

A glass jar with a lid on a wooden surface, with fireflies flying around it against a dark blue night sky. The jar is the central focus, and the fireflies are scattered throughout the scene, some inside the jar and some outside. The background is a deep blue night sky with some clouds and stars. The jar is on a wooden surface, and the lid is placed to the right of the jar. The word "Insights" is written in white, bold, serif font on the front of the jar.

Insights

Supercoach Academy 2014

Insights

"Life is Moment to Moment."

The greatest gift of life threatening stuff is it separates out what is a good idea or conceptual and what I know in my bones, and what I know is that Life is a moment to moment experience, one moment I am freaked out and crying and the next I am laughing and having a good time.

There is no rhyme or reason for either but for my thinking. If I didn't really know this I would hold onto the black thoughts and would miss out on the amazing joys, moment to moment...

John Gray

Insights

“We are Art”

After one of our Pod group coaching calls I found myself having some particular thinking about some stuff that had occurred during it.

I felt I needed to talk this through with my Pod leader so had a lovely conversation looking at the thinking I had.

After the call I received an email from my Pod leader posing a question, that question was, who has control in a coaching conversation??

I found myself dropping into the place I now recognize as home and the insight that there is no control, therefore there is no coach, therefore there is no me!!

OMG what an amazing and very emotional feeling that was, it was almost like I had disappeared out of the equation and I knew I was just mind in that moment.

From that place of home nothing else matters but everything is possible and the feeling of there being no me takes away any pressure to do this or that and the illusion that it matters.

I've seen that my form is just an expression of mind. Just like a painting or a sculpture is an expression of art. There really is no piece of art, just the form which is the expression of something much deeper that lies behind in the formless that is art.

In the same way as there are lots of different styles of paintings, sculptures, drawings etc and people fall in love with some things that others consider ugly, no good etc.

Insights

Thing is they see the art, they see something deeper than just the painting, they see what's behind it. Same with us. There is no coach, there is only mind and that is what our clients connect with.

So I'm off the hook. I don't have to try, I just need to be and to trust.

I am art!!

Stuart Norman

Insights

“Mind makes us the same and our thoughts make us different.”

This insight has filled me with peace, excitement, humility and awe. These have come from knowing that I am cared for by God, or Dibble as I call it (Divine Intelligence Behind Life), that I am God and Love and connected to all life. It has meant that I have been able to let go of feeling the need to control even more.

I am in a place right now where I don't know what to do with my business, whether to carry on as it is, link it to the PhD I am taking, set up something new or not work and I am fine with that, because I know I will be OK whichever or those happens or not happens. It has had a big impact on my relationship with my partner, which is relatively new, and has meant that I am beginning to really understand that he is God too and when things are not going so well for him, he will be OK and I don't have to try and fix things for him.

I was beginning to get a bit cross about all the times I get caught up in my unhelpful thinking, but the understanding that it is our thoughts that make us different has meant that I am much happier with my crazy thinking and appreciate that all my thinking is what makes me the unique individual that I am and makes everyone else the unique individuals that they are. I am so much more tolerant of and, in fact, truly grateful for our thoughts and differences and our amazing ability to be creative.

I love the paradox of being the same and being different.

Jane Stubberfield

Insights

"How to identify Bob"

I realize that Bob was always holding my hand until I met Michael. I called up Sara to inquire about Super Coach Academy. Thinking I would not fit in because I wasn't as smart and a little intimidated by the people (Bob). Sara made me feel very welcome.

The first day of Super Coach Academy I was afraid (Bob), meeting everyone for the first time.

Listening to Michael brought calmness and enlightenment and laughter into my day and nowhere was Bob insight. The exercises, the one-on-one and the group sessions were wonderful. There were times when Michael asked questions and I really wanted to answer it. (Bob) was right there telling me that was stupid answer or it wasn't the right time to speak up.

The Thrive retreat Michael asked me, "So tell me about Bob"? Shit!! Bob is my insecurities. The no you can't, you're too afraid, you're not good enough, you're not strong enough. That was a big insight moment for me.

Bob will always be there to stick his funny head out once in a while. I know it's just Bob I can acknowledge him and carry on doing my thing. I know spirit always has my back. That inmate well-being in me overpowers Bob. If I make a fool of myself, so be it. Everybody will have a good laugh and so will I.

Thank you Michael for bringing in clarity, peace, calmness and brightness into my life.

Peace & Blessings,

Barbie Denault

Insights

“Anything is Possible.”

In just a few short months I have changed beyond all recognition I look the same on the outside but if you could peer inside I am SO defragged in my thinking! So much more at peace with me. I am my most authentic self at home and work since my birth. I know...because everyone is telling me how light I am and how much fun has returned.

Here's the thing...

I totally know and understand living in the feeling of my thinking and how that creates my reality and I am really coming out of my own shadow as a result! I had so much fear thought that existing was like swimming the Atlantic in a force ten. I kept myself small even though I could feel my soul pushing me to expand. I see my thoughts as if they are on a pulley system. Each one pegged like washing in front of my eyes. I watch them and can smile at their silliness or fun and mischief. It is so comforting to know I don't have to try to be in control- I am amazed at how I am coming from the unknown (I used to prep SO rigidly; so perfectly). Now I can really just show up. Amazing.

I also know when I hit the lows not to do anything. I am learning to know and understand how I have become me through the thoughts and consciousness. I have more laughter more courage and such creativity. I have started my own business and gained 70++ schools to buy in so far; I have written my children's book and I have dared to go to Liberia to coach and empower schools and teachers and be on a global stage. This is the most authentic person this people pleaser has ever, ever, ever been in her entire life. Meet the real Anni :0)

Insights

The most beautiful insight so far was so gentle and still. It was about my being able to see the world as my daughter sees it. We had a deep conversation over something troubling us both and it was as if I was in her head looking out from behind her eyes. What I saw fleetingly with the help of Mind I cannot put into words. Seeing the very essence of my 32 year old as I did when she was first known about in my heart was a gift- a true life miracle. The impact was profound for us both. It was so powerful and helped me to be more open in my closest relationships not least the one with my beautiful Lindsey (daughter).

And now I have the opportunity to share this inside out coaching with so many leaders and teachers...*I am changing the world one thought at a time!*

Miracles? The biggest one so far has been joining Supercoach. The others come almost daily in all sizes shapes and energies because I am more open and aware. One of my favorite hymns is coming true...

Be still and know that I am God

Thank you Michael Neill and your fantastic staff you all brought me the best miracle ever.

With love from Anni

Insights

“Making heartfelt connections with others has become my calling.”

Mine began when I took the virtual Masterclass last year from London. I had already read Michael Neill's book Supercoach 101 and loved it.

When I heard about the Masterclass I signed up immediately. What was fun for me was getting up at 4:30 am so I could make sure I was ready to go at 5am. I have never been an early riser, more like 8 or 9 am is what is usual for me, so getting up at 4:30 am was quite a commitment!

I spent the first few hours dozing and listening on and off. I slept through most of day one. Day two I was more awake and I started to have some insights, and by day three I was laughing my ass off as I saw how my thinking was, and that I made it all up. Through the weeks and months that followed, long before Supercoach began, I found myself more and more in a quieter mind.

When Supercoach began I learned how to bring myself into the room, and what the feeling of being home to myself really meant. Since then my understanding of the 3 Principals has deepened, and I'm finding much more joy and contentment in everyday events. I rarely find myself in a low state, and if I do it doesn't last long. I laugh more, and take myself less seriously. I look forward to what's coming next, without worrying.

Insights

Making heartfelt connections with others has become my calling. I cannot thank Michael enough for the gift he has given us. I cherish each and every moment, and hope someday I can be in front of other Coaches teaching them this valuable understanding. I love you Michael and I'm so privileged to know you.

Love and Light,

Laurie Holmes

Insights

“Finding Home”

My biggest insight so far from working with Michael has transformed my life, and totally changed the way I coach other people too.

I found Home – and it has nothing to do with the physical world of form. It had always been there, of course – I just didn't know it. With the benefit of hindsight, I can now look back and recognize the Glimpses of Home throughout my life. What's different is that Home is now where I live, rather than the occasional blissful “vacation” visit.

And I've seen that it is completely separate and unconnected to the circumstances of my life.

Home is the place where I get inspired, re-awakened to the vitality and aliveness of Life, where I remember who I really am.

Home is Love. Home is Connection with everything. Home is a knowing that everything will be OK – always has been, always will be.

And coaching others? When I'm Home, it just works. People don't need 'fixing', because they are already perfect. All I need to do is point them Home.

Kimberley Hare

Insights

"They bounce too!"

Throughout my time working with Michael and being exposed to the Inside Out understanding, I have begun to see more and more that "I bounce". What I mean by this is that I understand that there is a greater intelligence behind life and a "kind design". No matter what happens, I always come out ok.

During the first weekend of the Academy, Michael likened this security to a net that catches you during a ropes course. The entire time he spoke about it I kept thinking "I know I bounce back - but how do I get my children to see that I bounce back so they don't worry about me!"

During the break, Michael asked me why I look perplexed and I told him what I had been working on figuring out. He turned to me and simply asked, "They don't bounce?"

I was floored! I did not have to protect my children! I did not have to have them see everything the way I did - I did not have to "save them"! The kindness of the design" worked for them too! They bounce too!

The months following have left me with such a sense of security - as if I saw them fall off the ropes course 100 times and the net keep catching them. I saw the truth not just for myself and my fellow learners but for those I worry about most.

What a gift!

Terri Alamo

Insights

"I cannot focus on both."

For many many years I believed that problems needed to be figured out and resolved. I am a computer analyst by trade and analyzing and resolving problems was not only a life coping habit, but almost an addiction to the adrenaline rush that comes from dramatizing events. Previously, I was well versed in the idea of allowing life to unfold, but this did not immediately translate into letting problems resolve themselves.

A couple months into the 2014 Supercoach Academy, the idea that problems would work themselves out began to slowly, very slowly, and almost without my knowledge start to take hold in me. Then one day while catching myself, noticing thoughts of analyzing and trying hard to resolve a particular fear around money and success, it occurred to me that really... there was no problem at all.

Not that the problem would resolve itself, but in truth... there was really no problem in the first place. I saw very clearly that by working on the perceived problem I was "focus feeding" it. I saw the image of one river. I realized that to split some part of the flow of life off and call it "a problem" and another part of it "the solution" is to define separate and imaginary rivers flowing. And then to focus our awareness on the imaginary problem river... splits... narrows... and divides our experience.

Insights

Feeding that river.

I now realize that when a problem is arising, the solution is formulating with it simultaneously. Life is one river of consciousness and where I choose to focus, the direction I look in... gets fed. I Cannot Focus On Both. Now when I notice thoughts arise around a perceived problem, sometimes, not always, I can choose to look towards the unknown already present solution. More often now I am experiencing just one river that is always flowing. There is a deeper felt sense that not only do I constantly swim in that river, I am the river, source and flow. We all are.

Lisa Roe

Insights

“You get to show up and enjoy life”

Michael said this to me on a call where I was talking about struggling to work out what I had to do. He said "why do you feel you need to do something?" and I replied it's because I think I'm in control and I can make things happen. He told me that we keep trying to involve ourselves in a natural occurring process and that I don't have to do that but instead I get to show up and enjoy life.

He said I can enjoy being driven in the car rather than driving the car. Sometimes I'll want to take over the driving for a little while but when I get stressed, I can tell my driver to get back in the passenger seat and enjoy the ride.

Since that conversation with Michael, I finally understand that I'm not in charge and I am not in control. I get to experience life, not make life happen. And what helps me to remember this is

The Supercoach Academy Coaching Model which is "show up and respond to what shows up." Simple really!

I will always be grateful to you Michael for helping me to understand how life really works.

Neeta O'Keefe

Insights

“All thinking is outside-in, and it’s all in the feeling!”

It struck me like a bolt of lightning one bonechillingly cold night in March. The scene was Jack Doyle’s Bar on West 35th Street, New York. Laurie Holmes and I were a couple of Wild Goose beers and an hour into a beautiful conversation about the nature of the human experience (one of my favorite conversations these days). That’s when I had my biggest HFMOG* moment ever.

Just a few hours earlier I’d been engulfed in a class exercise with Melanee Evans, with whom I shared my desire to get some more insight into the nature of insight. I told Melanee that my insights were usually of the gradual-progression, ease-into-knowing kind.

But I so badly wanted to have one of those kickass insights that I’d so far only heard or read about – the kind that makes you gasp for air, instantly rewires your brain and forever changes who you are. Just like having sex with a pornstar, I vividly imagined. The insight struck without warning. Laurie was talking about some EST training she’d done with Werner Erhard ages ago. I was listening not only with interest but also with amusement, not always fully present to Laurie’s stories from before I was even born.

There was a nice feeling in the room, we both enjoyed ourselves, and I didn’t try to “get it” or understand much. I was listening like one might listen to a piece of music on a slow Sunday afternoon in solitude with a cup of freshly brewed coffee in hand, when the weather is fair and the spirits high.

Insights

Then, Boom! There was a sudden flash before my mind's eye. In stark contrast to the blinding white light I saw what thinking really is. Just like that! And I saw the nature of Thought, or rather just knew. I envisioned a baseball field – the ball, the bat, the players, the audience, the stadium itself... Everything that I could ever possibly be conscious of stood out as individual thoughts that had been born from the formless into form.

I realized that the only way to experience the stadium and everything therein was to have some thinking about it. I kind of knew this already, but to really KNOW it - and to know that it goes for everything, without exception - fundamentally shifted my view of the world. This had me realize something else: If thinking is outside-in and therefore manifests as form (either in your consciousness or in the material world of form, or both) it must also be finite.

It must have boundaries. And I immediately thought of a striker batting the ball way out of bounds. Then the next one hit. Like in a series of domino earthquakes, the next one shook the foundation of my existence anew:

Whatever is out of bounds must also be infinite. And it's all in the feeling. Thought doesn't have anything to do with it.

Wow! How profound. But what did it really mean? A minute later I had lost my precious insight. I thought it remarkable that something so profound could come and then be gone just like that. I was still experiencing the feeling of it, but I could no longer remember what it was. That's when I realized that if thinking is form, feeling must be formless.

So I'll never be able to explain exactly what it was that hit me, because as soon as I try to put words on it I have to use my intellectual thinking and thus make it into the form, and then it is lost.

Insights

The implications of these insights reach far and deep. I won't even try to explain what it feels like, for now obvious reasons, but let me tell you what has become true for me: The answer to everything is all in the feeling; my thinking doesn't have anything to do with it. Wow, what a relief. I don't have to figure everything out. Heck, I don't have to figure ANYTHING out. Totally off the non-existent hook!

This may seem very theoretical to anyone who wants to understand what really happened down there in Jack Doyle's Bar, and I get that. But Michael, in this particular context, you're not just anyone. While you may not know exactly how I feel about what happened to me, I know that you feel me and that you know what it means to the work I'm doing in the world, in large part thanks to you. I am forever grateful for your instigation of my insights into insight.

Rasmus Carlson

* Supercoach 2014 code for Holy Fucking Mother of God

Insights

“We All Have Our Own Path”

It seems that many Supercoaches have enormous, revelatory insights whilst for me they tend to be small or gradual, and sometimes almost invisible. But there is something wonderful about that too.

Whilst being coached by Sara Murre I repeatedly heard in my head the words ‘don’t worry’. There didn’t seem to be a huge feeling attached but it slowly dawned on me that perhaps I should pay attention. As soon as I did I realized that I really didn’t have to worry! It was such a small thing. It seemed almost insignificant. But for the next few days I was able to blow off any low thinking that came up.

On another occasion, I was coaching a colleague and he mentioned that something was a struggle and unfair. In that moment it occurred to me that I already knew there is no such thing as struggle and there is no such thing as unfair. They are both constructions. I didn’t know that I knew that. In fact if you’d asked me beforehand I might have said I didn’t see it that way. But something had sneaked in under the radar. Without me knowing my grounding had deepened.

And the reason I’m sharing this is because it points to something deeper. When I notice the massive shifts in those around me I sometimes feel frustrated. I ask, ‘why is that not happening for me?’

Insights

But then I remember that I don't have to worry.
Wisdom shows me that we're each on our own journey
and one way is not better than another.

Nothing is unfair. Nothing has to be a struggle. It just is
what it is. And right now in this moment wisdom tells
me to trust.

As Michael says, all we have to do is stay in the
conversation. From one soul to another - thank you
Michael Neill.

Anonymous

Insights

"The most amazing day of my life (so far)!"

It was Saturday, May 17th, 2014 - a sunny London afternoon. I was on the 3rd day of a 3rd Supercoach Academy weekend. (It was Creation weekend, where my aim was to 'create myself'.) And, 'full up' from questions and answers about the 3 principles (and practice building), I snuck out of class (wisdom told me to), and sat beneath a beautiful, aged London plane tree.

Now insights had been flowing through me, that weekend same as the others. But I was there, sun on my face and sprawled on a park bench, more because of the cumulative effect of ALL these insights than anything else.

I felt uneasy inside myself, actually - quivery, odd. Very odd.

Slowly, I started to feel something in me, of me, about me - some deeper truth about myself that I'd never felt before, that I never even knew existed.

The only way I can think to describe it is that I DEEPENED MY GROUNDING IN ME.

I felt MORE of myself. (I still do.) I had the knowing that all is well.

To somewhat mangle the words of Michael Neill, "Nothing was different, but everything had changed."

Insights

Yes, everything changed for me that sunny Saturday hour beneath the London trees.

And whilst I did not see that I am God, I at least knew that I am ME - quite simply, the most amazing feeling of my life (so far). And from that place, that knowing, I can do anything!

Steve M Nash

Insights

“Listen for something you don’t know.”

At the start of the Supercoach program, Michael Neill gave us some ground rules for us to get the most of our time together and amongst them was the idea of listening for something you don’t know.

He shared the story of a client that he was working with who was super smart and well read. Almost every time Michael shared something, his client would say he knew that and would reference a book or author where he had come across that “same” idea.

Eventually, Michael said to his client that he knew he was very smart and Michael wanted their time together to be of value. For that to happen, he suggested to his client that instead of recognizing things that he already knew, it might be more valuable if he listened for things that he didn’t know.

For most of my life, I took great pride in knowing a lot of things and if I didn’t know something, I would often be able to make logical assumptions about it and have some sense of confidence in what I came up with. You could say I was a “know-it-all”.

Though, this idea of listening without my old mind was not new for me, the idea of listening for something I didn’t know really resonated with me very profoundly.

Daniel Martinez

Insights

"The thinker"

(Lyrics and music based on Kenny Rogers's The Gambler)

On a warm summer's eve
On a train of thought going nowhere
I met up with a thinker
We were both too tired to sleep
So we took turns a-starin'
Out the window at the darkness
The boredom overtook us,
And he began to speak

He said, "Son, I've had a lifetime
wrapped up in my thinking
Not knowing how to let it
go Or knowing what to do
So if you don't mind me sayin'
I can see you're in your thinking
For a taste of your whiskey
I'll give you some advice"

So I handed him my bottle
And he drank down my last swallow
Then he bummed a cigarette
And asked me for a light
And the night got deathly quiet
And his faced lost all expression
He said, "If you're gonna play the game life,
boy You gotta learn to play it right

Insights

You've got to know when you're
thinking Know what you're feeling
Know you can let it go
Sometimes you can't
When you reach a space
Without your own thinking
There'll be insight and wisdom
Coming from inside

Every thinker knows
The secret to a life of ease
Is knowin' which thoughts to throw away
And knowin' which to keep
'Cause every thought's a winner
And every thought's a loser
And the best you can hope for is not to
get wrapped up with any one.

And when he finished speakin'
He turned back toward the window
Crushed out his cigarette
And faded off to sleep
And somewhere in the darkness
The thinker found his freedom
But in his final words
I got an insight I could keep

You've got to know when you're
thinking Know what you're feeling
Know you can let it go
Sometimes you can't
When you reach a space
Without your own thinking
There'll be insight and wisdom
Coming from inside.

Insights

“There is nothing I can do about it ... it is what it is.”

My greatest insight...

Let me tell you the story ... Picture it Canada 2014... I am on a bus on my way to work, in my head upset at something at work which is not working out the way I want, sound familiar? We get to a stop and I realize that there is nothing I can do about it ... it is what it is, this simple phrase allowed me to accept that the circumstances of my life are as it is even though I don't like it one bit... acceptance and release was what was needed and I did it.... When I got to work that day this thing I was having a lot of thinking about, got resolve in a way that was better than I expected.

Notice that my insight was that the key to letting go of my thinking was acceptance and release, they were the keys to my freedom.... Then I was talking to Sara Murre and telling her this story and she asked a question which allowed me to realize that what I thought was a two-step process is actually just one step: acceptance; because when I accept that things are as they are and not as I want them to be.... It allows me to release the thinking the wanting things to be other than what they are... So another insight facilitated by Sarah (thanks!) acceptance was the only one true key...

Lucie Gingras

Insights

“No matter what happens, I’ll always be perfectly fine”

Prior to the SuperCoach Academy, I had come to the understanding that I had absolutely no control over what thoughts popped up in my head, that all my thought (good or bad) was made up, and that I would always be perfectly fine, no matter what happened (a huge relief).

This made signing up for SuperCoach easy, since any fears or insecurities were easy to dismiss. However, despite this understanding, I was still struggling in some areas of habitual thought (and the resulting behaviours). I couldn’t understand why I was unable to look at these particular thoughts as objectively... It was so easy to ignore my thoughts in some areas, why not in others?

What I came to realize (through a discussion on the SuperCoach Facebook group, prompted by “words of wisdom” (from Michael), was that even with an understanding of the Principles, I don’t actually have any “direct control” over which thoughts I let go of.

I was kind of freaked out for a moment, feeling a sense of powerlessness. But that was immediately followed by a huge sense of relief and hilarious laughter (similar to the relief and laughter felt with my initial insights into the Principles). How lovely to see another perspective in the simple yet profound realization that, “no matter what happens, I’ll always be perfectly fine”.

With appreciation, and love, and laughter,

Jonelle Simms

Insights

"I'm stepping more into the unknown every day
and absolutely loving it."

"I signed up with Michael in January 2014 with a pretty short list of what I was looking for when working with him. Within 10 weeks of working with him I had checked every single one of them off my list, my bank account had filled back up to what it was before I invested the \$75K as an apprentice and then everything from then on has been a bonus!

This weekend I'm taking my daughter to Disneyland, something I have been unable to do for the past 2 years it's been promised to her as I had too much anxiety to do that. I'm stepping more into the unknown every day and absolutely loving it and the stuff I do with my clients actually WORKS now I share the Inside Out understanding I've learned from Michael and the whole Supercoach academy team.

Love you guys and so grateful I stumbled across you. xx"

Nicola Bird

Insights

“The Universe is my best friend”

I've had so many incredible + impactful insights it's hard to choose one...

I would say that one of my biggest insights is that I now see The Unknown as my best friend.

I have this vision of walking with Her hand in hand (this Infinite Creative Shakti Power) and it makes me feel truly supported by the Universe. I can play with Mind to create A-NY-THING and it fills me with hope, joy and excitement. But most of all, I feel expansive and serene.

A damn good place to be in this crazy world.

Namaste,

Caroline Frenette

Insights

“Our natural state is wellbeing, peace of mind, love.”

When I read Michaels book *The Inside-Out Revolution*, he pointed out that our natural state is wellbeing, peace of mind, love, and the only thing that takes us away from it is our thinking in the moment. I instantly felt the truth in that statement.

This insight gave me a real beautiful feeling and I felt that it was the missing piece I have been searching for. Externally I didn't have much to complain about except that both my wife's life and mine was in fast speed forward and have been so for many years. Internally I felt really stressed out, pressured and always one step behind.

During *Supercoach* this deep insight has just kept growing. A lot of things have happened the last year both internally and externally, my thinking has become much clearer and calmer and for the first time in many years I feel a natural self-esteem. I'm starting to have more life in my life!

Thank you Michael and fellow students for guiding me back to my own wisdom, love and peace of mind.

Love,

Kenny Engelbrekttson

Insights

“When you let go of your thinking you see how beautiful everything is.”

When I was in New York attending the Supercoach Academy in March 2014, someone in the group said the following words while he was sharing an insight:

“When you let go of your thinking you see how beautiful everything is”- and those words have stayed with me ever since:

People and places I normally haven't been thinking of as 'beautiful' appeared to me precisely like that - very very beautiful. I started asking myself - how is it possible that I haven't been able to see this before?

It wasn't like that I always had been thinking the opposite - sometimes I would - but most of the time I hadn't really paid much attention. And suddenly I woke up to the fact that I was missing out on seeing what was in front of me!

Meaning I was missing out on my own life!

After the class the very same day in New York a homeless guy called on me while I was walking the streets; he wanted to read me a poem.

The poem (as I remember it) went like this – ‘All is beautiful’: I could see in his that he meant each word.

So once more on the very same day someone woke me up to remembering how beautiful everything is! From a deep place within I had to pay attention to that!

Insights

And since March I have been able to see this: When I am present and able to listen for the energy - I am able to really *see* the people in front of me, and I am able to *see* opportunities and to create!

And I am truly touched by how powerful this 'remembering' or understanding has been for me.

So thank you Michael Neill for having created the Supercoach Academy - the Space Where Miracles Happen!

Thank you very much indeed!!

Ronnaug Eli Holmoy

PS - When I told William (who shared at the SCA in March) the impact his words had had on me - he couldn't even remembering having said this.

Insights

"Life is not a struggle"

I grew up thinking and believing that if you want to become something and succeed in life, you'll have to struggle and work really, really hard. I certainly felt that I had to be very efficient every minute awake. This was not only applied to myself as a professional, but also as a mother, wife, sister and daughter.

I was expecting it to be really hard to be married, to raise children etcetera, because I was told so by others.

Now I see life isn't a struggle. Not at all. I can see how I was trapped in these beliefs and concepts. I can see how I interpreted it to be the external world's expectations on me.

It now seems kind of funny and also relieving to understand that it was all about my own thinking of those expectations. They were all mine, made up in my own world of thoughts.

When I've peeled off these wilted leaves of old thoughts and beliefs, I've started to thrive. Since I realize where my experience comes from, I'm getting the more and more out of my life every day. It doesn't matter where I'm or who I'm with - I mostly feel like dancing along the road in a beautiful peace of mind.

I'm so grateful for this understanding, this gift that I will care and share for the rest of my life. Thank you Michael and thank you all of my fellow students in SCA 2014.

Love,

Gunilla Engelbrektsson

Insights

“Thank you”

I am not really sure where to start! A guess 'thank you' would be a good starting point!

When you first threw it out there for me to work for you-all my insecurities bubbled up inside. After maybe 100 'what if' scenarios I presented to you, each one you squashed without hesitation. After a gap of nearly 20 years of not working, I really can't say how grateful I am that you believed in me, more than I did.

As I reflect back on this past year, and have listened to you talk, I realize it is a way of life. I say to people, how lucky I am to have the best boss in the world, that I can also call a very good friend. That I feel comfortable to go to with any problem and he is always ready to listen and give advice.

It is rare that someone walks the walk and talks the talk, but for me Michael - that is how I look at you! One true genuine, special guy!

Thank you for giving me this opportunity and sharing your wisdom and all those wonderful, lovely, warm people I have met on this journey.

Love,

Annette Watling

Insights

"Here I am. I am here. Being. Home"

Dear Michael,

Thank You

Being awesomest?
When we are home
Hanging out in the unknown.
The incredible lightness of being.
In the divine.

"No old woman. No young woman. Just lines."
Lines, lines, lines
All thought
No thought, nothingness

"Is the woman dancing in a clockwise or counter-clockwise
manner?"
One direction, both directions, all directions, no
direction "She's not even there!"

In each moment
Everything is present. Yet nothing is present too.
That wonderful empty slate
The space where miracles happen.

Here I am. I am here.
Being.
Home.
With love,

Julinda

Insights

“It’s only me that keeps me small...”

I was trying to write a poem for my Pod group about the beauty of life.

Looking at my garden for inspiration I began to muse over what I wanted to say and at first thought about beauty and colour found in the spaces of shape and form.

As I stood looking at the garden I realized I always enjoy gardening in spring time when the garden is wild and at its best, and how later in the year I can get despondent with it.

The garden naturally blooms itself into spring and I just relax into enjoying the full extent of its natural beauty, but as the season moves on there’s more and more work to be done and decisions to be made. It then takes time and effort and however much I try and control it, it somehow never looks as good as it does in spring.

As this thought left me I immediately had an OMG moment realizing that when I’m caught up in trying too hard to make things right or controlling something to make it perfect I step back into my childhood pattern of feeling small and insignificant. But it’s just an old pattern of thought and that’s all it is!

Lin Paris

Insights

“I’m in receipt of thanks!”

I was taking some clothes back to a big store because they were a little tight. I pulled my receipt from my wallet and, as I got out of the car, the strong wind blew the receipt right out of my hand. I saw it fly into the air, up and away. I thought “that’s great I can’t get them exchanged now ... thank you God, thank you very bloody much ...yadda, yadda, yadda!! !”

Then I heard my thinking ... and I let go and said “ok so be it.” At that point I got clarity – I looked and saw that the wind was blowing everything towards the fence at the edge of the car park about 100 yards away. I said to myself (with genuine detachment) “it’s worth a look.” There, against the fence, alongside many other receipts, was mine!

I am “blown away” (excuse pun) by this understanding of how life works. As soon as my thinking shifted so did my reality.

Ian McPherson

Insights

“In my thinking, momentum was a monster.”

The first time I heard Michael describe the “momentum formula” - focused intention plus God over time = momentum - it made sense to me, I'd seen it work before, and it seemed a nice way to do things, too. Even so, I can't say I embraced it. I sort of put it to the side, and any time I thought to focus my intention, I just noticed myself going fuzzy and backing away. Sometimes I would think of familiar phrases to explain it: fear of success, a preference for peace of mind, maybe issues with money.

The next time, he described it more fully. As I read, I imagined the flywheel, huge and slow at first, then gradually speeding up. And then going faster, and faster, and then so fast that I saw my little self-clinging for dear life, trying to keep up with its out-of-control speed; at this point momentum looked like a runaway train, something that could take over my life, make me its slave, victimize me.

“In my thinking, momentum was a monster.”

No wonder I hadn't been in a hurry to get it started!

With much gratitude and love –

Shelley Satonin-Herskovits

Insights

“There is no cell!”

In sharing the Principles with a friend, they spoke of a problem in their life as being like a prison cell – when most of us want to break out of the prison, we feel we have to dig our way out or force our way through the wall in order to escape. But, luckily for us, there’s a door we can just walk through that’s unguarded, and when we get quiet, we notice the door.

I liked the metaphor – it pointed out to me in such a simple way that the solutions to life’s obstacles were always clear when our thinking doesn’t get in the way. But as the London weekend was progressing, I was feeling a shift at a deeper level. The more I stayed in the feeling, the better it felt, but the more difficult it was to find a way of sharing what was going on for me.

Then suddenly, in the shower, getting ready to join the gang on the final morning, it suddenly hit me:

‘There is no cell!’

While my friend’s metaphor worked, I realized they had it wrong. I saw in that moment that but for our thinking, the cell – and indeed the prison – just doesn’t exist.

And in that moment, my own internal prison – a hangover from past times where I felt very much like a prisoner – collapsed. I saw the world clearly for the first time in years, and have spent every day since in gratitude for the amazing freedom I feel.

“I forgive you!”

Eight years ago, I saw my mother for the last time. She had left me broke and broken, unable to face the world. I was helped through by many wonderful people, and all of them shared with me their anger at her. Their anger compounded with my own left me in a very dark place.

Insights

For years afterwards, I struggled on in life, feeling hurt, alone, unloved. I tried every kind of technique, read all kinds of books, and saw the worth in all of them... until it came to the issue of my mother. Nothing could release the feeling I felt, or justify what happened in my mind.

I saw a lot from realizing the truth of the Three Principles – how Thought creates our experience, and how we our only ever one thought away from our wellbeing. And I felt a real sense of joy and lightness as my mind got quieter. And from this space, thoughts of my mother hardly ever came up.

Until one day...

From out of nowhere, an image of my mother came into my mind. I saw her differently – I saw her frightened, scared, and vulnerable. I felt the fear she was going through, and my heart melted. In a heartbeat, I went from feeling anger to compassion, from seeing the worst mother in the world to knowing I had the best mother in the world – who was going through a difficult time.

Was this the truth of her? I don't know. But I stopped wondering 'how she could do this to me' to seeing exactly what could drive her to, and feeling nothing but love for her. And in that moment, I mouthed quietly to myself the words I never thought I could say to her and mean...

'Mum, I forgive you!'

While I have not seen my mother since, that insight, and the space it allowed me to finally, truly forgive her, released me from my pain, and has brought so much more love into my life. It has made me see just what is truly possible in the world when we connect with our wellbeing.

Christopher Hughes

Insights

"I know I will always find my way back home."

Thank you Michael for a life changing experience.

It's actually difficult to pick one insight that stands out more than the others do, I cherish each new thought as they expand my awareness. This journey is a beautiful awakening to a life of new possibilities.

After our Masterclass with Dicken, I literally felt a heaviness fall away as I reflected on our engaged presence in life. We walk around in a semi-awaken state of our own makings, and are unaware the true magic of life is in the present moment. Although I may drift from time to time, I know I will always find my way back home.

With love,

Rich Riddle

Insights

"I don't know..."

The phrases 'I don't know' used to terrify me, I made it my life mission to never be caught out, to never have to said those three terrifying words 'I don't know'. Knowing more was my edge, thinking up answer to the millions possibilities that could happen throughout my day made so much sense. I would always be prepared, always ready with an answer, I would know what to do, anything less than this was unthinking, not an option I had even considered. Turns out I was wrong. I really saw how much potential was in these three little words.

"I don't know' is the door to 'true knowing' and it would seem to me that the answers that come from that place are way better that I could never have come up with. So my big take away from SCA is seeing the power and potential of saying 'I don't know' and then as if by magic, a little later I do know, because the answer comes. So those three little words have opened up everything....

Love,

Lynn Robertson

Insights

“When our heads are clear of personal chatter, we are consciously flowing with the loving wisdom that will guide us every step of the way into our ultimate expression as a human being.”

As I’ve participated in the journey known as “Supercoach Academy 2014”, and have had numerous insights similar to the one above, my life has shifted dramatically. I feel like I am living in a whole new world, where the far away dreams I have always fantasized about are all coming to fruition, here and now... The seemingly impossible has become effortlessly manifest.

I’ve seen on a deep level how our reality is created, and how we are all intimately woven with an Intelligence that will carry us and direct us throughout our lives when we aren’t caught up in our heads... By gaining a relationship with this understanding, it seems life has become one of effortless fluidity, with a few bumps in the road that don’t hurt nearly as much as they used to.

As I’ve experienced the wisdom of all life direct me into my bliss over and over again, it has become incredibly easy to trust that all will fall into place in whatever direction I am guided. I have become so comfortable in trusting that the unknown is where miracles are born from, and when I give myself fully to that which inspires me without needing to know the whole plan or agenda, I will be effortlessly carried and supported step by step.

There is suddenly little to no more fear about taking the leap of faith, about jumping into the unknown, because I’ve experienced time and time again, that if we fall, we will be caught, and when our heads are clear, we are clearly directed.

Insights

There is nothing we have to know in order to proceed into our heart's desires, and in actuality, the less "knowns" we bring to the table, the more space there is for the unknown to guide us and manifest miracles into our lives.

Having absolute trust that the unknown will provide the answers, the solutions, and the steps into my ultimate expression as a Human Being has become the firm ground in which I stand upon and live the entirety of my life from. As a result of this, I feel more free than I have ever felt, and my dreams of traveling around the world in honor and service of awakening humanity has come into full-on living fruition as I live a life of grace, ease, compassion and bliss.

Michael Parisi

Insights

“I am the creator, and from that space I am also the creation.”

During this journey called life, we all experience a lot. It all starts the day we are born, and it continues until the day we die. Maybe it even starts before that, and lasts into the eternity, but I´m not aware of that in this form, so that will be another story in another life...

I am form created from the formless into this world so I can experience life and myself. Life and I are the same, both of us are energy, both of us are created, both of us are creating and both of us are experiencing. Wow, to think about this, makes me feel small and big at the same time. I don´t think I really understand this, but I can feel the sense of it, and I like it.

The mystery of this journey is what I call growth, - and how do we grow? My answer to that is by willingness to explore, willingness not to know, willingness to see something new, and willingness to die. Not to die in form, but to die in the illusion we make out of the formless. We are making illusions all the time, in fact everything is an illusion. It is all a big cosmic game and we fall for it again and again. Sometimes I see it, and sometimes I don´t.

We truly are the Creators of every experience we have. It often looks like it is coming from the circumstances, but they never are – how could they? When we see it, we see it, and when we don´t, we don´t, and that is ok.

Insights

In fact, everything is ok, and knowing that sets me free. Free so I can explore life, live life, enjoy life, and knowing that no matter what happens to me in my life

I am ok. There is something bigger than me in my life taking care of me, guiding me, loving me and accepting me as I am. My job is to love myself as God loves me, and that love is eternal and unconditionally.

When I live my life from that space in myself, it is easy to live. When I live my life in the opposite space, thinking I have to control everything, it feels like the energy is being drained out of my body. So how do I want to live my life? I want to live life as I was God, and I am God, in a form as a human being, with thinking, experiencing, exploring and loving. I´m God, you are God, we all are God. We all come from the same place; we all come from the same space.

We are all everything and nothing, because it is all formless in form going back to formless again. As if the sea arises, it also calms down.

Ingvild Lauvsnes

Insights

"Sticks and stones may break my bones, but no one's thoughts can hurt me!"

This was my first huge insight during our Foundation weekend in Santa Monica, and it sure didn't waste its time popping into my head (more like dive-bombing into my head, the way it felt!)

For the last 25 years or so, like many others, I've traveled the spiritual / personal development path, and an underlying theme in all of it was, "*Stay away from negative people because they will drag you down. And not only will they drag you down, but you might catch their negativity cooties and become like them. Or they might worry about bad things happening to you and actually make them happen!*" So I avoided "negative" people as much as I could, and pleaded with family members and friends to only think positive thoughts about me.

Well, after being in the wonderful space of Supercoach Academy for the first two days and having the clogged-up pipeline of old recycled thoughts begin to clear from my head, a brand new thought came racing in.

"No one can affect another person with their thinking - ever! That is totally outside-in!"

I was floored. It had been so much work to fend off all that negativity, and that job had just disappeared. What a relief!

Insights

And here's the thing – once you get a taste of the peace of mind that comes through this awareness and what it's like to have room for fresh new thought, there's no turning around. My entire experience of life is different than it was six months ago, even though not one thing has changed on the outside.

Love. Bliss. Peace of Mind. They were there inside of me all along and it took 63 years to find them. Amazing.

Today I know that there are no "negative people"; there are just people caught up in their thinking, or in a temporary dip of consciousness, or lacking understanding. I feel only compassion. I find myself saying "Bless them, Father, they know not what they think." And actually when it comes right down to it, there are no negative thoughts or negative *anything*. "Negative" doesn't even exist. It's just a thought!

Thank you, Michael Neill, with my entire heart.

You are helping many, many boats to rise and in turn we will do the same. What a way to change the world – one person at a time, one heart at a time.

Susan Parisi

Insights

“Listen for what you don’t know

Dear Michael:

What a dear man you are!! I know I heard or saw your name a thousand times – had a copy of a book you wrote in some random stack of even more books I meant to read someday soon on my road to enlightenment. I know I had seen, for some reason or another, more than a two hands full of emails from or about you.

And then, one fine day (doo-wop, doo-wop), I opened an email describing this thing called Supercoach Academy with your name attached to it and I suddenly was so drawn to enroll I nearly couldn’t stop myself. Within minutes, I was on the phone – and within a week, I was in Santa Monica, perched at the edge of something I did not understand at all, with the full faith that I was exactly where I was meant to be.

I wanted a path of comfort and belonging, and so I set out to find it.

“Listen for what you don’t know, you said.” Indeed, you might have said these words a dozen times or more until the day I actually HEARD beyond the words as though they had never been spoken before. I realized I had been listening, all along, for the familiar, for a place of belonging – a place to call home. I thought if I listened for the familiar, that I would be safe, content, comfortable, affirmed in this crazy, irrational, spontaneous decision to show up for a training I knew nothing about delivered by a stranger my friends said was terrific.

Insights

I was told you could dissolve a fear of dogs with a few hours and a wave of your hand. That sounded like a miracle. I am all in favor of miracles.

The miracle has been that through my new way of listening I began to experience an evolution of my grounding in spite of myself, just as you had promised I would if I stayed in the process. I notice the subtle shift toward peace and kindness inside myself as I continued to listen and deepen in my understanding of the Principles. I notice, now, that I am less inclined to be a bossy coach – less urgent, less attached to some notion that I know what might be best for someone, and less driven to propel someone else toward some manufactured goal in the physical world. I listen, now with a curiosity for the words behind the words. I am simply less likely to react to the first thought that pops into my head. I find many of them amusing – and rather than an inner drama, I experience an inner giggle.

Perhaps more than anything I can put words to, what I love the most is the feeling in which I rest more often these days. It is Love that has softened my heart, a deeper connection with Mind that expands and lifts and informs me. It is the feeling of being Home which is, after all, the Source of that whispered invitation that has pulled me forward all of my life.

Thank you for enlarging the portal to creativity and new thought. Thank you for shining a Light upon my path!

With loving gratitude,

Carla Rotering

Insights

“Thought is the only thing that could ever create bad feelings and also, I have always, am now, and always will be completely loved and connected to everyone on this planet.”

I've been following Michael Neill's work for a long time. After years of sharing more of a technique based approach, he began to transition into sharing a new understanding of well-being - the 'inside-out' understanding of life. And the timing of this transition was perfect, because for me, I was burnt out, stressed, and physically ill. I had a headful of techniques and practices that I applied in my life on a daily basis. The downside of doing all those practices was that my head was so full of information, alongside the idea that I needed to work hard to condition myself for well-being. This often meant I ignored my own instinct for health and well-being.

What Michael began to share completely changed my life forever. When I heard that well-being was my default setting, and that all I needed to do was to understand that thought was creating my experience - and not circumstance - this changed my entire way of being. What I love about Michael is that he has always been committed to sharing what he's discovered with the world. I absolutely love that there has always been an opportunity for anyone to connect with Michael through his radio show and in other ways. It was a few years ago when he spoke to me something along the lines of... "You don't have to get over anything because you're not in anything.. You're simply in your thinking.. and... But for your own personal thinking, you would feel this love and intimacy with every human on the planet."

Insights

This was his response to me calling into his radio show asking him how I could 'get over' the anxiety, resentment, and loneliness I felt after a break-up. And those few sentences he spoke... wow... the instant I heard those words, I felt a complete and overwhelming recognition of the truth that thought is the only thing that could ever create those bad feelings I was having... and also that I have always, am now, and always will be completely loved and connected to everyone on this planet (even the woman who no longer wanted me in her life). As a result of recognizing this - over time - I've been able to experience more of this love, connection, peace, and confidence in my life. And the time it takes for me to 'get over' bad feelings has gone from what used to seem like weeks, months, or years down to hours, minutes, and sometimes even seconds..

For me, this is the most valuable realization I've ever had. I'm not sure if I would have had this realization without Michael sharing what he has shared. And this is why I continue to be a part of what Michael is bringing into this world. It's why it was a very easy choice for me to sign up for his Supercoach Academy.. And it's why I am so excited to see what we all continue to create with this understanding.

With Love,

Gordon Faulkner

Insights

Playing like a child, Santa Monica, January.

While on a break we were asked to spend some time exploring our thoughts after talking about Mind Consciousness and Thought and also how we show up in a grounded way. My journey outside took me to explore the roof garden and eventually come across the children's nursery across the road. It was great to watch the children just playing with one another and moving from toy to toy to sand pit to trike. When back in the room, it became clear something struck me about what I saw. Compelled to share I gave to the room what I saw. It was clear that a child in the nursery just showed up and responded to what showed up, they do this every minute of the day. It was also clear that they did not know what it was like to not show up fully grounded. Thanks so much for letting me return to playing like a child again.

How cool is that!

Questions.. New York, May

New York gave us the space to listen as if there was nothing on our mind. Mara did a great job at taking us to such a cool place and much became very clear. All of a sudden I had all of the answers to all of my questions, and this was not because I was arrogant to know all of the answers, nor did I not need to know any more. It was just that when a question came I was calm in the understanding that the answer would come.

How cool is that!

Insights

To do lists, London, June

After writing a great passage about Robert who died suddenly at work, I realised this was the start of something which I could do, at that moment I realised I had a book inside me and it became something which I had to do... the thing was it had begun to consume me. I could not put the need to start to one side.. It carried much thinking. While on my way to standing up to talk about this in the class and sharing with Aron, It became clear that I was not lacking motivation or procrastinating, it was just a to do! In that moment it dissolved as something I had to complete and no longer consumed. We all saw that..

How cool is that!

Martin Croft

Insights

“Because I have a thought it doesn’t mean I have to do anything about it.”

When I received the email requesting details of an insight I have had, I was stuck. The first thought that came to me was –that’s for all those other people who are having such a wonderful awakening. I have nothing to report - that is nothing that would sound very significant or dramatic when written down.

But the question got me reflecting and I began to recognize how much my life has changed over these past months since I began the SCA journey.

To borrow a line from the Beatles, nowadays when I find myself in times of trouble my most usual reaction is to let it be.

The biggest insight for me is the recognition that just because I have a thought it doesn’t mean I have to do anything about it.

When the urgency kicks in and it seems imperative that I take action NOW, there is this other quieter voice that I am becoming more attuned to that whispers “stay your hand”.

And I have noticed that by paying more attention to the whispers life has become easier and gentler. A fraught relationship of five years has come to a graceful end.

Insights

I have been surprised and delighted by new friends I have made, not only among SCA classmates; but also closer to home. I have noticed especially how things seem to fall into place with greater ease and effortlessness.

There is a 'just in time' aspect of life that I am noticing more and more. As I have less need to push and force life I find myself achieving more and feeling more peaceful than ever before. And when my peace is disturbed, as it inevitably will be, I still have the anchor of knowing that this a temporary state that will change when new thought comes along, as it always does.

Anonymous

Insights

"The Revelation of Letting Go"

I can't say there has been one singular big insight but rather an evolution of an insight. Every insight had another layer and as it unfolded I began to find what I had been seeking.

Each layer has been about letting go. Letting go of what I thought something or someone would look like. Letting go of something I thought was really important and then turned out not to be at all.

The letting go option was always there but it holding on looked so much more important. Until I finally let go. The just let go insight was a tricky one to hear as the tension of holding on seemed so strong and the more important thing to pay attention to.

"Let go" was spoken by the stillest, smallest voice and so it seemed irrelevant. And yet, after much struggle and strife to "hold on" it finally occurred to me to just let go.

It turns out I had been shadow boxing with peace. Peace finally won and without much effort. The feeling of freedom was what I wanted and yet I imprisoned myself in the thoughts that what I was holding on to was too important to let go. And, when I finally let go freedom is what I found.

Who knew that letting go would finally set me free and not into a free fall toward death?!? Peace did.

Jean Lemmey

Insights

“I wasn’t broken, and have never been”

There have been many insights during our training, but one that had a tremendous impact on my life occurred during the first weekend in Santa Monica.

I saw very clearly that I wasn’t broken, and have never been. This was huge for me – had a lot of trauma in the past that had affected my views of myself and of the world.

I would have never said I felt broken, never consciously thought that of myself, but now I could see how insidious that belief was, how much it had been motivating me and fueling my voracious seeking.

On some level I had always hoped the next teacher, the next technique, the next experience, the next meditation, would heal me. It’s such a relief to have all of that stop, to know that I am whole and resilient, and to just enjoy being.

Lots of love,

Sandra

Insights

"A Beautiful Swan"

The day before the 2nd Supercoach Academy gathering, I got lost with Anni Poole in New York's Central Park. We tried to correct ourselves, squinting at a map, while mud oozed round our feet. We ended up going the wrong way again.

Then I saw a large bronze figure seated with a book, and at his feet a bronze duckling looked towards him. Not in my guide book. On closer inspection this was Hans Christian Anderson. The duck a reference to his tale of the Ugly Duckling that became (or was already) a beautiful swan.

To me Hans Christian Anderson sums the overall effect of the New York weekend. I no longer felt set aside because of the ancient opinions of members of the medical profession. More and more I see the value of being ordinary. My perfectionist tendencies fall away.

I get so much from the increased sense of being human in all its innate wonderfulness. Something I had overlooked, and shall explore for many years to come.

It wasn't one insight but rather a whole new opening in my life. A whole area to grow into and explore after all those years stuck. I quit the responsibilities that came from the remnants of that diagnosis. I let my thought be free rather than feeling trapped by the past.

Insights

Life moved on and the wake of the New York I remember feeling less of compulsion to push and learn more about the Principles presumably because I wasn't trying to fix myself any longer with them.

Imogen Caterer

Insights

“Not worrying about anything anymore ever”

In the beginning of 2013 I had one of the most valuable experiences of my life. On a bus ride to work I had the biggest and most amazing shift of consciousness and I found myself from one moment to the next without any more problems. I actually think I saw what the word problem suggests dissolve completely. The shift was very subtle and I walked around the following weeks in a lovely feeling of bliss. I started to notice things I never seen before and I came to see how beautiful the world really is. A new notion of “not worrying about anything anymore ever” was also very present and it felt delicious. It was as if I had been holding my breath my entire life and I had a deep breath of fresh and air filling my lungs and body for the first time in my life.

A while later I learned that I have been hit by the 3p hammer and I tribute Michael Neill for unknowingly help me catalyst this change. Around the time for my experience I remembered I loved to listen to some of his talks and there was the way he said things that helped my usually noisy intellect to settle so I could hear something else come through.

The story I just described is my big shift and it is alone one of the most important things that has happened in my life. The gratitude I feel for this is beyond words because it allowed me to break free from a prison which in the first place I even didn't knew existed. I am free in a way that means the world to me and the most wonderful part is that I can never go back to that prison because once the warden, walls, doors and locks of my made up prison has been brought into the light whatever strength they had is forever broken and lost.

Insights

It was you Michael, who I tribute this shift to and this is why, once I made the decision to learn more, I choose your Supercoach Academy as my new playground for learning more about the principles and deepen my grounding.

Since my big shift I have had many valuable insights and realizations about myself and how I and my fellow humans see the world but when I went to Santa Monica for our first weekend together I never realized what would happen when there would be several of us hanging out together.

During the second day I was doing an exercise with one of my SCA friends when something very special happened. It was the standard coach each other exercise with some topic I don't remember and in the middle of it my mind went so silent in a new way. Time slowed down and I can't tell how long we sat there.

I found myself looking deeply into the eyes of my coachee and the presence and the feeling was so strong it was overwhelming. I remember I open my mouth to speak but I stopped before making any sound. We smiled and then I realized it, we are already speaking but not through words but with our hearts. Long time, or not, passes. The moment was so beautiful and filled with warmth I felt like my chest was going to burst open.

When we finally break the silence we hug and later that day we talk about what just happened. None of us have any words for it but we both agree that what we just have been touched by something important, something we both think is love in its purest essence. This experience was so strong it left me messed up for a long time, like in a good "what on earth did I just experience and what does it mean" way.

Insights

One part of me tried to understand it, make logic out of it and another part of me was left in awe of discovering a divine quality of our world I never knew existed. What happened in Santa Monica has helped me open up and from this space of openness my life has continued to unfold in a lovely way. This experience has touched me deeply and I will always remember it.

So from the bottom of my heart I would like to thank you for providing and holding a space for both me and my fellow SCA friends to reconnect with our true nature.

With warmth and a big hug,

Patrik

Insights

"The Glimpse"

"If I could only share a single statement describing my experience with Supercoach Academy, it would be this:

It was the kindest, most compassionate choice I've ever made for myself.

For all my grand plans of connecting others with hope and true freedom, in my quiet moments I know that this gift was really for me. The radiance, humor, clarity, boldness, and calm of my current life is unprecedented. I am happier, more patient, more open to miracles, and more at peace than I've ever been in my life, and I finally feel like I belong here too. Everything feels easier and more playful, and the impact I thought I once wanted on the world occurs to me now most often like a breeze or a rush of wind across the meadow.

Are these principles and this conversation the source of all that is knowable or desirous to be known? No. But it never declared itself to be. Instead, this conversation points away from itself to the living source of pure water, from which we can be endlessly filled and renewed.

If I could go back with wisdom for myself my first day of SCA, I would remind myself to rest deeper and even deeper still in the quiet space of humility, and to hold the seashell of life up to my ear and listen for the whole incomprehensible ocean - to that which I don't yet know, even if I think I do. I would remind myself to lie back in the hammock of childlike wonder, curiosity, and awe, and just be okay being me. I would smile at my pencil and notebook, knowing that I'd never look at my notes again, and I'd blow all of my questions into the wind like a wise and graying dandelion, knowing I'd know what I need to know when I knew.

I feel a bit embarrassed sometimes because I allow myself to express my deeper feelings of gratitude for what I can now see, but it's because I suffered terribly and quietly for a very long time, and now I feel so free. And yes, still wholly inadequate in the world at times, and yes,

sometimes afraid. But then discernment of what is real shines through and I know I'll be ok.

An enormous thank-you to [Michael Neill](#) for showing me my astonishing arrogance and for guiding me to the occasional thrill and ultimate safety of the unknown. I still so enjoy how the formless moves through the artistic expression of you, and you have my deepest respect.

Love to all!"

Melanee Evans

Insights

"X rays, Exam results and waiting rooms."

On my journey of exploration of the human experience, I have often had my greatest insights from watching others. It has often been totally obvious to see others using their thoughts, around a given event, to create an infinite number of very scary potential outcomes.

A couple of ones I have been very close to over the last two weeks,

A coaching client who had looked at his own chest x-ray, done a little online research was convinced he had a huge tumor. As you can imagine, the next few days were spent worrying until he could see the doctor for the results.

My eldest son, who having already taken his exams, spent the days before the results were issued, quiet, not sleeping and withdrawn from both friends and family, as he create detailed scenarios how his life would be a failure if the scores were not what he expected.

My youngest son, having fallen playing football, sitting in the hospital waiting room, as we waited for x-rays, creating a future of surgery and reconstruction which was accompanied with a full range of emotions.

These all sound familiar and obvious, we all know people who do this. This is how the system works. Event + story + emotions = experience.

When I see it in others, I am made more aware of how often I do this myself. How this system is at play in my entire life. As I sit writing this wondering and worrying about will it be right? Will people like it?

The difference now is, I accept that to be normal, keep typing and know that whatever the feedback on this piece of writing, I can learn from it and evolve safe in the knowledge that well-being will not be impacted.

Insights

To complete the stories, my client discovered the large mass in the center of the X ray was his heart, my son got the result needed to go to university and my youngest son had a minor sprain. I know that these could have been different results but the future is not pre-ordained, people recover from illness or do great things in their remaining days, exams can be retaken or new futures uncovered and bones reset.

Going forward I feel more able to create in my life.

“My Invisible Albatross.”

I was recently reminded of the Coleridge poem *The Rime of the Ancient Mariner*, for those of you not familiar with the story, whilst on a long sea voyage the mariner shoots an albatross, that the crew believes has been bringing them good weather and fair winds. The boat is then becalmed and the mariner is made to carry the dead albatross round his neck as a mark of shame and punishment.

I couldn't help but make a metaphorical connection to my own albatross, that I have been carrying around for over 25 years.

I started work at 19, having decided not to take up a university place. I found myself in my early twenties with a lot of work experience but no degree. My career progressed taking me around the world, working in many industries, managing complex projects and leading teams of various sizes.

Throughout this time I was carrying my burden of not having a degree. Convinced that everyone could see it, that everyone was secretly asking the questions of competence and intelligence. I spent hours wondering and worrying when I would be exposed as an imposter, all of that thinking accompanied with the usual tightness in my stomach and tension in my body.

Insights

The facts were different, my career moved on at a pace, most of the people I hired had fantastic qualification and still asked for my help and support. The question was asked during the odd interview, which was 2 or 3 times a decade and really no one else seemed to care. It even became a point of differentiation as people became curious as to my alternate route into senior management.

Regardless of what my intellect told me, I had managed to create a reality where I felt like a fraud, living with a near constant fear of being exposed as inadequate. I tried NLP I was able to step around the thoughts and reduce the impact but they were still there, deep down I knew the truth.

As I have been exposed to and explore the inside out nature of the human experience, I have come to appreciate the power that our intellect can have in turning any of the thousands of thoughts we have in a day into a heartfelt reality.

I now see the difference between my intellect and innate intelligence, the later being always present but not always heard. So what to do, the answer was so simple, do nothing. Like the waters during a storm, the thoughts will pass, the sea will calm and my inner wisdom will be heard.

My albatross still occasionally pays a visit but now tends to fly by rather than stopping to linger and as for getting a degree, I will when I'm ready and more than likely any subject that takes my fancy at the time.

For now, I am living and loving life, safe in the knowledge that I'm ok as I am.

Peter Wright

Insights

"More fun Being Me."

Michael you asked if it was 'more fun being me?' and since being part of this wonderful 3P community and being immersed in the SCA I hear the flute over the noise of the orchestra and it says 'everything is going to be ok' and it is, it's more fun being me and it an absolute privilege to be on this journey with you and all the SCA family

Thank you thank you thank you,

Colette

Insights

“It’s all made-up!”

So many layers of wisdom in such a simple proclamation.

I’d heard Michael say these words several times in various contexts, but it really hit home (no pun intended) on the last day of our New York City intensive.

Most (if not all) of us were anxious to get a prescription of how to move ahead with our coaching practices: How should we talk about our work? How should we *promote* our work? How should we set up our sessions? How much should we charge for God’s sake?!

The answer: It’s all made-up!

While initially immensely disappointing, this was of course, the perfect answer. The only answer. And oh how it has served me well!

Because the truth is, the last thing I needed was a prescription. What I deeply wanted was *liberation*. To feel free to make it up as I go along and create something that takes into account ALL of me. To my great delight, this is exactly what I’m doing!

Now, ‘It’s all made-up!’ is a phrase I keep in my proverbial back pocket.

When things seem just ‘too real’ to bear or make sense of, those four words have the power to instantly reset my internal sensory system. - And more often than not, give me a laugh, as I get a glimpse of the beautiful absurdity of life.

Thank you, Michael, for doing what you do with a wonderful mixture of humour and compassion!

Sacha Ivis

Insights

“It is just that simple.”

During the course two things stand out for me when I reflect on it.

When Michael drew his sketch in NY showing that the only thing between human connection is thoughts and thinking. That simple sketch just deepened a simple truth way more deeper than I have been able to see it before.

It is just that simple.

Second, when Aaron in London said that our result is coming from our level of consciousness, I just laughed.

Today after tons of reflection on it, I can just see that my level of consciousness ALWAYS create my result, with no exceptions at all.

It is just that simple.

Huge personal insights and learning both of them.

Thank You Michael,
LOVE YOU

With Regards and Love,

Martin Jarland
Master Transformative Supercoach

Insights

"The Miracle of Understanding..."

Recently my aunt passed away and I was making preparations to travel to the funeral. As I prepared, I began to have thoughts about the fractured relationships in my family and how that might play out on my upcoming trip back to Kentucky. Before I knew it, I started feeling stressed; worry set in and I began dreading the trip and all of the family drama that would surely follow. About 15 minutes into this, I remembered that I was feeling my thinking. I decided to stay out of my sticky thoughts. I decided to just stay in the moment as much as I could to see what might happen.

When I arrived in Kentucky, my parents picked me up from the airport. Within the first 24 hours, they told about 100 stories a piece, mostly at the same time. We arrived at the funeral home to visit with family and friends who we hadn't seen in 10 years or more. My aunt has 6 children, my cousins. They grew up in a "holler" in Kentucky and lived life quite differently than we did down in Houston. Two of my girl cousins became addicted to drugs, one is recovering, the other is not. One of my male cousins passed away a few short years ago leaving a beautiful family. Another has a beautiful family.

I was speaking to one of my female cousins, one who seems to naturally have a deeper understanding of life. I noticed a man there who seemed to know everyone, but I didn't recognize him so I asked my cousin "Who is that guy?" She looked at me and said "That is your cousin, Tony."

Insights

You see, Tony was the cousin no one spoke about. When I was about 10 and he was a teenager, he stole from my grandparents. Later, he was put in prison for crimes that remain a secret to this day. As a child and for many years after, I was so angry with Tony. How could he do what he did to my dear grandparents? In my own limited view of the world, it did not make sense. It just wasn't right. I hadn't laid eyes on him in nearly 40 years.

None of the past came to mind in the funeral home. Without thinking, I stood up, walked over to him, threw my arms around him and reminded him who I was. I told him that I loved him and that all is ok. In one blink of an eye, the ocean that had been between us evaporated. We were re-united; the connection that always existed was visible once again. No working on the relationship, no healing process, no overcoming the past. Just the miracle of understanding that each person does what makes sense to them in any given moment given how he sees the world. Just realizing that the past has no hold on us in the present. Just the miracle of being present in the moment, letting things emerge.

I saw Tony blossom. I overheard him tell so many people he loved them that weekend. I could not have planned a better family reunion if I'd tried.

Kim Kaase

Insights

“This is the place I call Home”

About 1 year ago a girl friend of mine was teaching a Reiki class and asked if I would assist her by letting the students practice on me. I had Reiki several years prior and thought what the heck. That night there were 4 students and my friend.

I lay on the table, like Frankenstein, so relaxed I fell into a light sleep.

When they were through my friend asked if I felt anything or had experienced anything.. All I could say was "I want to go home". I did not mean my physical home or my childhood home; I just wanted to go home.

My friend was startled at first and thought I wanted to end my life. I assured her that wasn't it. I said it is a feeling I can't describe.

6 months later I started to listen to Michael Neill on Hayhouse radio and then Supercoach Academy.

And then while we were all in New York at the academy something inside of me shifted. I am not sure at what moment but I suddenly realized that God is in me, all of us, all of the time, not just when we pray. This feeling of Him being present, that awareness, that unconditional love that is the place I had been looking for.

That is the place I call Home.

Thank you Michael and all of my Supercoach Family,
Love,

Maureen

Insights

“Thank you.”

Thank you Michael for the energy and sparkle you possess which has brought so many amazing people together and who have touched my life tremendously, just for that I will be eternally grateful.

Thank you for guiding me to my own light which has helped me to not only live in a state of deeper peace and connectedness with others, but to overcome challenges which in the past may have felt like the end of the road!

Lots of love, Bonita x

Insights

“Indeed, it really is an Inside Out World and Way of Life”

Dear Michael,

Being in SCA has been the most amazing thing i have been led to do. You have been an extraordinary teacher that comes in like a quiet storm. My first and most powerful insight was to truly witness that indeed it really is an inside out world and way of life

I have seen that I have been Hot Wired to the deeper intelligence of mind and insights as to see how this is moving through me.

These insights have shown me that there is nothing for me to do, but everything to see and feel, is the ultimate in Freedom.

I thank you for leading me to the depth of my grounding, that I can let go of the wheel and glide through life.

Your teachings have shown me the human side of all of us and seeing the true meaning of relationships.

I saw what was magical in being really present in the moment, and the power of having nothing on your mind. The insight that I will always cherish is that I can show up with another person and hold a space for their insights to happen. To 100% trust in the system.

Michael you have been my compass to guide me to a space where Peace and tranquility is always waiting for me to scoop it up!

Insights

You have pointed me to how we can see the GOD within all of us, and to the wisdom that will guide every person. Thank you for inspiring that deep desire to see the 3p's at a deeper level, and the confidence to point others in this same direction.

My Deepest Love and Gratitude,

DEBI

P.S. My tennis game has improved also! LOL :-)

Insights

“My happiness is the best gift I can give.”

As we begin to understand the inside out nature of the human experience, the futility of worrying becomes increasingly clear to us. Not only that, we come to see it as fully counterproductive. And yet we also come to understand how inevitable it sometimes is... We all worry about tons of things, and as parents, we spend an incredible amount of time worrying about our kids, particularly about their happiness.

I was driving down a highway during a beautiful sunset and found myself unable to enjoy it because I was trapped inside a spiral of worry about one of my kids. Ironically, what worried me was how worried he had been during the last couple of months and how unable he seemed to enjoy the simple things in life as a result. I kept wondering if his worrying would ever end or if it would just become part of his personality; and if that happened, would my others kids begin to worry as well; and I kept thinking about ways to convince them, show them, teach them how beautiful, fun and enjoyable life really is.

Then something about that sunset pulled me out of myself, or into myself, and I overheard myself thinking: “If I do not enjoy it, there is absolutely no reason for them to listen to whatever I tell them about how to do it.”

How simple it all was! Being happy and enjoying life was not only the best chance I had at ever coming close to helping them be happy and enjoying life themselves, it was the only one I ever had. Suddenly there was absolutely nothing else to be done.

Nothing comes close to the relief we experience when we understand that nothing is being asked from us, except being fully ourselves.

Insights

“I don’t need the “good” ones either!”

Throughout this past year, we have seen people stand in awe when they realize they do not need to act on, listen to, or even believe the “bad” thoughts that suddenly pop into their minds, and by “bad” I mean the thoughts that bring any kind of suffering. We have also seen them struggle with the idea that something needs to be done about them - change them into “good” thoughts, chase them out, find their bright side. And finally, we have seen relief wash over them when they finally understand that there is really nothing to be done.

One morning, I was out in the fields taking a walk with my dogs and having a truly wonderful time, when suddenly a “bad” thought appeared out of nowhere, threatening to ruin the entire experience. I had already learned, however, that it would not last long, and I compassionately smiled at it as I prepared to see it go. I pictured it as a frustrated little kid, walking out of the room, pouting after realizing not even a tantrum would work this time around. To my surprise, just before disappearing, the thought snapped back at me: “Well, you don’t have to believe the good ones either!”

There was absolute stillness. By God! The thought was right! I didn’t have to believe the good ones either! I do not need to cling to them, or make them last, or even necessarily enjoy them. I can discard them all!

In the stillness that followed came the most beautiful, terrifying question I have ever asked: what will be left? And then came the most beautiful, liberating answer: I.

Marina Galan

Insights

“Insight about Insight: The Best Insight So Far”

My first great insight was already on 9/11 in 2013, when I knew that I really wanted to go Supercoach Academy 2014.

When I tried to write about it, though, it felt as if there was nothing to tell. I have been reflecting on why this was so. I have wanted to write and tell you about this insight, but I never seemed to get around to it.

Just today, I had an insight about this: Insights are exactly what we need in the moment, and the importance of insights is that they occur; that's their power.

Our enchantment with insights is released as they take the new form of wisdom, which then makes space for a new insight to occur.

And who knows what the next one will be.

Anna Jarland

Insights

“In Search of Truth”

In search of truth..

I thought there was a magical formula for life.

I thought there was a mystery to life.

I thought there was a way to be in life.

I thought that my feelings were a guide to life.

I thought there was a secret to life that I needed to find out.

I thought that there was a fault of my psychology that could be fixed.

I thought that there was a mind-set for getting an outcome.

I thought that the rules in my mind were right.

I thought there was a method.

I thought that my beliefs were real.

I thought my conditioning was the source of my problematic thinking/emotional state

I thought that there was somewhere to get.

I thought there was a right/best/easy/successful way to live life.

I thought that I had to have the right beliefs.

I thought there were models of good/bad/right/wrong/success/failure

I thought that beliefs were important to have and live by.

I thought that my concepts were real.

I thought I was right.

I filled in any gaps of understanding or lack of knowledge, with presumptions, assumptions and beliefs. I felt fear, frustration, anger, sadness because I assumed, misunderstood and believed made up thoughts.

I was wrong. There were so many assumptions that I had made and created in my own mind. I failed to look at data, facts, truth. Instead I opted for the bliss of ignorance until it was too painful to continue.

I got caught up with my misunderstandings, presumptions, beliefs, concepts and assumptions, how the world worked.

Not sure I have got to truth, but I'm a lot closer than I was.

Kim Blackmore

Insights

“Fear of death”

It seems daft, in hindsight looking back, to think that I spent 40 years clinging to a morbid fear of death; not just of my own death, but that of my family too.

I guess looking back to the cause of this fear is not of much interest here....but I insist.

My younger than average grandfather was admitted to hospital with severe headaches and dizzy spells. He was heavily medicated and supposedly under 24 hour surveillance due to his erratic behaviour. However, during the night, wearing only his 1970s style pyjamas, he crept out of the hospital window, ran across the gardens onto a busy highway and was killed instantly by a passing car travelling at high speed.

I remember vividly my mum's slide into her dark period upon being told that her father, "safe" and in the care of a hospital, had been killed in a car accident.

I was 10 at the time.

Now maybe it's not true. Maybe there is no cause here... but in my mind that's when my mind began to run amok.....I became fascinated and absolutely fearful of death. I clung to that fear year after year and like most people with 'embarrassing' fears, I kept it to myself.

For cover I would make jokes about death, I would pretend that "I'm ok" and yet even the slightest hint of illness within myself or within my family would send me into a state of deeply shameful and perfectly hidden panic.

Insights

I shared this with no one.

Even as late as 2012 I would say to my partner in jest "You'll miss me when I've gone". It became my "in" joke....but hidden behind the joke was a certainty and a deep fear that I was actually going to die.....soon. I'm also embarrassed to admit that I used to joke with my mum that I'd miss her so much when she passes that "I'm having a practise day" in advance - I would ask her not to call my phone or email on that day.

Of course it all came across as a fun, but rather dark, joke - yet I knew the fear that lurked behind the lie. It was my way of coping with these dark malevolent thoughts. Yes it does seem rather embarrassing.

After Supercoach 2012 I remember making my way to Seattle for the Advanced Track classes. I had never had a fear of flying in much the same way as I'd never had a fear of driving a car along a busy highway....but hidden beneath was always a fear that "perhaps this is the moment". It never stopped me flying, it never stopped me driving - but the feeling of fear was always lurking.

During that flight to Seattle I noticed for the first time that I did not have any such thoughts, and what's more, I noticed a complete shift in my thinking about death.

Not only could I not find the fear nor taste the angst and malevolent thinking - I actually got a totally visceral sense of this absolutely wonderful thing called death - and life.

I remember for the first time in 40 years being able to think of death and dying and sense my body fill to the brim with "it's ok".

Insights

It was a welcome stranger and in many ways it's lifted a burden from me that is so liberating I'd find it difficult to convey to anyone but myself.

I actually can't remember the moment during Supercoach when my mind shifted, I guess it was a gradual awakening.....but I do know, in no uncertain terms, that Michael's insight into the three principles and his devotion to sharing the same has changed my life in more ways than I care to imagine.

Here's to life.....and death and all who sail in her.

Phil Hathaway

Insights

“We have abundance and love always present to us.”

During all the classes with Michael and from reading his book, *The Inside Out Revolution*, I have gained a lot of small insights which I have realized are also in another perspective is very big insights.

There is one that I think stands out the most and it is from the book. The fact that we have abundance and love always present to us, hit me very deeply.

It turned around everything for me. The fact that we don't create love or abundance, we only create limitations. Huh, that is huge and was such a new ball game for me.

Except from that I have during the classes learned to be more natural and allow myself to dance between the formless and the form in a way that make me truly rich in my experience of life.

I am so grateful for this and for having the honor to be trained by Michael Neill.

Big thanks and much love!

Daniel Doverland

Insights

“From Vampire to Sun Worshipper”

As coaches we often talk about the amazing power of thought to create our experience of life, but the idea of this has always sat slightly uncomfortably with me in one area of my life - my health.

Since 2007, I have suffered from bouts of ill health, with varying symptoms ranging from fatigue, nausea and dizziness, inability to exercise (something I used to love), and a symptom that flared up a few years ago - heat and sunlight intolerance.

I have had numerous tests done over the years, and apart from one test when I became originally ill in 2007, which showed I had a serious infection, pretty much all of these tests, without exception, have come back clear for any known illness.

I was left with a diagnosis of Chronic Fatigue Syndrome, which variously alternated with a diagnosis of Chronic Anxiety.

My symptoms were real, my doctors would say, but there was no obvious cause. I was told that over time they would probably go, and were most likely stress related.

I managed to cope for several years with most of these symptoms, and they tended to wax and wane over time, but I wouldn't say they ever truly and completely disappeared. I might have moments where I felt relatively normal, but these were definitely in the minority.

After starting my Apprenticeship with Michael Neill at the beginning of 2014, he asked me in what ways might I try and unconsciously sabotage my work with him.

Insights

And I knew the answer. I told him I would have a flare up of my symptoms that would prevent me from travelling and participating fully in what I knew, in my heart, was an experience that I really wanted to dive right into.

Sure enough, in the first few months, I had real trouble with my symptoms. I found long haul travelling difficult and my energy levels would flag all the time. I did the best I could though, and managed to complete the first 6 months without interruption, although it wasn't easy.

However, in June of this year, it was starting to get hot in the UK. I knew that in less than a month I was due to go on a family holiday to a hot country. This had me very worried, because I did not want to be limiting the fun for everyone because of the symptom that bugged me the most - heat and sunlight intolerance.

So I talked with Michael, and we spoke of the power of thought. In the absence of any medical tests to show any particular reason for the symptom, he proffered to me that perhaps my thinking was powerful enough to create an experience that would cause me to dash for the shade, and to feel literally sunburnt, without any evidence of being burnt, within moments of being in the sun.

I sat with our conversation for a few days, and still wasn't convinced. The feeling of illness in the sun was so real for me, that I could not believe it could be thought created. I spoke with my doctor, and asked him about it again. He was convinced that it was stress related, but agreed there were some admittedly very rare disorders that could cause similar symptoms. He ordered blood tests for these - most of which I had never heard of.

Insights

Lo and behold they came back clear, and I was left in the same predicament.

But actually it was worse. I was now finding as the summer rolled on that the symptom was getting worse.

Convinced my doctor was incorrect in his diagnosis - I went to see another doctor. He is a specialist of integrative medicine in London, and he listened, and cared, very patiently to me. He ordered some more tests, an adrenal stress test, and a screening of my nutritional status.

The tests came back, and were remarkable. They showed very clearly the high degree of stress that I was under, but also how good my nutritional status was. In fact, it became clear that the only reason I hadn't dropped from the high stress levels was because I was giving my body enough of the nutrients that it needed to manufacture the hormones it needed to cope with it all. Had I not been taking supplements, I would be in far worse condition.

But this was the beginning of the "a-ha" moment for me. With a knowledge of the principles, I was able to see that the stress was not outside of me. The stress was being created within. This was having two effects. First - it was obvious why I was tired. I was running my metabolism at such a high rate, that it couldn't cope with the demand. One thing the doctor said to me that really stood out for me was: "Do you know how much energy it takes for you to be this tired"?

Insights

Secondly, I had experienced some traumatic incidents related to heat and sunlight some years ago, and so following my experience with this new doctor I began to really notice how much thinking I had around going outside in the heat and sun, before I had even ventured outside.

The effect of this was that as soon as I went outside my mind was already racing. I had understood the link between a racing mind and the effects on my bodies fight or flight response from this new doctor, so realised that it was already primed the moment I went outside. No wonder I felt symptomatic and ill. No wonder I wanted to run for the shade. No wonder it had gotten worse as I focused on it and revved up my mind about it.

I had literally been telling my body that the sun was dangerous, and so, rather than being ill, it was actually reacting in a healthy manner, and my fight or flight response was trying to get me out of the way of this perceived danger.

What a revelation!

When I saw this. It changed everything. Gradually these thoughts started to have less hold over me. I started to venture outside, believing, for the first time, that if I felt ill that it was just because I had thinking about it.

Insights



6 weeks later, here is the result. This is me (looking very pale and slightly out of shape from spending 5 years hiding from the sun) standing outside on my family summer holiday. It was hot - up to 40 celcius, and just a few weeks prior this would have seemed impossible (to my thinking anyway).

So thank you Michael Neill. Our conversation around this provided me with my biggest HFMOG insight from my apprenticeship so far. I am looking forward to the next one, because this has literally been life changing. For the first time ever, I found myself asking the children if I could take them to a theme park during the summer holidays. This would have been unthinkable just a few weeks ago. I wonder in how many other infinite number of ways I might be restricting myself just by my misuse of the power of thought?

Lots of love and gratitude,

John x

Insights

“I am me, and that’s perfect!”

The year of 2014 was the year I started loving myself for just being me.

I was taught that I had to DO certain things to be loved. I was taught that I had to BE a certain way to be loved. I was taught that I had to LOOK a certain way to be loved. Just being me was never an option. Just being me was not enough. In 2014 that started to change. I now see and understand that what I’ve been taught is bullshit. It’s bullshit to teach someone that. And I’ve been so angry at my parents for showing me and teaching me how important it is to look “right”, to be “right” and to do the “right” things. I was angry about that up until the moment I saw that they did it because they thought it was the right thing to do. They didn’t do it to hurt me. They did what they thought was right.

From that moment on I felt compassion with them. Damn, they must struggle. I feel sorry for them. They think that life is hard work. But I see that they’re innocent. I find it so much easier to love them now. And from that loving place I can choose to spend less time with them. It’s simple, though not always easy. But I’m getting there.

I’ve been struggling a lot with myself. Am I enough? Am I “right”? Am I worthy? Last weekend I attended an event with Steve Chandler, and at one point he said: “There is no such thing as worthiness.” Oh my... There is no such thing as worthiness? What? I had to pause there for a moment, and then I really saw it. He’s right. There IS no such thing as worthiness!

We just are! I just am! I am, and I am love.

My newfound loving relationship with myself has created ripple effects. My relationships with other people are so much different, too.

Insights

The way I look at my three children is now completely different, and we interact at a whole new level.

In New York last March something huge happened. I saw deep down in myself that my job as a parent is about love, support and connection. That's it!

That was four months ago, and my relationship with my children is so different now. There's so much more love and connection. They feel it too. It brings me tears how much nicer it is to be their mother now.

I used to have "issues" with my oldest son Emil, who is 14. He would spend a lot of time in his room playing computer games. I thought that was a problem. His father and I really got up in our heads about that, and we discussed it over and over again. We had meetings with Emil when we were in a lousy place in our minds and tried to solve the problem from that place. Oh crap! No wonder it didn't work. I wanted him to be different. I saw playing on the computer as a bad thing, as a problem. In New York I had a shift in my mind. Playing on the computer is a GOOD thing. He loves and enjoys it. When he is playing he laughs a lot, he talks to other people online, he is passionate, and he is engaged. And those things are what I missed about him. I wanted him to be a certain way; I wanted him to be the way I wanted him to be. But that's not love. I know that now. Love is about accepting what is. Emil loves to play on his computer. That just is. And I love him.

I dropped the problem, and I now see that there is no problem. I made it all up.

From that place everything is different. Our relationship is different. We connect. He comes to me and wants to be with me. He tells me I'm different (in a better way, phew!)

He hugs me and comes to sit near to me. We are now on a holiday for a week in Portugal, and he didn't even want to bring his computer. I didn't tell him that.

Insights

I started to love and support him and accept him for just being himself, and everything is different. This is an example of how loving myself has changed so many other things in my life.

Loving myself for just being me has so much to it.

It's not until we feel loved, accepted and seen for who we are that we can really feel the force of life within and shine the way we are meant to. How many feel that way? For almost all of my life I've felt the opposite.

That I had to be a certain way, that I had to perform and look a certain way, and that I had to think and feel the same way as others did, at least most of the time. God, how awful that felt!

But I'm past that now. I sure fall back into my old patterns every now and then, but more and more often I am just being ME, and more and more often I make my voice heard (my OWN voice, that is) and say what I want to say, and talk about what is important for me to feel good. I talk about it not only with others, but also with myself.

To be honest with myself and speak my truth to myself brings such a vitality. Wow! What a difference it has made to me. Oh Lord! I feel alive. I am important. Who could be more important? I mean, right now in my life.

Many interpret this as being selfish and "going one's own way no matter what", but it's the exact opposite of that. When I fully accept myself – mind, body and soul alike – then I love. And when I love, the world is the winner.

Then I am the winner, as is everyone around me. When I've dropped all depressed thoughts that I should be or look some other way, then there is room for love. Love for myself and everyone else. Without limit and forever!

Ina

Insights

“It’s amazing what a little thinking can do with us.”

Dear Michael.

In the beginning of January 2014 the «inside out» and 3P was all unknown to me and when I arrived in Santa Monica I had even not had any coaching. Today I can say that I wouldn’t choose to be without this journey I have been to this year.

It’s amazing what a little thinking can do with us, and it’s even more amazing how fast it changes now a days. To show up and be there is a good thing, just to see what comes next. It’s exciting to not know.

Thank you for this opportunity you made by having 3P class of 2014 and I wish you the very best.

Love from Havard

Insights

"A dream come true."

Yesterday my sister told me that she have dreamt of me. In her dream I've changed job, and my new job was the pilot of an automatic train, that kind of train that doesn't need the pilot.

At first I thought that what she really meant was that I'm lazy...

But then I went: wow! I love that! I love the idea to be the pilot of an automatic train.

And it's true, I feel that this is my new job, and my life and my heart is filled with hope and a sense of infinite possibilities.

Thank you Michael!

Silvio Nardo

Insights

"Life is just more Technicolor!"

I find it hard to put into words the impact of the last year - life is just more technicolor!

The biggest insights I have had have evolved slowly. There hasn't been any fireworks displays but a lovely feeling of life unfolding just as it should. This has enabled me to relax into life. My life before was one of striving and somehow I am achieving more but with less effort and more grace and it is just wonderful.

The environment and design of the academy has been a fantastic space to sink into this understanding at my own pace but with a steady hand on the tiller from Michael, beautiful friends and fellow students to ponder with and the wisdom of my beautiful pod leader. All wrapped up in a wonderful bubble of humor and good spirit which in my view is one of Michaels greatest gifts.

My coaching has evolved too. I have always loved being a coach and the principles have pointed me back to my own wisdom as a coach. There is a new level of joy in my coaching and relationships with my clients.

I guess if I were to sum up my journey it would be that I am just enjoying being human. With all my talents and weird bits I know that I am just me and that is all I need to be. This new found love for myself as a human being, beyond my ego has manifested itself in more love in my life full stop. I am love and my connection to everything around me means that everything is love.

Love. Love. Love. ♥

Clare xxx"

Insights

"The Cosmic Joke."

Somewhere around Friday afternoon in New York was the tipping point in grounding for me- I can vividly remember sitting in the audience and something in what was being spoken hitting me like a sledgehammer of truth directly to the skull. I found myself floating in a feeling of awe, and little did

I know that that experience would lead me to what was perhaps the moment that my elevator of consciousness hit its highest peak yet.

That peak happened several days later, early into the Sunday morning, when what has been referred to as the cosmic joke really hit me. In that moment, I saw how ridiculously hilarious it was that we listen for a feeling and we can use the quality of our feeling states as a guide for how much or how little thinking we have on something, and yet the amazingly good feelings and the incredibly shitty feelings that we experience are all made from the same damn stuff. That they are all equal outside of context.

That they both come from Mind, are made from Thought, and are brought to life via Consciousness.

Seeing the truth in all of that blew everything wide open for me, and it is something that I'll treasure from now until the time that I return to the same formless place that that experience came from.

Matthew

Insights

“Letting Wisdom be my Guide.”

A seemingly tiny insight, which is HUGE for me, is around the freedom from having to know what's next. I really GET the perfection of letting Wisdom be my guide and it's life-changingly simple.

I'm 50 now. I could waste time wishing I'd known this years ago but I'm so grateful I know it now - and I'm so grateful to you, Michael, because it's highly likely that I would never have discovered this without you.

I could go into this in more detail but I know you know exactly what I mean - the understanding of this has moved from an intellectual one where it seems like a "really good idea" to an insightful one which is impacting every area of my life every day. Thank you for leading me to this.

Catherine Dyson

Insights

“A quiet Mind.”

I've been trying for a couple of months to write a really meaningful insight. I'd seat in front of the computer and nothing comes to mind. Time after time, nothing comes to mind. Then I'd think, “Oh, let it flow, it will come...”

Nothing comes, over and over again. I'm approaching the deadline and I ask myself, “What am I going to do?, Am I not going to be involved in this gift to Michael? ” And here it comes; my gift is the quietness of my Mind.

Oh, a peaceful, relaxing sensation into my whole body took over. Sometimes there is nothing to say nor write but just enjoy a quiet Mind.

Thank you Michael!

Ana

Insights

"Just be myself."

This was my first insight and has had the biggest impact on my life as it has set the tone for how I now live my life.

I used to live my life in what I now see as an anxious state, constantly worrying about what people thought of me and how I was perceived by the world at large. This meant that I would worry about how I looked, what I said, how I said it, worked long hours trying to impress people. I set myself hard targets and thought that the world would end if I didn't achieve everything I set out to accomplish and more.

After a massive crash a friend of mine gave me the "Inside Out Revolution" to read, it promised to teach me the things I needed to know to change my life forever, and quite simply it did.

I enjoyed the reading the book, took some of the advice on board and didn't think much more of it. And then at a time when I had least expected it my insight came; I was travelling to an airport in the early hours of the morning lying across my husband's legs and all of a sudden I sat bolt upright and kept on saying to myself.... "just be yourself... just be yourself".

I realized that I hadn't been myself for years, I had tried to be something or somebody I wasn't, no wonder the stress got to me and I eventually physically broke down. This was the beginning for me and I soon after signed up for Super Coach 2014.

Insights

Thank you for a fabulous 8 months, so much has changed for me, I would be here forever if I was to tell you it all, but as you promised in your book you changed my life for which I thank you massively... As I now frequently say it is LUSH.

Kirsty

Insights

"Chasing the dragon"

On the first Academy 2014 weekend in Santa Monica, Michael was using the term "chasing the dragon" to demonstrate (very effectively) some aspect of the principles that was relevant to the topic being explored at the time.

But I heard something completely different and it led to an amazing insight which is still reverberating and growing 6 months later. Although I had assiduously read "The inside out revolution" and taken part in the online course "Living from the Inside Out", I arrived at the beginning of Supercoach Academy with the firm belief that the feeling of 'connection' and 'flow' I had experienced whilst coaching and performing music would be found more easily and I could repeat the experience if I became a full time coach and played more music.

I felt I needed to 'chase' the circumstances by doing more of the things that brought me the experience I craved. The next day I woke early with the feeling that something was about to pop.

The phrase 'Chasing the connection' seemed important for some reason. So I got up, had a shower and went down to the beach to watch the sun coming up. As the sun rose and the tide lazily came in and out, I talked to the sea. The sea told me that it was not my job to chase anything, but that the connection was already in me.

All the time. No exceptions.

As I walked back up the beach it was as though a huge block had been removed and something had shifted very deep inside me.

Insights

In everyday situations where I had always thought people seemed to avoid me or be disinterested in what I had to say, now it seemed to me they would happily look me in the eye, talk and listen, and that the connection I have always craved is now just there - when we are 'present'.

Since then, I can say that over the months this insight has grown from a 'feeling' to a 'knowing' and has transformed pretty much all my relationships as well as me.

Thank you Wisdom and Michael for helping me to see that I don't have to chase anything, ever. The answer is already within me, regardless of the question.

Stef

Insights

"With butterflies, as with insights, it is the life in them that matters."

When I was about 10 years old I had a set of pink boxes with glass coverings that my parents gave me so that I could start a butterfly collection. I really loved butterflies so I was super excited about this.

I planned, I saved and eventually bought my collection, one by one. I learned the Latin names. I learned how to carefully pin each one's wings inside the box. To label them. To store them. How to handle them (you don't!). I really loved their wing colors and patterns most of all. They were like little rainbows in a box.

I don't know exactly when I stopped collecting (and I don't know who won the bet in my parents' wager that I wouldn't stick with this hobby any longer than any other) but I do know that the luster wore off much more quickly than I thought it would.

As I was thinking about an insight to share, this defunct hobby of mine came to mind and with it I wondered, if I really did "get bored." Or did it just begin to dawn on me the immense difference between a specimen that arrives in a plastic wrapper, preserved and flightless -- and a butterfly?

With butterflies, as with insights, it is the life in them that matters.

Many times over the past five incredible years it's been my immense privilege to be learning and teaching alongside other Supercoaches, I have chased insights like a butterfly collector. Many times I jotted down an insight so I wouldn't "forget."

Insights

Many times I regretted when I did forget! I racked my brain trying to recall a particularly good insight I had just the day before, certain it would help me out -- if only I could remember what it was. And yes, I've dug out an old insight from the vaults to share with a client only to have it land flat. Dead.

Just over the last few months of our time together I've again realized (yes, again!) that what's most valuable about insight is the power to have them. Like butterflies, it's so delightful to admire the individual mini-miracles of our epiphanies. And maybe I'll always have a part of me that wants to seek, net and box them up. But honestly, I hardly need to do that if I have (or am) the living source itself.

Blessings and More Gratitude than can ever be put
into words,

Love you Michael,

Else

Insights

“I’m not responsible”

Since day one of SCA, I’ve been gifted with many wonderful insights. My life is very different to how it was, in many tangible and intangible ways. Here is the most recent one, from last night...

As a single parent since he was 6, I developed a very strong bond with my son Alex. Over the years, I felt very much responsible for his happiness and well-being. Whenever Alex faced heartache and struggle, I would jump in and try to shift his emotional state. When Alex was down, I too was down...

Last week, Alex concluded a 5-month course at a language school in France. He absolutely loved his experience, and the close friends he made there. It was, in his words, “the best time of my life.” But a few days after the program ended, Alex was sunk in sadness. He was very down, missing his friends and facing uncertainly about his next stage in life. We spoke about this last night...

This time, I saw a major change in how I related to Alex and his low state. Instead of feeling responsible for helping him feel better, my engagement had a very different flavor. Despite Alex’s real discomfort, I was very much at ease. I didn’t feel a need to rescue him. Instead, I merely pointed to the fact that his state is entirely thought-induced, and would naturally shift once he let it be. Soon, he relaxed. By next morning, he was again cheerful.

Thank you Michael. Thank you for a multitude of SCA-induced insights. Thank you for your fabulous coaching, which I’ve been privileged to experience. Most of all, thank you for guiding me to enjoying a more delicious life.

Love & Hugs

Niale

Insights

“Well, that just makes sense.”

Dear Michael,

I haven't really had any HFMOG insights since learning about The Three Principles, however, I often have a calm knowing that sounds something like: “Well, that just makes sense.” And more than anything, I absolutely love the ‘feeling in the room’... whether that room is an actual room, a virtual room, or whatever room I happen to be in when reading, listening, or watching anything to do with T3P's.

I really love this great community of awesome people that you have created over the years. And I am so very honored to be a member of SuperCoach Academy 2014. It was and is a dream come true and will always be one of the highlights of my life.

I honestly don't know what else to say except a big THANK YOU from the bottom of my heart!!

With Love,

Teresa Adams



Insights

"I'm not alone."

During my time within the Supercoach-world so much has shifted for me, that it's hard to pick but one. But I will anyway, and one of the more significant shifts took place during our New York-Connection-weekend. The big shift came when Catherine shared her feeling of being "the only one who feels excluded, and not in connection with the others".

I was floored.

Not because I have ever believed that this is a feeling unique to me.

And not because I've never stared this thought in the eyes before, so to speak. I have.

I even did a drawing over and over again as a child, just started school, of blobs of different colors, all close to each other.... and one black blob, to the side, separate from the others, not connected, not included. Clearly different. Alone. Separated. Over and over I drew the same image. As a child of 7 or maybe 8. Already then I strongly identified with this story I kept telling myself, that I was not connected, that I was alone.

But that story and all the attachment I have had to it for decades all just seemed to fall into small pieces during the Connection weekend, crumble and fall apart.

And this is what I now know:

I am not alone. I am connected. Connection is not something I have to create. It's already there.

IT'S ALREADY THERE!!! Imagine that huh?!

Helena Roth

Insights

“With admiration, fondness and love”

Dear Michael,

For the past several years, it has been an honor and a privilege to have you as a teacher, mentor and friend. I so appreciate the good humor with which you approach your work. Your ease as a presenter and teacher inspires me as well.

As I continue to enjoy the conversations about the nature of human experience and how we can help each enjoy a satisfying life, it is comforting to know that you are there for counsel, commiseration, advice and a good laugh.

I look forward to our deepening friendship and collegiality.

With admiration, fondness and love,

David Diamond

Insights

"There's always more - *GO FOR MORE!!*"

There have been so many insights in my 3 years working with Michael. But here's what comes to mind as I think about this journey into a deeper understanding of the principles that underpin my experience of being human.

Seeing that thought was creating my experience of life - ALWAYS - changed everything for me. Suddenly my stress evaporated, and my mind settled down. I had an absence of so many of the problems I had previously been grappling with.

I could have stopped there - and I would have been delighted with what I'd seen. But I would have missed out on the real prize.

I'm so glad I didn't stop- so glad that my wisdom spoke and encouraged me to explore further, to stay in the conversation and immerse myself at a deeper level.

That deeper exploration led to an understanding of what it is to live from Mind, to rest in God's grace.

Suddenly this wasn't just about solving my problems - it opened me up to a rich channel of inspiration, of a creativity I previously feared didn't exist within me, and a sense that I never needed to be in control - because something much greater than me was.

The whole foundation on which I'd been living my life was blasted away - and I landed in a deeper, more beautiful place.

Insights

Absence of problems would have been a great "booby prize" - but I'm so glad I decided to go for more! And I'll continue to go for more - as I see there's always a deeper, richer experience of life to be had as my understanding deepens.

Libby xx

Insights

"I tend to let that stuff roll off my back more often."

My insight is that I've become less stressed about things than I used to be. Now I tend to let that stuff roll off my back more often.

I think realizing a lot of it is thinking has helped quite a bit. I also now have less aggravation while driving than I used to. Whenever anyone on the road did something near me that I felt was dangerous, it would usually result in a certain finger going up almost instantly and the occasional choice word if they were within hearing distance (or even if they weren't).

Terri once pointed out that it's only in these situations that she saw me get truly angry about anything. I've been in two car accidents, caused by other people, as well as a couple close calls. I was also practically run down at age 10 when a drunk driver drove through a chain link fence and into a school parking lot. I happened to be there attempting to skateboard on a wagon. That wagon probably saved my life since it took the majority of the impact when he plowed into me.

I still remember the terrified look in his eyes after the impact. For a time, I thought for sure that a car accident of some sort was how I was going to check out of this life, so I reacted defensively when I started driving.

Insights

I saw every mistake, any violation of my personal driving pet peeve list ("turn signals are there for a reason!"), or flat out stupidity that other drivers did in my vicinity as a potential threat to my life, and reacted accordingly.

Now I tend to take a deep breath and see it as just that - a mistake, or just someone being a dumbass. I think "well, I was aware enough to avoid any serious incident there, so that in itself is good" and then I let it go a lot easier than I used to.

Joe

Insights

“I don’t think it’s about having faith that everything will turn out the way you want but faith in yourself that no matter what happens you will be ok.”

I could share so many insights I’ve had as a benefit of working with Michael over the years and all of them have had amazing implications in my life and work. This one was so easy, sweet, moving and incredibly profound all at once. And in an instant created a new foundation upon which I moved forward in my life.

I had been so attached to what I wanted, how to create it, the fear that it wouldn’t work out the way I wanted or within my timeline that I was creating all sorts of inner turmoil, frustration and angst. I was driving and pushing myself. I was so focused on the outcome, and measuring myself by how my life looked on the outside. Did I have the business I wanted? The money I wanted? The house I wanted? The relationship I wanted? Etc.

As soon as Michael spoke the above words to me, it was as if a burden was immediately lifted. It is such an important & profound distinction. I was looking for a guarantee that I would get what I wanted if I learned the principles or did it ‘right’. Yet the power of this insight is not that it helped me create or attain my wants, but that it helped me see my inner spirit and strength.

Insights

In that moment I knew it to be true. I was okay. Life was good. I had everything I needed and no matter what it looked like 'out there' I was good. I was covered.

Thank you, Michael! I am so grateful for your presence and wisdom in my life! Your warmth, humor, generosity and insight are inspirational. Thank you for having the courage to share your journey and in turn show the world the infinite possibilities available to us all with this understanding.

Barb

Insights

“Liberté, Egalité, Beyonce”

This week my beautiful friend and grande dame, Rada Gungaloo passed away. From truly humble beginnings in a tiny village to outstanding barrister and inspiring writer, she not only broke the silence about violence against women, but broke new ground in pioneering new laws in her country, Mauritius. We've been celebrating Rada this week and reminding ourselves how lucky we are to have known her and experienced her extraordinary courage.

A bird doesn't sing because it has an answer, it sings because it has a song. When I think about my own life, none of it planned, none of it following my school careers advice, I realise that my own presence in the world derives from being with friends outside my 'proper' ie paid job, whether at home or overseas. We co-founded the refuge, the rape crisis line, the award winning drugs helpline, the suicide helpline, visited and ran training in prisons and young offenders institutions, went to Greenham Common, were kettled during the anti apartheid demos - the list goes onand now I see that I was operating from that same sense of self that Rada had. My own small voice of wisdom, that I did my best to ignore.

Turning up, being present, doing what I saw needed doing, living my life.

But, and it's a big butt as they say, I never saw it as I was so focused on my career and on my ideas of what a proper job and a proper life should be like

Insights

And now I am happy to succumb 😊 with a 'proper' paid job where people seek me out for coaching as I continue to travel and act as a catalyst for change. Helping people explore the nature of how we think, helping them see their limitations are self-imposed, helping them see they can create their lives at the edge of their grounding. Security can be denial of a life that is truly lived and to paraphrase Baudelaire, come to the edge and fly. We're capable of so much more than we think we are - not just in tangible results, but in love, joy, laughter, fun, terror 😊, connection and more.

What is your legacy? When will you step beyond your chosen comfort zone? How are you creating our world?

Sue Trinder
Master Transformative Coach

Insights

“Living more from Mind”

Dear Michael,

Insight. I have had all sorts of insights over the past four years of working with you. Insights about my life/my psyche. Insights into how to address persistent business and family issues. Insights about the principles behind life. And, insights about insight itself and its role in our lives. Moments of clarity when nothing changed and everything was different.

When I started thinking about what to write for this tribute to you, I first remembered specific insights. For example, I remembered how, in the 2013 Masterclass in Los Angeles, you shared the analogy that wrestling with thought is like shaking your hand in the air, as if shaking a thought which is made of nothing would transform it. I so clearly saw the sheer futility of arguing with that nothingness that I voiced a loud “WOW!” to a room full of people.

Later I remembered the Seattle Masterclass and the clear sense I had at the end of it that there are no exceptions to Inside/Out, it is just the way that the human system works. Out of that, I realized that I was complete with my previous coach and I hired you as my Mentor.

I also remembered the sense of Home I encountered in the Thrive Retreat in South Africa in November of 2013. In a deeper way than I had experienced previously, I realized that, at my core, I am love and I am connected to all things. And with this clarity, I knew that the statement of Namaste is real, not just a concept:

Insights

*I honor that place in you where the entire universe resides.
I honor that place in you of love, of light, of truth and of peace.
And, when you are in that place in you, and I am in that place
in me, there is only one of us.*

I marvel at the love that is in me, the love that is my spiritual essence. And, I know these things. I don't just believe them. When I have an insight, there is a deep knowingness to it and the clarity is palpable.

Which brings me back to seeing the importance of insight as a way we know things. And my insight on insight is an increasing appreciation for the importance of insight in our lives. I have the sense that I can barely grasp the prevalence of insight in yielding what I know about myself and my world. I find the possibility of ongoing understanding filled with great promise.

Like so many others in our culture, I grew up with a sense of the supreme nature of analytical and conceptual thinking. And, I took it as my job to think a lot, to analyze most everything. The PhD I earned was like a piece of the proof of that, a certificate to demonstrate that I was skilled in thinking. And, funnily enough, the erosion of that very understanding of analytical thinking began in the study of the history of science that I took on as part of the process of working toward the PhD.

And now, this thread of my understanding of the role of insight has been reignited through the study of the principles behind life. The quieter I become, the more insight I have into the role of insight and the more I live and love as an insightful being.

Insights

I guess this is called living more from Mind. What I know is that through this process my life is filled with more ease and grace and fun. It is a great blessing.

I am grateful to you Michael for being, variously, my guide and my sidekick and my colleague and my friend on this wonderful journey, grateful beyond measure.

With love,

Susan

Insights

“So blessed.”

I feel so blessed to be on this amazing journey with such a remarkable group of people. Thank you, Michael, for shining your light so brightly. I am now listening to the music of life, filled with so much love.

Namaste,

Anne Phillips

Insights

"We Are Weebles."

This little taste of freshness awoke in me after the New York weekend. I found myself deep in some very low thinking, trundling along the path of self-doubt, the "who am I to be..." thinking. As I sat at my desk, it just dropped into my consciousness, "It's just thinking, it is just my attention to thinking, I'm just spinning and wobbling around, like those little toys Weebles, HFMOG, We Are Weebles, and began to write.

Do you remember Weebles, "Weebles wobble but they don't fall down" That is what we do, as all humans, we weeble, rocking side to side, forward and back, round and round every day, hell sometimes every minute. Think on this, how it feels to rock, sometimes it's fun, just a gentle rocking, shifting of perspective a little left, and a little right, closer and further away.

Other times our rocking is erratic, pitching over, almost to the ground, only to sling back the other way, spinning and whirling. This can be disconcerting, unnerving and downright uncomfortable.

But there is something really cool about it too...We don't fall down. We rock and roll, pitch and yaw but we don't fall down, and even better, we will always, Always come back to our upright position, always return to center, because we all have that built in weight that pulls us back up.

Insights

That weight is not a physical thing, we don't have ball bearings in our butts (while it may feel that way some days) but it is our grounding. This ever present, always in play force of truth that whether we believe it or not, ascribe to its existence or denounce it, will always be there to pull us back up to that feeling of being home, centered and at ease.


What is the spinning and rocking then, it's our thinking, again the ever present, always happening force that never stops. We are thinking creatures, just as our hearts beat our minds always think, and depending on how real we see this thinking leads to how real it feels in our life, how far we rock and how much we spin.

So we have two forces in always in play, the never ending thinking process and the always present grounding. And like a Weeble, the heavier the weight, the less spin and rock. The deeper our grounding, the less our thinking looks so real and creates the uncomfortable feelings.

I know I'll rock again, I know I'll spin round and round, but I am a Weeble, so it's all good.

Thank you so much Michael for pointing me home,

William Snow



*"Wisdom is not learned, it is unfolded within one's own consciousness.
When such knowledge appears to a person, it is revealed in a form
that some may call an insight."*

- Sydney Banks



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