

2022_06_23 - Letting Go Half-Day Virtual Retreat - Part 3 - ...

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SUMMARY KEYWORDS

letting, vision, hear, moment, life, break, story, piece, deeply, stage, talking, brother, big, heidi, gratitude, teaching, deep, people, hanging, create



00:00

Okay, so she Lawson, part one, announcements and questions about how to use your weak part two. And for part three, here's where we start to dive into letting go. And



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okay. There were many questions you're good for now.



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All right. Take a breath about this myself, because there's things I want to share with you and



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best route in.



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I have been working with letting go for decades.



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Actually, just the other day, I was sharing something, a piece of writing that I did.



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I shared it with my daughter, and I wrote it when she was



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very small.



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She's 23. Now. So it's something I've been thinking about, and doing for a long time. It's in the yoga sutras. It's at the heart of Thanks, Karen. I'm glad it's helpful, though, to bring up the recording. Yeah, I will promise I'm always gonna do it. But I'll do it when I can. Right.



01:08

And the reason I would always do it is that I want to tend to you guys first, if it doesn't come to me that way, and I don't know where the natural breaks are, I'm going to always like, train and teach you first, right? But sometimes when I can, and there's a natural break, we'll see if we can do that. Alright. So I've been teaching and training about letting go, I've been practicing it in my life. It's right in the Yoga Sutras, one of the causes of suffering the five causes of suffering, according to Yogi's, it's not letting go.



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It's worthy of our time and attention if we didn't want to suffer on this planet, not to mention in our companies, it's right at the heart of story.



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And often, I like to think of, you know, because it's such a quintessential story, whether you've seen it or not, you've heard about it, you know, the Star Wars, the original one from the 70s, the very first one that was that came out. And right at the beginning of the show, Luke's got to let go of a whole bunch.



01:56


He that's gonna get well, his aunt and uncle are gone, right? He's gotta let go of them. He's got to let go of who he thinks he is. He's got to let go of the programming that his uncle gave him that, oh, you know, you can't really get off this, you need to be on the farm and the farm needs to be or whatever it is. And his life is meant to be somewhere else. Oh, my goodness, as I'm saying this, I'm looking at you. And I'm





02:13


like, It's not meant to be here. It's meant to be somewhere else. And so you know how much he needs to let go of for the adventure even to begin. stories begin there. We leave and Joseph


Campbell talks about it, we leave the ordinary world, often an adventure, you had to let go of a lot to be in this room, you have to let go of ideas. It was possible or not possible to be in this room. Right? So it's right in the heart of story. And yeah, Joseph Campbell talks about in the hero's journey, and,


 02:43
and,

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and the letting go happens again and again, for the central figure in the story. And that's because we know that in our lives that happens, how do we how do we manage that, right? So letting go is a quintessential part of the yogic journey, a quintessential part of story. And it's a huge, huge part of our lives. And I've been teaching training about it in a retreat, or a version of this, since at least 2010, in this form, and many other ways before that. And in fact, I wanted to start this way, because I'm like,

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some of the pages even have like fallen out, the binder is so vague, and I've got to find a way to like, so here you go.

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Here's my letting go binder, you know,

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and eat with years of teaching and training in it right? And,

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and so.

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And then what I grabbed was this like, simple piece of paper. And this is what I have in front of me.

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And I've been teaching and training this for years. And I've never taught it in this way before.

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And

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letting go happens all the time. I'm letting go of my notes. In a way I've never done before. Like I can't let go of notes all the time. But these notes and this way of teaching it, even though there's been variations, I've never let go so deeply of how this has taught since this community began.

 04:13


I like Oh my My plans this morning, I planned to prepare in a different way than I did. You know, like letting go is a deep part of our daily lives. There's all kinds of letting go. I'll let go of the class plan because the deeper dive questions and so we spent longer in that announcement and Question Block than I was planning.

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Because an even longer in the shavasana block than I was planning. There's always elastic time for that. Don't worry, I always leave time timing for that. Because I know some things will expand and contract. And in order to shoot, you know, in order to really serve you because we could hear a different level of letting go in that show of Austin starting from what what Heidi was talking about. I mean, oh my goodness. And in the way that I trained you is to you know, talk to you through shavasana different than I've ever done in this community before. So why is it different?


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This time, why is it different this time? Well, you all know I lost my parents last year it is it a been a deep dive of letting go this year for me.

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I know this in a completely different way than I used to know this. And I want to tell you to like I'm not above any of these teachings. And it's just so happens that I was teaching, we should do this in a series. So I was teaching the letting go series, right when my man died. And then I was just looking back at my notes. And I was teaching letting go a week before my dad had his stroke last year. I'm like, I don't always want to learn this. I'm like, should I stop teaching this? I don't want to go that let go at that level. I'm just gonna be honest, you know, like, try stop

teaching this stuff happens, right? So. So like, I don't want to learn this any deeper, you know. So I just want to say that holding on that we do just because I've been teaching and training and knowing but this for a long time. We hold on, are you hearing what I'm saying?

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We hold on the yogi say every time we hold on raga attachment, it's going to cause us suffering.

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You say Don't, don't,

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don't take it as a precept, don't take it as, you know, knowledge handed down from whatever that thou shalt or just try it out. Try it one way, try it the other way. See how it works. I say every time it causes suffering. And in our last workshop, I was talking a little bit about those places of ujs Mita, raga, divisia, ebene baisa. So in my notes here, I want to teach you this. So a Vidya, not knowing how big I am not knowing how connected I am not knowing like big self not knowing and big self isn't some ego thing. It's like, I'm so much more connected. I've got so many more resources, there's so much more. I'm only just barely scratching the surface.

 06:45

Annamaria good example, like you've been doing amazing training and beautiful things on the farm. And now as you look at it, you might go oh, wait, the next level is way over here. That's what I mean. Yeah, you got it. Right. I know all of you. But just I'm just talking about Annamaria a minute ago. So I think that can land for Anna Marie and I trust the room, right? Another example, because Heidi Ethan's village, letting go write that form. And if I think it has to be that and I hold on to that, I'm going to suffer. Like, like like the monkey, you know, that can't get their fist out of the right, you grab the banana and so I can't get the visit. We suffer right hanging on. So.

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So I'm learning new things about letting go all the time,

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even after teaching and training about it for years, and years and years.

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And what I'm always looking for right now is what's the simplest road. And



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if even with the things I just said, you get that letting go is an important part of not only our business journey, but our life journey. Raise your hand like did you hear that piece of like, obviously, it's important in a whole bunch of levels? We got that. All right. So then I want to choose what's the easiest inroad I could teach all week long on letting go.



08:09

And there's countless systems and ways of thinking about it, and so on and so forth. But I want it to be simple. I want it to be clear. I want it to be enacted before you. All right.



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So I've been thinking about this a lot, a lot, a lot of free for you and frankly for me for my own life.



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It's in every area of our lives.



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And so



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let me see which piece do I want to share first, so that you'll best hear it



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I want to tell you the story that I thought this little story was going to come a little later but I want to tell you the story about my brother



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because stage one is vision right?



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And letting go. Heidi showed us is deeply connected with gratitude.



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Wallace Wattles, in science getting rich says gratitude is deeply connected with actually receiving enacting our vision. These things are related.



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And I want to tell you a little story about my brother so I was talking to my brother just a couple days ago and I will be in my parents home that they've owned since I was two like they bought it when I was two.



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I will be in my parents home at the end of this month. For the last time. I might get to pop in one more time. But it's not it's not just my parents but the letting go of the home I grew up in right and and we've been talking about how to do that with my siblings. And



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I learned from a friend who is one of the top Realtors in Western Canada that you really need to stay in your home and it just seemed respectful to me like stage of the home. Leave it leave a few pieces of furniture in so people can see the



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beauty of this home and, and receive it as it is right? To me, that's just obvious. And she's the expert. And I've just like don't reinvent the wheel. Let's do that. And I'm telling you the story is over here in a personal life, okay? If I'm telling a personal story, because I want us to hear the gut level of it, we can do, it's just like, we can do a vision over and over again. But it doesn't actually manifest. We don't know how to get there. Or we can do it like we do it here. I can talk about letting go you can go look it up. But I'm, I found a story that I think will land in your I hope land in your bones, you'll get this because it's very real for me, right? So I'm just trusting this, right? So I was so it just made sense to me. She's the expert. She wins awards all the time. She trains other realtors, this is what you need to do, like make sure you do this. Michelle, I mentioned to my brother, my sister, and they're both like, dead set against it.



10:46

And to me, this is incomprehensible. It was like, can you talk a little bit about you know, all this? Because all right. So see, you're going like as a right? So to me, it's so obvious over here.

And there are absolutely no. And I talked to my brother for three hours a few days ago.

 11:06

In and around this.

 11:09

And my sister's dead set against it. My brother was feeling a little bit caught in the middle. Because I'm like, why wouldn't we do this both to honor our parents. And it's just like, it's probably 10 or \$20,000? More? I don't know. And also it might not sell otherwise, like, she's the expert. That's what she told me. Like, why don't why wouldn't we do this? Right? So it's just seems obvious to me. icon, but

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letting go. It's in every area for us every area every area. So I talked with my brother for three hours.

 11:40

And my because my sister is so dead set against it. And to be honest, this just stays in this room, right? It's about my family is very personal. And it's not just about my life is about theirs. But my sister is exhausted, my sisters are really not doing very well. You know,

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my sister is exhausted. That seems like the easiest route. And that's what you want to do. She wants to do. So after a three hour discussion with my brother, this is letting go. And then what matters and how they're connected. This is why I'm telling you the story, because I'm hoping that because it comes from such a deep place in me. I'm not shouting this out to the world. It's here in this room, that she'll remember it.

 12:18

Because in the end with my brother feeling caught in the middle, because it only makes sense to me. Like why wouldn't we do this it just to me, of course, it feels like the voice of reason, you know.

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But the last thing that I want is my brother to be in the middle. The last thing I want is for you know, it's more dangerous for him. If we did what my sister doesn't want to do. Like, she's not

feeling very well. That's not a good route for my brother.

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Or for my sister.

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This is it feels like it's honoring about my parents are not part of it feels like that. But it's like, Whatever,

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whatever.

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What's the real vision.

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And then in that three hour conversation, my brother's amazing in that in that three hour conversation in the last three quarters of an hour, most of it, almost probably all of it in some way, shape, or form. And the whole undertone of the whole conversation, love and gratitude. I come from a family with such deep love.

 13:19

Grandfather's, you know what he wanted it to be remembered by us, I love them all. That's what's been passed down to me. And so it's like, whatever, we stayed at the house, we don't, you know, this gets saved, this gets lost, whatever the connection between letting go.

 13:39

And having a vision

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and how the letting go, serves and supports and is necessary for the vision.



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And I thought if I told you that personal story, you'll hear it in a deeper way than if it's some formula.



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Because my vision is that we have I hope decades My brother was saying this decades to spend together. We don't know if we have because I always think like Heidi, you know, was expressing to us maybe we just have this breath. I don't know if I have decades with my family or a breath. But he's saying we think we have decades together. We have so much to come. This is a leaping off point of the rest of our lives together.



14:21

And stage or no stage this in this out this much money that much money. You people come over and claim what they wanted from my parents stuff they don't like that. Can you see that? Like that pales is trivial. It becomes even though seems could seem so important. It's trivial. Compared to in this case because there's conversations with my brother, my brother and our love. We've always been close right? My love for him his love for me. We just have each other's backs. We we went through our parents desk together and figure that out and served and supported them and did everything we could and like doesn't that Trump that



15:00

That's also why I want you working on your vision this week.



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That's how strong that vision was for me and my brother, we share that vision of family.



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We were trained by my father who gave his gave his code away where he, you know, it's like, he does care for people, you know.



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And the people matter. So when you have that strong vision,



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of course, you can let go. And there's all kinds of things we need to let go of the way we usually do things. what we think is right. you know. you can be ready. we can be happy. right? How

do things, what we think is right, you know, you can be ready, we can be happy, right? Now, what others have said, what, you know, what, what our daily routine is, like, lots of letting go needed. Like in my example, but applied to business, you can see like, if it works here, it works over there, too, right? And so, when we have the vision, we can let go.



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And also, we can't have the vision unless we let go. Make sense?



16:02

If I say, Listen, don't you understand like this, right?



16:07

Let me because because my friend was going to talk to my brother and sister, you know, she's willing to and she's like, Are you kidding me? That's crazy. It sounds so forth. Right? But she's also an amazing friend. She's like, Okay, I don't always understand. But, you know, she understands to like, let it go. Right? So, but then it's like this,



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that one thing



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could destroy that. Are you kidding me? Let it go.



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Let it go. It's necessary.



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It's a part of the vision, many things to let go of.



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Thank you. And Heidi says, Your Honor your sister, which honors your parents, and does what they would want more than staging the house, exactly. Mirroring our conversation, because that's what I said, it's like, you know, Mom would have loved to the house to look beautiful, because she was like that she loved to beautiful things, and created beautiful things. But that

would pale in comparison for my mom and my dad, they would go like, whatever. And I even said to my brother, imagine this pile of stuff and how it was handled on one side, and us, you know, their kids on the other? And then that then by virtue of that the whole extended family like, there is no question my parents would be over here. So the clearer the vision is, the easier it is to let go. The more we let go, the more we actually live the vision not as some pipe dream, but actual real lived life.

 17:31

Did I find the words to say it with that story? It's the best I'd like that's what came to me I'm trusting. Did that make sense? The connection between the letting go and the vision if you got that, raise your hand. I'm not trying to reach your head, I want to reach your heart, I want to reach your soul. Thank you. All right.

 17:55

I want to add one more piece. So here's my intention for this, I want to give you some very key ideas about letting go. And then I want to work it with you. I want it to be abstract. It's like what is it for you, but I want to give you the framework of it first. Because

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if you've ever heard anything, it could be I don't know. It's like the Beatles song. Let it be is almost about that. You know,

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if you've ever heard anything even once about letting go before, raise your hand. I mean, it's like you could Google it. What is it to act it and to do it? That's what I care about. Right?

 18:33

All right. Because if we don't, not if we don't let me say let me say differently.

 18:39

If it's just head knowledge, whatever. And when we actually enact it, it has so much power, like the conversation with my brother. It was amazing. It was so beautiful. I'm grateful for it. I'm grateful that staging came up because it brought my brother and myself closer. And then we were both protecting my sister. She doesn't even know it. But she will you know, or we don't She's just need to know about that part. But she will feel the effects of it in the closeness of our family. And so it's a moment between my brother and myself. And it builds a family and this was a letting go. She doesn't need to know that we were there.



19:11

Moving on her and protecting her. Do you know? Yeah, okay.



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There's one more piece that I wanted to give you from the Yoga Sutras. You're going to hear this sometime as we played together because I have loved this part of my yoga background, and it's powerful.



19:33

The cliché is the things that bind us the fetters. Cuevas CLESH a s but if you look it up, you'll find all kinds of stuff. Some helpful some not you don't need to look it up. Be here.



19:45

kleshas a video smeta rugged Aveda Binny visa videos not knowing how big I am. All the other places follow for I don't know how big I am. Like you could see that in that conversation.



19:58

If I think that I if I



20:00

feel small and I need to win an argument.



20:04

All the other causes of suffering I'm going to follow, right? I knew how connected I was to family to something larger to love to right? That's big self, right? So a video not knowing how big I am Glacia then as Mita follows ego



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Well, if you don't do this, I'm gonna sue you, whatever it is, you know, or if you don't do this, I'm gonna whatever, like things escalate, the war starts right you know, in families and on the planet.





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As Mita I started the university all the time, like I feel small, so I'm going to puff myself up and show you that I'm bigger than you. You know. That's one of the reasons I want to leave



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a video at this meter raga this is what we're talking about today are the opposite of it. Raga is attachment hanging on to stuff.



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And you can see that the clashes follow one another video. I don't know how big I am as Mita I puff myself up. And then we see this in an everyday world and the world raga I hang on to my car on my house things I think I am because I feel small, right? I hang on to stuff here in this room, you're probably not hanging on to those things you might be, but you may be hanging on to the idea of yourself of who you are. You might be hanging on to Ethan's village even something beautiful, right?



21:17

Because you don't know how big you are and what it is you're actually creating. For instance, right and then the glaciers fall, we will be the yogi say the questions happen because we're human. Okay. But then can we unlock them? Right? A digit is meter raga division is pushing away.



21:33

I love my car. I hate you go away. You're not me. I don't like the part of you. That reminds me of the bad side of me go. Avenger. asmita raga divisia A Vidya I, I can't see myself as Mita ego raga hallander. Stuff did Asia the its polar opposite. That's really a mirror image, same thing pushing away. And then the last one I've been eBay. So you've heard me say this before, fear of death clinging to life.



22:00

Often manifest as things have changed on Earth manifest the sphere of change. I've been ASA.



22:08

Heidi, it's like this moment when you actually experienced it. We're doing it all the time. We're breathing all the time. But like, Oh, my goodness, this breath might be the last one.





22:18

And in that moment, Heidi could have been overcome by Ebenezer's fear of death clinging to life, she could have been like, no just gonna go and running screaming out of the room. Or she could, you know, could manifest in all kinds of ways, right? Oh, my goodness, like mortality facing that. Right? Even at the end of a breath. It's called corpse pose. Right? And so, and then it manifests a sphere of change. It has to be like this, because we will do this in our companies, you know, but I've always done it this way. But I'm afraid to change but I can't you know, so all these causes of suffering



22:53

and death, I mean, isn't that the ultimate letting go?



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of awesome of course post letting go.



23:02

And I want to do the deep dive version here truly I do I want to get to this level of can I find the words may I find the words to say it



23:10

isn't death, the ultimate letting go?



23:13

We all at least whatever you believe about what happens after it doesn't matter to me. You know, if you can believe whatever it is, you believe whatever your framework of the world is so perfect. But don't we let go in this lifetime of everything in the end.



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That's the final cliché, a fear of death clinging to life often manifests as fear of change, and hang on to stuff.



23:37

So





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so that I'm not a Buddhist, but they also they've I find wise trainings in there wherever I can find some wisdom, you know.



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And the Buddhists have stories about this. It's like, when we let go of



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when we realize that everything leaves us eventually, right? We actually face that I want to go to the deep level training here, not the surface level. Heidi brought us to that to that right from the beginning of class today, right? of our time together today, this training,



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this retreat.



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When we actually have this like Buddhist monks will meditate in graveyards in front of bodies. I'm like, that's weird. That's awful. Why did they do that? There? They must be crazy. We push it away to Asia, because you're scared of something there. Can you hear that? Like, as soon as I said that, even that might be Oh, that's creepy. No. Yeah, haven't heard of that before. Because we want to push it away because we're afraid. Fear of death clean to life often manifests as fear of change or fear of, you know, like, we push that away. But they do that to understand that to really, in a deep way, feel what of what Heidi was saying at the end of that breath.



24:49

And remember, she said at the end of that breath, and then the next one came was such gratitude. I trust I'm not a Buddhist monk, and I don't even talk to them about this. You know, I've read their stuff, right? I don't know that they experience it like



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This, but that's my guess,



25:02

at their meditation is like Heidi's moment of that exhalation. And in the next moment, this deep gratitude I'm alive

gratitude, I'm alive.



25:13

Let me do something with his life, right?



25:17

So everyone dies, we fall into this abyss of letting go, and we're so scared of it.



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Sometimes it's why we're rushing, rushing, rushing before we die. And before we turn 30 Before we get there, we got to get there. I don't accomplish it before I die is like, that's, that's the cliché isn't an action. We're hanging on to stuff and we're scared and right.



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But when we actually look at that, and we face that, so what's this have to do with BIM business training, Michelle, but really, truly, this is an everything, everything we do moment to moment, moment, right?



25:47

Everyone dies is like we fall into this giant abyss. But from that place, when we go, like, we're going to lose everything, everything is lost. One of my teachers said, you know, the teacup is already broken. I have a teacup that comes from two generations ago on both sides of my family. One day that teacup is gonna get broken. It's gonna go away. Hey, will you pass my lifetime? I don't know. I see. It's like, see, the teacup is already broken.




26:11

It's already broken. It's already gone.



26:15

How can you hear the deep level of letting go in that? When I see it like that. Then from that place, there's breath. It's like hiding in the moment of that breath that letting go. At the end of that breath is like, oh, it's existential, it's it's mortality, right? When we actually face that, then we can start to build, then we can actually be in the moment, then we can actually feel that gratitude then then. And I asked Dana, part of my morning, I was talking to my beautiful daughter this morning. And she's been in a deep process of letting go. So it's tapping into her wisdom. She's amazing.

 26:51

When she was 11, and her dad had just left he was one who left I'm like, oh my goodness, you know, Edie did the right thing. We needed to split up it was like the right thing for sure. Come together 25 years and sometimes I was just struggling you know.

 27:05

And I was trying to get better and trying to fix it and trying to go you know, up the emotional guidance scale. You know, the Abraham work like a you know, like, and she's a loving mom, sometimes you just need to let the river take you. Right?

 27:18

Yeah, my 11 year old.

 27:23

So we let it go, we let it go. So I was tapping into her wisdom because she just let go her life's dream what she thought it was for seven years headed toward the health sciences. I think she knows something about letting go right now. Right? And,

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and she also just sent in all of her.

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We call it the she she got admitted everywhere that she wanted to go her top schools and she declined to them all. And I helped her just held space for her she sent in the last I declined this offer a couple of days ago.

 27:56

And I probably told you this already. I've never seen her happier in my life. Well, in my life in the last few years, like she is just her baseline of happiness has skyrocketed. Letting Go happiness level to right. Letting Go opening to the next level of vision. Yeah, Karen, I see you seeing it. Yes, go on. I see you seeing it right, letting go next level.

 28:19

And so we just fall into this abyss, like we have so many expectations, and it's got to turn out

And so we just fall into this abyss, like we have so many expectations, and it's got to turn out and we hang on to everything and we want it to be exactly so and then it hurts and we struggling our way there.

 28:31

And in the Bhagavad Gita, they say, you know, do your duty be unattached to the outcome, do the thing, and then let it go? Do your duty be unattached to the outcome? And that's my daughter right now. She's in that space in between.

 28:46

She's like, like when you're rolling over onto your side, and she's awesome. Can I be in that in between place? She's left that is she. And she started computer science, but it's a big unknown, but now she's on the adventure.

 29:00

And we do that in microwaves all the time. Like, I'm doing this launch, it has to turn out this way. I'm giving this talk it has to turn out this way. It has to be that person hanging on at macro and micro levels all the time all the time.

 29:13

And my daughter's play a space of such contentment in the yoga sutras. They call it Sentosa.

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But it's a deeper word than our English word contentment. It's Sentosa


 29:26


and she was saying to me, Mom, you know,


 29:28


I was telling her something about a piece of some entanglement around the stage that was going on. And she was like that 11 year old version of herself that is reemerging. To her wisdom is reemerging. As she's let go and found her life path and found her vision. And she said mom, you know, all that stuff was happening. She said like I want to look on like what's beautiful right here right now. Let's her micro vision in the moment, right? And she said like this cup of coffee. I'm so enjoying this cup of coffee.


 30:00
be sitting here talking to you right now.


 30:03
That's my daughter, that's my daughter.


 30:08
Letting Go.

 30:10
breath by breath like Heidi showed us this morning, letting go, and deep gratitude not because we're trying to hide he experienced it. She wasn't trying to do a gratitude practice. And I'm not dissing that it can be really good. But it actually emerged from it or like the Buddhist monks, you know, like, letting go deep, letting go there knowingness that we all are going to let go of everything, and how they end up in being present to this moment, and letting go and the vision.

 30:40
Because the letting go creates gratitude. And in the Science of Getting Rich without that gratitude, there is no way like I was reading to a couple of days ago, that we can actually have a vision that we actually realize,

 30:53
we can't get there. Because we're so busy. Heating and pushing away. dysphasia are present right now. And so busy cleaning, hanging onto that stuff, and completely miss the present moment. And then we so are sure that that vision is somewhere far away. That's not me not here. And we will look do that vision board for years, and it never happens. And then we grind yourselves down.

 31:15
And I thought one piece that's crucial, is understanding the piece that letting go plays in this

 31:23
way that go of that breath, we let go of how it's supposed to turn out, we let go of the agenda

for the class. I mean, I was structured, we're gonna get to the pieces I want to get do. I let go of what that Why think that person is supposed to say to me, I let go, I let go in a strategy session. I like to go to Strategy Session, because it's very tight. It's very tight. Like it's very on the court business, right? In terms of like, here's a person, they could say yes. Or they could say no, they if they're the right person.

 31:49

That's there's, there's you know, that's how people enter into that high level work with us, right?

 31:56

If I can't let go in that conversation, are you kidding me?

 32:00

Wait, let me just tell you, here's my three point, PowerPoint presentation.

 32:06

And that person doesn't need any of that. But they need something lying around in your shop room floor.

 32:10

And is a piece of it, and they could open up through there. But you got to let go your agenda.

 32:15

And they say, Well, that sounds like too much money. Well, gotta let go her feeling that might maybe maybe small self comes in in that moment. And in a microsecond, you have to let go of that. And listen to them. In order to listen to that other human being. You got to let go, let go of your agenda, let go of what you think they are, who they are and what they're supposed to say.

 32:33

Every micro moment is another letting go. When we live that way. We live like my daughter. Oh, she gets it right now. I just want to be around her and soak in her wisdom. I mean, does she ever moments? Of course, are you kidding me? She's a really human being. He's going through a lot right now. She lost her grandparents, she's changed where she's going and stuff happens, right? But the wisdom in her is coming in deeper from her letting go. And her finally holding her vision.



33:01

Her vision of what she wants, which is why again, we've set up these stages for you. They are foundational enough that you can like we talked about a week or so ago. You can your own dream and vision you can encompass that and give you a straight structure and framework for it. I'm not telling you, Diane, you should be a shoe salesperson.



33:26

I can't do that, you know, Diane, I hope would go Michelle, go go.



33:31

Go whatever you know.



33:34

But the structure provides for the actualization of that vision that is her own make sense. That's your own?



33:43

Yeah, beautiful. All right.



33:48

And with the abundance that is your birthright to come back to you to own that, that it's okay for that to come back to you. Alright, I wanted to share with you as well. So these are stories to help you feel it, you get what I'm saying like to step back from it. These are stories to help you feel it not get it as head knowledge to help you feel it. I want to give you a couple places that we want to let go. And then the rest of the rest of our time together. I want to spend in diving in with you it's going to be laser coaching, it's going to be you know, interactive, it's going to be like, what is it for you on the court really actually not as a theory, actually. All right. So another story I want to tell you, it's just another angle so that you get the depth of why this matters so much. And then we'll talk about like, somehow afterwards, I've got umpteen house, but my effort was all in how can I boil it down to a couple of key things. So you can hear it and enact it. So we'll talk about that in a few minutes. Right. But another story to get there. So you can hear the importance of the how deeply we need to let go as well both importance of letting go and how deeply we need to let go. In order to create that vision.



34:58

One of my



35:01

I've told you before, I know I know lots of relationship coaches and



35:05

one of my very, very dear friends used to be a relationship coach, and did some very fine relationship coaching and many years ago.



35:13

And I love the way that she and her husband as they taught this together talked about it, they



35:20

I'm not sure I'm getting their exact language. But this is so beautiful, because they talk to they get all these bright and shiny couples who are in a couple's relationship coaching, bright and shiny couples coming into their workshop. And they would go, you know, that dream, you have that fantasy that vision, you're gonna kill it. It's like, that's never gonna happen. It's done. It's toast. It doesn't exist, kill the fantasy. And originally like, what did I pay for this for? Like, what? Are you kidding me?



35:48

They're destroyed in the moment.



35:51

We're there. Can you hear about the letting go?



35:54


It was their way of saying radically let go.





35:59


Because everybody, and I'm not a relationship coach, right. But I'm not a couple's counselor or whatever, you know, right. But in that,


 36:07
in that moment,


 36:10
those people in that workshop had to learn to profoundly let go. Make sense? Because it would only if it would be perfect. If only he would, if only she would,

 36:20
then it would be perfect. But I can't because of all the entanglement of blame and shame and all that kind of stuff, right? And then impossible. So their entry wrote in was to say actually forget that not kill the dream.

 36:34
But then from that it's the same as that moment of everyone dies, it's like, Are you kidding me? Like it's the all those are the same moment. And Heidi's exhale, that she noticed that they're actually existentially really experienced, like, there might not be another breath. This this washing away of everything, you know, washing away of expectation of what's supposed to be of how it's meant to be. I certainly needed to learn that level of letting go last summer. Are you freaking kidding me? Over

 37:01
and over and over again to

 37:05
my dad had a stroke will? In a microsecond of that call? Maybe it's maybe it's gonna be okay. No, I hear the tone of my sister's voice is not the kind of struggle that's okay.

 37:13
Maybe he'll wake up and say something to us? Oh, no, let him go. He didn't, you know, and then and then he's gone. But at least when we started making plans for being with my mom and taking her to Mexico next year, right. And, and so, and it wasn't until a month later, on July 21, my dad died. June 20. And July 21, my mom was diagnosed, right? Letting Go letting go, letting go. We need to get her into the hospital, but the only hospitals in our way that we can get her into letting go of being next door. So don't make it easy for us to go see her at first, oh, well, it might not be able to get her into hospice like letting go letting go letting go letting go, whether it's a person that we love, and we learned there so deeply, right? If we you know, and I'm trying to transmit that somehow, with my words from me to you, with the depth of letting

go. And when we can do that. Let go of expectations, let go of how it's supposed to be let go of results. Let go of all that. And you might be going but Michelle, I thought you wanted me to create a vision. What are you talking about?

 38:11

Dan, did I get that from him? Did you get that?

 38:16

Here's the thing, we have that vision.

 38:20

But when I hold it so tightly, and I hold to all the how of it, right? Like, I have to have that vision. I think of it like, let's say I have a vision of I'm going to have the best cup of coffee this morning. And then my coffee machine breaks. And I had the how of it. I can have a vision of a cup of coffee. And it's very clear in my mind, and very specific. When my coffee machine breaks and the vision is broken. That's the same thing that happened with those relationships and those relationships with a couple of counseling, right? Well, this happened now. It's all broken. You're forgetting the big vision. I have a vision of that coffee. The coffee machine is broken. And I take a walk to Starbucks with my daughter and even better than I expected. It talks about that in the science of getting rich. He talks about letting go in the science of getting rich. He says there was a man remember this part. There was a man and he like figured out everything that was a really really big deal. And inexplicably it fell through I remember that story. Read it again. I've read it many times it took me a while before I really heard that story.

 39:23

You know I'm reading it over every single week Right? And it fell through. But the man was this is letting go this is a lesson and letting go from the science of getting rich. But the man was not discouraged.

 39:35

He knew that something even big bigger or better must be waiting. There's that's a big self. That's more there's more that's that's the opposite of the Vidya. I know that there's more I trust I know that there's something even bigger working all as well.

 39:53

And,



39:55

and the very next week, this was the very next week. I think it was right um



40:00

something so much bigger than he ever imagined came in, he would not have taken that first deal in a million years, if he'd known about this one behind it.



40:11

How profoundly important letting go is, how deeply we are, I want to say cold like to do this. And the entrepreneurial journey is the best personal development that I know really.



40:23

Because we need to get let go at so many levels, while mothering is pretty good, letting go journey.



40:29

But to run a company, well.



40:33

We look at that one piece it requires all those other pieces doesn't doesn't it? For my company to run? Well, I need to have a good conversation with my brother. Otherwise, if I'm in a death feud with my family, how's my company round? You know what I mean? Right? So it encompasses all those other journeys as well. All right.



40:51

That's a lot.



40:53

That's a lot a lot.



40:55

I'm just trying to get across. Oh,



40:57

and Karen is Cletus here. I'll put in the chat. I just saw that you might have put that in quite a while ago. I don't know see the chat. Cletus, Cletus. So



41:10

at the heart of what I want to get across is how deeply important this is.



41:15

How much it's in every single moment of our lives.



41:20

How much it's, it's a piece of stage one is why we're doing is now we thought very carefully about which pieces we wanted to give you when this is stage one work. Vision, if that's making sense to you now raise your hand. Without this. How do we even create the vision? Yes, yeah. Okay, we got there. And that is not just an idea. You can even Google it, whatever. actual real.



41:44

And how deep it is, like what the cliché is, it's like we're gonna hang on to stuff like the yogi's say we do so it's like, right, even when I tell the story about the, you know, I remember when I first heard that they do what they meditate in front of they must be creepy.



41:57

I heard that story first when I was very young, I believe.



42:02

All right, jot down your biggest aha.



42:57

Okay, then just finishing off that sentence coming back to it, it'll be taking place, we can come back to the later time letting go of that sentence even right, I'm asking you to let go of that sentence, notice that you probably want to cling to it and finish it off how deep it is, you know, straight from the micro level even. And, and also don't worry, we will have a break. Not quite yet. But we will have a break. And I'm saying that so you can let go of that in case because

there's some fatigue in the room now, right. But I want to finish off another couple things. And also sometimes a business requires stamina. So I'm not always gonna do that. But this time around. I know like for instance, like a trainer like Tony Robbins, I mean, he keeps people going from morning till night without a break is that kind of seems like a kind of macho thing. It's not my thing, you know, right. But there's like this mini version of it the yogi's called tapas, like burning zeal to be able to stay there. So I'm asking you to stay here a little longer. And do whatever you need to keep your attention here for a few more pieces, because I can help you better if we finish off a couple other pieces before we go to break. All right. So letting go in it. Sometimes it's another level of letting go letting if we can't let go of, well, I need a break to happen right now, for instance, or I can't pay attention. Sometimes there's a moment, there's moments in our companies that we put it in, do you know what I mean? I don't advocate is a way of life. I'm always gonna, you know, work 24 hour days and let you know, but sometimes there's something that really needs to be done. What do you do at that moment? Think of that you're building stamina for that right now. So you can let go of the need for the break right now. Right? Also do want to take care of yourself like Duke, take care of yourself, you judge that alright, but a few more minutes here together. So I want to hear from a couple of you because I want to hear what you're thinking what you're thinking and hearing. Yeah, Karen saying that in the chat. Letting go of the outcome is huge. Yes. So

 44:39

I want to hear what you're hearing. So a couple of aha was it might be a Bufo blinding flash of the obvious to quote Hiram Smith. Right? Oh, letting go is huge. Like, the outcome is huge. You might have heard that before but hearing it in a different way now. So it's an actual so it gets into your cells not up here. So aha moments. What is it you'd like to share?

 45:00

Yeah, Don, thank you.

 45:05

Yes, it's a flash of the obvious that we can't be in the present to get the gift of the present. Unless we let go of the moment before.

 45:17

Thank you.

 45:19

And how often most I would say, in Western culture, most of the time, people are not doing this. Not only entrepreneurs, but everybody on the planet, mostly like our own nobody on the planet, but in Western culture. I mean, you walk through safe, you know, through the grocery store, you walk down the street, or you know,



45:38

much of the time people are not doing that they're living in, you know, five seconds in the past or five seconds in the future. Regret worry, right? So, oh, it's required, if we're actually going to notice and lit actually live our lives, not to mention grow our companies. It's, it's, we need to do it, it's,



45:59

it's part of it. It's what has, it's what I'm looking for the right words, to say it, I gotta let go the right words, I'm just gonna say, let it go. That's what has to happen if for us to be present, micro letting go all the way along.



46:16

And if we're not present, and I'm going to I'm going to take it to very



46:20

practical. If I'm not present, how am I going to speak from stage? If I'm not present? How am I going to hold space and strategy session? If I'm not present? How am I going to work with a team member who I want to do something, but they've got their own agenda going on? Right?



46:36

And so So how am I gonna listen to them so we can work together toward that thing? Thank you. Beautiful. Let's hear one more.



46:44

Annamaria Thank you.



46:48

Letting go with gratitude to what's bigger, better and different.



46:56

Here's this thing, and it had to happen in that way. But no, it didn't. something so much better is on its way. That's a beautiful way to live. Easy to say. But then again, the moment but not that, you know.



47:10

Yeah, that's something so much bigger, something so much more beautiful. Yeah.



47:17

Here, I'm gonna give another personal example. Hope you guys don't mind. But this is where it's really coming from in me so it's deepest place that I can source to share this with you and I would, and and you guys, like, I'm not sharing this from stage. Do you know what I mean? is here because I know that you have ears to hear.



47:34

So when my man died in 2016



47:38

like talk about letting go, you know, I mean, we're gonna spend the rest of our lives together and, and



47:44

but in that letting go, I thought I knew what love was before he died. And the love that poured to work my way



47:54

through all corners of the earth that summer, and the presence that I felt from him to like, it's like I didn't I had no idea what love or presence meant before that.



48:06

Did I want that to happen? No, of course not. But were their gifts like so far beyond what I ever could have imagined. So so if that's true in that case, isn't that true of a launch? That didn't quite go the way I wanted the conversation that I didn't quite like right all right.



48:22

I'm trying to put this in perspective for you. As you're going out there it's like I can't I can't have a straight decision what if I don't know what to say letting go right? I can't reach out to that person because they're too big I can't I'm not ready to do this yet because I don't I need more

experience connection certifications right? Letting Go letting go letting go letting go letting go right did I did a here to catch some of you with some of those at least right.



48:51

Yeah, Heidi Go ahead.



48:56

That was this i i am blown away by this letting go thing I am like



49:03

I'm so in it. This. This is so speaks to me where I am what I need. It's just so perfect.



49:12

And it struck me as how critical it is in every moment. And I thought



49:19

it's like the inhale and exhale that you have in every moment. You have to let go if you're going to create



49:28

that it's fundamental to the creation is the letting go of, of what was before to create the new and I hadn't seen that until today.



49:41

Let go to create Yes. And you've I think in this room, you've all heard the story at least if you're here live, if you're listening to this later, you might not have I'm gonna share the story. Dana says still doesn't still doesn't know the story. I would tell him now and he would laugh. You know.



49:56

When we, when we split up and we had we had a mediator you





50:00

And we were



50:02

so doing it on the same side and stuff, two opposing lawyers. Right. So we met this is, this is in 2011. And so many years ago now and



50:12

and so we met yesterday, like, Can we meet for dinner before and it's a great idea. I was just feeling such relief, like so many people fight it out. And we've had our struggles is like lots of hard stuff you know, but like some of the very first words out of and this is to Heidi's point. So an example of exactly what he's talking about here. So I said, you know, problem so glad that you know, we're, this is going to be like we've covered the mediating, we're here for dinner, that is going to be easy, we're on the same side.



50:39

And his very first words were we're not on the same side, and this is going to be hard.



50:44

So micro like letting go letting go letting go letting go letting go letting go. Letting go to create, if I was going to create anything in that moment, and I've got a microsecond to do it. I'm gonna have to let go. So my body I think I just told you the story. Did I just tell you a story? I haven't told the story years maybe I think you've heard it. I'm tell it from stage.



51:09

So I think my bought my myself probably love my spirit probably left my body as I think about it, because I think it knows how to describe Did you get it and then came back to me? And then.



51:18

And then what I said was, you're right, you know, I mean, because I could step over and look through his This is about point of view, this is story structure as well, point of view is tipped over look through his eyes. It's not how I see the world. But I could step over there. There's a thing about story. Right? And and say, I, you know, I have the capacity to look at it that way. Don't stop my I don't look at it that way. But I could I can step over there and see that that world is true also. So I just said, You're right, you know,





51:47

this is, this is going to be hard, because you know,



51:51

we're not on the same side, there's only so much money, there's only so much to go around, we have to split it up.



51:57

So we're not on the same side, you're right. Of course, it's going to be hard. Right? In that moment, his body relaxed. We were on the same side. And it was easy. Right? So but that, you know our words, our stories require letting go. And the more we can ask this a skill to that grows, right? The more we can access this more, we can hold steady without our own energy getting in the way, in the midst of conversation in the midst of a strategy session, when building a team when speaking from stage. I've watched some speakers on stage and really, really experienced speakers. But something happens in the audience and they're totally thrown.



52:40

Letting go of what's supposed to happen, right? So I had once I had seven minutes from stage.



52:48

And it was really there was a lot at stake. There's like, I don't know,



52:52

120 people in the audience and I had seven minutes and I wanted to lead collect in the room. I want to connect with everybody. And I wanted everybody to want the free gift that I was offering. And somebody tackled something out of the audience in the moment.



53:07

And we we did we pretty well, everybody. I mean, there might have been seven people who didn't or something like that. They all wanted that free gift. And in the moment, there had to be a huge letting go. And afterwards, the person said, Oh, my goodness, I can't believe I did that. And it wasn't a negative thing. And I couldn't even hear what she said. In that moment, letting go letting go letting go. Letting go is a crucial speaking skill is crucial for networking is crucial everywhere, right? And letting go to create is what Heidi said. That's why I told you that story about Rob, in that moment of letting go. And then we were able to create something together that has a ripple effect, a very positive and beautiful ripple effect to this day.



53:45

In my life and Dana's life and her dad's life,



53:49

we get along really, really well. And you know, so we created a vision that stands and like with my brother, what's the vision? What's the vision? What do we let go of? What do we let go of? All right, thank you for that. Beautiful, all right. Anything else? There? Wasn't that I'm letting go of the piece that I wanted to tell you before our break.



54:07

Yeah, because I want to make sure that you're rested and then you'll hear the because I want to like well, how do we do that? Michelle, and where right I want to go? We'll go to that I thought before the break, but you'll hear better after the break. But I want to hear from Marnie or anything else bubbling up, and then we'll take our break just shortly, right. And I'm saying those things too, to help you let go Do you get it? That's my intention. When you know, there's a break coming up soon. If there was I gotta have a break. I gotta have a break inside you. I'm helping you to let that go. Teaching involves that as well. So you can hear what Marnie has to say because that could be the biggest the biggest opening for you could be what Martin is gonna say. The Emergence was like, Can we go to break now? I don't know. Marty. Go ahead.



54:44

I was just gonna say



54:48

it's funny how you can see it so easily in others.



54:52

But it takes paying attention to your body and your mind for yourself. Mm hmm.



54:59

Absolutely.



55:00

And this is connected to

And this is connected to

 55:04

this is connected to the house that we're gonna talk about after the break, like, the how and the where I know we get deeply now the what it is. And we have to go there first because there's a lot of

 55:17

I wouldn't even say simplistic ideas about it, you know, or just like, well, that's a nice idea, but whatever or that's sort of important, but I got other things to do you know what I mean?

 55:27

Stage one vision, it's essential, we put this retreat here for a reason this is foundational for stage one. Right? So, anything else bubbling up wanting to be said before we go to a break? Oh, there's gonna be one last thing we're gonna do. I think I do. Okay, so I do want to hear from you then one or two or three words, so I can hear something of what you're hearing in the room. See, and I've got to let go of I want to hear everything that you're hearing. No, no, just those three words. That's enough, right? Oh, I didn't want those three words. I really wanted that break. Now, instead of two minutes or now, right? Letting Go letting go let it go. Heidi, you're up on my upper left hand corner, one or two or three words, something you've received here on a Hoss on the on Share with your room? Don't think let your turn go. Don't think about what those words are? Because you'll miss the moment. Right. Heidi?

 56:15

Letting go is power. Oh, yeah. Thank you.

 56:20

Yeah. Diane.

 56:26

Holding my vision for me.

 56:32

Yes. All right. Think makes me think of the storyteller about my daughter, like, Oh, she's in the joy that brings in her vision. Like when we can do that for ourselves. Everything here I'm not trying to give you like you're supposed to do that. Like and I'm gonna and you're right. But

holding the space and giving you the tools so you can actually do that. Not like some pipe dream. Not like the thing we rehearsed but isn't actually live not like the thing that we don't ever believe or all those things get in the way. He actually really, you can live this. It's your birthright. And it's yours. Yes. Annamaria.

 57:08

Freedom.

 57:09

Freedom. Oh, yeah.

 57:12

Oh, yeah, absolutely. We really get this at a cellular level, we live entirely different lives. Your life starts from this cold, you get it? You really are hearing what we're saying. It's your business, obviously. But it's your life a

 57:30

whole different level of life freedom. Yes. You got it Marnie.

 57:39

Vision, faith leads to freedom.

 57:47

Vision and faith. Did you say that? Yeah. And that's right out of the last line. And he doesn't say freedom. But it's pointing to that in the science getting rich. And so I want you to read it, I want you to read it over again.

 58:01

I encourage you to do the 90 Day Challenge. Second, vision is foundation of faith is foundational, which leads to freedom a company's called Story freedom, there's a reason that we're that we're focused on the pieces that we're focused on for you. Right so that you can actually live this no, not the pipe dream, the real version, and it feels it's a palette, how it lives to feel that life, entirely different, right? entirely different. So beautiful. Thank you, Karen.





58:32

My word is kind of a concept, but it's cellular level.



58:38

Because if you have the ability to let go at a cellular level, like when you're on stage, and something happens in the audience, you have to be able to do it like in the moment without even being able to talk just when you gave that example that really hit home



58:56

says practicing it and being it's I guess it's a consciousness at cellular level would be



59:03

my intention to create an awareness of this. Absolutely. Absolutely. Some of you have heard this perhaps in other contexts, hear it now, the story that I've sometimes told in this community because it's it's powerful. And it's about speaking so years ago, I was on a big stage and I was being interviewed and the person who was interviewing me started out the interview with well with Michelle Michelle, when x happened, what we know what do you what, what was that like or tell us about this thing. And it was somebody who knew me well, but in the moment had mixed up that part of my story with somebody else's, she was talking about somebody else.



59:42

The amount of letting go that had to happen and somebody who sees energy in the audience, a friend of mine, she said like get your body lift. So I get that image your body when you left your body, but you came back right away.



59:52

All of it has happened in a microsecond. Because letting go of also the clashes could be like well, you know you're wrong. That's



1:00:00

didn't happen to me so that I could puff myself up and be beat feel, you know, good, that's not going to work, she's gonna look bad. Letting go of, you know, I can lie, you know and say that's me, but you know, that's gonna make her look good. But that's not right. So letting go of how I wanted it to open letting go of that she was supposed to know that letting go of like letting go letting go letting go all in a microsecond. And there was a space of one breath. But a breath can be a lot like Heidi's that one breath in that one breath. I can't remember whatever came out of my words, my mouth next. But I know it was raining. Everything that happened in the audience afterwards. And it was not a structured script.



1:00:37

It was letting go in that moment and being present with that audience. And that's like, whether, again, speaking, it's a speaking example. But networking, every piece that we do in our companies, thank you. Yes, Karen, thank you, Don.



1:00:57

Count around the counter intuitive, that letting go



1:01:04

leads to expansion and expanding.



1:01:10

Because we hold so tight, because we think that's what's gonna get us there.



1:01:17

It's continually letting go letting go letting go letting go. And that's, that's, that's what propels us to that journey to that to the vision to the, to the next level of to the Yes. Good. Really good, Carly, I don't know if you're in a place where you can speak or not just an opportunity. Yes, you are. Yes. Yes. Yes. It creates spaciousness for for new things.



1:01:40

Exactly. We crowd our life up with these things that would, for example, in our daily life, I have to do that, because I've always done that, because I'm expected to do that. Because whatever it is, right. And that's the way it goes. And I've been taught that and you know, our life and our spaces, our physical spaces, our lives are filled with so many things. And if we don't empty it out, we can't create that new and when we do, empty it out, without letting go. It creates that spaciousness where the knew exactly what Carly said, where the new can arise where we we can actually live that vision. Yeah, beautiful. You guys. Fantastic. I hear you. Not only hearing this, but speaking this knowing this, incorporating this letting this be yours. You know, fantastic. All right. Let's take a break. And what we're going to come back to is



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I will leave you with a question there were there were a couple of pieces I want to leave you with so that it would kind of percolate in the back of your mind through the break. But I'm just going to leave you with one question. So in case it bubbles up, around the break the real

primary intention or the break, go take care of yourself, don't take care of other people don't, you know, don't go check email, let me say it in the positive. Instead, take care of yourself, do what you need to do to let your body feel good. nourish yourself, you know, go for a walk, do shovels and whatever it is right? Jot down some notes, whatever is right for you. Grab, grab a snack on. And I just want to remind you of a couple pieces from the Science of Getting Rich, we've been talking about that. So first that there says there is a science of getting rich first, you know, you have a right to be rich, you have a right to receive, you know, he was talking about that to like all of us my birthright that it's okay. And Annamaria Chai spoke about that so eloquently, too, it's like, oh, right, letting go of, you know, that

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there was a it was a it was a piece about poverty, you know, and it's like to send our minds toward abundance and to and wealth and to the that's the way to uplevel as well. Right and not to be stuck by, you know, I

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Annamaria said it more so much more eloquently than I did the other day. But so here's my question, I'm going to ask like, what do you need to let go of to enact what he says in the science of getting rich?

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Or you need to let go, what are the some of the things he talks about? It's like that there is a science of getting rich, that there's a way there that there's a root there that this is solid, this is how it works. And when you look deeply into what he's saying is because it comes from a deep and heart centered and spiritual perspective, you get it. It's like it comes from something very real. So first, that, you know, and I'll give you a couple pieces to remind you that you even have the right to be rich, if you don't let go of the idea that you're supposed to be poor, or that other people are poor on the planet that you need to be or that whatever it is that rich people are evil or even to let go of those can't, can't build a company can't build a business can't help people. Right. So that's one thing and then it's, it's about


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believing the path there. There's there's about the peace of a gratitude, we talked about that as well. There's


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acting in a certain way, that's that chapter four, 711 and 14 that I talked about acting in a certain way, you know, letting go of maybe other ways that we've done things or fear based, you know, ways that we do things or, you know, and then also


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to


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the idea of advancement, that to be an uplifter everywhere you go so, you know, these are just some of the things he's talking about. Right? So just let it settle into the back your mind is one of them.

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To the questions I'll ask you, I'll give you some foundations of places that we need to let go after the break. But think about it, and I don't like, there's general ways well, I need to let go of anger, I need to let go of fear, I need to let go. But I want you to think really you like, go to the nitty gritty, either you'll, it will land on you in the break, or will come in a general form, whatever form it comes, that's fine. Or if you just throw in shovels, and that's fine. You don't need to think about this. But yeah, in the back of your mind, it'll be there. But

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like, for me,

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in the conversation with my brother, I needed to let go of the fact that

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a well staged house will probably sell better, I need to let go of the idea that, you know, that would that that's what would honor my parents, I need to let go of being right, I need to let go of right. very tangible, real things in a real conversation, for example, right? There are real things to let go of in order to enact those things in the science of getting rich. Don't do it like an intellectual exercise, just to just want to say it out loud. So I can settle into you just take the break, just let go of what I just said just now even right. I wanted to say it let you let go of it and then have a good break. So we can come back to

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that question, come back to places to let go and then just dive in with you dive in with you. In a real conversation about places where we can let go, where you can let go. In order to enact that vision in order to actually manifest in order to actually live that life. That is your business

dream that encompasses all of the dream that is that is your birthright that is your life. Make sense? All right. So let me check the time.



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231 here. So let's take a break.



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Let's take 10 minutes. So till 241 241 Mountain Time translates your own time zone, take good care of yourself. And I'll see you back here for the next part. Thanks, Michelle. I just want to point out I put something in the chat. It's related to letting go. So thank you. I will take a look. Thanks so much. See you and see you after the break guys.