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Transformational Program With Rony Reingold

LIVE Q & A

Hello everybody! How are you? It's Rony Reingold. This is our first live Q&A and coaching call for ALIGNED. Welcome to this call tonight. I hope this finds you all well. Thank you for showing up for yourselves and for our time together on a Monday evening. Changing things up a little bit. It's great to see you guys here. We've got a nice group going. And I want to welcome you. What a fun way to start off the week.

Before we begin, let's just flip into a centering together. I'm not going to light candles tonight, because we are doing a little bit of a different format. But I would like to invite you, wherever you are. If you're in a place where it's safe to do so, just to simply get centered in your chair. Close your eyes. Give yourselves a couple of nice deep breaths. Releasing your Monday up until now. Seeing if you can breath all the way down into your hips. Feeling your hips widen into the chair or floor, wherever you may be. Letting you belly soften. Letting your heart open.

Connecting to the part of you that is whole. The part of you that knows that you are perfect in this moment. Connecting to the part of you that is beginning to align more and more with your truth. Whatever form that is taking TODAY and at this time in general. Opening up to the possibility that is here in your life, as you step into radical responsibility and a place of empowerment, illumination and light for yourself and for your life.

Feeling the support of the group here. Feeling my support and the fact that I'm holding a vision of your highest good of your deepest truth, and full expression and actualization of self in this life. For that we are grateful. We are grateful for this time together to get to sort through our questions and get to know ourselves even deeper tonight. To that we say yes. And so it is and so it shall be.

So welcome everybody! If you're just joining us, get settled in. I'm Rony and I'm going to be guiding you on this call tonight. This is a different call then what we've done before. This is going to be a 60 minute call tonight guys, not a 90 minute call. So we will go until 7:00pm Pacific Standard Time. Unless there are a ton of burning questions and we're really in it, then I'm happy to go longer. I am here to really support you guys.

The purpose of this call and our time together tonight is for you to integrate the learning. For us to kind of sort through and massage out any questions and concerns that you have. If you're feeling stuck. If you're feeling lost. If you're feeling on track but want to clarify. But this time is also for us to simply share. You can raise your hand at any time and introduce yourself to me and to the group, if you haven't

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already. You can state your intention for the course, or simply share what's up for you. You know, something that's opened, or shifted, or a realization that you've had. Truly anything is acceptable and welcome tonight.

I'd like to set this space to be one, that truly just supports you, wherever you are at in this class, and in your life, and with yourself at this time.

So the way that this is going to work. It's just going to be an open call. I truly encourage you to participate. I'm happy to coach you guys, happy to give you whatever you need. So if you're a little bit shy, I encourage you to step out onto the ledge and bring yourself out of invisibility and into the support of the group and the learning. I'd love to hear from some of you that I haven't heard from yet. So we'll explore, if you're comfortable with that.

There are absolutely no stupid questions. Really. Even the most simple question can ignite something in you that can be profound. And that can help somebody else get clarity, that they didn't even know they realized. I'll share with you guys. I just came back from three days of beautiful inner work. I did a vision quest on Friday. Then I did a training for a Yoga of the Voice, which I will introduce you guys to in week six. Over this past weekend. In my training, it was myself and other qualified and experienced coaches, healers, practitioners. Quite an advanced group.

At one point one of the participants in the workshop asked a question that was probably the most basic question that could be asked. The rest of us were like, WOW! Thank you for asking that! I've actually been struggling with that too. It's so simple that I didn't even think to name it, or to put words to it. So there's really no silly questions. We're here to learn and let's have fun.

So with that, I invite you to raise your hand. If you're on the phone you can press *2 at anytime and I will see you and call on you. If you are joining us through the web, then you can submit your questions through the Q&A box.

So I see one raised hand already. Thank you.

Rony - Debbie, if it's you I am unmuting you and you are live.

Debbie - Hi! It is me. This is Debbie.

Rony - Hi Debbie. How are you?

Debbie - I'm good. How are you?

Rony - Good. How was your weekend?

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Debbie - It was great. I had a lovely weekend.

Rony - Good. Good! So how is the class going for you? And what's your question or your share?

Debbie - I'm going to have two things. One of them is: how to not be in overwhelm? Like my intention for today was to listen to it. I've already listened to it, but I'm still working on my intention. So even though I looked through the things for week two, and I feel pretty good about that. I threw out toxic deodorant. I don't know that I have ten things, but I'm looking at letting go. But how to not bail ship, in a sense of overwhelm. I know it's just my inner mean girl and I just need to do whatever I need to do. But in case anybody else is feeling that as well... it could be of service to me and them.

Rony - Sure.

Debbie - So yeah, so yeah that would be one part. So let's talk about that first.

Rony - Yeah! You know, I'm really curious. What part of you tends to like to bail ship?

Debbie - What part of me?... It could be in two situations. Well it depends. If it's like I'm the one that leaves the person, because I'm sure that they're going to leave me. Like in relationships. That happens with employers and... I've only been fired once. It's with employers and with romantic relationships. I think otherwise it's just, I just think it's ego. Well you haven't done your work so far, I don't want to change, so just forget it.

Rony - What's the story here that your ego's telling you? What might the ego be concluding about you here?

Debbie - Well it could be concluding that I'm a failure.

Rony - Yeah. Look at that! Look at that beautiful false belief that's showing up in this work. Brilliant that you're able to name that. Yeah! What do you know about that?

Debbie - I know that that's a big fat lie.

Rony - What's the deeper truth here?

Debbie - Yeah. I could say that I'm perfectly imperfect. That it's unfolding perfectly. That I'm doing the perfect amount of work. There's just learning and succeeding.

Rony - Umhm. I wonder if there's vulnerability in general. Perhaps we can use the

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class as an example or right maybe like to broaden this. In general if there's vulnerability to stay on this ship.

Debbie - Absolutely.

Rony - How so? How's that true for you?

Debbie - Well I mean, I can certainly see vulnerability. Like staying in a relationship. Or that vulnerability as far as relationships. Whether that's with a boss or in a romantic partnership. I don't see it as clearly in the class.

Rony - Where might it take you, if you choose to stay on this ship of vulnerability?

Debbie - Yeah, I'm sure. Sure that my ego doesn't want to go.

Rony - So we'll give your ego a (unsure 0:13:05 - light dust) here. Right? But where might this ship of vulnerability take you?

Debbie - It could take me to the truth. I think...umm... Also to authentic aligned, which is actually my intention for this class.

Rony - Would you say that again? Sorry, I couldn't hear.

Debbie - Just living in alignment, being more authentic. Like that vulnerable would be more authentic. That's part of why I'm here in this class. My intention just revealed itself.

Rony - Look at that. So what part of you is here now?

Debbie - I think all of my parts are here. I'm trying to be for my higher self.

Rony - Yeah, well I'll rephrase. What part do you now have access to?

Debbie - Oh. My higher self.

Rony - Yeah. Beautiful. What does your higher self know about this class, overwhelm, or pacing yourself?

Debbie - It seems like overwhelm is like some egoic, it's an idea of protection mechanism. But it's not really overwhelm at all.

Rony - What is it?

Debbie - It's like. Literally it's like a deep vault for me. It's just I feel like I'm so easily

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overwhelmed The only thing I can think of is that in my egoic mind some safety thing.

Rony - Sounds like it! It really does. So what are you being called into here?

Debbie - I think just stepping out from behind those shields and knowing that I'll be safe. That whatever happens that I can handle it.

Rony - Yeah. Stunning! That is your work. That is your path to becoming more aligned and living more authentically. You've named it BEAUTIFULLY. Look how rich. Can you feel the richness here that's here for you?

Debbie - Yeah!

Rony - It's one juicy orange you've broken open. It's REALLY yummy! Yeah. Yeah. I mean REALLY incredible. Talk about this is the work of week two, and you've just demonstrated it beautifully. Like what part of me wants to bail ship? What is that about? Being this curious observer, the ocean that can look at this wave. That can probably feel like a tsunami at times, I imagine, right? This overwhelm. It just makes us want to bolt.

Debbie - Right.

Rony - To stay anyway, and be with the vulnerability of opening, and going deeper, moving beyond the story of overwhelm. And that illusion and propaganda of the ego of that wave that passes over your ocean, into something way deeper. Allowing yourself to check out vulnerability just a little more.

Debbie - Umhm.

Rony - Umhm. So will you do that?

Debbie - Yeah, I will.

Rony - Yeah! Beautiful! What's here for you right now?

Debbie - Actually I'm actually feeling very peaceful.

Rony - I can feel it too. Just take a deep breath.

Debbie - And grateful.

Rony - Me too!

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Debbie - Yeah.

Rony - Thank you. Beautiful. And what was your second question, Debbie?

Debbie - My second question. A little bit of story. I moved to California from Indiana in August. I'm a veterinarian by training. My dream would be to have a TCB and holistic clinic. It seems to be just overwhelming and scary. I've just been in a lot of paralysis. I check out a couple of holistic clinics in Oakland. So far that's not worked out. I think that part of me is afraid to know. I just went for acupuncture for myself last week, at this community acupuncture place. The guy was just like, oh, leave your card and I'll definitely refer people to you. I don't have any cards, so... Just trying to find out some baby steps to find some momentum. My mothers about to come visit for the first time. She's coming tomorrow and she'll be here for a week. So not going to do anything work-wise for the next week, because I'll be engaged as more of a tourist. After that time, I really have a limited supply of money right now. Not that that's forever. But I know that as time goes on, the anxiety is just going to increase without some flow of income. Even if I launched a new business, it's not going to create flow of cash flow that I need. I'm feeling kind of trapped and paralyzed. I've felt this way for a WHILE. It's sort of like, is this just a divine timing thing. Is it a not hearing...

Rony - I'm just going to chime in. I'm going to chime in and not interrupt you, but interrupt the story.

Debbie - Okay.

Rony - Okay? I'm hearing a couple things. One is again overwhelm or the feeling of paralysis. I invite you to sit with that and just be with it. Just be with that wave from the place of the ocean.

Debbie - Okay.

Rony - See what shifts there. We may be able to do that in a moment. Often times what happens when we have a dream, is we're afraid to even dream it. We get into paralysis. It's SO natural, because we really want to figure out the How. You have a legitimate How here. You want to be a responsible person who can generate income in her life. We are going to start to work in week four, in how to put these dreams into action. Really how to take action from our truth.

Debbie - Okay.

Rony - So know that that's coming week after next.

Debbie - Yay!

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Rony - Sounds like perfect timing.

Debbie - Cool. Awesome. Perfect timing!

Rony - Yeah. Until then, I invite you to do two things. One: focus on the What of your dream. What stops us dead in our tracks is when we go to the How, before we've swam around and rolled around in the juiciness of the What and the dream itself. So listen to that Limitless Life Meditation daily. Really connect to that in the meditation. Where you can REALLY go after what you most deeply desire to experience, express, create and contribute. Let that get SO full in you, so that naturally you are INSPIRED to create and take action from that place. When our What, isn't big enough, or juicy enough, or rich enough, and the How comes in. Then the How is going to squash that What. That's when we get like deer in the headlights.

Debbie - Yep.

Rony - So I invite you to do that. And know that in a couple weeks we're going to start to get into action. The other thing I invite you to do is, be curious. Just as you were curious about the overwhelm. Ask yourself, what part of you is experiencing this paralysis? What part? Maybe it's a younger part. Who knows, right? You will know that. To just sit with that. Breath through it and go through the formula of naming it, and being with it, just sitting next to it. Sit and have a tea with it for a moment. Feel it in your body and notice what starts to shift. Because you actually have an incredible awareness of self. I bet there are deeper layers here, that can open you up to perhaps even more vulnerability. Who knows what's here! Yeah. How does that land?

Debbie - Yeah. Perfect. Thank you.

Rony - Okay great. Yeah, thank you! If we've got more time at the end of the call, then I will gladly coach you through that feeling of paralysis.

Debbie - Okay, great!

Rony - So let's see where we net out here.

Debbie - Alright. Thank you.

Rony - Okay. Thank you Debbie. Beautiful. Beautiful!

I just LOVE what we are cultivating now is this awareness of self you guys. And really starting to honor what's truly here. That's what it means to embody and live our truth, to be able to decipher between the truth and the lesser parts. The

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saboteur, the ego, whatever you want to call it, the wounded child within. To then be able to sit with both, until we can have the recognition and the true distinction between the two. And say, oh I'm going to move forward. I'm going to take one step forward today. From this consciousness of truth, instead of this consciousness of fear, lack or wounded self within whatever that may be. So brilliant! Beautiful. I love it! Thank you.

Rony - So Michele you are now live!

Michele - Hello Miss Rony, yes it's me.

Rony - Hello! How are you?

Michele - I'm doing good. How are you?

Rony - I'm good, thank you. What's up for you tonight?

Michele - Well I just want to start by saying that that was a beautiful interaction between you and Debbie. And I'm really glad that she brought up the overwhelmed and the paralysis. I think we've all experienced that at some point. So thank you for walking her through that, for that was also applicable to me. I wanted to just talk about really quickly. In the call, in Let Go you had talked about sabotaging yourself, and you had mentioned about Saboteurs. I want to say there's one that I identified with. I'm having a little bit of a hard time being able to nurture (if you will) or maybe accepting. I'm not sure what the next step is.

Rony - Okay, great. So who's your saboteur and what drama is it feeding you?

Michele - Well it's called Misdirect Expectations.

Rony - That's a good one.

Michele - Yeah. Misdirect Expectation. And Misdirect Expectation is around everything. I was aware of it, but I've become very, very much aware of it in the most minimal thing. So as something as simple as I've got to take a shower. . I put certain expectations on how I have to do EVERYTHING. . I miss out on really enjoying the moment, just the moment of doing anything.

Rony - So what is this saboteur telling you? Like: if you don't do it this way, then what?

Michele - It's more of, not if I don't do it this way. It just leads me into the thought of, this is how it HAS to be done. There's no...

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Rony - Or what.

Michele - Yeah. There's no - or what.

Rony - According to this saboteur, what will happen if you don't do it that way?

Michele - I won't feel complete. If that makes sense. I won't feel like a check in the box.

Rony - So... If you don't shower or do things EXACTLY this way, then you won't feel a sense of accomplishment? How would you name that?

Michele - Yeah, there you go. Sense of accomplishment.

Rony - If you don't access a feeling of accomplishment, then what's the danger there?

Michele - My feelings are going to get the best of me. Because I'm going to feel like... I don't want to say the word... but I failed.

Rony - Yeah!!! Name it! Let's just name it. So if you don't do things exactly the right way. Or exactly... how would you word that? If I don't do things, how...?

Michele - If I don't do things a certain way, then there won't be the expected outcome that I have in my mind.

Rony - So if I don't do it the way this saboteur is telling me to do it, (which I imagine, may be perfectly) then I'm a failure. Is that right? If we were to name the propaganda that this saboteur is feeding you, how does that land?

Michele - It lands. There's one other. There's one more layer with that. If I don't get an outcome expected from someone else, then they failed me. So it's both ways, this is.

Rony - What's it costing you to reside in this place?

Michele - I get angry at people and I don't mean to. I really don't.

Rony - Who are you most angry at?

Michele - I don't know if it's anger at myself. Anger at myself. Yeah, I'm going to say it. Anger at myself. You see? There it goes. I should know better.

Rony - So when you are residing in the false belief of this saboteur of, I am a failure.

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Do you see how you would try everything but always fail, then be angry at yourself for that?

Michele - Yes.

Rony - Within the consciousness of, I am a failure?

Michele - Yes.

Rony - Yeah. So how old is that part of you that believes you are a failure?

Michele - Hmm...

Rony - Intuitively. When is the first time you felt, I am a failure because I didn't do this right?

Michele - I was probably ten.

Rony - Ten. So we have a ten year old Michele here, who's trying to run the show of this magnificent adult life! I imagine ten year old Michele is not that successful at paying bills, doing her adult hair, running a business and all this stuff!

Michele - No. She can barely cook rice right.

Rony - Yeah. That is a lot of pressure on ten year old Michele. Can you feel the pressure here?

Michele - I do.

Rony - Yeah. Yeah. So how old are you now?

Michele - I'm 31 now.

Rony - What's the best thing about being 31?

Michele - I can make my own decisions. I'm not a failure.

Rony - What are you? What's the deeper truth about who you are?

Michele - That I've done amazing things with what life has thrown me. That I've come a long way. I have.

Rony - Umhm. You certainly have. I know you and you certainly have.

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Michele - Man.

Rony - So it sounds like there's an opportunity here. What is your adult self, who's capable, creative and whole, and makes lemonade out of lemons; what does she need to tell ten year old Michele?

Michele - It's okay. She can go and do whatever she. Nobody's holding any expectations of her. I got it now. She can just go and relax and play with Barbie Dolls or go outside and run around. That's too much for her to worry about.

Rony - I wonder if I might be able to add something? Are you open to that?

Michele - Yes.

Rony - I wonder if you can remind ten year old Michele, that she's loved. Even in those moments when she's not perfect. She's safe and whole, even in those moments when life gets imperfect and when it doesn't go according to plan. Does that land for you?

Michele - Yeah.

Rony - Yeah. Do you need to say anything around that now to feel complete? To ten year old Michele?

Michele - I love you. And you're beautiful. And you're doing great. Everything is okay.

Rony - What's here for you now?

Michele - My hearts beating really fast. I just feel like there's a vacuum cleaner inside of me. I don't know if that makes sense. But it's kind of like sucking something out. Like something... yeah.

Rony - This is a big shift to name, this false belief of your younger inner-child. It's a major shift to see the two side-by-side. To step out of that consciousness. To step out of being that wave and into being the ocean, that can see your adult self and this younger part that's trying so hard to run the show and is struggling with that. Major shift. I'm going to invite you to just sit with this. Let it digest in you. Perhaps there's work here for you to become more aligned, around accepting yourself and accepting and trusting from your adult center.

Michele - That is very true. There is a lot of work to do.

Rony - Beautiful. Beautiful. How does it feel?

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Michele - I feel like I have permission. There you go.

Rony - Beautiful. You do, you do. You just gave yourself adult permission. You just gave yourself permission from your truth.

Michele - Thank you.

Rony - You're radiant, Michele, I must say. The things that make you shine, are those things that you've overcome, and the curveballs that you're SO gracefully able to navigate through in life.

Michele - Thank you.

Rony - So keep doing your beautiful, beautiful work.

Michele - Thank you.

Rony - Thank you for reaching out and raising your hand.

Michele - Thanks. Have a good...

Rony - Thank you.

That was stunning. That was an example of how again we can become curious. Thank you Debbie and Michele, for your willingness to be curious about your own internal space. To start to ask: What is this really about? What I'm always amazed by, is how we totally know. Both Debbie and Michele each knew. Right away you named what was really true and what was false. Like you could name this false belief of I am a failure, and then we could explore that. How old is that part? What is that part about? What is that part really after? What does that part need?

Sounds like acceptance. Right? And with Debbie, what is this about this pattern of wanting to bail because it's on that edge? So I really just acknowledge your willingness to be curious and to lean into whatever is here for you, as your teacher. As opposed to running from it or stepping right over it. Because it only gets louder and louder that way. So thank you.

I do want to say something about overwhelm really quick. And that is: I did throw a lot at you guys in the last two weeks. I REALLY, Really did. We hit the ground running in week one and in week two. Overwhelm is a GOOD sign that you're stretching yourself. It is very different than the familiar comfort zone, where not much growth takes place. So if you're feeling overwhelmed, it's a really good sign that you're stretching. If you're confused, it's a great sign that you're broadening

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your horizons and your vision on yourself and your life. So be compassionate with yourself. You have every week and every week and month after this class too, to take your time at your authentic pace to integrate all of this stuff.

Regardless, I invite you all to stay on the growing edge. And STAY there. Lean into it. Befriend it. Check it out. THAT is going to be that thing, that bursts you through this portal that you haven't yet been through to access your deeper truth. Regardless of what layer you're at and where you are in your life, it's always that edge that's SO sweet and SO scary, where the most opportunity resides. So thank you both for being courageous.

I now see that Kiana has a hand raised. Already you guys, I see we only have twenty minutes left. I'm just going to go longer. We're going to get into this stuff and have fun.

Rony - so Kiana, you are now live. Hi.

Kiana - Hi. How are you?

Rony - Hi. Good. How are you?

Kiana - Good. Just wanted to say thank you for all of this. I found the work this week really, really amazing. Especially the agreements. The old agreements and the new agreements. I got a ton out of it.

Rony - Yeah. What insight did you gain?

Kiana - I mean, so many. I just went through each area of my life. There was one that I was struggling with, that I would love to chat with you about?

Rony - Sure, sure.

Kiana - I'm a family law lawyer. As I've gotten more work, I've started to delegate more in all aspects of my life. I often find that I'm very frustrated by what I get back from my employees, or things like that. So I always feel that everything always needs to be perfect. So I wrote: my old agreement was that everything has to be perfect. If I don't do it, it's not going to be perfect. Then I wrote: my new agreement that things can be 85% perfect. Then I was like, no I don't think I can handle that. Then tossed out 85 and brought in 90. Then I was like, well... I just kind of sat with it, it didn't feel right. I know what it's costing me. I'm having to be a little overextended and not trusting people. I mean I know where it comes from as well. It basically as a kid, I always had to do everything. I was like this mini-adult child. I'm struggling with moving forward. I know where it comes from. I know what it's costing me. But I still... I can't... I'm not. I'd like some help with the new agreement.

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Rony - Sure. So I sense here, that in order to get a new agreement, the doorway to that is actually naming the false belief that's here. So anytime we get a message that's like, it HAS to be this. There's usually a second half of that sentence which is unspoken. We aren't trained in our society to do the work, to check out the unspoken half of that sentence. Which is: or else - blank -. So what's the story here? If it's not perfect, then what? What could happen?

Kiana - I don't know. I mean listening. I don't feel like I'm a failure if its not.

Rony - Sure. It may be something else, so just feel into it.

Kiana - It's something else.

Rony - Just close your eyes for a moment and feel into this feeling of it needs to be perfect, or even 85% perfect. We know it's costing you. We know there's a part of you that can tell, wait a moment, that's not right. But tune into the rest of it. Tune into the part that believes that it needs to be that way. What's the fear here? What's the danger if things are not perfect? What intuitively comes to you?

Kiana - Um... you know I feel like I'm just making some of this stuff up. Because I'm not really feeling it. The first thing that comes to mind is maybe it's a poor reflection of me. But I don't really think...

Rony - Well let's just be really matter-of-fact about it. Right? If you delegate, then someone else will need to do it.

Kiana - Right.

Rony - But if they don't do it perfectly, then what? Let's say your handcuffed to the wall and you cannot do it for them. Okay? They have to do it.

Kiana - Then someone else suffers.

Rony - There we go.

Kiana - It's like a client suffers. It's not the end of the world.

Rony - Okay. So SOMEONE suffers. So if it's not done perfectly, I'm going to hurt someone. Some one will be hurt, potentially.

Kiana - Yeah. Slightly hurt, yeah. Not a big deal, but you know...

Rony - Someone suffers.

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Kiana - Things won't be done as well. Someone will not get as good as a result, than if I did it.

Rony - Right. If somebody suffers because things aren't done as well, then what? What's the ramification of that?

Kiana - Well I'm here to help people. If I'm not helping people, then I feel like I'm not being of service. You know?

Rony - I wonder if I throw out intuitively: if it's not done perfectly, there may be something how you can't live your purpose. Or something like that.

Kiana - Yeah. But this actually is. It's not just with people suffering. Even for example if my housekeeper doesn't even do a good job, I get really annoyed. Nobody is coming into my house, nobody is noticing.

Rony - There is some meaning that being attached here. What's that?

Kiana - No one's going to care if I have dust around, but I will notice. I will get more annoyed and say to myself, this is not worth getting annoyed about.

Rony - My invitation actually, is to invite you to become totally annoyed. There's something in there. What's in that annoyance and frustration of wanting to control the situation in some way, is the propaganda of your saboteur. Or is the wounded child.

Kiana - Be the ocean.

Rony - What's that?

Kiana - Be the ocean.

Rony - Yeah, but feel into it. Feel this part of you that REALLY wants to control the outcome. I imagine that part is scared shitless (pardon my French) of something. What's driving the control?

Kiana - Um... I might just have to sit and feel it on my own.

Rony - Just feel it, feel it for a moment. Feel this part of you that gets SO annoyed when somebody doesn't do it right. When there's dust everywhere, feel that. Where can you feel that in your body?

Kiana - I feel it in my eyes and my throat and my chest and my [\(inaudible 0:46:56\)](#)

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Rony - What does it feel like?

Kiana - If feels tight.

Rony - Tight. Tight, like how tight? What does that make you think of ?

Kiana - Like a wound-up toy.

Rony - Like a wound-up toy.

Kiana - ...I always want to start crying because it feel like I just don't have any control.

Rony - Yeah. So just feel it. Yeah! Just feel it. We're going to be with that. So just feel that wound up toy feeling in your eyes, your throat and your chest. On a scale of one to ten, ten being the most, what number is that at?

Kiana - It's a seven.

Rony - Just be here for a moment with that seven.

Kiana - Okay.

Rony - What's here for you right now? What do you feel right now?

Kiana - I feel like laughing, because it's like none of this is that big of a deal.

Rony - It doesn't matter. What are the tears? What are the tears?

Kiana - I think it's probably because I had such little control over a lot of things as a child. That as an adult, I really try to control things. For the most part they do go as I want them to. You know? Then when the little things don't, I sometimes have a disproportionate reaction. That nobody ever knows except me. You know? I know it's disproportionate, so I just deal with it on my own.

Rony - So how old is this part of you that began to cry now?

Kiana - Four, probably.

Rony - Four?! So we have a four year old Kiana here. She's getting really, really frustrated when things aren't going well and her way. She's struggling with trying to control it all. It doesn't seem to be working. I wonder, what agreement did four year old Kiana make with herself?

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Kiana - Well basically it was that nobody else was doing it right, so I was going to do it for everyone else.

Rony - Yeah. What would that give you, if you could do it for everyone else? I wonder if that would give you love, or acceptance, or safety? What is it for you?

Kiana - I don't think it would give me anything really. I think it would just...

Rony - Well feel into her. Feel into four year old Kiana, stay with her for a moment.

Kiana - Okay.

Rony - What does she believe? What did she think it would give her to control everything?

Kiana - That I would make everything better. If everyone else was happy, that I was allowed to be happy too.

Rony - So in order to be happy. Is there being loved in there as well? I wonder?

Kiana - No. I always felt loved.

Rony - Yeah. So in order to be happy you have to control everything.

Kiana - It's more like I can't be happy if other people weren't happy. If they couldn't make the right decisions, I had to do it for them so that I could be happy.

Rony - Yes. Yes. WOW! Can you feel the pressure of the ocean here.

Kiana - Yes.

Rony - Not our ocean, the good one that we're talking about. But the pressure of the world, to keep everybody else happy. To try to be responsible for everybody else's happy, so you can be happy.

Kiana - Yes.

Rony - Yeah. That is a lot. How's that working for you?

Kiana - Um... Not so good.

Rony - Not so good, yeah! So how old are you now Kiana?

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Kiana - 35.

Rony - 35. And what's the best thing about being 35 to you?

Kiana - It's the best thing. This freedom that I have in my life. To be able to just do whatever I want and make my own decisions.

Rony - Yeah. So what's the deeper truth from this place of freedom, being able to make your own decisions as an adult of 35? What's the deeper truth about your happiness?

Kiana - It's not dependant on anyone else's.

Rony - Where is it derived from?

Kiana - It's just derived from me.

Rony - Yeah! YEAH! Look at that! So what might your new agreement with yourself be, around happiness here?

Kiana - Well my new agreement around happiness is I don't need to make others happy to be happy. My happiness comes from me. But what's my new agreement with the getting... you know. Maybe I'm getting stuck a little bit, going back to the 85% kind of thing.

Rony - So ditch the 85, right? That's like really. Where did that come from?

Kiana - Right.

Rony - The truth is we just named the old agreement. The old agreement really comes from your four year old self. Which that in order to be happy, I have to control everything. Including other people's happiness. I imagine the perfection is derived from that. Right?

Kiana - Right. Yeah.

Rony - So what was your old agreement? How's that worded?

Kiana - My old agreement was worded: everything has to be perfect. If I don't take care of it, nothing will get done right.

Rony - Right. And I will add onto that, and I'll never be happy.

Kiana - No one can do it just like me.

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Rony - So maybe reword that, now that you have more knowledge. Right?

Kiana - Right.

Rony - No one can do it just like you, is like a branch of the bigger root here. Which is: if it's not done perfectly, I won't be happy, I can't be happy. You now have a new agreement, that happiness is derived from within you. You can take a few moments to reword that and flush it out. Feel free to email me or post to Facebook and we'll flush it out and get the wording right. Your entry point to go to a deeper alignment with yourself and with your truth, is to start to get curious about what makes you happy. To simultaneously to live on that edge. Which may be SO frustrating and uncomfortable at times, of letting things be done not perfectly. And self parenting in that moment. Like, whoa! Here she is, four year old running the show again. Right? What does she need? She needs a hug! She needs reassurance. Go be happy. Go do those things. I've got this. I have freedom as an adult, I'm going to make the right decisions. That's within you. That's your work, to start dancing that and self parenting. From one consciousness to the new one. From the old agreement to the new one. So living in alignment, means following through on the new agreement. And CATCHING yourself from the old one. Does that make sense?

Kiana - Yes. Thank you very much.

Rony - Okay. You're SO welcome. Beautiful. What's here for you right now as we wrap up?

Kiana - I have a smile on my face. I feel like really peaceful.

Rony - Good. I feel that from you. I totally feel that from you. Thank you Kiana.

Kiana - Thank you.

Rony - Yeah. Okay.

Just so everybody knows, we're going to keep going here. If that's okay with you. I have two hands raised and there are a couple questions. JP also sent in an awesome question that I want to touch on.

I'm actually going to answer JP's question that he emailed me really quick. Then we'll get to the two of you that have your hands raised. Because I want to work with everybody that wants it tonight.

JP asked about having two core values that are conflicting. I'm just going to read his email here. How to work with two core values, that at times may seem conflicting.

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Perhaps they come from two different parts of me. One of my core values is to enjoy playfulness like a dolphin. With a smiley face, he put. Another core value of mine is to be hard working. While at times I find some balance. Lots of other times my dolphin drowns in the inner conflict of these two core values. Any thoughts you have on finding balance more of the time would be wonderful.

I love this, because you just named it so perfectly JP. Sometimes we have two core values that may be conflicting. I actually don't think it's about balance. I actually think this becomes a larger discussion on self-love. And on looking at the two core values to make sure they truly are what you think they are. Then honoring what they really are.

Let me break that down for you, what I really mean. So my question to you JP, if you're on the call or if you hear this later is really: I wonder if working hard is the ultimate core value. My question is: what does working hard provide you with? I imagine the answer to that question is the true core value. That working hard GETS you there. It may be something like a sense of accomplishment, feeling proud, it may be about energy moving through you, it may be about expression of your truth, it may be about connection and compassion. I'm not sure what it is to you. You can chime in if you like on this one. But I just wonder what that is.

So let's go with that it's a sense of being proud or something around expressing your truth in this world. Okay? One you reach that, I would then become curious to see if it's truly conflicted with being a dolphin. Regardless even of what that question is. To really create an and statement, instead of an either or statement. So they can both exist. How can I experience a sense of accomplishment in my life AND indulge in play. It really becomes a quest for self-love. To say, I honor these parts I've been stepping over the inner dolphin in me, and I need to tend to that part.

We ebb and we flow. So there's sometimes in our lives, where one value will REALLY be dominant because it's SO important for us at that time. There are other times, when other values. We will have kind of stepped over them or left them behind, and we need to go tend to them. So just like you had a garden with many flowers or plants around your house. If you guys are like me, I favor some of my plants. I water some of them and the others I don't. It's like we need to water ALL of the plants.

I think JP if you tune into something deeper than balance, that has more resonance for you. That it will shift the perspective from which you are choosing to engage in each of these important parts of your truth and who you are. So that's my two cents there. I hope that answers your question. If not, please post any more questions about it on Facebook and we will dialogue about that.

So the next caller.

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Rony - You are now live. Hi.

Ilisa - How are you?

Rony - Good. How are you?

Ilisa - I'm wonderful. It's been really, really great to everybody. To see how eager how everybody is. Not eager, I'm not sure if eager is the right word, but just that people are just sharing without having too much prompting. It's really heart warming.

Rony - It is. I feel the same thing. I'm so moved by just all of you guys doing this inner work. Our inner spaces, multi-layered. At times can feel like whacking weeds through a dense forest or something. I think heartwarming is such a beautiful way to name the space that we are sitting in on this call. Thank you Ilisa for naming that. So what is up for you? What is your question?

Ilisa - I sent you an email.

Rony - Yes.

Ilisa - I don't know exactly how to formulate it. I went for a long walk and I was listening to the first week's recording, since I wasn't present. I was listening to it and I was like, yes, yes, I love this. But then what really came up for me. There was two things that came up for me. But what really came up for me is [\(unsure 1:02:29\)](#) but then I felt very like discouraged. I felt that it was a very daunting task for me. I was looking at it thinking about the Wheel. I was like, where do I have fulfillment in my life? And I really don't. Besides like some personal stuff that I like moved through, family, medication and whatnot. Being free and just medication free and clean, and moving past that. I really don't feel that I have much else to look at. That I want to do something else. I want to do this, this and this, but I feel like... I don't know. I feel that there are parts of me that are super excited. Like, wow, I haven't felt life like this before. I get to be a part. And there's another part of me going, gosh I'm getting older. What happened? You need to go back to school and do this, and this, and this. It starts to feel like it's a huge daunting task.

Rony - Yes. Totally. Perfect! Thank you for that and thank you for bringing that into the space. It is REALLY, Really normal to feel the way you feel. That's what happens when we start to look. You know? That is what it means to live our truth. And then to do the MOST courageous thing on the planet, which is to align our lives with our truth. Most people stop with just looking at their truth. It's like suddenly we look. The way that I used to describe it to my coach ten years ago when I started getting into this work. When I was where you are, what I realized was it was like I had a big

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pile of clothing in the middle of my room. One day I opened my eyes and noticed it. It was like for years I would go from my bed to the bathroom in the morning and I would step right over the pile in the middle of the floor. In fact I rearranged my whole life so that I NEVER had to feel that this pile was here. It is an ENORMOUSLY courageous and self-loving act, to stop and say, wow there is a pile of clothing in the middle of my floor. What am I going to do? Even to know that it's there. You're like, wow, you are courageous to look at your Wheel of Life. To actually pause and name, I don't have as much fulfillment as I want to have in my life. So many people in our society are too afraid to even do that. That is where addiction comes in. That is where we abuse ourselves in toxic relationships and stay in jobs we don't like. All this stuff. So I want to first acknowledge you to be willing to feel the fact that your Wheel is not what you long for it to be. That is just tremendously courageous.

The second thing that I feel is the doorway for you. That I invite you to begin to play with here is, really getting into your core values. Because the core values are like the roots of our tree. Most of you have seen the worksheet in week one. Which is Tree of My Truth. Another way to think about it is, it's the hub of this Wheel. So if you didn't have a hub in the middle of a bicycle wheel, all the spokes would fall out and you would be able to ride. What happens, the way that we're trained in our society is to go immediately to the outer tire of this Wheel. We go to the How. What job do I need to take? Where should I move? Who should I be dating? Whatever it is in your life. What does it need to look like? But we haven't done the inner work. We haven't built the spoke of this Wheel. That spoke is created first and foremost by getting clear on your core values. That is the root of our tree. It's like we want the branches and the fruit, but we don't build the roots. It's like I'd like to have an orange tree or a grapefruit tree, but we want it to just be there without planting this seed. So this little seed, from which everything and then some can grow, is your core values.

From there, what that's going to do, what that's going to give you I'llish. It's going to allow you to let go of the How and the form of what it actually needs to look like. It's going to turn you onto this What. Suddenly you'll start to notice, gosh, these are the A,B,C's of what lights me up. "Ecstatic Embodiment". I loved Brianna's example of that. Or the dolphin. Or Silvia's example of "Entanoisement". Right? Or my example of space to be my highest self in my life. Suddenly it's like you put on those glasses. You get this radar. You're going to look through those and start to pinpoint in every interaction and every choice and experience of your life, you will see is "Entanoisement" here? No it's not. Oh, but here it is over here on the right. I'm going to go over there. I'm going to collect some of that juiciness and put it in my basket. Without needed form. Which is a scary place to be. I'm going to talk all about that next week.

Ilisa - Without form, you said?

Rony - Without form. But being connected to essence. So letting go at THIS stage of

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the game. Letting go of the How, just like Debbie. And really building up this What within you. Letting yourself build it up. And what circumstances and structures do you need in your life, in order to be able to dream right now and start to get clear? Because this How, this what do I do, it's overwhelming, it's SO much and it feel so daunting. That's just like Debbie. There's too much How there. But there's not enough What. We don't even know the What yet. We don't even know which seed you're planting yet, how are we going to figure out what tree it's going to be? Right? So this is totally natural. This is the initial shift that needs to take place, so you can start to get into alignment.

Ilisa - I'm a little confused about the What. So if I decide to plant an apple tree, I'm going to put apple seeds in the ground. What do you mean by the What?

Rony - Basically what I'm saying is the What is this truth within you.

Ilisa - Okay.

Rony - Once you ignite the light of your truth and you turn that on, you've realized right now that whoa the light switch is off. To turn that on you need to start naming your core values. This makes sense, you joined us in week two. But you need to start naming your core values. And allowing yourself to dream, even if you have NO idea how that dream is going to come about right now.

Ilisa - Okay.

Rony - Yeah. Go ahead.

Ilisa - A couple things that come up and I don't know why, but it feels like there's so much emotion in this.

Rony - Yeah! Cause this is important stuff!

Ilisa - It's like the allowing to dream. The first thing that came up with the frustration of the pile in the middle of the room, was kind of like oh this is all the stuff that I have to deal with right now. Like this frustration because I want to turn away from it. Also allowing myself to dream, because I feel like I wasn't allowed to always dream. Like I had to be practical or do something that someone else wanted me to do. So allowing myself to dream. How am I supposed to dream? What am I supposed to dream about? Sometimes there's those dreams that are the impossible kind of thing.

Rony - Yes. So that's where we get stuck. The How will I do it. It feels impossible, is the How and that's a What. So there's a couple things. One: nobody said you had to do the whole pile in your room at once. You're human. So choose a shirt, choose a

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pants to fold up and put away. So what part of your WHOLE Wheel of Life, what part resonates the most for you? What part are you most drawn to evolve right now? What part of your Wheel of Life are you most drawn to evolve? Where's the most energy for you?

Ilisa - So I'm not exactly sure of what part I identified at. Because I feel like [\(unsure 1:12:44\)](#) I guess I figure I don't know what I'm talking about.

Rony - So just choose one area, just as a place to start. There are two places for you to start. Okay? The first is for you to really do the exercises in week one around the core values. Have you done that yet? That exploration?

Ilisa - I haven't done the worksheet.

Rony - So do that and start to really explore that. Because what's happened is that we're moving ahead without doing the first step. That's a really important first step. It's going to give you a foundation to stand on.

Ilisa - Well part of me is like, this is what I desire to have in my life. But is that actually the core value?

Rony - No. So did you listen to the first recording?

Ilisa - I did and it's a little hard to...

Rony - ...to figure that out?

Ilisa - Yeah.

Rony - So the best way to figure out your core value is to go to a peak experience in your life. This is in the call. So you may want to listen to that first call again.

Ilisa - I did. I wasn't sure what that peak would be, what that would represent though.

Rony - Just a time when you were totally self-alive and happy in your life. It can be any time. From there you want to start to explore, what was it about that time that had you lit up? Okay? So that's one way to go about doing it. You can do it. You can listen to that part again in the call, because I take you guys through it. Then the other thing is to identify some goals that you have. Real simple ones, without going into full overwhelm. The goal might be: find a job. Or somebody might have a goal of losing weight or staying healthy. From there, you want to ask, what's important to me about that? What will reaching my goal provide me? Sorry. So what will reaching my goal provide me with? Then: what's important to me about that? Okay? From

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there you're going to start to dig up your core values. Or you can approach it from what REALLY, Really rubs you the wrong way.

Ilisa - Okay.

Rony - What you see in the world that really rubs you the wrong way. For me it's when people don't take radical responsibility. Or they don't see their own role in things. I get so -rawr- riled up about it. Why? I have a core value around that we are responsible for our own circumstances in life. So that's another way you can reach it. Do the worksheet. Okay? I invite you to listen to that segment again, do the worksheet, then email me or put on Facebook what some of them may be. Then I'll work with you to name some of those. From there, you're going to have a place to start. Then listen to the Limitless Life meditation in the first week. Then whatever comes for you is totally fine. We are giving you permission to remove the pressure to have all the answers at this point. You don't need all the answers. You just need the next step or two. Okay?

Ilisa - Okay.

Rony - So dig around there and let yourself feel it, without needing to know How it's going to happen. If the word DREAM is one that is loaded for you, because you weren't allowed to dream as a child. Then ask yourself what you're longing for, what you're craving in your life. Start there. Okay?

Ilisa - Yeah. Thank you.

Rony - I invite you to dig around a little bit more there, then reach out again and we'll sort it out for you.

Ilisa - alright.

Rony - Thank you Ilish.

Ilisa - Thank you.

Rony - So we have one more caller here. You have been so patient this WHOLE time. You get the patient award. This is somebody in San Francisco.

Liz - Hi Rony, it's Liz Galarski.

Rony - Hi!!! How are you Liz?

Liz - I'm good. How are you?

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Rony - Good! I just have to say. Can I say something really quick?

Liz - Sure

Rony - To reassure llish. Is that Liz is somebody that I've known for a while. We've been coaching together for about a year. A while. She used to feel the same way you used to llisha. So perhaps you guys can connect on Facebook or on the group page. But I guarantee you that that whole Wheel of Life will become full for you, as you take it one step at a time. Liz is a living example of how we can just become radiant in our truth from the big pile in the middle of the floor. So I'll just share that. So, Liz, what's up for you? And what had you raise your hand?

Liz - I just wanted to say hello and connect with the group. It's really nice to be working with everyone in this environment and this setup. I had a few questions. But this session tonight really touched on a lot of anxiety and fears. Through this process, I felt that everyone is in a different place and I was kind of able to connect. There were a lot of tools given tonight. I think one thing that llisha has tripped me up along this process. Is you transform and start problem solving differently, where you're not tapping into your saboteurs and you're trying to be truthful. It still happens to me on a daily basis. I'll have some kind of thought or I'll want to tackle a problem in this very aggressive kind of way. Which doesn't always yield the results that I want. So I think something that I'm always kind of searching for is just more tools and different ways, so I don't go there. I now it's not healthy and that's a place that I'm running away from speedily.

So I think that's just something that's on my mind. I think tonight there was a lot of hearing other people. Hearing from other people and where they're coming from. And how they're working through their process is comforting. I guess I would ask Rony and the groups for any tools that they use. Meditations, mantras or just... as they're transforming out of the dark place or out of habits and lifestyle that made them unhappy, I'm always open to new ideas and new approaches to living, working and being happy. That's where I'm coming from.

Rony - Yeah! I'm just taking a note here so I don't forget to say a couple things. I think you bring up a REALLY, REALLY powerful point. There are kind of a couple different things here. One: definitely share resources with each other and whatnot. Part of the whole point of creating this Facebook page is so that we have community on the path. Because we simply cannot do it alone. Even though ultimately the work is up to us, to do our own inner work. It's just we are meant to do this with others. The main thing that really I'm inspired to share and hearing you share Liz, is this idea of the illusion that we can eliminate these lesser parts that we don't like.

We all have saboteurs and we all have an inner child. We always will. It's an illusion to think that we're going to get rid of those things. What we can truly let go of and

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really a more appropriate word is evolve beyond, are our patterns. I believe the work on the conscious path and truly to live our truth, is not about completely getting rid of fear. Completely getting rid of the saboteurs and these smaller, lesser parts. But it's about learning to work with them. Just like meditation. If you've ever taken a mediation class. They say come back to the breath. When you meditate and you try not to have a thought EVER. Have you ever tried to do that? It's like all I do is think when I'm trying to do that. But when I meditate and I notice myself over there in la-la land of my thoughts, I can say whoops, there I am in my thoughts and come back to my center. And try to connect and access this stillness within me. Or come back to the breath.

I once had a teacher, of the Buddhist nature, shared with me that the path is truly about coming back to the breath over, and over, and over again. So really is the work illuminating these parts of ourselves. In which case that's giving off an energy of resistance, in which what we resist persists. So these parts are going to grow even stronger because we don't want to acknowledge them at all. Or is it about, oh my god, there I am in that thing again. Okay, I can choose two routes. I can get mad at myself for being here, which gives more energy to it. Or I can simply pause and say, oops, caught myself, come back to center and act from this place.

There are some patterns that we can shift down to a matter of seconds. Like instantaneous catching them and shifting. There are some that are DEEPLY, Deeply ingrained in us. That we've inherited from parents and all kinds of stuff, that have been around for many, many years. I'll be very honest with you guys. I created this work because I live this stuff myself. I'm human. There are a couple of buggers in me that are REALLY deep, just like in all of us. Whereas I used to get stuck in a pattern for years without realizing, then for months without realizing. My deepest hardest pattern I've now got down to a week, a day or a few hours. Sometimes it's a month which I ride in and out, in and out, in and out of this pattern.

That is how we evolve. It's the willingness to play with that when it comes up for you. With love, compassion, and courage which you demonstrate. So I just want to offer that, that when we talked about in week two about letting go. We're letting go of believing that this pattern is the only way. We're letting go of choosing to act from this pattern and this belief system in our lives. We don't have to. We're in the driver's seat and we have choice around that. We're letting go of that pattern running us and dominating our existence and our choices. Just know.

Start to make a game of it. Wow, five years. It took me two years to shift out of that thing. Now it takes me... But there was a session we had a few months ago, three or four months ago where you got stuck in a pattern. Literally within 24 hours you were out of it and back to your higher self. That is phenomenal! Like WHAT!!. That is amazing! Where you would have been stuck there for months before.

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Liz - Yeah, yeah.

Rony - So it's noticing that and how do we come back.

Liz - It is.

Rony - Yeah, go ahead.

Liz - Sure, definitely. Also I'm one who can really take on other people's energy, their bad ill will, and just suck it in. That's a practice that I've really come so far and I'm so grateful for. That in this type of work I can control it. I'm not the environment around me that I am. I create the environment around me. How to turn that around. That's so empowering and such a good tool.

Rony - Yeah! Absolutely, absolutely. Yeah. Does that give a little more clarity?

Liz - Yes.

Rony - Beautiful. I'm really glad you shared and raised your hand. I want to invite everybody to find the balance between staying on that edge, right Debbie? Like staying there, right Kiana? Everything we've been talking about, staying and not bolting from this stuff, this work. Leaning into it and doing it. Pausing to celebrate as you go through it. Give yourself a pat on the back at every single point of achievement along the way.

Liz - It's really scary and unknown. There's a lot of uncharted waters that you move through.

Rony - Yeah! And there are a lot of triumphs along the way. Make sure you recognize those too.

Liz - Yeah.

Rony - And keep connecting to these statements of deeper truth. You asked for a mantra affirmation. Make the statement of your deeper truth, as opposed to the old fear or the old pattern. Make the statement of the new agreement, instead of the old contract or agreement. Make that your mantra. Kiara, I used to print them out and carry them around in my purse. Thank you Liz.

Liz - Thank you.

Rony - Okay, have a good night.

Liz - You too.

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Rony - You're welcome, you too.

So we're going to wrap up here very shortly here guys, because we're at an hour and a half. This is how much I love this stuff. But I do see that Linnea in Sweden. Which it's the middle of the night for you, or like 5:00am. You have your hand raised. I also want to answer Lorena's question, you've been chiming in.

So yes, there will be a recording of this call on the website. She wanted to know if she could download the audio to her iPod. We will be sending these audio's to you guys via Dropbox at the end. For you to listen to. If you're really, really wanting a hard copy, an MP3 at this point please email me about it. So I can send it to you, if you're going to be traveling and on your flight is the only time you can listen to the recording. Something like that. For now you're able to listen online.

Then at the end for anybody who wants it, you will be able to get every single recording and document and everything in an actual downloadable way.

Lorena also says, she shared a beautiful sharing. She loved week two exercise around releasing. It was a productive weekend to the point of exhaustion. The most interesting insight was I had always been living in the belief of lack, only to discover that I'd been living in abundance. Wow! Three bags of clothing, two bags of shoes and purses and stuff. Awesome. I realize that I had not been living in lack. That alone was huge for me.

That is HUGE! I love it Lorena, high-fives to you. That is awesome.

We're going to go for just a couple more minutes here. Somebody is telling me there is a lot of static. I wonder if there's still a lot of static on the call. Sorry guys.

So I am going to unmute Linnea in Sweden for just a few seconds and then we're going to wrap up.

Rony - So you are live.

Linnea - Hi. Good morning.

Rony - Good morning. How are you?

Linnea - Oh, I'm tired. It's 4:30am.

Rony - I bet. So in the most quickest way possible, because I want to respect everybody's time. What is your question?

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Linnea - I was just wondering. I was working on my core values and in some instances it's real easy. I can jot down my life's goal, my underlying values, core values, and special names for it. For some I'm just missing words for some of the boxes. I was just wondering if that might be a part of the overwhelm and it might come more naturally as we come along in this class?

Rony - Yes it will. You can really let go of needing a fancy name. Some people like that because it sums it all up for them. If that's something that you're forcing, don't force it. Don't worry about it. Each value can be as simple as it needs to be for you. As basic and straight forward as it needs to be. And YES, this stuff comes over time. The most important thing is the feeling that you get from it. Even if you can't put it into words, if you know how it feels to you, then you're connected to it. And you can start finding it in your life. So don't worry about the formalities of it. Really just let yourself feel into it and start to look through the lens of your values.

Linnea - Oh, okay.

Rony - Does that makes sense?

Linnea - Yes it does. Thank you.

Rony - Yeah. You're welcome. You're welcome. You sent me some of your values via email and I absolutely loved them. I think you're right on track actually.

Linnea - Oh, great! Thank you.

Rony - Thank you for raising your hand.

Linnea - You bet.

Rony - Have a good day. I hope you get to go back to sleep now.

Linnea - I do. I have tomorrow off, thank goodness.

Rony - Good, good, good. Okay thank you.

Linnea - Bye.

Rony - Bye.

Okay, so we are going to wrap up everybody. That was a simply STUNNING call. Again, I really want to acknowledge each of you for your willingness and I see a lot of opening happening for people. I cannot stress enough my invitation to STAY on that little edge. To STAY in that opening and open more into yourself, MORE into the

ALIGNED

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truth. To start to distinguish between what's not real anymore and what's real. Fill up this tank and this light inside. You're each exactly where you need to be. I feel very confident in all the work that you guys are doing.

So our next call is on Wednesday. It's going to be all about igniting intuition. It's going to be very cool. I'm in a very juicy and intuitive space right now, after my long weekend of spiritual and energetic work. We're going to be shifting from doing into being.

We're going to be talking about self-care. We're going to be talking about distinguishing fear and truth in your body. It's going to be a lot of fun. So please keep posting on the Facebook group and sharing.

I acknowledge all of you and applaud you guys. I wish you a great night. Give yourself a break when you need one. This is deep work. So congratulations and have a beautiful night. I'll talk to you in 48 hours. Bye!