



TRANSMUTING INNER DIRT TO INNER GOLD: THE PROCESS

Transmutation is a powerful process that answers these questions:

What do I do with the **editor**?

How do I release its **negative energy** and have it **SERVE me** instead?

What direction should I be moving in? Can I get some help with what my **three-year vision** should be?

What are my **core values**?

What company should I even build so that I truly love it and it is uniquely mine?

In order to do this process, you want to have a **clean slate** each day so that you don't end up accidentally listening to what the editor is saying. Calm down the monkey mind. That's one of the reasons we start each day with Savasana.

Then when your buttons DO get pushed in some way – when those negative stories come up – you can use the Transmutation Process to figure out what to do with the editor that goes far beyond **Editor 1.0** (“Thanks for sharing!” Go away, editor!) to **Editor 2.0**, where we use what the editor is saying to find out who we are and what really matters to us.

THE PLACE WHERE YOUR BUTTONS ARE PUSHED IS IMPORTANT. IT IS BURIED TREASURE THAT LEADS YOU RIGHT TO YOUR CORE VALUES AND GIFTS.



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To start the process:

Write down that thing that is bothering you. EG write out ten reasons you **KNOW** you can't sell. Give that editor a voice.

Don't analyze or do anything with it right away. Just stay with the Thing, the disempowering story, whatever the editor is saying.

Write about it: Write a paragraph or make a list. Now choose one thing on the list and contemplate it. Say more about it. Notice what your body is experiencing as you do so. Don't push this experience away. Dive into the process instead.

THE PROCESS

- 1. PAUSE.** When you feel that thing rising up in you, **PAUSE**. Don't try to push it down.
- 2. OBSERVE AND FEEL IT.** Try not to feel the need to change it. Work with it like the breath in Savasana.
- 3. WITNESS IT.** Notice what's happening.
- 4. BE GENTLE** with yourself when you're caught in this old story. **SURRENDER**.
- 5. NAME IT.** What do you want to call this old story?
- 6. AGAIN, FEEL IT.** Instead, feel it as **POWER** this time.
- 7. OLD PAIN.** Notice the old pain that it's connected to.



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8. SLOW DOWN. Take your time with each step.

9. STORY. What's the story?

10. VALUE/GIFT. Something has been crossed that matters to you. Or something is at the core of this old story that tells you what REALLY matters to you. What is it? Find it. Name it. Use it.

It's great to work with others in the community to master this process. It will change your company and your life! Practice.

Work on topics like "I can't sell," or notice what pushes your buttons at the grocery store. Behind these observations lies GOLD – your power, your core values, your work on this planet.