

The Transcript for The First Seed is the Soil:

Hello dear and Good Morning, Creator, whatever time of day this is, and whether or not you really feel like a creator, right now, it's all okay. We're just going to start at the very beginning, the beginning of the trajectory of creation, or the empowerment of creation, really.

And we're going to use a metaphor of a Garden to do this, because our inner garden will match our outer garden.

The ways that we are feeling inside, draw in thoughts that match those feelings, and we create a perception of our reality that is going to match the way that we feel

This is based on the Law of Attraction, and the feeling, and the thought, and the knowledge that what you give attention to grows, you're going to get more of

It's kind of like we are set, by our feelings, we are setting a radio dial that is picking up a certain reality that matches that setting on the radio dial.

And so what we're feeling is incredibly important to pay attention to be aware of, to do our best to love and hold ourselves through our feelings, and also feelings can become really deep grooves, and we can do things to create new grooves.

This course is going to help us all to practice the art of Emotional Design, which is using our emotions to design our experiences. So, accessing that power purposefully of what are we feeling and how can we do things to create the emotional states that we want to be having, so we can access and perceive and draw in the reality that we want to be experiencing.

It's kind of magical and it's also incredibly simple, and we're just going to do it step-by-step. And the very first step is into the garden of our feelings.

Our feelings are the soil, and they determine what we are able to grow in our garden, and they are not just something that is handed to us out of nowhere or something that we're at the mercy of, our feelings are a direct indicator, a felt, known sensation in our body that tells us if we what are thinking, or have been thinking or believing about something is in accord with all-that-is, or if it is in disagreement, and that is basically what's going on when we feel things, when we feel emotions.

I'm really excited to go into that more, but first we have to talk about that name I just dropped of All-That-Is, and I want to make sure you have your own name for that that feels really good to you, because that is an essential tool that we're going to need as emotional designers, is we're going to need to know what we want to call, what we love to call, what we embrace as the giantness that we are, that we have varying levels of connection to depending on how we're feeling

So, what do you call that? Do you call that God? Do you call that spirit? Source, Creator, the universe, love, The Force. Do you call it the infinite goof like Tom Robbins? Do you call it the field of infinite potential like Pam Grout?

Natalie Kinsey calls it your glacial perspective, because the human part of you is just the tip of the iceberg, and the rest of you is so connected and underwater and unseen and this giant force of connection to all-that-is. Do you call it all-that-is? Do you wanna call it something really personal to you like your inner guidance, your inner being, your highest self, your guardian angel, your guidance, your intuition. All of these things I put in the same category and use interchangeably to talk about the relationship between human-self us and spirit-energetic-all-aware-connected-self. And maybe you're familiar with that state and that place or maybe not, and that's okay, we're gonna get to a place where it's becoming more comfortable and familiar for you to dialogue with this kind of unseen energy. So first, it really helps to have that name, so if you don't have that, I'd love for you to pause the video and do some journaling and find your own name. You can pause it now.

Okay, great, I hope you've got your name for what you wanna call your relationship with all-that-is. I'll call it that. I like to call it our merged perspective a lot also in the context of Emotional Design, so I think I'll use that one a lot.

So, whatever you want to call that big divine force of goodness and light and love and mystery and creation, all swirled together, whatever that is, I hope it contains an element or carries a feeling in it that it is good, that it is knowing in a benevolent way, that it is kind and rooting for us. That the game that it wants to play is growth, expansion, is ever-becoming-moreness. I love the garden metaphor because it conveys that sense of ever-becoming-moreness. The garden's game is also growth, and so in emotional design, it's really helpful to be aware that we're not ever done, we're not ever going to have designed it and experienced and "now I'm good, I'm done".

We're always going to, once we encounter our dreams and experience them and have that satisfaction, we're gonna encounter something else that is contrast, that is something that is different, distinct from what we want, we will feel that, and that will help us steer into the new growth that comes from that. It's just gonna keep happening, dreams coming true and then there's new dreams and those come true.

We're in this ever-expanding game of creation and we're here to have fun with it. We're also here to use our feelings to steer.

Positive feelings mean we are moving towards what we want. Negative feelings mean that we are moving away from what we want, or sometimes that we are encountering a really big resurfacing of something that we've been practicing that is keeping us from what we want, and we're going

through it in order to love it and learn from it and to release it and actively choose the bettering, to rainbow over it into something new.

Negative feelings are happening when we are not in agreement with what our larger self knows to be true. And we feel tiny, insignificant and powerless when we are cutting ourselves off from that merged perspective. And, in terms of the emotional spectrum, feeling powerless is at the very bottom. It's where we are least-connected to our merged perspective and it is where we are letting the least amount of life force to flow through us. That creative energy is at a bare minimum at the bottom of this vibrational ladder.

Now, I'm calling it a ladder because it's the spectrum of emotional states and we can lift ourselves up through them, and when we are lifting up each step up feels like relief, it feels lighter. We can also spiral down, and when we're going down, every step down feels like we are becoming heavier and we are becoming more and more cut off from what our larger self knows.

So, at the bottom, is powerlessness. Is depression. Is total fear. Is feeling like a victim, like you have no control over anything happening to you. The next step up from there is disgust. It is a feeling that enables us to have to move out of something that is a rut, because it's just gross. From there is anger, anger is a step up from total despair and disgust, because it's this power of action starting to move through us and starting to burn off that resistance that we're feeling. The next step up from anger is frustration and impatience. Maybe things are starting to change but it's not happening fast enough and it's very uncomfortable.

Then, from there, we go up into boredom, Boredom is just kind of a little stagnant, a little blocked off, knowing that things are not as fun as they maybe could be, not even hopeful, just bored.

So those are the negative feelings, depression through boredom. Then, we crest over into contentment, which is the next step up, and it is where we are all of a sudden connected with our merged perspective again. Maybe things aren't great, but things are okay. And we're starting to think things and feel things that are in agreement with what our larger self knows. The next step up is into hopefulness. Maybe things could actually be good. Optimism, going into excitement. Things are getting better. The next step up is into joy, into knowing that things are great and amazing and continually bettering and there is celebration and appreciation and bliss and love, and that is the top feeling, the one that calls the most life force and is most in agreement with what your larger perspective knows. In that state, you are your merged perspective. Those, contentment through love joy bliss, are your positive feelings.

A negative feeling does not mean that those are bad or wrong, it just means that it actually is negative, it's repelling you from what you are wanting to create more of, it is, if we are taking action from that place, we are probably going to create more of that same feeling state and not enjoy it. So it's important to recognize that when we're in the negative range of state, that is not a useful creation state, that is a time when we need to stop and tend to our inner garden.

The first part of tending to our inner gardens is simply to be with our feelings. It's like in permaculture, the first step of designing a land project is to observe the landscape. To watch the light and the wind shift through the days and the seasons, to see how it just really is, so that is what we're going to practice this week, is being with our feelings, and observing our feelings and thoughts as they move through our inner landscape.

Tuning into our emotional state is a way to make space for big feelings to come up, especially if we're not that familiar with our emotional state, or even if we are, there's always potential for big waves of feeling to come, so this week we're going to pay attention to that, and we're also going to practice the awareness that when we're in a negative-feeling space, that is not a good place to create from. That is a time when we need to tend to ourselves, to be present with the big wave of feelings, and to try to find the gifts and the lessons and the ways that this is a message that is being delivered.

There is a video in our resources section where Abby is going to explain the process of inviting your demons to tea, and I'm going to share a couple of other processes that allow us to be present and to kind of ride and be with the big waves of feeling that can happen, because we need to have tools for that to feel safe and to feel ready to be in our emotional bodies.

To support us in this way of being, of being really present with our feelings, I would like to offer three different practices to do this week. The first one I'd love for you to practice this week is to notice throughout your days, what your vibrational composition is. What are the mixtures of feelings you're having? And it can also be helpful to do this before doing something, how do you feel about that thing you're gonna go do? Or maybe it's in the present moment, how are you feeling, what are you feeling? Maybe you're feeling 90% excited and 10% anxious, or maybe you're feeling 40% grief and 30% hungry and 30% confused. You know, maybe there's all these different things, so you can practice this in the moment to have a tool to give words to the different things you're feeling in different amounts. The next step of that is to notice how that feeling is playing out around you. It's giving you evidence of itself showing you how your environment reflects to you how you're feeling. It can be really helpful to recognize that "oh, this thing isn't making me grumpy, I am grumpy and therefore this thing happened." This helps us tune into things in even earlier stages, to become aware of these subtle differences and distinctions. The next step is to then notice if you can lean into the next step up the vibrational ladder. If you're feeling frustrated, can you lean into the feeling of boredom? Because from there, then you can lean into contentment. So you can practice seeing if you can feeling-wise lean in any direction on the scale, or on the ladder.

The second practice I'd like for you to try on this week is the Joy Calendar, and that is something that'll take maybe 10 minutes, maybe less maybe more. I suggest you do it in the evenings, maybe it's the thing just before you brush your teeth or just after. It helps to pick a time of day you're gonna do it. Then you're gonna write a list of everything you did that day, just really briefly, went on a walk, brushed my teeth, made breakfast, talked on the phone, whatever the things are. And

then you're going to give each thing a number, from 0-10, 0 being the bottom of the vibrational ladder, like worst feeling ever, super depressed or scared, up to 10 being joy, super excited, bliss YA amazing! Where are you when you're brushing your teeth or washing the dishes or playing with your daughter? Where are you at? And this is going to help to reinforce that feeling of tapping into the emotional realm, becoming sensitive to those little distinctions of feeling, and it's also going to have the effect of, after doing these for one or two days, you're gonna start to anticipate you're going to do it that night and kinda check-in and be like, huh I'm going to do the dishes, kinda feels like a 3, but if I put on my favorite song, this could be a 7. We can do those things to find and reach for and give ourselves opportunities to get our hands in the clay of our feelings and to start to shape it into what we want.

The third practice, at least once this week, I would love for you to write a letter to an aspect of your life. I love this practice. It can be a five-minute practice or an hour-long practice, you can go as deep as you want, and in it, you write a letter where you start out saying "dear whatever" or "Hey whatever" to an aspect of your life that you feel like you wanna talk to, you wanna get to know better, you wanna know what you're feeling about it, or address some feelings about it, so it could be to love, it could be to home, it could be to money, it could be to your feeling of creativity, to art. Whatever it is that you want to explore, you can use this to help you to explore those feelings. You start it by saying "Dear Love" or "Hey Love" and then you just start talking to it with what you want to say, and write it down. Then you can ask it a question and listen and see if you can hear an answer. If you hear an answer, you can write that down and turn it into a dialogue of a back and forth where, for me, it's often very surprising what comes up. So, I love that practice, and I think it's a great way to start to dialogue with that unseen realm, and to start to practice hearing, listening, and feeling.

I'm so excited to hear what you have to say about these things, to hear about your own practices, or experiences, questions, celebrations, or surprise, whatever it is, around all of this content this week, from what's your name for your merged perspective to the feeling your feelings, the joy calendar, and the letter to an aspect of your life. I would love to hear about it in the discussion forum if you feel called to share there, and/or/either one or both, you can come to the weekly Zoom session that'll be on Sunday and I'm really excited for people to share their responses to this week's material.

I wish you all the relief that comes with really genuinely feeling your feelings. Enjoy. Or if you don't enjoy, that's okay too, just feel it.