



The RISC Course

Session #2 – The Fulfillment Formula: Eradicating Complaint and Criticism

Session Transcript

[0:00:00]

Christian: Hey everybody. Welcome to our home once again here. Sonika here and Christian. We are just actually thrilled to get to be with you for another about hour and a half here.

Sonika: Hey, we've been really enjoying seeing what you've been putting up on the RISC forum and getting to chat a little with you up there. So we'll talk more about what has been put up there. But really great what we've seen. It's good to meet you all.

Christian: Yeah. Hey, welcome to Session 2 where we're going to teach you The Fulfillment Formula: How to Get What You Want.

Sonika: We called it The Fulfillment Formula: Eradicating Complaint and Criticism. We could have just as well called it The Fulfillment Formula: How to Get What You Want.

How to get what you really want.

Christian: Yeah. You'll see as we go along that those two are pretty much the same or at least very related and similar.

Sonika: Yeah. But before we jump into this week's topic we want to do kind of a brief review of last week's session for you. So last session, remember, we talked about

power of our words and our thoughts to create. Remember, we're never just observing. We're always creating with our speaking. With our words and our thoughts we can actually influence how our partners show up, how you feel, what you'd look for and what you'd reinforce.

Christian: Yeah. We also talked about at length and thoroughly why complaining for change, as we called it, never works. When we talk about our problems typically kind of charged even though we sometimes think it's very reasonable and calm in the hopes that our partner will just get it and make a change -- that was the secret famously we talked about -- we're actually only making it worse. That is all we're accomplishing.

So we recommend that you use this creative power that you have with your thought and your words to focus on creating what you want to create. We're going to talk more about that today because -- well, you can think about it. When you're speaking something or thinking something, it's going to take you somewhere.

So just like we demonstrated, for example, when you say, "You don't listen to me" or "You're so selfish." You saw last week where that takes you. It leads you to a certain destination. It's really great to ask yourself, okay, here I am, "You don't listen to me. You're so selfish. You never want to have sex with me," is that taking me down a path, the destination of which I am going to like?

Sonika: We actually heard the same once, our beliefs, our thoughts, our words are always leading to a destination. Are they taking us to where they want to go? So this whole idea of quitting complaining and focusing instead on what we want to see, focusing on appreciation, takes us in a different direction.

So we helped you be able to make a distinction between what you've created up until this point, what you want to create in the future, by supporting you to connect in with the visualization of you and your fullest potential. We supported you to identify yourself as that full potential because it's identifying yourself as that full potential and your partners, that full potential, that you get to create a fresh new possibility for yourselves of who you want to be in your relationship and what you want to create going forward.

We talked about the importance of feeding your full potential. Remember we said it's really essential, it's as essential to human beings as it is to plants to get sun and water, that we get appreciated, that we get seen, that we get fed. So we've heard you with the homework assignment to appreciate each other as much as possible three times at least a day before you go to bed so that you can get to consciously reinforce the best of each other.

Christian: Yeah. And then lastly we encouraged you to write up your relationship vision describing in the present tense, writing in the present tense, what you're committed to creating for your relationship and where you envision it going. It's intended to be a declaration of the destination you are headed for and serve as a beacon for you to have something to aim for.

We'll read a few brief excerpts from the RISC form both from this season and from last season. So here's a couple one. By the way, if you haven't gone on the RISC forum yet to see what other people had posted, we totally recommend it because there are some awesome, inspiring stuff on there that'll put a big grin on your face in no time.

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Sonika: And give you some great ideas of what to add to your own vision.

Christian: I know. So here are a couple of excerpts. "Our relationship has deepened and blossomed to even greater depths of love, intimacy, synergistic partnership and appreciation. We have continued to look into each other's eyes and wake up every morning grateful we get to be together another day. Our lovemaking continues to be awesome and is truly artfully divine and spiritually exquisite." Yes!

Here's another one. "I love making as frequent deeply fulfilling, intimate and passionate. The spaces between lovemaking are filled with tenderness, touch, connection and sweet stolen moments of sexiness."

Sonika: Isn't that great? Here's another one. "We see the gulch in the other and truly appreciate and cherish this beautiful precious being as friend, lover, companion, secret keeper and soulmate."

How about this one? I love this. This is a good one to end on. "We consistently surprise each other with light hardness, humor and hugs. Our smile count vastly exceeds our frown count."

Christian: That's so good. I'm just going to adapt that saying into our life. Our smile count vastly exceeds our frown count.

Sonika: I'll tell you a little tidbit about that too. We actually heard that when you smile, it produces different chemicals in your body, and it really does produce change. It's hard to stay depressed and mean and negative when you got a good smile plastered to your face.

Christian: Yeah. Actually there's some good scientific material supporting the ratio between smile counts and frown counts although it sits in the ratio of negative interactions to positive interactions. So it's been shown that a ratio of five positive interactions to one negative interaction is what constitutes a stable and good marriage or relationship. If it gets worse than that, so you have more negatives than the 5:1, then your relationship -- you're getting more and more -- the likelihood of you heading towards the tipping point. Divorce gets higher and higher and higher.

Sonika: So that's why appreciation is such a really great strategy because it keeps the smile count up.

Christian: Indeed. Okay. Great. So let's move on to what we're going to talk about today here in Session 2. Like I said, today is called The Fulfillment Formula: Eradicating Complaint and Criticism or could be called The Fulfillment Formula: How to Get What You Really Want.

We're going to show you in this session, well, that's how to eradicate complaint and criticism by using your complaints to quickly shift out of that reactive complaint state into actively creating what you want. So it's another way we're going to show you how to move from wanting something to actually having what you want. You'll notice having is what you want when you want something.

So instead of living in your relationship like something is missing, you can actually enjoy each other and enjoy the thing, which you're going to discover, the thing you truly want that which will fill your heart.

Sonika: So to set the stage for this conversation here, we're going to invite you to think of something you're unhappy about in your relationship.

Christian: Or annoyed about or angry about or sad about.

Sonika: Yeah. Anything that you would like to improve or change, anything that doesn't feel good to you. So remember last week we said don't talk about your complaints. Well, this week we're going to show you what to do with your complaints.

See, one of the things we believe is that every complaint, every problem, breakdown, arguments, fight, conflict, they're all good. Why? Because they are telling you what you don't want and they have hidden in them what you do want and what your vision is, what it is you want to create more of in your relationship.

So think about it. Every complaint has a desire for something good in it. I'll just give you some examples. I might say, "I don't like that you never help me in the kitchen. I don't want to have to do it all by myself. I don't want to have to do it all alone." Inside every single one of those don't wants is a do want. I do want support and help in the kitchen. I do want to be with you. I do want to feel connected and close. I do want your company.

Can you see that underneath the complaint of no help in the kitchen there's really a positive desire for connection underneath that?

Christian: Or support or something good.

Sonika: Yeah. The complaint has love in it. Love is hiding in the complaint.

[0:10:02]

I'll tell you, I've worked with a couple today. They were going off at each other. They just were interrupting each other and yelling and overriding and reacting. I'll tell you, it was amazing. I could barely get a word in edgewise. Even my stop was sort of drowned out by their **[Makes Sound]** back and forth at each other.

It was really powerful for me because when I finally did get them to stop and have us agree to have one person talk at a time, I used this process that we're about to teach you here of what don't we want, what do we want and then supported them to give it to each other. So they went literally from fighting to holding each other because this thing that I'm giving you right now. "I don't like how you never help me in the kitchen" is really "God. I want your help. I want your support. I want your company. I love you so much that I want to be with you in the kitchen."

So the first way you can know that you want to create something new or something positive or a change in your relationship is to look at your negative reaction to how it is now. Your complaints are telling you something you don't want.

Christian: Right. So we're going to start with what you don't want. You'll notice typically as relationships progress, in the beginning there's so much stuff that's wonderful and that you want. You don't have much thought on stuff you don't want because there doesn't seem to be very much of it. But as relationships progress it gets more and more evident, all the stuff you don't want and don't like. We want something productive to do with all that like Sonika was just talking about.

Sonika: Yes. So we wanted to use the don't wants to get us to where we want. We don't want to get stuck in complaints.

Christian: So here are a couple of examples. In a moment you're going to be practicing something similar.

Sonika: Yeah. We're going to do what we call repeated question which is -- and we'll you do this with your partner or with yourself and you're not with a partner, where you actually say, "What don't you want?" and the other person is going to answer with the first thing that comes to their mind.

Christian: Okay. So great.

Sonika: What don't you want?

Christian: I don't want us to work all the time.

Sonika: Thank you. What don't you want?

Christian: I don't want to argue about money.

Sonika: Thank you. What don't you want?

Christian: I don't want to drift through our days or through my days with no purpose.

Sonika: Thank you. What don't you want?

Christian: I don't want to have long periods without sex.

Sonika: Thank you. What don't you want?

Christian: I don't want to feel my heart closed down to you.

Sonika: Thank you. So notice, that's all we're doing is I'm just asking him the same question over and over and over. What don't you want? He's just going to say the first thing. I'm going to say thank you and then I'm just going to ask the question again. We're going to give ourselves and our partner an opportunity to really explore what don't I like, what don't I want in here, what do I want to change.

Christian: Yeah. We're not going to stop there. It's just the first piece. So out in your living room, wherever you're situated, decide who's going to be the person first to ask the question and who's going to be the one to answer the question. For those of you who are not with a partner at home, we want you to do it by yourself. So you're literally going to be asking yourself "Okay. What don't I want?" and then

you're going to answer it. And then you're goanna say, "What else don't I want?" and then you're going to answer it as long as the time that's allotted here.

Sonika: Yeah. You have about a couple of minutes each. We'll make sure to tell you when half time is so those who'll be doing this with a partner can switch.

Christian: Yes. Eric, you can put up the slide that says what don't you want repeated question. That's what you'll be doing over and over again. So go ahead. We'll tell you when to switch. Go ahead and complete the question you're answering. The person who's been asking the questions you say, "Hey, thank you for not wanting all that."

All right. Everybody take a deep breath, and then go ahead and switch roles. The other person now ask what don't you want. Thank you. What don't you want? Go ahead until we tell you something else. Go ahead. Go ahead and complete the question you're answering. The person who's been asking say, "Thank you for not wanting all that." And then stop talking please and turn your attention back over here.

Sonika: So you probably noticed doing that there is a bunch of stuff you don't want which is good. We all don't want stuff. That's the first seed of creation. It's pointing us in a direction we want to go where most of us get stuck because we get stuck in complaint which we talked about last time.

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So what we're going to play with now is using our complaints, using our don't wants to get at what we do want. So now we're just going to play with flipping it around. Almost always, it's a pretty straight across split. I don't want to be criticized. What do I want? I want to be appreciated. I don't want to do everything by myself in the kitchen. What is it I do want? I want support in the kitchen. I want to have us do it together.

Christian: I don't want us to fight about money. What do I want? I want us to work it out calmly and figure out what we're doing.

Sonika: Yeah. I want us to be aligned about how we make decisions together about where our money goes.

Christian: Right. This, of course, is true for you as well as your partner or the people you're in relationship with. So here, we'll show you a couple of examples on the screen here, just for a simple demonstration here. So you'll see the slide on the bullet here. You are going to be doing this in a moment too which we'll set up in just a second. So what don't you want?

Sonika: I don't want to argue about money.

Christian: Thank you. What do you want?

Sonika: I want to have calm discussions about money. I want us to be aligned about how we're going to work it out and see how decisions get made.

Christian: All right. Great. What don't you want?

Sonika: I don't want to feel closed off to you.

Christian: Okay. Thank you. What do you want?

Sonika: I want to feel open and loving.

Christian: Thank you. What don't you want? And we're just going to keep going like that. Again, same person keeps asking until we very clearly tell you it's time to switch.

Sonika: Okay. So what don't you want? Thank you. What do you want? Thank you. What don't you want? Thank you. What do you want? You're just going to keep going back and forth. And get in the habit of turning your don't wants into do wants. Okay. So this is first and now second step, what don't you want, what do you want. So decide who's going to ask first and who's going to answer.

Christian: Again, if you're doing this by yourself, you do all the pieces. You say, "What don't I want? Okay. Here's what I don't want. Thank you. What do I want? Okay. Here's what I want." And you keep going. What don't I want? Thank you. What do I want? Thank you.

All right. So first person asking, go ahead. We'll tell you went to switch. Go ahead and complete the question you're answering. The person asking the question say, "Thank you for not wanting and wanting all that.

All right. Deep breath everybody. Let that go. And then go ahead and switch roles. The other person now. What don't you want? Thank you. What do you want? Thank you. Go ahead. Go ahead and complete the question you're answering. The person who's asking the questions say, "Thank you for not wanting and wanting all that." And then stop talking please and turn your attention back here.

Sonika: All right. Great. Good job, first of all. So those are the first two steps here to this formula that we're giving you.

The third step is this. So we want to tell you something we discovered about wants and how we say that there are actually layers to our wants. What we think we want is not necessarily what we really want.

Christian: As a matter of fact, it's hardly ever what we really want.

Sonika: So at the top layer you could say there is the form of what we want.

Christian: We'll put up a slide that you can follow along with some illustration for this.

Sonika: Forms includes things like you want more sex or you want more quality time or you want to live together. This is the top most layer of our desires. The definition of form is the visible shape or configuration of something. Again, example is a car, clean room, sexual encounter, romantic dinner or new dress, a promotion, \$10,000, help in the kitchen, relationship, more date nights. Those are forms.

Christian: Yeah. Eric, if you could click the slide one more time you will just see what other words form up there. It's kind of like -- you can imagine, it's kind of like the surface of the ocean. There might be some fun in movement there but there's not much stability or predictability or solidity there because it changes all the time.

Sonika: Forms are always changing. Now, underneath the form is an experience or feeling you imagine you would have if you had the form you are after.

[0:20:06]

Christian: You can see that's kind of like the -- that's like the bottom there. Click it one more time, Eric, and you'll see that we got it right there, experience or feeling that you're after. That's where it's solid -- when you're on solid ground. We're going to explain it more.

Sonika: So the only reason -- so think about this for a minute. A lot of those things you just said, I don't want, I do want, the only reason we ever want any of those things is because we imagine that we're going to have a certain experience when we get that thing. If I finally get your help in the kitchen I'm going to have a certain experience of us having fun or hanging out, being close, feeling accomplished, being connected. I want help in the kitchen because I imagine I'm going to have a good feeling.

Christian: So here, we're going to say it again. It's really huge. Eric, click on the next slide if you would. The only reason we ever want anything is because we imagine we'll have a certain feeling experience when we get it. So we'll give you a couple of examples here. All right. You can click one forward, Eric.

For example, I want us to move in together. Why do I want that? Well, I want to have more time with you. Well, why do I want that? What's the experience I imagine I would have if we live together? I'd feel safe. I could relax. I feel secure. Really, that would allow me to relax. What I'm really wanting is this experience of safe and relaxed. Okay. Great.

Another example. I want more sex. Okay. Great. I want more sex. Why do I want that? Well, when I think about -- well, what feeling do I imagine? What do I imagine I would feel if we had more sex? More good sex, obviously. Man, I feel connected. I feel like you love me. Loved. I feel alive. Powerful. So yeah, I want to feel connected and loved and alive. That is the experience I'm really after every time I say, "I want more sex. I want more sex." Okay.

You can keep going with the forms. I want a new car.

Sonika: I want more money.

Christian: I want more money.

Sonika: I want to lose 10 pounds.

Christian: Why do you want that? What is the experience you imagine you would have if you had a new car, if you had \$1 million, if you were 10 pounds lighter, if you could get a promotion, if you could get another child, if you could get a date? All those things, if you could, all those things are forms. But, really, what you're looking for is the experience at the bottom of the ocean where it's solid.

Sonika: It's really important to know the difference between these two because we have a tendency in our relationships and in our lives to clasp those. We've actually been trained to clasp them in our culture. If you want any commercial on television they basically are saying, "Hey, if you buy this truck you're going to have an experience of freedom. You drink this beer, you're going to have a bunch of women **[0:23:36] [Indiscernible].**"

Christian: You're feeling super confident and powerful and good-looking.

Sonika: Right. You take this drug, you're going to feel really happy and good. We are trained to clasp in form of experience and in our culture because, frankly, we buy more stuff when that is the case. Unfortunately they are not necessarily the same. How many of you have had the experience where your partner's like "Fine. I'll help you in the kitchen," and they're in there helping but you are not having that experience of fun and connection that you were anticipating you would get if your partner was helping in the kitchen?

Christian: Right. Or the experience of "I want more sex. I really wanted to have more sex" -- I remember, I was in a relationship earlier before Sonika, with someone. She was like "Okay. Great." She didn't say it like this but practically she was saying, "Okay. Great. Do me." Just lay in there. Okay. I now could get more sex. That's what I've been saying I wanted but did that give me really the experience I wanted of feeling connected and loved and alive? No. Not at all. It felt worse than nothing.

Sonika: So a lot of times our fights and arguments are why we get stuck in complaint is we're fighting about forms. Really, the only reason we ever want any form is because we're just trying to feel good the best we can. Somehow we think that form is going to give us. It doesn't necessarily always but we're hoping nonetheless.

[0:25:06]

So the next stage here to this fulfillment formula is we got to know what we don't want, what we do want, and we got to know why we want it. What is the experience we are after? Why do we want that thing so bad that we're willing to fight day in and day out for it? What is that positive experience underneath that good, pure, innocent, positive, desire that is underneath that **[0:25:37]** **[Indiscernible]**?

Christian: So what you'll be doing here in a moment is same thing. It will be a slightly different but similar. So one of you is going to start by saying, "What do you want?"

Sonika: Well, I want help in the kitchen.

Christian: Thank you. Why do you want that or what's the experience you imagine you would have if you have that? Or there's an alternate way of asking it which is how would you feel if you have that.

Sonika: I imagine it'd be really fun and playful and connected and an opportunity for us to have a conversation, maybe about stuff we haven't had time to get to while we do dishes. So it could be really connecting.

Christian: If you could have all of that how do you imagine you would feel?

Sonika: I would feel happy and connected and close and connected. Really, it's all about connection.

Christian: All right. Connected.

Sonika: It's all about connection.

Christian: So you'll notice the bottom of the ocean, that's when your process is complete in asking this is when you get to what is that experience, feeling, experience that's not dependent on anybody because you're going to ask yourself, is it technically possible for Sonika to feel connected whether I help on the kitchen on any given night, is it technically possible. Say yes out there. Say yes, it is technically possible.

Sonika: And it is also technically possible for him to help in the kitchen and for me to feel, first, to feel miserable, unhappy and disconnected?

Christian: Yeah. Those two, they don't necessarily go together. Sometimes they come together but that's not automatic. So we're going to do like this only this time we're going to go back and forth. So first I ask Sonika, and she arrives at connected.

Sonika: Now I'm going to ask him what do you want.

Christian: I'll say what I do want. I want us to make sure that we have time to basically smell the roses and have some chill time so we don't work all the time.

Sonika: Cool. Thank you. Why do you want that? What's the experience you're after?

Christian: I like it when we just have time to play or take walks or do nothing. You'll notice when I say that, that's not all the way down to the bottom of the ocean yet but it is a step in the right direction. So Sonika just keeps asking until we get there.

Sonika: So if you could feel that, what would you imagine would be like the best feeling in the world to just zone out, think about nothing, not be working?

Christian: If we have time to do that, do nothing and have fun and take walks, I feel relaxed like **[Relaxing Exhale]**. And if we could do it together I'd feel relaxed and connected, relaxed and connected. Often you'll even notice that you could feel a visceral experience in your body. Really, what I'm wanting is this **[Relaxing Exhale]**. I can call it many things. I call it relaxed, connected but, really, what I want is **[Relaxing Exhale]**.

Sonika: What's really great about this process as you're exploring why you want what you want, what's the feeling underneath it, you'll notice that you can cultivate the feeling right now as you're talking about it. I can feel connected talking about how I imagine I'd feel if we were in the kitchen together right now sitting with you, not working in the kitchen. The feeling can come right now, not necessarily having what I want right now.

Christian: Yeah. I'm getting a real sense of what it feels like to have relaxation and connection. We are working. This is our work. I can still feel **[Relaxing Exhale]**. Man, I can taste that. It's real to me in this moment. Even if it only last for five seconds or two seconds, I got that right now. It's not a strange thing out in the future here.

Sonika: So we want you to experience that. So play with your partner. You could start with don't wants. Do all three steps. So you can start with what don't you want, what do you want, what's the experience you're after, or you can go straight for what you want.

[0:30:00]

Christian: What we have on the screen here -- you could put the next slide on, Eric -- is what do you want. Thank you. What's the experience you imagine you would have if you would have that? But it's okay to start with, like Sonika said, what don't you want because you're just immediately going to go to "Great. What do you want?"

Go all the way until one person is at the bottom of the ocean which is a solid, clear feeling of some sort, and then you switch. Keep going back and forth, back and forth until we tell you that it's time for the next thing. If you're doing this by yourself, you just do the exact same thing only you don't switch. You keep going by yourself.

Sonika: If you're doing this by yourself too, you can write it down. That can also be a really great way to examine this for yourself. What don't I want? What do I want? What's the feeling I'm after?

Christian: Definitely.

Sonika: All right. So go ahead. One of you start and just explore why do you want what you want, what's this feeling you're after. We'll give you about a half time sense. Do you have a sense of timing, Eric? And we'll tell you when to wrap up. All right. Just get to as many as you can in the time allotted. Go on ahead.

Christian: You still have a couple of minutes so just keep going back and forth. Take another minute for this. Go ahead and complete the process you're currently on. And then go ahead and thank each other. Both of you say, "Hey, thank you for really wanting that. That's awesome."

Sonika: Thanks for wanting to feel all that good stuff.

Christian: Yeah. Stop talking please and turn your attention back with us here.

Sonika: If we had endless time here we would say take another 10-15 minutes to explore that with each other.

Christian: But by all means, do this at home.

Sonika: Yeah. We could use some more after this time together here tonight. One of the things you might find here like most couples is that **[0:32:08] [Indiscernible]**. Almost always inside the stuff I have complaints about or things I want to change, underneath all of it is how I want to feel connected.

Christian: Yeah. For me it's pretty much always. I can start with I don't like it when we don't have sex or I don't like to have to work too much or I don't like to having to run around like a crazy person, not chilling, or I don't like when we argue. I can start anywhere and I pretty much always land on all I just want to do is feel relaxed and connected and free.

Sonika: Yeah. So you might notice things in yourself as you explore this. Now, here's another really fun thing to know about this. Any time either of you says to the other "I want you to" -- fill in the blank -- it is always followed by form.

Christian: It's a subset of what we're talking about, the I want you to or I want someone to.

Sonika: Right. So think about that for a moment. If I say, "You never appreciate anything I do" -- "Oh, what don't you want?" "I don't want to not be appreciated." What do I want? I want to be appreciated. Why do I want that? What's the experience I imagine I would have if I was appreciated? I imagine I would feel really loved.

The same is true for your partner. Whenever you're in a relationship and they say, "You never listen. You don't give me any quality attention," they're basically saying, "I want that. I do want quality attention. I do want more time with you." Why do I want that? I want to have some positive experience.

So it's kind of cool to realize that your partner really isn't just trying to control you or beat you down or make you do things you don't want to do or make you miserable by telling you a bunch of negative things. They're just going for a good feeling experience and they don't have a better way to go about it.

Christian: Notice, when you did this in a couple of different sequences and the feeling experience that you landed on were probably things like relaxed, connected, loved, supported. Did any of you land on evil or nasty or harmful? No because no one ever does.

Sonika: Nobody wants to feel bad.

Christian: Yeah. So even when your partner is like "I want you to" whatever, all they're going for, all they're really wanting is something good underneath at the bottom of the ocean.

Sonika: Yeah. So this couple I was working with today, on the surface they're fighting about working too much and too many animals and too much stuff to do around the house and too many chores and not making enough money. What was underneath all of it is they both wanted to feel appreciated. They both wanted to feel connected. They both wanted to feel like they were in this together. Really, it had almost nothing to do with the forms.

[0:35:11]

So once they could drop down into that place and really give each other that connection, from there, the problems also look a little better, like a little more manageable, a little easier to deal with.

Christian: At the very least, if the problems don't all disappear, which of them just will, at the very least, oh, man, now you have a calm, connected space from which to move forward with the challenges that you do have.

Sonika: So it's a really great way to think. So whenever your partner says, "God. I want you to" is to realize oh, you want a good feeling experience. You're really not trying to just make my life miserable. You're just trying to feel good. You know what, when you feel good, I feel better. So I want you to feel good too.

So what a great thing to do when your partner says, "I want you to..." is say, "Oh, what do you want? Honey, why do you want that?"

Christian: Why would you like me to do that?

Sonika: So we're going to play with that here in this next exercise. So what we invite you to do with your partner is to say -- you can ask them "What do you want?" And your partner is going to say, "I want you to." Just play with, coming up with a new statement. I want you to help out more in the kitchen. I want you to say yes more in sex. I want you to be more enthusiastic when I come home from work.

Christian: I want you to spend less money. I want you to take the kids more. I want you to go shopping more. I want you to, whatever it is.

Sonika: So instead of reacting with "Well, I..." defensively which we usually do, instead you're just going to say, "Cool. Thank you. Why do you want that? What's the feeling you imagine you would have if I did that thing for you?"

Christian: If you're doing this by yourself, you can just say, "I want you to," you can imagine you're talking to somebody, or you can say, "I want" someone "My brother, my boss, my employee to."

Sonika: My ex, my kids.

Christian: Yeah. Great. Thank you. Why do I want that? What's the experience I imagine I would have if we did that? Eric, you can put up the next slide here. We'll just leave that up for reminders here.

So you're going to go back and forth this time, just like the previous ones. So why don't you start? What do you want? You're going to say --

Sonika: I want you to.

Christian: I'm going to say, "Thank you" even though it's not on the slide. "Thank you. What's the experience you imagine you would have if I or they did that?" And then when you get to the experience you switch. Okay? So go right ahead. We'll give you time signals and tell you when the next thing has come.

We still have another couple of minutes. Keep going back and forth. Take one more minute. Go ahead and complete the one you're currently on. Once again, just go ahead and tell each other "Thank you for wanting all of that good stuff."

Sonika: Yeah. Thanks for wanting me to do all that.

Christian: Yeah. So that you can feel all that good stuff. Stop talking please and turn your attention back with us. Good job so far.

Sonika: So we're hoping that you can see that really underneath, everything wanted at the level of form is some positive experience that really is desired underneath that. Almost always when we get to the bottom of that feeling, desire we can find that there's a place where we're the same, like I also want to feel connected. I also want to feel free. I want you to feel free. I want this good feeling too.

Christian: Whereas on the surface, when you're still on the surface of your want in the forms, it often looks impossible, even mutually exclusive what we want so that it seems evident that if you get what you want I will definitely not get what I want. It's like we can have sex and not have sex at the same time. We can spend

money and save money at the same time. We can't go out and stay home at the same time. We can't discipline our kids with tough love and be overbearing at the same time.

What do we do? It looks like a standstill or like a Mexican standoff. But if we drop down to the bottom, "Oh, you want to feel relaxed. I want to feel relaxed. You want to feel connected. I want to feel free. You want to feel loved." Those aren't mutually exclusive. Those live very well together. I want that too.

Sonika: It can be really great to be able to get to that place where it's like "I want that too," like there's this place where we're in this together. It's not mutually exclusive.

I'm going to play here with how to use that as we go forward here. But first we want to tell you a couple of problems with wanting that are going to lead to where we want to go next here in this fulfillment formula.

[0:40:11]

Christian: Right. These are just really, really important to be aware. We talked about wanting and not wanting is mandatory. We can't not want. That's how we start any new thing, any new creation. One of the first problems with wanting is what wanting really means. Wanting means the lack of something. As a matter of fact, if you look it up in the dictionary it'll have words like destitute, impoverished, be lacking, inadequate. That's what wanting means.

So when I want anything, it's basically I'm a walking, breathing declaration that it's absent in my life, that I don't have that. So we obviously don't want to stay in wanting too much since it's basically just broadcasting I don't have that, I don't have that, I don't have that, I don't have that.

Sonika: You all know that experience when somebody says to you "I want to be with somebody who appreciates me." You know you just got told "You don't appreciate me. I don't have it with you" which is what has us react so much when our partners sometimes say, "I want this. I want this." What we hear is "You're not doing it."

Christian: It's not there.

Sonika: It's missing. And that's because there's some truth to that. We have a tendency to want what we don't have.

Now, another problem with wanting, and some of you may have heard us talk about this in -- I think we've talked about this in the intro call actually -- is that a

discovery I made that wanting and having cannot exist in the same space at same time.

So think about this for a minute. This was really true in my previous relationships. I had no idea how much I was sabotaging my relationships with my wanting, with my desire. What I would say to my partner is "I want more intimacy. I want more connection, my thing. I want to feel closer to you. I want to feel more passionate. I want to feel more alive." The whole time I was saying that to my partner, I couldn't have the experience of intimacy I was going for because the wanting of intimacy took up all the space. The whole time I'm wanting it and I'm hanging out in the missing of it I can't have it.

So it's kind of this catch-22 in relationship. We really believe if I quit wanting sex here we're never going to have it.

Christian: If I'm not going to stand for that I want us to balance our budget, if I just let go of that, oh, my God, the budget is going to go to hell.

Sonika: Right. If I'm not going to stand for us having quality time or having a date night every week, it's never going to happen. We're really wired to think that the having something is connected to what we want. And if we just stay in there, that's what keeps us complaining for change. If I just keep hammering enough at what it is I want, somehow it's going to happen. The whole time we're wanting it, it takes up all the space. And des no room in there for actually having or creating the experience we're after.

Christian: And notice, the place of wanting is basically an empty heart, not fulfilled. Having is a full heart, feeling fulfilled, satiated, completed, whatever words you'd want to put to that.

I remember we were teaching this process at one of our Give Yourself to Love weekends. After we taught them we had the participants practice like you are now and will get to one more step here, a man stood up and said, "Wow. I realized that in my whole 55-year life I've always just been wanting more intimacy. I've just been wanting more intimacy, chasing it but never having the feeling of actually being there."

Sonika: Yeah. A lot of people had that realization on their deathbeds. They've been striving for wanting so much they never had it.

So here it is, the third problem here with wanting. Wanting implies that what I want isn't here and it is in the future.

Christian: It implies that the having of it, which like is the harvesting of my fruits, is later.

Sonika: Is later. So think about that. I want to have more intimacy. I want help in the kitchen. I want to have easier conversation with each other. The whole time I'm saying that I'm declaring it isn't here. I'm stuck in the wanting of it and the not having of it. And it implies that for me to have this it's going to be later because it isn't now. It's a little bit a form of you got to change. If you only you would give me that form, then I'll finally have this experience I'm after.

[0:45:13]

Well, the problem with that is there is no later. All we got is now and now and now and now and a bunch of moments strung together. There is no later. There is no future. There is no tomorrow. There's just today, today, today, today, now, now, now, now, now.

So if I stay in this place of wanting and complaining and telling you what I don't like and what I want, well, we think somehow it's going to get me happiness later, it's going to turn out later. I'm deluding myself because there's no such thing.

Christian: In all my wants and don't wants, really, what I want is to have that feeling, relaxed, connected, powerful, free. And, really, when I want it is now. I really don't want to wait until all my forms have lined up and are perfect until I have that experience.

Now, that's not to say -- so get this -- that's not to say that we don't want to keep massaging and playing with and creating forms. That's not to say I'm not going to keep preferring that we talk to each other nicely, that we have sex twice a week, that I have money in my bank as opposed to debt in my bank account. Those are forms. Yeah, you're still going to have preferences on that but you have to start here or you're going to be chasing form, form, form, form without ever harnessing the fulfillment. Okay?

To get the fulfillment you got to start here, find out why you want it, land on the bottom of the ocean where you can stand solidly. And then we're going to give you one piece here in a moment for how you take that feeling, experience that you could feel right now and you translate it into action.

Sonika: Yeah. So this was always the big thing for me because I was a good wanter. I want connection, wanted connection for years and years and years. So once I discovered this I was like "Okay. So wanting is the first seed to creation. We got to step out of wanting to be able to step into having. How in the heck do we do that without riling giving up what we want but creating what we want so we're not stuck in this lack?

So here's what I came up with. I called it living in the question. Basically I came up with this at a time in my life when I was really shut down. So anybody looking at me would've said, "Oh, my God. This woman is stuck in serious problems."

Christian: That's a shut down, dysfunctional person.

Sonika: Yeah. I was literally shut down fetal position, crawled up in a ball, kind of shut down on the bed. I identified myself as somebody who was shut down. As we talked about in the previous session, from that view point I am shut down, identifying myself as that I'd like to be open someday. All that had me do was look at well, why am I shut down. Maybe it's because of how my partner is acting right now. Maybe it's my mom or dad said or did when I was a kid. Maybe it's some trauma I don't even remember that lives in my cells.

It had me always trying to figure out why I was shut down. All that did was put more attention on shut down, reinforce shut down. It was getting worse and worse and worse, it seemed like, the more I was trying to fix it.

So what I did to turn that around -- so we're going to tie this all together here -- is first, I identified myself as open in my full potential. What was the experience I was after? I was after open. I was after connected. I was after this expansive feeling of having my heart open with someone.

So I came up with a way to slide myself out of wanting into having. I asked myself if I were open right now, what would I do, what would I say. If I were having the experience right now, not later, not in the future, right now, what would I do or what would I say right now?

I remember when I asked that, fetal position on the bed, if I were open right now what would I do, I remember one of the answers I got was I'd move my pinky in my partner's direction.

Christian: When she says, "One of the answers I got" it's yourself answering the question. Your mind will answer any question you post it. So if you ask why am I such a loser, you'll get a whole bunch of great materials for why you're such a loser. But if you asked this question; if I were connected now, what would I do? What would I say or what could I do? What could I say right now? You're going to get -- possible answers to that will pop into your mind.

[0:50:06]

Sonika: It's a really great question because when I say if I were open -- so I used the word if because I'm certainly feeling that right now, I'm shut down -- so if I were open

kind of creates a little chink in the wall you could say, if I were open, putting the experience I'm after and the question -- I have to imagine myself as open to answer the question.

So I've already put my attention -- so remember, in last class we're talking about right words putting us in the direction we want to go. So when I asked if I were open, I'm pointing myself in the direction of open. I got to my attention off the shut down. I got my attention on open which is where I want to go. If I were open right now -- because all we got is right now, no future -- what would I do or what would I say?

Now, whatever action follows is going to be connected to the open I want to create more of. I just asked that question 20 times, sometimes in a row, if I were open right now what would I say, what would I do. Oh, God. I'd say how horrible I feel and I want to open up. So I would say that. And then I would ask it again. If I were open right now what would I do, what would I say, how would I take a deep breath? If I were open right now what would I do, what would I say?

Now, notice that the answers that come are perfect for the most. Often we have a tendency when we have a question like that and we want to answer it generally like, "Well, if I were open I wouldn't be all shut down in fetal position on the bed."

Christian: You wouldn't be asking this question and you're back to zero.

Sonika: Right. So it's really essential that you ask it right now, and what is one baby step you can take in the direction you want to go.

Christian: The intention is to take the state that you're in, that you really want, that's your heart's desire, and you make it actionable little step by little step. Basically it's what's one practical action I could take right now, that is what could I say, what could I do that will take the state and help me bring it into my life.

Sonika: I'll tell you, that's how I created myself to be an open person, is I just asked that question probably hundreds and hundreds of times over a period of six months to a year. Every single one of those steps was one step in the direction of open. And now I am open.

It feels weird -- whenever we did like the **[0:52:41] [Indiscernible]** it used to be normal and right to be shut down. Now it feels weird to not be open. It feels weird to be shut down because I have created myself to be open by living in this question over and over and over again. It's very fascinating to watch this because it is a way for me to get what I really want.

Christian: Eric, you can go ahead and put up the slide so you can see this question we call living in the question. It's like a practical secret ninja tool to bring in your desired state into your life, to take actions from that place.

Sonika: You can use it with each other when you're really stuck. So this was a real example in our relationship.

Christian: Yeah. Put those back again, Eric, and we'll come back to this. We should do this rather quickly so we can have...

Sonika: Time for questions. Okay. Cool. When Chris and I were first together he called me the tsunami because I was just I wanted this guy.

Christian: The good old deer in headlight.

Sonika: He was totally shut down. So this was like a real time. He was out here visiting from Denmark. We had gone to bed, and I just wanted to make love. I just wanted to be with him.

Christian: I felt a little smothered and I shut down. So here we are. The situation is we're like on opposites here. We can see in the camera we're like on opposite sides in our king size bed both pretty mad and shut down.

Sonika: Yeah, because I got really hurt, feeling rejected. My advance wasn't accepted. So I am now really pissed off. First, of course, I tried all my usual tricks, slamming the doors and running out of the house and he was supposed to chase me. I was standing out in the middle of the driveway in the middle of the night.

Christian: At some point we finally remembered a better way to do it.

Sonika: We finally remembered what we teach. And so we actually did this process. So we're pissed off and we're in bed and I'm asking myself -- I really want you to have sex with me. I want you to say yes to my advances. Why do I want that? What's the experience I'm after? I want to feel connected. I want to feel as close to you as I can get. Meanwhile he's asking the same exact question.

Christian: Yeah. What don't I want? I don't want to be smothered. What do I want? I want to have some room to think and breathe. Why do I want that? Because I want to feel a choice. Why do I want that? What's the experience I would have? I feel free, that's what I want. I want to feel free.

[0:55:13]

Okay. If I were free now what could I do? What could I say? The first thing that popped into my mind was -- I'd uncross my arms and I'd say, "Come on, honey. This is ridiculous."

Sonika: If I were connected right now what would I do, what would I say? I'd take a deep breath. If I were connected right now what would I do, what would I say? I'd say, "It's okay if you don't want to make love, honey. I just want to be close."

Christian: If I were free now what could I do, what could I say? The next thing that popped in my mind was I could say, "Well, yeah, this is ridiculous. It's not that I don't want you to want to have sex with me. I actually like that. It's a lot better than if you didn't want that. It's just that I want to have some choice in the matter."

Sonika: If I were connected right now what would I do, what would I say? Well, I don't want you to do something you don't want to do either, honey. I just want to be close. There are lots of different ways we can be close.

Christian: If I were free right now what could I do, what could I say? I could come closer and put my arms around you and say, "Yeah. Hey, thank you for wanting me. I like that."

Sonika: If I were connected right now what would I do, what would I say? I'd say, "Really?"

Christian: Yup. Really. You'll notice from this point forward it really doesn't matter the form we choose. It really doesn't matter if we have wild, passionate sex or we go make a cup of tea or we go to sleep because everything we do will be infused with connected and free. We've already won so everything we do from here would just be **[0:57:16] [Indiscernible]**.

Sonika: Notice it's just little step by step by step. There's also this little place we kind of had to work within ourselves because when I see him hurt there's a little part of me that wants to fight to be right about how you don't really love me and to drop that and go towards connection because fighting isn't going to get the connection. I'm standing out in the driveway all by myself in the middle of the night. That isn't getting me connection.

So it really takes something to keep us moving step by step by step in the direction we want to go. Often it is step by step. It's not a big run, not like he's just going "Oh, honey. Yes!" It's not that fast. It's incremental. It's a little bit like little kids learning how to walk. They don't just hop up out of laying flat on their back for six months and go running around the house. It's little steps as they learn how to crawl, walk, run. We're like that too. It takes little steps for us to go from closed off and protected to open, but we can do it.

Living in the question is a way for us to move from wanting a particular form and fighting about that to "Okay. What don't I want? What do I want? Why do I want that? What's the experience I'm after? If I already have that experience right now, if I were feeling it right now what would I do, what would I say, what can I make happen from here that is going to shift the energy in the direction we both want to go?"

Christian: Eric, you can put that slide back up again that says living in the question. So before, we're going to open it up for questions here in a moment, just take a moment for yourself and think about what will you put in in the blank space granted that's going to change over time. It can change many times a day. But for now, when you did the what don't I want, what do I want, what's the experience I'm after, what was the most rich one you came up with? Relaxed, connected, supported, whatever. What's yours? What will you put into? If I were -- blank -- what would I do, what would I say?

Sonika: I'll tell you, it's such a powerful question. So whatever words you'd put there it's going to put your mind -- you're going to have to imagine yourself that way which is going to be in -- it's going to be a match to your full potential, where you want to go. And then you have your actions follow it. I'll tell you, it's very counterintuitive. It really looks like at first that the way for me to get connection is to get you to say yes to sex to try to control in an attack form. But really, it's about using my desire for form to drop down into the experience I'm after and then to look at shifting me. And when I shift me, you change, you always change.

[1:00:21]

Christian: After we say goodbye here, we want you to practice this. Right after the call, do this thing. If I were -- fill in your blank -- what could I do, what could I say right now? And then take action on it as you go along.

Sonika: So this week your homework is --

Christian: Yeah. I was going to say. If you'll put up the homework slide, Eric.

Sonika: So homework this week is practice this fulfillment formula. Don't want, do want, what's the experience you're after, and then live in that question. Ask that question as many times as you can. How would I be if I felt this right now? Translate it into action. Translate it into who you want to be. And then go in the direction you want to go.

Christian: Yeah. As many times as you can remember to do it. Ten times a day, 20 times a day if you can keep that present in your mind.

Sonika: Yeah. And post your experience on the discussion forum, if questions arise, we're going to be checking that on a regular basis. Get in there, ask your questions, share your experiences, your comments. Keep this alive and going for you because we know we only have an hour together. The rest of it is your life. We want to be walking with you all along these seven weeks here. So don't hesitate.

Thank you so much for being here with us this evening. It's an honor to get to share did with you and be with you in this way.

Christian: Yeah. Thank you. You guys are awesome. Good job so far. Just keep doing your best, that'll do. We'll see you again next week. As usual, thank you, Eric, for making everything run in the background.

Sonika: Yes. We appreciate you.

Christian: Have a good week everybody.

Sonika: Bye everybody.

Christian: We'll see you on the forum and the next week.

[1:02:02] End of Audio