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## Transformational Program With Rony Reingold

### WEEK 6 – LIVE Q & A

**Rony:** Okay, hello everybody! Welcome! It's Rony - happy Friday! It's nice to be with you on a Friday in the states, California lunchtime, I'm hoping, many people join even though we're at a different time today, and I just want to take a minute and welcome you guys to our sacred space again today and as people are joining, I'd like to take a moment, just ask everyone to center, so that we can all be really tuned in to our deepest knowing and our intuition together. So wherever you may be just take a moment, take a couple of deep breaths, and close your eyes, feeling into your deepest inner knowing in your belly and in your heart, feeling the sacred community that we are creating, feeling the support that's here, the intention that's here, the caring, and opening up and allowing for curiosity, and exploration and fun, to be a part of our time together today as well. Just giving yourself another deep breath, rolling your shoulders back and opening your eyes when you're ready. Just always nice to start our time together in a centered way.

**Rony:** So this is our second Q & A coaching call. It's going to be 60 minutes, unless I see there's a lot of demand and we want to go longer, in which case I'm happy to go up to 90 minutes with you guys. The way that this works is that, if you haven't joined us for the first run, I'll just give a quick overview: you can raise your hand and chime in at any time. I am here basically for you for the next hour, to coach with you, answer your questions. You can share, so really anything goes during our time together, it really doesn't matter if this is the first time you're joining throughout our 7 weeks. It doesn't matter how quote ahead or behind you are. Alisa the other night on the call had mentioned that she's not as ahead as other people, and I really just want to reassure you guys it is so not a race: wherever you are is perfect. We're gonna honor that and we're gonna celebrate that. There's a lot of beautiful material that we can cover today: anything that we've touched on at any point in the course is totally welcome. So feel free to ask questions from week 1 all the way up to the call the other night on Wednesday. Even if you don't have a question, if you're inspired to introduce yourself to the group in some way or to share a breakthrough that you had or to share your intention – totally fine, anything goes, so I just want to be really open

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with this space. We will get started, and I see a few of you on the phone here, so if you are live on the call you can raise your hand by pressing \*2 at any time. I encourage you to do that now.

**Rony:** If you are online, then you can submit a question through the Q&A box. You can even submit a question to my email, which is rony@ronyreingold.com or to our Facebook page, Brianna is going to be manning that for us today and I will be pausing from time to time just to check questions.

**Rony:** So looks like Lorena, you were the first one to raise your hand and I also see Debbie you had your hand raised so we'll get to you in a moment. But Lorena I am un-muting your line. There you go, now you're live. Hi Lorena!

**Lorena:** Hi, how are you?

**Rony:** I'm good- how are you?

**Lorena:** I'm good thanks. I actually wanted to go back to I think it was a follow up question I had about the 10 commandments, or commitments, on our last call. So I wanted to get some clarification about that. When is it okay to, or maybe not okay, but to follow the 10 commandments and still maintain some level of flexibility. So that you're holding true to your core values and staying within your commitment but not coming across so rigid in your way of doing things that maybe you block things that the universe is trying to put in your path?

**Rony:** Yeah, I think it's such a great question - and I wonder if you're open, and you feel safe and comfortable to give a little bit of context - is there something specific that you're working with? Cause it will help me just give you more information. I sense there is. If you want to keep it sacred, that's fine too.

**Lorena:** Well, we can go there. It's actually in relation to a connection in relationships. So I think I mentioned to you in the email before about letting go of someone who I didn't feel was in the right place to take the relationship where I would have wanted it to go. So it's in letting go of that situation and I guess being open to new ones. But while in that

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relationship, I kinda thought I was already pretty, I don't want to say rigid but I guess kinda held to my core beliefs and I guess I'm having doubts around that decision because I feel like, am I gonna find someone who – It's not someone who is putting up with how rigid I am on certain things, but it kinda is.

**Rony:** Yeah, so I wonder if there's a word we could use instead of rigid.

**Lorena:** Okay.

**Rony:** Like, what are you really up to when you're being "rigid"? In this way?

**Lorena:** What am I being up to? Maybe blocked I guess, would be a better way of seeing it? Yeah, I guess maybe blocked would be the best way. In relationships, I tend to see – and I'm working on this obviously – I tend to see the world very black and white, and I'm okay with moving in and out of grey areas but I don't like to stay there too long. So I guess the rigidity comes from that, where I'm moved into a grey area that I don't feel comfortable and I wanna go back to – the other thing.

**Rony:** So I wonder – is the discomfort in the grey, is that because you're not in control, or because you're compromising yourself? What is that discomfort really about?

**Lorena:** I think it's not being in control.

**Rony:** Yeah.

**Lorena:** I think it's more about not being in control.

**Rony:** There's some vulnerability there, I imagine?

**Lorena:** Yeah.

**Rony:** What is it?

**Lorena:** Well I think it's um just being open to possibly being hurt, or open to it not working out.

**Rony:** Yeah, that's what I sensed – that there was something else going on here by the use of your word "rigid". Because the Ten Commandments

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are really just a deep commitment to our truest selves. They're very full and rich, and they're by nature flexible. If there's rigidity here it seems like I just sensed this fear that you just named of being hurt. So what's your growing edge here, to practice living on?

**Lorena:** I don't know.

**Rony:** It sounds like the grey area possibly. Let me pose the question in a different way –

**Lorena:** No, I think I understand what you're saying, so it's how would I allow myself to be more comfortable in the grey area?

**Rony:** Yeah. What's the gift in the grey area for you?

**Lorena:** Well, probably connection.

**Rony:** Yeah. What do you know about that?

**Lorena:** I would say connection and growth, obviously.

**Rony:** Yeah. How would the grey area help you grow at this time?

**Lorena:** It would expose me I guess to other ways of seeing things, and other opinions, and other feelings that maybe I'm not ready to address.

**Rony:** Yeah – look at that!

**Lorena:** Oh wow!

**Rony:** Wow, right?

**Lorena:** Yeah – wow!

**Rony:** Yeah, there's a lot here! What are you honoring in the 10 commandments? I guess I wonder for you, or I imagine there's a beautiful opportunity to explore – what part of the 10 commandments, or commitments, that you've written for yourself are protecting yourself, that rigidity, and what part of them are like - there's something here I imagine that's really important to you too that's important to honor.

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**Lorena:** Two things that I keep going back to are clarity in communication, and transparency in communication. I would say communication. Because when there isn't, and that really upsets me or frustrates me, I think feeds into certain issues I've been having with my shadow side of insecurity and stuff like that.

**Rony:** So there may be a commitment to write her for yourself around practicing transparency and authentication in communication.

**Lorena:** Okay.

**Rony:** Because the commitments are really commitments that we are making to ourselves so that we have a container and a structure and this touch back point in our process of growth. There may be a commitment that's like "I commit to growing myself even if it means feeling vulnerable in the grey areas". What a beautiful commandment for yourself!

**Lorena:** Okay.

**Rony:** So it's not about controlling the other person, like "I will only communicate with people who are totally transparent with me." Feel the rigidity, you feel the control there?

**Lorena:** Right.

**Rony:** Yeah. That doesn't work; it goes against practicing radical responsibility. So the commitments are about taking radical responsibility for ourselves. What do you need to be doing? Who do you need to be at this time, and what do you really need to commit to for yourself so that you can open to these rich places you long to go and really experience that connection and that depth that you're after.

**Lorena:** Okay. That makes sense. Maybe it was the way that I worded it. Because I felt as if I was still not getting to the place that I wanted to be, which is you know to have those connections in relationships and to have that ease of communication and flow. I think the way that you worded it made a lot of sense.

**Rony:** It's like first practicing putting it into radical responsibility. "What am I committed to being for myself?" Within that there is a standard. If we

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first practice ease of communication and transparency – which is a new muscle to build – it takes time to get there, and it’s a really scary thing to be totally transparent. To be totally transparent with the other person and say “Hey, I like to control things because I like to make sure everything’s going to work out. I like you hear, I’m invested, and I have some standards – here’s what I really need in order for this to work for me.” That’s a scary thing do, to say to somebody –

**Lorena:** Right!

**Rony:** But it’s also being totally transparent. And that is the doorway that takes us to that true connection. So we have to practice being it first ourselves, and once we do that then it becomes really kind of obvious and second nature to hold that standard, like if we’re doing it then it’s kind of obvious if the other person isn’t doing it – that’s not going to work for us. But we can’t demand it of the other person if we’re not taking radical responsibility to try and play in this totally new land ourselves. So it may be a really nice place for you to start creating these commitments. What are you committed to for yourself, first and foremost? And from that – what do you need from other people?

**Lorena:** Okay, perfect.

**Rony:** Does that make sense?

**Lorena:** Yes, it does. It completely clarifies it for me.

**Rony:** Yeah.

**Lorena:** Thank you.

**Rony:** I have one last question for you.

**Lorena:** Sure.

**Rony:** How are you going to put this insight into action now in your life?

**Lorena:** First I need to really sit with myself and ask that question as how am I going to take radical responsibility and commit to what I feel is important for me, and that is one of them – is transparency in

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communication. Just going back to my list and asking it from the point of view of is this taking radical responsibility, and am I fully willing to commit to that particular concept. I think coming from those two directions, coming with those two questions, I feel I need to rewrite my 10 commandments.

**Rony:** Yeah, it sounds like it! Beautiful! It is radical – to use that word again – it’s totally counter intuitive, 180 degrees, from how we’ve raised to practice radical responsibility and what a beautiful moment on your path that you’re at this place that you get to sit with yourself and say, am I up to that? And you are – which, I know you are, but like really come to that place to be like, yeah, okay – I’m in. I’m into really taking radical responsibility to pioneer these changes for myself and to see how others generously and graciously respond to that – which they will.

**Lorena:** Well thank you! This definitely gave a lot more clarity. Now I have to sit in that grey space and say, you know, if this is the changes that we want, this is kind of where they need to come from.

**Rony:** Beautiful! Oh my God - such stunning work. Thank you so much for going there! Really gorgeous work. Thanks Lorena! Okay, bye. Beautiful. Vicky, I still see your hand raised and I’ll get to you in a second. You know, one other thing that I’ll add is something I’m going to talk about a little bit more next week and that is the word “and” and creating “and” statements instead of “either-or” statements, or using the word “but” so we’re gonna talk about replacing the word “but” with the word “and”. And what that does is it gives the opportunity for two things that seemingly don’t even relate to each other or would counteract each other to simultaneously exist. So it’s like “I’m practicing vulnerability and transparency in my communication and I have this standard where you need to do the same.” It’s not “either-or”. I’ll go into more of that next week. But it’s something to start considering – how can you create a “yes/and” in your communication in your relationships. Beautiful! Okay –Debbie, I will un-mute you. Hey Debbie, you are live! Hi!

**Debbie:** Hi!

**Rony:** How are you?

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**Debbie:** I'm great - How are you?

**Rony:** Good – happy to be here with you!

**Debbie:** Thank you! I'm still trying to flush out my core values and my fertile foundations, and the blossoming authenticity is really the only core value that I feel is flushed out. I wasn't even like doing my homework or anything, I don't remember if I was meditating, and now I'm like – "How did that happen, so I can recreate it?" I don't remember. So authenticity, is it best to go back and listen to the first call, or is it best to let it organically unfold? Any insights as to how to flush those out, or tools to flush those out?

**Rony:** Yeah – are you open to flushing one out now?

**Debbie:** Absolutely!

**Rony:** So there are a few ways to come about your core values. The easiest entry point to discovering some of them that I've found is the exercise of the peak experience, which I'll do with you in a second. You can also come at it from the back door, the opposite direction, of really looking at what totally incenses you or rubs you the wrong way in this world because most likely if you're not just purely triggered around something and have an old pattern that's triggered, but if it's truly something that that really you stand for that's being stepped on, then there's a value there being stepped on. I invite you to close your eyes for a moment, Debbie, and just consider a time - the first thing that comes to you is totally fine - but think of a time in your life when you really felt alive, and on top of the world, and really kind of in your element being you. Or a time that really fulfilled you in some way? Do you have an experience like that, that comes to mind?

**Debbie:** Yeah

**Rony:** What was it?

**Debbie:** Actually two came up. The people I love in life, it's a dance but I'll just call it the dances of the universal peace. It just really opens me up, it opens my heart, it pierces my heart, and it opens me in a way that



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nothing else does. And the other thing that came up is the scariest thing – but it's also the most enlightening thing – and that is the emotional transparency and vulnerability that I do that in some places, like I do it in circles like this but I don't always do it in life.

**Rony:** Yeah, in your life.

**Debbie:** Right.

**Rony:** Okay so let's look at first at the dances of universal peace. So, what's important to you about having your heart open in that way? What's there for you?

**Debbie:** It's experiencing the oneness, it's removing the illusion of separateness.

**Rony:** There you go – there's your core value!

**Debbie:** Oh – Yeah!

**Rony:** You feel that – what's important to you about experiencing the oneness?

**Debbie:** It definitely has to do with connection and belonging. Some things that are coming up for me....

**Rony:** What comes up for you?

**Debbie:** One of the things is just gratitude that it is an illusion that I'm separate, because I've spent most of my life feeling separate and not fitting in, and, you know all those stories.

**Rony:** Yeah, there's something really rich here about connection and belonging. What does that do for you, when you're in a place where you feel connected and that you belong?

**Debbie:** What comes up is like dissolving.

**Rony:** Wow. Wow. What do you dissolve into?

**Debbie:** Really like, into nothingness.

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**Rony:** There's something really divine here, that happens. Do you feel how sacred this is?

**Debbie:** Yeah.

**Rony:** Yeah. This is like what it's all about for you, I sense. Do you feel the stillness? There's a real stillness here, it's very potent.

**Debbie:** Mmhm.

**Rony:** You tapped into a really important chord. What would life be like without this for you without this?

**Debbie:** Not worth living.

**Rony:** Yeah. Here's your value. This is the energy of a core value. Really important. In terms of getting clarity on that, there's connection – you mentioned connection and belonging. You mentioned experiencing the oneness, and you also mentioned dissolving. Like dissolving into oneness, or into nothingness. Is this all one thing, or is it a couple different things to you?

**Debbie:** Hmm....I'm not sure.

**Rony:** Yeah, like I sense that there is a value around connection and belonging, or like authentic connection or true connection or something like that.

**Debbie:** Or heart connection.

**Rony:** What is it?

**Debbie:** Heart connection is one of them.

**Rony:** There you go. So heart connection is a value. We're also seeing something about dissolving into nothing or experiencing the oneness that's more like on a larger life divine level than the human heart connection. How would you name that? What is it really like for you – dissolving into oneness? There is something about the act of you totally letting go and surrendering into it, I think, that's a part of it right?

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**Debbie:** Yeah.

**Rony:** Yeah, so how would you name that?

**Debbie:** I like both experiencing oneness and dissolving into nothingness. I like both of those.

**Rony:** Are they the same thing? Or are they different?

**Debbie:** I mean, to me, I kind of see it as a ladder. I feel like experiencing the oneness, and then going into the noneness is like the next level up.

**Rony:** It could be experiencing the noneness?

**Debbie:** Right - exactly!

**Rony:** Would that encompass all of it for you?

**Debbie:** I'll have to sit with it and decide. That's a possibility.

**Rony:** So there's definitely a value here called heart connection, and there's one or two around experiencing the oneness or dissolving into nothingness – that may be the same or two - and you'll distinguish that yourself. Does that land?

**Debbie:** Yeah! It does!

**Rony:** Yeah –I hear the rightness of it in your voice – can you feel that?

**Debbie:** Yes, I can! Absolutely!

**Rony:** That's the energy of a core value – that rightness. Even though there's something really sacred, it's that rightness that you, you stand for in this. Because without it, life is not worth living. Yeah. Beautiful. So then in terms of emotional transparency and vulnerability, my guess is that that is part of your fertile foundation that takes you. When you practice emotional transparency, and you practice vulnerability, it takes you to heart connection, and dissolving, and experiencing this oneness. Does that feel right?

**Debbie:** Yes, yes it does.

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**Rony:** So one of the things you can ask yourself is what takes me to heart connection? And look at that and that will be part of your fertile foundation. Or what takes me to experiencing the oneness? And as practice of dance, and it seems like being in sacred community and circle, really takes you there. That's a key part of your fertile foundation that you need to engage in regularly.

**Debbie:** Yeah.

**Rony:** Yeah! Beautiful!

**Debbie:** Thank you!

**Rony:** You're so welcome! What beautiful values – so rich! Simply stunning! You know, one of my teachers, Sylvia Nakatch, who I study yoga of the voice with, she has this great little saying. She says – “We have to dissolve to evolve.” I love it!

**Debbie:** I love that.

**Rony:** Yeah. Dissolve to evolve. That's the only way to go. That's what we're doing in this course on some level. Beautiful!

**Debbie:** Thank you!

**Rony:** Thank you, Debbie! That was stunning. When we hear someone else's values, it's just yummy – It's like swimming in chocolate pudding, to be in the energy of somebody's core values, it's just delicious! So thank you for that little lunchtime snack!

**Debbie:** You're so welcome!

**Rony:** Okay, beautiful! So you can see that, accessing your values, you can approach it from different directions. You can come in through the peak experience that we did with Debbie, and your fertile foundation can also come from that peak experience. You can come at it from this place of like “I need this, or life is not worth living.” I have a client who has referred numerous times to this way of being mischievous. The mischievous angel and sharing delight and offering her creativity and bringing the twinkle back in other peoples' eyes, through being kind of

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delightful and playful, and she's building a business out of that helping women in 3<sup>rd</sup> world countries or young girls who have been sexually abused to bring the twinkle back in their eye through play. I mean, this is what can be created from core values. When we were uncovering her core values and I asked her that same question – “What would happen if this didn't exist for you?” She said that “I would die – life would become totally dull and not worth living.” So we need this to be illuminated and to be alive. So when you can look at approaching or exploring, uncovering your core values from “What do I need to feel - not just to live and get through my life, but to really be in alignment with my highest purpose and passion. There can be a lot of fire in a core value; there could be a lot of stillness in a core value. It doesn't matter – ultimately what it will lead you to is that feeling of rightness that Debbie just felt when we named it and it's a feeling of validation.

**Rony:** Okay, so if you're online with us then I'd like to invite you to just submit a question through the question box and if you are dialed in through the phone then press \*2 to raise your hand. You can even simply share, you can introduce yourself, you can say hello and share an insight you had this week or something you're grateful for that's arising for you. Anything goes – this is a really rich space that we're creating together right now. I'd like to invite you to participate for the sake of your own growth and learning. I'd like to invite you to bring yourself forward and share a part of yourself, for your own joy and for the sake of the group learning and your own learning. Lorena is raising her hand again. Okay! Hi – you are live, Lorena!

**Lorena:** Hi, thanks again. So my questions are actually around some of the tools that we've already been given. I know that we're coming up on the 7<sup>th</sup> week next week and I wanted to know how long will the Facebook forum be up and available to us and the same thing with the links online?

**Rony:** Great question! I'm gonna keep the Facebook forum up. I'm here for you guys to create community. So long as you guys are using it and you guys are interacting with each other, I'm just gonna keep the group going until I have I offer this class again which will most likely be next

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year at some point or way later this year. If you guys engage with each other and create community, then I am 100% in support of that. The homework page will remain up for about a month or so I highly recommend you download everything. All of the homework PDFs can be printed out, and you can download any of the recordings and if you want, when you click on the link for the recording it takes you to Instant Tele-Seminar and you can either listen live or there's a little button there to download the MP3s. So please do go ahead and download these MP3s. If there's one of the meditations that I've given, like the Captain Meditation or Limitless Life meditation, that you want to download and have in physical form, just reach out to me and email me and I'm happy to Dropbox you all of this material. But I would ask that we get to that within the next few weeks after the course ends just so we can wrap everything up. You guys paid for this material and I want you to have it and use it for as long as you need. These are tools that I come back to regularly again and again and again in my own growth and journey on this conscious path and that my clients revisit again and again. There's always something new, insight, even when you repeat the wheel of life. I like to do that at least twice a year to just kind of check in on where I'm at. I want you guys to have these materials and to have the space and time to really integrate all of this learning which has been condensed and has thrown a lot at you. So yeah, it's here for you!

**Lorena:** Okay great, thanks! The other question I had was around the retreat. I checked out the site and it looks like there is double occupancy and triple occupancy. Are you assigned a roommate? I mean I've heard other people on the call and ah I've seen people on the forum but that doesn't necessarily mean that they're going to the retreat so how would you know who you're rooming with?

**Rony:** A really good question. So this retreat is open to you guys now, I'm not going to publicize it um for another month or so. I'm limiting it probably to 15 people because I really want to create an intimate space and experience. I wanted to give you guys first dibs to experience it. It's going to be a really rich, I like to use the word "playground" just to embody all of this stuff. Instead of talking about it, to really experience it in our bodies. The way that we're going to handle rooms is you can

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request if you know somebody else who's going to be at the retreat. You can send me an email and request to be with somebody else in the class. If you're bringing a friend – it will open up to the public in about a month, and if you want to bring a friend with you, you can ask to room with them. If you don't know anybody then you may get somebody that you don't know. There've been retreats that I go on where I've actually created incredible friendships that have lasted for months or years after a retreat because we were roommates together and we didn't know each other before. So you can trust that everybody coming to the retreat is going to be of the same general kind of open hearted energy and good people with good intention, and you may end up being put in a room with someone you don't know but just request someone you do know if that's important to you.

**Lorena:** Okay, thank you!

**Rony:** You're welcome. Thank you, Lorena, for asking those questions. This is a great opportunity to talk about the retreat. For those of you who haven't checked out the site yet, I'll give you some information. It's gonna be from Friday 8/23 to Sunday 8/25. We'll arrive Friday evening and you'll have time to check in and have dinner, get to know people, and then we'll do an opening circle. Then we'll have two full days on Saturday and Sunday, actually Sunday ending at 4pm, which gives you time to get home and everything before the start of the week. This retreat is one of my juiciest visions coming to fruition because what I find is there's something that happens when we can come together and circle, as Debbie mentioned earlier in the call, circle together in person and really create the feel of group energy that's embodied and that's live. I'm gonna be bringing in some of these techniques so you guys will have an opportunity to integrate them and really get to experience them with me and with the other people in the class first hand. But also other techniques that are gonna just take this stuff deeper, so it's not gonna be like a review of ALIGNED. I mean, we're gonna be in nature, we're gonna be using the energy of the land to support us. I'm gonna do coaching out on the hiking trail, we're gonna be using sound healing techniques and we're gonna be getting in our bodies through yoga and gentle chi-gan and meditation, and we're gonna have a chance to do some expressive

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arts and play and release, have a really great ritual and kind of lock this stuff in because what happens I find is after these classes is we have all these insights and then what happens to the community? What happens to my support and my learning? That's one of the reasons I will keep the Facebook page up and it's one of the reasons that I invite those of you who are curious about it to explore the opportunity of coaching with me one on one and to take it further in that way. I'm gonna be explaining all about my one on one coaching program on next week's call in detail. So you'll hear all about that. Or, if you're curious about this retreat, to dive in a few months after we end our time together here so that it's just a refresher and we come back. We keep coming back - it's like in meditation - we get lost in thought, how do we return to our breath? How do we come to center, again and again and again, and cultivate this new way that is new for us and it is new for the larger consciousness? It goes against the mainstream. It's a different path that we're choosing. So how do we keep our muscle really strong and rich and juicy, and the retreat is going to be just a yummy way for us to stay connected to each other and to this work and these concepts. Incidentally again - I will share this next week but those people who do choose to move forward and coach with me one on one after this, there are people who really need dedicated questions. You saw what happened when the two of you raised your hand and we could work one on one to really get specific answers for your specific life situations, and that's what happens in the coaching one on one together. Those people who choose to go further in their path in that way will actually get a free spot in the retreat as my gift to you. So something to think about and I'll talk about that more next week.

**Rony:** Thank you for your questions Lorena. I'm gonna check online again, or if you'd like to ask something else feel free to press \*2. I will check also in my email at this point to see if anybody's done that. One thing that I actually wanted to talk about last week that I'll share with you guys as I wait for some of you to possibly raise your hand is, and I must thank you for coping with me as I came onto the call late - my internet wasn't working and it really frazzled me and in my frazzled state I said a big "TaDa" for not being perfect first and foremost and then also completely



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forgot to give you guys my one little trick about strutting your stuff. We spoke about really embodying our truth, and getting into our bodies and that can really mean opening, as Debbie was speaking about, really letting our bodies dissolve, letting the ego dissolve, and the mind dissolve and letting our intuition and our deeper knowing and this wisdom that resides in our body to emerge and lead the way. It can also mean a claiming – when we embody our truth and we start to really walk the walk and take this radical responsibility . Not just demanding of other people, but being the person who leads by example to embody, to act out and follow through and give form to these things that we are talking about, then there's a real claiming and a power that emerges. There's a stillness and a grace and a huge inner peace, but there's this power that comes out as well.

**Rony:** A fun little trick that I'd like to share with you for getting in your body and increasing your confidence as you practice these radical acts of being transparent, of being totally real, of sharing yourself and expressing yourself and offering, really offering this light and this vulnerability in you to first yourself and then to others. I'd like to share with you a fun, almost silly little trick to practice walking your walk. I call it "Strut, no matter what". The exercise is simply every morning when you wake up to strut up and down your hallway as your most embodied truth and your most present future self. So really before you start to walk, kinda standing at the end of the hall, getting in that stance of your future self. Actually I'm gonna invite you guys to do this right now. I'm gonna do it too, so let's all stand for a minute and just feel in your body, the energy the stance of your most embodied truth. So what does that look like? Close your eyes, stand up for a moment, and get centered, and call in the truth within you. Bring forward your captain, bring forward your future self, feel the energy of your core values, and feel the light and the glory and the magnificence of who you truly are. The part that is wider and larger and more expansive than any story and any ego, false belief, illusion, doubt. Feel that – how do you stand in your body, when you're being that? I notice for me, I get kind of a wider stance, and I get this fullness in the bottom half of my body and my arms almost can cultivate and draw up the fullness from my hips and my belly

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into the rest of who I am. There's a pride here, but there's a grace here and a humility here in my strength. Let yourself feel that, and what you want to do is you want to tune into this before you strut down your hallway in the morning. If you're on a cell phone and can move around now, I invite you to strut if you're in a place where it's safe to do so, with your eyes open now, obviously, and strut! Take on the stance of your truth! Of your embodied truth, and bring that out into the world through your walk!

**Rony:** What does that feel like – maybe you flow, maybe you dance down the hallway. Maybe you're tall, maybe you're free, who knows? But the exercise is to strut, no matter what. So you get up, you brush your teeth, and you walk up and down that hallway. Or you do it after you meditate in the morning – up and down that hallway. Do it a few times. Once it's embodied in you, take it on the road! When you're walking from the train to the office, or wherever you are, strut! See what happens to you! See what shifts in your perspective – how you look out at the world, and how others look back at you. It can help you to draw your truth forward and to embody it, to bring it into your life, bring it into our world for yourself and others. So that's my fun little "Strut no matter what" exercise that you can enjoy. Beautiful!

**Rony:** So I hope you enjoyed that – I really like it. I noticed my voice changed too – you may notice that. What is your voice like, when you express your truth? For most of us, our voice goes down to a lower range when we're really being transparent and we're being real and we're grounded in our truth. As opposed to, really high pitched "everything's fine, sure, I'm stepping over things!" kind of a voice. So you can start to notice what is your expression of your truth like? And you can catch yourself once you're aware of what your truth sounds like, and what it looks like, and what it walks like. Then you can start to notice – am I centered in my truth right now, or am I centered in false belief? When I am in false believe, I am rushed, I am frenetic, I am skipping over things, I drop things and I don't have this stillness and this fullness and this aliveness that my truth brings. So, just some extension on what we were talking about in the last week.

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**Rony:** As we near the top of the hour, I just want to give you one more opportunity here to raise your hand here and share yourself in some way, to say hello to the group. As Lorena mentioned some of you may want to room together on this beautiful retreat at the end of the summer so this your chance for you to introduce yourself and put yourself on the map so others can snag you up as a roommate and enjoy you, and for us to simply celebrate your truth and your existence. So pressing \*2 on the phone. I'd love to hear from somebody that I haven't yet heard from just so we can witness you, and hold you and send you a virtual high five through the phone. I really invite you to come out of your shell to say hello at this time. It doesn't have to be anything profound at all. Truth can be really, really simple.

**Rony:** Actually, this has been something I've been speaking to some of my clients about recently, is the effortlessness of our truths. It takes a lot of hard work to retrain ourselves and to be committed, and to follow through on our commandments and all of the work that you're doing. What happens is the more that you allow your truth to exist, the more the transparency and realness and vulnerability and courage lead the way. Things actually really become simple, and they become effortless. So I invite you to start to tune into the little nuggets of effortlessness that may be popping up in your life. Where are you starting to see things become more obvious? Or more straightforward, or simple in some way?

**Rony:** We do have another person raising their hand – I believe this might be Ailish? You are live!

**Ailish:** Hi Rony – you're right!

**Rony:** Hi! How are you, Ailish?

**Ailish:** Good, I just, I just wanted to raise my hand and say hello and send some appreciation because I'm just noticing even without some – you know, as we hear concepts over the years concerning a lot of personal work, you hear concepts and they go in or they don't go in and I'm just appreciating the layers of taking in at a different level that, especially the concept of being who you envisioned. Walking in that body of who

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you are wanting to be, and the power of embodying that. I've noticed what it does to a habit – a kind of nervousness – that I'll often wake up into. Just this sort of habit, worry, and then remembering – literally remembering, coming back into the body and into the embodiment of “oh yes!” It's not like that, this is how I'm choosing and so waking up into a sense of choice in the morning. We're all looking for liberation most of our lives. I appreciate what you're doing, what you're offering.

**Rony:** Thank you so much for offering that! It's so true, it's layer after layer. We just hit these new places of depth within us, we're called to look again at that same pesky pattern that comes and grips us time and time again, either in the morning or at each new stage of growth as we stretch, and yes bringing our future self into our current body, into our energy field, into our physicality, and welcoming that, literally opening to receive with vulnerability and courage and joy and fear and all of it, this person that we now being called to become and letting that almost pull us forward, or the opposite – just opening to receive it and letting it come to us. I really appreciate your reflection on that.

**Ailish:** My pleasure!

**Rony:** Thank you!

**Ailish:** You're welcome!

**Rony:** Thank you! Happy Friday to you!

**Ailish:** Okay! Thanks!

**Rony:** Appreciating the process, I think you named it so perfectly. To come back to appreciation of “Wow! I am being given this opportunity to be at choice! I am being given this chance to choose awareness, to choose curiosity, to choose opening, to choose growth, to choose the future.” It just works every time! It's amazing how it has us dissolve. It really has us dissolve. So I invite you to keep dissolving, keep choosing to dissolve that habitual frenetic way, that habitual closed off way that we've tended to for so many years in our lives and to choose instead to dissolve into the new you that you are becoming, and the new open you, and the you that's claiming and the you that's standing for something,

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and that's standing for yourself and that's embodying your truth at this time.

**Rony:** As we wrap up I also just want to offer an invitation to keep it simple – we're talking about the fertile foundation today, so what does it look like to practice emotional transparency in the teeniest way that you can conquer today? It doesn't have to be this massive "I am changing myself to the point where I never accept that I am perfect or whole in this moment." Just keeping it simple, focusing on what is working for you, focusing on those concepts that do land for you as Ailish spoke to you. I guarantee that there will be things that really land for you in this class, and there will be things that feel totally irrelevant and a complete bore to you and don't resonate at all. And those are not for you. I have designed this class to just give you as many tools and tricks for you to carry around in your knapsack on this journey, so choose what's right for you. Unless anybody else has something that they want to share or to ask at this time then we'll be wrapping up and I want to really thank you for your presence, thank you for your sharing and your transparency, and being transparent with yourselves and with this group. We have our last call together on Wednesday of this week at 5pm. Actually, we'll be doing a lot of review. I'll be sharing how to have discipline for the dream. I'll be sharing how you need to be structured in your life. Debbie you'd asked about this way earlier in our course, I think in week 3, on how to get from A to Z. I will be sharing a very simple coaching tool with you to give you a map that you can create so that you literally, on a logistical level in your life as opposed to a deeper emotional level that we're working on here, you can really take the steps and organize your steps to get from A to Z in your life, and to actualize this dream in a logistical part of your day-to-day. I'm also gonna be sharing with you different opportunities for you to take this further, however is right for you, to keep doing this work in your life. I support you in doing it whether it's with me or with somebody else. As my gift to you guys, I'm gonna be opening up some 15 minute spot coaching sessions with me for those of you who just have any lingering questions. It'll be in two weeks after the course is complete, so you guys will have another opportunity to just get clarity and keep doing amazing

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work! So congratulations on all you are doing, and I'm standing for you and your highest vision. Brianna if you would just un-mute the lines, we will all have an opportunity to say goodbye and have a great weekend!

**Rony:** Goodbye everybody!

**Group:** Good bye!