

# Conversations with the Unseen

## Episode 23 – Enjoyment & Appreciation – part 2

### **Laura**

Mexicans, we could spend days just talking and asking questions about what you've just shared with us. There's so much in what you've said. And as I was listening to you, what was occurring to me is, when I just believed that I was a human being, I was really trying to be in control of it all. And it felt like it just didn't work. I have this image of a windy-up toy that is just going slower and slower and slower because it's running out of energy. And when I began to connect more with who I really am, and part of that was about enjoying and being in the moment, and it feels like that actually what then starts to happen is it starts to power up the windy toy, and it starts to just be able to function and do what it was almost intended to do when I remember who I really am. And Steph, I don't know if that's your experience, I mean bloody hell, we've both majored in hard work and suffering and struggle. But then the ego also going, I don't want to, this is no fun...

### **Steph**

Yeah, I think the energy of giving up not making myself do things I don't want to do, because it makes the windy-up toy just lose its steam. Because it's not like there's not things that need to be done in life, right? Dishes need to be washed. Bills need to be paid. But there's something about, I guess... the Mexicans said trust life, trust who you really are. That allowing feeling good and enjoying what you enjoy and really appreciating, taking the time to appreciate just cranks up that toy so that when you do... of course, you choose to do the dishes, right? Because you don't want to eat off fly-infested plates. But it makes those things more plausible without having to be 'disciplined' about it. It's just a natural expression of creativity that I'm going to do those things that look like menial tasks. Because my, yeah, my crank is wound up if that makes sense.

### **Laura**

Yeah, then the weirdness is that they can become quite enjoyable. The thing that we don't want to do when we're totally aligned with the ego, and it's hanging on to the control, weirdly, because the ego is a killjoy for everything, is actually, it feels like when aligned with the inner being, I enjoy all sorts of things.

### **Steph**

And then, when you start to honour enjoyment, that you can take a menial task and ask yourself, use that creative part to say, 'How can I maximise this for enjoyment?' And that's been the fun game now, I honour feeling good so well that it's like okay, how can this be maximised for fun? And well, I think that's my Korean pop, I mean having earbuds and technology be able to beam BTS songs in my ears. 24/7, like that's what I use. And it really makes all the difference, allowing myself to feel good.

### **Laura**

So I love what you say there Steph. And it just feels like the perfect time to ask the question from Pam Dibbs, who is another dear friend of yours. And so, Mexicans, here's what Pam would like to

ask you. She's got a question for you about humour. She notices that the ego often wants her to take life and events seriously. And yet our ability to see what's amusing or just take life lightly, helps her cope and create. "I've come to use whether or not I'm light-minded as an inner being navigational tool. As I now do stand-up comedy, I notice how much humour helps us create, learn, cope and connect to the inner being. What would you say, Mexicans, about our innate ability for levity?"

## **MX**

It would seem that the answer is in the question. There is a demonstration of feeling good through the power of humour, through laughter. And this is a sign of enjoyment. This is a sign of a lighter energy. And a lighter energy would indicate a higher vibration. And a higher vibration is one of the reasons for choosing to come into form - to raise one's vibration. And when one is serious, when one is worried, when one is at a lower vibration, it does have an impact on many aspects of the human experience. Creativity for example. There is more creativity when the energy is lighter. When there is a higher vibration there is a match, a vibrational match, to the non-physical, to the inner being. It opens up a channel. It gives access to the human self, to ideas and a different perspective on life. So, something that may have been worrying the human self, something that the human self has been struggling with perhaps, can shift through the power of humour, laughter and enjoyment. These are all very similar energies. And so, to be worried and to be filled with anxiety about something that may be happening is to keep it stuck. Whereas, to be aligned with enjoyment, appreciation, laughter, humour, is to shift the energy. It is to get the energy flowing and is to provide a different perspective. Perhaps what was seeming to be concerning, does not seem quite so concerning with the addition of some humour or a perspective that does not take life quite so seriously. And that is not to imply disrespect for another who may be going through a challenging time. It is not to say to another to just laugh off whatever may be occurring. It is more of an inner choice - that inner dialogue, that inner relationship that there is between the human self and the inner being. As you look to the inner being, you can see and experience a different perspective. And that different perspective is one of optimism and lightness and freedom from worry and anxiety. And so, there is a doorway that humour offers. It is difficult for the human self to feel worried, concerned, at the same time as laughing. These two energies are not energies that generally one can experience simultaneously. And in order to deal with a situation that may be worrying, one can benefit from accessing one's creativity. And as we said, this creativity is accessed through a raised vibration and a different perspective, a more optimistic perspective.

## **Laura**

You know, I'm reminded of when I was 19, I worked in a holiday camp, with my friend. And we both stayed in this tiny, tiny room. And we weren't being paid very much. And there was this one day, we were just so pissed off and fed up and feeling really sorry for ourselves. We were lying on our beds in the afternoon. And, I can't remember whether it was myself or my friend said, 'Let's just wail, let's wail really loud'. We were like, 'Poor us'. Anyway, within about two minutes, we were absolutely pissing ourselves laughing. And it so shifted the energy. And we didn't do it with that intention, but I guess there was something in us that wasn't taking it too seriously. And I think after about five or ten minutes, we were howling with laughter. And we got up and we went and we did whatever the next thing was. But I was really struck by the Mexicans saying you can't worry or feel bad and laugh in the same space. It just often doesn't feel like it's a choice for people, because we're waiting for the world of form to actually look different for us to be able to choose different. I don't know what comes up for you Steph...

**Steph**

Well, I was thinking about some of the serious subjects where enjoyment and humour and appreciation is unwelcome. You know, if we're talking about violence, war, racism, wealth inequality. Those subjects feel like it is dismissive or disrespectful to take in a practice of enjoyment and appreciation when looking at these subjects. Because right now, the accepted response, of course, is anger and outrage. And I guess, I understand the creativity that can come to you with enjoyment and feeling good. But I admit there is a bit of fear. If I'm talking to a friend about racial inequality, it feels really dismissive to talk about how I'm letting myself enjoy and feel good. Because it feels like then I'm not concerned or I'm not taking stuff seriously. I don't know. That's funny, I think about the lovely story you just told and like, how does this relate? But I guess I was just thinking about really serious subjects and how taking that time to actually get to a point of laughter around them, which I do believe is probably the answer, because there will be creative solutions that occur. But how it's almost just not allowed to allow ourselves those breaks. Because we think it won't lead to real change or it's not the way.

**Laura**

Absolutely, you and I have had conversations where I have said things that I have said to you I would not feel comfortable going out and sharing that perspective, because I'm aware it's such a different perspective than what you would typically hear out in the world. And so, yeah Mexicans, really curious to hear your perspective on what we're saying.

**MX**

We acknowledge your words, your perspective, and there is a need for compassion and understanding. And the invitation, we would say, where there is fear and hatred and violence is to be the presence of love in those situations. Those situations are a call for love. And love is the answer. And when you are aligned with your inner being, you have access to infinite love. You are able to transform situations through being Great Spirit in that situation. And Great Spirit only loves. And that, surely, is a way to deal with situations where there are many challenges and many fears and much pain. You have heard it said to be the change in the world that you wish to see. And that begins in the energy. It begins by creating in the energy what you wish to experience in the world. And for anyone, whoever they are, who may be listening to this, who may have a situation in their life in human form that is concerning for them, to look to the energy to bring about change. To align with who you really are. And who you really are is love - pure Great Spirit. Beyond form, that is your vibration, and that is your truth. And therefore, to be that is to begin to transform those situations where clearly there is a need for more love.

**Laura**

You know, what I love about what you're saying Mexicans is, and Steph, we've spoken about this, on this journey of aligning more with the inner being, there is the ego perspective and there is the inner being perspective. And often they are like night and day. And I notice that when I align with an ego perspective, it can feel very distressing. And when I align with the inner being perspective, it's a completely different experience. It's much lighter, and it's much more spacious. And when I'm thinking about any of the what would seem contentious in the world of form topics that you had mentioned earlier, what occurs to me is if someone's really experiencing pain or suffering around that, us getting mad and pissed off and angry with them just creates more of that. And us being the presence of love, to the extent that we are able to be in that moment, creates an invitation to a different possibility for that person. And so the ultimate beauty for me in this whole journey is it's

about helping people to remember who they are and that they know for themselves when we remember who we really are, and being able to trust that more.

### **Steph**

Yeah, and I'm hearing too as we have these two different perspectives from the ego to the inner being, I see enjoyment and appreciation like a bridge. It's the access, like how do I access that other perspective, certainly when we're suffering. And this is even beyond positive thinking, by the way. Because I know that it can sound very similar sometimes. But I think there's sometimes a violence to positive thinking that is dismissive of the ego, that doesn't make it comfortable to come along on the journey. But there's something about using the bridge of enjoyment and appreciation to help us walk that bridge from one perspective to the other. And I love what the Mexicans say, that is the inner being. If you're in a place of enjoyment and appreciation, you're there. And so it's finding those bridges where we can so that we can align with the inner being so that we can show up to racial inequality, we can show up to war and violence, from a place of love. That, to me makes really good, linear, logical sense.

### **Laura**

And it's not necessarily looking for things to enjoy and appreciate about the violence or the inequality. It's just, it could be stroking your cat, looking at the flower, just whatever lights you up and connects with your heart. And you spoke about that earlier Steph, it's by stopping looking in that direction, and just starting to look again in the direction of enjoyment and appreciation. And then what you would notice is you would have a different perspective on the thing that had been worrying or troubling you, without you having to do anything to make it happen.

### **Steph**

Right. And knowing it's always available, you know, the Mexicans said earlier that there's always something to appreciate. And finding those ways where, you know, obviously, we're looking to the world of form on what to appreciate. And I find that it gets very, very much closer in. I mean, there have been times where I've just wanted to appreciate the fact that I have kidneys that do stuff that I don't have to think about, you know, or lungs that breathe without me having to think about. A pen that works. You know, get to those five senses, and really dig in to what there is to appreciate.

### **MX**

And we are not suggesting that if someone has a crisis in their world, that the crisis will be made, okay by having a pen that works. But what that does to the energy is it begins to provide a little more of a balanced perspective. So when there is an apparent crisis, that is all the ego focuses on very often. It is like the crisis is all that's happening in their world. And of course, that is only a perspective. And to only focus on the crisis is to give it more energy and make it seem bigger. Whereas to have enjoyment and appreciation for other aspects, it is not to negate what the ego calls a crisis. But it is to provide some other perspective, some bit of balance that says not everything is bad. Not everything is challenging at the moment. And the best way to deal with this challenging situation is to be as resourceful as possible. And by focusing on whatever there is to appreciate is to help one to feel more resourceful.

### **Laura**

One of the things I really love about you Steph is just how easily enjoyment and appreciation comes to you. And, that's not been my experience. For me, I have an ego that's much more like a curmudgeon, and is much more looking for things to criticise, and to judge and to look for what's

wrong. And I know that the more I practice enjoyment and appreciation, the more easily it becomes to be able to connect with that. So I share that because if anyone's listening, thinking, bloody hell, that's not me. I just want to say, it didn't come naturally for me. It's something I've had to learn and practice. And by practice, I mean, just even beginning to look for three small things. We have a group in Wizard School just now, and we all share things to appreciate every day. And it's wonderful. It's such a wonderful energy to bathe in because what I notice for me is, it really helps me look for more for what there is to appreciate as the day is unfolding.

**MX**

And this is training the mind. It is training the human mind to align with what there is to appreciate. And it is creating a new habit.

**Steph**

Now I'm going to put in a very shameless plug for a BTS song. There's a line in their song 'permission to dance' that says 'We don't need to worry because when we fall, we know how to land'. And this conversation about appreciation and enjoyment to me, it's how we land. Because falling is what we came into this dimension to experience the contrast. So falling is a part of life. And so when we get into that fearful place, if we have practices like enjoyment and appreciation, that's the 'how to land' part. Not the 'avoid falling' part, which is I think the ego tends to focus on which is not enjoyable - trying to construct a life where you never fall is one of the most exhausting, hustle-based, draining ways to live life. But if you know how to land, which is that enjoyment and that appreciation, always by your side. It really resonated with me what the Mexicans said right at the beginning of this podcast, which was there's always something to appreciate. That that will always be available to you. And so that's the landing part, the ultimate bounce, the ultimate resilience. And I revere it that strongly.

**MX**

And in the process of the landing, you become more. You grow. You have a different perspective on your life. And so therefore we would say when challenges occur, there is treasure on the other side. And with challenges, when you look to the inner being for its guidance, you will find strength and wisdom there. And when you have dealt with the challenge, whatever that may be, you are a wiser person. You have grown. You have greater awareness. And that is the greatest treasure of all.

**Laura**

Wow. So, two things before we bring this conversation to a close. And Steph, you mentioned about BTS and for anyone who is a BTS fan or knows somebody who is a BTS fan, then Steph is on TikTok and part of the creativity that really emerged for you around enjoying and appreciating BTS is actually making these videos. How that came to pass is a conversation for another podcast - there's a whole miracle story there. But if somebody wanted to find you in TikTok, how would they do that?

**Steph**

My username is I\_have\_no\_think\_

**Laura**

Perfect. And we'll also put that in the podcast notes. So that will be on the website. And they're great. I love them. They're really inspiring.

**Steph**

Or you can look at the hashtag #BTSisgoodformentalhealth - that's my hashtag.

**Laura**

The other thing I would like to do is thank Pam for her question and the contribution that was to the conversation. The final thing Mexicans is, what final words would you have for someone listening around enjoyment and appreciation?

**MX**

It can appear to the human self as if some people are happier than others. And it can appear that they are happier because of the circumstances of their life – that the circumstances make them happier. And we would say, it works the other way round. Adopt a happier attitude. Focus on what there is to appreciate. Enjoy what life offers. Focus on the present moment and what there is to appreciate and enjoy in the present moment. And that energy that you are choosing to align with creates the happier life.

**Laura**

Mexicans I am just filled with so much gratitude, and so much love and appreciation for you. Just thank you for playing. Thank you for showing up. Thank you for being willing to share your perspective. And actually thank you to Andy, bless him, for being willing to be the voice box for the Mexicans. And Steph, thank you for being part of this. It's just been so, so wonderful.

**Steph**

Thank you very much for just being asked.

**MX**

We flow love to you all.

**Laura**

Thank you

**MX**

Until next time.