

## ***REPATTERNING THE BODY MIND SYSTEM:***

### ***THE PARIS SEMINAR***

#### **PART 1**

The breath that we're practicing is basically a sigh of relief. Then we begin to build on it, and add things into it. So you want to practice that sigh of relief as often as possible.

It's about letting go. If you could manage a big sigh of relief every single time: that would be ideal thing.

You want to breathe through your mouth, and the important thing is to have an "aah" shape on the exhale... A big opening... "aah" is the sound of letting go.

Before we can move forward we need to let go. And with a big opening, we can let go of a lot of breath quickly. The exhale takes almost no time.

We want the inhale to be longer than the exhale. Take more time on the inhale. Make a small whole like an "ooh" shape for the inhale, like sucking thru a straw..

So, an "ooh" shape on the inhale, and an "aah" shape on the exhale. The thing you want to avoid is an "ooh" shape on the exhale. Don't do this [demonstrates].

You see, that is like you are blowing something, pushing something out. We don't want that. We want an "aah" shape on the exhale.

The thing about an "ooh" shape on the exhale is that you're controlling it and limiting it.

You could have an "aah" shape on both the inhale and the exhale. That's okay, but the "ooh" shape gives us a more active sound. It feels like there's a force there, a power [demonstrating]

And, deliberately making the "ooh" shape on each inhale and the "aah" shape on each exhale keeps you conscious. By changing the sound each time, it forces you to be more conscious of the inhale and more conscious of the exhale.

There is an interesting phenomenon: you begin with an "ooh" inhale and an "aah" exhale, but at some point, you unconsciously reverse it. Watch for that.

We don't want an "aah" on the inhale, and an "ooh" on the exhale. "Ahh on both inhale and exhale is okay.

Still, the inhale should take more time than the exhale. You don't want a long exhale. A long inhale is good, but the exhale must be quick and complete. You set the exhale free. You snap it loose. You let it go.

Now if you can manage to keep doing these big sighs of relief again and again, continuously, that's ideal. But your system probably won't let you do that for long. That kind of breath It changes too much too fast.

And so you'll unconsciously stop. Your system will fight you, it will let you take a few of those big breaths, but if you continue, your system is going to shut down the process.

So what we need to do is to take smaller rhythmic circular breaths in between. And from time to time, take a big long one; and then go back to the little ones. This way it is like getting a wedge in a door, and your system will gradually open and let go.

If you only remember one thing, just remember this: keep your breath moving. No pauses between the breaths.

As you are relaxing, the breaths will tend to get smaller and smaller, and soon they are going to disappear.

The more you relax, the less your system needs to breathe, because there is no exercise, no activity, no metabolic demand, your body doesn't need energy. And so the system by itself won't breathe when you relax completely.

And so you have to override that tendency. Keep the breath going. Take your time on the inhale, and let the exhale go quickly and completely.

And if you can find a good size breath in between the big ones and the small ones, and keep that up, that is great.

You don't want to do only belly breathing. Don't just do low diaphragmatic breathing. You need to activate the higher chest spaces also. And don't just breathe in the chest. Include the belly when you breathe.

You can put one hand on your belly button, over your belly button, and one hand up under your collarbones. And make sure you are breathing into both those places.

Be very conscious of the inhale. You are pulling energy. It should be active, obvious, powerful. And with the exhale, just let go and relax completely.

So begin, begin.

I will continue to talk, and give you ideas and guidance as you go.

If we have problems. If we have, well, let's call it a problem: a part of us is holding on to the problem. But if people have pain or if they have depression or if they have sadness, they would say, "No, I'm not holding onto it. I don't want it. I want to get rid of it. I want to be free of it." All that means is that you're not consciously holding onto the problem. Which means you must be unconsciously holding onto it. Or, you're not being honest with yourself.

If we repeat this sigh of relief again and again, it begins a movement; it starts a certain flow. We're setting up a certain pattern in our system. And it's like a river. If you throw something in a river, the river just takes it.

If you start this flow of letting go, then anything you focus on will get caught in that flow and get taken away. It's a skill. And maybe it will take you as long to learn this skill as it took you to learn any other skill. Like walking.

You didn't succeed the first few times you tried to walk. But because you kept trying, because you kept practicing, at some point you managed your first step. You were still a little shaky. And maybe you went back to crawling again for a while. But gradually, you were walking.

You can get really good at this ability of letting go. And then at some point, what you do with your problems is you simply let them go. We practice the skill of letting go of the breath, and then we use the breath to master the greater skill of letting go of other things on other levels.

There's already a movement in the universe towards peace, towards higher states, and if we just let go of where we are, we'll get carried up by that natural movement to the next higher level.

The reason we aren't simply lifted up and carried by that ascending force is because we have habits in our system: habits of holding on. It's like having old like outdated, programs in a computer—old software running in your bio-computer.

These programs may have been necessary in the past. They helped us to survive. But now, they're in the way. But it's very hard to let something go that has served you for a long time. And so your system will hold on to it by itself. Even without you deliberately holding on, the system itself will hold on to its old programs.

So we have to train our system to expand and let go in those moments when the habit, the program is to hold and contract. So, we practice letting go of the breath. And as we let go of the breath, that letting go of the breath sends a message, it's a signal to other parts of our system to also let go.

But it's like a child. Sometimes you have to tell a child something a thousand times. Very patiently again and again, you must keep reminding the child, until finally, the child gets it.

Or it's like training a dog. Very patiently you say, "Sit," and you put the dog's bum on the ground. You say, "Sit," you put the bum on the ground. And you do that 100 times, until the dog sits by itself. So, we have to teach our body mind system to expand and relax in the same way.

There are some shortcuts. There are certain muscles in the body., that if you relax those muscles, it creates a chain reaction. Other muscles listen to that first muscle.

For example, the jaw muscle is a key muscle. It's a signal muscle. So, every time you give yourself that sigh of relief and you let go of the breath, let go of your jaw. Do it very consciously, very deliberately.

Practice that right now. You need to be very Zen-like. And one of the basic principles of Zen is beginners mind. Innocence. So, do it each time as if it's the first time.

Now, in front of the sigh of relief, before the sigh of relief, there's an inhale. That inhale should be visible. Look at this [demonstrating]. It's obvious, right? Begin to look around the room. While you are doing it, notice who else is doing it. And if you catch someone who's doing it, for a few moments, do it together.

Notice that a very interesting thing happens. As we relax and settle down, energy rises up. In the moment that our body surrenders to gravity, energy rises up. Look at the physical body and as you let go, gravity takes the body.

Gravity takes your body, but the energy, like a flame, rushes upward. At the same time that we relax and settle down into the earth, our energy like a fire, rushes upward. So, with your eyes closed now, for a moment, just imagine your body like a flame.

You've watched a fire at night and you've seen those little bits of sparks flying up in the flames, right? Little bits of ash or little pieces of material that are... They're on their way to being dissolved but you can see them in the flames rising up.

So when you let go, you throw things into that flame. Your negativity, your illnesses, your blocks, your problems. Let them be burned up and dissolved in that flame. So you want to feel that upward rush that you see in the flames of a fire.

In the Bible, fire is the symbol for breath. In several passages you'll find reference to fire, being synonymous with breath. In fact, the breath is fire. Every cell in our body is like a little combustion engine, and it's burning oxygen. It is fire.

In fact, when we exhale, we are getting rid of toxins, physical toxins, waste materials, metabolic waste. We're eliminating them. Whether you think about it or not, whether you do it consciously or not, the breath is eliminating negativity: physical toxins, chemical toxins.

Now if you add consciousness to the breath, you can eliminate emotional waste and psychological toxins. Emotional negativity like depression, like fear, like limiting beliefs and painful thoughts. You can throw those things into the river. You can throw those into the fire. All that's required is consciousness, intention, willingness.

An interesting phenomenon occurs when we are clearing things from our system. When pain comes into the system, we feel it. We're affected by it. And we naturally contract. Our system is trying to protect us from this invasion of pain, this attack of pain. It's normal. It's natural: pain comes into the system, and the system contracts.

But here's the thing: when pain leaves the system, we also feel it. When pain from within comes up into our awareness, the system contracts, in the same way as when it comes from out there.

When pain comes up to the surface to leave us, the system contracts. And when it contracts, it forces the pain back down into the body. So we have to train the system to open and relax when it feels pain. Otherwise, the pain can never leave our system.

When we breathe, we open and expand. When you inhale, you open and expand. When you exhale, you relax and let go. Every time you open and expand, something can come up from inside, can come up to the surface. And then when you relax and let go, it can leave your system.

Now when people feel pain (emotional pain, psychological pain, physical pain), they don't do that automatically: they don't expand and relax. You have to train your system to do that. The system won't do it by itself until and unless you train it. And after some training, then it will do it automatically.

So we're working on the level of the body. The body part of the mind-body system. We also have to work on the mind part of the body-mind system. The mind also has habits, and one of its habits is to hold on to its creations. The mind is like the mother, and thoughts are like children.

Whatever the mind thinks, it's a child of the mind, and the mind will want to protect it and defend it and hold onto it. And the mind doesn't care if it's a painful thought, a beautiful thought, a pleasurable thought, or an ugly thought. It doesn't care. Mothers love their children whether they're ugly or evil or smelly or... They don't care. They're still going to want to hold onto them.

Getting the mind to let go of a thought is more difficult than getting a muscle to let go of tension. Try to take a baby lion from its mother. Try to take a bone from a dog. A dog that's chewing on a bone is like a mind that's thinking thoughts. Be careful.

So most peoples' minds are like untrained Rottweilers: very dangerous. You see people with dogs. I see people with dogs, and I wonder, I just wonder. How can some

people live with certain dogs? They have a dog that's dangerous. It could bite anybody at any time, a little child, an innocent curious child. Daaaaaaahhh!

And instead of training the dog, they put a muzzle on it. That's what people do to their mind. Instead of training their minds, they put a muzzle on them.

Or I see a person walking their dog, and I wonder: who is walking whom? The dog smells something, and it pulls the master this way. It sees another dog, and it drags the master that way.

Who wants a dog like that? Who wants to be pushed and pulled around by a dog every time it smells something or hears something or sees something? Someone simply knocks at the door, and rah, rah, rah, rah! Geez.!

But people live with minds like that, and they think it's normal. Your mind thinks something and it pulls you this way. Your mind imagines something, and it pulls you that way. And people are content to live with a mind like that?

I had German Shepherds in my life. We had two German Shepherds. Big dogs. Never had a collar. Never had a leash on either of those dogs. You just look at the dog and he sits or he stands or he does what you want. You just look at him and that's enough. They go, "Oooh. What do you want? I'll do it."

And what is it about dogs? When they find a rotten, dead fish on the ground, the dog likes to roll around in it, and roll in it like, "Hmmm. Smell me. I'm really something." Now the you've got to keep the dog outside for the next two days because we don't want you in the house you stinky bugger! We should do that when our mind rolls around in negative thoughts!

When our dog rolled around in dead fish, we said: if you really want to do that, Star (that was his name) go ahead and do it, but you're not coming in the house until you smell better. We are not touching you, not going near you until you're over that stinky fish smell.

Sometimes our mind wants to roll around in smelly thoughts. Fine, if it wants to do that, well, okay, but stay outside, while we live in our heart, where it's sweet and peaceful.

A well-trained mind, like a well trained dog, just sits by you quiet and still. And it's quiet and still until you turn to it. Then its ears go up, "Are we going out? Are we going to do something?" "No, I'm just looking at you." "Oh, okay." That's the kind of mind you want. It sits quietly until you turn to it, and then it's ready to do whatever you want. That's the kind of mind you want.

So that's a journey we can make. We can make this journey from our head down to our heart every time we exhale. It's really a beautiful elevator ride. Dropping down into your heart. And then the next in-breath, it's generated from the heart.

You can make that a habit—dropping down and then coming from your heart, if you do it again and again and again. In the middle of any situation, you can take a breath and fall into your heart. Then your mind can be busy rolling around in dead fish and it doesn't matter.

Think of the archer, shooting a bow and arrow. The archer has always been a symbol in Zen. Well, the forces and dynamics that occur in archery are the same forces and dynamics that occur in breathing, and in our own process of evolution or awakening.

The further back you draw the bow, the further the arrow will fly. So drawing the bow back, that's the inhale. And with the exhale, the arrow flies. In Zen, there's this moment, a special moment, when powerful physical forces and mental dynamics come together.

There are powerful physical forces in that bow. And there is this mental focus: this eye on the target, concentration on the target. And when everything comes together, then you do one thing. You let go.

If you do anything else at that moment, the arrow is going to go off course. The only thing you can do is let go. Anything else will interfere, block. So the Zen Master goes from intense physical control and intense mental focus, and in one moment, to no mind, no body. Just like that!

So, for a moment when we let go of the breath, we can let go of our body. We can let go of our mind, and we have a moment of "no gravity." Remember as a child playing on a swing? There's that moment when you're in a swing and right at the top of that swing, just before you swing back down, there's a moment when there's no gravity.

And so when you let go of the breath, there's a moment when you're completely free of all those forces and dynamics: physical and mental.

So, you know, now if you have 5,000 or 10,000 Euros, you can go up into this jet plane thing and you can experience zero gravity. They go up. Then the plane falls and at first you're falling and falling and falling. But then you reach terminal velocity and then there's no gravity and you're just floating. It's really cool.

So we can experience that moment when we let go of the exhale. Just for a moment, we can be in this state of "advaita," a state of non-duality. You're in between the inhale and the exhale. You're in that crack, in that space. Yeah, a crack between...

Now, if I shoot a bow like this, [pulling it back less than an inch], the arrow's not going to fly. If I do this [don't pull the bow back at all], the arrow doesn't go anywhere. Yet, I don't have to do this [forcing the string forward after drawing it back]. If you push, if you blow, if you force, if you control, if you do anything, then the reflex can't happen.

So if you're trying to get rid of your problems, you're going to get nowhere unless you do something, but you'll also waste a lot of energy by pushing, forcing, blowing. So what we need to do is expand and let go.

It's actually quite simple, but it doesn't seem to be easy. Or, it's actually quite easy, but it doesn't seem simple. And that's because we're working against the habits of our system. We may consciously want to let go, but the mind is automatically holding onto its thoughts. And the muscles are holding onto their tension. And the system is holding onto its contractions.

So when we struggle, we're fighting against those forces. And so we have to be patient with our system. But we also have to be persistent and consistent. And we need to repeat the same message again and again and again.

Now I can tell my muscle, "Relax! Relax" It's not going to listen. But if you send that muscle a certain breath, the muscle recognizes that information. It understands that message. So now, with the breath, we're speaking a language that body understands.

When we are training certain healthy, resourceful habits into our system, it's like planting a tree in a way. When it's a tiny, a little sprout, you can step on it and pffft! That's it. It's crushed. If it gets a little bigger, some cow can come by and munch on it, or a car can come by and flatten it, and it's gone. So we put a fence around it. We protect it while it's still fragile.

Once it reaches a certain point, once it's mature enough, a truck could drive into it, and not move it or hurt it. When it is completely established, it has strength, it has power.

I have a farm, a garden in Mexico, and I plant seeds, and sure enough, over time, they grow into beautiful things. Every conscious breath is like planting a seed. You might not notice any benefit or change in the moment, and that can cause your mind to give up.

The system doesn't want us to transform it. The first law of any system is to maintain itself, preserve the status quo.. Political systems. Financial systems. All systems. They try to hold themselves together.

So if you have sadness or depression or doubt or confusion: those are systems, and they're going to try to keep themselves together. Maybe your system will let you



take one or two of those big cleansing breaths. Or maybe it will let you do it for a few minutes.

But then the system is going to get unstable, and it is going to try and protect itself. It's going to cause you to stop breathing like that. The Rottweiler will begin to pull and push you around.

As we breathe together like this, we're setting up an energy field here. If the person next to you is letting go, it's easier for you to let go. If the person next to you is holding on, it's easier for you to hold on. So if you're holding on, you're making it difficult for the person next to you to let go.

We can choose to lift up ourselves and each other here. By doing our own inner work, we can help and support and inspire the people around us. So the sigh of relief is the first practice. And yawning is the second practice.

There's something unique about a yawn. It takes over you. You can trigger it. You can make it happen. You wiggle your jaw while you inhale. You open your throat. And a yawn comes. But when the yawn comes, you're not doing it. It's doing you. It's happening.

You can pretend you're yawning. But it's not real. You know a real yawn when it happens. There's no question. No doubt. No confusion. You might be able to fool someone else, but you can't fool yourself, because the experience of a real yawn is unmistakable.

A yawn produces an opening in your system that you cannot produce yourself thru effort or will power. You can indirectly do it, but the yawn actually does the doing, right?

So you want to begin to experience the details of the yawn. Especially feel what happens in your jaw and your throat and your eyes. And you want to begin to trigger the yawn again and again.

You need to make your eyes water. Really important that tears come to your eyes. It's magical when you think about it. You have literally condensed energy into a liquid. When you yawn and you produce those tears in your eyes, you have condensed energy into matter.

That's alchemy. Biological alchemy. That's very powerful. You can produce hormones. You can produce chemicals... And you know, they've done research. They analyze the tears that people have when they're sad, and they analyze the tears they have when they are joyful. Chemically, they're different.

The chemicals that are produced when you yawn are unique. They are different than the chemicals produced by laughing or crying: different than both. It's a unique chemical phenomena.

So, look around the room and yawn. And if someone isn't yawning, give them a dirty look! Give them a disapproving look! There's a lightness in the system, and an energetic coolness that comes after yawning.

We're going to move to advanced yawning soon, and if you don't master yawning 101, we'll never get to yawning 201. So, listen to the sound in your throat when you breathe during a yawn. Breathe in and out when the yawn is happening, and listen to the sound and the quality of the breath.

It should be round and soft and open. It's not scratchy. It's soft, open. That breath sound is important. When your throat gets tight, you can hear the friction. You can hear the scratchy sound. But when the throat is open and relaxed, you can hear that open soft sound.

You want to recognize that sound. Because when you're in your process, and powerful emotions are happening, or the breath is stuck or blocked, you're going to need to be able to do this. You're going to need to be able to find this open soft yawning breath.

Something that you would fight with and struggle with, and try to get through, if you can find this soft, open yawning breath, you can slip right through it. You can pop right out of it.

If you are closed and holding on: that's the opposite of what we're talking about. Normally when a powerful emotion comes, the opposite happens: constriction in the throat. We're talking about doing the opposite of that. And you master this breath, you can move through an emotion in a minute that you couldn't talk out in therapy in a week.

It's so powerful. But you have to train your system to do it. Because left to itself, the system will naturally contract. Look what happens to the throat when a powerful emotion comes. It happens in everyone. That's the system reacting. Teach your system a new reaction, and you can easily get free of many things that everyone else struggles with.

It's that simple. It's that easy. But it takes practice, training, repetition, because you're working against old habits in the system. Ancient programs.

So, before we get into advanced yawning. First, we identify bad yawning. [Demonstrates holding, freezing, blocking, stifling] Very bad yawning! Horrible yawn! Don't ever do that in my presence. I'll slap you! I'm going to get up, and walk over to you and to slap you. I'm warning you. Don't do that. Okay?

When nature is trying to express in you, when Spirit is trying to move through you, if I see you do that, I'll slap you. You will be punished for very bad yawning. It's against the rules. Kathy's going to give you your money back, and I'm going to send you home! Okay?

So, we move from very bad yawning to simply bad yawning [Demonstrates]. That's better than terrible yawning, but it's still bad—bad because you're still sending the wrong subconscious signal. You're telling your system that you shouldn't be doing this. It's subtle, but the subconscious mind picks up that message and And it will fight with itself on your behalf.

Hey! [pointing to someone in the group] That was such a great yawn. Thank you! So moving up from terrible to bad... Hey, [pointing to another person], That's not too bad! But you're body is frozen. I won't slap you if you do that. It's okay. But, I'll encourage you to do something else.

Do this. Move the breath while you yawn. Move the breath in and out. And notice that if you release the breath, if you allow the breath to release, it triggers a powerful urge to breathe in. So you want to let the body open to the breath. And you want to help the breath come in.

Actually pull the breath in. And let the breath out. In and out. In and out. Don't freeze. Flow. Don't freeze. Flow. Oh, good! You can begin to feel some change in the energy in the room.

So, now advanced yawning. To go from bad to good to great, spin the breath like a wheel. Could be a little wheel. Could be a big wheel. And it can go back and forth.

So, with advanced yawning, two things are happening. The ancient part of our brain is doing the yawning. We trigger the yawn but we don't do the yawn. The yawn is happening. The yawn is doing us.

When we spin the breath like a wheel, we're using the newest part of our brain. So, that new part of the brain is what's controlling the wheel, right? I'm deciding. I'm doing it, and the nerves I'm using, the part of the brain I'm using to circulate the breath like a wheel is different than the part of the brain that is doing the yawn.

So we know about creativity, about how when the left brain and the right brain work together, you are so much more creative, productive, effective... You perform better. You think better. Your movements are better. When you use both the left and right part of the brain together, it's better.

But there are two other things we can bring together besides the left and right brain. We can bring together the ancient part of the brain and the newest part of the brain. And when you bring those two parts together, when those two parts work in harmony, you can accomplish some amazing things.

And that's what we're doing when we spin the breath like a wheel as the yawn is happening. So, spin the breath like a wheel and trigger the yawn. And when a yawn comes by itself, spin the breath like a wheel.

We've only been at this research for a short time, relatively speaking, a short time. But it's already beginning to get some attention. Because the result are what you

could call yogic powers. Ordinary people in a very short time are doing what ancient yogis took them 50 years in a cave to accomplish.

Ordinary people are learning yogic skills in just a few days, a few weeks! They are no longer being pushed and pulled by their emotional mind. They are awakening to our Buddha nature. They are experiencing sublime peace, equanimity. They are developing self-healing abilities, and intuitive powers.

People are developing the ability to tolerate extreme temperatures, accomplish extremely long breath-holding, and they are not needing food. This simple breakthrough technique is leading to expanded states of consciousness, and greater spiritual awareness, and self-realization, Everyday people are actually experiencing Satori Samadhi, Kensho, Moksha, Nirvana.

You can very quickly develop the ability to be comfortable no matter what's happening around you and no matter what's happening inside of you.

When a yawn comes, and the throat opens, and you feel and hear that soft openness, catch it. And let it remain after the yawn has passed. Continue to breathe through that soft opening that the yawn produced.

I have a trick question. Who has ever heard of the sound of the wind? If you've ever heard the sound of the wind, raise your hand. So that's my trick question. No one has ever heard the sound of the wind.

The sound you hear is when the wind hits something, when it goes around something, goes through something. Then you hear a sound. But if there's nothing in the way of the wind, you won't hear any wind. So, if you hear noise in your throat, it's because there's something is in the way of the wind, the breath. No resistance, no sound.

If you hear this [demonstrates], something closes. So, you can work backwards from that. Starting from where it's locked up completely, like what happens when you're in pain. Right? It's locked up completely. Or fear. [Demonstrates closed choking up sound]

If you don't train your throat to relax, you're supporting your pain, and you're supporting your fear. But if you can keep your throat open, if you can relax your throat, it's like a table with no legs. You kick the legs out from under the table of pain and fear. And it can flow out of you.

So we're training our system to do something that right now it doesn't do by itself. Right now, what it's doing is actually not helping you. It's making things worse. It may have been a useful reflex in the jungle, or in cavemen. But now, it's in the way.

**So now let's do an exercise. You will need a partner.**

Everyone has something that has really helped them, a way of being, belief: something that has been very, very useful, maybe helped them survive.

Without it you would be dead. It's that useful. It has helped you that much. Or it has just helped you to grow, it helped you to get you where you are today.

But now it is in the way. Now you have to let it go. It has served its whole purpose; it has outlived its usefulness.

It's like a boat that rescued you from an island where there was a volcanic explosion. Thanks to that boat, you didn't die on the island.

Now the boat has reached another shore, but you don't get out of the boat because you need it, because it saved your life, because without it you wouldn't be here.

And so, here you are in the boat on new shore, and you have to convince your mind that it's okay to get out of the boat now.

It could be a way of looking at life, a way of thinking, a posture, an opinion, a habit. It's something that if you were to be completely honest with yourself, you would have to admit: "yeah I'm grown up now. I don't need that anymore."

Maybe you like something in your closet at home, you haven't used it for 20 years but it is still in your closet. You really don't need it. But for some reason you are holding on to it.

So it could be anything on any level, but it is something definitely useful and valuable and so part of you doesn't want to let it go.

Talk with each other, and see if you can come up with something like that.

While you are not talking, while you are listening, make sure that your breath is open and soft and moving. You want to practice keeping your breath open and flowing while you are listening.

Often, when people try hard to listen carefully, they hold their breath. This blocks the direct communication of energy. Their system is actually closed to receiving the energy behind the words.

So your throat is open and soft while you are listening, and you are breathing in a quiet, soft, gentle connected rhythm.

So let's spend a few minutes talking, until each of you comes up with something that was helpful to you in the past, but now is in the way. Come to something that you know you must drop, leave behind, or let go of.