

Mary Allen:

Let me officially welcome everyone to Momentum Mastery Monthly. This is our success call and our topic of today is *Emotional Muscles*. This is the key to creating your heart's desire much more easily and effortlessly. I'm really excited about our topic today. If you make a commitment to really work this little concept called emotional muscles, I guarantee things will shift in your life for the better.

First off, we did the checking in question around (as you think about your goals, your vision, your dreams, even your daily rituals) what you want to take on in your life. Check in and see. Is there 100 percent alignment? When you think about what you most desire, do you notice some kind of gasp or "Boy, can I take that on?" Is there some fear? Is there some nervousness?

Do you feel like you're not quite ready for it? If there's any level of resistance at all, any kind of moment that we can almost know for certain that there's a little bit out of alignment regarding our visions. Of course, Momentum is all about helping you move more quickly towards that which you wish to create. It's also about expanding everyday inner peace in your life. So to the extent that there's resistance then, we want to go about tweaking the nervous system, so to speak, so that you can be 100 percent match for that which you wish to receive.

So, we're going to talk a little bit today about how emotional muscles can help us either attract or repel our goals. We're also going to look at a few keys to help you really identify the emotional muscles that you may need to really start giving some conscious attention to. Once we identify an area that maybe that emotional muscle is a little weak for you. Then we'll give you some specific strategies on what can we do to really strengthen that. So, it can support you in being an asset to more quickly manifest those goals of yours. Then, we're also going to talk about the four most important emotional muscles to help expand inner peace in your life.

So you may be wondering what those are - we're going to get into that as well. Then as we often do on these calls, we're going to check in with our listening audience at the end about the emotional muscles that they identify during the call as maybe being the top three emotions that they want to consciously work on flexing and building some strength around so that they become a greater match towards those goals. So that is where we are going today.

Welcome to all of our listening audience. It's always a pleasure to be here with you on our Tuesday evenings. So let's just jump right into it.

First off, the whole idea around emotional muscles is that we can actually receive that which we wish – that which we desire. Where I first discovered this is actually in a conversation that I was having with a lot of women who are wanting to attract their mates into their life, that significant somebody, their soul mates and so forth. I was asking them, “How would you like to feel if that person was here and already alive in your life - even sitting right across the table from you? How would you feel?”

There might be some words like, “I feel excited.” Then sometimes, they would shift into their head. It would be like, “Maybe I would feel adored and cherished.” It would be more of a mental answer. When I asked them, “Can you feel that now? Can you really go to the place of feeling adored and cherished?” And for a lot of women including myself, it was like, “Gosh, I'm not quite sure how to access feeling adored and cherished right here and right now.”

If you want to attract your soul mate in your life and you want to ultimately feel adored and cherished and you don't have the emotional muscles for the nervous system to be a match to actually feel that feeling, then Mr. Wonderful could be your next-door neighbor and you might completely miss it. Not because it's not present in your life, but because you're not a vibrational match or an emotional match for that which you wish to receive.

This shows up in lots and lots of places. Relationships certainly are one big place. Let's take another situation. Here's an example. One of the gals in one of my boot camps wanted to get more comfortable about being on television. There was a big infomercial that was coming up, and she was recognizing that the feeling of really fully being seen that was an emotional muscle that felt particularly weak. Right?

Well, let's just do the math. If you're not really feeling like you can go to the place of being fully seen, are you going to attract experiences that are going to put you front and center in front of millions of people? Probably not. So, even if those opportunities come up, you're going to sabotage yourself or put your foot in your mouth, because there's resistance to fully being seen.

Another place where this can show up is in the area of abundance. In the area of worthy and deservingness, (we've talked about this

on other calls as well) that if our vibrational match is only comfortable with receiving a certain amount, and above and beyond that is not an emotional match for us, then it's going to be one of the things that keeps us at a plateau income-wise. So that's another place that we can really look.

These are some examples of emotional muscles. Examples to give you the idea so that we can begin to see that if we can't feel it inside of ourselves first, it doesn't matter what the external circumstances are. We're somehow either going to sabotage it, repel it from coming into our life or setting ourselves up to not fully receive that which we most desire.

Let's first do a little investigation here. This is where we're going to be doing a little scan to identify which emotional muscles are ones that you most need to work in your life. So that when we talk about how to flex them, we've actually got the ones specific to you that are really going to support you in manifesting your next vision.

This is where you can pull out your 12-month vision. If you've got that in front of you, you might pull out your top three goals. You might pull out a list of daily rituals and see where there's some level of resistance or stickiness. Begin to scan that. I'll use the example of one of my clients who works at a really fast-growing company. I believe she was at the marketing department and taking on more and more responsibility and so forth, but she would feel insecure and not really sure of herself, so that she would end up sabotaging her efforts. She would second guess herself and so forth.

One of the things that she ultimately wanted was to get a promotion to move to the next higher up level, to take on more responsibility, to get a raise. These were all things that she wanted, so we looked at, "*Emotionally* where does she need to be?"

What we focused in on was a place of **calm confidence**. She wasn't actually feeling that already. It was actually the second guessing-ness and so forth. What we did is we tapped into calm confidence as being the emotional muscle that she would flex. This is one of the strategies for building emotional muscles is "act as if" or we could call it "fake it until you make it" or imagine that you are an actor or actress. Imagine pretending that you're somebody who is already completely embodying this energy.

So, calm confidence. How would somebody walk like that? Would they walk straight up, maybe shoulders back, head up as opposed to facing down, looking at the ground? We worked on literally training her nervous system to show up in a more powerful way. She practiced this and actually after doing this even for a week or two, she decided (I didn't know this because I didn't see her in person) to change how she was dressing at work. Some of her outfits and clothes weren't really supporting her in accessing that sense of calm confidence. So, even just focusing on the calm confidence led to some other decisions that supported her in getting into that grounded, alive, calm, confident energy. Sure enough, over a period of time, she ended up getting promoted, having people move underneath her as direct supports.

It's fun coaching story for me, because this was one of the great success stories that then led to more referrals from that particular company. She went on interestingly enough to then attract a man in her life, and she's now married. I occasionally get a little note from her on my Facebook wall of pictures of her and her now husband and just how happy and radiant she is. A lot of that really was right out of this flexing calm confidence and just giving some of that conscious attention to it.

So that's an example there. So scan. Maybe if you're doing something more public, if you're a coach, an author, or a speaker, and you're wanting to do more live events, maybe more media. Maybe the being seen emotional muscle could be one for you to hone in on.

What I would like to recommend for anyone that is on the working out path (and this is one I go to anytime I get out of the habit of working out on a regular basis). I pull on the emotional muscle of **anticipation**. How can that be useful? It's anticipating that making a transition into the workout whether it's going for a run or getting myself off to the yoga studio or to the gym. It's the anticipation of feeling super, super good, that vital, alive energy that comes after working out.

By stepping into anticipation, it really helps to create that additional momentum to actually get me to put on my workout clothes, get those sneakers on, and actually march out the doors. Anticipation leads to, at least for me, getting into the gym and getting that workout in. Then, you get the other fabulous experience of that alive energy that comes post-work out. That could be an emotional muscle to hone in on.

I've shared this story before about one of my clients who consciously worked on worthy and deservingness. Each week he would rate on a scale of 1 to 10 with where he was and ended up going. His ceiling happened to be just under a million dollars. I know we all feel sorry for him just hovering there under a million dollars but it doesn't matter where your ceiling is. If you're hovering at the \$25,000 mark or you're hovering at the \$50,000 mark or you're hovering at \$130,000, we all have a certain plateau of where it's comfortable to receive, of where we feel worthy and deserving because we've either received it before. We've been receiving it for a while.

We know that "I'm worthy of at least this much." When we want to go beyond that, we really need to expand that sense of worthy and deservingness. We might consciously flex that muscle of abundance and allow ourselves to really experience that much more deeply than we would just by itself. We can scan our visions, our goals, our daily rituals to look at, "Which of these do I really want to strengthen so that what I'm bringing into my life can show up much more easily?"

I'm going to talk about two other ways. I'll circle back to those two other ways that we can actually build those emotional muscles. I'm going to just name a few other emotional muscles that have shown up over all of the years of me leading bootcamps just to give even more ideas into our space here.

So we talked about calm confidence. Here's another one. **Sharp focus.** You can even write down a few words to help define what that means for you. So sharp focus could mean a lot of things to different people. One bootcamp participant said, "I don't allow my emotions to muddle my clear view of things as they are. I act with clarity and surety." That gives you a real idea of what the sharp focus emotional muscle means. "I don't allow my emotions to muddle my clear view of things as they are. I act with clarity and surety." Awesome emotional muscle.

Another phenomenal one is good for those of you wanting to attract more abundance in your life - and that is **gratitude**. Gratitude is super huge. This person said, "I have gratitude. I'm grateful for every sip of air and every second of my day that I get to enjoy on this journey of life. I show my gratitude everyday through my thoughts and actions towards others, earth and myself. Thank you God, universe for this amazing life I get to create."

Beautiful. This, by the way, is an emotional muscle that our dear friend Oprah has consciously flexed. I don't know that she would call it necessarily an emotional muscle, but she might. She had years ago a gal that was on talking about the book *Simply Gratitude*, and Oprah took on that practice of writing down five appreciations everyday, which had her connecting to the emotional muscle of gratitude. It also had her looking for other things that would add to gratitude so that she would have something to write down each day. We've seen how her business has grown - how she has literally grown her business millions. She's one of the few billionaires in the world as a result of hard work, really showing up, and doing a phenomenal job with her show. She also had the nervous system to match, to be able to receive all that was coming into her life.

Had she had a different nervous system wiring where it's like "I'm only comfortable with this much visibility." Or "I'm only comfortable with this amount of money." She might have done very well and - like some other talk show host that we know - made a good living. Maybe even in the millions but that either eventually had their show canceled or they moved on to other things.

It goes without saying that in order for somebody to receive at that level, you've got to be a vibrational match. You've got to have a nervous system that is a match, that can hold that capacity. So it's really something to, you know, consciously cultivate so that we're not unconsciously sabotaging things.

So here's another one. **Commitment.** Somebody said, "I am committed to being committed this year. I flex and expand this muscle commitment and watch how easily all of my experiences improve. Part of my commitment means saying no when I don't have time, and saying yes when it's for my highest good, and knowing when to discern between the two. Commitment means putting things on my calendar that need immediate attention in accomplishing them. This commitment will be the key to my success in this coming year."

It's another beautiful emotional muscle and by the way, this was also one that I consciously had to flex around the time that I was getting engaged to be married. Here's a girl - I guess I was engaged at about age 39. It wasn't that I hadn't been asked before but apparently, there must have been some block to 100 percent committing. So I literally did practice what it would feel like to commit my whole being to another person. I actually visualized

myself standing right across from this man and doing my wedding vows in front of a group of people and feeling really at peace and comfortable - committing my whole being in that relationship.

In observing life, I realized that I seem to do relationships for two, three, four years but that seems to be about then limit. Then I don't end up walking down the aisle or something happens. I could blame it on the guys, or I could blame it really on myself for just not having the emotional muscles to be a good match for a marriage commitment. Of course now, I get so amazed at myself. Wow, I've been with John now for over six years, and it feels really good. It feels like I want to go for another six years or more. So, that may be an emotional muscle for some of you to consider adopting.

Let's see. Other great emotional muscles. There are so many good ones. **Vulnerability.** I say that one, because vulnerability is one of those emotional muscles that even I continue to really want to cultivate and work in myself too.

I'll read what somebody wrote here. "I still have a way of being the strong one. I am aware that I still have some old defenses. I notice the word fence in defense. These fences still try to protect me, yet I have shifted in such a way that I'm no longer wanting to 'be strong', not in the old way anyway. I am strong but I don't need a protective armor anymore. I am focusing on opening my heart, my spirit, my mind through flexing the surrender and receptivity to allow me the opportunities to be vulnerable. I think if I'm aware when moments arise for me to just be, that I can also let others see that part of me. They won't bail or freak or be disappointed."

Here's a beautiful embracing of vulnerability to open the door for greater intimacy, to allow yourself to feel loved on the deepest levels. I certainly found vulnerability was necessary for me to access adored and cherished. That can be a real key. It's such a beautiful, tender, and really a powerful emotional muscle to embrace. If we've got some achiever women here on the line, this may also be one for you that feels a little bit more scary to fully embrace, but may really serve you to have this in your repertoire. So vulnerability, another beautiful one.

Surrender. Surrender is another really nice one. This dovetails into our conversation from a couple of weeks ago. We talked about really surrendering to spirit's guidance. That really is a great example where the emotional muscle surrender can come in handy.

If we really want to honor our spirit's guidance, then trusting that and taking that leap of faith can really be useful. Surrender may be another potentially scary emotional muscle to venture into, but one that may really serve you as you're embracing that relationship with your higher self.

I'll read this one. "I am focusing on surrendering my need to control the outcomes of the how my goals will manifest. I am surrendering to all the abundance of health, wealth, joy, love, creativity, inspiration and peace that the universe has in store for me. I am letting go as I imagine myself swinging on a big swing connected to one of those beautiful giant redwoods you all have in California." So really good. Just allowing and being present and not forecasting the future or rehashing the past. Just opening up and saying that that's surrender for me, and so it is. It's another beautiful one to really consider.

We spoke a moment ago about **receptivity**. So surrender, receptivity, vulnerability might all be cousins but each with a little different flavor and a little different frequency inside of our body. Receptivity is a lot like surrender but slightly different. With receptivity, I imagine I'm a catcher playing softball with the universe. Never quite sure which ball will come my way. Will it be a fastball, a curveball? Yet, using my intuition and connection to the pitcher which is the universe, I can still flow and sway and shift as I am receptive to anything it throws my way, because I trust and know that whatever it is, it serves my highest good. I am receptive to what comes my way, and I am open to that position. It's another beautiful one.

So you're getting a feel for a variety of emotional muscles. Here's one more, **humility**. I know I need more of it in my life, but I need to be clear to what it means. Humility, according to the dictionary, means modest or respectfulness or rather the quality of being modest or respectful. It is also defined as having an unassuming nature. Yes, I need more of this in my life.

"I see each and every person in my life with fresh, non-judgmental eyes. I approach life experiences with love and an unassuming nature." Beautiful. Humility is an unassuming nature. I've recently seen some people asking questions around how do we tame the ego and how that would be less of a big force. Humility may be a really beautiful emotional muscle to embrace in that regard.

So we've got lots of ideas here so let's go through some of the keys to building. I encourage everyone listening in to hone in on

three emotional muscles that you think can really support you in aligning more fully with your goals. Let's look at the keys here. First is we mentioned it as the "act as if." It's sort of the pretending, imagining, putting yourself into the experience of fake it until you make it.

What might vulnerability really feel like? Just relaxing into what that might feel like. Right? You might imagine somebody who's in a vulnerable situation. Let's say a bug that gets rolled over on its back and is face up. Right? Sometimes even a dog or a cat that rolls over on its back with its belly exposed. That might be the essence of vulnerability, showing that soft underbelly. If it's about being seen, maybe it's imagining one of your favorite movie stars or actresses or singers, performers or a reality TV show person and imagining how they may feel just really allowing all of who they are to be seen in front of millions and millions of people. That may help elicit that show.

First key is act as if. You want to access adored and cherished. Imagine how it might feel to just have somebody just really laying on that energy of adoration and appreciating every aspect of who you are. So that's key number one.

Key number two, this is a big one and that's **consistency**. This whole idea of emotional muscles is an idea that if you just do it on this call or as you're listening to this as a CD or an MP3, there may be some value that maybe you'll tap into a new level of one of these emotional muscles that may start a nice ripple in your life.

But the real way to strengthen it and have an emotional muscle work for you is the example we used with Oprah. It's a little bit of time each day. Even if it's 60 seconds or two minutes a day, just going in and connecting in just a little bit each day. Consistency is one of the big keys.

One emotional muscle that we didn't really speak to here is one of the core inner peace muscles so I'll mention it here. That is around **self-love**. Imagine just for a minute that you give yourself an opportunity each day to just send yourself unconditional love. Maybe it's while you spend a few minutes looking in the mirror. Maybe it's taking a few minutes on the couch at the end of the day. Maybe it's even while you're driving or laying in final resting often in yoga, laying on your back and just imagining loving yourself.

If you're doing just a little bit of that each day, imagine what might the compounding effect of that to be over the course of a year or over the course of two years. Especially if the habit before was to be judgmental, to be tough on yourself, just be constantly giving yourself the mind chatter. "Oh, you're not doing that right. I can't believe you messed up with that and just being super, super harsh for some of the choices you've made". Just imagine, What would be the compounding effect if instead you spent one to two minutes a day connecting into unconditional love with yourself?"

You might really notice self-esteem being raised. You might feel even more confident in yourself, feeling just a sense of compassion and love for who you are. I will say of all the daily rituals that I have embraced over the years, one of the ones that I just am most proud that I've done is flexing the emotional muscle of self-love over time.

You know, I had always heard that you're supposed to love yourself. I took that to heart. I took it on over the course of a couple of years. One of the single most significant things that I've done that has contributed to having a different kind of confidence is to go out in the world and do whatever I'm doing now. So, a great example of consistency.

Okay. So let's go on to the third. **The third key to building your emotional muscles is to recall previous experiences where you've tapped into that emotion.** We use the example of love. If I'm trying to work this self-love muscle, maybe I don't have a lot of experience giving myself love. I may be able to recall other experiences of receiving love from my parents or imagining receiving love from my parents when I was a baby or a small child. Imagine receiving love from a dog or a pet or even cats or maybe a friend or girlfriend. It could be a boyfriend or significant other, significant relationship.

If we take the example of the client with calm confidence, where has she felt a sense of calm confidence? Where could she tap into that? Where has she felt that before? Maybe it was in doing her arts and crafts, which I think that gal was into arts and crafts. She had more of a calm confidence in that regard.

Take that energy and then bring it into a new context. We might say worthy and deservingness. So we're having a sense of worthy and deservingness that you did a phenomenal job and maybe received a great bonus or a great promotion or some kind of a

special acknowledgment or an award and really allowing yourself to take that in.

Being seen. Maybe it was in a small audience. Maybe it was just even with a friend or one person imagining how it felt to be fully seen even by one other person. That could be the beginning to allow yourself to be seen in front of a large event where you're speaking to dozens of people or hundreds of people. So that's the third key to building an emotional muscle.

So we have number one, act as if. Number two, consistency. Three, recall previous experiences. **Four, we'll call it the emotional flood.** The emotional flood is sort of like recalling previous experiences, but what we're doing is stacking a whole all together. So let's say I want to work the emotional muscle of I want to have more joy and fun in my life. Maybe I've been working way too hard and am in the burnout mode. This might be a great emotional muscle for some of your clients that are busy executives and that just really haven't put much energy or attention on the joy and the fun muscle.

They might do an emotional flood where they're recalling a whole bunch of experiences that have occurred that were totally fun and joyful. Perhaps it was a time on the beach watching fireworks with my husband John or it could be laughing hysterically with girlfriends. It could be running through sprinklers as a child. Hard to believe that used to be fun. I don't know that I would do that now.

So something fun. Sharing in an outdoor concert. Being in the company of loved ones. Just combining experience after experience after experience. The key here is really as you're imagining each of these experiences, it's allowing your nervous system to really fully embrace those feelings. Really get into it as if you were back there on the beach watching the fireworks with someone you really cared about.

So we call that an emotional flood. Great one if you want to work on the self-love, gratitude. That's a great one around worthy and deservingness. So pretty much for any of it, these can work.

Then, number five, we'll call reverse engineering. Reverse engineering looks a little bit more like in order for me to feel serenity, for example. What do I need really to allow myself to fully step into a place of serenity? I would need to imagine being in a clear space where there wasn't a lot of things coming at me. I

would imagine a situation where I was feeling complete peace. Then I might imagine, “Wow, let’s bring that serenity.”

Let’s say I want to experience serenity now in my office. What can I do to take all of the distractions around and just allow myself to find that same sense of serenity? Maybe another example of reverse engineering is when I was thinking of when I got on to this idea that in my next relationship, I want to attract somebody that adores and cherishes me. In order for me to access adored and cherished, I realized that the only way that I could feel that is I needed to feel a sense of vulnerability first. In order to feel a sense of vulnerability first.

I might not have had vulnerability on my list of emotional muscles, but I come to find out that it’s actually necessary in order for me to access adored and cherished. I need to be open and receptive in some way in order to allow that sense of openness. It’s not really the other person creating those feelings. It’s us creating those feelings.

We just project it outwards. We say, “They’re giving me that feeling.” No, it’s just that you happen to be open to experiencing those feelings with that person around. If you’ve got a well-strengthened set of emotional muscles, then it’s likely you’re going to experience how you want to feel in lots and lots of situations.

Those are five keys there. So quickly, I’m going to go through the **four most important emotional muscles to expand inner peace in your life**. Then, I’m going to open up the lines and hear from you which emotional muscles you’re eager and enthusiastic about wanting to embrace moving on.

Of the other couple of inner peace emotional muscles, one is **willingness**. I talk about it in my book *The Power of Inner Choice*. Willingness is one of those emotional muscles that will always allow us to take the next action, be open and receptive. When we’re not at a place of inner peace, if we can just step into the willingness, we might embrace a process like inquiry. We would be willing to embrace the Inner Peace Reality Check process to where we can shift our perspective and look at our situation with fresh eyes. Willingness is one of those key emotional muscles that will help us almost everywhere.

Another key inner peace emotional muscle is **curiosity**. I say that, because we’ve learned a lot about what interferes with inner peace which is resistance. If resistance is what interferes, and we can

bring curiosity to that resistance and begin to get curious about, “Gosh, what’s that resistance all about?” See that there’s defenses here. There’s something that I’m wanting to protect. That’s a form of resistance, sort of a defensiveness, a protection. If we can get curious about that through awareness, we can begin to melt some of that defensiveness. With a little bit of willingness, open ourselves up to being vulnerable, allowing ourselves to be touched and affected at a deeper level.

We already talked about **self-love** as being one of the big four, and then the fourth is **gratitude**. If we want to step back into a place of inner peace, one of the quick strategies is to write down 25 things we appreciate. Just go into gratitude. It can be one of our fastest paths back to a place of inner power, back to a place of inner peace. It’s impossible to be connected to a place of gratitude and still feel disempowered or be in victimhood. Gratitude is one of those that connects us back to our place of inner peace and inner power.

So, there we have it. Four inner peace emotional muscles, willingness, curiosity, self-love and gratitude, and I’ll share one more. Then we’ll open the lines and I’m hopeful that many, many new thoughts are percolating around this idea of emotional muscles.

I like to think of emotional muscles as also what we can call bridging the gap with emotions. We see a vision that we want to create. Let’s say I want to write a book for example. “Gosh, it’s so far out there. I don’t know how I could ever.” It feels more distant, more remote. So one way that you can help bridge that gap emotionally is to create a mock book cover. Go into any graphic program like Photoshop, PhotoDraw, any kind of graphic program. Pull out a picture. It doesn’t have to be a perfect or a professionally-illustrated graphic, but just pop in a book title. It doesn’t even have to be the book title that you’re going to write. Under the book title, put “by” followed by your name.

I remember doing this for myself on one of my vision boards. I created two mock book covers, because I couldn’t decide which of my books I was going to write. Of course, so far, neither one of those book titles has come to be, but that’s okay. They served their purpose. Just by creating an image that had a book title and “by Mary E. Allen” on it. I initially got that “Wow! This not quite a vibrational match yet.”

The more that I could sit with it and look at that on my vision board, I could come into peace that one day it's going to happen. In fact, as soon as I had my graphic designer create my book covers and the book spine graphic, I actually put that book spine around several books on my bookshelf so I could literally imagine what it looks like to see my books on the shelf. Interestingly enough, I always keep a few of my books on the bookshelf, because those are ones that I end up mailing out to people that purchase them from me.

I'm looking right now, and there are three of them. It's almost exactly as I had pictured it, however many years ago. That's a great little bridge-the-gap-emotionally tip. Then, of course, another one is treasure mapping or vision boarding. That is getting images that capture either the words or images of what you want to create in your vision.

If you want to manifest the health in your life or maybe it's about finances or building a coaching business or getting a book out there. Again, you can put up some kind of an image to help elicit the feelings. A home with a particular kind of a view and a certain kind of spaciousness is going to elicit a certain kind of feeling. It's those feelings of course that help us put ourselves in the right vibrational match to allow that to fall into your life more easily. So there you have it.

Boy, it has been so long since I've gone on a rampage of just talking, talking, talking. So let me do this. I'm going to open up the lines and for those of you that are here on the line, if you would be willing to share with us what one, two or three of your emotional muscles are, we would sure love to hear it.

Catherine: Hey, Mary. It's Catherine.

Mary Allen: Yes, Catherine.

Catherine: How are you?

Mary Allen: I'm good.

Catherine: Oh, that was such a wonderful message. I'm speechless.

Mary Allen: Well, what might be one emotional muscle that you think may be useful for you to consciously cultivate over the coming weeks?

- Catherine:* Yes, it was just so great. I really like the last four that you did. It was such a great wrap-up. I can't wait to listen to the recording again, because I could really, really resonate with it. There are just some wonderful things are starting to manifest for me, and it's so interesting to be in a transition, where the vibration is really changing.
- Mary Allen:* Yes.
- Catherine:* And I'm listening to Arjuna. I've been walking an hour a day at the lake. I never used to do stuff like that. I never did.
- Mary Allen:* Well, and it sounds like one of the emotional muscles that you've really consciously been flexing, one I didn't actually speak to you but is just one around peace.
- Catherine:* Yes.
- Mary Allen:* Like you've really been allowing yourself to drop into that place of peace on a more consistent basis and it's been kind of cool to see what has been occurring. Because we've been talking offline that you've manifested some nice big clients and ...
- Catherine:* Yeah, I've got a waiting list. I've been giving myself permission only to work with people I want to, but I just love the ducks. I mean I go over there, and I've got Arjuna talking in my ears. I'm feeding ducks, and I'm thinking "There's nothing better than this. I'm having such fun." My to-do list is long, and I'm trusting resources are coming in the hour but needing to solve different sorts of problems with finding people to help me and what have you. But I can't give up the lake. Right now, my big commitment is to go to the lake.
- Mary Allen:* Yes. So I'm hearing that there is a commitment. You might not have even named it as such, but there's a commitment to really working your inner peace muscle.
- Catherine:* Yes. Okay.
- Mary Allen:* Yes. I'm also hearing in what you're saying, a receptivity to really being open to resources and support from other people.
- Catherine:* Yes.
- Mary Allen:* And I'm also hearing trust.

Catherine: Yes.

Mary Allen: I haven't named every single emotional muscle on the planet, but trust is another beautiful one. It's a type of version of surrender where each moment, we're sort of opening that that will keep appearing. I've mostly been living my whole year like that. I'm just really clear that whatever the next thing that needs to be done, I'll do it in that moment. It doesn't always happen, way in advance.

Catherine: The last three things that happened, I needed money to show up. I surrendered and said, "You know what? I don't have any idea what's going to happen. What if it didn't get paid, if this thing didn't happen? Life would go on." Every time it came in on the minute and in sometimes remarkable fashion.

Thank you for this talk tonight. Everybody on the line seriously, this is a really valuable lesson tonight. It's so truthful. It's almost like a rich of a meal, like thick chocolate ganache.

Mary Allen: Oh, good, good. Well, thanks for presencing that. I will, by the way, be sharing in the Ning Forum quite the variety of others. Maybe 20 or so emotional muscles and little descriptions that people have shared in previous classes and given us permission to share with others as a point of inspiration. Because with each one of these ideas, really we can take each one and play it out fully. I'll also reference that in my book, *The Power of Inner Choice*, there's actually two chapters that are really related to what we're talking about tonight. One is lesson number four, in creating your heart's desire - the emotional muscles to help us align more fully with our goals.

Also lesson number 12, which is the very back in the book. Some people don't ever get to it, but is a very simple idea. It's called *The Path of Simplicity* and is an idea that came straight out of one of Dr. David Hawkins's book. If we take one spiritual principle, we might call it one emotional muscle that we fully embrace and apply everywhere in our life, both within and without, that means you apply it toward yourself. Take self-love for example. You apply it without - we love others and we love animals. We love our belongings. Just the idea of taking one of these and applying it thoroughly throughout your life is enough for what David Hawkins calls spiritual purification. It's ultimately inner peace and a great sense of joy.

So, anyway, that spurred that thought too. Wonderful. So, let me just do a little check. Anyone else that would be open to sharing one or more emotional muscles that you feel committed to embracing moving forward?

Stephanie: Hi, Mary. This is Stephanie.

Mary Allen: Hey, Stephanie.

Stephanie: How are you?

Mary Allen: Good.

Stephanie: Good. Sure, I'll share an emotional muscle. Mine will be or is working on my confidence in being seen.

Mary Allen: Confidence in being seen.

Stephanie: Yes. Your call today is actually very timely as well, because I've been working on a project at work. I finally stepped off and said, "Okay, I'm going to put a deadline on it to present it," which is tomorrow. So, as I worked on it, I've incorporated the big emotional piece that I want to feel calm and confident. Usually when I present, even if I'm very prepared, I still feel the nervous butterflies in my stomach. I've been working with myself to reinforce that I'm calm and I'm confident when I present.

Mary Allen: Beautiful. I like the being seen piece of that. What I might really recommend is that when we're presenting in public, it is also just to give yourself permission. Really, it's about authenticity so what helps nervousness sometimes is just speaking to it and saying, "Wow. You know what? I am a little more nervous than I anticipated." Even just that can be transforming.

Stephanie: Okay.

Mary Allen: By the way, that could be another emotional muscle. It's just around authenticity, which is kind of the essence of being seen, right? Really allow your full beingness to shine through. Speak into what is and usually as soon as we say, "Gosh, I'm nervous," then, we're not resisting it anymore.

Stephanie: Okay, great. I'll work on that.

Mary Allen: Nice, nice, nice.

Stephanie: Thank you.

Mary Allen: You're welcome. Maybe we can take one more, and then we'll wrap up tonight's call. Anyone else willing to share one emotional muscle that you're ready and willing to embrace?

Gaile: This is Gaile. I'll go.

Mary Allen: Okay.

Gaile: This is the one that's popping out for me right now: being sought after. So it's not just being seen but there's a willingness in there too, but being sought after.

Mary Allen: Yes.

Gaile: We're just getting ready to get on a plane and fly to the Caribbean where we're going to do our first workshop. I can see that as an emotional muscle, it feels really good to take on practicing that and aligning with someone who's being sought after.

Mary Allen: Yes. Oh, love that, love that. When you think about being sought after right now, what arises inside of your being?

Gaile: Well, I can see that I'm not clear on it yet. There's a part of me that's like, "Oh my god, lots of people coming and ..."

Mary Allen: Yes. Could it be overwhelming?

Gaile: Absolutely.

Mary Allen: Yes, that's what I was picking up on that. There could be a sense of overwhelm. To go into the reverse engineering piece, there may be a belief around what you can kind of handle.

Gaile: But I don't have enough that will defeat me or something.

Mary Allen: Right, right, exactly.

Gaile: Right.

Mary Allen: Exactly. When I think of this in a really peaceful way, I think of Byron Katie and how that even if there's hundreds of people, let's say, at a book signing, there she is signing books. She's just moving along. She's sought after, but amidst hundreds of people

even standing in line, waiting to find her book, there she is just experiencing that in total peace.

Gaile: What I got from that is my trio like all three showed up in that. One of them is being sought after. One of them is intimacy - not losing that. Then one of them is – I don't know what the word is. It's in the realm of abundance, like abundantly supported. So, all of the energy and anything I need, to be intimate with the throng that is seeking me. I can see all of that combining together so that I can bring what I have to share to the world out and be really present with the people who are receiving it and know that it's not me. I'm the channel through which it's flowing. If I practice those three, I could literally then just be who I say, and I'm going to do more.

Mary Allen: Yes. Oh, love it. Wow! I imagine you may be inspiring other people to embrace such trios of emotional muscles.

Gaile: I know we've all got a great gift to share with the world.

Mary Allen: Well, let's just do this as a wrap-up here. For those of you that are here on the line, we would love to just take a gem, a golden nugget, something that you're taking of value from today's call as a way for us just to put a little bow on what we've shared around emotional muscles today. What are you taking from today's call?

Michael: This is Michael.

Mary Allen: Yes, Michael.

Michael: What I'm taking away is that emotional muscle isn't the same thing as mental discipline.

Mary Allen: Right.

Michael: There's a distinction there that didn't occur to me before.

Mary Allen: Yes. It's not a mental discipline so much as allowing – well, so how would you describe what you've just learned an emotional muscle is?

Michael: An emotional muscle is about how you feel.

Mary Allen: Yes.

Michael: Mental discipline is about what you do.

- Mary Allen:* Yes, and how you think.
- Michael:* I think there needs to be a certain amount of congruence there, but they are distinct.
- Mary Allen:* Yes.
- Michael:* And needs to be dealt with in distinct ways.
- Mary Allen:* Yes. That's very well said. Thank you for that. Very nice. Who else would share with us a gem, a golden nugget, a take-away from today's call?
- Gaile:* Mary, this is Gaile. I think everyone is speechless, because it was just such an extraordinary conversation ...
- Mary Allen:* Well, thank you for that. Well, that's a fantastic note that we will end on. Of course, the assignment is to select your three emotional muscles that will most support you. If you want to take it to the next step, you can actually post those in the Ning forum. It's always inspiring to see how you have honed in on yours. It helps to make it a little bit more concrete with such a feely, ethereal topic. With that, we'll look forward to our next call, which is going to be on September 21st at 5:00 PM. Those of you that are Momentum Mastery Monthly members, you'll be receiving CDs for July later this week and they're both great. So, enjoy those and we'll see you all on the call in two weeks.
- Gaile:* Thank you.
- Michael:* Thank you, Mary.
- Mary Allen:* Alright. Bye-bye, everyone.
- Catherine:* Bye.
- Michael:* Bye.