the first place.

So here's the difference with what you see as in the media where we just hear how bad this person is, how far they dropped and everything else about them. But we don't hear anybody mentioned the fact that what's happening here is actually an expression of healing or a way to heal the original wound that this person had pushed into that shadow many many years ago. So, it's a healing opportunity. So that's different.

Adela: The thing that is coming up for me as you were speaking about this too is the fact that they are very high profile people and they live their lives publicly, couldn't part of what's happening be that because these people are living large it's a collective experience and are also taking on that energy of many other people that may not be as visible that are actually experiencing the same?

Colin: I think that is very true Adela. For instance, I think when we look back at the Clinton affair with Monica Lewinsky. I think that gave millions of people in America the opportunity to heal a lot of their own sexual humanity just by bringing in to the surface and having it exposed in that way and witnessing his own discomfort trying to deny it and having to admit it and all those things put everybody to sort of empathetic identification with him and by so doing he gave the opportunity for the rest of the population, for those who wanted to anyway to heal some of their sexual humenergy. I think the same thing is happening with Tiger Woods and John Edwards probably. Yes that's a good point.

Adela: Yes.

Colin: The other point about that is, we see the stories of these high profile people but it doesn't just happen to them. It happens to all of us. Everybody is in the same boat. Everybody who has got some negative humenergy stored down in the subconscious mind or unconscious mind actually which is deeper than the subconscious.

At some time or another in their life, especially if they are interested in spiritual growth would find that material will come to the surface in some form or another ready to be healed. So the position you wanted to be in is to be ready for it and to understand what it is. And to say, "Oh, there's that stuff coming up. This must something I need to heal. I'd go and I'd reach for my worksheet and I'd do my radical forgiveness stuff on it

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before it becomes a danger to me. Before I find my careers in tatters or my company in pieces”, and so on and so forth.

Adela: Yes it's about making the choice to be more conscious and work with it instead of suppressing it?

Colin: Yes. I mean in the case of the people we were talking about here, the high profile people, most of them have resisted the messages. I'm sure they have messages all the way along the line. To say that there's something here that needs to be healing but by virtue what kind of people they are, very driven, very focus people on their careers they probably won't listening and in the end got hit with the equivalent of the spiritual too back form.

Adela: You have to deal with it. That's what will happen, if you avoid.

Colin: Yes. For some people it comes out as an illness, you know disease like cancer or something like that. Other people find themselves in bankruptcy, their financial situation goes, it's not always sexual but sexual humenergy is a very strong element, I believe in this whole things. Very strong indeed, yes.

Adela: Yes.

Colin: When we look at people like Tiger Woods and Andre Agassi who come from the same sort of things where their fathers were pushing them from age of seven to become the super human beings that must have had some effects. We know that in Andre Agassi book that was recently written, when you see any of his talks on television there is really some hard rendering how much he hated tennis for years and years and years but he was driven by his father. So the amount of anger he had toward his father is enormous and he acted it out mostly with drugs and sex. I would just imagine that Tiger Woods is probably got a lot of anger towards his father too and many wounds associated with that and of course we know nothing about his relationship with his mother, the least I know.

But you see I happen to know somebody who is very famous and very highly respected in his professional field who I'm not going to name it for obvious reason. No one would imagine that he would be the kind of guy who would regularly visit prostitutes but he does or at least he did. And it seem to me then that he couldn't stop doing it even though he knew that if ever it was discovered it would ruin him. Ruin his business and his whole thing.

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So I worked with him and I found some deep repressed energy about his mother playing with him while in the bath as a small child and him having an erection during that time. That had become repressed and suppressed and sort of a shame to him. That is what he was acting out with the prostitutes. Once we did the radical forgiveness work though and let him see what his mother did for him at that time was his soul actually wanted to experience then he was able to forgive her totally and completely because that's the radical forgiveness principle that nothing wrong will ever happen if it's the soul wanted to experience. Then he was able to forgive it totally and the behavior with the prostitute disappeared. But it wasn't he had touched in to that original shame and then transformed it through the radical forgiveness but he was able to give up his addiction.

Adela: Colin, can you just quickly, for folks who may be new to the radical forgiveness, can you just mention the four step process that you use.

Colin: Yes. First of all the principle of radical forgiveness is that, you know it is very similar to traditional forgiveness except that it goes one step further than traditional forgiveness. It does, unlike traditional forgiveness, they asked us to be empathetic and understanding and to cut the person some slacks and what have you. But traditional forgiveness still holds on the idea that something wrong happens.

Well with radical forgiveness, it goes one step further than that and said that, "not only am I seeing some understanding of you as a human being and understanding why you did it from that stand point I now realize that there was a spiritual reason too why you did this and never spiritual purpose in it. In fact you did for me what my soul wanted. Therefore nothing was, nothing wrong happened and therefore there is nothing to forgive you for. All there is for me to feel is gratitude towards you for being willing at the soul level to do what my soul wanted."

So it's a very big step but what we find Adela is when people simply open to that possibility they really don't have to believe it. There is no faith involve. But if they just open to that possibility it seems to change the energy immediately.

So that's why we use it all the time because it's almost spontaneous once people realize that. So the four step process that you were talking about really was actually I'm not sure what you mean by tool or the process we go through it when we do in the forgiveness, which one do you mean?

Adela: The process on doing the forgiveness.

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Colin: Well the four steps then, the first step is “Look at what I’ve created”. That’s to take responsibilities to having created the situation in the first place, at the soul level again. I keep stressing that as it always at the soul level.

Then the second step is “I notice my judgments and feelings, but I love myself anyway because I am a human being”. Because you are going to be upset and you are going to think horrible things, you are going to be judgmental so you have to love yourself for being that.

But the third step which is the radical forgiveness step is to say, “I am willing to see the perfection in this situation, just the way it is”. That is the radical forgiveness step. You can say it through clenched teeth, so what. Really, the most skeptical you are the better it is anyway.

The fourth step is to say, “I choose peace”. So that’s the four steps. So basically, although what I did with this chapter is a little more extended not basically that’s the idea of what we did.

So there is another twist to this which I find it interesting too. That’s the fact; sometimes it works the other way around. I think this is what happens in John Edwards’s case for instance. He looks to be the villain and she looks to be the victim. But when I heard his story, when I read her story, I think, the Time Magazine put it out there. When her book came out and they did a short version of that book, I saw it quite differently. I saw that John was doing what he had to do for Elizabeth, not to her but for her to heal something.

If its all right with you, can I just read this for you because it’s better if I read it because it’s a little convoluted here, there’s a quote out of her book so which is really important here. So here’s what I wrote, “If I’d known earlier what I’ve just learn from reading abscess in Time Magazine taken from Elizabeth Edwards recently released book, “I would have gone out and put money on the absolute inevitability of a husband’s infidelity. I am quite certain that John Edwards had no choice in the matter. His soul did it for her healing. Let me explain. It is clear from her own writing that ever since she was 13-years of age Elizabeth Edwards has been carrying her mother’s pain caused by the suspicion of Elizabeth’s father’s infidelity.

Here are some of her own words as quoted in Time.” This is Elizabeth quoting now. “At 13 I had read my mother’s journals. I discovered that my mother believed my father had been unfaithful to her when I was a baby. I would state it clearly that I do not know if that is true. I only know

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what she suspected that my father found other companionship while she was buried in babies. She even thought she knew where, the Willett Hotel in Washington , The place where I had my senior prom which must have been a bit of hell for her. Although I'd suitably be a terrible time because I've been odd to her I knew what the hotel meant to her. She let all those decades still loving here but with something deep inside that would always be restless even after he died. The possibility of my father's infidelity eaten my mother I knew but she stayed there, stayed with him and loved him. And after his stroke when he was nearly seventy she cared for him for two decades with a selflessness that is almost unimaginable. And then she said this "don't ever put me in that position I begged John when we were newly weds, leave me if you must but do not be unfaithful."

Now if ever there was a case that perfectly illustrates her unresolved pain especially pain that is carried on behalf of someone else which a lot of us do by the way, usually that of a parent will find a way to become healed thru being re-enacted later in life.

This is it, "Elizabeth witnessed her mother being hidden away by the suspicion of the infidelity and has surely eaten away at Elizabeth too all through her life."

I put in aside here, since cancer hit as alive it's not too much of a stress to implicate this trauma in the causation of her cancer, it is after all in the breast which is the heart chakra. In my experience in working with cancer patients my observation is the breast cancer is often the result of a broken heart. Not any was her own heartbroken and sympathy with her mother's but she has clearly not forgiven her father for causing the heart break. Since forgiveness all that lack there of is also a current in the heart chakra as well as the repress rage I am not at all surprised that she should have cancer of the breast.

This seemingly tragic story is also illustrative of how we enroll others to help us heal such deepened painful wounds. Our souls yearn for integrity and wholeness and at some point in our journey will seek to remove anything that is preventing these qualities from arising within us sometimes it can be achieved by our selves but not infrequently it requires the cooperation of another soul who will agree to act up the situation again for us.

By their reenactment we can recognize the pain and bring it to the surface for healing through forgiveness. This is exactly what John Edwards did for his wife, in my opinion. He did what Elizabeth suspected

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her father did so she could become acquainted with her repressed rage towards her father and come to a place of forgiveness with him.

John loved her enough to sacrifice his career and humiliate himself in front of the whole world so that she might either heal her cancer or at least die free from the pain she carried all her life. In my opinion its purely rational explanation for what happen why else would a highly, educated extremely intelligent, intensely rational person with a razor sharp, legal mind who is perfectly able to assess the risk in any situation running for the highest office in the land, allow himself to be drawn into a sordid little affair with a woman, with that clumsy one liner, "You're hot."

This might hook a rabbit sex addict perhaps but there's no evidence that John had that addiction even to a skeptic this metaphysical explanation for John's behavior makes infinitely more sense than that he would have thrown away his career for a very risky affair with that one woman. I'm absolutely convinced he did it for Elizabeth and furthermore her soul asked his soul to do it for her.

It's the perfect example of the kind of soul to soul healing transaction that typifies what we teach in radical forgiveness. It provides Elizabeth with the opportunity to forgive her father and to see the perfection in what John did, not to her, but for her.

So that's my take on John Edwards and in that particular instance we were given a little bit of inside information as to what pain it was that Elizabeth was carrying that needed to be healed.

Adela: Yes and that is a radical perspective because many people would, would, and I love what you're pointing to hear Collin it's a, first of all it's an invitation to really connect at spiritual level, at a soul level and not only go for the surface appearance of actions.

Colin: Yes.

Adela: Right.

Colin: Yes, and it has beyond understood of course that John didn't do that with that in mind it was not conscious

Adela: Right.

Colin: It's his soul that has made that choice and hers too with don't this at the human level we don't do it thinking, oh well I think I do this in order to heal this, it's all done way below our level of awareness.

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Adela: Yes and the other thing that's really such a delightful and delicious even though at first appearance may have seen like a painful invitation.

Colin: Yes.

Adela: Yes, what I'm hearing really throughout is this taking responsibility for our energy.

Colin: Absolutely

Adela: Right.

Colin: For everything that happens in our life

Adela: Yes.

Colin: That frees us up from being a victim you see because if you look it from the other stand point that things and you know happen by bad luck, and in the wrong place, or meet the wrong people your always a victim. Whereas if you recognize that what's turning up in your life is actually what you actually opted for at some spiritual level then at least you will say, well I'm not a victim and this is not pleasant necessarily and I wish it wasn't happening but I'm responsible for it and what do I do with it now then. You know that's a very different way of approaching life when you come from that place of well, I must have ask for this.

Adela: Well, yes you have a whole different option of possibilities of then.

Colin: Yes.

Adela: Because in victimhood you have none.

Colin: Yes.

Adela: But now you've open the door us to how you can be with it and how you could move through it and what needs to come into your awareness around it that you can partner with that you can address.

Colin: Right.

Adela: We got a question from Gina Dianne, she wanted to know if the worksheet that you spoke about is in the Spiritual Intelligence At Work book?

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Colin: Yes it is, it's in the appendix of the Spiritual Intelligence at Work book and we also now have it on the website as an interactive worksheet and it's called Balancing Humenergy. The Balancing Humenergy worksheet so you can go online and actually do it online, and it's free along with the other worksheets. We got several forgiveness worksheets, self forgiveness worksheet and just recently put up the Balancing Humenergy worksheet.

It's pretty much the same Adela, as the traditional, radical forgiveness but we've just used language that is more appropriate to corporations, and to people who are in the world of work. So, that's the reason that I'm doing it that way. I should mention that we are giving away a book this time for the first two hundred people who go for it, and its called Hidden Agendas at Work.

It's a story, it's a novel that I wrote but it's intended to indicate how humenergy can really ruin a company. Let me read what I put on the back I said this is a cautionary tale that every executive Businessman, Manager, Business owner should heed as a matter of survival. It's a dramatic illustration of how unconscious hidden agendas can literally bring a company through his knees without anyone understanding how or why it happened. It not only revealed the underline dynamics responsible for creating such unconscious and therefore hidden agendas but suggest how they can be anticipated and neutralize before they do irreparable damage to the organization. This is what makes the information giving in this in compelling and touching story are valuable.

It's a story about a small company and it actually tracks five people within the company, the main one being the CEO and you'll see how his early wound that he carried at the age of five but acted out every five years and was at point where, where his going to bring the company to its knees before he discovered how to deal with it through radical forgiveness.

I'm offering two hundred issues, it's a hard back, its smaller than normal I don't know what it is five and half by eight something like that or five by seven and hard back copy. Shall I tell them how they need to do this?

Adela: You know right before the end of the call last five minutes we'll give them the website.

Colin: Very good.

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Adela: I did a very easy link that people can remember and put toward the end of the call then those two hundred, whoever those first two hundred they have to pay for shipping right?

Colin: Pay for shipping and actually they have to pay one cent.

Adela: Right so we go over that so those two hundred lucky people who get a wonderful free book from Colin so we are looking forward to that. We got loads of questions here, lets dive into some of this, this is from Peter in San Francisco.

Colin: Okay.

Adela: How after a lifetime of bad behavior, lying, cheating, stealing and when all friends and family have left how then do you forgive yourself seems easy when the people you were citing has money, talents, skills, and friends even family's taking by them to recover those of us that are alone, exhausted and unskilled how do we find forgiveness, love and acceptance?

Colin: Was that self forgiveness?

Adela: Yes, find forgiveness, love and acceptance.

Colin: Yes, for oneself. You know it's no different for rich people, poor people; it obviously does help if you got some friends who can support you. But you know a friend who understands it from the radical forgiveness perspective is going to be pretty rare.

Most of our friends and family tend to want to make us feel more ashamed because it makes them feel better. If they can put you down subconsciously it makes them feel more superior so sometimes friends are not the kind of people you want. What you need to find is somebody who understands radical forgiveness well enough to be able to explain it to you and be with you as you go through some of the processes.

Now we do have a radical self forgiveness program that you can go through on the website. There is a free worksheet but there is also a paid online program called Radical Self Forgiveness and Self Acceptance. Its seventy bucks and, I don't know if that's too much for you, but we do have the tool the straight forward self forgiveness workshop, worksheet and we also have coaches out there that can help you if you come to our website.

We have people on the website that can have conversation with you over the phone and take you through some of the tools that will help you. But

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you are in no worse position than anybody else so that's the first thing to understand, its part of you there playing the victim card by saying yes its alright for those other folks. But I don't have the money or the friends or what have you.

You have your own inner resources this is the inner game that you're engaging in now, because the name of the series and it doesn't depend on any of this outside factors that you're talking about when you decide that you want to do it, and you want to let go of all the self-recrimination and all the things that you've done in your life that you're not proud of. You as an individual have the power to decide, to give it up and to go and find the tools that it help you. They're out there and many of them are free, there's plenty of people out there who would be more than willing to give you the advice that you need.

Adela: Thank you Colin. Yes and sometimes it's wonderful, I know you have plenty of free resources and you're very generous in your work but sometimes especially if your stuck its very hard to get unstuck yourself and that's when folks who are experienced in a process that resonates for you and if the radical forgiveness resonate for you it feels good. If you listen and hear Colin and you like that make so much sense, yes I get it. You know that's when you know that tools can help you there's something that happens in your body right Colin?

Colin: Right exactly.

Adela: They go like oh my God yes I understand this, I get this, and so sometimes we need it, we all need help.

Colin: Sometimes we need to go to the bottom you know the alcoholics have that thing operating when they often have to go right to the very bottom before they find those inner resources to pull back up and climb out.

Adela: Yes and the good thing Peter is that your here and you're asking the questions so that already is a lot.

Colin: Right.

Adela: So yes you're on the road, so you know good for you for being here and asking that question and exploring it.

Colin: Yes.

Adela: This is I think we'd answered but it is Dorothy Hannah in Kingston Jamaica, "Wwhy do we sabotage our self and what signs to look for?"

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Colin: Well we sabotage ourselves on purpose if you like at the spiritual level we are giving ourselves, opportunity to learn and grow at the soul level. So, once you give up the idea we are doing bad things to ourselves then it becomes easier to deal with what it is that we are doing and to recognize what it is that we are doing say "Oh, okay so there must be value". When we are doing this for some reason "okay I get it thanks I don't need on to go on doing this anymore" I got the message so to speak, and then you can say "Alright whatever it is I need to grow through I'll go through it and I'll go through it fully but I don't need to hang out in it, I don't need to wallow in the victim hood of it, if it is unpleasant and I'm just going to do the best I can, going to get through it but I know its for a purpose, I know that there is a reason why this is happening" and that gives you strength, gives you fortitude and it also encourages you to move beyond it very quickly.

When you're a victim you tend to hang on to being victim it becomes part of who you are you start to get mileage out of it when you realize that you're not a victim you created the situation for a purpose you say "as soon the purpose is over I'm going to let it go".

Now one of the symptoms I mention this earlier some of the symptoms are that you see that people will mirror it for you if it is a shadowed material that you're looking at. What you find in other people as an objection rule is what you hate in yourself and therefore notice to heal that you just need to do a worksheet of forgive the other person and forgive yourself at the same time is automatic. That is why it's so simple, it's almost unbelievably simple.

Then other symptoms are finding yourself doing things that are uncharacteristic of your nature, of your being very mean, and nasty to some people even though your natural way of being is generous and kind then that's going to give a sign. Listen to your body, listen to your feelings, what is your feelings telling you? Why? If out of integrity you going to get the signal and you got. So, all sorts of ways in which you notice, but its subtle, it's not like somebody holds up a red big flag you really have to start listening thinking and being aware of what's going on your life.

Another good symptom is to recognize a pattern. If you are bringing certain things into your life constantly then you know you may have a belief attached to that For instance, if you, if people steal things from you often then somewhere there's a toxic belief in your mind that sometimes in your life that people will steal for me "Or I don't deserve to have these things" and so that's a symptom of a toxic negative belief that

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you might be holding that's limiting your life and creating these circumstances. Look for a pattern, if something keeps repeating that's a very good point.

Adela: Yes that's great, you know if you are the through line . . .

Colin: Oh yes. I keep marrying the same man I wonder why.

Adela: Yes, yes so funny. I just wanted to read a couple of check in here from people this is from Jane in Brisbane, Australia. Dear Colin thank you so much I have just realize why I married and divorce a violent emotionally unstable man he gave me the opportunity to forgive my father and stop living my mother's pain, I am absolutely amaze how it has suddenly become clear just by listening to what you said about the Edwards thanks again.

Colin: Oh well right that's it make all worthwhile.

Adela: Oh its wonderful this is from someone else of Lyn oh I'm not sure if I say her name right Lenae in Norway. The online programs like self-forgiveness and self-acceptance are awesome, been through them and I'm born again then and have been given a fresh start awesome.

Colin: Oh, great.

Adela: So we have got them on the lines that have work in material and it's wonderful that it's available to folks. So this is from Sabine in Toronto, "Hi how does taking responsibility related to childhood abuse personally don't think that children are weaker people, are responsible for abuse they suffer from their parents" and I'm not sure I get that completely. So, I think it means about if there was some childhood abuse how you take responsibility for that.

Colin: Well, the answer to that is that is not the human being, baby or adult that is doing the asking or receiving the benefits it's the soul and the baby may be a very old soul, maybe a much older than the adult abuser.

So, all this is that happening at the spiritual level not at the human level, at the human level you know we would do everything we would want to do to stop that and to put an end to it, but to do it with love and to do it with understanding that there's a perfection involved in here somewhere, it's not for us to judge, its not for us to know any different.

So child abuse is always something that comes up. We are not yet ready to the mind of God or how things work, what the purpose of this things

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are? Or even whatever divine plan is. All we know is what were assuming is that each of us has a divine plan for our souls growth and that when we come to planet earth we are going to choose certain experiences to give us the experiences that are included in the divine plan for whatever reason. We don't know what that reason is, and it's not for us to know at this time whether it's a baby, whether its an adult or a prisoner or a terrorist or a nun it makes no difference. We're all in this together, we're all one and we're all spiritual beings doing exactly what we need to be doing on this earth. There are no exceptions to that rule none.

Adela: Absolutely and I can speak to that specific circumstance personally because situations like that actually create an amazing human being if you step into the potential of what's possible.

Colin: Exactly.

Adela: From an experience like that. I had an experience like that myself so I know all about it.

Colin: Yes.

Adela: It creates a human being at such depth and such power and when you are willing to engage at what could possibly be really happening here that's actually something amazing and powerful and transformative.

Colin: Yes.

Adela: Let me tell you it transforms everything.

Colin: Yes.

Adela: It transforms you, the other person, the people in the family it is just there is nothing like the power of forgiveness they really come to know who we are.

Colin: Right, right exactly and I do want touch into what we are alluding to in the John Edward story and that is generational pain how many of us are carrying stuff, centuries old but in particular the pain of our own parents or grandparents there's an awful lot of us at the workshops. It's not their own pain but their ancestor's pain that they carry and the thing that I was getting on you knows I can manipulate people like anybody else through guilt. I say if you don't want to hand this on to your own children then give it up now, and so they say oh, I don't want to hand this pain to my children. Okay here's what you do.

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- Adela: It's a little inspirational pride in there, Colin.
- Colin: Yes, yes justifiable guilt trip.
- Adela: Yes, yes.
- Colin: But they are that way though when they realize that they could be polluting their own children's energy field with pain that's not their own.
- Adela: Yes perpetuating it.
- Colin: Exactly.
- Adela: Yes.
- Colin: Then it cause heals back if its slight issues for instance that each time we do it now in this generation it heals all the way back to the original.
- Adela: That's right. That's a thought I'm loving that your saying this that even right here beyond time and space things have occurred for centuries and centuries and centuries we have the ability to impact the energy of what is possible now just by shifting of our own energy.
- Colin: Right.
- Adela: It's powerful.
- Colin: Both backward and forwards.
- Adela: Yes.
- Colin: You see because if we, if we healed of what is in the potential field then there's no need for it to happen. So I always consider my workshops to be Cancer Prevention Workshops because there's a lot of people there who come to the workshops with energy that's been really strong in their physical bodies and started to make them sick once I've get rid of the energy that's causing that and it doesn't have to go on any longer and its just the spirit that potentiality for disease disappears along with the energy field that gets collapse.
- Adela: Yes absolutely you know this radical forgiveness is energy work you're working with energy I'm so glad that you coined that term now.
- Colin: Yes.

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- Adela: We can call it what it is its energy.
- Colin: Yes it is.
- Adela: And this is such a beautiful and graceful process that can be graceful if were open to it.
- Colin: Yes.
- Adela: Right Colin?
- Colin: Yes.
- Adela: It doesn't have to be wrenching, gut wrenching.
- Colin: Right.
- Adela: It doesn't have to be, it doesn't have to be.
- Colin: You know since we are talking about Conscious Business the more we can bring this into our business affairs the better because we are, we can stop conflict before it happens we can prevent people feeling unhappy at work because they are unhappy with their supervisors all those things when we got ways in which people can use this material at work to make work life a lot more better and the company more profitable evenly.
- Adela: Yes and the thing is there is no separation between you and your business.
- Colin: That's correct, yes.
- Adela: Right?
- Colin: Yes.
- Adela: You show up everywhere so you show up as open this energetic being that just willing to be open and explore and be more conscious and its going to ripple to every aspect of your world. There is no separation between you and your business, your family, and everything you're an organic being you know you show up everywhere. So we've got loads more questions that we can't possibly so we just have to ask you back again Colin.
- Colin: Alright, it would be my pleasure.

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Adela: Yes but I did want you spend up a couple of minutes just telling us the specifics of the bonus gift that you got for our folks here which is really so generous. I do want to get the web link and if you're on the webcast it's in the lower left hand corner if you click on that button it's going to take you to the site and Colin is going to let us know exactly how we have to go through that in order to be able to get one of our bonus books. So, here's the website for folks who are now on the web cast its consciousbusinessstelesummit.com/book. I will also send out an email today ijust in case folks for some reason missed it or can't get on the web cast. So, Colin can you tell us just a little bit about how what folks would do.

Colin: Yes preferably then that link would take them to shopping cart. So, once they get to the shopping cart just scroll down and look for the book called Hidden Agendas blue book and they'll need to go ahead click purchase it will show the price as 11.96, you click purchase and then when it gets to the next page it will ask you for a coupon code and the coupon code is HIDDEN in caps and you put that in and what it will charge you is one cent plus the shipping but you must put the coupon code in otherwise it will automatically charge 11.96.

Adela: Okay fantastic. So, HIDDEN all uppercase is the coupon code. Then you update the cart whatever is that button in there.

Colin: Right and the offer will be for forty eight hours or the maximum of two hundred books whichever is sooner.

Adela: Whichever happens first so folks that one to redeem is really generous all for Colin you go to consciousbusinessstelesummit.com/book and it will take you to the site, you click on the book, you go to purchase it, and you enter the coupon code HIDDEN all upper case and then you update the cart or you know complete your purchase, you'll get charged one cent for the book and then the shipping charge. So enjoy thank you so much Colin.

Colin: That's it?

Adela: For being here with us again it's always so wonderful to have you here.

Colin: Well, I enjoyed it.

Colin: Good bye everybody.

Participants: Thank you, Colin. Thank you, Adela

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