I rarely do one session appointments anymore. Mostly I do one hour sessions weekly for 6 months at a time and beyond. I consider myself a Karmic, New Age, Life Coach. I help individuals, couples and families make the transition from the Age of Pisces to the Age of Aquarius. I help people create happier, more fulfilling relationships, business success, and family connections. I am currently focused a lot on how conscious intention (that is thought plus emotion) leads to the physical manifestation of our lives. I believe we create our reality whether we know it or not. I help people acquire and utilize the skill of conscious creation which leads to their life manifesting in a different better way by their own criterion.

Recently, I had a really wonderful experience with a client called Gustav. Gustav has been doing “the work” for about two and a half to three years now. He’s applying the work to his career, his family, relatives, marriage and his own experience of his life. In other words, “the whole Monty.” Gustav’s wife brought him to the work. And she is impatient for him to be emotionally present and forth coming. Gustav says, “aren’t I doing better than I was…6 weeks, 6 months…ago?"

So this day last week, when we Skyped (or was it Face Timed?) for our appointment, the following conversation ensued:

ME: So you’ve been aware of your inner child now for over a year. And you know he is in touch with your emotions and feelings, right?

GUSTAV: Right.

ME: And you’re aware of how much you are in your head most of the time? And how important being in, being aware of your heart center is; so you can access your feelings, right?

GUSTAV: Yes.

ME: So how much of the time (out of 100%) are you aware of your inner child, your heart center, and your emotions in the course of your day so far, do you think?

GUSTAV: I’d like to say 30% or 40% but when I go into my heart; the answer is around 10%.

***I was surprised to hear how low the appraisal was. So I thought to ask this…***

ME: Gustav, what would it take for you to be 70, 80, and 90 percent in touch with your feelings as you go thru the day?

GUSTAV: I don’t know.

***We shared our annual 3 day retreat over the last month. In that work we uncovered that Gustav had a new twist to his automatic emotional coping strategy. All of his life he has mostly been aware of feeling anxious (that is scared). He would numb out to the scared on a conscious level – be worried and stress out – and go to his head to think about how to solve the problems or please the person. Every so often Gustav would relieve this pressure of chronic scared underneath by getting angry. Angry at something trivial like if pizza he ordered was prepared wrong, etc. Sometimes he’d get angry with one of the kids over something minor and raise his voice. The wife and kids referred to this as “dad blowing his mind once in a while over nothing.” Well, on the retreat he discovered that under the fear thing he also holds onto, held onto anger at people. Any enduring anger we hold is always with people, not objects or circumstances. It’s hard to be angry with a hammer years later for having bruised our thumb, or a car for having blown a motor. It’s always a person that we hold anger with. So I said to him in retreat, you mean you hold grudges? Being angry with someone for a long time is holding a grudge and the energy of a grudge is to get even or get revenge. Gustav said “yes, emphatically I hold onto being angry. I hold grudges.” We spent time in the retreat working on what it means to “bury the hatchet” with someone. We worked on his list of people that he needed to bury the hatchet with.***

***And now a quick review of the Astrological Era(s). The Old Testament covered the Age of Aries (2000 years before Christ). The axioms of that age are…an eye for an eye, a tooth for a tooth, might is right. And if God’s on your side, you are golden. If he’s not, you are screwed. The Age of Pisces axiom? Well…love thy neighbor as thy self. Turn the other cheek. Place other’s before yourself. Ergo being a martyr & suffering unto death is God like. And don’t forget that distorting honest shame into guilt condemns us to inadequacy or worse it forces us to avoid some specified behaviors (sin, evil…sex). To suffer and die is emulating Christ so that is desirable and good. Is it any wonder we end up in our heads disconnected from our hearts and feelings?!***

***Now back to Gustav. Can you see how nicely he has a wonderful blend of the axioms of the Age of Aries and the Age of Pisces going here, driving his emotional coping strategy? And he can’t get out of this loop more than around 10% in his “daily” life. Oh, and he also believes that unhooking from everything stressful and just having some fun will make things go better when he returns to “his life.”***

***Coming back to his and my conversation in session this past week:***

GUSTAV: I don’t know (to the 70, 80, 90% question).

ME: So imagine that you are treading water…in the middle of the ocean. There are no boats around, just water in all directions all the way out to the horizon. Imagine you are treading water clutching to and hanging onto a classic white ring, a one person life preserver. It’s not much but it keeps you afloat so long as you hold on. The life preserver you are clutching is labeled mad. And there are four other like life preservers floating within range around you. They are labeled glad, scared, sad, and guilty…

Can you see how you move from one to the other in a pattern…to keep yourself afloat?

GUSTAV: Okay, I can see that.

ME: You’re afraid to let go of a life preserver because you’ll have to tread water on your own and you would eventually drown…right?

GUSTAV: Yes.

ME: Well what I want to tell you to answer the question of how you get past 10% in touch with yourself on a daily basis is…see me in a little row boat, magically there all of a sudden, with you in the middle of the ocean. And you say Michael, what do I do? As I pull on my oars and move out of range for you to climb into the boat I say…let go of the preserver you are holding onto. Watch how the life preservers tend to drift out and away and out of reach as you tread water there. Feel what that’s like. What is that like?

GUSTAV: It’s scary. Why can’t I just get in the boat with you (chuckle, chuckle)?

ME: No you can’t. The boat’s too small and I’m outa range. You’re on your own.

GUSTAV: Well what do I do?

ME: First I want you to work on relaxing as you tread water there. When you are past terrified that you’re about to drown…I want you to swim from one to the other of the life preservers. Collecting them as you go and hooking them together…I want you to form or create a raft of your emotions. By the way the guilty raft will magically change into an honest shame raft as you go.

When all 5 of the rafts are securely tied together, climb on this stable platform and rest. This can now be used as a stable raft and you can begin to think (think-feel=create) about a direction you want to go in and how to get there, etc. And as you move forward you will be able to appreciate (in hind sight) how treading water holding on to one preserver at a time and moving from one to another in desperation & exhaustion was a really poor strategy in the first place.

At that point Gustav you will be as aware of your inner little boy (called Gus by name) everyday…as aware of your little Gus as often and as much as you’re 4 other children, your biological children. You will feel an emotional connection to him and feel the difference between his emotions and feelings and your own (as Gustav).

And you will be much more emotionally present to your wife and to yourself on a daily basis.

In other words, to answer your question…I want you to be willing to let go of the life preservers you keep holding onto. And exist in that space where you are just treading water.

GUSTAV: Wow, I really get that! You should write a book or an article.

ME: I write an article monthly for our newsletter, maybe I’ll write about this, this month.

***And so I did.***