

PEERtrainer on track

Class 11:

The Biggest Decision You Ever Made - Part 2

PEERtrainer™

<http://www.peertrainer.com>

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This information is intended for the sole purpose of participants in the PEERtrainer On Track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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1. Review of the Biggest Decision You Ever Made
 - a. Why that decision you made that is so important.
 - b. Is the universe for me or against me? Benevolent or malevolent.
2. Then we ended by discussing how this is a choice you made a long time ago, and it's a choice you continue to make, day by day, moment by moment.
 - a. And most importantly, realize that if you too often find yourself in a pattern that sets you up for more unhappiness than happiness, that you can start making different choices.
 - b. **Ask yourself, if I were making a different choice – if I were choosing that the universe is a benevolent place – what would that look like? What would that feel like?** How would I behave? What would I do with my body? Would I keep my muscles all tight and tense, or would I just make the choice to relax, take a deep breath and enjoy.
3. This is such an important thing to think about because like everything in your life – from your food choices to how you communicate with your kids to how you manage your emotions on a moment to moment basis – defines what your life is like.
 - a. If you're happy/unhappy ... satisfied/unsatisfied ... anxious/at peace.
4. Now it's one thing to know you have a choice, but it's another thing to know how to make that choice very well.
 - a. How do you make that choice? Through the body, through the breath.

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- b. Critical to understand the relationship between your mind/body.
 - c. 2 way street: what goes on in your mind goes on in your body and vice versa.
 - d. **Mind is very difficult to control, but how we use our bodies is easier.**
 - e. Still a habit we have to cultivate, but this awareness of what is going on in your body is critical because it's the seat of your emotional experience.
 - f. You say, "I feel angry, I feel sad, I feel frustrated". Demonstrates that this occurs at the physical level. Not a mental, intellectual process.
 - g. So you have to address these feelings at the level at which they occur which is the body.
5. This is why I harp on learning to use your breath so incessantly. In my experience, it's the critical tool that helps you bridge the gap between your mind running away from you, and starting to have control of the reins.
- a. It's the doorway you walk through which takes you from being unconscious and flying around on auto-pilot and being awake, aware and present and having the ability to make a good choice.
 - b. Catching yourself. There is no substitute for making the choice, catching yourself. Getting skilled at recognizing when you're off track, not where you want to be emotionally.
6. Remember the question from before: if I were making a different choice – if I were choosing that the universe is a benevolent place – what would that look like? What would that feel like? How would I behave? What would I do with my body? Would I keep my muscles all tight and tense, or would I just make the choice to relax, take a deep breath and enjoy?

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- a. Just stepping into it ... if that were true now, what would it be like?
- b. The most powerful change process is making the choice and having the willingness to step into it.
- c. **You can make that choice right now. Relax and let go everything that is not part of your benevolent relationship to the universe.**
- d. This requires some level of discipline to work at it.
- e. You won't get a strong upper body by doing nothing, by just thinking about it.
- f. You have to make the time to do the push-ups.
- g. **It requires developing a simple practice.**
- h. Stopping the show. Letting go of the things you hold on to:
 - i. Anger at others
 - ii. Anger at things not being a certain way ... not going your way.
 - iii. Forgiving yourself and others for being imperfect.

7. Relaxing ... letting your body and your mind come to rest.

- a. Let go of everything that is holding you back from having that experience of living in a benevolent universe.
- b. Let go of everything that is keeping you from making that choice.
- c. Again, you let go through your body. That's how it gets done.

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8. What keeps you from being at rest in the universe?
- a. What keeps you from letting go and resting in a benevolent universe?
 - b. **What would have to be true for you to be happy just because of the sheer fact that you're alive?**
 - c. Not because of your bank account, or who's sleeping next to you, or who's your senator or president, or how great your job is or isn't, but just because you have the gift of life.
 - d. That may be the pinnacle of the experience of having a benevolent relationship to the universe.
 - e. Relaxing and developing a relationship with that which is greater than you.

Have a great week. Jackie and Joshua