

The Conscious Business Telesummit

Mastering Your Inner Game

**Six Simple Questions to Transform Overwhelm,
Frustration or Turmoil in Minutes**

Mary Allen

America's Inner Peace Coach, author and host,

Adela Rubio

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

Jan 19, 2010

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes Mary Allen

Adela: Welcome everyone to the [Conscious Business Telesummit](#). This is your host, Adela Rubio, and today is our fourth call in our series, Mastering Your Inner Game.

Let's take a moment to align. Take a nice deep breath and exhale. See how your breath is a bridge between your body and your being and how breathing brings you here. Breathing is your connection and entry point to here and now, your connection point to the planet when you came in, and it's your exit when you leave. It's always with you and it is the easiest means of accessing who you are.

Take another nice deep breath and exhale. Feel the collective powerful intention that we create as we come together to explore conscious business and to explore ways in which we can come more online, those things that may seem like obstacles, like barriers, to a brilliant conscious business. We see that these things are actually potential areas for us to explore, in activating and bringing into being our conscious business.

Feel yourself connect to Mary Allen, to me, to everyone on this call, all the folks who listen in on the replay and everyone else who is up to this game of conscious business. There are so many of us. Just do a Google search and you will see how many people are up for this and you are one of the team, of the tribe.

Feel in this game, in this exploration of inner peace, there's something here for you today, it's just for you and just for now. Allow yourself to open to receive it, to know it when you see it. Feel in your body the yes of it, knowing that as we come to a close on our call today, we will have another piece, another element to put into play for your conscious business.

So I'm very excited. I've heard about Mary Allen for a long time in coaching circles. She's quite well known and respected and loved for many, many reasons. You are, darling.

Mary: I'm very grateful to hear that and to receive that affection. I feel the same way about all of the people I've been supporting, that have been a part of my community for a while. I know many of them are listening to this call. So thank you for being here.

Adela: Yes, I'm very excited. For those of you that this may be the first time that you're hearing about Mary Allen, she's America's inner peace coach and she's the author of The Power of Inner Choice. She has

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes Mary Allen

hosted Conversations with the Masters, interviewing extraordinary speakers, bestselling authors and coaches, including Dr. Wayne Dyer, Caroline Myss, Debbie Ford, Byron Katie and too many to list right here. It's really an extraordinary roster of people who you've interviewed. Her clients include entrepreneurs, CEOs, business owners and even a couple of billionaires. Her passion is helping conscious achievers enjoy greater everyday inner peace as they realize their inspired goals. Mary leads the annual week long Inner Peace Immersion Retreat, where she challenges audiences to master quickly returning to inner peace from any emotional state. Welcome, Mary. It's wonderful to have you with us.

Mary: Thank you so much, Adela. What a beautiful opening. I really love how you set the tone by getting us out here connected in the now and to our breath. Can't think of a better way to kick off a call. So, thank you.

Adela: Yes. I'm very excited about this whole inner game because I've noticed that in my own work and in my own business, that was really the area that if I had dived in sooner, I would have gotten to where I am now a lot quicker.

I noticed in your topic description, this term of conscious achievers, I hadn't seen that before and it feels kind of juicy to me. I'd love for you to tell us a little bit about who's a conscious achiever?

Mary: Absolutely. Well, probably everybody here on this call is in some way or another a conscious achiever. Somebody that has a mindset around consciousness, is on a spiritual path, a personal growth path that is—you know, it's connected to something greater beyond themselves, has that sense that they want to live more present, day to day, and make those conscious choices. And at the same time, they want to achieve. You've got businesses; we've got finances to take care of. There's a real juicy part of the creation of our dreams and goals that some spiritual teachers don't talk about. It's much more about, "Oh, we need to do away with desire and we need to calm desire." Many, even some religions think that desire is the root of all evil. It's also the way we can express our fullest potential as human beings. I notice my clients have a lot of sign that gives us a sense of purpose and direction and focus to have that achievement side. We want to just bring that together. I'm a big fan of success and inner peace. So yes, achievers just sort of sums it up in the best possible way.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes **Mary Allen**

Adela: Yes, and it sounds like achievers are people that really want to make a contribution, a big contribution, as much as they can.

Mary: I think that's one of the qualities of a conscious achiever that it isn't just about their own personal goals and achievement that ultimately it really is about making a difference, making the world a better place. That's why there are so many coaches, consultants, healers and even professionals. There are a lot of clients I work with that run businesses and real estate or doing taxes, and they're very much about making a difference even though their role isn't necessarily the traditional helper role.

Adela: Well, I think it's also something that happens when you make a good amount of money. It kind of becomes like, "Okay, now what?"

Mary: If you notice, actually the wealthier people become, the more they naturally contribute. Some of the clients—yes, I threw it in just because it sounds cool. I've coached a few billionaires. I would tell you, they're huge givers. They're huge philanthropists. They have their pet projects but usually they're involved in multiple charities. They love to give; they love to be involved with the community and not just with money, but with their time and with their skill set. So, the more abundant we all become the more generous we can all become.

Adela: Yes. I'm thinking that is one of things that was in my own belief system for a really long time that really interrupted my inner peace. I would love to hear how your process speaks to this.

Mary: Thank you. It is powerful.

Adela: So this whole thing of "not enough," whether it's I don't know enough or I don't have enough clients or I'm not making enough money, there's something about that not enough-ness that totally disrupts the truth of who we really are, first of all, and totally disrupts our inner peace.

Mary: Yes. It really does. There's a common component to really any amount of stress anything that's—turmoil, frustration, sadness, depression, any non-inner peace, right, anything that's disrupting our inner peace, there's one thing they all have in common, including this notion of "not being enough," and that's this notion of resistance. It's like pushing against what is.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes Mary Allen

And in the case with not enough, it's really resisting our gifts, our strengths. Yes, it's resisting the brilliance of who we are. That's what results in this "not enough" feeling. And so if we can stop, stop resisting yourself. Embrace and love and acknowledge the beauty and the uniqueness and the fabulousness of what your human package brings into this world. And I guarantee, if you live into those gifts as being more than enough, trust me. The grand creator that put us here on the planet had the divine plan and he doesn't mess up.

So, you've got everything that you need. The problem is, is we spend so much time focusing on the "What's not good enough" or "what needs to be improved" and not focusing on our strengths and our gifts so much.

Adela: So, if you were to describe what it is that people get when they work with you, like for example, in this retreat that's coming up, it sounds really juicy. A week-long of encountering everything and guaranteeing that you're going to have inner peace through it. So, what is that? What is that inner peace? What is that promise of inner peace?

Mary: So, here's the problem. First off, before I say the promise, I want to say what the promise is not. The promise is not—it's a complete fantasy to think that we can access inner peace once and for all and then we're just there and it's constant 24/7.

Adela: And we're done, yes.

Mary: Well, let's just get that right off the table. We are not going for some utopian perfect vision of everyday inner peace. That's not really what everyday inner peace is about. In fact, it's much more about embracing our wholeness. It's much about embracing the emotions of stress and overwhelm and frustration. As we can really dance with those feelings and emotions and dance with the thoughts that sometimes can get bottled up in our mind and dance with the various "obstacles" that come along, this is where we really can have a greater sense of inner peace.

So, that being said, really the promise of my inner peace immersion retreat, which actually we're going to be announcing in the next couple of weeks, is really three things. It's about learning how to quickly return to your powerful center any time it gets disrupted. It's about awakening to that reservoir of inner strength that is within you. It's there right now. We don't have to do anything. It's just we need to—oh, awakening is a good word—awaken to that reservoir of inner peace that's within you.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

And really, it's ultimately about embracing inner peace more as your predominant state of being. So that as we're going through life, that just as you did so beautifully at the beginning of this call, that just with a little bit of intention and a breath and flowing down, that we can very quickly return to that center. Because when we do, this is where we have the greatest access to our sense of intuition. This is where we can be present in the moment and receive the gifts that the world is offering us. This is where we get to create at our very best. We tend to be most productive when we're at a place of stillness and inner peace inside. We can allow that inspiration to flow through us, gush through us often times. We can connect more deeply in relationships. We tend to make more conscious choices.

So there are so many great benefits, if we can allow inner peace to become more of a predominant state of being, a way of being in the world or consciousness in this world. I sure find that life gets even more juicier—more juicier, boy, that's a good way to say it.

Adela: Yes, that's a perfect way to say it. I totally agree.

Mary: More juicier.

Adela: Yes.

Mary: And we can receive more as well. Because when we're in that place of peace, one of the places we resist is receiving abundance in this world. And going back to the not enough, "oh, I'm not worthy", we got these filters where we do constantly put the halter on extra money coming our way; businesses expanding, partnerships that could potentially explode our businesses. So, inner peace is the great receiving muscle, the great emotional muscle.

Adela: Yes. It sounds like the process, the experience is all about getting you to a place where how you relate to everything is different, right.

Mary: Exactly.

Adela: Yes. It's how you relate to yourself, how you relate to the stuff.

Mary: Exactly. And that's really it. There are actually really three key relationships that all of us are dancing with constantly. And when we can really master these three relationships, we start noticing how life flows and really how fabulously fulfilling it is and I think that's why we're here.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

Adela: Yes.

Mary: And one of those that you've kind of pointed to is this relationship with ourselves which is really about embracing all who we are, embracing the light side, all the brilliant strengths and qualities and gifts and also about embracing the dark side. Embracing those qualities that we tend to want to stuff and say, "Oh, well, I shouldn't be annoying. I should never be stressed out. I shouldn't ever be mean." It's like, well, sometimes, it is appropriate. Each one of those attributes and to the extent that we can really embrace all of those aspects, of course, that's one of the most powerful relationships we can master. And you probably want to know what the other two are, right?

Adela: Yes, of course. You've got me in suspense here.

Mary: I'll with a lead up here. So the second one is our relationship with others. So, often, people don't live into the fantasy of who we want them to be. And we resist that. When we resist, we experience stress and frustration. And here in the dynamic, we really want to come to embrace and accept people for who they are and accept them for who they are not. So we could probably do a whole call on that topic.

But where we're really going is this third relationship which I think more and more, people are really starting to think about this as an actual relationship, but this is a relationship with reality. And we get in our mind sometimes how reality should be, how it should unfold. And, again, when the world doesn't unfold according to our ideal fantasy, it can create a lot of stress and frustration and needless suffering inside of us.

And so, where we're going today is to really talk about how—it's really kind of a tool to strengthen this relationship with reality and just bring more conscious awareness to that dance. Well, of course, reality is the granddaddy of them all, it includes yourself, it includes others. It really includes every dynamic in this human experience.

Adela: Yes. And I know that you've got this great process that you're going to take us through. But before you do that, there was one sentence that I saw on your website and I was like, "Ooh, I like this." And I think you've got to kind of have this before you go into your process. And it's everyday inner peace is about knowing that you're always at choice.

Mary: Yes.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes Mary Allen

Adela: I think that we forget that a lot, you know. We assume that things have to be a certain way because they've been a certain way for whatever—whether you're in a job or it's the way you've always done things or it's in your family or in a relationship or in anything. And there's so much freedom in that one sentence. Everyday inner peace is about knowing that you're always at choice.

Mary: Yes, yes, yes, yes. And even when we think that we're not at choice, we're at choice. That's really that greater, the more resounding moment. So when we're feeling stuck in the moment, when we're feeling like I can't take that next action on your business, when you're feeling a certain way towards yourself, now this is where we want loosening up and really coming back to this very, very cool principle.

And I'm so glad you pointed right to this, because it really all ultimately does come down to a place of choice.

Adela: Yes, because you can have the most fabulous tools on the planet, if you don't decide, "Hey, I'm experiencing this right now. I can use this. I can choose to explore a different way of being." You can't get anywhere.

Mary: Life changes with one choice.

Adela: Yes.

Mary: And our life is created by choice. And sometimes as we choose and we start going down a path—you know, one of my favorite things to talk about is actually the compounding effects of choice. We can't even say the word choice without me wanting to say the compounding effect of choice that it is those little choice that don't seem to make any difference at all in the moment, that the compounding effect over time makes all the difference in the world.

And this is where it ties so beautifully with mastering the inner game, because it's not and we can make one powerful choice. And even more powerful than one choice, is making consistent little choices at each and every day. How being willing to start a call by presencing conscious and getting connected to your breath. And by taking an inner peace timeout each day to really make sure that you're connecting to the core of your being. The choice to little acts of kindness and the choices that help a business explode and get exposure.

Now, this is where social media, I know you're big on social media as well.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

Adela: I am. Yes.

Mary: You know, so the compounding effect of choice of a tweet, of a little status update on FaceBook—one tweet is probably not going to change the world, but, if you're consistent with that exposure again and again and again, it makes such a huge difference, as of course you know.

Adela: Yes, yes. And I love that the compounding effects of choice.

Mary: Yes. And well and let me just add here too that as we're moving towards our goals in 2010. And we can get started and come out of the gates and maybe come February, everything hasn't kicked in to gears as we thought. If we can still hold true and even hold—there's actually a diagram of the compounding effects of choice, which is a curve that, it's kind of like the compounding penny, right. It doesn't look like doing much for the first days and the first years as you compound that penny. But, there comes a point where exponentially it starts to kick in.

And if we can hold that in our mind as we're moving forward, it's one of the most powerful inner games strategies that I use, employ to every area of my life, whether it's getting myself to the gym, whether you know—the choices I make, what to put in my body. It's exactly what keeps me alive and active in social media. It's that compounding effect of choice. I know that this one little thing might not seem like it's going to make a big difference, but I know the compounded effect of this single choice over time—doing it again and again and again—will make a world of difference.

Adela: Yes. And I'm sure that folks on the line can even think of sometimes you make a choice and you have no idea of the ripple effect of that choice. Because, if we look back in our lives, we see that we did A and then A led us to B and then B led us to C. And so, it's not only the compounding effect of choice, but it's that choice ripples—possibilities.

And so, when you make a choice, it's like you've opened a whole—there's a whole new tributary.

Mary: Yes.

Adela: And that wouldn't be there if you didn't make the choice.

Mary: Yes. Exactly, yes. And it's great to distinguish between those two kinds of choices—the ones that you do over and over and over again, you know like doing a status update on Twitter or FaceBook. And then there are these—I call them choice points which really changes your directions

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes Mary Allen

forever. Which is more—an example of that is: I remember the first time I got on social media. And just sort of, that choice of to get on and create a presence and to immerse myself in it for that first week or so. That was a life changing turn.

And sometimes, going to seminars and events and that being a kind of a choice points. You know we're deciding to be in a certain profession, pursuing a party where you meet a significant other.

Adela: Yes. And I think that that's one of the—. If we're going to make a shift, especially when we're in these states of being where we may not be feeling all fantastic and wonderful and we may have all kinds of thoughts and emotions. Its just one of the things that I've noticed is just having that idea of possibility. Just having perhaps the idea that it could occur, is enough sometimes to allow you to make the choice.

Mary: Yes. What's possible here?

Adela: Yes.

Mary: I'm much more of a “half glass full” as opposed to a “glass half empty” girl.

Adela: Yes.

Mary: That is—well, gosh—you know, where could this lead, this relationship. Or even what's possible when you read an article. It's like, how will my being be impacted? Or watching a two-minute video. I would love to just direct people. You can actually download a free chapter to the Compounding Effect of Choice. I don't think we included that as one of the bonuses but if people don't have a copy of my book—actually—

Adela: I was going to give them the link for that nice package of bonus that you gave us. I was going to give it at the end of the call.

Mary: Okay. Fantastic.

Adela: Yes. But, you can let us know the links for the Compounding Effect and I can make sure and get it to them in an email if you'd like.

Mary: Absolutely. It's essentially my website, Lifecoachmary.com.

Adela: Okay.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

Mary: Yes. Right down the homepage is the one of the free gifts, because it is really such an important philosophy really to embrace. But it has a big impact on both your inner peace and all of the success in the world.

Adela: Yes. So Mary, you know we're walking around and there's always stuff no matter—listen, it doesn't matter how well you're doing, the moment that you're launching yourself, especially when you launch yourself into something new, something that you don't have yet, like let's say a conscious business, the minute that you do that, it's like all this stuff comes up. So how do you shift? How do you open up to having a different experience around this stuff, whether it's the feeling—all this stuff, the turmoils that happens, the internal stuff that now starts going, "Warning, warning!"

Mary: Right, right. Well, one of the tools I use when I get most stuck, so America's inner peace coach, I just want to go on record, yes, sometimes I get caught up in the overwhelm track or feeling particularly stuck. There's a certain time of the month and being a female body that sometimes skews my perspective on life—we all know what we're talking about. And yes, I run into those junctures as well. And I created what's called the inner peace reality check. It's a simple process. It's six questions to walk yourself through that can literally—

It's really great for two things. One is to really help get you unstuck and transform inner turmoil, when that becomes alive in your life. And you can also use this inner peace reality check any time that you're—maybe you just want to create more momentum. Maybe you're not all the way on the bottom of the totem pole feeling stuck and lethargic and just a knot of emotions inside of yourself. Maybe you just want to create some momentum.

This is another great time to pull out these six questions and with a little bit of willingness, just walk yourself through these six questions.

So you want to jump into this?

Adela: Yes, absolutely.

Mary: Okay. What I recommend here, as we go through these questions, is to think of a situation that's alive in your life right now. Either a situation that's recently brought you some inner turmoil, you might be right in it, stuck, frustrated. This is so perfect. If things are really flowing and that's not your experience right now, congratulations. And pick something

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

where you'd like to create even more momentum so that you can have a live scenario as we go through each one of the questions.

And then, this actual worksheet is one of the bonuses that Adela is going to be gifting you and actually I think works almost as well. But just hear the questions first. If you already have them downloaded and in front of you, that's fabulous too. But don't worry about getting them in front of you as we go through this process.

Okay, that being said, let's jump into the first question, which is a real awareness question. And that is simply asking, what's the reality of the situation? So when we're going to check in, we want to check the reality of the situation. And just to define reality, reality being—it's what's objectively going on. And as my husband likes to say, reality is what's going to still be—real reality is what's going to be here even if you're not on the planet. So things that are stories in your mind and feelings and emotions aren't as much tangible reality as the pouring rain that's going on outside right here and right now and being in this physical house. So we want to just objectify reality and the best way to do that is actually to write down your answers. So it's not quite enough just to walk yourself verbally through each one of these six questions that may help in some situations. But what's even more powerful is to get out of the movie and get what's in your head and what's in your feeling state onto paper. So you want to write down what is the reality of the situation. You check in physically, what are the facts? What's the physical reality without any story, meaning or interpretation?

So what's the reality of the situation? It could be I've got 30 things on my to-do list. Or 100 things on my to-do list. It might be a physical fact or it could be 500 emails in my inbox. Or it might be about a deadline or a commitment that you recently made that you haven't yet fulfilled. So really go through reality of the situation and name as many different aspects as you can. And, again, we want to write this down. Now we also want to name the aspects of reality. It may also be feeling states, thoughts that are going through your mind. Also very useful especially if you're in more of the stock overwhelm in our turmoil past. What are you believing right now? If it's a different level of reality but right now it's your reality so we want to just get it down onto paper.

So some parts of reality could be I only got six hours of sleep last night, I'm tired. It could be I'm hungry, I'm thirsty. It could be I'm feeling anxiety if that's what's true for you. So really just kind of check again. What's the

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

reality of the situation? So as I'm playing all these things, this is your opportunity to be writing them down. So that's the 100% things that you should do, whatever it may be.

So that's the first question. Now we go to the second question which is also an awareness question. And we want to look at, what am I resisting? If we're in inner turmoil, we know we're resisting something. Because you can't have tension inside your body without some level of resistance. So we want to get really curious about what is the flavor of this resistance? Am I resisting a sense of obligation if I were responding to all of these 500 emails, for example? Am I resisting having to make a tough choice in this moment? Am I resisting some aspects of myself? Am I resisting my brilliance? Am I resisting a truth that maybe I got a piece of news and it wasn't living into my fantasy and I'm resisting the truth at the moment? It could risk imperfection, not being in control, maybe a certain deadline. We often resist emotions. Certain ones come up and oh, it's not okay to feel angry, for example. You resist feeling angry. And Adela, what happens when we resist feeling angry?

Adela: Oh, you're going to really feel angry.

Mary Allen: Right. It kind of locks in place. There's not really a lot of movement that happens or sadness. You're feeling maybe a sense of grief if there's been a recent death in your family. But the biggest thing here is just to gently look at resistance and yes, you might be resisting time. So watch the flavors of resistance but just getting curious here so we can bring that to our awareness. Where's the sticking point? And even if we're working on a project where we want to create more momentum, look and see, is there any subtle resistance? Is there an X choice maybe just subtly you're not quite ready to make? It's another really powerful way to use that question.

So then we go to the next question which is a question that is going to challenge you to really associate with what if I continue resisting? So this is probably the most annoying question to ask when you're in the thick of it. I like to think of these six questions when I'm in my turmoil as the six annoying questions, this one being the most annoying. I'll tell you in a minute why you don't want to skip this and why you really want a playful heart in this one.

So step into what if I continue resisting? What are the potential costs if I continue resisting? Feel into resistance right now. And in your own body, you can feel like a certain tension. The reality is when we experience

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

extreme stress for a five-minute period of time, it actually lowers our immune system for the next six hours. So almost right away we can almost all say if we keep resisting the impact on our health it's not good. We end up damaging the telomeres of our cells which is the thing which makes them healthy. And the more those get damaged, the more prone we are to aging and disease. So just right off the bat, there you've got one answer. So like, okay, the impact to my health. But also look, well, if I continue resisting, I'm going to be in a not so pleasant state of mind and that could have an impact on my relationship with my husband, my friends, my colleagues, my clients, my children. If I keep resisting, I'll probably not going to be so productive. So resisting, taking an action or making a decision, well, I'm going to be stuck and then I'm going to feel worse. Maybe I'll miss a deadline. And the real key to this question is to feel into that resistance, to feel into what it feels like to push back.

And here's why. When we feel into any feeling or emotion fully, it's one of the most powerful ways to release that. Many of you already know that as a principle and concept so this is just a reminder to feel into that which you're resisting as a powerful strategy to transform into something else. So this is why this question is here.

So the fourth question is a feel good question and the key word here is appreciate, another "A" word. I'm noticing the alliteration here.

Adela: I noticed it right away.

Mary Allen: So the big question here is what can I appreciate? What can I appreciate about this situation? And if you're feeling super stuck, the first response might be nothing. I walked through this with clients before and that often the first thought. But it's like, well, if there was something that you could appreciate about the situation, if you really sit with it for just a moment longer, what might be the gift or opportunity or benefit of the situation being exactly as it is right now? So if you've got 500 emails to answer, you might appreciate, well, I'm in demand. This is good. Look at all the—there's lots of opportunity here that's available to me. Maybe this is an opportunity to work through a challenging situation so that maybe you can help future clients or friends or business colleagues with the same situation. Like if this is a challenge for you, chances are it is for somebody else. Well, why not you be the one to find a solution through it. What can I appreciate? Gosh, maybe this is an opportunity to really make a radical shift in my business. I keep talking about that overflowing inbox because this is one of the times that I actually sat down and ran myself through

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

these questions. And what can I appreciate? And it's like, gosh, maybe this is an opportunity to really find a new way to deal with email in a way that aligns more fully with every day inner peace.

So if we're just willing to work, again with all these questions a place of willingness, then the answers will come. So this gets us back connected into a good vibration to lead us to that fifth question which is the "A" word of abundance. And the question is what are my options? Question five—what are my options? And I want to say here that options are neutral. There are always way more options than most people are considering. Usually when we're feeling stuck or any kind of inner turmoil, usually we're not considering any choice. It's more like we've got our heads beating against the wall and it's like we want to somehow magically move through the wall. Like that might not be the best option. Of course one option is always to do nothing so always name that right off the bat—one option, do nothing. And one option is always to keep true to why we're here, whatever current strategy is. But the real challenge here is to look for as many other options as possible for your particular situation. So in the case with email, well, I could start asking my friends and colleagues what they do to manage their email. And sure enough I found myself on a Mastermind call and learned about the beauty of setting up folders and filters. I got really inspired then to set up a whole folders and filters system. I still have emails that comes to my main inbox but it's all so systemized now that if I could sit down for an hour to—actually, in about an hour I can clear my inbox to where I can feel completely at peace. So good news, huh? Maybe I should do a call on that too. And maybe I hold one for people.

Other options. What's the one next step? Do I need to ask for help? Do I need to say no to something? Another option could be taking a ten-minute inner peace time out. So options, options, options. So this is one I hope you're applying to your own situation and I've come up with some options that maybe you hadn't thought of when you started this exercise. And let me also say that if there's not resistance, sometimes we can do an inner peace reality check and we're not actually resisting the current situation.

For example, shortly after I created this process, I found myself out of gas. I tried to squeeze one more trip than my little tank of gas had and I checked in, it's like what's the reality of the situation. Hmm, car won't start, out of gas. Cars need gas to run. That was the reality of the situation. And I was finding, I'm like, I'm not actually really resisting it per

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes Mary Allen

se, so I went right to, well, what are my options? Well, I could call my husband and tell him about the whole drama of the situation. Or I could get out of the car and see where the nearest gas station is and get in a nice walk since I haven't actually exercised that day. And that's exactly what I did.

So you can use these questions. You may just go what's the reality of the situation, use it as a guiding point for your choices. What's the reality of the situation? What are my options? Great. One, two, three.

Then you get to question six which is where you actually choose the action's word and what will I consciously choose. It's not enough to have your options. It wouldn't have been enough for me to sit there in my car and just think about calling my husband or getting out and looking for gas. That wouldn't have really helped my situation. Well, I couldn't have moved anywhere. So what will I consciously choose? So in that case, popped out of the car, nice balmy night, just got to be really connected in the present moment as I found myself a little gas station, found a can to fill up with gas and have this really magical little experience as I had run out of gas near the mall.

Just how easy it can be. And this is the one as a coach, what will I consciously choose? This is the one that I want to be sort of the nudger of picking a choice, pick a path for your particular situation. It doesn't have to be the end all, be all choice. It's like pick a choice because it will create momentum, it will create movement. And this is how we can reconnect. It's a quick way to reconnect with our powerful center and create flow back in our lives.

Adela: Yes, and it's drama free. It's not, oh my gosh, how could I be so whatever, I ran out of gas. You get rid of all that. It's just like, okay, here's the deal—this is the situation and these are my options. Which one am I going to do? All right. And you enjoy the balmy night at the mall.

Mary Allen: Exactly. We can enjoy every step along our path and I know many of you here listening in are doing this. And, of course, my role as a coach is just to challenge you to up the ante on that even more. Where are the places where things do—maybe they don't sell quite as well?

Adela: Yes, there's a place where they can spiral up from where they're already—

Mary Allen: Exactly.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

Adela: We've got a great question here that I want to take from Brian. He says my tendency in times of great conflict is toward withdrawal and numbness. Sometimes this is mistaken for inner peace. In a moment of greatest trial, how can one be awake to the distinction between the two?

Mary Allen: Beautiful question. Yes. Here's how you really tell. Truth is time will reveal itself, right? The initial I would say getting a piece of news or something, maybe you go right to that kind of numbness which maybe feels like inner peace but as you come to know yourself you can start recognizing the pattern of, okay, I just took that piece of news and sort of stuffed it, but to get that, you know what, that if I get really, really honest, there's actually some resistance. Subtle resistance can be quite deadly as we know. So I invite you to number one, pay attention over time and kind of look for patterns.

I know since I share everything else about my life, I'll share one of the more vulnerable ones which is this whole process of trying to get pregnant and we've done some different IVF processes. And so going in and getting a piece of news that either we're not able to start an IVF process or we have to cancel an IVF process—IVF is in vitro fertilization—I get the piece of news and I would notice that my initial reaction usually in the moment was pretty good. Some people would say, oh, it's like inner peace. But it's like I know better. It's like I know that in order for me to really process that, I'm going to need to really feel into those feelings. My husband knows this as well. And then it's about creating the space. Maybe, when I get the news it's not appropriate to really feel into it at that moment because I need to be present for clients but then to create the space for—tears usually helped in that particular situation. It might not be the situation for Brian that—so noticing over time is really the best thing because you'll see residual resistance pop its full head up after the fact and that's how we know.

Adela: Yes, great. Thank you. I've got another question here. This one I really like too. I can relate to this question. This has happened to me in my life. This is from Brita in Bulgaria. "How can I keep my energy and spirit high when I'm a manager and owner of a sewing factory in a post-communist country in Eastern Europe and daily I meet with a hundred employees with a very negative attitude to life and work?"

Mary Allen: Great question. Okay, so here is what my invitation is for you. First off, you've got to really get who's in charge of you. And the person that is more committed to their emotional state will ultimately influence another.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

Let me even say that one more time. The person more committed to their emotional state will ultimately influence another. So I would make your energy vibration a huge priority and you can do that by taking on designing some practices for yourself that will really nourish you and keep that vibration high. So reading inspiring books, being on calls like this, maybe taking some meditation time in the morning, making sure that you're caring well for yourself, exercising, gratitude practices are really fabulous so that you've got this wellspring of energy, of inner peace, of joy, of happiness. And you know what, love the other people in their grumpiness. Let them be who they are. Don't resist them for being who they are. But don't resist your joy and your happiness because they're not on the same program. You be who they are and you never have to get to push back. It's like embrace that as well. Maybe it sounds a lot easier when you sum it up like that in 60 seconds but I guarantee, if you make that commitment over time and really keep focusing on your own energy vibration—there's a chapter I really speak to that in *The Power of Inner Choice*, my book, that gives you all kinds of ideas for that. You practice that over time and embrace other people's grumpiness and negativity just like they're just being who they are. I bet you if we talk to you a year from now there would be a few more smiles in your company.

Adela: Yes. And especially since he's the person running it, I mean he can set the tone with his own energy. And it's not that I won't take some conscious effort, but he can effect actually great change by just—he's actually in a great position to shift so many people's lives.

Mary Allen: Exactly. In fact I didn't even quite hear that he was actually in charge of this even more than—if that's the case I would go about, this is where bringing in company values and if you can really bring in a culture so that there's a guiding point and a set of standards for people to live into, then it's almost part of their job description is you hire people that can bring a happy attitude if that's one of the core values. And if you want some ideas and good core values, zappos.com is an online retailer and if you go to their site, I think somewhere down at the bottom there's links to—you'll find they even have a link to their corporate values. They're very dynamic and I'm telling you what, you tour zappos.com. These people live their values. And more and more companies are of course living this way so very doable.

Adela: Thank you for that tip. Someone asked if you could just recap real quickly the six steps and then I'd love you to speak a little bit about—I know we've got a wonderful bonus for folks and I'll give them the link and then about

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

your retreat that's coming up. So if you wouldn't mind doing a recap, a quick recap of the six steps.

Mary Allen: Absolutely. So six questions. This is the inner peace reality check process. Question one—what's the reality of the situation? Number two, what am I resisting? Number three, what if I continue resisting? Number four, what can I appreciate? Number five, what are my options? Number six, what will I consciously choose? And the good news is this sheet and actually there's some sub questions as well is part of the bonus gift.

Adela: Yes. And folks can grab that at consciousbusinessstelesummit.com/innerpeace. And if you're on the webcast, there's a button in the lower left-hand corner. You could just click and it takes you to the page. So consciousbusinessstelesummit.com/innerpeace and I will be sending it via email so everyone can get it. And also the Zappos, I'll put it in there too just so folks can go check that out because that's a good website too.

Mary Allen: Oh yes, brilliant.

Adela: So just tell us a little bit about your upcoming—I know it's not ready for prime time yet—

Mary Allen: Yes, it's going to be announced later this week but if you access the bonuses, I believe when you access the bonuses, you will also get a complimentary subscription to my SoulFULLY Living so you will get alerted when the announcement comes next week. So October 20th through the 24th in Joshua Tree California is basically four full days of an opportunity to really learn how to master returning to your powerful center. There are quick strategies. We'll actually go through this in more detail where you really get it in your bone about how to apply this in various situations as well as two other like super powerful strategies for transforming inner turmoil. I'm also bringing my mentor and coach Arjuna Ardagh, who's the author of The Translucent Revolution and literally, his gift is creating the space in an environment for a radical awakening and deepening our sense of awakening, really getting the magnificence and the brilliance of who we are beyond just our thoughts and feelings and personalities as human beings. It's that steady well or reservoir of inner peace that lies within us all just beneath the surface. So you will really be immersed in inner peace for four full days. There's so much actually to say about it. We're going to be doing yoga every day. We've got a chef. We've got organic meals and she's put together a recipe booklet as well.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes

Mary Allen

We've got a guest speaking on sacred sexuality because being at peace with intimacy and sensuality is also important. And there's a very special pricing that's going to be offered through February 15th that's actually all inclusive. That means your food, lodging, tuition, all materials for \$1597 through February 15th. I know it's a steal of a deal and you can bring a guest for \$397.

So if you sign up with somebody, there's an additional room, I think it's the \$600 room and food charge for a guest so you can bring a guest for— anyway, it is phenomenal.

Mary Allen: Yes. It's going to be a real juicy event.

Adela: Well, this has been a real juicy event too, Mary. It's been so wonderful to have you here and sharing the six questions and really giving folks a tool where they can shift. I'm so excited that you were able to be with us.

Mary Allen: Well, I thank you for doing the summit and other summits you've done. You attract amazing lineups so I love that and I love this topic of Mastering the Inner Game because it's so true. We really are the ones that most get in the way of ourselves. We suffer way more than we need to as human beings and I'm here about let's stop the suffering and expand that sense of inner peace because it is a juicy place to live.

Adela: Life is an adventure and each of us resonates with different folks. Mary has a delicious energy. She does extraordinary work. She's got a great retreat coming up. Make sure that you download the wonderful package because it also includes an interview with Bijan on abundance.

Mary Allen: Yes. And he's one of the masters of inner peace too. He's one of the people I've learned so much from, on effortless prosperity and that was an interview that I did that is not available to the public. What else is in our bonuses?

Adela: There were a couple of things there. I think there were like four things I remember off the top of my head. But folks, you just have to go and check it out. Conscious Business Telesummit. Oh, they get the book, too, The Power of Inner Choice.

Mary Allen: That's the place you actually get the full—I thought we had included the full eBook version of The Power of Inner Choice. Chapter three is the compounding effect of choice but it's really an inner peace manual. That's right, we decided to do that for your group.

Six Simple Questions to Transform Overwhelm, Frustration or Turmoil in Minutes
Mary Allen

Adela: Yes, you did. You were very generous with our group. But that's a juicy bonus, folks. Go to consciousbusinessstelesummit.com/innerpeace.com. Mary, thank you so much for being with us and I hope that you will come back again and visit with our community. I really, really look forward to having you back again, Mary. Thank you.

Mary Allen: Thank you so much. I would love to come back and thank you to all of our listeners

Everybody: Good-bye