Practice

Angela 2 — Week 6, Day 6, Session 6 — 69 minutes

Summary: Russell guides a process of naming qualities of an inner guide, writing them freely, then refining the words until they feel just right in the body. He teaches that precise personal language reaches the inner life, and that longed-for qualities are already known in seed form. He models inviting an image that carries them.

Writing the qualities

[Russell:] I want to do a couple of connected processes that will have some familiarity with the past and be new as well.

So, maybe just close your eyes, and let yourself drop in by first dropping down, dropping down, finding your ground, finding your feet. Your hands.

And as you're connecting to just being here on this spot, you'll go into your inner body, where we tend to feel things — inside your throat and chest, and your belly and lower belly, all the whole inner world.

And we're gonna have an imagination. Or an invitation of what — when you imagine a guide, a spiritual benefactor or a spiritual guide or a life guide — imagining from everything you've been through in your past, both in your actual experience of life or in literature, in your imagination, in your dream world, in your focusing.

When you picture some of the qualities that are most important to you, if you could have some wise guidance, somebody to relate with. For guidance.

Just let yourself settle down and just let your imagination or your sense or your memory go to some of the qualities. Now, I'll give you some examples, because we've worked with them in various resource processes and interactive processes.

Many of us find that a kind of unconditional warmth, acceptance. For some of us, that's essential.

For some of us, a kind of — we worked with a grounded, centered quality.

For some of us, oh, maybe humor or clarity.

Just kind of let yourself be drawn. And at first, you can just do this, there's no limit. You could put down anything.

On the page on your left, you can begin writing kind of randomly on the page, not in a linear fashion, I recommend. Qualities that are important to you. And if they're really strong, you can make them a little bigger, a little bolder. If they're kind of background qualities, you can make them a little bit smaller, a little more background. So there's a little bit of a pictorial aspect.

And you don't have to feel like, oh, I have to choose the right words. You can say the same thing in three different ways. You're free. You're free to write.

Qualities — if you had a being that you felt you could have a guide who you could receive help from, guidance from, you could connect with, you could talk with, you could be with — what are some of the qualities that that being would have that would be important for you?

And just let yourself go in that.

And no one else is gonna see this. If you need paper, grab some. No one else is gonna see this, and you will not be at all committed to staying with any of these, so let yourself be kind of unedited, and you can be surprised.

You're gonna have about ten minutes for this part of the process.

And again, you can cross them out later, so be unedited, unabashed, and I recommend a kind of random writing that often frees us a little bit more than linear writing.

I'll do it again myself.

Let yourself be surprised, even, that something comes up you didn't expect. And it's good to pause occasionally, not so much to think, but to drop down. So let it come from in there, and then you find words and you write them, then drop down again.

And this kind of picture — what would this be like?

[Silence 37 seconds]

You won't be rushed, so don't be afraid to pause. Now, you'll get more than ten minutes if needed, so pause, kinda get fresh every couple of minutes, get fresh.

And really welcome the surprises, and something comes unexpected.

[Silence 4 minutes]

Well, we'll take a couple more minutes, and if that feels too rushed after a couple more minutes for you, you'll get some more time, but we'll look at a couple more minutes and I'll check in.

[Silence 3 minutes]

Now, knowing you'll be able to add to this, can you pause at this point? If anybody's not feeling ready to pause with this part?

Refining the words

[Russell:] So the next piece is, put the paper down, take a moment, let the words go.

Again, refresh, kinda like the Etch-A-Sketch picture, you kinda like, refresh. You get the ground and the sound.

Now, for this next piece, we're just gonna take a few minutes on your own, kind of looking at some of these words, and especially any surprising or new, if there's anything like that, to see if it's said just the way it wants to be said, or if it would like another adjective or another — it might, if it's one word, it might want a couple of words with it, or it might feel just right as it is. So, just kinda checking.

And especially when there are ones that were unexpected.

And as you're taking your time here, you're resonating the quality, so you're kind of tasting it. You're taking it in, you're tasting it and going, does it feel whole as it is, or does it need a modifier in some way?

What would a modifier — like an example, I had courageous, and what it wanted just now was fearlessly courageous. And then I went — so, listen, and it's almost like trying on clothing or something, or tasting a flavor of something. You're taking it in and going, how is that?

Because I guarantee you that you know each of these qualities, and I'll tell you more about that later. But for now, look at a quality, see if it needs to feel complete, does it need any further modification?

On the paper, right on the same page, right on the same page, you're still on the same page.

What, mine? No — oh, mine was fearlessly courageous. It wanted that. And I don't know why, but it just felt complete when it had that.

And give a moment for your body to get the modification, cause it will feel something, likely, in that moment.

[Silence 3 minutes]

Another minute or so with your modifiers.

[Silence 2 minutes]

Saying them aloud

[Russell:] Okay, let's pause for a moment then.

What I'd like to invite right now is to slowly take moments, look at your sheet, and if something feels fine to say out loud, say it out loud with however it is now, the modifier with it.

And when you say it, let your body have it. When you hear it, if you relate to it, let it in your body. It's like we're taking in a certain kind of sustenance, and we're seeing, is that a food for me? How is that?

And when you're saying it, it's like you're chewing on something, and you're sensing it, and if it wants another modifier, you can give it. So it doesn't have to be that, but let yourself have how it is, and if there is a clear body sense of some of that, you can even say then.

So I'll give an example. Lightheartedly curious.

And the lightheartedly has this uplifted feeling, and the curious has the moving toward.

Lightheartedly — but lightheartedly doesn't want to imply taking it lightly. It's lightheartedly. It's not heavy. And curious, moving forward.

[Participant:] Pushes me, nudges me, almost annoying at times.

[Russell:] And what's that feel like? Pushes you, nudges you, almost annoying.

Stay with it, like feel it now. Feel what kind of push, nudge, almost annoying, and see if those still feel just right, or if they want to be modified at all. We can keep changing as we feel into.

[Silence 38 seconds]

Yeah, let yourself really have that. That, how that lives in you, how that's known in you.

And just let that resonate, almost like eating it, marinating in it, or something like that.

Right. Something else with somebody.

[Participant:] Wholehearted integrity.

[Russell:] Wholehearted integrity. Wholehearted integrity.

And what's the feel of that for you right now? How does it feel in —

What's the sense? Can you have words for how that feels, anything? Or gesture, or anything with that?

Okay, well — okay, so there's something that is safe, and — okay, see. Okay, so all of this, feel that energy. See, it's the energy of these qualities that makes a difference. The words lead us to the energy if we let it.

So this gesture with your hands is part of that, that it has a solid yet ground — something in this direction. The real became important. That word real became important in there, that it's got this wholehearted integrity, a kind of solid, real.

See, when we get to that, it becomes an integrated moment. It can't be just the word, or just the felt — it needs to go through your whole body. That's why we're taking time with this.

Something else?

[Participant:] Clarity and action.

[Russell:] Clarity. Clarity and action. Clarity in action.

Okay, clarity in — so again, resonate it, marinate in it. What's the sense of clarity in action? How does your body know?

Clarity in action.

Yeah, but follow your hand. So there's something about lining up. It's got this kind of straightforward coming, moving forward somehow. Lining up and moving forward. Clarity in action. Lining up and moving forward.

Can you feel how that becomes something that can be felt? We need that to mobilize our behavior, for it to become more than a concept.

Keep staying, and you can modify these, they're alive. These are energies that are alive, and you wrote things that you already know, actually. So we want to vivify these states.

Go ahead.

[Participant:] Careful.

[Russell:] Something about care. Oh, nice. Yeah. Yeah. Oh, that's nice.

And it really needs that pause in between, doesn't it? Careful.

So, yeah, let yourself have that. That care is there. There's real care, and it's full. It's not a little bit of care, and it's not careful, it's not tight — it's care.

Oh, there you go. Do that again. Let yourself — right. Let that gesture come, really.

Care, a real coming forward, and that way, out of your bottom, way out — and let it come through your shoulder, out your hand.

Right. Right, right. And then just take them — each time you get one of these, let it resonate in there.

This is an example of something you can do with each of these, actually, or with the most major ones, the most significant ones for now.

Something else.

[Participant:] With soft, loving gentleness.

[Russell:] Soft, loving gentleness. Soft, loving gentleness.

So feel into how that feels in your body. That soft, loving gentleness.

[Participant:] While I feel peace. They're going to accept these, whether it's for myself or for others.

[Russell:] Right, right, a softness, a peace, a peace. And your hands show it, right — there's the peace and the openness. The peace, the settled, and the openness.

And again, when you hear these, if you want, you resonate with them, and some of them will take for you, and some of them won't. It's kind of like a really good Chinese restaurant. Everything looks good, but you only order a few things, you know?

So you try them on, and you go, okay, does that one kind of line up in there? Is that one my inner life is hungry for, or knows well already, or?

[Participant:] Firm and flexible.

Firm, rooted, and unlike a telephone pole, I'm still a tree. And flexible.

[Russell:] Firm and flexible. And a tree, so it's got this rooted quality underneath and this moving above. That's, yeah. Yeah, yeah. So firm and flexible.

Just-right language

[Russell:] Okay, let's pause for a second, cause I want to step back and give a kind of something about this that I think might be helpful for you to work with, both today and in the future.

So first, did you notice what happened when you used the modifier, when you brought it in, when you made it more specifically yours?

Okay. And what happens? What goes on in that?

Maybe you experience something, maybe not, but did you notice? I'm wondering if you noticed a distinct kind of energy shift in your body when you got more precision with your language. Maybe yes, maybe no. I'm wondering what happens.

[Participant:] More resonance.

[Participant:] Just right.

[Russell:] A just right quality. Right. Right. Right. Right.

I so want to point this out in the room, cause this is one of Gene's great gifts to me, and I've tried to give it to you. I really can say that I did not get this before I met Gene.

How the ordinary — what he calls public language, what I call ordinary language, the public language — rarely speaks to that inner place.

It's fine if you're having a kind of throw-off conversation, you know, you're not wanting to really feel what's going on. You can say, oh, that's, you know, I'm anxious about that, or I'm sad about that. The public language, in the image I used a couple of days ago, gets you to the right city, but doesn't get you to the right house.

And my experience is, our inner life longs for that, the knowing that happens when it gets so personal, and really feels in a way unseen, when it's the ordinary language that most of us use most of the time for referring to it, as if it's an object or something. As if, well, there's a bell, and there's a striker, and there's my depression.

But each moment of inner feeling is its own moment. It's not, you know — so even these qualities, something happens so differently when I go from just even a little thing, like to go from loving to deeply loving.

Or to go from an acceptance to unconditionally, warmly accepting.

And sometimes it's just using modifiers like that, and sometimes no word covers it for you, but it's your own language. But for your inner life to have that kind of lineup, that lining up, that's really, really helpful.

So when you are talking to yourself about yourself, forget about doing a process, just everyday life. Ask, or is that just right?

Is it really, I'm just annoyed with something Linda did, or is it the kind of annoyed that I feel like maybe this is never going to change kind of annoyed? Or maybe this is, it no longer bothers me really kind of annoyed. It's just something kind of in the background. I have those too. I have those things that used to be important, they no longer are. I don't like them anymore still, but they're not big.

But if I just keep calling it the same thing, it brings back the old state. Right? So I want to keep updating. What's it like really in there now?

And the ordinary language brings me back to the way it was. So even though you're ready, you've already shifted something, you keep calling back the old state because you're calling it by the same name. And it doesn't want it — maybe it wants to be near that name, but it's not exactly that.

So more that kind of listening.

Already known

[Russell:] The second thing, okay? Second thing I want to say, and this is a fairly radical notion, I think, but it's one that I stand by, is: no one in this room has ever had a craving for Googie Galaka ice cream.

Googie Galaka ice cream. Right? You don't crave Googie Galaka ice cream because you've never had it. Right? You can't want something that you haven't had.

And in fact, what you want, you have already had at least a little bit. At least your body has resonated with it in some way.

So where I go from this is, again, I credit Gene with helping me go in this direction. My body has been experiencing all these beings, both personally that I've known — my benefactors, my teachers, my coaches — but also those beings that I have resonated with, that I've never met.

And we've done some — I don't know, I think a little bit here, but those who've done seminars with me, when we do dignity work — I've never met Martin Luther King, but he's a resource for me around dignity. There's a resonance from his voice, from seeing images. It's not just a concept, it's something my body takes in and resonates with.

And there's a way in which everything from literature, to television, to your dream life, that has resonated with you, that you feel drawn to. The superheroes that resonate with you — your inner life knows something of those qualities. It's not just wishful thinking.

There is something in what it feels like to be courageous that is known by you. What it feels like to be disciplined is known. Even if you feel I'm a very undisciplined person, you are not a 100% undisciplined person. There are some places in your life where you have had some discipline, and you have resonated with characters who you admire for their discipline, not just because they have it and you don't, but because something in you resonates with that quality.

It's really true. We can't see what we don't know at all. It's just maybe in a germ, germ-like state, it hasn't grown fully, but there's so much that we miss, so much that we don't see, because we don't have a resonance for it.

So everything you wrote down — you might not resonate with everything everybody else wrote down. Probably there'd be a lot of overlap, but what you wrote down is already in nascent form living in you, and maybe not even in nascent form, maybe in certain situations it's fully blossomed.

Certain moments, you are unconditionally — let's say you had unconditionally caring — you've had that in certain moments of your life. And when you were unconditionally caring towards that puppy or that teddy bear or that child or that grandparent or something, that's as unconditionally caring as humanity gets.

You know, when you were really feeling that, it's not kind of a weaker version. It's just a shorter version.

Your moments of real clarity are really moments of clarity. It's just they're much shorter than somebody who's living in clarity, and we call them a clear person or something.

So we have the nascent version of all these states, I believe. And I believe our brains have been modeling on these states since we were born.

And we're occasionally blessed with a personal model who is so present for us that we take it in enough that we can manifest it. But for many of the qualities, they're kind of waiting to be called up.

Okay. And let's pause for a second.

So just kind of let all that go in the background.

Modeling the invitation

[Russell:] So, I'd like to do another piece. I'm gonna model this first, and then I'll lead you through it. I'll model it just cause it's easier. I think it will be easier than just describing it in words.

And I'm gonna lead myself in. As I describe to you what I'm gonna lead you in later, I'm bringing it to myself, and I need to tell you that I've done this numerous times, so some of what I find, I'm guessing, is gonna be familiar, and I'll let you know that, cause I like revisiting these. And if something new comes, I'll let you know that.

So, first, just dropping in, and doing a little Etch-A-Sketch, cause I'm already starting to think forward, and I wanna come back.

The birds really help.

And I'll step back and just comment — beginning from that kind of neutral is really helpful when possible.

Okay, so now, as I said to you, everything we have seen in our, quote, real life, and everything we've read in literature and seen in movies and heard about, and the stories we've heard, and the ancient stories and new stories and the hero stories. Some of them resonate in your body because you recognize qualities.

So I'm taking a few moments to invite my inner life to call upon some representative for a companion, a guide, a being I can consult with. That already has resonance in here, that kind of can hold these most important qualities for me — this unconditional, welcoming warmth. Fearlessly courageous.

You can look at your sheet, but I'm actually just wanting to be in there, a kind of that lighthearted, curious, but it needs some other things that are there, where it is so available to me in a way that it really wants to know. It moves toward me like this, and it has these liquidy eyes.

And I'm inviting the images to come, and there's one that comes that's familiar to me. It's an ancient, old, but ageless, male, Asian, kind of like a Taoist master or something. But it's almost like a Yoda character, but not. And ageless in face.

And these liquidy eyes that are, for me, these are Gene's eyes. These are the eyes I look at when I see Gene. They're so warm and welcoming.

And yet the body is old but capable and alive, and kind of like the image of a 150-year-old master who can kind of sweep your legs out or something. Very light in body, but very kind of wrinkled old face. And a deep presence.

Deep, fearlessly courageous. That's a new one, and I keep liking the sound of it.

This forward moving — it's interesting, it's kind of settled, and yet when I show up, just wanting to know how is it there, unconditionally devoted. Devoted. Unconditionally devoted.

And I'm just resonating this one.

And I come and be with this, but also talk to you from another state and say, what is this? This is one of the ways I am when I am in presence. This is my knowing, and I'm affirming these states as part of my being.

I can also, and occasionally do, actually turn towards this inner character. I've been with him before as a kind of external image, but I know it's living in me. And sometimes it's helpful to think of him outside.

I want to invite another, just so I give you a little variety, but I have to see if I can get it, which seems okay.

Okay, so this image works with me a lot. It's not in human form. It's light. It's light shining toward me.

Began with the image many, many, many years ago of turning the light around, but has become a quality that I can bathe in, and I can radiate toward Russell when he's troubled, when he's needing some guidance.

Going into the inner place and finding hello in there includes this kind of radiance.

And when I'm asking for help or asking for guidance, sometimes this kind of sense of light will be there for me, it will come. I think partially cause I've invited it, I've grown into sensing it.

Sometimes my ancient Asian man will come. And the quality of them comes. Sometimes I actually see them, but it's not like an entity visiting me. These are carrying energetic qualities that I can resonate with. So they are modeling for my inner life a way of being.

And I'm just letting myself have that.

So there's a couple of levels happening here. One is to learn from your inner world the qualities that you want to grow. And the second is to get a model for them that comes from your inner world and that can live in you. And it can also be, we could say, a being you relate to when you need to ask, or need to interact like that.

Yeah, one more comes that, again, is not in bodily form. This one is a kind of androgynous, but a little more female. Something like an angel, but I don't know what angels are, but something like that, that is unconditionally on my side, encouraging, always there.

I think I wrote something like unquestionably available. And that's important, that I don't have to go looking around. Unquestionably available.

And right now, cause I have some new ones here, like that fearlessly courageous and the unquestionably available, it helps these qualities to grow as resources for my inner life.

So you might end up having these relationships with the images that come for you for the rest of your life. The images may not stay, but the felt sense of the qualities might. And both are as good.

So I'm gonna come back, and right now it just feels very whole and full, and there's a small voice wondering if this is getting through at all. But kind of, there's some light shining on that boy.

And it's an incredible discovery when we realize that all the qualities we want are already there, either in seed form or seedling form, or maybe they've grown higher. And what they need is our encouragement, the encouragement of our light.

Okay. I'm back.

Questions

[Russell:] Questions, confusions, before we go into our next step.

Yes. The next step — okay. Yeah, we're gonna get there.

[Participant:] We've done some similar things, not quite that.

[Russell:] Yeah. Yeah. Yeah. Good, good, good. And you can keep doing it. You can keep growing new qualities, right?

[Participant:] Yeah.

[Russell:] Yes, that's fine. Yes. Right. Yeah.

Actually, he's one that I do revisit, that's true. The term unquestionably available was new, but that sense of that disembodied being has been around a couple of years, I'd say.

And very often, just the sense of life is what I'm —

And I'm almost hesitant, cause this makes it sound kind of esoteric, or makes it sound kind of like I'm working with entities in another — it's very ordinary. It's very ordinary what I'm talking about.

But I'm talking about getting it in our bodies, the way these qualities feel, and that maybe it's helpful to have some resources that you've already connected with from your past. And you can make — I don't have that. I mean, that ancient Asian guy, that wasn't a character in a movie that I saw, although he's — when I saw — was it Yoda, the old wise guy? Yoda? Is that? Who's the wise one? Right?

[Participant:] Yeah, yeah.

[Russell:] So when I saw that movie, it was familiar. And when I saw the show, as a kid, when I saw the show Kung Fu on television, the old teacher was familiar.

And it wasn't until a few years ago that I realized that these were familiar because I kind of had some inkling of that energy. And you know how there's similar energy, that if you know those two characters, there's something in me that has those energies. So then I go, oh, I can tap into that.

[Participant:] I'm just saying, in the part of my process, I added a line to the image. I was looking at the word — I mean, this is a real thing.

[Russell:] Yeah.

[Participant:] Does it need a modifier, and then it just had an image.

[Russell:] Yes.

[Participant:] Which then expanded the quality.

[Russell:] Yes, great, great, that's great. You're already in the next step.

Go ahead.

[Participant:] So are we looking for — I want to use the word conjure —

[Russell:] Right.

[Participant:] A quality or a person, or is it insignificant?

[Russell:] You're not trying to conjure. You are giving an invitation for an image.

You'll look at these sheets, you'll look at this quality of some kind of guide that is with you, or that you would love with you, or you'd love contact with. And then you're gonna go inside, is what you're gonna do next. You're gonna have a partner. You're gonna go inside, and you're gonna wait.

And you're gonna see, does something begin to resonate for you — and I'll guide you — does something begin to resonate about, when you imagine having, what are the qualities that this guide would have? And you can look at your sheet if you want, or you remember some, whatever.

What are some of the qualities you can say out loud, if that feels good, or not? Some of the qualities, and so —

And then you see, do those qualities begin to attract some image that's living in you? And it might, it might not. Okay?

But the qualities will be there, and if it doesn't bring an image, just feel in your body and describe which of these qualities you can sense right now. Let it come alive in your body.

If you do start sensing it as an image, the key there is to be with the image and also feel the image in your body. So it's both something that you can see and feel. Okay? And again, I'll guide you through that.

If an image doesn't come, if that feels hokey, or there's some resistance, you don't try to make one up. But the qualities are something you can always see.

Well, what? When I'm in presence, what are the qualities that are most important, that manifest? Okay, let me get those even stronger. Let me resonate those.

Okay, so you'll either be getting more practice at resonating qualities, or you will have that, plus you will have an image that those connect to. And then the image might even bring more qualities that you didn't even think of yet.

All you have to do is do it, and you'll see what happens.

[Participant:] Well, that's the question.

[Russell:] Yeah, a few of these qualities, right? And even if you forget completely about it, if you want to look at your sheet, you're always welcome to. You don't have to say any of the qualities out loud if you don't want to.

And it's usually helpful to speak them, and as you speak them, if they want new modifiers, put them out there. And so you're letting your body grow these qualities, and then you're asking, is there any image that comes that carries this? And it might come now, it might not, it might come later if it doesn't come now. Okay?

You can't get it wrong. Just see what comes, okay? I promise you it won't hurt.

And it might be something that's helpful — I'll be grandiose — for the rest of your life, to have some inner —

I said, it might be something — I'll be grandiose — that's helpful for the rest of your life, to have some inner —

That I can't help you with.

[Participant:] Huh?

[Russell:] I can't promise that.