



Pre-Course Prep Packet & Handouts

Online Course: 4 Video Series

Mastering Influence and Intimacy:

With Gary Acevedo, M.S.W.



LOVE IS THE TRUTH

Truth without love is a lie.

Love is the truth.

Spend your time only with those who love you.

Seek out the truth only from these.

Love without truth is a lie.

Truth is love.

The truth of those who love you gives you the space to be.

Given the space to be, we can learn how to *be*.

We can learn the true nature and joys of being.

In the joys of being, all things will come to you.

All love, all wisdom, all success will come,
and *only* to the extent that you can learn true Being.

Being is not trying to be.....anything.

Being is the essence of play.

To play is to be.

Being is freedom, no matter the cage or limitation.

Being is fulfilled while it includes all thoughts and feelings,
and gets stuck in none.

Being is self --- The individual self

that is the channel to the infinite, absolute self.

It is by being "true" to oneself we access the door,
the channel to infinite self, to the source of all being.

In Being, every right now is a sacred privilege.

In Being, every right now

is an opportunity

to love.



GREEN LIGHT CHECKLIST: MASTER THE MOMENT OF CHOICE

CHOICE:

- Δ Is this true for me? Is this something I truly “want” to do, or is it a “should, ought to, have to, or expectation from others?” etc. If it’s something needed, but easy to resist, then I may need to do a process like “Empowerment Dialogue” in order to be wholehearted about my choice and set a true intent.

TIME:

- Δ Is this the best use of my time? Am I spending time doing a \$7.50 an hour task when I earn \$50.00 an hour and could delegate to other resources.
- Δ How much time will be adequate? How much time will this take, realistically? Don’t trust yourself to know this. Assume you will fool yourself and error on calculating too little time. Go to others and get their feedback. Go to others who have done it if possible.
- Δ Have you added margin on to your estimates for unanticipated hurdles, or will I be up all night because I didn’t anticipate the unexpected. i.e. If it looks like it will take 3 hours, add another ½ hour. If you think it will take a day – add another ½ day. Etc.
- Δ What activities will you *give up*, in order to have the time to take on something else? Don’t fool yourself about being able to “do it all” unless you are choosing busy.

RESOURCES:

- Δ What resources will this take? Money, people, supplies, venue, etc.
- Δ What resources like money will I give up, or take from other activities, in order to spend here? Or how will I create extra?

LEVERAGE:

- Δ Does this new activity give me more leverage towards my goals, dream or visions than my other activities? Is going back to the university going to further my career more than massage school? Will this class I want to take in the evenings on managing my money further my financial goals enough to balance the time it takes away from my family?

SACRIFICE:

- Δ In every category you will need to ask yourself “What will I sacrifice in order to take on a new activity or project?” If you say, “I won’t give anything up,” you’re fooling yourself and asking for big trouble! Occasionally, we don’t need to sacrifice anything, because we can create extra money, for example. But quite often, we need to choose, and with time, everyone only has 24 hours in a day.



RESIST – SUCCUMB OR CHOOSE

Choose to resist	Choose	Play (Easy Choice)
<ul style="list-style-type: none"> • When it's tough to Choose, then get into resisting. Go with it. The act of choosing will blow out the energy until you can choose • Resist out loud, fully, completely, thus dissipating the energy. • Say, "I don't want to and nobody can make me ..." etc. until the resistance diminishes. • Once the resistance is minimal, then it is much easier to choose! 	<ul style="list-style-type: none"> • Unpleasant Activities • Choose to Play – Challenges as Play • Transform from Effort, struggle and burden Into effortless! • Take something that seems 'awful' and do it in a way that creates "singing and dancing." • Say yes to it completely Dive in wholeheartedly To imbue it with enthusiasm • Include whatever discomfort is there and dive in anyway. 	<ul style="list-style-type: none"> • Pleasant activities • To soar in the joy of whatever makes our heart sing and our soul fly. • To frolic in the bliss of all that moves and inspires us. • To know the ecstasy of our true heart's desires. • To follow our bliss

THEATER OF LOVE

THEATER OF FEAR

Resist	Succumb
<ul style="list-style-type: none"> • "No" • "I don't want to ..." • "You can't make me ..." • "Later" procrastination • "No way, Jose" • "... when hell freezes over" • "You'll never take me alive, Coppers" • Two year olds are best at this skill! 	<ul style="list-style-type: none"> • We are taught that, "Bad boys and girls resist, good boys and girls get with the program. Are you good or bad?" • Going through the motions "O.k., o.k., I'll do it ... o.k...." (Dragging your feet) • The lights are on ... but nobody's home! Clocking in my time • Giving in, Going along with, Putting up with Swallowing



TRANSFORMING UPSETS AND DEFENSIVENESS

1. **Triggered:** Move my emotional energy – embrace the brat within – release the irrational gunk.
2. **Defensive:** 90% insult = Don't want
10% legitimate = Do want
(Once I own this 10% my defensiveness disappears.)
3. **Identify:** What I do want to hear (the opposite of what I don't want to hear)
4. **I own this 10%** that is legitimate.
5. **Ask** for what I do want to hear @ 100%. What do I *want* you to say to me? What is the very best I can imagine?!
6. **It works** – they melt – my upset disappears
7. My **Christ-like self**-embraces me.
8. The return to **love and light changes everything** in all the universes forever!



SAIL YOUR SOUL TO THE UNSPEAKABLE VIEW

Soar the wings of your being
Sail the vehicle of your heart
Travel the adventure of your soul
The full length, the true adventure.

It is an adventure which is provided
by spirit, uniquely for you,
there is none other like it.
This adventure is one of a kind.

Spirit has a different movie to show each person.
The incredible pictures, thoughts, feelings, insights, revelations, passions
are not the same for you as the person next to you.

It is you. The one and only.
It is God's celebration in you.
You will not know how God celebrates *you*
until you take this; the true adventure.

When you visit Disneyland,
will you take the Indiana Jones adventure?
When you visit Universal Studios,
will you take the Jurassic Park Adventure?
When you visit the physical realm,
will you take the adventure called

YOUR UNIQUE SOUL?

It is the ride of your life,
get your seatbelt on,
you are gonna love this!

All you gotta pay is the price of admission;
courage.

Step into your authentic self
Go where your heart wants to go
Let your passion carry you away
Allow your heart of hearts to show you



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the pictures, thoughts and feelings
of the best movie in town!
Find someone (not anybody) who can be present,
someone who doesn't look away.
Someone who will look in your eyes, while you look in theirs.
Someone that when you look, you see love.
You see acceptance, approval, appreciation, recognition, embracing you.

Hang out in the eyes of love,

And do not rush,
Do not scurry,
Do not push,
Do not run away,
Do not pretend,
Do not "check out,"
Do not fill in the empty spaces,
Go with the spaces,
Through the awkwardness.
Let them carry you.

Be *here*.

And discover with awe and amazement
where truly being here ... will lead you.
Let your soul take you for a ride.
Get into the boat of your soul and relax.

Drift down the river of light
(and love and magic and revelation and beauty)

"An age ago, my maker was refusing me the pleasure of the view ..."
The Moody Blues

Allow God to show you the view he has waited so long to show you
The most beautiful place in the world
The view from the magical, unlimited, infinite, eternal realm called

S o u l



ABSOLUTE ZERO / CENTER OF THE SOUL

- Absolute Zero point is a very clear distinction. Time and time again, I experience it as the place where a whole new ride begins. It's very much like waiting in line for the roller coaster, and then the moment comes where you get on the ride and strap your seatbelt on. There's a moment of taking your breath with excited anticipation and the awareness that you are about to go someplace magical!
- Before absolute zero point, I get centered, slowing down enough to land in the seat of my soul, being fully here, present. Once I feel myself slow down to zero point, something noticeable, something new happens. There is an inexplicable experience that I've just gotten on *the* ride!
- I feel my self step into a whole new level of permission to play, to dive in. I feel a whole new level of strength and power.
And then I dive in ...
- Absolute Zero is the point of most direct contact with spirit.
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- In absolute zero we are in "The Lap of God."
We are in the place of total receptivity.
We are in the place of total receiving.
We are in total humility - which is the same as total power!
In this place all things come to you.
It is experienced as being showered in blessings.
I often experience it as light coming to me directly to my spinal column.
Being flooded by spirit with the source of all goodness.
- In this place one realizes that there is no effort, no struggle, no burden. All things come.
 All thoughts,
 All feelings,
 All dreams and visions,
 All purposes and missions,
 All strategies,
 All guidance,
 All decisions!

Just sit back and receive the good news and go for the ride!

It's constant Christmas!

The "sweet nectar," is a name I give to the actual physical energy which surges through my body as I enter this zone.

- It is the place the greatest artists, musicians, architects, athletes have accessed in their greatest moments of creation.
- The only way to gain access to zero point or center of your soul is to get masterful at Centering.
- When you are in Absolute Zero you are in **"Everything / Nothing."** What is the joy – the sheer bliss in a clean slate?

what Got him was Noth
ing & nothing's exAct
ly what any
one Living (or some
body Dead
like even a Poet) could
hardly express what
i Mean is
what knocked him over Wasn't
(for instance) the Knowing your

whole (yes god

damned) life is a Flop or even
to Feel how
Everything (dreamed
& hoped & prayed for
months & weeks & days & years
& nights & forever) is Less Than
Nothing (which would have been

Something) what got him was nothing
e.e. cummings



THE 4 STEPS TO: SAIL YOUR HEART TO JOURNEY YOUR SOUL

- **Set the Proper (Best) Conditions:** Giving myself conditions I most (true heart's) desire
Time: Giving myself enough time to truly play (all day, all weekend, all week)
Beauty: Someplace beautiful, the most beauty you can find.
People: Find someone (not anybody) who can be present. That eliminates a whole bunch of people! Find someone who will look in your eyes, while you look in theirs.
Someone that when you look, you see the eyes of love looking back. You see acceptance, approval, appreciation, recognition embracing you. Someone you are completely safe with.

- I. **Centering:** Stop (disengage, "hang up the phone" on any negatives), Slow down, Deep breaths, Look. Keep slowing down until it goes "clunk." Go where you truly want to go in your heart. Don't take the first or second thought. Wait for something precious!
- II. **Follow Your Passion:** Get into a state of play! "Right now, what do I really, *really* want to do, want to think about, want to share, want to go in my heart!" Where does my true heart's desire want to take me?!" I go where the most childlike part of self wants to go. I let my heart lead the way.
 - A. **Take Command of (Hold) the Energy:** When I know where I want to go, I get the ball rolling by diving in with intention. It is not forceful, it is wholehearted!
 - B. **Let go:** You dive in completely and then surrender. You get the ball rolling and then let it carry you. You fall into the reality you've created. All you can fall back into is spirit! You choose the direction and spirit shows you the joy of that tunnel. You throw up a sail, and the wind of spirit takes you for an exhilarating ride!
- III. **Voice the Magic:** Following the passion opens your heart and you are provide the gift of vision. You receive insight, discovery, "aha," knowing, revelation. You bear witness and make real, bring into being, bring into reality, ground on the physical plane, the ideas, thoughts, feelings, experiences, knowledge, wisdom which are spirit. Keep following your passion and Do NOT voice the magic, until it comes to you.
- IV. **Give Gratitude:** Out loud, to whatever you consider to be your spiritual source, speak your gratitude from the depths of your heart.

- **Return to Center:** In each round, you will only be lifted to the degree that you are centered. If you fail to center, you will not rise. Do not continue until you are clearly resting in the "seat of your soul." When in doubt, be still, so spirit can find you!
- **Repeat ALL Steps:** Keep repeating and you may eventually visit "The River of Light" (A series of insights, aha's, revelations). The River will lift you to the "Magical View"... you shall need the tongues of angels to tell what you have seen." If fortunate, you will be lifted to Heaven - here and now (a very distinct threshold)! Finally, your GodSelf may come to visit. If so, you will never forget it. "Being" is the true adventure. Learning to BE, to truly PLAY, to travel the lengths of your soul, is the vehicle to "Heaven!" It is our vehicle to creating Heaven on Earth.



How to Travel Your Soul

The Mastery of Romantic Intimacy

The soul only progresses when it speaks, acts or is being at 100%.

1. **Get Centered:** Use your breath to get as slowed down, still, present and landed as possible. This accelerates your ability to receive.
2. **Enjoy:** Follow and focus on *what makes your heart sing*. Get into a state of enjoyment. Dive fully into a state of play. Allow the child within to enthusiastically go wherever your heart wants to go; you're your highest excitement. Learning how to be in a way that is allowing yourself to play in your highest excitement is the key to evolving and traveling your soul.
3. **Let Go and Follow:** Once you get the ball rolling, follow. Allow your "enjoy" state, your highest excitement to have everything just take over. Allow your body to move how it wants to, to move closer to their face or farther away, to stand up, sit or lay down. This allows you to flow, to be 'in the zone,' following your authentic self, the being plays, the witness observes, notices, discovering "ahas," being fully in the now, and God is in the NOW!
4. **The Magic:** As you dive in and enjoy and flow and follow, you are landed in your authentic solid self. You find the "one true track." Your "authentic swing." Being is following each person's one true track. It is the most pleasurable, exciting experience. *Everything* is magical. Allow yourself to be with them in such a way that you follow yourself, and allow yourself to go wherever yourself, your "being" wants to go, and surf the energy, ride with the energy, and when doing that you are completely landed, completely in your BEING. When doing that everything works. You don't know where you're going to go, just go with it and it's a beautiful ride, you can surf them, you can surf the music and literally hear and feel the music and become the music and let the music take yourself where it wants to go. The way you move your body, whether you sit up or lie on top of them, or get closer to their face, or further away, it is all orchestrated by going wherever the self wants to go, let it ride, surf it, and it takes you, watch in wonder because it is absolutely magical. Just being in your *BEING* and following the self, the one true track.
5. **The Deepest Connection:** This is being fully authentic, fully being present, fully being here, with you. By being landed in the authentic self and holding the space for them to go wherever they go and come back to being HERE. Once you do this, you can track their heart, their feelings, and *bring them* to land here; now. It is the ability to land in yourself that supports them in landing in themselves. You can absolutely follow the self, go with your own flow, and allow them to do the same. There is a freedom in that. This creates the safety for the deepest connection. Connection is *THE* key and what we most crave with our loved ones. When you are with them and authentic and being yourself, and being with them, it is your highest, Christ-like self, it is God looking through your eyes. You land in sacred self and land in "I am that I am."
6. **Heaven on Earth:** In your true authenticity you can be with them in a way that lets you see their true self, see that who they are is truly magnificent. Where all of that is leading us as humanity, is to love, to home, to Heaven on Earth.



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YOU ARE WHAT YOU LOVE

Satisfaction, fulfillment, and productivity can occur in any moment we “experientially” connect our daily activities to our dreams, visions, purposes and passions. Identifying what it is that matters most or makes your heart sing is vital to personal productivity and joyful work. This exercise is optional, but strongly suggested to leverage your value from this training.

Identify 5 or more adjectives for one of your passions in each category listed below:

Music:	Movie:	Book:	Hero:
i.e., The Rose	i.e., Field of Dreams	i.e., Chicken Soup For the Soul	i.e., Gandhi
Touching	Uplifting	Stirs to action	Healing
Moving	Spiritual	Courageous	Forgiving
Inspiring	Magical	Forever	Magnificent

Your Selections:

Then if you were that item, and had a message to give to the world, as that item, what would your message to the world be, in a one sentence bottom line message?

Examples:

Passion	Name	Message: (One sentence – bottom line – to the world)
Music:	The Rose	“Nothing is more powerful than love and light.”
Movie:	Field of Dreams	“Miracles are all around us, if we have the eyes to see.”
Book:	Chicken Soup for the Soul	“The heroic caring of people is endless and alive today.”
Hero:	Gandhi	“Compassion can move mountains – and change the world.”

Your Selections:

PASSION	NAME	MESSAGE: (One sentence – bottom line – to the world)