

See Movement

Subtle Energy Empowerment (“See”): Personal and Business Solutions

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CONTENTIONS BETWEEN BUSINESS PARTNERS

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There are two ways to view contentions between partners:

1. The usual way, the Action-Reaction way; and
2. The energy way using See Movement, (“See” = subtle energy empowerment).

ACTION-REACTION WAY: The usual action-reaction way has 3 parts:

1. Perception;
2. Assumption; and
3. Reaction.

Example:

1. Johnnie says something to his partner Susie that Susie perceives as insulting her intelligence or integrity in some way.
2. Susie assumes that Johnnie has a negative opinion of her.
3. Susie’s feelings are hurt. Her hurt feelings lead to resentment and anger at Johnnie. Without exploring other alternatives for what Johnnie meant by what he said, or other reasons why Johnnie might have been feeling negative other than Susie, Susie reacts in anger at Johnnie.

The problem is that Susie’s perception of what Johnnie said or did is not reliable.

1. The basic fact is that what Johnnie said or did is not about Susie. In order for Johnnie’s words or conduct to be about Susie, Johnnie’s thought process would have to be something like:

“I don’t like Susie. So I’m going to hurt Susie.” “I think Susie is an idiot. It’s my job to tell Susie she’s an idiot”.

2. The truth is that people do not generally focus on evil-doing. Even people who do bad things do not do so intentionally. They do not say to themselves, “I’m a really evil person, and I’m going to do some really evil things”.
3. And the truth is that people do not generally focus on other people. Susie is just not that important a focal point in Johnnie’s life. Johnnie is not thinking about Susie; he is thinking about himself.

The statement that Johnnie is thinking about himself is not to say that Johnnie or

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anyone else is selfish; it’s just simply a recognition that the only way any of us can and do perceive the world, focus our thinking, and feel our emotions, is from the point of view of self.

4. The truth is that Johnnie is not really thinking; he is reacting. When someone is in reaction mode, they are not in their power.

In order to be in your power, you have to be focused inside – on the self. You cannot allow yourself to be swept up by the outside. The “outside” is the other person and your own emotional reaction. Your emotional reaction of anger, disappointment, etc., is “outside” because the strings triggering your emotional reaction are being held by the other person.

If Johnnie were in his power - listening to and following the inside advice of his head and the inside dictates of his heart - instead of allowing himself to be swept up by his outsider-controlled emotional reaction, he would know the value of honey versus vinegar in dealing with people, especially people he works with on a daily basis. And he would have remembered, having dealt with Susie before, that the best way to motivate her is with praise, not criticism.

5. When someone is not in their power, their words and actions do not come from the place of intention. So it’s safe to say that Johnnie did not intend his conduct/ words to hurt or insult Susie.

Johnnie, however, was careless. He was distracted, upset about something else, etc. He did not stop to think that his conduct/ words, which were reactions, could be interpreted by Susie in a negative way, as insulting, demeaning, etc. In any event, Johnnie was not intending for Susie to experience what she experienced.

Susie’s experience with Johnnie was based on her perceptions and her assumptions. Both her perceptions and assumptions could have been incorrect:

1. When Susie perceived that what Johnnie said/ did was about Susie, Susie’s perception could have been wrong.
2. When Susie assumed that what Johnnie said/ did reflected Johnnie’s negative judgment about Susie, Susie’s assumption could have been incorrect.
3. The only way for Susie to know whether Johnnie intended Susie to perceive his words/ conduct in the way that she did; the only way for Susie to know whether Johnnie intended her to interpret his words/ conduct in the way that she did, is for Susie to ask Johnnie:

“Johnnie, about your comments yesterday: My understanding is that:

- a. You intended to tell me that you were dissatisfied with the job I did;
- b. You intended to convey your dissatisfaction with my work in general;
- c. You intended to convey your dissatisfaction with me as a partner.”

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4. In any event, even if Johnnie has a negative opinion of Susie, Johnnie's opinion of Susie does not determine Susie's opinion of Susie – unless Susie abdicates her power to such an extent that she allows Johnnie to define who she is.

Susie always has choices about her perceptions and assumptions regarding Johnnie's words/conduct:

1. Susie could just assume that Johnnie is having a bad day, had a fight with his wife, etc., and let it go.
2. Susie could ask Johnnie directly if her perceptions and assumptions are correct.

Notice how incorrect perceptions and assumptions, leading to reaction instead of being in your power, escalate. For example:

Assume Susie reacts to Johnnie's perceived insults and presumed negative opinion of her, by lashing out at Johnnie in some way. She tells other people in the office what an SOB Johnnie is.

1. If Johnnie perceives Susie's badmouthing him to be about him, he would be incorrect in that perception. Susie's badmouthing Johnnie is not about him; it's about Susie, who is reacting in anger to her perception that Johnnie has insulted her, etc.
2. Susie's badmouthing Johnnie cannot define Johnnie's opinion of himself, because no one but Johnnie can do that.
3. Johnnie can understand that Susie is in reaction mode, not in her power, and that she is reacting to Johnnie's words that she has incorrectly perceived, made assumptions about, and interpreted.
4. Johnnie can communicate directly with Susie and correct the perceptions, interpretations, and assumptions on both their parts.

In any event, Johnnie should remind himself that Susie cannot and does not define who he is.

ENERGY WAY USING SEE MOVEMENT: The second way to deal with contentions between partners is to view the emotions of anger, disappointment, etc. as energy, and deal with them in the See Movement way. To do so, we'll step out of the usual way, the Action-Reaction way, because it does not resolve things; in fact, it spirals them downward. Instead, we'll step into the positively empowering, good feeling, subtle energy world of See Movement. .

See Movement works on the premise that there is something beyond, and valuable about, the current contention between you and your partner: It is making you aware that you are holding patterns of emotional energy that have been locked in your energy field for a long time – patterns that you were not aware of until they were triggered by something your partner said or did.

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Yes, things happened, feelings were hurt. Feelings get hurt when emotional sore spots are pressed. Emotional sore spots are the thought patterns, or stories, along with the unpleasant emotional memories, attached to your energy field since childhood. Of course, they attached. Focus on any painful event of your past. Right now, it is only a memory, but don't you still feel the emotion of it just the same? These negative feeling stories, or movies, cluster in patterns that See Movement calls “Emotional Energy Patterns”. Both the thought patterns/stories, and the negative emotions associated with them, are energy.

When Emotional Energy Patterns get triggered into your feeling awareness, you re-experience the same negative emotions you felt when the original movies attached to your energy field. What triggers your Emotional Energy Patterns are outside words, actions, or situations that remind you in some way of the original movie – like the comments of your partner reminding you in some way of your father's criticism when you were just a kid.

What your partner said to you, and perhaps even what your partner did to you, may indeed feel very threatening and not very pretty. But the value to you in these things happening is to bring you to the point of realizing that you are carrying in your energy field unknown and unwanted Emotional Energy Patterns ready to be triggered at any time. If you didn't have these Patterns, they couldn't be triggered. And if they hadn't been triggered, you wouldn't be feeling the negative feelings you are currently feeling about your partner.

See Movement will bring you back to a point before these Emotional Energy Patterns attached, and deal with the situation from that place. This is how you find out what's really behind the emotions that have just been triggered. The negative emotions are not who you are. And they have nothing to do with your partner. They attached themselves to your energy field long before you met your partner. Your partner just unknowingly activated them. Good for you. That way, you can deal with them – and make choices about them.

Here's where we start:

1. Everything in and of the Universe is subtle energy, including thoughts and emotions.

Think about that statement. Subtle energy vibrates. Vibration can be felt. If everything is vibration, that means that everything in the Universe can be felt. And isn't that true? Don't you feel better with some people than others? Don't you feel better strolling in a quiet forest than in the middle of an argument? And doesn't it feel better to talk of love and fun than failure and tragedy?
2. Law of Attraction governs this vibrational Universe. The Law of Attraction is that like energy attracts like energy. What you think and feel, and what manifests in your life, is always a match.
3. When something happens in your life that is unwanted, it does not mean that Law of Attraction has a hole in it. It means you are holding an emotion attached to a thought pattern/ story, a movie, an Emotional Energy Pattern, that you are not aware you are holding.
4. When the Pattern is triggered, if you ignore the Pattern and continue to blame others,

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yourself, etc., the Pattern will remain dormant but continue to attract other and new triggerings.

5. If you focus on the Pattern by reacting to it, you hold onto the Pattern for as long as you are reacting.
6. If you push against the Pattern with anger, resentment, etc., it will get bigger and attract more and bigger triggerings.

ACTION-REACTION WAY VERSUS SEE MOVEMENT WAY:

As we have seen, the action-reaction way to view and resolve contentions is Perception – Assumption – Reaction.

The See Movement way to view and resolve contentions is Perception – Connection – Choice – Action.

Perception: Perceive as a passive observer, not as one of the combatants.

Perceive what is happening from the inside, from that place of peace within yourself. Do not get drawn into the other person. Do not get drawn into his trauma and drama.

Stay outside of your emotions. Of course, you feel them. But as quickly as possible, move off the stage, where the event is taking place and the emotions are being felt – and take a relaxed seat in the audience as a quiet observer just watching the movie, including your part in it.

Connection: Connection is becoming self-aware, aware of the various aspects of your energy: The physical and the non-physical you; the emotional, intellectual, and intuitive aspects of you. It’s all energy. Once you become aware of all of the aspects of your energy, your free will allows you to place your focus anywhere you wish. The most powerful place for your focus is from your seat in the audience observing how are you feeling.

Relax the physical: Take a slow, deep breath. Hold for a few seconds after the inhale and especially after the exhale. Be as the beach waiting for the next wave/ breath to come in. It comes in perfect timing.

Free will: No other person can control your thoughts. You always have the freedom to choose.

Stay focused on yourself. Keep your focus inside, on yourself, instead of on the other person. Your anger, disappointment, etc. is not coming from the other person; it is coming from you. The other person, your partner, is just the trigger for the negative emotion that you were holding inside, in your energy field. Your sudden burst of feeling is just the reminder of another time and place when you felt insulted or abused or betrayed by another person – a person reminiscent in some way of your partner.

Choice: Make the choice to feel better. Decide that you want relief from the negative

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emotions you are feeling. In order to find relief from the negative emotions you are feeling, you have to shift your focus away from the negative emotions, to relief from the negative emotions.

All negative emotions (fear, depression/ sadness, anger) do not feel as good as positive emotions (love/ appreciation).

Notice that the range of emotions parallels the degree to which you feel empowered or disempowered. At one end of the feeling range is the feeling of complete empowerment. You feel omnipotent, immortal, that you can have or do or be anything you want. At the other end of the feeling range is the feeling of complete disempowerment – suicidal depression.

You are always free to choose empowerment; you are always free to choose relief and feeling better.

Action: In order to find relief from negative emotion, you have to think better feeling thoughts than your current thoughts. Do this in steps:

My partner makes mistakes. There are some aspects of my partner that do not please me. However, my partner does some things right. He also has some traits that please me. Let me think about the things that he did right and the traits that do please me . . .

Specific Suggestions:

1. Your partner:
 - a. Realize that what your partner said/ did was not about you. It was about him/herself.
 - b. Give him/her the benefit of the doubt that s/he didn't intend your interpretation or negative assumption.
 - c. Give your partner the opportunity to confirm or deny or correct your interpretations and assumptions.
2. Focus on yourself: Remind yourself that no one but you defines your opinion of yourself. No one else can force you to have a different opinion of yourself. All anyone else can do is show you another option, another choice; they can be a mirror for you. But they cannot deprive you of your choice of opinion about yourself.
3. Deal with your emotions as energy:
 - a. Remind yourself that you are not your emotions.
 - b. Remind yourself that the negative emotions you are feeling are just a vibration, an energy that you are feeling because someone triggered an Emotional Energy Pattern – yours or your partner's.

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- c. Remind yourself that you always have the choice to change how you feel by shifting your focus and your thoughts to better feeling thoughts.
- d. Do not attach significance to your negative emotions. The anger or sadness you are feeling in the moment does not mean that you, or your partner, are bad. The anger or sadness is a sign of stored emotions. There is no need for blame or shame – for you or your partner.
- e. Do not assume the negative emotion you are feeling in the moment will continue. Just because you are feeling angry or sad in this moment does not mean you will continue to feel angry or sad in the future. Each new moment brings new opportunities to change your thoughts - and to therefore change your emotions. Emotions are just energy. And energy can be changed.

4. Taking Action:

- a. Shift to more positive thoughts about your partner:

Do this not because it will benefit your partner, and not because your partner deserves your positive thoughts, but because positive thoughts feel better. And what feels better to you is better for you.

- b. Shift to more positive thoughts about yourself. Do this to feel better. Do this because the truth is that you are better than the negative thoughts you are thinking. In fact, there is no ceiling on how good you are, or how good you can feel.

HOW SEE MOVEMENT CAN HELP: See Movement helps you tune into your feelings; discover your unknown and unwanted Emotional Energy Patterns; release them; deliberately create the relief you want to experience and feel, and the positive replacement creations you want to experience. See Movement eases you to raising the level of your empowerment – both in power and in feeling, and helps you know and create the specific and desired manifestations of your increased empowerment.