

Mary Allen: Let me officially welcome everyone to Momentum Mastery Monthly. It's August 2010, and this is our success call. Our topic for today is all about tolerations. We're going to talk about that in a minute, but I thought what we would check in first is just to open up the lines.

I would love just to check in and see what are two ways that you've identified that you resist and how might you have been relaxing that resistance over the last few weeks since our last call. Who would be game to share?

Gary: Mary, this is Gary. I'll jump in there.

Mary Allen: Okay, fantastic.

Gary: We talked a little bit the other week about just simply awareness in – even social interactions. Sometimes it's easy to get caught up in that language between - people in terms of the emotions and the body language. It becomes a vicious circle. For me, it's simply a matter of becoming aware of it, just letting it go, smiling, a lot of eye contact and just being yourself.

Mary Allen: Yes, yes, yes. Okay. So you're noticing resistance rising sometimes in just social situations of really being fully connected. By bringing awareness to that, it's melting that resistance. I know for sure one thing that has helped me in a huge way is when you put your attention over there with the other person, it has a way of kind of melting that resistance as well.

Gary: Exactly, and I don't know if it's intuitive or anti-intuitive. It would be the thing you would *not* want to do, but it's actually the thing that works the best.

Mary Allen: Yes. Isn't that true? Absolutely. Whether it's about feeling when we have an emotion that we're resisting, the way through it is feeling into it seems counterintuitive. You're absolutely right. Yes. We're resisting people. Let's just focus even more on them. Funny thing about resistance, isn't it? Great. Thanks for sharing that.

Gary: Sure.

Mary Allen: And who else? Anyone else have an observation about how resistance has shown up in your life and what you're doing with that?

Gaile: Well, Mary, this is Gaile.

Mary Allen: Yes, Gaile.

Gaile: I just drove home from Scottsdale. I was a couple of hours in the car, and I found myself confused and as I was exploring being confused, I realized what I was resisting was peace. I didn't really look at it from the perspective of resistance. I was looking at it from another perspective, and I was practicing noticing the who or what was aware that I was confused.

Mary Allen: Yes.

Gaile: And when I relax back into that, I would come into this place of peace, and then it just occurred to me. "Oh, when I'm confused, I'm actually resisting peace, which is really high on my list." So, it opened a whole energy for me in that last 20 minutes of my drive after I saw that.

Mary Allen: Wow, nice. Nice, nice, nice. Love that. And, you know, there's probably an element of resisting peace to almost any form of resistance, right?

Gaile: Yes.

Mary Allen: That's is so interesting, because in those moments when we're most craving it, we're simultaneously pushing it away.

Gaile: Yes.

Mary Allen: Really nice. And confusion – would you want to share more about what you were confused about?

Gaile: On a very simple level, I had a seemingly very simple decision to make. Should I leave the spa and come home in time for this call or should I stay in the spa and do the call down there and drive home later tonight? I could not make up my mind, and I'm usually quite decisive. I just had this moment where I thought, "Okay, I'll just get in the car." Then, maybe I was indulging. "I don't know. I'm so confused. I don't know how to make decisions. Something happened. I think I left my brain in California." That's kind of the conversation that was going on.

Then, fortunately, I remembered, what you taught all of us over the weekend to look at – to relax and distinguish what was noticing. I could have been resisting clarity or decisiveness and all sorts of stuff, but I actually think it was a way to resist peace. I don't know. Maybe I had so much peace over the weekend that I hit my limit. I thought like I had to have drama or something. I don't know.

Mary Allen: Right, right. Well, and certainly, that's something to notice and pay attention to about the ebbs and flows of excitement and drama versus times of peace. Interesting.

Gaile: Yes.

Mary Allen: Really nice. Thanks for sharing that.

Gaile: Oh, you're welcome.

Mary Allen: Great.

Michael: This is Michael.

Mary Allen: Yes, Michael. Let's hear one more, and then we're going to jump into conversation with tolerations.

Michael: Have you ever gone for a walk, and you're walking down the street or a path and you come across people and when you look at them, you notice that this person doesn't look friendly.

Mary Allen: [laughs] I would say probably at some time or another, I have done that. Yes.

Michael: Yes, and what I have found – and it's not just a walk; it's anywhere really. What I've noticed is that if I put myself in the state where I want the other person to be in, and just say hello with a smile. They will look at me and smile and say hello back. Their face will change completely. They will go from looking very unfriendly to looking so friendly that you can't believe that this actually came from the same person.

Mary Allen: Right. Yes.

Michael: It's an amazing transformation, and it just takes a moment. But you have to believe that – and some people if they don't want, they don't want. That's fine.

Mary Allen: Right, right. But when you bring a certain amount of openness, then it is amazing that some of the seemingly gruffest people will completely transform.

Michael: Indeed.

Mary Allen: So, good. So, interesting to notice there's sort of a resistance to somebody's friendliness, but then nice that you sort of leaned into it and brought your own energy into it and notice something else back.

Michael: Exactly.

Mary Allen:

Really nice, good. Nothing excites me more than knowing that people are putting into practice what we've been talking about here on our Momentum Mastery Call. So, nice, nice, nice.

Well, the topic of tolerations is going to be one of those where if there's only one principle lesson that comes out of Momentum Mastery that you put into work, this one concept around tolerations, your year, your month will be completely transformed. As we've led the success in Inner Peace Boot Camp for years and even working with one-on-one clients bringing this idea of identifying tolerations and then clearing them is one of the most transformative exercises out there.

So, let's just jump right into that. I'm going to talk a little bit about tolerations, and then we're going to open up the lines, and hear examples from you. You'll share examples of tolerations that you're going to commit to clearing over the coming week. And of course, there is an opportunity to ask questions and so forth.

Some of you may be wondering, "Well, what in the heck is a toleration?" Although you might be able to figure out somewhat what a toleration is, it is simply defined as those pesky little things that serve as energy drains.

It can be the button that's off of your favorite blouse that you can't wear. It's a toleration that you can't wear your favorite blouse. Or a toleration could be meaning to get the oil changed in my car, and I haven't done it, and every time you think about, it captures your attention. It could be clutter in a drawer or a closet that every time you look at it, it sort of zaps a little bit of energy when you walk by it, when you notice it. It could be a light bulb that needs to be changed.

A recent toleration to me, I'm looking right out my window was first was getting a hummingbird feeder. Then, it was filling the hummingbird feeder, because every time those little hummingbirds would come and I've got red chairs out on my back patio, and so I would see the little hummingbirds looking for some food. Of course, for a while I didn't even have a hummingbird feeder, and then I finally got it, but then I was too busy to get it hung up. So, now, it is officially hung it up. I hung it up on Sunday night, and my little hummingbirds are loving it. But that was an example of another potential energy drain. It can come in a variety of forms.

We're going to talk about the categories and different examples of tolerations. There are actually eight big categories of tolerations and as we're doing this together, you may pull out a sheet of paper. It's not up there right now but at the end of this call, I'll upload a worksheet to the MomentumNow.ning forum where you can download a worksheet to just

write in the spaces, but you don't necessarily need the form. Pull out a sheet of paper and as I start naming things, you can see which of these apply in your own life.

So the **first category** of tolerations is **clutter**. Right? So this would be closet, drawers. It could be a refrigerator that maybe needs to be cleaned out, or if you've got spills or something. It could be clutter in the car or a garage, or on your desk. So that's the first category.

So really think, *where does clutter exist?* Just start naming them one by one. By the way, as you're naming them, I wouldn't name clutter as just one big catch. I'll get specific. I literally get down to the drawers. I recently moved. I'm relatively organized, but not so much on all my drawers so I really need to go back through. So I've got four drawers and this one black file cabinet. Each one of those is a toleration, and I name each one. It's a whole lot easier than clearing out the *whole* file cabinet. Well, then that might be insurmountable, and I might not ever get around to it. So break it down.

So **number two** is any **unfinished projects or tasks**. So it could be photos that you want to put into a photo album or a thank you note getting sent. Maybe there's an article that you've been meaning to write or you need to go shopping for somebody's birthday. Maybe one of your good friend's mothers just passed away so getting a card sent out to her right away, and until that's handled, there's sort of a little nagging annoyance that it's not handled. It's not done yet. So any kind of unfinished project or task.

Third category, here's another big one - **things that need to be fixed**. Alright? So – oh, gosh, I'm looking at this example, the waistband on certain sweats. So since I work from home, I basically live in sweats and the one thing I notice that wears out the most are the waist bands. It starts to fray and then it just becomes a toleration until I can go visit my stepmom who's really handy with the sewing machine, take it over to a tailor and get it fixed, or throw out the pair of sweatpants and just get a brand new pair. Right? Of course, we grow attached to some of our favorite sweats.

Other things that need to be fixed could be a hole in the side of a blouse or something that needs to be sewn up. It could be a pair of shoes that need to be polished or a button sewed on your favorite shirt. We've got all kinds of things that need to be fixed. I'm thinking here in the house, putting a new showerhead in the shower, assembling a towel drying rack. Right? So those are kinds of things that need to be fixed - so you can do a scan in your household inside and out, anything that needs to be fixed.

Fourth category of tolerations is **maintenance items**. Oh, yes, lovely maintenance items. So this is where changing the oil in the car, making that appointment to get your teeth cleaned or your hair cut, the light bulb replaced, getting clothes off to the dry cleaner, getting the car washed. Oh, I need to do that one. Getting the battery replaced in a phone or a clock, right? That can happen. So anything maintenance-oriented. That can mean the house. I'm going to start to get too revealing – my list is expanding as we speak. Alright? So maintenance items. So scan through anything there, the air conditioner that needs to be fixed or a table that needs to be dusted, anything like that.

Then we have next category, **fifth category** of tolerations is what I would call **comfort items**. This may or may not apply to your particular situation. A good example of this could be temperature in an office. When I was living up north in Los Gatos, the heating wasn't very good in the little office that I was working in and so the coldness in the office was a toleration, which is probably after leading one of these classes that I went and got myself a little space heater so I could be warm and comfortable.

Of course, it's summer now so maybe the toleration has more to do with heat where you are. So, you know, do you need to get a fan? Do you need to dress cooler? So that you're more comfortable during the day, right? Is the chair that you're working on, is that comfortable? Is there anything that you need in your work environment that would make you more comfortable? Right? So really think just in terms of what affects your comfort.

So let's go to the **sixth category** and that is **relationships**. Okay. So this could be another whole big category. This might be a toleration if there's somebody that you're around regularly that swears and that's not something you enjoy. Right? Or gossip or sarcasm, right? Those could be tolerations. Maybe being with somebody who you're not connecting as deeply as you wanted.

I remember a girl from when I lived up north who wasn't as immersed in the personal growth world and one of the tolerations was this that we couldn't really have deep conversations. It's just always felt that they were at the surface, and I really was craving going deeper so that was a toleration. I will say that ultimately we're going to address all these tolerations, and I did that.

I ended up having a one-on-one conversation with her and just shared with her more about what I really wanted and what kind of conversations just really lit me up. How I really love sharing that part of depth and intimacy in a friendship with a girlfriend. What was so cool is after having that conversation, she would end up being the one that then would come up

with a really powerful question or inquiry when we get together and in a minute, I was finding her being the one that actually was initiating the conversation so the good news is almost every toleration can be addressed, and we'll talk about that. So there could be other ones. Some of them leaving socks on the ground or the toilet seat up or wet towels on the bed, right? So those are all other potential tolerations.

Okay. So let's go to **category number seven**, and I'm going to just label this category **bigger tolerations**. Many of the tolerations that we've spoken to so far are things – you know, let's say the clutter in a closet for example. Maybe it takes me an hour, depends on how much clutter there really is in the closet. Maybe it takes me three hours. Maybe it only takes me 30 minutes to get handled.

Let's take changing a light bulb. I'm thinking of one of the times where I did not end up changing the light bulb on our front porch for several weeks and every time I would come home at night and that would be an annoyance, until we finally just get that toleration handled. How long does it really take to change a light bulb? Maybe five minutes, max. Right? So a lot of tolerations are going to be just really short. It might be just making a phone call, doing a change of address or something. You know, very quick.

But then there's this category number seven, the bigger tolerations. Maybe it's losing the last maybe 10, 20, 30 pounds. That could be a toleration. Having cramped office space - that office I told you about that was cold and chilly but also was really small, so I felt like I was really boxed in. That was also another toleration. Not having covered parking, that was a toleration for me at the time. and now I have covered parking. Very excited about that.

Another toleration, these are all tolerations from a previous place I used to live which is not a big enough closet space so just really being cramped in terms of what I had to work with there. Here's another one. Say maybe a boss or a co-worker relationship where it might not be a matter of having one conversation but it might really need to be addressed over time. If we're honest any time you think about that relationship, it ends up being an energy drain.

Another example of a bigger one could be a chronic injury. Several years ago, I pulled my hip doing yoga and so, it was a lot of pain that went along with – it was just kind of an ongoing nuisance having that hip not fully healed. Right? I know that there's at least one, maybe a couple of you here on the line that has got one of those, right? So, you know, that's something also that we can address.

And then **number eight**, here's another big category, and that is **habits**. What habits are you tolerating? And here, I'm mostly referring to the ones related to yourself, not the ones related to your relationships. That's the relationship category. Maybe you noticed a habit around caffeine or watching too much television or oversleeping or staying up too late or indulging in negative thoughts or being lazy and so these are all different categories. Maybe it's saying "like" or "you know" or "um" too much - too many filler words. I think I've come a long way on that one. That used to be one of my tolerations as well. If you start speaking a whole lot, start being really mindful of it. Having people that keep reminding you of it, you can ultimately transcend that habit and that toleration.

So those are the eight big categories and just a couple of other notes here about **how we want to approach tolerations**. First off, we want to get a master list of what they all are, whether we use a worksheet or just a couple of sheets of paper to just name them out. We might even want to go around our house and just look for them also. They all get named and captured.

The **first step is getting them all listed**, and also it's one of the first steps in freeing up your energy just by having all the tolerations out of your head and on to paper. When you have the time dedicated to work on clearing tolerations, you've got a place to go and they're taken care of and handled. Anytime you've been traveling for a while and haven't really been doing a regular to-do list or there can be a time when tolerations start occurring. I'll make a point of really sitting down and just doing the brain dump and getting all of the tolerations out of my head and on to paper.

So that's the first step, the freeing of energy. We might even have a big, long list. I was adding to my tolerations before the call, and I made a couple of lists right after I moved. Another good time to do a tolerations list is after you've moved, because there are all kinds of little things that aren't done yet. So, make a master list. Right now, there's about 40 still on my list, but it was longer actually. Just knowing that it's all on one place is going to do a lot.

Second thing is now we don't want to make ourselves overwhelmed in saying, "Oh my gosh, I need to get these all done by tomorrow. Tomorrow noon, done." No, no, no, no, no, no, no. **Depending on what your tolerations, hone in on anywhere between one and five a week.** If you've got a lot of time in your schedule, who knows? You might be able to knock out 5 to 10 in a week, but as just a rule of thumb, if you can make it a habit or ritual to be mindful of, "Okay. What are one to five tolerations that I can knock out right away or sometime over the course of the week?"

Again, we talked about the compounding effects of choice where the compounding effect of eliminating one to five tolerations a week over the course of a year. Can you imagine how much energy that's freed up? This is where it's going. This is where with clients that I've worked with get so excited after a year of playing with this concept of just how they really start feeling the freedom of energy; because all these little things have gotten handled. They're not hanging out on their subconscious like they were before.

Here's another thing as you're looking at your master list is to look and see if there is one toleration that will clean up many? So, I was saying a few things like the closets, the cold office, the small, cramped place. I didn't mention that there was also a barking dog that was right in the neighborhood; there was not covered parking. Well, moving was a really good way to clear up a lot of those tolerations depending on where I moved, right?

Sometimes of course, it's not convenient to do that so there might be other strategies. Really look and see, you know, is there one that could handle more than one toleration simultaneously. So that's something to note, and the other thing that I recommend with your list is to find something small that could be handled quickly but that you've been putting off.

I love for people to experience immediate gratification and to get a feeling for how good it feels to get some of these tolerations knocked out. So when I open the lines here in a minute or so, we'll take commitments from you about which tolerations you're going to get handled. Are you going to go for one big one that you're going to just totally knock out or something easy that is quick but that you have been putting it off and you just want to get handled to free things up.

Procrastination is a big breeding ground for tolerations to spread so you'll soon find as you get in the habit of identifying tolerations that as soon as one pops up instead of waiting around for two weeks to get something handled that just you jump right on it. So it could be a toleration that after you do laundry all of the clothes sit on the hamper for a while. One way to avoid that toleration is that as soon as the dryer is done, pull everything out. Pop them on the bed and just get all the clothes folded and put away before you really even have a chance to waste any energy on it.

I'll say one other thing on the tolerations. It relates to the toleration that's around unfinished projects or tasks. Occasionally, a goal that you haven't been acting on may become a toleration. I've been working – I've been getting ready to launch a new program called Ultimate Impact. For several weeks, getting the sales copy written for that was a huge toleration, because I wanted to have it done by now, it wasn't done, and I wasn't

having the time. So sometimes, a project like that can turn into a toleration.

In general, the concept of tolerations is less about what projects you're procrastinating on or goals that you're not realizing, but more of these little tasky energy drain type of things. So that is my little spiel about tolerations. I'm going to just open up the lines here. If there's any questions about tolerations, any comments, or if you're ready to dive in and share a commitment that you would be a toleration that you are ready to get handled.

Michael: This is Michael.

Mary Allen: Yes, Michael.

Michael: Yes, I have a comment. I haven't quite thought of what my commitments can be, but I just want to share something.

Mary Allen: Okay.

Michael: When it comes to dishes, I practice "no trace cleaning up." It's like leave no trace camping where when you finish camping, you leave your campsite as clean and as untouched as it was before, or better.

Mary Allen: Yes, yes.

Michael: So what I try to practice when it comes to cleaning up dishes is that if I am putting away dishes after a meal, I will put away whatever I used plus I'll put away something that somebody else used as well.

Mary Allen: Oh, okay.

Michael: And if you think about it, you don't have to do it all, but if everybody practices this ...

Mary Allen: Right. Then everything is very, very orderly.

Michael: Exactly.

Mary Allen: Oh, that's a nice little habit to avoid the toleration of dishes in the sink. Because you can do the opposite, right? Doing all of the dishes except for one fork and one glass, right? Then, of course, that can compound too.

Michael: Exactly.

Mary Allen: Nice little ...

Michael: You can apply this in many different areas of life other than dishes.

Mary Allen: Yes, yes. So true.

Michael: You were talking about tidying up. Well, for example, one of my tolerations is clutter around my desk.

Mary Allen: Yes.

Michael: If at the end of a day, I put away everything that I used plus just a little bit more over a period of a week, this clutter will disappear.

Mary Allen: Yes, that's a nice strategy. Totally nice. Well, and that's ultimately one of the keys. How do we avoid the tolerations from occurring to begin with, which means either we're handling them real time. You stay one step ahead and create habits that everything has its place, and there's a place for everything.

Michael: Sustainable solutions.

Mary Allen: That's right. Good, good, good. Well, great. Thanks for sharing that.

Cindy: Yes, this is Cindy. Hi.

Mary Allen: Hey, Cindy.

Cindy: I have two tolerations. Actually, I have a lot more, but two I'll share. One is when I open my mail, I'll just throw everything in the pile that I want to shred instead of just shredding it.

Mary Allen: Okay.

Cindy: Then, all of a sudden, I have this huge stack to shred other than just doing it a minute a day.

Mary Allen: Right.

Cindy: My second toleration is literally about 25 years ago. It's these four pictures to do their needlepoint pictures.

Mary Allen: Yes.

Cindy: They were winter, summer, spring and fall. I've done all three of them except for the fall one, and I have the other three hanging on my wall. The fall one is half finished, and it's just sitting in the open in my office as a

reminder for me to finish it. I really want to finish it. Even when Amy came over to my house this weekend, she's like "Mom, are you ever going to finish that thing?" Because she's been watching me with this last little fall thing for the probably over 20 years. Maybe working on it once a year instead of just taking probably take less than three or four days of working on it to finish it.

Mary Allen: Okay. So am I hearing a commitment to get this handled between now and when we talk next?

Cindy: Yes.

Mary Allen: Awesome. Fantastic. Great example. One of the big things with tolerations is that it's just about doing it, knocking it out. But we can get all caught up doing other things in life and thinking that they're insignificant, but when they're all there accumulated, it represents a lot of energy in our lives. I find it a little bit more peaceful to be toleration-free. Who else would be willing to share a couple of tolerations that you're committed to handling?

Amy: This is Amy.

Mary Allen: Yes.

Amy: I recently moved as well, and almost all of mine and my husband's clothes are in boxes and containers and suitcases. I just haven't put my closet together yet.

Mary Allen: Yes.

Amy: But I've been avoiding my bedroom.

Mary Allen: Okay. And how long have you been living in your new place?

Amy: About three weeks.

Mary Allen: Okay.

Amy: So, I will get that done. It's only going to take me maybe two hours max so I just need to do it.

Mary Allen: Okay. Good, good, good. That will be a good one. Do you have a second one?

Amy: I haven't noted it down yet. Maybe dishes. I want to have all the dishes done every night before I go to bed. I feel better when I wake up and my kitchen is clean.

Mary Allen: Okay, good. Yes. Amen on that. Love it. Who else?

Cindy: Mary, I have to tell Amy something on this just, because you said it over the weekend. Amy said I need to do it, or I'm going to do it, or something like that, but Amy, you get to do it.

Mary Allen: Yes. You get to do it.

Cindy: Yes. We've been talking to each other [Indiscernible] all weekend ever since you said that. It's two things. Yay! We get to do it.

Mary Allen: Yes. Isn't it a nice perspective shift from either have to or should.

Cindy: It is, because I know Amy and I both have that thing, the should or have to or need so every time one of us says that word, we tell them "I **get** to do it."

Mary Allen: Yes. Yes, thank you for that reminder.

Cindy: You're welcome.

Mary Allen: Nice. Who else? One or two tolerations that you are ready to handle.

Gary: Mary, this is Gary.

Mary Allen: Yes, Gary.

Gary: Alright. Well, I guess I'll say one that I just tackled, because I'm moving forward in my career now. I've had a big problem with falling into the mindless TV sort of thing. I guess I just had to tackle that and with getting up early which I've had a hard time dealing with and I tolerated it.

Mary Allen: Yes.

Gary: In the last few days between the abstinence on TV and waking up early, it's like I have another five days, and it's an amazing feeling to just have all that time to devote to things you want to do now. So that's something I tackled actually this week.

Mary Allen: Right, right. I would put those in the bigger tolerations category for sure. So congratulations that you finally jumped on that one. Thanks for declaring that.

Gary: Sure, thanks. Big one.

- Mary Allen:* Yes. Is there another one that you were going to handle?
- Gary:* Well, there's one I did handle as well. At least we're going to find some new ones that we'll have to work on, but I've had an operation last week.
- Mary Allen:* Boy, there's another example of a big toleration. Right? Having some kind of a health challenge that needs surgery or real medical attention and – yay!
- Gary:* Yes, and I was tolerating it, almost getting used to it. Again, once it's done, I can't believe I lived that way for as long as I did. So, yes.
- Mary Allen:* Yes. Well, and that kind of points to this idea of homeostasis which is that we get in this comfort zone of it's okay the way it is or maybe with a certain amount of clutter. In your case, a health issue that's not *that* bad. Right? Wherever it is, we get this homeostasis, but when we can really acknowledge it as we need to get this handled, because it would free up a ton of energy - that's a good thing.
- Gary:* You know, I found that you're less aware through it than if it's something that happened immediately. You know, like you broke your leg. Obviously, that happened immediately but if something happens slowly over time, you sort of don't realize it's happening.
- Mary Allen:* Yes, that's so true. So true. So who else would be willing to share a toleration? I'm going to check our message boards here. Anyone else? Toleration you're committed to handling. Okay.
- Gaile:* This is Gaile. I'll speak one quickly just for accountability.
- Mary Allen:* Okay, good.
- Gaile:* It's tiny, but I've been tolerating it. It's a regular financial transaction. I just want to get it automated, so that I don't have to think about it every week. I'm going to get that handled by the end of the week before next Monday.
- Mary Allen:* Great. That's a good one.
- Gaile:* Yes.
- Mary Allen:* Automated, whether it's bills or savings or of course, one of those big ones could be debt. How good does it feel to obviously get that handled? Love it. Anyone else want to speak into this space and share a toleration that you're committed to handling?

Okay. Well, good then. Well, let's just check in here if there's any questions around a toleration about handling some of these. I mean obviously clutter. We get something organized. We can always hire a professional organizer, finishing projects and some of these are really obvious. Is there anything on your list that's a toleration that you're not really clear on how we can handle this? I'll give an example that came from a previous boot camp.

This one was one of the gals said that she had woodpeckers outside her window, and so every time the woodpeckers would do their little thing, the knocking sound, it would drive her crazy. Right? She would be in resistance to that. It was annoying. We look at what are our options, right? Go out and shoot woodpeckers? Maybe not. So, one way that you can address a toleration can be in a perspective shift. I think what she did is she decided to shift the woodpeckers into being something nurturing and supportive, and so every time she would hear it, it would be kind of a reminder of being in nature, and the fact that she had wanted to move from Northern California to Colorado. It was just a great affirmation or a reminder of that.

Just one other example of that is I remember years ago, living in an apartment and having neighbors that lived above me, and it was a toleration every time I hear somebody walking around upstairs until I shifted the perspective. It became feeling that there is someone watching out above me. It had me feel connected and just a reminder maybe not necessarily that it was my neighbor that was looking out over me but that there was a force or presence that was there with me. So instead, I found comfort in it and a warm feeling. So that's another way to get creative around some of those tolerations that might seem like I can't move or I can't really ask my neighbor to move out or the creaking is not going to stop on its own. Those are some examples there.

Michael: This is Michael.

Mary Allen: Yes, Michael.

Michael: I just wanted to add something here. I was given a list at one point a few years ago of potential areas that might be considered tolerations. As I worked on this list, I thought, "You know what? There are some things that certain people will consider a toleration and others not."

Mary Allen: Right.

Michael: We also have to be careful not to go out and start looking for things that could start to bother us.

Mary Allen: Right.

Michael: For example, in the case of a light bulb that's burnt out. In your case, it was bothering you but in somebody else's case, it might not bother them at all. It might be a light bulb all the way at the other end of the property or whatever, and they never go there. It's not a toleration, and so you have to be careful not to start looking for things that can become tolerations.

Mary Allen: Right, right. You know what? And I think it's an interesting edge to play with because you're absolutely right in that if something is honestly not really bothering you, like I'm thinking that there's a little teeny weeny rock that hit my windshield on my car and honestly, for what it would be to get that fixed, it doesn't bother me. I see it. It's small. It's insignificant. I could fix it, but it's not a big deal. So that's an example of one for me that doesn't bug me.

At the same time, we also want to make sure that we're being really honest with ourselves. I'm thinking of somebody that has a lot of clutter in their home, and they could say, "The clutter doesn't bother me."

But if they're really, really honest, what would be available to them if that clutter was all handled? Are they being honest with themselves in saying, "No, no, it doesn't really bother me"? So we want to be brutally honest at what really is bugging you and draining your energy. I'm with you too that we don't need to create more suffering for ourselves by identifying them.

I'll say this too as we name this list, the idea isn't to see how quickly you can get everything done off of your list. Really the idea is now that it's first out of your head, it's here and available for you to access and slowly chip away at, but this list is not meant here for your suffering. So if looking at the list brings you suffering, then that's not the intention here. It's really about just being a place holder so that you can begin to get these knocked out one by one.

I did make a goal one time. Actually it was while when I was attending Landmark Forum. The goal was over about 90 days that I wanted to be toleration-free. All these things and some had been on my list for years that I really wanted to get done, but just really hadn't made a priority. I did make it a mission to just knock everything out on the list, and I think I got pretty close. I don't know if I got 100 percent but pretty close.

So, good. So we're going to bring this to a close. Actually, I'm just going to pull one comment here from our forum. Somebody made a comment earlier about resistance and saying that really what they have been doing is just noticing where it shows up in their body and breathing through it and then looking for the seed of opportunity to transform it. It's a nice little

comment there. Now let's just do a little quick check-in. What's something of value that you're taking from today's call?

Michael: This is Michael.

Mary Allen: Yes, Michael.

Michael: The obvious one is the eight categories of tolerations. Now I do have a question about that, if you don't mind.

Mary Allen: Sure.

Michael: Did you list these in a particular order?

Mary Allen: You know what? I don't think they really need to be in any particular order.

Michael: Okay.

Mary Allen: Yes.

Michael: I was just wondering if there were some that typically have a greater impact on people's lives than others.

Mary Allen: You know, I think here is really where it's personal. Where are you feeling like it's capturing the most attention. Shortly after I moved into our place, by about that Thursday, the toleration that was most prevalent was the piles in my office. The ones out in the living room weren't affecting me. The ones in my office were. So, I finally jumped on that one. Actually, I think that day.

Michael: So prioritize the list once you've created it.

Mary Allen: Yes, and well, I would even say just focusing on the very next one. Just star one to five. It could be a list of 25 or if there's a list of 40, star the top one to five, and don't worry about the rest. Don't worry about getting them all in some kind of big numerical order. Each time, you're going to just want to live out of the moment and see what you're called to next.

This will tie in really well with our next call, which will be on August 24th and our topic is Spirit versus Ego. It's a fun way to actually play with tolerations by allowing your own inner guidance to call you to the next indicated action. That will be our focus topic for August 24th at 5:00 PM Pacific time, and let's just do a little quick check-out. What are you taking of value from today's call?

Gaile: This is Gaile.

Mary Allen: Yes, Gaile.

Gaile: As frequently, I'm taking away today the whole toleration conversation with the opportunity to commit to clearing a toleration and sharing it inside of a group to hold me accountable. That's really what I'm grateful for in taking home today.

Mary Allen: Nice. That is definitely one of the big intentions of our space here in the Momentum Forum.

Gaile: Taking advantage of it.

Mary Allen: Good, good, good. Who else? What do you take in a value from today's call?

Gary: This is Gary.

Mary Allen: Yes, Gary.

Male Participant: I think just like the first five of the small tolerances are things that I actually have taken good care of and will eliminate in my life, a lot of them, and I think just the fact that you mentioned them, I was seemingly aware of it. So the awareness, which I think is really powerful.

Mary Allen: Yes. Really, really good and even just knowing that all of these things that are handled frees up time and energy to go and pursue your higher purpose and bigger activities. I know I've had a couple of clients, one in particular who's a newer coach and wanting to embrace more of that. For her, it's really handling all these boxes in the garage and office and really getting that all cleared out so that she can free up the energy to really be available for her next business and career.

So, excellent. Well with that we'll just bring today's call to a close and we'll look forward to reconvening, August 24th at 5:00 PM. I'm going to upload a worksheet for what am I tolerating, and there's also this great, little worksheet I found. I think it's a list of a thousand and one tolerations. Don't feel like you have to adopt them all as Michael indicated that it's more of an idea generator to just help bring awareness. Don't make this a task list for yourself. So, I'll upload that as well and always your comments are welcome in the forum, and we'll talk to you all in two weeks.

Gary: Thank you very much, Mary.

Female : Looking forward to it.

Mary Allen: Alright. Bye-bye everyone.

Female: Thank you, Mary.

Female: Bye, everyone.

Female: Have a good evening.

Male: Bye.

Mary Allen: Bye-bye.