

**I Know It's In Me But I Don't Know Where
Pirate Playbook**

Use *after* listening to the CD. And *never* listen to the CD while driving or operating machinery. The CD will induce an altered state!

What did it feel like for you to be on the journey?

Was there any resistance to going? To flowing with the journey?

What was the best part for you?

Why?

Did you find yourself drifting off and creating a story of your own?

How was your journey different from the one on the CD? (You may have to listen again to determine this.)

Did you meet your inner critic?

Describe your inner critic. (For instance, what does it look like – if it's visible— and what kinds of things does it say?) You may need to call it in (as a guest visitor that you can interview) if your memory needs prodding; or you can simply let it go.)

Does your critic have a name?

Do you want to give it a name of your choice? Sometimes I call mine “Crusher.”

Ask your critic what it wants you to know? Just close your eyes for a moment. Give the critic a color. Or see it fully formed. *Critic, what do you want me to know?*

Critic, why do you want me to know that?

How will my knowing this make life better for you?

Make life better for me?

Critic, When did you first come on board?

Why did you come into my life?

After listening, ask yourself, Did it come to solve a problem?

In your opinion, has it served its purpose?

Ask the critic: What do you want from me now?

Critic, what do you think you offer me?

Why? Or why do you think I need that?

Now ask yourself what you need to be empowered? See what answers arise.

If your critic cannot provide these new aspects to your life, then the critic's job may be obsolete. If so, you may thank it for years of faithful service, and let it know that its purpose is fulfilled. Since its job is done, it can safely retire. You may even make arrangements to send it to some lovely island where it can run free after so many years of dedicated and tormenting work.

If the above is true, ask:

Critic, how do you feel about retiring? About being thanked for years of faithful service?

Is there anything I need to know that I haven't asked? That you haven't said?

If the critic is willing, you can imagine it as a color that fades away, or is replaced by an angelic light. Or you can let me be the drop of water in a golden vessel. We neither deny nor defy its right to be. We allow it a sacred space in which to be.

Now ask yourself, perhaps your higher self: What brings me/you the greatest peace?

Make a list:

(For example: restful music, meditating, a clean house, planning a trip...whatever it is for you.)

You can refer to this list whenever you need to center yourself. If your list is slim, simply begin to live with the question: *What brings me inner peace?*

The answers will follow...sometimes in dreams, a flash of insight, or a list will appear in your mind. Notice or ask what brings greater tranquility to others. Investigation is powerful and allows you to focus on what you want to create.

What do you notice brings peace to others?

What do you think *might* bring more peace and balance to you?

This week, choose one method and notice how you feel before, and then how you feel afterward. Keep notes about your progress.

Which method did you choose?

How was it?

Do you want to incorporate that as a regular practice?

If so, when and how might you do that?

Ask inside yourself, is there a feeling of agreement? (Keep it simple. It's okay to do something once per week as opposed to committing to immediately starting every day.)

Monday:

What actions do I need to take today? (Top 3)

Ways I can be at peace today no matter what?

What might deter me from my commitment?

(For example, I might get upset or distracted and forget. I might not make time.)

How can I set myself up for success?

(Examples: I can shut the phones off at a particular time or after a particular time. I can take a meditative half hour walk at 2pm today and schedule my life around that. I can start the day by meditating for _____ minutes and/or writing down and looking at my dreams.)

End of day: How did it go? (Just observe, never berate.)

What worked for me?

What didn't work?

What would I like to try or do differently?

Tuesday:

What actions do I need to take today?

Ways I can be at peace no matter what?

What might deter me from my commitment?

How can I set myself up for success?

(End of day or before bed wrap-up)

How did today go?

What worked well for me?

What didn't?

What do I want more of?

Is there anything or anyone I need to forgive?

Who: (List names)

Because: Say what they did. Boil it down to a sentence or two next to each name.

What I made it mean about me or my life:

Am I willing to let go it?

If yes, then send the issue into the light where it bursts and becomes glorious light itself and goes back to its source.

If not, what do I get, or what purpose is served by my holding onto it?

What does holding onto it cost me?

Am I willing to let go of the issue, upset, and/or person for an eyelash of time?

If so, then let it go into the light (as above) and if it comes back, you can enter the process again.

Is there anything I need to let go of in order to feel really free?

Let it go and simply know it's done.

Wednesday

Same process as above.

Thursday

Continue the process:

What worked for me?

What didn't?

Why?

Anyone I need to forgive?

Friday

Continue asking the questions and recording your answers

Saturday

Same process (suggested questions)

What worked:

What would I have changed?

Who do I need to forgive?

What might I let go of?

Sunday

End of Day Process

And you might want to stop and look at the week's notes (without judgment)

Overall, what worked for you this week?

What have you noticed?

What do you see about yourself that you like?

What do you see about yourself that you'd change? Why?

What do you see about others that you'd change? Why?