

Simply Put

Applying the SIMPLY PUT information to your life will help you push the details aside and see what is really going on. These concepts are listed under the three video categories, Mind, Body, Heart... Loving Relationships... Living from Spirit... for your ease.

Mind, Body, Heart



GLOSSARY OF TERMS

A vs. B Comparing life experiences from A and B - “A” – balanced, inspired mindset which creates expanded capacity to RESPOND and, “B” –imbalanced, or spin mindset which creates the need to REACT.

Aware, Assess & Address Three stages necessary to make deliberate and meaningful change in your life.

Big Picture/Little Picture Big picture represents the wide angle view on life from a step back, and the little picture is focused in on the details. When grounded internally, you can move from one to the other and back again without losing your balance.

Capacity is your sense of resourcefulness to engage in life.

Change and Transition Change is the event, transition is the emotional adjustment to the event.

CORE is your center, where your human Spirit resides.

C.O.R.E. is an acronym for Calm, Open, Receptive, Engaged

Fundamental Choice 1) The choice between living from your Spirit mindset and your spin mindset 2) This choice influences how you think, feel, act, perceive and believe.

Fundamental Relationship The intimate partnership and mutual influence, between you & your Spirit, residing at your core.

Observer Mode 1) Stepping back from a situation to an impartial distance to view it as a spectator. 2) “Apparently I’m processing” is a phrase that allows you to step back from your experience to observe yourself processing something physically, intellectually, emotionally or spiritually. This is helpful when experiencing the impact of chaotic spin energy.

P.I.E.S. This stands for Physical, Intellectual, Emotional and Spiritual, four ways we are engaged in, and experience, life.

Process 1) *In process* means on the journey, a course of actions leading to an end. 2) *Processing* - means the P.I.E.S. experience of connecting and adjusting to, a new understanding & shedding new light on emotional significance of events in the past/present. Processing can feel like an internal storm, or tug-of-war, but most often it helps you identify what is important.

Ready 1) It is natural to need to get ready physically, intellectually, emotionally and spiritually to take action. These levels very seldom happen at the same pace. 2) Taking time to get ready at all levels is time well spent.

Reframe 1) To perceive, understand & relate to something in a new way. 2) Visual information offers a reframe offering insight and opportunity to make changes.

Relationship To... We have a unique Relationship To... everything in our lives based on the MEANING it holds for us, most often emotional meaning. 2) Our relationship to something may be distant, or intimate, physical, or emotional, permanent or fleeting, etc. 3) Our relationship to something is determined and perpetuated by our experience of it, and vice versa.

Respond or React 1) We are hardwired in our DNA to RESPOND to challenges with the capacity to negotiate, problem solve, gain insight, use common sense to find middle ground, etc. 2) We are also hardwired to REACT instinctively to threat or danger, by accessing our primal Fight, Flight and Freeze strategies to survive. The intensity of our reactions may be exaggerated at times. It is up to us to decide if it is our life that is in danger, or if it is our quality of life that is at risk. Each deserves our attention.

LIFE... IN A SPIN

A spin is a natural fear reaction to an event. We experience it as internal chaos of some degree. It often feels like life is whirling around you.

Congruence/Incongruence

1) Congruency relates to when your physical action, intellectual thinking, emotional feeling and spiritual beliefs are aligned from a balanced mindset. This alignment will resonate at your core. 2) Your action is congruent with your values. ex. Believe in and act from fairness. 3) When you experience incongruence you experience an internal discord. Your psyche is bringing your attention to something that is not aligned. ex. "I am struggling because my head says one thing and my heart says another." This discord or incongruence needs your time and attention to be internally resolved. Wisdom, strength and peace come from connecting to your congruency and resolving your incongruence.

Continuum 1) A continuous line 2) We all live life on a continuum, shifting from inspiration, to coping, to surviving mindsets and back again throughout any give time. Be aware of how your capacity is impacted from each of the three mindsets.

Event/Lifestyle - Events are individual occurrences, but lifestyle is when reactions, behaviors, perceptions, thoughts, feelings etc. have become consistent habits (from worrying, to becoming a worrier). If the latter is habitual, it can take over your identity.

Fear Factor 1) The degree in which fear is present and influencing an individual, relationship or landscape. 2) An important distinction is whether your fear is healthy or toxic.

Habitual This means when "but..." becomes a habit, or a lifestyle: "I know , but I can't.; I agree, but that's too hard.; I know what you are saying, but; Yeah, but...but...but..." It is important to know if "but" has become a habit, or a lifestyle. Awareness is the first step in breaking the habit.

Isolation Factor 1) In our pain and fear, being overwhelmed makes us feel alone and we can be convinced no one could possibly understand our hurt and fear. 2) As a result we can feel physically, intellectually, emotionally and spiritually alone. 3) Alone can mean (A) solitude, calm, peace or (B) isolated and fearful.

Mindset - Your state of mind, the place from which you see, relate to and engage in your world (ex. inspiration, coping or surviving mindsets). Your mindset impacts your experience, and your experience impacts your mindset.

Severity - How extreme something is. You can assess the severity of your spin issue by considering :how fast your spin feels (intensity), how often you have spins regarding this issue (frequency), and how long your spins last (duration).

Survival Mode - A fragile state of mind, body, and spirit which is stressed, overwhelmed and depleted of strength and resilience. For ex. when it feels like you are at the "end of your rope".

Transition Zone 1) Change is the event, transition is the adjustment to the event. 2) The transition zone is when we are suspended between the old and the new. 3) We are filled with opposing thoughts and feelings as we transition physically, emotionally, intellectually and spiritually from the OLD to the NEW.

LIFE ... HURTING AND HEALING

Healing is a natural and powerful force of nature. If we accept and trust this, we are less likely to let our toxic fear get in our own way. We experience and process our pain physically, intellectually, emotionally and spiritually. Our emotions are messages that tell us how we hurt and what we need to heal.

Echo 1) An ECHO is a valuable healing experience. It is stored sensory memory experience, from the past, resurfacing. We store our physical, emotional, intellectual and Spiritual experiences in our bodies as energy. When we experience an echo, pleasant or unpleasant, we reconnect with these energies. 2) When we connect with stored pain, it can be overwhelming, and convince us as we are reliving the event. Take a step back and remember it is just an echo. It is not really happening in reality right now. 3) Acknowledging, understanding and then letting go of our echo energy (ex. trauma, grief, loss), when you are ready, is evidence we are healing, detoxing and moving forward in our lives. We will still have memory of the event without the intense, toxic and intrusive emotional energy.

Emotional Bundling and Simultaneous Healing

Emotional Bundling All emotions have their own insight and energy signature, or resonance. 1) One way our psyche organizes our endless experiences is by bundling common emotional energies and meaning together. 2) Even though the details of events are different, they are forever linked in our emotional map.

Simultaneous healing 1) This is when emotional healing from one issue can overflow to other related issues. For example, if you are grieving a number of losses, you may feel comfortable choosing to talk through one issue that feels manageable first, only to find out later that, simultaneously, the intensity connected to some of the other losses has lessened in intensity. 2) When we process and release the pain of one issue we release the energy stored in the emotional bundle and experience an overall relief, and release.

Healthy Intolerance We all experience a deep resistance, and often resentment, at times. We must listen closely to our complaint, so we can hear our wisdom. If we take some time to pause and consider that when something becomes intolerable physically, intellectually, and emotionally, it may be toxic to our Spirit.

1) Healthy intolerance is when your Spirit is speaking loud and clear that something is NOT OK, and knows something has to change. 2) We express healthy intolerance all the time. For example: "I have put up with this for a long time, but no longer. That's it! No more!" or "I used to be able to handle the chaos but now I just have no patience for it. I can't do this anymore". The first complaint expresses desire and readiness to make change happen. The second complaint expresses defeat without momentum to initiate change. The complaint becomes the wisdom when the healthy intolerance is rephrased as, "I am unwilling to keep doing it this way." Voicing this intention creates future momentum to making changes happen.

Resilience 1) Bounce back after an event. 2) This may be emotional, physical, intellectual or spiritual resilience.

Resolve (internal and external) 1) The word resolve means to solve or put to rest. When something is not resolved our psyche will continue to remind us of it, ex. the feeling of fear, dread when you realize you may have left the oven on, and you are not at home 2) internal resolve means to come to terms with something emotionally and morally, to heal and move on. 3) external resolve means to problem solve things in your world by taking action and making change.

Voice and Choice 1) Equal to our ability to communicate in language comes a growing need to have a voice and be heard. 2) We humans are predisposed to want to resolve issues. To feel internally resolved in our issues, we tend to need to have a voice and then exercise our personal power to make a choice.

Loving Relationships



**How we value and how we are valued is the core of every relationship.
Everything else is in response to this.**

Abuse redefined - Anything diminishing our Spirit.

Bully Agenda - This refers to an agenda to intimidate and instill fear in another. It is driven by our instinct to fight, win, and feel powerful. It arises from feeling small and needing to act BIG. Unfortunately this way of having power can become addictive.

Compensation 1) This is when one individual in a relationship attempts to create balance by trying to make up for the lack of investment, attention, engagement offered by the other. 2) One person cannot make up for what another will not contribute. This imbalance feels unfair and therefore leads to feelings of resentment, hurt, loss and failure.

Connection 1) We are connected to our world physically, intellectually, emotionally and spiritually. 2) As human beings who are social by nature, we have a deep need to connect with others and create relationship bonds on these four levels. 3) We also need connection to ourselves, to others and to a greater purpose. Disconnection leads to great loss.

Fear - 1) When fear is instilled and perpetuated in an individual, relationship or family/work landscape 2) in a Fear mindset toxic fear dominates feelings, thoughts, actions, etc. by creating a vortex of reactivity.

Freedom - A frame of mind, environment or the dynamics of a balanced relationship based on mutual valuing, honoring, choice and spirit.

Hidden Agendas 1) Hidden agendas are just that, hidden... and are intended to have influence on another, then are quickly denied if challenged. 2) Such disguised influences are posturing, power plays and passive aggressive attacks (eg. sarcasm used as a weapon, but disguised as teasing). 3) The intention of a hidden agenda is to create imbalance and self-doubt in others. When it is denied by the "bully" the responsibility is on the "victim" to challenge the bully on the agenda. This is an intimidating challenge and can often be unsafe.

Ownership and Dis-ownership 1) Ownership refers to self-accountability, owning up to your choices, actions and consequences. 2) Dis-ownership refers to handing back to others what does not belong to you. An example is: "I will own my responsibility in this and will hand back what belongs to the other."

Three Energies and Identities 1) This refers to the energy of You, Me and WE in relationships. 2) In (A) balanced relationships each value the differences each offers. (B) imbalance leads to competition.

Living From Spirit



Our Fundamental Relationship is the intimate partnership and mutual influence, between you & your spirit, which resides at your core.

Curiosity 1) Interest in exploring new ideas and the unknown. 2) Curiosity is a powerful and significant state of mind as you open yourself to heal, learn and move forward.

Intention 1) Spirit is always coming from an honorable intention... to value self and others, to ground self and expand one's energies to grow into fulfillment by making a valuable contribution. 2) Intention is the internal energy and focus to create vision, and purpose. From the spin we are coming from fear, off balance, off our course and our reactive intention is for primal survival... fight, flight or freeze. From Spirit our intention is to create quality of life for ourselves and for others.

Identity 1) the way we know our true selves, our Spirit inside each of us. 2) Internal identity is reflected in our values, intention and purpose. 3) External identity is how we interact with, and are seen by, our world. 4) Be conscious of how you talk about your "self", because you might be listening.

Inspiration 1) Refers to feeling inspired, enthusiastic and passionate about something. Creativity, humor, curiosity, adventure, wisdom are some experiences of inspiration. 2) An inspired mindset increases capacity to heal, think things through using common sense, be resourceful, resilient, and resolve issues.

Meaning 1) Behavior is what we do. Meaning is why we do it. 2) People, places and things hold unique meaning to each of us. To determine what true meaning a thing has to you, consider it from your Spirit.

Point of Reference 1) a place from which to look at your world; 2) those things you refer to in making choices, ex. to live life from your Spirit, your values are your moral points of reference.

Spirit 1) Your most primary and powerful inner resource 2) the light at your core. 3) the place which houses your true meaning, values, identity and purpose. 4) your Spirit provides you with a pure and simple wisdom and honorable intention.

Uncommon Consciousness – An all too rare thoughtful awareness which includes insight and a depth of understanding of self and others.

Validation 1) Validation means valuing self and others through compassion and understanding. 2) We may be accustomed to looking for validation from others, especially when we hurt. 3) Remember your Spirit is always present, engaged and invested in your wellbeing. 4) Your core wisdom (Spirit) validates your right to care for yourself, to heal from your hurt and fears, and make change to enhance your life. 5) Validation, Value, Values, Valuable are linked through Spirit energy and intention

Value 1) To honor, to appreciate. 2) A moral point of reference used to make honorable choices, choices consistent with your spirit.

Vision 1) Vision is to have the ability to see beyond current circumstance to an expanded consideration of how things could be. 2) Vision brings hope and hope brings vision. 3) Vision gives us momentum and focus to reach beyond our pain and fear. 4) Shared vision with another is a powerful force toward fulfillment.

We are the expert of our own life. We are first spirit. As we are in our world we learn to either be spiritually present or spiritually absent in our lives. Our spirit waits patiently for our return. Spirit teaches us how we hurt and what we need to heal. You can't get Freedom results from FearDom strategies.