

Conversations with the Unseen – Episode 13

MX

Hello dear friends.

Laura

Hello Mexicans. So today we have with us Ulrike, my dear, dear, dear, dear, dear friend Ulrike And Ulrike is somebody who is a real catalyst and supporter and playmate for me, not just personally, but also in Wizard School. And so I really love that she has chosen to say yes to the invitation to come and play with you and I on the podcast Mexicans.

MX

Welcome Ulrike.

Ulrike

Thank you. I'm very excited to be here. And I'm so curious what we will talk about. And so thank you so much for inviting me. And I can't say how grateful I am for being part of the community, the wizard school, everything, being able to learn from the Mexicans and practice with everyone together. So thank you so much.

Laura

Yeah, we were saying earlier Ulrike, what did we do before the Mexicans? And I guess that's a real testament to just how much there is a contrast for us. Like how much life has changed for us both.

Ulrike

Yes, absolutely. I mean, it just feels like it has accelerated everything and one of the most valuable things I think that is coming out of this whole journey is to be brought back to my inner being and learning how to connect with that, learning to ask it everything, and being led by the inner being rather than by the ego mind. And that has been incredibly healing for me so far. And I'm so curious what that actually will do once that connection is even stronger. And I have the ability to easily use energy communication and things like that. Yesterday, I was listening to something about trauma. And they were talking about plant based medicine and one of them talked about how the indigenous people actually because they were... he asked one of the shamans how they knew from those thousands of plants to pick those two, and to boil them together for eight hours or whatever. And the shaman said to him, 'Well, the plants told me', and I thought, wow, I would love to be able to get my information about anything through the energy. So yes, I'm very curious, excited. And yeah, just happy to be on this trip with you all.

Laura

I love that. It reminds me of when I make Andy poached eggs and he says, 'How long do they take?' And I say, 'The eggs tell you'. Anyway, so Mexicans, what would you like to explore and talk with us about today?

MX

We were inspired by the concept of shamanic eggs. And perhaps this is an opportunity to build upon what you have been describing as your journeys, using our perspective to expand your own awareness and to create for yourselves a more conscious experience of being human. And we would say this is a choice, and it is a choice that is open to all who wish to take it. And you both have made that choice. You are able to describe the difference in how you navigate the world of form, which can be challenging in so many ways. And this of course, is intentional, it is no accident that there would be challenges as you come in to form and experience the contrast from where you came from - the world of energy and oneness and love. As you step into the physical dimension and are aware of an environment that is completely opposite to what is true, limiting your awareness to the senses, and the senses being part of the illusion. And so, we would say the journey that you describe is an energetic one. It is a journey of tuning in to that non physical self, that non physical essence of who you really are - the unique and perfectly imperfect expression of Great Spirit. And the journey of coming into form and remembering that that is who you are creates a very different experience of being in the world of form. And this is what you describe. And perhaps today's conversation can be an invitation to others to make that choice for themselves. And we wonder, before you made that choice, what was it that was preventing that from happening for you both? What was keeping you from aligning and living life aligned with who you really are?

Laura

I guess what, for me, I can now see that the ego was in charge. The ego thought there was a problem, because it didn't like what it was creating. And the ego thought it was its job to fix it. And that just kept me going round and round and round in endless circles, where I was utterly bewitched and hypnotised by the world of effects, by the by the senses, what the senses were showing me.

MX

And so, a misunderstanding...

Ulrike

I think I was, like Laura, I was so over identified with my ego and all the thoughts that the ego produced, and I didn't realise that there was such a thing as an inner being. And I remember listening to other people talking about it and thinking, 'Oh, that would be nice. I would love to have an inner being. I don't know whether I do'. And took me probably a year or two of just kind of going in and out of... or maybe even longer. I Because I always had a yearning. So I think there was always a yearning to find something like this, but I didn't quite know how to get there, because it came from the ego, right? Or the ego was in charge. I don't know, maybe it interfered like that. So there was always this yearning. So I would be reading about things and listening to things, but I didn't really believe that that was true for me. And so that took a couple of years. And then I thought, 'Okay, I probably have an inner being', but my ego decided, well but if it's your inner being, that can't be a good inner being, so we better get somebody else's inner being instead, because one of the programmes that the ego was carrying quite strongly was this idea of not being good enough. So, obviously, then from the ego's perspective, the inner being can't be good enough, either. So that's kind of funny now. So that took me a while to get over. But I was then slowly on that path. And I think yeah, for me, it was mainly that kind of misunderstanding and thinking I am the ego.

Laura

Yes.

Laura

And it's such a painful misunderstanding.

Ulrike

Yes.

Laura

Because, I don't know about you Ulrike, but for me was like, that sense of hopelessness, powerlessness, struggle, effort, I'm doing it wrong, I need to try harder, what's wrong with me? Why can other people do it and it's not working for me? And so it didn't really create a life of ease and joy and lightness.

Ulrike

Yeah, absolutely, that was the same for me and I guess my ego is relatively capable. So I still managed to kind of be successful if you want to call it, but it came at a really high price of just being so exhausted and feeling so alone and just pushing, pushing, pushing and then also falling like in a sense of hopelessness and then feeling also like a fraud, you know, because of my work, you know, working with people and not being able to sleep and all this kind of stuff that came with living from the ego mind. And it is a really, really painful existence to be identified with it. It can be good, but it's never really good. And it's never really free. It's, it's okay, right, but who wants to live a life that is okay? That didn't inspire me particularly. And then also looking to experts, hoping that they could help me, you know, like learning their system and then every single time being disappointed because it didn't work. And then also another part of me saying, oh, 'F-this'...

Laura

It's okay to say fuck here.

Ulrike

Okay, good, so fuck this, I'm not doing this, this sounds stupid. So, and obviously didn't leave the ego in a good place either.

MX

And many will relate to these words, having the yearning, feeling that life is physically and materially acceptable - for many it is not of course - for many they have what they would term success and yet they may not feel fulfilled, they may not feel successful. And we would say the reason for that is these external physical factors are unable to bring that sense of fulfilment. It is an energy, it is an alignment that brings these feelings and this sense of being who you really are in the world of form and being free and feeling free to express that. And so, many will - we feel sure - resonate with these words, these descriptions. And so, if those listening are hearing these descriptions, how to proceed? How would one move from a position of not feeling fulfilled by the world of form? And feeling perhaps frustrated to feeling more peaceful. What has been your experience?

Ulrike

I think for me, it was kind of practising to connect with the inner being and just being introduced to the idea that I was identified with the ego or led by the ego. And then to keep practising. Okay, so that's one perspective. What's the other perspective? And the ego did not initially do this quite willingly always, but over time it has become easier and easier. So for me, it would be practising it,

finding a way of having something in your life that anchors it in. Because the hardest bit for me was I kept forgetting, because it's so automatic to keep going to the ego. Because it's so fast, we get these thoughts in our head, and we're used to them, so we go with them. So it was creating something - for me it was meditation, I like meditation, so I would start doing that in the meditation. And then after a while I added other things, just to ask the inner being, I guess in the meditation, what I kept practising was to notice how the inner being speaks to me. So to familiarise myself with how I feel it in my body, when the inner being creates the energy of Yes or No, and I just familiarised myself for a long time with that. And then slowly, I would start asking questions about minor decisions, like, I don't know, I don't remember, like stuff that doesn't matter. You know, for some people that may be food. For others, it may not be, it could be about do I want to exercise or not? Things that don't have many consequences either way. And for me, it was that slow process of just remembering it more, doing it more. Also, because at the beginning, I could only ask yes or no questions. And now I feel much more comfortable with the idea of asking open questions. And, I experience it, then as having an insight all of a sudden. And through that, I guess what works for me is also very much is whenever the ego gets triggered, and I experience so called negative feelings, I would sit down with my ego, try and find out what is bothering it. So in that moment, I'm already not identified with it any longer, but I look at it as a different part of me. And, then I would, because of my training, I'm a psychologist, so I'm always curious about the belief systems so I would want to know from my ego to try and know what what it believes. But then I would just sit there with it and feel the feeling and be compassionate with the ego and that really works for me, it calms the ego down. And then I can have conversation with my inner being without the interference of the ego. And, that's now where I then get the inner being's perspective. And to me, this has become such a powerful way of being because it just shifts something in me, like this energy or the programme immediately, or usually does. And, it feels so liberating and exciting. So actually, that's a big deal for me, because it wasn't like that for a long time. Now, I welcome it in when the ego is in trouble, because I know now that it will liberate me more and it's an opportunity. So, that has been a massive shift in my quality of life and how calm I feel and peaceful I feel in my life, which is wonderful.

MX

The journey continues, and it may be worth explaining from our perspective, how we interpret the terminology that you use. In using the word 'ego', many listening may have an interpretation of the word that is different from ours. And we would say the word ego is representing the human self, the human perspective, and is based on a very limited understanding of what is occurring in any given moment, limited by the senses that provide information to the human mind, that is a fraction of what is occurring outside of its awareness. The inner being is an expression of your non physical self - who you are beyond form. And this is, of course, beyond what it is possible for the human self to understand. It is who you are, as an expression of Great Spirit, eternal and infinite.

Laura

I really liked what you said Ulrike about practice. What I love about this is the simplicity. Fundamentally, there's a perspective that will come from the ego or a perspective that will come from the inner being. And our job is to discern which is the inner being and which is the ego. And for me, it's like you said, it's that practice, it's the remembering, and it almost feels like the automatic default reaction is to look to the outside. And what we've been training the ego mind to do is to begin to look inside, like, 'Who am I being to create this as my experience? And now that this is here, how do I choose to respond?' And I loved what you said about beginning to welcome things in more, because there are things that used to challenge me that I can knock off at the pass. In fact,

sometimes the chatter of the ego can seem quite funny. There's still things that for sure that catch me and I think that this is a journey, it's not like a one time thing. It's something that it's a moment to moment, practice. And I guess if we were to stop the ways that we're practising, it would be easy to then just be like, 'Oh, wow, I ended up back aligned with the ego again', because it feels like we're looking to shift the dominant energy from being aligned with the ego to be aligned with the inner being. And that feels easier. We were talking recently about how what can be a space of real ease for one person is a space of impossible goddamn challenge for another because we all come in with our own programmes,

MX

We would say that discerning the difference between the human perspective and the inner being's perspective is the more straightforward part of the practice. The human perspective can be identified by its energy and its alignment with certain perspectives, usually based on fear or some derivative of fear - judgement, anger, worry. And also the belief in separation. And this is part of the illusion that the inner being is experiencing in the world of contrast, that where it has come from and still exists in the non physical, there is no separation. And in this experience of being human, it seems like there is a separate I and others. We often refer to these others as 'apparent others' because this is how the experience seems - it does seem like there are these others, when in fact, energetically, they are all expressions of the one. And so, in many ways, these apparent others are you as you look around. And of course, the illusion is something else. The more challenging part of the practice is perhaps, to align with the inner being's perspective, which is always loving and non judgmental and sees the oneness, experiences the oneness. And this simple truth, very profound truth, is the answer to what the human self may call problems, challenges, difficulties. To align with this perspective of love and oneness and to allow the present moment to be as it is, trusting the perfection in the present moment.

Ulrike

I love that idea of accepting and trusting the present moment. And when you started talking about the difference between the ego and the inner being, it reminded me of one of the challenges that I had at the beginning, that my ego really enjoyed being angry and didn't see a point in not being angry. Because it felt quite justified and energised by some things. And it took me a while to realise that it's not serving me. And so for a long time, I would let my alignment be undermined by that because I would then realign with the ego instead of the inner being. And I imagine that quite a few people have egos that maybe also don't see the point of feeling good all the time because something horrible is happening in the world. So you should be angry, right? Because of that separation that the ego feels, then it feels like it's belonging to other people. And it's a bit of a learning and a journey for the ego as well to realise that that doesn't really help and that it is actually better. Because I think my ego assumed that it's more powerful when it's angry. And obviously, anger feels better than fear. But it's still not powerful, really, it's this impotent power, I guess, impotent rage that feels powerful, but doesn't get you anywhere. And it took this ego a while to get on board with the idea of coming from love. And now I can see for myself, this is the most powerful way I can be because I have peace and I'm grounded and I can come from my inner being and can come from that place in me that actually gives me true power. And being able to accept what's happening in the moment, that certainly was not easy for me at all. I remember in my early 20s somebody gave me the book, 'Loving what is' by Byron Katie and I just looked at the title and I threw it into my shelf but I never looked at it for another 20 years. It took me a really long time to appreciate acceptance because I also misunderstood it from the ego's perspective completely. It

seems like a condoning and again being powerless. And how beautiful it feels once you can accept the moment and realise it's just the energy that needs to shift.

Laura

I love that, the simplicity. I too had the same reaction with Byron Katie or 'BK' it's like well, 'What? Four questions? Are you kidding me on?' And yet, they're so powerful. And I guess it reminds me of just the ego always thinks it's much more complicated than it actually is. I'm thinking about the example you had recently of flowing love to the caretaker guy, when he was pissed at the children. And actually what you were able to create, what showed up by you not being angry, but by you flowing love to him and just being 'It is what it is' was probably for some, they would say that's a miracle. Because the ego would be like, 'You should tell him, that's unacceptable. Don't take that. What, you're going to allow him to speak to your children like that? What are you, some kind of push over?' And it's there with all this stuff. And the Mexicans were saying about discerning and aligning. And I was thinking, yeah, discerning is really easy - we feel like shit. Aligning is the journey, coming from that alignment. But it was so inspiring listening to you tell that story. I wonder if you would be willing to share it?

Ulrike

Of course, yes, I am willing. So, my children were playing in the communal garden of where we live. And we have this person who is the manager for the whole street, for all the flats in the street. And, he is, I would normally describe him as quite grumpy. On our not so kind days called him the troll, because he has his office in the basement that we use, and have to go through to go into the garden. And so the kids were in the garden playing football, and didn't shoot any windows or anything like that. They were just doing training and were quiet, I couldn't hear them - normally hear everything in the garden. But he went out and complained that they were kicking the balls too loudly and blah, blah, and it was in the late afternoon. So nobody was, you know, not working hours or anything like that. And so my initial response, the ego did get angry. But then I thought you know what, actually, it's not worth it. I don't want to lose my well being over someone that is just part of my street. So why should I? And I wanted to try something different. So I decided to flow love and the ego had a bit of trouble with it at first. So what helped me then was the ego was more on board when I thought, 'Okay then, we'll send it to his inner being'. So the ego could deal with that. It didn't want to send it to his ego. And then over time, it became easier. And actually four or five days later, when the kids went back into the garden and my husband accompanied them, he wanted to talk to him. And the guy came immediately to him and said, 'Oh, I'm so sorry, I had a really bad day - people were complaining all day about noise. Your kids were not too noisy. I'm really sorry. It's all fine'. And then he even went outside later and apologised to the children, which that definitely was a bit of a miracle. And so, yeah, it felt like such a cool creation. And actually since then, I've been flowing him love every day and have stopped calling him the troll, I just call him by his first name in my mind. Which, yeah, it's definitely has created more peace and freedom in myself and it seems to work right?

Laura

So inspiring.

MX

This would be an example of choosing the path of peace, which is alignment with the inner being, a more loving response, rather than the human self that sees itself as in competition with others and needing to be ahead in some way.

Laura

It begins to feel that we're just tapping into a different reality. And I'm always reminded of Mexicans, you talk about you do it to the extent that you do it. Because there's a never ending journey of discovery around that. And yeah, competition for me has been a big one for this ego. Since I've been really small, and of course on the back of competition, if you think you're not winning, then this ego has gone to being very critical and judgmental. When actually what occurs to me is an example from some years ago where Andy was on the phone to me, he was really excited telling me about all this great client stuff that he had just created that day and how much the client was paying him to hang out with him. And I'd had a shitty day and I remember being really green cheese. And I remember then the ego's judgement of feeling bad for feeling jealous. Thankfully, it was the phone, he didn't notice. And I remember going home that night and just having this thought, 'If he can do it, I can do that too'. And that actually really served me because I really did create something way beyond what I had experienced to that point. And so, I guess for me, and I don't know what it's like for you Ulrike, you've touched on this, when something comes up from the ego's perspective, which let's face it is often, it's an invitation to remember, 'Oh, I'm not being aligned with my power here'. I now see it as more of the ego being the personal trainer, the ego inviting me to remember how powerful I really am, and to come from that perspective. Because something you've said many times, Mexicans that has really pissed this ego off big time is, 'The ego only has the power that you give it'. Which, when you're completely caught in something, it does not feel like that. And if you had bodies, there would have been times where I'd wanted to thump you - because that's not how it feels, right? I can see Ulrike laughing.

MX

And what is your understanding now of that concept?

Laura

The ego has as much power as you give it. And I can still feel like there is identification, so when I'm caught in something, there's still an identification where I can still feel the ego reacting to that. But the more I practice, the more I'm seeing that, oh wow, I am really powerful, pretending to be weak. Pretending that this programme is in charge of me. Pretending that this programme is controlling me. And even seeing myself as being powerful, but having forgotten in the moment feels better than, 'I'm doomed and hopeless, this is never going to change'. So that feels like it's on the path, right? It's a tiny step in the direction that I wish to travel in.

MX

And so to give the ego power is to believe, and align with, its perspective. And the ego is powerless if you refuse to do this. If you are aligned with the inner being and experience the world of form from that perspective, of knowing that you are everything, you are the universe, that you are love, that you are infinite, and therefore infinitely powerful, the ego has no ability to challenge that. That is to withdraw the power from the human self, the human perspective.

Laura

Something that you shared with me that was so helpful Mexicans was that when something keeps coming up in an area, the ego is actually showing you that you're not aligned with who you really are in that area. And so for instance, for me around alcohol, that would have been an area where I had more alignment with the ego. If one drink felt good, then 10 drinks would feel better. And what I can now really see is that if there is a thought that comes into the awareness, 'let's have a glass of wine', now I will just align with the inner being. And it's yes or no. And for the vast majority of the time, the ego just accepts the response from the inner being. It doesn't push back, it doesn't question, and that feels so much freer than feeling that you're at the mercy of this persistent thought that just says, have it, have it, have it, have it, have it, and then you have it and it says, can't believe you had it.

MX

What you were describing there is partnership between these two perspectives, the human perspective on the infinite perspective, the non physical perspective, where there is agreement and trust that the inner being will be the decision maker. It will be the leader. And therefore, is saving the ego from itself, from its lack of self control.

Ulrike

I think what surprises me is how much the ego now loves being able to ask the inner being and how relieved it feels. And for me, one of the areas of my life that are an edge for me, is to say no to people, to make a decision that is purely based on what I want. Because I guess I grew up wanting to please people, my ego likes that. It feels safe like that. And so anytime when I'm making a decision, and I can feel the confusion that I traditionally would feel when I'm aligned with the ego, I remember now, oh, you can ask the inner being. And even the ego is like, oh yeah, we can ask the inner being - thank God, it's not up to me! And then it's such a relief. And then the ego doesn't kick off the normal, 'you should do this. No, you shouldn't. And blah, blah, you don't want to but you should, yada yada...' you know, the back and forth. It just calms down and dies down and then can just go with what the inner being considers to be the right choice in that moment. And that feels like such a liberation and so much more freedom. And I guess, for me, the ego, what it always shows me is where I don't have freedom. The freedom is one of the big ones that I crave and where the ego shows me when I'm out of alignment with that.

MX

And by showing you, you have greater freedom to choose where you align yourself. And the ego would have programmes running around choosing for yourself, being seen by others as unacceptable, selfish, self centred. And yet, it is the wisest choice to make in any situation - to be aligned with your own truth and to follow that, rather than try to please others by meeting their expectations. Or trying to.

Ulrike

Actually thinking about it now, it reminds me that a couple of years ago, again Byron, Katie, she talks a lot about how she just checks in with herself. And so she either says yes to herself, or yes to the other person if her inner being also says yes to the other person. And I remember how alien that was to me and how I couldn't understand. I thought, 'What? How does that work? How can that alleviate anything?' And it was so frustrating to me for a long time. And I guess why I wanted to say it now is because having practiced aligning with the inner being instead it has actually given me that

kind of freedom and the ease around that. And now, it seems so normal and natural to do that. And so if I can do that, that's why I'm saying it, that means that everybody else can feel that in them too. Because that was like the complete beyond and something that I did not think is a possibility at all. And it was just the ego that couldn't imagine it, that's it. And it is possible to align with that and to find your own voice like that. And then connect with the inner being like that.

Laura

And it almost brings us full circle back to the idea of the ego that goes round and round and round and round in circles. And you know, it weighs up the pros, and it weighs up the cons and there's the analysis and the evaluation and the speculation and the creativity around all its fantasy stories. And there's something about to just align with the inner being cuts through all of that. And there's just such a beautiful simplicity. I know that Andy and I have had conversations that perhaps would take some people, I don't know, much longer. But our conversation would go along the lines of, 'Okay, what's the question? Let's both ask the inner being...' And if we come back and we get alignment, it's like job done, move on.

MX

There you are describing freedom, the freedom to choose, the freedom to align with what is true for you. And what the energy is telling you, how the energy is guiding you in that moment.

Laura

Mexicans, I have loved, loved, loved this conversation, it's been so wonderful having Ulrike's presence and energy be part of this co-creation. And I wonder, as we come to a close, if there's any final words that you have for us.

MX

We acknowledge you both for coming together to have this conversation to be shared with others. It is our intention to be of service to others. And as with many, if not all aspects of this journey, there is more to understand and this has, we hope, served as an invitation to explore for those listening.

Laura

I love you Mexicans.

Ulrike

Thank you, thank you so much for having me, because I've really enjoyed just reflecting on it and being asked these questions, and it does give me a sense of being at the beginning of the journey, but it already feels like Wow, it's so exciting. And if it's already that good at the beginning, how cool can it be being on that journey even more? So thank you very, very much.

MX

Probably beyond your wildest dreams. Until next time.

Laura

Until next time.