

The Conscious Business Telesummit

Mastering Your Inner Game

**Discover How Self-Love is Key to Mastering Your Inner and
Outer Game**

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Adela: So, wherever you find yourself physically. Take a nice deep but and exhale. And if you're just joining us, this is the Conscious Business telesummit and I am your host Adela Rubio. Our topic today is self love is the key to mastering your inner and outer game. So, we're just going to bring our intention and our presence and just really come online, taking a nice deep breath and exhale. I recommend you stand, knees soft. Take another nice deep breath and exhale. And just feel your breathe deepening and slowing down. You can have your eyes open or your eyes closed.

Sink into the sensation as if you are in a cloud, just sinking into the sensation of now; feeling yourself more open with immense spaciousness inside; rippling outwardly beyond your skin until the energy of you is free flowing, unbounded, unleashed fully free to express in this moment. Notice your connection to others on this call and others up for the adventure of conscious business and mastering the inner game.

Notice whether the words resonate for you; whether game resonates for you. If it doesn't, just change the word. Feel the energy; feel the substance upon which the words ride. Take another nice deep breathe and exhale. Feel yourself relaxing and deepening more into the present moment, awaken aware; eyes wide open; heart wide open, ready to receive; ready to explore the adventure at Dean and Adela and the rest of the conscious business tribe is up for.

If you can step away from your computer while we are in this conversation and this exploration, do so if you've got a pad and a pencil and you want to catch a couple of things that really land for you. You'll know when they land for you because you'll feel it. But just know that there's something for you on this call. Know that it's yours. Thank you.

This is call number eight: self-love is the key to mastering your inner and outer game. Our guest today is Dean Shrock, Dr. Dean Shrock. Dean is an author, a lecturer and a guided imagery expert. He has loads of qualifications that if I started reading them, we'd probably be here for 15 minutes, so I'm going to give you the abridged portion of what Dean is all about.

Dr. Dean Shrock served as the director of mind, body medicine for a physicians management group of 40 cancer centers. Here he developed and researched a wellness program which he taught to thousands of cancer patients and their families. His book Doctor's Orders: Go Fishing details this program. The insights he gained while teaching it in his latest book, While It Heals, Dean has compiled solid scientific evidence to support the age-old belief about the power of love. Dean, Welcome.

Dean: Welcome. Thank you Adela.

Adela: This is a hot topic Dean. We've got loads of questions. So I am going to make sure that we pause, so that we've got time to answer the questions. But, I wanted to start off with—self-love is a term that's been, in terms of psychology and psychoanalysis and the mind, we can be quite familiar with what the word means. I'd love for you to give us a context for this exploration when you talk about self-love, what are you talking about?

Dean: Well, it's interesting because I've had to grow into this, Adela. With my scientific training, we must face everything on substantial research. So, my explorations into metaphysics and quantum physics took me out of psychology, but I think was just plain instrumental in differentiating between how I might attempt to explain self-love psychologically although there would be some similarities to be sure and I would talk about it in terms of self-love is really aligning with your soul or your core self, your core essence.

Adela: So, we don't even have to worry about all the scientific explanations. It's a simple definition, just aligning with your core essence.

Dean: Right.

Adela: Yet, doesn't that seem to be something really hard for us to do in our everyday experience?

Dean: It is. That was just what I was about to say, Adela. It's simple but it's not easy. I remember your wonderful call with Ellen Britt on Friday and she talked about what happens in childhood. She was quite correct in terms of we learn so many limitations and learn anything other than we're one with the universe and perfect. These learned limitations literally function to affect our behavior and our chances for success. This is important that people understand that they need to change their beliefs. They can do it, but I will tell you certainly in my work as a psychologist and I will tell why personally that this isn't necessarily easy. It's an on going exercise.

Adela: You were speaking a little bit about how conditioned reality distorts our view of ourselves?

Dean: Well, because you create your own reality, you know I was more the scientist in much earlier in my life and I started reading books like the Seth Material saying, you create your own reality. Part of it was excited by that and a part of me goes, "you know this is definitely—it just can't be true." It just sounded too ungrounded. But the fact that you do. So, when you have beliefs that you're not good enough or you're only feeling good about yourself when you're trying to please others, then you live a life of conformity. In fact, I say that you equate conformity with feeling loved. So, you didn't learn to be unique; you didn't learn to be authentic. You learned to follow the dictates of the culture and largely coming from your parents.

I've been joked only it's not funny. You know, if you get yelled at or hit enough, you know you're not stupid, you're going to catch on. And that becomes your mode of operation. That's a difficult pattern to break.

Adela: Yet, it is possible.

Dean: Oh, it is possible, believe me, I wouldn't be here.

Adela: Yes.

Dean: Telling you that—you know it's absolutely possible and I'm a personal example. I came from a difficult childhood where my father was very difficult. He was a perfectionist and I would say, God bless anyone who has to live or work with a perfectionist. Because, he knew the right way to do everything and I was never allowed to say no. I was never allowed to question. I didn't have a voice.

So, imagine me now because you know me as the person who definitely has a voice. This has been a long road.

Adela: Yes and I know it can be a lifelong adventure and definitely is not something that happens instantly. But, you know I know many of the folks on this call have had some experiences. I'll venture to say that, almost everybody that's on this call will probably have had some moments where they experienced themselves. I'm forgetting which one of you are writing as you talk your own mystical experience. It's so funny because my blog today is about a mystical life and on our morning call we went and adventured in that arena. But, I wonder, could you share a little bit about what you meant when you said mystical experiences? What would you consider a mystical experience?

Dean: I think another word is transcendent. That's a word that probably shows up more in scientific literature when we're looking at what we might call mystical experiences. But there, when we have a definite awareness of our connection with something larger than what we understand physically or through our logical mind. And whether they're near death experiences, whether they're—I'm try to think of another word that's very common where people—it's like a peak experience where out skiing, and just somehow at some point, you realize you're actually one with that mountain. Or another common one I ran into a lot, because of my work with cancer was when people died, it was very common for the spouse, especially who was left behind to then have some form of communication from their deceased spouse.

And they would come to me as a psychologist, wondering if they were crazy and wanting to tell me what happened so that I might comfort them in some way. In my own experiences without reservation, a great probability that is in fact they were having this direct communication with

their spouse. Although you would say, well, physically that can't happen, but of course, it can.

Adela: Yes. I'll bet everyone has had some kind of an experience like this. It raises that question. One of the problems that we encounter with this awareness of self-love is that we try to get it from where it isn't.

Dean: It's that we're looking for love in all the wrong places.

Adela: Specifically, because there's something that you're pointing to here with the peak experiences, right. It's an experience, you actually feel it, right.

Dean: Oh, you know it. That's one of the crazy things when you try to talk about this scientifically. Because knowing scientifically means objective evidence, hard objective measurable evidence. When you're talking about intuitive experiences, it's the antithesis of science. It's talking about a totally subjective understanding. But, one of the very special parts about transcendent experiences which I write about, especially in while it heals is that what I found with people investigating these transcendent experiences that the number one reason why people usually don't want to share their story is not what most people think. That's that they don't want people to think they're crazy.

The number one reason why people don't want to share their story is because they don't want it diminished. They know their story is true and were more real than real. I would say that probably—I don't know if I'd go so far to say as the majority of people have had such an experience. But, certainly a huge number, certainly the majority have had what we'd call extra sensory perception experiences. But this one, where you just know—I even remember my wife won't mind my sharing this story. But when I first met her, her husband—she was married—and he was dying of cancer. And the day he was diagnosed, she was really sad and cried, she said. And most of that day and she walked to the corner grocery store and on her way home sobbing, she was just stopped dead in her tracks by the most overwhelming feeling of love.

However she knew or was told, she said, it was told to her that it was simply time for her husband. That's just the way it was. Even though logically, I mean Shelly is still dealing with “my husband's dying, I'm going to loose my husband”. She simply knew.

How do you explain that to someone who hasn't that experience. She knew it was okay.

Adela: Yes, yes. It's a very important piece that it's not something that comes in through your intellect; it's not something that comes in through your reasoning, is it?

Dean: No, it isn't. In fact, that's one of the real problems again, when we try to teach people about expanded consciousness and connecting with the quantum field or whatever we talk about in terms of all that is. It doesn't happen through your logical, left-brain hemisphere. It happens through the right-brain hemisphere and exercises an altered state of consciousness like dreams and meditation and prayer.

Adela: Yes. I know that you're going to take us through something like that today, so I'm very excited. In a little while, we're going to actually have a experience. But that's one of the things that I wanted to make sure that you touched on, is that I think that one of the stumbling blocks for us is, especially when comes to this self-love thing, which for me also I'll just come right out and say, this was a big issue for me for a really long time—a really long time in my own life.

That trying to address it from a place where it isn't available, which is in your head—you know trying to change your mind about how you feel about yourself. That's just like trying to do it from a place where it can't possibly happen. The easiest place, the easiest access to it is going to be something like the experience that you're going to take us through in a little while.

I know that you've got this. One of the cool things about your book is that you took like all is like this different scientific like really, really science stuff and you're really, really brought it down to earth and made it really so practical and so understandable. I'd love for you to speak a little bit, because when I read this in your book, was like, "wow! I'd never thought of it that way." When you talked about love, the universe and quantum physics and what love actually is.

Dean: Okay. This isn't something that I all of a sudden I had this revelation. Indeed it took time and when I wrote my first book, *Doctors Orders: Go Fishing* based on my experience with cancer and finding that my patients were living much longer than those just receiving conventional care, is to come to terms when we get the research: why was that true? Because I was really looking at the will to live, but my patients found that too selfish to really think about themselves. So, I couldn't comfortably say it was the will to live. That's when they told me it wasn't any particular coping skill I taught them, not guided imagery, not stress management, not the will to live, it was that I listened and I cared and I was sincere.

Adela, I struggled with that, I really didn't get that at first. But only after a while when I concluded in my research, it was around feeling loved and cared for, which coincided with Dean Ornish's work with heart disease and James Lynch's research with heart disease, more time than 20, 30 years of research.

Then I started to be more comfortable with it, but my own left-brain kicked in and go, okay, it sounds nice but how does this work? So, that's when I started to look at numbers of other things. I would say, the one thing that really got my attention was quantum physics and beginning to understand what actually Nobel Prize winning physicist had determined that underlying all of reality is that we understand it and think of it as another primary reality of this quantum field. It's fundamental characteristics harmony and order and compassion.

In fact, some of these physicist literally called that quantum field an energy of love. So, that's why I defined love as oneness. It is in fact who we are. We are all this oneness; we are all love; we are all god or the sacred holy chi, the zero point field manifesting in form. It's who we are.

When we resonate with that, when we experience love—an example that I like use is it, the number one we learned in school some time. If you sprinkled iron filings on a paper or carton and placed over a magnet, and then the iron filings would take the form or shape of the magnet's force field. That's what love literally does to the molecules of your body. And so, when you are experiencing love and ideally self-love means you really understand who you are and you're living your truth, then everything goes better.

Another example is like with electricity. If we have an ohm meter and it's going to actually measure the resistance of the flow of the electricity—we have another term in electricity called “in phase”, which means there's little or no resistance of that flow. That's what happens with us. When we are experiencing love, we are in synch, we are in phase. Then, we allow for the maximum flow of this quantum field or life force energy.

Adela: Can you just tell us some of the simple things that, that what is it that we do that has us get in the way of this flow?

Dean: Yes. Well, I define stress as anything that it's in opposition to love or oneness. That's a huge list.

Adela: But, I liked the way that you summed it up succinctly, stress.

Dean: Yes. Stress, that's the killer. When Dean Ornish did his fantastic research with heart disease, he said that it was really about stress, nutrition and exercise and particularly he's become especially known for his vegetarian approach. But, I thought he stated in his writings that it's the stress component. I couldn't concur more because it's whenever we do anything the suggests separation from this field, that again restricts the flow of this life energy and you know yourselves basically do two things, you either in a growth mode or they're in a protective mode.

Stress automatically puts in a protective mode. Eventually, the cell deteriorates and there are all kinds of consequences. So, we want to do

whatever is in harmony or resonance with love. That's why I honestly believe and talked about in my book why I think we've been taught to be virtuous, not in terms of right or wrong or good or bad. When you are virtuous, these are resonant energies. They literally contribute to the survival of the species. Now, I don't think most people understand that when they talk about why they would be virtuous, but that's what I understand.

Adela: Yes. The other thing that came up while you were speaking was this whole idea. I know that many of us are very familiar, we've been on a spiritual path or we're definitely more open to the energy of our beings. We've heard this phrase, the illusion of separation. I can see how it impacts our capacity for resonance, right.

Dean: Yes.

Adela: Right.

Dean: Yes, yes. If I could create a new diagnostic code, I would call it—forgotten identity. Our greatest ailment is we have forgotten our divinity. We've forgotten our magnificence. I love your word “brilliance.” We've forgotten our brilliance.

Adela: Yes. So we know that the pathway that's full of all kinds of stumbling blocks is the intellectual one. Because it's not one that actually has us link up and sink up with this field of resonance. So, what are some of the ways that you've found, Dean, that are the easiest ways to just align yourself that'll just take you into this open and flowing state that we are naturally?

Dean: Yes. I have one great recommendation, Adela, and I call it “go fishing.” And if it's my saying, of course do what brings you greatest joy and meaning in your life. Of course there's common sense. When you're busy doing what you like to do, we all know you tend to forget your aches and pains. But, when you're going fishing, when you're doing what brings you true joy, joy is a fundamental aspect or frequency of love.

And so, what better—in fact, I used to think I was giving my patients a license to steal when we told them as part of their treatment for cancer, we wanted them to make time everyday to do something that really brought them great joy. Now, remember of course they found that too difficult in most of them. But it was actually only learned later, there was much greater rationale and understanding for why, in fact this will to live was going to be so health sustaining. So by far, I would say to people that they've got to learn to do this guilt-free. And that's part of where I say it's simple, but it isn't easy. Because most people in my experience have to justify making time for themselves. That's why partly I cut all the book Doctors Orders: Go Fishing because I thought, well, my experience was

that the doctor told you to do it, you are much more likely to do it. So, therefore, I could let you off the hook. You know it wasn't your decision, the doctor made me do it.

Adela: Yes. It gives them freedom to do it.

Dean: Which is crazy and I would say to them though, you know at your age but not really your age but your life experience and wisdom, that you need permission from anyone to do what you really want, that's crazy.

Adela: Yes. Yes Dean, the majority of the planet does walk around without questioning traditions and rules and ways of being that have been thrust upon us.

Dean: Right.

Adela: You know, who was it that said that the unexamined life is not worth living, is it Everson? Most of us do not really think that this level of engaging life deeply and profoundly and richly is even possible.

Dean: Right. They don't even have that thought. I will go back again to that we've learned early on to equate love with conforming. You know our nature is love. We will die for love. When you learn early on to equate love with doing what everybody else thinks and wants you to do, you're not going to be unique, you're not going to be creative, you're not going to look outside the box. You will resist others who try to get you to do it because deep inside you're creating this huge dissonant.

Adela: Yes. We've gotten a number of emails from people that they're on the polarity continuum. A couple of people actually mentioned self-loathing in their questions.

Dean: Yes.

Adela: Could you speak a little bit to this whole experience of self-loathing. What's actually happening and what's possible? What's possible when people are in that kind of a state.

Dean: I would recommend that one thing as much as any other, even more than going fishing, I would say it's mindfulness. You know when I learned about guided imagery and hypnosis, the whole premise was to focus on what you want, not what you don't want. But, when I learned about mindfulness, you know at first I simply couldn't accept it because mindfulness says, focus on exactly what's going on in the present moment. So, if you're were in great pain or whatever was happening to you in some traumatic way, self-loathing, whatever, the idea that I would now say to you is to focus on exactly what you're thinking and feeling. How could mindfulness and guided imagery and self-hypnosis both be right. But, the crazy thing about this is that both work wonderfully well.

I call mindfulness the perfect act of loving yourself. It's accepting and loving yourself just the way you are. So, for the people or the person asking this question, I would say, if you had a best friend who was really feeling out of sorts, depressed, whatever, ideally in fact, you wouldn't fix this person; judge this person; change this person. You would be there for your friend. And even if you didn't know what to do, you would say something like, "you know, I don't know what we're going to do, but I'm going to stay with you until we figure this out no matter what." Do this for yourself, love yourself.

So when you're feeling really, really crummy, it's not easy to sit down and think positive side. Let yourself really go into how you're feeling; accept and love yourself. Surprisingly, these people might find it's transformative by itself in that active mindfulness.

Adela: Yes, it's like when you bring your attention and awareness to how you're feeling, it shifts.

Dean: Until I get that for myself, there's no way you could've convinced me that was true. That of course, I had many patients tell me, especially when I was working with pain and pain is really un-funny. People tell me, "oh my God." I had to grow into that one too.

Adela: So, this kind of goes, at least it feels for me, it kind of goes hand in hand. We're actually going to have later on in the series Collin Tipping who speaks to forgiveness. Actually, that's his work. But, I was wondering if you could speak a little bit, you know you already started this. How does self-forgiveness impact our ability to experience self-love?

Dean: Well, self-forgiveness is really about remembering who you are. Instead of trying to forgive yourself for being imperfect, trying to live up to live up to somebody else's ideas about what is. Like let me digress and you may have to remind me where I'm coming back to this, but if I were to ask you and your listeners to think of any subject that they think they know a lot about, any subject at all. When will the day come, you will know everything there is to know about that subject?

Adela: Probably never.

Dean: Not going to happen. That's exactly what people come up with. So, what this leads to then is, if you'll never know about a particular subject, you'll never know everything about any subject. More than that, when you know through quantum physics that consciousness literally creates, that underlying this physical reality and what we call this primary reality, is only a field—a realm of potential—it doesn't take form until consciousness is introduced. This is what's so cool, Adela, it's all made up. And the people understood that they really do make their reality.

So then, after saying that, bring me back to where you wanted me to go with this about self-forgiveness.

Adela: Oh, well, just how it impacts our ability to love ourselves.

Dean: Well, again it's like if you eat too much bad food and it clogs your arteries, it stops that flow of energy that is what fills everything else. So, if you are not in touch with your brilliance and you're focused on trying to live up to these arbitrary ideals, that's obviously going to take from the energy of "hey, I can be anything I want to be for real." Now, I will say that I'm also convinced that we have what I call soul script or life plan, where we came to experience certain things on purpose that we might view as negative. But I believe they honestly serve the purpose of teaching us to love ourselves more fully or come to understand love more fully.

But, self-forgiveness is more about forgiving yourself or forgetting that you're already perfect.

Adela: Yes, it's not like there's something for you to get, it's already here, right? And it's a gap in awareness, perhaps, but that's about it.

Dean: Right. But in saying that, that doesn't mean, okay, you just get it. As you say even if we entertain this intellectually that's one thing but we have to get it at a feeling level. I know in doing inner work with people that if they have an intellectual insight but there isn't a motion accompanied with that insight, it's just an insight but it's not going to change things. You've got to be able to—

Adela: You've got to be able to feel it, right?

Dean: Yes.

Adela: Yes. So can you take us through so we can feel it?

Dean: I don't think I want to try to do more of a therapeutic exercise and a self-forgiveness one. I know that you wanted me to do something so I thought I would do something where I say you experience the energy of your soul or the energy of quantum field and then we can talk about to the extent if we have time or your listeners are interested about what that experience was. But at least they have that opportunity or it would be an example of what they can do when I say go fishing or to do mindfulness, but to pause and allow themselves to be in touch with their core essence and what that really feels like. I will pretty much guarantee you, I know you, but your listeners are going to end up with a smile on their face.

Adela: Okay, wonderful. Thank you, Dean.

Dean: Okay. Are you ready? Please make yourself comfortable. Close your eyes and slowly inhale fully and deeply. As you inhale, imagine energy being drawn into your body. Exhale each breath in a slow and relaxed manner, breathing out any sense of stress or negativity. Take a number of these breaths now, breathing in and out, fully and deeply. So now you're going to experience your own inner love. I'd like you to take more deep breaths slowly and deeply and imagine the life force or quantum energy now filling your heart.

As Adela and I talked about a moment ago, self-love is the aligning of yourself with your infinite, eternal self or soul. It is the realization of your true identity and sacredness of your divine source and connection. So now as you continue breathing slowly and deeply, I want you to say to yourself, "I am one with all that is."

Now I am going to pause for a couple of minutes while you feel the energy of your soul. Just take your time right now and pay attention to whatever thoughts and images come into your awareness as you now say, "I feel the energy of my soul." Take your time.

Slowly begin to return your awareness to your outer conscious awareness, becoming more alert and more aware, gradually adjusting to the light as you slowly begin to open your eyes, becoming more aware of your environment and only feeling good.

So how was that for you, Adela?

Adela: I don't feel like coming back.

Dean: That's pretty normal. When I do it live, people really don't want to open their eyes and it usually does make me smile and laugh. But it's a great experience to observe and certainly to experience firsthand, that oh, because this whole thing didn't even take five minutes, and that's what you can do. That's what's extra cool about guided imagery and when it's recorded on a CD and I used to do this and do them custom, even, but now I have some more commercially available so people don't have to worry how to word things or what to do, especially once they identify with a certain person or voice, that triggers them to go right where they need to go anyhow. Then as you like to say and open to whatever it is that you want to do. I will tell you that the key in the end is all about openness and intention. When you've got that part figured out, your intuition and everything else just—that's it. I don't care what psychological or energy technique you're doing, it's all about your openness and your intention and

your accepting that once you put the thought out there, that thought creates, it's simply going to manifest, it's only a matter of time.

Adela: Yes, absolutely. I will tell you too, that I've noticed, Dean, and I'd love to hear your thoughts on this is that when you do an experience like this in a group, how super amped up and powerful it is.

Dean: Yes, yes. That collective consciousness, that collective energy, it's absolutely transforming and there's research to demonstrate it. But yes, absolutely.

Adela: Yes. So folks on the line, when you listen to the replay, I'm certain also this is the thing too that the energy of what's occurring as all of us come together and experience this connection, this oneness, what I call DC, direct current. It's transformative. It's just like your whole body

Dean: It is. A rather extreme example in the sense that it may sound a bit odd at first, but what I found was even in the most dire circumstance like when 9/11 happened and people were saying how do we respond to this event and a lot of it had to do with revenge and something to do with terrorism or whatever. My response, I know initially this sounded so crazy, I told people to go fishing. Because not only is that an energy that you are now creating that goes through your own body which was large when I worked in dealing with people's health, but that energy goes out into the universe. So coming back to your comments now about group consciousness is if in a relatively few number of us were to truly take on the consciousness of living our truth, that we are love and harmony and compassion and conducting that in our lives, that will transform the world and our economic conditions and your business. You change your inner game and it changes everything else in your life. Your body, your health, your relationships, your business are mirrored by how you feel inside about yourself.

Adela: Yes. I remember I read an article last year and I said transformation begins in your own zip code. This is actually how we ripple. This is how we change the planet. It's so amazing because the thing that happens with this too, Dean, is that as we really connect and get who we really are, we show up differently. Right? The body of course responds to it in the way that it does because the body is organized intelligence, just like life, the universe.

But then what's possible Dean? What's possible for people once they are this energy?

Dean: Okay. Well, let me make one comment first. When I would say to my cancer patients again and tell them to go fishing as a way to try to help them appreciate why this isn't a selfish thing at all, but if they had a spouse, or a best friend or someone who they knew well is to think about after that person goes into something they really love, are or are they not nicer to live with and work with? It's just absolutely the case. So when you realize that instead of thinking you're selfish, you're kicking your spouse in the butt and say, hey, go out and do it again. Because you know that it affects your relationship and whether or not you want to be with them or work with them.

So it's absolutely possible and you can learn it either by practicing things like bringing more joy into your life and seeing how that begins to change things. Do the guided imagery. Do the mindfulness. Do the meditation. But it's about taking on a different mindset and doing things that remind you. So whether you've got dream boards or vision boards or affirmations or you do things during the day or you just automatically take breaks to remind yourself instead of how the day goes on or I don't care who you are as a way of catching up with you and beating you down, is to take natural planned breaks. Go to the bathroom. Do something even if you're at work, nobody's going to bug you if you say I have to go to the bathroom. You just have to do things where you remind yourself and refocus that who you really are and no matter what anybody else thinks, you're going to live your awareness.

Adela: Yes. So they actively have to choose.

Dean: There's no magic here. There's no, you must—here's what this is, the good news and the bad news. The good news is, this works. The bad news is, you have to do it.

Adela: Yes. I'll bet, Dean, that in the beginning it's, because I've noticed this for myself and even with my own clients and people that I work with, in the beginning it's like a practice and you have to remind yourself and over and over, but it's like a CD groove. Once you know you keep making a choice over and over and over and over and over and over and over again, then you start showing up like this most of the time and then you just have the blips where you fall asleep, right?

Dean: It is right. Especially if you do it in a meditative state where you're resonating with this quantum field, what you do and say at that point is magnified considerably more than if you do it at an outer conscious level.

That's why guided imagery is extra effective or self-hypnosis and meditation. There's a really considerable research demonstrating why in fact, usually when you do guided imagery you do a relaxation procedure first. Because when you do the deep relaxation then coupled with guided imagery, it's much more powerful.

Adela: Ah. Yes, some of us do it instinctively. We know. That's the other thing too. I think that the other thing is that once you start really experiencing this state of being, you have access to all kinds of knowing information that later on you may read about it and you're like, "Oh, and I knew that," right? I mean that's one of the things that I find really, really interesting is that we have an access to a level of knowing that's extraordinary.

Dean: Right. You see, the way the quantum field works, and this is a holographic universe, so every part contains the whole. Just like every cell in your body has the codes for every organ and every system in your body. When any part knows, all knows because it's all connected. So all knowledge already exists. It's a matter of tapping into it and then as Einstein said when he got most of his theory of relativity from his dreams, you still have to have a working knowledge of the information you got to make sense of it. But all knowledge already exists. You just have to tap into it. Whenever you have a thought or question, it goes out and turns to what we call harmonic resonance or harmonic conduct and sympathetic resonance in physics terms, and then literally that information, because it's on the same wavelength, there's a natural attraction, there is your openness and your intention and bingo, there is your answer.

Adela: Yes. So, folks, this is really the way to go. To me this is like the quickest way to access the states of brilliance and being that are magnificent and have you showing up amazingly. I wanted to take, we've got a few questions. So this first one is from Shirley: "Hi Dr. Shrock, the topic for this call has really caused an emotional response for me. I'm a woman in my mid 50s and have struggled with low self-esteem since my childhood. I've gone through years of counseling, taking anti depressants, writing and saying affirmations, listening to subliminal recordings, even tried hypnosis, but I still have difficulty keeping a job and maintaining relationships. I attribute this to self-sabotage caused by feelings of worthlessness that I can't seem to shake. I really believe the key to being financially secure, happy, healthy and loved is by loving and accepting myself. But why can't I do that? What advice can you give me? Thank you so much."

Dean: That was extremely well stated, Shirley. I would say that you're not a lone ranger here. Pretty much everybody in different degrees goes through this. You know, when I say this, this may be hard to accept at first but I would tell you that this is all part of your soul's journey. I want to say it in a much more positive way, that your soul actually chose to take on a physical body is like this physical amusement park ride that has lots of ups and downs and spins and turns and it all serves a good purpose. But in terms of you're doing your best to break or change this pattern, the one thought that came to me initially is be careful of your environment. Who are you hanging out with? So often when we try to change children's behavior but they go back into the home and the other negative influences, it's really difficult to change that.

So one, you may want to think about how you can modify your setting so that you take more time, make more time to be in positive settings. Connect with people on Adela's program in the morning. Accountability is huge. If you could find someone that you could connect with even just one person, so you could check in with each other and say what's happening and some things you might want to do, like to do guided imagery or whatever, and then get the reinforcement, either from Adela's group or any one individual in that group. But you simply have to take more measures, and one, you may find it easier to do the mindfulness. Just like brushing your teeth or anything else you do on a regular basis, is you have to take this seriously and somehow, through thick or thin, the way I used to say to my cancer patients, even if this sounds too good to be true, you've never heard of anything like this before, I will tell you that there are hundreds of thousands of studies proving what I'm telling you. So you can say it yourself, if this has worked for anybody else, then damn it, it works for me. And then you just have to stay with it.

Adela: Great. Yes, environment is huge. Environment is really huge. As you mentioned, being with a resonant group that you'll be able to vibe up into the energy of the group until you really are feeling that yourself, that's one of the quickest ways to really get yourself into a better healing place and understanding of what's really going on for you. So great advice.

Dean: Get a tune up.

Adela: Yes, absolutely. Great. Our next one is from Peter: "Self love sounds great, but what about when you are unlovable, when you do things that drive everyone away and you find yourself disgusting. I've never been lovable, tried all my life to be good and always fail. Nothing to love in me."

Dean: Yes. I'm going to start of in a very strange place so please bear with me when I say this because this is going to sound almost horrible to begin with. Unless, Peter, you have considered suicide, and this is the horrible part, I am not suggesting this for one moment, but unless you are actually intending to take your life, every other decision you make says, "I want to live." So that's when I would say to you to focus on, okay, what is it I do want in my life? Even though right now it doesn't sound attainable, there's nothing else to reinforce for you that this is possible, it's too open to that possibility. Like I said with Shirley is to stick with it but practice the mindfulness. The other part is and within the seminar that I've created special for Adela for this Conscious Business Telesummit, I have guided imagery exercises and we talked about it in the seminar is how you can get in touch with that part of yourself. Sometimes it's referred to in psychology as an inner child, but you can get in touch with that wounded part of you and loving it like I suggested earlier, like in loving a best friend. As that part of you begins to heal, the rest of you begins to heal and you see life differently. What you used to focus on, you'll find you just don't have that thing focused because, Adela, so you're inner game is really very different.

Adela: Yes, great. We've got loads of questions here. I'm going to try at least two more because I do want to save a little bit of time so we can talk about your wonderful program that's coming up, Dean. This is from Danielle: "Is it possible to hold a space for you and your partner or must these shifts always result in a severance? In other words, if one partner has a lack in fear attitude, can the one working on releasing those things once and for all affect the other positively simply by holding space?"

Dean: Absolutely. What happens is that one of the crazy things I have observed in my work is that you will track an opposite in a relationship, whether it's a spousal relationship, whether it's with a co-worker, whether it's with your pet. If you have children, I say you have devils and angels in the same batch, and you want to pull your hair out thinking, "What in the world did I do that these kids could be so different?" It's part of your energy and you will attract someone, I say for a healing dance who will bring up your stuff, who will push your buttons so that you will look more closely at these things and ideally see them as opportunities to learn and grow in a way that energetically they're filling in your void or aspects of yourself that you've rejected. So a wonderful exercise is actually to have people think about someone they really dislike and list all the things they dislike about that person. Here's the real eye opener, that's you. Everything you dislike

in somebody else is you that you've disowned and they're helping bring it up for you so you can learn to love yourself.

So as you change your energy, that's the way you change others because you can't change them, but you can change you. In order for them to be in energetic resonance with you, they either have to change in a way that's going to resonate with you or you will both find different ways to express in other partners or ways to feel good about yourself and to learn and grow.

Adela: We've got other questions but we don't have time for everything, folks. So if you've got a question that you'd like to make sure that you get an answer to, please do make sure that you put your email address in it so that we can respond, so that I can respond. If it's something that I can't speak to, I can certainly forward it to Dr. Shrock and he can answer it for you. So, wonderful.

We've only got a few minutes left but I'd love if you could tell us a little bit about the program that you created especially for Mastering the Inner Game.

Dean: Yes, and I really do appreciate this, Adela, because I've learned in doing other promotions how I've triggered in others to do some things that they've been putting on hold or wanting to do. So I want to thank you for the motivation to get me to do this seminar because this is something I've really wanted to do all my life and now that I feel more free from my scientific practice in psychology and feel more comfortable as I say to speak my truth, this seminar is really giving me that opportunity. So I thought about a practical amount of time and what are the pearls? What can I tell you at least based on my thirty plus years of experience in training that I think will transform your life and that's what I call this teleseminar, How to Transform Your Life. So coming up starting February 16th, that's a Tuesday, for seven consecutive Tuesdays, I'm going to teach this—there's really six classes but the seventh class I'm going to make sure that everybody's questions get answered, that we really pull this all together and people can feel comfortable with the information.

I've certainly learned as a psychologist and all the work I've done that when you present new information, you don't just integrate it. It just doesn't become a part of you. So I want to make myself available through emails throughout the whole course to answer questions, to do whatever I

can to make sure people really get this and that the program will stay up indefinitely, exclusively for people who do take part in the teleseminar.

Adela: Well, I know that you've got a page set up with loads of details and we also— this is the thing, check in. You can even listen to the audio again, the exercises. This is what I've noticed. If something is for you, you know it's for you. If Dean's approach, his energy really resonated with you, then just check it out and check in for yourself. He's set up a lovely page really detailing the program and what's going to be in it. If you have questions, email Dean, Dean@deanschrock.com check out the page. It's at consciousbusinessstelesummit.com/transform.

But let me tell you something, in seven weeks of working together with someone who's masterful at leading and managing the energy of a group and content, and people who are aligned for this work and for this message, if you are ready to transform your life, and you work together with a group of people and with a facilitator who really has a solid understanding and mastery of the topic, which I know Dean does, then if this is for you, you will be amazed at what can happen in seven weeks.

I just have done a program for 29 days, and if I shared with you everything that everyone's experiencing in that 29 days of working together with an intention of opening up to the energy of who you are, which was really the intention for my series, I can tell you, you would not believe how this transcends time and space and what you think is totally undoable, what you think is un-healable, miracles happen. When people come together with an intention and the energy of openness that I know that Dean is. Anyway, I know Dean, so I wouldn't have him in my series if I didn't wholeheartedly believe in his mission and his work and so I know that he put this together. He never has done this before, so he put this together. He's worked for thirty something years in his field and so he put this together for my community to be able to share what it is that he does so brilliantly.

Dean: You know how much I appreciate you and it's been fun for me to observe you and you growing into your brilliance and I want to say how much I've enjoyed this telesummit. I've listened to all of the interviews prior to this as a way to help me understand more about what you're trying to do within the summit so I could be the best guest possible. But I learned a great deal and learned a great deal about you and I'm really pleased.

Adela: Thank you, Dean. We're mutual fans, for sure. Thank you, everybody.

Participants: Thank you.