

# Episode 0007

## Intentional Changes

Show Transcript



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Presented by Dr. Gala Gorman  
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00:06

Dr. Gala Gorman: Because it may show up in a way that at first glance does not appear to even remotely resemble what we asked for . . .

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict ... alive, alert, awake, and aware of life's possibilities.

00:49

Dr. Gala Gorman: This is Episode 7. In this episode, we are going to become intentional with the changes we're making. And, we're going to add some extra fuel to the process by applying a couple of additional practices. This is important at any time, but as the new year ramps up, we're being called to make it a great one. I'm Dr. Gala Gorman and I'm seeking fellow Awareness Addicts. If that's you, stick around and get your fix!

01:17

As I was researching for this episode, I found my way to a declaration that we can put to good use. The sages of India observed thousands of years ago that our destiny is ultimately shaped by our deepest intentions and desires. The classic Vedic text known as the Upanishads declares, "You are what your deepest desire is. As your desire is, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

So there's a lot of weaving there going on ... desire to intention, to will, to deed, and to destiny. If you are not familiar with the Upanishads, they are a collection of texts of religious and philosophical material written in India, it is believed, between 800 BCE and 500 BCE. These texts were written during a time when Indian society started to

question the traditional Vedic religious order. It's believed that some people, during this time, decided to engage in the pursuit of spiritual progress, living as ascetic hermits (which I don't necessarily recommend) and rejecting ordinary material concerns ... even giving up family life, which is in essence what the Buddha did. Some of their speculations and philosophy were compiled into these Upanishads. There is an attempt in these texts to shift the focus of religious life from external rites and sacrifices to internal spiritual quests in the search for answers.

03:17

Now, that's something I can 100 percent agree with. The real work is to shift our focus to internal spiritual quests in the search for answers. Those are answers that can only be brought forth from our own divine guidance and inspiration.

03:44

Let's take a moment to develop awareness. This is something you can practice anywhere ... anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we're going to breathe intentionally. We'll start by breathing deeply into our belly. Breathe deeply ... expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let's do that again. Breathe in deeply ... all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we'll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides ... or you may feel it

expanding your back. Just notice how that feels. You're stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

06:03 We know change happens. Wouldn't it be nice if change happened on our own terms? I'm not suggesting we can control everything in our lives, but we can certainly be more deliberate as we create the design and blueprint. That's what we want to do as we become more intentional.

06:25 What does it mean to be intentional anyway? Well, we could probably all agree that it starts with knowing what you want. This sounds pretty simple on the surface. But, when you actually sit down to write what it is that you really want, I imagine that you, like me, will face a blank page. And then, a few things may start to come. But really knowing what we want requires that we flesh it out. And, that we bring some richness and detail to it. I'm going to challenge you as you begin this process to dream BIG!

07:13 What that means is that you actually dig back into your psyche, into your memories, and maybe even the dreams you had as a child that you stuck in a drawer because somebody told you that you couldn't possibly make a living doing that .... or that it is not a respectable profession.

You're going to go back and dust those things off and you're going to say, "What would I attempt to do if I knew I couldn't fail?"

My dad, many years ago, gave me this little saying on a silver metal bar that I've kept on my desk all these years. The saying is, "What would you attempt to do if you knew you could not fail?" That is the challenge. Don't take into consideration current conditions. Let's just dream into possibilities.

08:18

As we begin to do this and put our attentions out there, you may notice that it seems like the opposite is happening in your life. Circumstances are popping up that are challenging. They may actually feel like they're in direct conflict with what you're saying you want in your life. While this is frustrating, it's to be expected as we begin to put some energy into this type of work. Our subconscious has this old program running telling us all the reasons why we shouldn't be dreaming into this new possibility.

09:01

It's important to accept that this is part of the process. And, we've got a little more work to do. But we don't want to get discouraged and quit. That's what the voice in our head is trying to get us to do. The next step then is to add some attention to the process. This is where our awareness comes in ... that witness that's going to actually notice what's happening as we begin to make some of these changes and put some energy into some of these other practices. I've mentioned that chatter in your head ... well this is the point where we want to start really listening to it.

Normally, what we would do is say, "Oh! Cancel that!" Or, try to just brush it away. And, that is not going to solve the problem. The more we dismiss it, the louder the voices are going to get. What we need to do is actually listen to what the voices are saying. It's instructive. If we listen to what the voice is saying, then we can even go back to the source and create a new tape, if you will. That voice in our head actually

is supporting us where we're trying to head ... as opposed to sabotage us.

10:30

We also want to be listening for that voice in our heads. Sometimes it maybe saying something that is foreign to us. It may sound like rubbish. And, if we really feel like this is coming from a new and different angle, we may want to try and follow it and see where it leads us. A lot of times, spirit works in unconventional and unusual ways. We'll be lead into something that seems like a wild goose chase, but actually leads us to the golden goose.

11:10

The last little piece in this process is detachment. Deepak Chopra talked about this many years ago. In his book, *The 7 Spiritual Laws of Success*, he talks about other practices as well. ([You can find the 7 Spiritual Laws of Success book by clicking here.](#))

I try to bring some of these concepts down to a more easily digestible level. For me, I want these spiritual concepts and practices to be practical. I want us to be able to put them to good use in our lives and make our lives better ... sooner rather than later. Deepak talked about this concept of detachment. This one is where the rubber meets the road because we are going to have expectations of what we're wanting to see happen in our lives based on this work that we're doing.

12:04

We have to be detached from how that shows up because it may show up in a way that, at first glance, does not appear to even remotely resemble what we've asked for. It's also possible that what shows up is instructive because it will show us that what we asked for needs to be refined a bit. We know this is something that we need to tackle if we're seeing what I like to call "signs of land." This means that we're seeing little nuggets of what we've asked for but they either seem way off in content or not nearly the volume that we've asked for.

13:02

We can look at what's happening and determine whether it is just kind of a tease because we really haven't been as clear as we need to be in what we've asked for. Or, it's a sign of land indicating we're on our way ... things are starting to show up. We just need to be detached and let things work out as they will. And, they will work out if we just maintain our focus, continue on the path, and follow the breadcrumbs.

Just remember that things are always working out in divine timing. Divine timing is not our timing, and that's the rub.

13:50

What's your takeaway for today? One little "aha" and your time will be well spent.

My takeaway is this concept of divine timing. Boy, can this one be really frustrating! We want things to happen when we want them to happen and we are not willing to wait. It requires patience but not just patience because if we are too focused on patience ... in the mix with patience is frustration. And, frustration is not going to help our cause. If something is not happening in the way you'd like for it to happen ... and you feel like you've been really clear ... and you're not getting any messages that you need to refine what you've asked for, then the best thing that you can do is to distract yourself and do something that you really enjoy that you can engage in with pure joy, fun, and abandon.

14:56

Question:

I was eating out at a restaurant the other day and saw a young couple with their kids at a nearby table. They were on the phone the whole time. They barely spoke to each other or their kids. I found myself being really critical of them. Why did they even go out together as a family if they weren't going to interact? What do you think?

15:22

Dr. Gala Gorman: First, thanks for submitting your question. We can all relate to judging or criticizing without knowing the whole story. I

was reminded of a similar situation from my past recently when I was eating out with my husband. He likes to read the paper including the comics and work the Jumble. I skim the paper and quickly turn to my iPad. We might sit there in silence for long stretches but then we'll share something we've learned or an insight we've had. This doesn't seem odd to us. We still feel like we're enjoying each other's company. The "aha" for me was the flash of a memory from MANY years ago ... actually over 30!

I was dating someone several years older than me. When we would go out to eat, he'd read the paper. I found this really offensive at the time. Like you I thought, "Why even bother going out to eat together if you're not going to focus on the relationship. You should be talking to me!" I broke up with him shortly thereafter. Looking back though, I can see that he was just enjoying my company and really comfortable. I was only seeing the situation through my own lense. So, this is a great reminder for all of us. Keep our attention focused on creating in our own lives ... intentionally.

16:41

Announcer:

Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting [AwarenessAddicts.com/AA](http://AwarenessAddicts.com/AA). In just a few minutes a day, you'll stop negativity in its tracks ... and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at [AwarenessAddicts.com/Episodes](http://AwarenessAddicts.com/Episodes). Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.



17:38

Dr. Gala Gorman: Why is it so challenging to live life intentionally and “keep our eye on the ball?” Don’t be too hard on yourself. We are constantly bumping up against our fellow humans . . . often reacting in a way that consumes a TON of energy. In the next episode, we’re going to learn to deal with these upsets more efficiently so we can stay focused on what matters. You don’t want to miss it.

18:03

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit [AwarenessAddicts.com/Episodes](https://AwarenessAddicts.com/Episodes). Thank you for tuning in.

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