

Conscious Living Investigation

An excerpt from

A Guide to Showing the Hell Up!



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Contents

- Founder/Creator: Kelley E Byrne 1
- Co-Creator: Erica de Sousa..... 4
- In Service to YourSelf is the Only Purpose 6
- Introduction..... 9
- A Matter of Perspective 12
 - Re-Action 12
 - Pro-Action..... 12
 - No Action..... 13
- Fundamental Principles..... 14
- The Fear Cycle of Life
 - Origins.....
 - Conception
 - Bliss Creates & Infuses the Human You
 - The Birth of FEAR.....
 - Birth
 - 0-7 Years – ALONE!
 - Cost of Living in FEAR.....
- Consciousness Comes First.....
 - Quantum Science
- Cycle of a Belief
- Death & Dying Stages of False Beliefs
- Cycle of a Belief System.....
 - Stage 1: Denial and Isolation
 - Stage 2: Anger.....
 - Stage 3: Let’s make a deal!
 - Stage 4: Depression.....
 - Stage 5: Surrender.....
 - Stage 6: Resolution & Gratitude
- Downward Causation.....
 - Supramental
 - The Mind.....
 - Subconscious Mind.....
 - Conscious Mind
 - Fact or Fiction.....
 - Other Levels of You.....

Energetic Level	
Physical Level	
Split Mind	
Opposites Attract	
Emotions	
Breath	
Blame	
Forgiveness	
Manifesting the Middle.....	
Accepting/Embracing	
Defenses/Boundaries.....	
Belief Systems Summary	
The Conscious Living 5 Step Process.....	
Steps Review.....	
Step 1: Notice.....	
Step 2: Draw & Locate the Iceberg.....	
Step 3: Behaviours	
Step 4: Buts?	
Step 5: Integration.....	
Your Destiny	
CLI Examples	
Ideal List	
5 Steps.....	
Cortices Technique	
The Farmer Story	
You are Everywhere	
Namaste Esperanza Retreats	

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Is it HOLY SHIT time yet?

Like all of you, I have experienced many painful, scary events in my life that created a desire to change although I had no idea what that would look like or how I would get it done. For most of my life I did not have the tools to do anything but cope and manage in my perpetual emotional over reaction. Remember what drove you to look for a way to 'fix' your life? Remember what caused you to look me up?

You were scared, unhappy, sad, frustrated, and all the things you were doing like dieting, working in a job you hate, sucking up to people you didn't like, not taking a vacation because you couldn't afford it, putting makeup on and buying clothes to help make you feel attractive or hide a part of your body you hate and on and on and on!

And then you went out seeking to find the cure of all cures, and found BodyTalk, or ????? You were excited to have finally found a way to 'fix' yourself that would get you the life you had been dreaming about for so long but couldn't seem to grasp no matter what you did or tried. BodyTalk (or ???) is IT! I remember thinking I would be soooo much better than before.

So you start to study and go to countless workshops and learn all about how the bodymind works - your biology is your biography! Intellectually you have it! You can spout off any theory or technique to anyone! Some of us are so good we even teach the stuff!

Fast forward a few years, to now maybe, and....? How are you doing? Have you fixed everything yet? Have you got the life you always wanted yet? Well I could honestly say at this point I did not have the life I wanted, things were not better, and if I was really honest, the conflicts seemed to be worse and even more in my face than ever!

What I realized is what I had was exactly what I wanted! I know, CRAZY! I didn't really want to change. How did I know? Well, because I was the same! I wanted to stay the same - that's how scared I actually was!

Are you in the habit of doing this healing work to change or stay the same? Then you realize - OMG! You have been doing the work to stay the same! Because change is really fucking scary!

Is it HOLY SHIT time yet?

Intellectually you are way smarter and look pretty slick with all your theories, but you are still scared, unhappy, sad, frustrated, and all the things you are still doing like dieting, working in a job you hate, sucking up to people you don't like, not taking a vacation because you can't

afford it, putting makeup on and buying clothes to help make you feel attractive or hide a part of your body you hate, doing yoga turning yourself into a pretzel in fancy gym clothes, squeezing yourself into some restrictive eating pattern because some doctor told you to avoid this, that and the other thing... and on and on and on!

You have simply just gotten better at hiding the real issue! These are deep down inside and cannot be fixed by masking or coping, or adding more information. That only grows fear. And the lying about how great your life is now is just that, a LIE! If you build a house on a toxic waste dump no matter what you do to cover it up, it will still be there and eventually you cannot hide the stench any more!!

Instead of deeply changing yourself by lovingly deconstructing the fear and unconsciousness that got you here in this mess, you have actually made the mess bigger - you have used the very perspective meant to help you deconstruct the fear and masks to build a bigger, better wall to hide behind!

True consciousness work, BodyTalk included, proposes that everything in your awareness is a simple projection from your own mind. Consciousness comes first! Consciousness work is meant to deconstruct the fear-based beliefs housed deep in the bodymind, not deny them, build them, and/or replace them with more. This isn't about becoming an even better copier manager! Oh SHIT! We can be self-authoring (building the false self) or we can be SELF-authoring (building a whole healthy mind and heart)

Breathe. Ok..... NOW WHAT?

It might be HOLY SHIT TIME NOW!

Well, this self-authoring, building bigger and better coping strategies was me up until about six years ago – **working harder to hide while pretending to be working harder to heal**. I had been desperately using the guise of BodyTalk to actually appear to do the work but not do it! No one would be able to fault me if they could see how hard I was trying to change my perspective and limiting beliefs and how much I had appeared to have invested in it. Could they? Could I?

I actually didn't even realize this until my life blew up for real in 2013. **KABOOM!**

It's definitely HOLY SHIT TIME NOW!

I had to lose absolutely everything to begin to understand what I had NOT been doing and how deeply afraid I was to actually love myself for real. It is very scary to even admit this out loud and willingly be 100 percent vulnerable and open – I had to be willing to risk everything!

Oh wait! I already had!

Well, I didn't have anything left and I had nothing left to lose except the giant-ass fear that got me in this horrible mess in the first place. What better time to start consciously working with myself – to show myself love instead of hate. To work with the constant voices inside me that said how much of a loser I was. You know the voices I am talking about. I used to call them the "itty-bitty-shitty committee".

Wait! IDEA!

What if I started to collaborate with all the fear and the false beliefs in a totally different way than I had ever done before? Clearly trying to muzzle them was not working – I was exhausted because I was using the fear to justify more fear and beliefs that were even more dogmatic. And now I could see that by collaborating with these fears and beliefs as clues to the puzzle of me, I could actually show myself that they were absolutely made up by my mind and not one bit real at all. What a lovely revelation!

WHOA! The ‘Real Consciousness Work’ is serious shit! But what I also discovered is that it can always be light and hilarious too. It never has to be hard or scary - I have found a way to always be ready to shift my perspective no matter what.

Life is always FOR ME and I am happy to say I am no longer suffering with the TO ME disease! Each and every day is a spectacular opportunity to observe myself and to cultivate the magic of FOR ME in every moment!

Over the last few years I have gotten pretty good at lovingly collaborating with myself when I am afraid; working *with* this fear in an effort to show myself that it is possible to live a life full of love not driven by fear in the mind. Every fear we have is an opportunity to investigate and love our minds just as they are with no need to change anything! This alone is a game changer! Fear loses its power over you when you invite it in as *just* information that you love. When you get in the habit of showing the hell up with curiosity and gratefulness, nothing can really scare you anymore, and you can begin to live not from the mind, but effortlessly in the heart.

Well I am no longer on a TO ME vacation! I am now a FOR ME lifer! Teaching BodyTalk and CLI for me these days is not a way to hide any more but a way to collaborate with my fears, loving them as part of my whole self, resolving the need to operate from my mind while remaining in service to myself. I choose to live from the perspective that consciousness comes first and I am dedicated to being the best student and example for myself and for others who wish to do the same.

Thank you for choosing to be collaborators on this path of ‘in service to self’.

Welcome, I’m so glad you’ve arrived!

Namaste,

Kelley

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When I look back at my life, there is nothing particular to blame for the overwhelming and scary feelings I noticed as an adult (Ha! blame in my first sentence, am I in the right job or what?!). I grew up in a loving family, went to school, met a man, got married, bought a house, had two kids. Everything seemed pretty normal and right on track.

And then one day when my kids were very young, I realized that I had been suppressing a great deal of anger for a very long time. Actually, someone close to me pointed it out; I couldn't even see it for myself. In my anger I didn't speak to them for a week 🙊. But they had identified something happening inside of me that I couldn't put into words, and certainly something I had no idea how to truly express or address. When I started exploring and looking deeper I realized that a great deal of emotions, experiences, and rules for life were also suppressed inside of me and the build-up was so big I was on the verge of exploding in a big way 💣. It turns out that the anger was hiding a very deep sadness, and although I didn't know it at the time, I had lost touch with the very core of my being, my deepest sense of self. This got layered with a whole range of other emotions, especially fear, that I did not know how to feel or express and because I didn't know how to do otherwise, I blamed others for how I felt and spewed my emotions on whoever was closest to me.

As these emotions became more and more intense it was getting harder and harder to hide them and keep living life as usual. I had to find a way to deal with myself. I knew that talking wasn't the solution; I had a sense of something being held in my body and I knew in my gut that more talking and intellectualizing wasn't going to change a thing. I also knew I wanted to find a way to address the root cause of whatever I was experiencing - I didn't want a way to merely cope; I'd already been doing enough of that and it wasn't working anymore! So I went searching, and eventually, through a series of seemingly random events (thank you universal self for showing up for me), found BodyTalk.

BodyTalk answered a question I didn't even know I was asking.

My overwhelming emotions, which were just sign posts to point me back to my true Self, masked a question I was too guilty and ashamed to ask out loud but had been rumbling inside of my head all along: "Is this all there is to life? Really?" It felt so ungrateful; my life seemed perfect. My only possible response to not having an answer was to blame everything and everyone around me for how I was experiencing life. I didn't know how to take responsibility for my own experience without more guilt and shame, and any more of that stuff might have done me in for good.

The consciousness comes first perspective of BodyTalk and CLI answers my question 'is this really all there is to life question', which perhaps is your question too. Yes! There is WAY more

to life than what I was experiencing! And now I have the tools and skills, and most importantly, the inspiration and courage to cultivate my own self-awareness without needing to blame anything or anyone. Ever. This perspective shows me time and time again that blaming is the reaction of my fear driven mind. When my mind is calm I can be open and curious about every single thing I sense, think, or feel. Long held patterns of beliefs, emotions, and rules for life naturally integrate back into my wholeness when I am willing to take conscious responsibility for myself and my world. The internal connection to myself I thought was lost forever didn't even need to be fixed, just revealed in its never-ending wholeness.

I now understand that even the revelation of my own wholeness is not the end – in fact, there is no goal. Being curious about myself and playfully engaging in my work is a way of life that means an open, heartfelt experience in every moment. I cultivate this in my daily life as well as through my business Spring BodyTalk and the work I do with Show the Hell Up.

I can't wait to have you along for the ride 🏆!

Erica

In Service to Yourself is the Only Purpose

“If you fall in love with the noise as well as the quiet of the mind and life, maybe there will be room in your heart to love all of YOU!”

- Kelley E. Byrne

What is in service to SELF? How do I know when I am acting in service to SELF?
What is the difference between selfish, selfless and in service to SELF?

It is our fate to start our lives in service to everyone and everything other than ourselves, running from or to something in a constant state of shock, driven by a common fear. Each of us develops strategies and coping mechanisms to survive the best way we know how. Yet you cannot ever heal when you are in a state of shock!

It takes a certain amount of courage and bravery to admit to ourselves, let alone anyone else, that all of the strategies and actions you are taking are not actually working. It takes another shot of courage and bravery to do something about it. Let's be clear – you don't want to admit that it's not working because you don't have another answer and it's exhausting to try to find one. Conscious Living Investigation (CLI) welcomes those who have arrived at this point of honesty with themselves and are ready to explore a different type of service – love-based.

There are really only two kinds of service: fear-based and love-based.

Fear-driven service always has conditions and agendas:

1. **Selfish** is always *openly* making sure your own needs are met first. Words we use to describe this are greedy, 'me first', mine, possessive, jealous, pushy, it's all about me, and what about me? The score card is shamelessly on the table and everyone knows you have the most points.
2. **Selfless** is always *secretly* making sure your own needs are met first while looking like we are serving others. Words we use to describe this are martyr, 'you first', sharing, going last. This creates a secret debt as you sneakily give give give so you are always owed. Everyone knows it but no one is talking about.

These are both fear-driven behaviours in service to the mind that believes that 'I am not enough'. If you believed you were enough, blaming and shaming of yourself and others would not be necessary. Everything you do comes from conscious or unconscious fear, resulting in one of these two strategies in service to the mind for safely getting your needs met.

Here's a new idea that you may be hearing for the first time in your life.

Love-based in service to the heart:

3. In **Service to SELF**. This is unconditional LOVE and gratitude. This does not come from, or have anything to do with, the world outside of you. It is a state of grace that has *always been inside you*. There is no fear, only unconditional love for life and yourself. There is no blaming or shaming or the need to fix anything because there is no fear of danger, being wrong, or being not enough. Self with a capital 'S' means your Universal Self. This Self does not know fear, only unconditional love.

In Service to Self is effortless! Imagine life from this place inside where you embrace all things as they are. The only way this will ever truly happen is when you can first love yourself unconditionally! The very nature of the concept of in service to SELF is no fear, attachment, judgement, control or agenda. It is naturally and effortlessly inspired activity in the flow of your destiny in an unfolding universe.

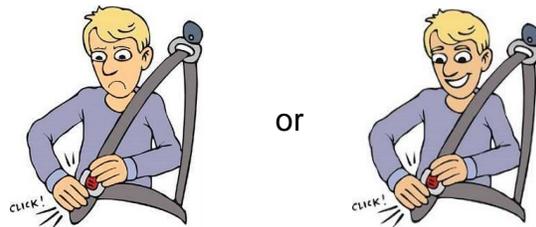
Imagine what these activities look like if they are done from the mind in service to fear or from the heart in service to Love:

- Physical practices like exercise
- Mindfulness practice
- Rest
- Community
- Nurturing with food
- Play/recreation
- Show the hell up
- CLI process
- BodyTalk Access
- MindScape
- Awareness sessions like BodyTalk

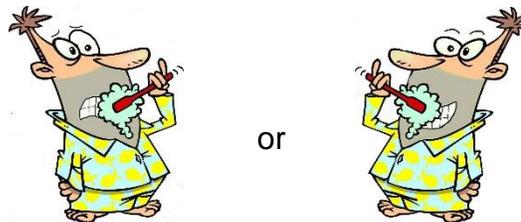
Take BodyTalk Cortices for example. I can do this activity because I am afraid of disease, suffering and pain, which is the mind in service to fear and the position of 'I am not enough'. Or I can do Cortices simply because it allows me to be more present with myself, which is heart-based in service to love.

What about food and eating? How much fear really drives your food choices? Why don't you eat out every day? Why don't you just eat whatever you wish all the time? You have tons of reasons: because you are afraid to gain weight or raise your cholesterol or get a rash or << *insert your personal food fear here*>>. What if eating was just eating as part of the human experience, to taste and absorb the essence of a food? What would it look like to eat with no agenda?

Why do you wear your seat belt? Because you are afraid of getting hurt or a fine or <<insert your fear here>> If there was no fear there would be no law or rule around seatbelts or safety in general.



Why do you brush your teeth? Because you are afraid of rotting teeth or dentist visits or <<insert your teeth brushing fear here>> What would brushing your teeth look like if it wasn't from fear? You might just brush your teeth because it felt good and it's an opportunity to be present to a very sensory experience.



CLI provides an accessible and sustainable path to be in service to your Self at all times. This perspective provides you with a safe space to explore the fear-driven mind. The CLI theory and playful exercises are meant to help retrain the brain to operate from playful curiosity, grounded in compassion and gratitude.

As you move into CLI, your heart and your mind will begin to expand and open up to see every one of life's perceived judgements and conflicts as a magical opportunity to evolve and grow yourself. True collaboration of the heart and mind allows you to open your perspective to see that the world is not happening **TO** you but **FOR** you!

Fear solves nothing when you react with more fearful coping and managing strategies.
Fear solves everything when you learn to play.

Your Conscious Parent is in Service to YourSELF

You're growing an awareness inside of you of something we like to call the 'conscious parent'. Imagine the parent you always dreamed of! The one that doesn't need to change you, fix you, bully you, bribe you, have you do it better, or love you based on what you did or did not do. The conscious parent unconditionally loves you no matter what – no judgements, attachments, fear-mongering, fixing, bullying, or controlling. This parent knows there has never ever been anything wrong with you - ever! Even more exciting, the conscious parent already lives inside of you, ready to be embraced in any moment. Afford yourself the space to love and parent yourself – to lovingly lead yourself back inside to the oneness of Bliss.

Introduction

“There is no more significant or fundamental stagnation in life...than what comes from having forgotten our true self”

Lonny S. Jarrett, *Clinical Practice of Chinese Medicine*

I'm pretty excited to be writing and sharing this with you and I'm pumped that you are reading along! I understand this might be a huge leap of faith, but I've already jumped off the cliff and here I am free falling. And, really, what have you got to lose? I know your mind is telling you “If you do this you are going to die”. Is that 100% true?

NO!

The Conscious Living Investigation (CLI) program creates sustainable, unconditional movement in your life. CLI invites you to shift out of your current perception of reality and into a perspective of non-judgement. CLI uncovers your heart's inspired enthusiasm for life.

Movement is the nature of health and stagnation is the nature of illness. Perspective is the difference. How would you go about changing a perspective that the mind believes is truth?

Step 1: Show up

Step 2: Resolve the shock

Step 3: Bask in the light of yourself, a perspective that has been available to you all this time

Result: your true self perspective with no judgement and no fear.

You're inviting the mind out of shock by showing it that the false evidence appearing real (FEAR) is a lie. Resolve the shock and the heart-based perspective is right in front of you.

If you can prove to my mind that the judgement no longer serves me, meaning you are not going to die if you don't judge this, the attachment to the safety strategy dissolves. This process is often called individuation. Because the physical heart represents Universal Consciousness in the body, it is the only part of us that naturally transforms fear-based pain into wisdom. The heart can do this because of its capacity to love

unconditionally and its non-attachment to outcomes. The unique alchemy of the heart transforms stagnation into movement.

CLI invites you to take conscious responsibility for your own alchemy and transformation in an unconditionally gracious way where the action of presence is the only action you need to take.

You will learn here that the world is made FOR you BY you, as a projection of your own fearful mind. The heart, as a representative of Universal Consciousness, has all the information ever needed to transform the fear into unconditional gratitude. The CLI program reveals that part of you has always been open to your own clues. It's only fear that causes us to avoid our true nature. Instead of being afraid of what you perceive, you can playfully and enthusiastically explore the field of information around you. How can you not when the world is FOR me, BY me?

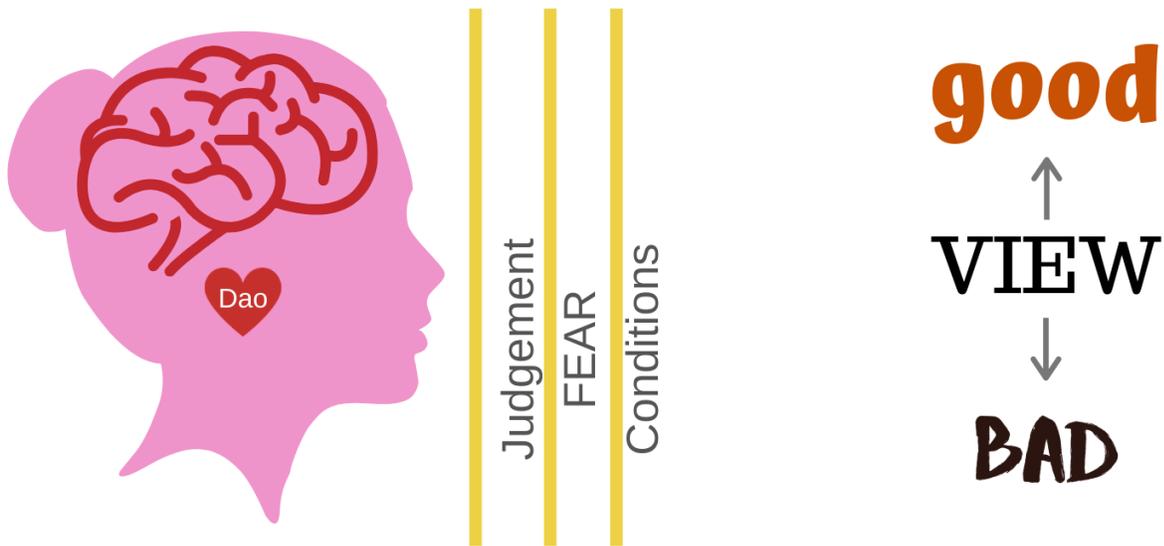
CLI goes beyond the band-aids that help you cope, manage, and control life. It dives deeply and easily into your hidden false beliefs using clues from all around you to individuate your fear-based judgements and behaviours through the heart. In the process of surrendering a fear-based blaming perspective, you are always in service to Self. Blame, which originally feels like stagnation, now becomes an opening for movement.

Through the new awareness of the value of what you are sensing, you can easily gather insight from your own clues - like a trail of bread crumbs. Working with the reality your mind has manifested welcomes home any abandoned part of yourself no matter what. In this playful way, the fearful mind becomes a partner of the individuating heart to reveal that you have always been whole. Your mind has a wealth of knowledge about you and all the fears and beliefs you designed at a young age to support your safety. When we play in this non-threatening way, the mind softens and relaxes into the fun of CLI as a collaborator and friend.

Perspectives

TO ME

Feels like the world is happening at me. I feel like I have no control. I am really scared and need to judge everything to stay safe



FOR ME

I create my world to help me see myself, not hurt me



A Matter of Perspective

Have you ever asked yourself why all of the great efforts you are making to 'fix' your health may not be getting the results you want? Why does everything feel like a band-aid in the form of restrictions including food, medicines, exercise, and lifestyles that temporarily subdue or mask the pain.

Our current perspective of health and health care IS the fundamental flaw limiting the possibilities and our potential for health and well-being. The very system, any system, that approaches health from a mind-based perspective cuts us off from the vast majority of what is possible.

The *Shen Nong Ben Cao*, arguably China's oldest herbal text, differentiates between the lower, middle, and upper classes of medicines. Our experience renames and extends these categories to life, health and observation. We always have the opportunity to operate from the highest level of medicine, the No-Action level described below. More often, we find ourselves operating in a Re-Action state which limits our health and our life experience.

Re-Action

The lowest level of awareness focuses only on physical symptoms. At this stage, treatments, choices, and actions are taken for the main purpose of reducing pain and illness on a physical level. We are always reacting to something that has already happened while we try to avoid or fix it out of fear and dislike. Fear in the self-conscious mind drives a desire for something other than what is. The mind constantly derives strategies to avoid a painful situation instead of responding to what is happening in life at the moment. 'Thinking' we know best, and being unsatisfied with what is, leads us into this perspective and the need for tools to help get what we say we want in life and health care.

When driven by fear, the mind attaches itself to certain safety-based strategies, including beliefs, thought patterns, and emotions that help us understand and make meaning of our world. This sense of safety is false but our mind's need for it causes us to live on autopilot, living life with no spontaneity, creativity, or inspiration. Life may seem safe but it is also very small and contracted.

Pro-Action

The middle level of self-awareness involves nourishment and prevention of illness. At this stage we know enough about pain to fear it, which drives us to try anything to avoid

any and all types of pain. We are ready to look beyond the physical, understanding that our energetic body, our relationship with our environment, and our mind play an important role in our health. However, as we delve deeper into ourselves and the nature of the universe, it is still with the need for a certain outcome. We are still looking for a diagnosis and treatment for the reduction of pain because of mind-driven fear. Constant judging and reacting still dominate at this level.

No Action

The upper level of life and health care openly nourish what is happening with an understanding that it is in alignment with a person's destiny. There is no desiring, argument, or need to change reality, regardless of any pain involved. Instead, there is an enthusiasm and willingness to allow transitions in the unfolding of life unencumbered by the mind's judgements and fears. This seems to occur when the mind is whole and fear is absent, which engages an open heart.

Consciousness-based health care, and a conscious life, operates from an open, non-judgemental heart. This results in no diagnosis, prognosis, treatment, bias, blame, or credit! Instead of an attachment to an outcome -'health'- there is an unfolding consciousness shared by all, knowing that each participant is fundamental to the process of life. All information in the universe is valid and available, whether that comes in the form of body pain, life events, or the general environment. All information is just information to be observed and integrated into a deeper awareness of self.

What do these three levels look like in life?

If I have poor vision in the first reactive level I may get fitted for glasses or have laser surgery, directly addressing the physical 'problem' I want to solve. I may take steps to ensure I don't make the problem worse, or let it happen again. This might include not straining my eyes by reading in the dark, or eating foods that I believe nourish my eyes. In the second proactive level, I understand that my poor eye sight is the result of a deeper issue; however, I only look to resolve that deeper issue to improve my vision. I am attached to an outcome that alleviates the pain of poor sight. In the third no action level I would not do anything except be present to the unfolding of what is happening and observe my vision without judgment or the need to change anything at all. At this level I understand that my changing eye sight is just information and an opportunity for a deeper awareness of self.

Each of these levels of awareness are available to us at all times, and often we move between them, or through them, as we move through life. Which level do you find yourself in most often?

Fundamental Principles

SELF-authoring instead of self-authoring

In Service to MySelf is the purpose of my existence

The world is made by you for you - there is no outside world!

You are the only one here from your perspective

How you do one thing is how you do everything

Everywhere you go there you are

Fear drives your life

Safety is your only goal

Openly Embracing instead of DENYING and AVOIDING

Conflict = opportunity = unconditional gratitude

Small upsets = huge shifting

Fear creates Fiction

Intimacy is the ability to know your own heart

Leave No ONE definition of self behind

Unconditional LOVE is the definition of wholeness

The answer to the TO ME disease is a FOR ME perspective

Be a FOR ME Lifer!