

Gen Y Shift™:

Bill Bauman

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Ben: Well, good evening everybody or good morning or good afternoon depending on where you are in the world! We're back here with the Gen Y Shift series. This is Ben. So, I'm so excited to be with you tonight with our guest. I have such a big grin on my face to be in his presence, to be in the Green room with him before the fall, and he always makes me smile and chuckle and glow. And so Bill Bauman is here and, Bill, thank you so much for being with us.

Bill: Ben, hey, you are so welcome! I'm delighted to be with you. I've hang out with Ben just a little bit in some past calls, not in this series, and I'd just love this guy. He is just super wonderful and he just got great integrity. And to all of you who are here I just want to say any friend of Ben's has got to be a friend of mine plus being a little weird. So I'm delighted, delighted to be here and it's a total, total pleasure and joy.

Ben: Thank you, Ben. It's such a pleasure and I sent out a long paragraph about your life earlier today so I won't cover it up with you. It has glowing testimonials and the whole, whole deal and I was really communicating that. Every time I've been in your presence in the past, I just leave with such a lightness and a light in my being and I'm so happy to have you on and to share your joy and share your being-ness with the group.

Yeah. And so what I'd love to do actually is just begin in the air which is in the time we have spent together I have been so impressed with who you are and your being-ness and I know that your work has kind of culminated in what you describe as teaching about the ultimate human. And so I'm wondering if you just describe a little bit about that and how that played out in your own life and how you show up in the world?

Bill: Yeah, yeah. I'd be glad to and I should tell everybody I can open my mouth and talk forever so, Ben, you rein me in or guide me away to where you want. Yeah, I think to me everything internal is maybe not much, much more important than everything external but I think if it's true that the external pretty much reflect what goes on inside us, I think for us being inside ourselves and really witnessing and aware and focused and present to what's inside at least for me has made all the difference.

So I think that to get to this thing that I call the Ultimate Human, just to review my life a little bit, since you've got my whole life history in front of you since this afternoon, I don't have to repeat anything. I'm sure it was 82 pages long and you're just enthralled, that is after you woke up from reading it.

But anyway, just for me no matter what I've been through and we've all been through all sorts of wonderful ups and terrible downs but no matter what I've been through, I really found that the thing that has gotten me the farthest is when I totally, totally, totally pay attention to me. Yes, I'm paying attention to what's out there. I'm sensitive. I've responsive, and all of that. But when I pay attention to what's my reaction and then whatever that reaction is – what goes into that, what contributed to that from within me.

So for me, I just kept digging deeper and deeper and downer and downer -- and I'm sure that's very or a word -- and just going more to my depths, more to my truths, more to just the both the wisdom and the dynamics that go on in me. So that was one big thing. I think I call it being present.

In fact, I think I got to a certain point in my life where I look at myself and I said, "You know, if there's one thing I have done consistently in life, keeping in mind that we got all sorts of help from everywhere to get wherever we get but if there is one thing I've contributed, it is showing up, just showing up, showing up to what's outside but especially showing up to what's inside and being super, super honest with myself.

So that's been like a really big, big, big thing. And then just on top of that just to add one more thing and then I'll get to the Ultimate Human, I'm sure -- by the way, just as an aside. You can tell I'm just super excited to be here.

As an aside, when Ben emailed me and asked me if I would be part of this, I wrote him back and I said, "Yeah, you know I would love to be because I've been stuck in my own adolescence, and I thought about if I talk to you who are older than my adolescent self, then hopefully you can help me grow up and so I'm hoping that there's something I get out of this evening but that casts the weight aside."

So on top of showing up, I think the other thing I did is I just try to be as honest with myself. I tried not to lie to myself. I tried not to be in denial of anything. I'm pretty much like an Olympian going through the gold medal.

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I just basically said, "I don't know where I'm going in life. I don't know what it's about. I mean I've got some general ideas." But we all in a sense we learn and grow by the Braille method. We take our best shot and we give it our best try and then it takes us wherever it takes us. And then we pick up from there.

So for me I just try to be absolutely in integrity in my depths, just never lie to myself, never make excuses for myself. I always, always show up to whatever it was there. So if I pull that together that gets me to the Ultimate Human and I don't want to get too theoretical but do you want me to go on or do you want to shift the focus here a little bit, Ben?

Ben: No, think that's great. I'd love to just expand that into the Ultimate Human.

Bill: Okay, yeah. So to me, well, first of all I'm going to say something else. I will do anything to get me off track and a real challenge for that is whether I remember where I was and can get back to it which actually half the time does happen. So I want to say that this is a weird thing.

But as I was sitting earlier this afternoon not really preparing for this but preparing for this is just like hanging out in spirit at a soul level with each of you and started to open up to what is it that you might want from me or what is it that I could be a vehicle of to kind of speak back to you your own truth.

So what came to me is an interesting thing, I haven't thought of it for a long time, it was a book I read. It was the History of the United States book. I read it about ten years ago. I don't have or remember the name of it or the authors but it was written by two college professors. So it was a little theoretical.

But they made a point that -- first of all, they studied American history from the early 1700's and then decided through all their research that there are generations. Now, you're Generation Y but we go through four generations as a cycle and then we start over. And let's just say the first of those are the Visionaries. So we have a whole generation of people who visionaries and they see the bigger picture like an example of that was like the Benjamin Franklin group who envisioned a Free American, free from England, etc.

Then the next group along that are those who carry out the vision, those who are in a sense more the compliant, not so much independent people themselves but they carry out the vision. Those are oftentimes in war times the soldiers that go out and they don't necessarily have the big vision but they carry it out.

And then number three, the next generation is the Rebellers and they rebel against whatever the status quo of these last two groups is and until interestingly they get to about 40 and then they start developing their own vision.

But then the fourth group is the Independents – and I could give you example of those but we don't want to take your time. So I was just calculating that just from a Generational point of view and this is going to sound ridiculous to you but I see you just according to that model -- well, every model has its pluses and its minuses.

Every model is a little true and a little not true but gives them the benefit of the doubt. So you happen to be on a group that is probably about three-fourths in the Independent category and one-fourth in the visionary category, the beginning of the next group.

So I just somehow got clear about that and I thought "Wow, that is so cool" because that pretty much coincide with my sense of a lot of the people in this generation that I have played and has the privilege of serving for however long.

So with that, one of the implications I think is to be independent not to be so much a carry-it-out-er of whatever came before but to be somebody really immersed in the truth that lives within you as you feel it, see it, sense it, get it, and then to build your life maybe not totally but to build your life powerfully around that truth to let the source of who you are, the source of your truth, the source of your inspiration, the source of your vision, the source of your guidance, be internal much, much more than external.

And those that I hang out with a lot in this generation really are very, very much that. Frankly for me it is just a delight. I love that. I for whatever reason this is why I probably never fit exactly with my own generation but I've been that. Actually for me, I was probably half a Rebeller and half an Independent person but you don't want to hear about the Rebeller part.

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So what's powerful about that I think and then that leads to the Ultimate Human is that you are deeply internally in your own integrity grounded solidly in your own truth. Truth is within you and to whatever degree one can generalize about you as a generation, you feel called to find that from within and then to have support for that in the community around you with your friends, etc.

So, the Ultimate Human to me is someone who as totally possible shows up to four huge aspects of self. The first is the spiritual/mystical aspect which is very much what The Shift Network is about and probably where most of us would hang out together strongly. The second is to show up totally to be totally present to every element of our consciousness.

And that includes our super conscious mind, our conscious mind, our subconscious mind, our unconscious mind and as we go deeper and deeper into all those places of awareness that we again get totally clear and clearer and clearer in our thinking. And then if we have time, I'd love to come back to part of that.

And then the third part of ourselves that we show up to as fully as we can is our primal self, our organic, physical body, our sexual self, our sort of elemental self – earth, air, fire, water, just all those deep vibrational, existential level of resonances that make us up that so many spiritual systems tend to ignore or leave behind or transcend.

But in my sense, because I help a lot of people get spiritually free in various ways and whatever way they feel called and I find that for the most part for most of us to the degree that we ignore anything primal in ourselves that becomes an internal veto vote for us getting freer in other areas. So that's the third.

And then the fourth is in that vast world that we live in, the energy of our bodies, our chakras, our aura, the whole electromagnetic field that we are which is where we feel alive, just really fully dynamically alive. And so to me, the Ultimate Human is someone who is absolutely willing to take this self that we're created to be, this self that you are, and commit yourself to show up to that because that self has innocence, four voices.

It's got four voice boxes, four expressions and that's the spiritual, that's the consciousness, that's the primal, and that's the energetic. And if we

show up to every aspect of ourselves from those angles, from those four directions, listening to those four inner voices, if you will, wow, then I feel like we've captured who we are and we can show up to this world and show up to ourselves and show up to life, our life and the collective life around us, in a way that's really solid, really strong, really free and where we start having just the real amazing experiences of life.

Ben: I love that. I love the nuance to the way you describe that. As you're describing those four elements, those four aspects, I found myself kind of going through myself and checking in with all of them and finding out. Actually, I have a little bit of a tough time just **[0:14:11] [Indiscernible]** between them and so I'm wondering if there's way you can help us pinpoint those aspects specifically energy – I'm not sure just how to connect to that aspect of myself versus spirit and things like that. Is there a way we could lock into those more?

Bill: Yeah. Could you help me a little bit by maybe just putting another sentence or two to that just to make it then a little richer for me so --

Ben: Yeah. So in describing like the spiritual, mystical aspect of ourselves and then that consciousness aspect, and then primal, and then energy, I'm finding myself trying to really find those pieces within my own being. And some of them like primal feels more accessible to me than something like energy. I'm sure it's different for everyone.

And so I'm wondering if there's some way that you could just do a little pointing out for each of us so we can kind of have a quick honing in on where those might be within our awareness so within ourselves?

[0:15:02]

Bill: Okay, yeah. I think I get it now. Yeah, let me play with that a little bit. And first of all, I think you're really right. It's really, really different for each of us. One of the things that have come so clear to me is that while we can make some generalizations, each of us is such an individual gem and jewel and we're put together and powerfully differently and uniquely and the truth that works for a lot of other people just may not work for us.

I actually have a lot of people, probably most people will come to me I think they find me not consciously necessarily but they find me because they don't fit in a lot of other places and for whatever reason I've – maybe it's because I never fit in either but I've just been able to see each person's individual too. So I think you're right. It's very individual.

Let me play the spiritual part of that just a little bit. I think, for example, some of us spiritually are just really, really called to oneness. I mean we're just put together. Our light field and our energy field are just put together in a way where, yes, we notice ourselves, we're with ourselves, but psychologically we also say, "Well, we give ourselves away" or "We give our power away."

But oftentimes because we're energetically put together to do a win-win-thing, to really be one with everyone, and so individuality and self those aren't necessarily call us to itself in the most powerful way. Then somebody else could be totally the other way like I know a number of people who, yeah, they'll hear with other people but they take their total cues from themselves.

And so for them, they are more called to be one with every facet of themselves more than what's out there. And then, of course, from a consciousness point of view they have the sense that "Well, what I do for me I do it for others," anyway so I really am contributing even though it looks like I am being very selfish in that way. So it's just a little example of that.

If I look at consciousness, I think that the super conscious – I'm just borrowing like Freud's terms although he didn't come up with the term super conscious but super conscious is simply our spiritual awareness and we're all familiar with our spiritual awareness. And we're all familiar with our conscious mind, we're trained in it, our whole school system is dedicated to helping us learn how to think and cognize and deduct and all of that, problem solved.

But for me, what's rich for a lot of us is in our subconscious and unconscious. One of the things I did, and I'm probably taking off from what you're saying and probably not, but one of the things that I did that I just again sitting here tuning into you at a soul, it just came up and something said, "This might be fun to share."

One of the things I did actually probably when I was in my early 30's I think something like that, maybe in the mid-30's, I just got this inner message, a spiritual message, and I remember the words very clearly: "Bill, it's time to forget everything you ever learned." I said, "Whoa, wow, that just grabbed me." What? Forget everything I ever learned. And I have learned a fair amount.

But anyway, I took that to heart. Well, after I ignored it for about five times and it wasn't going to go away. I took it to heart. You're brought to your knees every now and then. Anyway, and I took it very seriously and I said, "Okay, I'm going for this. I have no clue what direction this is leading me but forget everything I ever learned."

So, I started the process where every time I had – I'm just going to label some things – every time I had in my mind a belief, an assumption, a value, a theory, what else, a paradigm, a thought that was somehow needy, anything like that, anything that I have learned I simply in my mind I just with an invisible hand I just reach in my mind, pulled it out and put it on an invisible table on the side.

Well, what happened – this process believe it or not too me three years to accomplish and again I didn't know what I was doing but I just did that and I remember that I went for about the first three or four months and I thought "My gosh!" I had no clue that I had this many levels of beliefs, assumptions, etc. So when somebody was talking with me – you know how people were talking and you watch your mind sort of generate the theory or take what they're saying and put it into a category which is a theoretical category and all that kinds of stuff. So every time I did that, just pull it to the side.

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Well, about four months or so down the road, I noticed myself starting to panic. I felt "What is this?" So I showed up to the panic and I discovered that I was starting to get really nervous because unbeknownst to me I had used, and I think in hindsight we all do this to some degree, I had used all those great beliefs and theories etc. not just as a way of organizing thoughts but as a self-protection. It's like I felt safe because I knew something and, whoa, that grabbed me.

So I spent the next few months kind of working through the fear and the terror and like all that. And then I just kept going and probably about a year and a half into this, I remember saying to myself, "I have gone through a few thousand layers of this. Is there no end to this to bottomless pit of beliefs? And I just didn't know. But about a year and a half into it, I noticed the intensity of these beliefs was not so strong. It's like they became easier with just this card and something in me wasn't attached to them.

And then I remembered raising the question, "Gee, I wonder when they're going. What will take their place. If you go back to Buddhism, Buddhism -- and I've loved Buddhism. I have studied it a little bit but I'm not Buddhist in any significant way. But they talked about having an empty mind, a neutral mind, being mindless, etc. and then maybe in a sense of what I was talking about.

So I started noticing that as I was less dependent on thought, my energies -- here's an energy thing, Ben -- my energies started coming more to the fore. I started feeling things more. I started feeling the trees. I started feeling the weather. I started feeling nature. I started feeling other people.

I could feel more people's hearts or their loving self more fully. I could feel their anger more fully. I could feel the air just as it went through my body. And I thought "Wow, this is like really cool." I had no idea that I was not a feeler big time though my nature is very much to feel but then I had this mind thing.

So towards the end, when I saw that I was getting to the bottom of this barrel of thoughts, beliefs, ideas, et cetera, I noticed they disappeared. My mind was blank. It was the strangest most wonderful feeling I had no idea how much energy it took to keep this mind manufacturing thoughts, ideas, theories, et cetera. My mind just relaxed, my energy field took over, my spirit just jumps to the fore and it was an extremely, extremely powerful experience.

And since then, I notice my mind has been serving the whole of me rather than trying to be its own CEO. Sometimes I describe the way most of us do mind is the mind thinks it's the CEO of the company called You and it seems to have forgotten that it's really a little bit more of an administrative assistant to really help. So I noticed what happened.

All of the cells in my mind plugged into my heart into my deeper wisdom, into my love-based unity-centered wisdom and started taking its cues from that. And then my mind announced to me shortly after that. It's like "Hey, I've got my new job. My new job is to take your wisdom, take your deeper truths, and then figure out how to translate that." And so since then that's how my mind has been as a team worker here, as a team mate. As a partner it's been really supporting me and helping me.

Now, Ben, I don't think I really answered your question but I sure get to say what I wanted to.

Ben: Well, that's all **[0:24:29] [Indiscernible]**.

Bill: Exactly, yeah. Maybe it is all about me. I don't know.

Ben: And I thought you answered the question perfectly, so thank you. Yeah, there is so much richness in there that I just love to continue to go deeper into. One aspect of that is you mentioned – you were talking about spirituality in different ways. I heard you once early in the call say you were hanging out with us in spirit earlier today and you said you were tuning in to us in the soul level.

And I'm wondering, it sound like having gone through this process that you went through over many years, it really opened you up to deeper aspects of being connected to people, being connected to spirit. And I'm wondering if you can just describe a bit of that experience and what that looks like for you now as you talk about tuning in the soul and tuning in the spirit and kind of shedding light on where we may be moving.

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Bill: Yeah, I'd be glad to, Ben. You really ask good questions. I thought I want to do that. Yeah, I think I'd like to maybe start with the kind of where we were when we're talking about the Ultimate Human and I was basically saying it's really a matter of being totally, totally present to everything.

So for me at some point, oneness started to become a big deal. It just showed up just like the last example I did about forgetting everything I have learned. It just showed up all and so on. And that's the way most things have happened for me. Instead of a lot of my early years trying to run from God and I don't know. That Coyote God character, He just finds ways to kind of sneak around the corner.

So my advice will be never turn your back on spirituality. No, I'm not. I'm kidding. But anyway, so what just showed up was this thing about oneness and I watched my heart energy start to open to everything not just people but to life and it was probably about the same time that I was talking about that whole mental thing. And so I started to feel. So I think step one for me is just to open.

Step two is I noticed my feelings were there and again all I did was just kept showing up, showing up, be present, let myself feel. And that just as

an aside or half aside, to me letting myself feel everything that was on my plate was not always easy.

As you know, we all feel lots of things. We feel sometimes very violent feelings. Other times, we feel terror and fear and angst. Other times we just feel empty and down and depressed or whatever we may feel, whatever it is or lost. And so for me, I just forced myself to go whatever the feeling.

So I started feeling everybody else around me. In fact, what happened at one point is I felt everything out there but I also felt this was an amazing thing for me. I also felt our collective humanity. Again, it just showed up. But it showed up in my gut and this is primal, this is real primal – humanity's pain; suffering; primal scream; the scream that says "My God, I hate being here"; the scream that says, "My God, this is too hard"; the scream that just is complaining; the scream that's just existentially is all about pain.

Isn't this an up conversation? Are you having a good time as I'm telling you all this? So it came and I just let myself feel it and feel it and feel it. And it stayed for a number of years until it completed what it needed to complete until it became a part of me. So the reason I'm saying this is because we tend to think sometimes that one-ness is all sweetness and joy and bliss and it is that. I mean it really is. I mean to be one with every human being, to be one with the Infinite, to be one with the earth and the core of the earth and to be one with every animal, etc. It's exquisite and it is also something that opens us to feel or experience or know everything.

So I started knowing human pain, deliriously to the core. And after several years once the reason of pain of that went away from me, I think it's because I had so become it. It's like there are psychological studies that say the only reason we're in pain about other people is because we've not walked a mile in their shoes, because we distance ourselves, we hold ourselves back.

So I became totally one with humanity's pain, one with humanity's this, that and everything else. And I watched energetically, my heart kept opening, my body being more receptive and it was hard. But I kept for whatever reason just hanging in there kind of betting the farm, if you will. Not that I lived in the farm but I bet the farm on one-ness. And so it went away because I became it. I became humanity. I became humanity's pain.

And in oneness we lose dualistic experience, we lose "Your pain, my pain." And when we become totally one with anything including pain, I mean totally one, it's not hurting. And that's of course of those ancient spiritual truths is that when we fully immersed ourselves and fully unify with, fully integrate with ourselves into and become whatever it is it doesn't hurt. In fact, we find its essence, we find its soul, we find its divinity, and all there is is joy.

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And so for me, and I'm just trying to use me as a mirror of us here and I hope I'm not dancing around the room too much or too quickly. But for me, I'm at that point in my life where I just again I show up to everything and whatever is on the plate and I let myself experience it fully in oneness and it doesn't hurt anymore. In fact, it's joyful.

So example this afternoon sitting just opening to your beautiful souls, just opening to the magnificent beings that you are, just feeling into you, just inviting myself to in whatever way totally respects your boundaries, of course, but just inviting myself to be present in your space and let your heart, let your soul, let your subconscious, let your deeper selves, let whatever in you wants to speak, to speak and fill me.

And of course from a communication point of view that requires just intuition, just kind of feeling into whatever comes, getting it intuitively, instinctively, trusting that. And so over these years, I've done that. So that's what led to a lot of this.

It's a beautiful, beautiful way to be. Sometimes I found myself -- this is an example of it -- saying to people who come to me and say, "I've got x situation. Is there anything I can do in the real world to help this out?" and I look at him and sometimes I say, "You've exhausted all you can do. There's really nothing else that I see that you can do. But influencing something three-dimensionally is one thing. We can also be fully present and influence it with a spiritual love that is profoundly powerful."

And so I sometimes say, "Take x situation or person and invite the soul of that just in your own quiet time. Invite the soul of that person, that circumstance to be with you, and then just to open your soul, open your heart to that, and just feel into it.

Don't do much with it. and then just let your love fall into it. Let your love get absorbed into whatever that situation is. And if you want your

mind involved you just express love to it, you could bless it, you could share your life with it.

But mainly your job is to just love it purely in oneness as you try to lose yourself, your own sense of separation, and just become it. I can't tell you how many people have come back to me and said, "Wow, that not only helped me enormously. Gee, the situation changed and changed dramatically."

Ben: I love the way you describe that, Bill. It's beautiful and certainly resonates with the very edges of my experience in the world so I'm excited to kind of hear from you who has lived so deeply into it all and then just, yeah, so much there, so much richness to have so thank you for that.

Bill: You bet.

Ben: Yeah. And there's a number of things in there that I want to go into there. Actually, it's interesting what's coming up in me in this moment is the uniqueness of the work that you do in the world and one thing that we've talked a lot about in this series is the notion of life's purpose and people in our 20s and 30s are really trying to figure out who we are in the world and what we're here to be doing.

I'm curious how you would describe that journey that we go through because undoubtedly it evolves and evolves and evolves. You've been through so many different types of careers and you're on your path and also we all have our unique selves to kind of tap into and our unique gifts to bring forward. So I'm wondering well maybe what advice you'd give for people who are trying to ground more into who they are and what they're meant to be and do in the world.

Bill: Yeah, thank you, Ben. I'd love to and actually that triggers in me. I think one of the reasons I'm so excited to be with all of you on this call just for this hour. Well let me back up. I think I have – this is cute – I have a number of people in my life who are very upset that I'm not pretty world-famous.

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And some of them are very kind enough to say, "Do you know, Bill, what your problem is? You know why you're not out there on this grand world

stage? Your problem is you don't have a message. You're this amazing this and that and everything else but you don't have a message."

And actually, in some sense, they're right. And what they're right about is to me this goes back to what we were saying earlier. To me, each of us is so unique, so individual, that I'm pretty allergic to saying "This is the truth" or "That's the theory to strive for."

So there are a lot of wonderful, wonderful truths out there – the law of attraction, etc. But I'm not drawn to really perpetrate, what a word, any of those so to really put any of those out there. Not that there's not great, great, great value to them but because I think what I'm all about is helping a person kind of go in, go in, go in, go in, and find that truth.

You know, there's that old psychological saying that the answer to anything and everything lies within us. And I've really, really found that to be true and especially what I love about you in the generation you are is like if I look at a lot of people in my generation, which is I'm a 192, and so I've been around a while, but as I look at a lot of people in my generation -- and don't say this unkindly or critically at all -- is that a lot of them are very much around that kind of conformer era and they still live a kind of a paradigm that I think most of you don't live.

Most of you were born into life with an internal set, mindset, worldview set, life set, soul set to take charge of yourself. And so on the one hand, it's great – you're not a super conformer. On the other hand, it takes a lot of self, a lot of responsibility, a lot of courage and a lot of you to really show up to you and say, "Okay, let me go totally here. Let me find my life's purpose (back to your question, Ben). Let me find myself. Who am I? Who am I at the absolute, absolute core of me?" And then from there, believe in yourself enough which is a whole other thing.

I know for me, I'm describing what my path has been about. I've never really been allowed, life has never allowed me a big teacher, if you will, or a big guru or a big mentor. I tried it a few times and it really fell on its face quite quickly and with a beautifully dramatic impact. So it never worked.

And I used to look at other people, friend of mine, who were on a specific path, in a specific tradition whether spiritual, psychological, philosophical, whatever, had a teacher, guru, master or whatever, therapist. And I was kind of jealous for a long time until I noticed, wait a

minute, I keep making strides of growth and many of them, they stay kind of locked in that same system.

So where I'm going with that is, if there is a bit of -- I forget what your word was, advisor, guidance, or whatever that I would put out here -- it's number one, to trust yourself fully, just trust yourself and your knowing fully, even if you don't know what you know yet.

I mean at some place, soulfully you know, subconsciously you know, unconsciously you know. So even if there's some thin veil between your conscious awareness and that, that's just a thin veil. So trust yourself fully. Know that you know. And then you know that you will get to what you know.

So that trust then becomes maybe point number two -- and I'm just kind of picking these up as I go -- and that is, take the plunge, take the journey. Ask yourself: "Where does that truth live?" And some of you might say, "Ooh, that lives in my soul." Others of you might say, "Ooh, that lives in my heart." Some people might say, "Ooh, that lives in my subconscious awareness. Others of you might say, "Ooh, that lives up in the inter-dimensional mystery-filled space of my light field." Others of you, interestingly, I find more and more people here might say, "It lives in my body." And again, each of us is different.

[0:40:00]

Those bits of wisdom and truth about us, they reside in different rooms of our internal house. And so, a first big question is: "Hmm, I wonder where that lives?" And your intuitive sense can pick that up. It might take a little bit, it might not. Where does that live? And then, go to that room in the house, sit in that room, either as a meditation or as an alternative to meditation, just see.

So let's say it lives in my heart. I'll just pick out one of them. "Ooh, I feel like it lives in my heart." Go sit in your heart but don't make it a big internal dialogue necessarily. But sit in your heart and you could just wait. Or you could say, "Okay, since heart is about love, I'm just going to feel. I'm going to let myself feel what's in my heart."

And you could just hang out there, hang out there, hang out there. And oftentimes before you get to that truth, some pain will come up because something painful oftentimes is that thin veil between us and so instead

of saying, “Ooh, I’m trying to get this but that pain is in the way,” and trying to push the pain away.

Instead of that, it’s like, “Okay, my loving heart is moving me toward this truth of my life purpose,” or whatever, by saying, “By the way, Bill, here’s why you’re not getting it. So let’s lovingly, in the heart, heal this” or whatever the verb may be.

And so we just keep going there and there. And then, let’s say, we get to the first pictures, the first intuitions, the first instincts, the first feelings, or thoughts about, “Ooh, this is what I’m about.” For many of us, the first step of that is not “This is what I’m about. This is my life purpose,” but “This is who I am.”

I know for me, no matter what I’ve done in life, it’s always expressed who I’ve felt myself to be at that moment in my life and then that became the stimulus. That became the force and the force field from which the purpose expressed itself. So that may come to you first.

And if it does, it’s okay that it comes in a general way. It’s like, “Oh, I’m all about heart.” And so, Ben you might want to think about that as a last name. In fact, it might be nice for you – Ben Heart. Give it a thought, anyway.

So I’m all about heart. So you just ask your heart to take the lead and show you and then follow the bread crumbs because it may not give you the whole picture right away. It may give you the first piece of the puzzle. And so, again, trust yourself from start to finish and those are just some thoughts to go with.

Ben: It's great. I will definitely really listening to that part of this interview for sure. That sounds very resonant and definitely helpful. Thank you, Bill

This is a perfect time, actually, to invite in all of our lovely listeners. So if any of you out there would like to ask a question of Bill, see what wisdom pours through or what playfulness or mischievousness, feel free to hit 1 on your phone or you can type it in the webcast and I’ll be happy to read your questions. Again, if you’re on the phone, hit 1 and if you’re on the webcast, you can go ahead and type your question in.

And as we’re doing that, I see a question that is here, which is asking you, Bill, if you could describe again the experience you had of laying all of

your beliefs out on the table and just if you could give us step-by-step instruction for how one of us might do that ourselves.

Bill:

Wow, yeah. Well, I think first of all, the reason that came up so strongly in me today is that it felt like, "Ooh that might be really helpful." And I say that, I think, because most of what we learn in our mind, most of what our conscious mind, our left brain, is all about, is what we've learned according to what some people would call the mass consciousness or the collective unconscious, which would be a Carl Jung's term, and it's about our kind of commonly-believed truth.

And those truths are great and there are a whole bunch of assumptions that we live our lives based on. And they're great. You know, like wait 'til the traffic turns green before you go through. Very, very helpful. You know, don't eat 27 pieces of pie; only eat five. You know, those kinds of things, really nice. Ooh, my stomach didn't care for that example.

Anyway, so we learn a lot from out there and I think, first of all the purpose of kind of shedding a lot of that or letting all those go neutral, that's a better way to say it instead of shedding. The purpose of letting them go neutral is so that we can really show up to the deeper, deeper, deeper truth.

[0:45:01]

So just briefly, without trying to redo it too much, I think one would be, if you really feel called to some version of this, first of all, get clear about what version of this you feel called to like my version was I was going to go all the way. And I didn't know where I was going but all the way. You may feel like well, no I'm going to give this a try or I'll give this a try for a week. So get clear about what your agreement with yourself is about that.

Second, now what I did as a technique is I just in an internal image, I just watched my hand pull out one thought out of my mind after another. Again, thought, assumption, theory, paradigm, ideology, theology, no matter what, philosophy, and just set it aside. Sort of like throwing it over the bridge, if you will.

You might have another way you do that. If you're not an imagery-based person, you might do it a different way. If you're a feeling kind of person, you might just sort of feel the thoughts away or whatever other way you

have of doing that. But it's helpful to have some little ritual. It's a small take a nanosecond to discard it, just to let it go.

And then the third is – and I had to learn this the hard way – be okay with being embarrassed. Like for example, oftentimes this was happening to me. I was a psychologist for a lot of years so my patients or clients would be telling me things.

And it was right at that point where they would expect me to respond and all of a sudden, I'm discarding every response that I've got. And so I'm there looking at them – very embarrassing from time to time but be willing to be embarrassed. It's okay. It's a way of really owning that this is what I'm doing.

Next, look for alternative ways what would be your natural other way of doing this. For me, it was feeling, it was emotion, it was energy, it was connectedness so I could, again, I could feel nature. I could feel the air, I could feel the person's presence much more powerfully. For you, it may be something else. For some of you who feels like there are a couple of you for whom like your subconscious self will come out and all of a sudden, you'll start subconsciously, really reporting to yourself what's going on in their subconscious mind.

Now we all know that we're all subconsciously connected. Like on this call, you're subconscious self knows everything about me. I mean, millions and millions of bits of information. Please don't call the National Enquirer and tell them whatever you do. So for some of you that may come up and then just be at peace with that. It's like be the observer, it's okay.

And then, just as long as you are committed to going with this, refine it in whatever way you want. It's like, "Oh, okay, I did it that way for a while, I feel like shifting and changing." You know, nothing is written in stone and so you're in charge of however you want to do this.

But mostly, I would say mostly always keep going back to your, I would say, your soul. And again, feel free to change that word if you've got another facet of yourself or another word for that that works for you. Go back to the source that is encouraging you to really neutralize your mind. And just keep listening for that source, listening for fine tuning, listening for hints or maybe looking for encouragement, like yes keep going. I know it's getting old or it's feeling old but do it anyway.

Just lastly, I want to say, and I apologize for not doing this in more depth. I'm just trying to be open to maybe more time for other sharing too. But the last thing I really want to say about this is be as committed to -- in letting go of any attachment to thoughts, et cetera in your mind -- be as committed to being who you really are.

I mean your innate self, your real self, your core self, your essential self. Be that because I think as we let go of thoughts, beliefs, etc., what wants to take its place is as a centerpiece of our being, this magnificent divine being that you are. And to me, the greatest side effect of all of this is not just being able to feel everything, become one with everything.

But to have their take the place of my mind as CEO, have their take that place whatever is the, call it the essence of my own being, which of course in turn is the essence of all life, which just happens to live in the core of me. With that central, it just changes the whole landscape of one's life. So thank you. I'm sorry I didn't do that in a bigger way.

[0:50:33]

Ben: No, it's great though, thank you. We've got a bunch of webcast questions coming and those of you on the phone right now are a little shy but you're welcome to ask your questions. Just hit 1 if you'd like to talk to Bill. But coming on the webcast, we've a change of direction with this question which is: What guidance would you offer about romantic relationships? How can they best serve our growth and deepening?

Bill: Wow, yes. That would probably only take about ten hours. I say I love the question. I really do, because it's so central, so central. If I were going to pick out one thing, and again, with great apologies for oversimplifying, one of the things that I have discovered, I have this amazing relationship with this woman that I have been with for a long, long, long time. I am more in love with her now than I ever have been. She is the total joy of my life. I feel privileged to just honor her as this divine goddess. She is just exquisite.

But I've watched us over these years go through many phases. And then of course I've done all sorts of marriage counseling and I've done relationship counseling and all sorts of things and talked to gazillions of people about it. So this is probably one thing that comes up from all of those experiences and it's this -- that societally we tend to put a lot of focus on 'the relationship.' It's like let's create a healthy relationship. Let's create a positive relationship. Let's create a relationship that looks

like A, B, C, or D, according to whatever our values and our needs and our desires are, or according to what our soul picture is about relationships.

What I've found out is that for most of us, with many exceptions, so if this doesn't apply to you, feel free to discard it. For most of us, putting that kind of focus on having a certain kind of relationship doesn't work well. And it doesn't work well because a relationship is two people who come together and oftentimes, one or both of those two people will lose themselves in the relationship.

And so I feel like it's really important to take the self that you are and commit -- there's a big word, it's the awful 'C' word. "No, not commit!" -- and commit not primarily to the relationship -- I mean yes, to whatever degree -- but commit to be and bring the real full self that you are to the other person. And notice what I do, is I just took the word relationship out of the mix, out of the construct.

So if you are just being authentically, really, naturally, wholly, fully, deeply you, just being the real you, and bring that to the relationship, then you don't have a relationship to manage, you've just got yourself. And remember at whatever point I got to that -- this is years after Donna, my precious life mate and I were together -- at a certain point, I remember like having this big aha!

I woke up one day and it was like, oh! I've been making this about the relationship. All I've got to do is, since she was silly enough to fall in love with me up front, I mean, since she was absurdly naïve enough to fall in love with me, warts and all, all I need to do is just be me. And that will either pass the test -- if there is a test -- or it won't pass the test. But, that way, all I had to do was be authentic, be real, be sensitively me in that moment, in any moment, and then she did her version of that.

[0:55:02]

And in that context, in that approach, the relationship takes care of itself. So instead of working on the relationship, see if each of us work on ourselves and just keep purifying, if you will, the self that we bring to relationship, I just can't tell you what a difference it makes. It could just take about a thousand pounds of pressure off because relationships tend to be a bit pressuring.

Ben: I love that.

Bill: That's my one little tidbit of wisdom amid a vast storehouse.

Ben: Perfect and God bless you wife's naïveté in getting involved with you.

Bill: Yes well it actually worked so well for me. Basically, about her, I just say, "Well, you know, it's her karma." It's just something she has to live through. But anyway, she seems to be...

Ben: There you go. Well I'm glad you're reaping the benefits.

Bill: Yeah, I am. I am, yeah.

Ben: Nice. With this, we're coming close to the end of our time. One question I would love to just end with, which is, I'm trying to bring this into all of our talks now, is you know, before in the Green room, I just asked you what's new and exciting in your life, and you were saying, "Well there's tons new and exciting in my inner world and in my inner dimensional world."

So I would love if you would just share a bit about what your growing edge is these days and what are the realms that you feel in life, you're most discovering so we can have a sense of what may be to come in our own lives or just another unique journey that someone else is on.

Bill: Yes, wow. Well, thank you, how sensitive of you. I'd love that. Ben and I were having this conversation in the Green room. And by the way, if you've ever seen that Green room, it is a lovely shade of Green. Go vintage, really delightful.

You know, I don't know whether anybody will really identify with this but since you asked, I feel moved to share this. For several years now, I have been specializing in nothing. No, say that specializing in nothingness, in the void, in that sort of existential sort of non-space that's outside of time and space, that sort of pre-creative zone or non-zone.

So if you picture the vast emptiness or right before the Big Bang, even though that was filled with potential, I've not been hanging out with that so much in its potentiality but more just in its emptiness. I mean I've hung out in all sorts of spaces, the whole light fields of essence and divinity, and the deep spaces in the earth and the earthiness in my body, etc. So where I've been these last years is in this space.

And of course, modern science -- I'll try to make this fast because I know we're coming to the end -- but modern science has really discovered that if you go down the rabbit hole of our subatomic self, you know this is quantum physics, and we get to a certain point down, down through the nucleus, down to the quark level, and all of that, we get to a place down there where time ceases at $1/18^{10}$ of a second, time disappears, slows down and then boom, it's gone, and the same thing with space. So at the core, at the physiological core of all of us, we don't exist.

So I've been hanging out there for quite a while now. And frankly, I find it for me -- this is going to sound so strange -- I find it hugely exciting. I find it when I can live nowhere as well as everywhere, when I cannot exist as well as exist, when my individuality can just dissipate into non-individuality and nothingness, what it does for me, is it allows nothingness, void, emptiness, nowhere-ness to become a foundation.

And I think that's what it is in our bodies anyway. Emptiness is a foundation for our very existence. It holds our seeming existence. So for me, it becomes that foundation which somehow gives my very existence a huge amount of richness. It lets me be even, ironically, more alive, more here, more precious, because frankly, there's nothing to fear because I already don't exist, I don't fear death, I don't fear the typical dangers that a lot of people fear. I fear you, Ben, don't get me wrong, you know, that will always stay.

[0:59:58]

So there's the absence of all that kind of human drama stuff but I feel so both equally un-alive like "Um, I just am not *[snoring]*" and I feel richly, richly, richly alive. So it gives humanness a flavor. It gives humanness an excitement and an energy and a vitality and just an aliveness that's just precious. So that's what I've been hanging out with and I'm having a lot of fun and frankly I just had a lovely time sharing it with all of you, so, thanks.

I'll say one more thing about it. I got there, again, simply by saying yes to everything. Whatever was on my plate, I did it, I was fully present to it. For that chapter of my life, it had its richness, its fullness and sure enough, about the time that I completed, I went to something else. And so, this nothingness is the something else that has happened and I'm sure there will be something else after that. I just have no clue what it is but I can't wait to show it and find out.

Ben: I love that. It's so fascinating, Bill. I just feel appreciated in your presence whenever I hear you speak that my sense of awe and gratitude for being like amazing-ness of reality is so extended I often just feel like a gaping-ness in my soul about how much there is to experience and to discover and so thank you for the gift you've given. And also, you know, thank you for your playfulness. It's just such a pleasure. You always make me laugh and smile. I love it.

Bill: Me too. It's fun to play and be ridiculous on this precious, crazy, beautiful, insane, delicious planet. And Ben, I really love interacting with you too. I want to say, I have had such a good time. I've been really looking forward to this, to me, an intimate heart-filled time with each and every one of you and I thank you for being you. I thank you for being on this precious planet at this time.

I thank you for all the ways you're giving to all the other generations, those before you, that came before you, those who came after, and for just being who you are. The rest of us are amazingly expanded and healed and bigger because of you and on behalf of all of us, thank you very much.

Ben: Well, on behalf of all us receiving that beautiful blessing, thank you, though. And before you go, would you point people to the best place to connect to your work and connect to everything you're up to?

Bill: Sure I would. Yes, I happen to have a website, which is [www](http://www.billbauman.net), but you probably guessed that part, dot billbauman.net and it's B-I-L-L-B-A-U-M-A-N-dot-net. And it is net as opposed to one of the other ones. And probably in about, I'm guessing two weeks or so, I will have on there, all my programs and offerings that I have for next year. I just haven't gotten around to putting them up yet. But anyway, it's there and if you want to sign up for my periodic, like once every two months, newsletter, you can do that there too.

Thank you Ben, that was sweet of you to ask.

Ben: Absolutely, yeah. Thank you, Bill; such a big hug, so much love. I look forward to next time where in the same space and time, hanging out, so good.

Bill: Me too.

Ben: Beautiful. Well for those of you on the line, thank you so much again for being with us. We'll be sending out an e-mail soon about our upcoming awesome calls in September. We've got some great people coming on just like, not just like Bill, but great just like Bill. Yes, so if you'd like to stay on the line in discussion group, you can go ahead and hit 1 and we're happy to put you into a group. Otherwise, have a beautiful morning, afternoon, or evening wherever you are in the world.

Thanks again so much, and thank you, Bill.

Bill: Thank you, Ben. Thank you, everybody. Bye-bye.

Ben: Bye-bye.

[1:03:48] End of Audio