

Sharon Valenti

===

[00:00:00] Jeffrey Besecker: Sharon Sharon, how are you?

[00:00:04] I'm good.

[00:00:04] Sharon Valenti: I'm good. I couldn't get it. I couldn't get that off. My speed. How are you?

[00:00:07] Jeffrey Besecker: Good. How are

[00:00:08] Sharon Valenti: you? Very, very, well, how's your day going?

[00:00:11] Jeffrey Besecker: Fantastic.

[00:00:14] Sharon Valenti: Excellent. So what are we doing?

[00:00:17] Jeffrey Besecker: I believe are going to look at reframing our relationships today I

[00:00:22] Sharon Valenti: love that.

[00:00:23] For me, what I really focus on all the suffering in our life is caused by ourselves. And yet we tend to put that blame outside, outside. So I love giving you examples of how we do that. And I also interject. About the three kinds of business, which is yours, mine and the Divine's. And the only time that we can get in trouble is when we're in somebody else's business, even if it's in our mind.

[00:00:47] And I'm going to use that as an example in our talk as well, because when people really embrace that and understand it, so we'll be out for dinner and watching people. What the hell are they thinking when they put that on, you know, whose business is it, what they wear? , whose businesses it, what I do? If my husband doesn't use the knife and fork, the way I use it, whose businesses that, and yet we're so busy trying to control another and simple things.

[00:01:14] Like when we get angry, what's beneath that anger, the true underlying beliefs are the not enoughness and we don't know how to layer that down, always. So it's like. My husband's name is Frank. So I'll get angry at Frank. For example, I've asked him to go with me shopping and he says, no, and I get angry because he doesn't want to go with me.

[00:01:37] What was underneath that? Anger is I have an underlying belief of maybe he doesn't love me. Oh, he doesn't care. He doesn't think I'm important enough to go with me. And it's all unconscious beliefs. And we, we take them at face value unconsciously without even questioning all he said was no, my mind got busy saying, no, it doesn't love me.

[00:02:00] He doesn't think enough of me, dah, dah, dah. And so that anger is telling me misdirected. I want to blame him for what's going on inside of me. Or I could say to you, I see you have a plaid shirt. It's got a bit of a color Stripe Stripe in it. And you're, might've been I'm negotiating where the green shirt today.

[00:02:16] Dah, dah, dah, dah. And all I said was, oh, I see. I have a plaid shirt with a line through it. And. We do that all day unconsciously, we'll be driving to work or somewhere to meet someone. And we will have an entire rehearse conversation going on in our mind. And depending on which way it turns in our head, we could arrive there in this bad mood and that person's innocent.

[00:02:39] They have no idea what he had that conversation and right. Have you ever experienced that?

[00:02:45] Jeffrey Besecker: I tend to not experience that as much now, to be honest, I feel like so often we feel inclined to back ourselves into those types of things and say, we all do it, draw that line and take ownership and say, but I don't have to do that.

[00:03:03] And I don't have to validate it and justify it to others.

[00:03:06] Sharon Valenti: Yeah.

[00:03:07] When you learn to do that.

[00:03:10] Jeffrey Besecker: When you shift that and start to exercise your own volition, then you start to see things in that reframe perspective. I feel that's where we can really create power in a conversation. I'm going to talk about power in that in and of itself can have its own connotations.

[00:03:25] It's own beliefs, . We're not going to go down that path today.

[00:03:28] Sharon Valenti: Yeah. And remember what you were like before you learned this over this period of time of doing interviews, you know, that that's the audience that we're talking to are the ones that are still, it's your fault, your fault, your fault, your fault, and my parent's fault that I'm this way rubbish.

[00:03:46] You're doing it to you every day with the stories that you and I wouldn't say much to the people, but it's simply,

[00:03:53] Jeffrey Besecker: It is rubbish, let's be honest. It becomes baggage. It becomes garbage. That just weighs us down. Why we, we have to kind of validate that factor or. And integrate it. , why are we not allowed to say it's rubbish because it doesn't do anything but create baggage for us.

[00:04:09] Sharon Valenti: So another thing that we tend to do is concern ourselves. Oh, I don't want to upset that person. I don't wanna make them mad. I don't have that power. I don't have that power over another person. If I say something and they get mad it's because something was triggered in them. Some belief, something reflected back to them about themselves.

[00:04:30] So we understand that, but I always take the approach The listener doesn't truly understand that. That's why they're following your show because they want to learn about that.

[00:04:40] Jeffrey Besecker: Our show is predominantly based in a community. That's in the coaching realm. We're speaking more to that.

[00:04:47] We're speaking more to, how do we start to create these effective changes for others?? So that's our true listening community, you know, I'm sure we get from our interaction on the fringe, a few that are coming in and starting to, embrace that. But I feel a large portion of that is because that pattern, belief, those patterns are what people keep migrating to.

[00:05:08] Sharon Valenti: Yeah.

[00:05:09] Jeffrey Besecker: So until we start to shift that communication in our own interactions, till we start to consider how our own words are even interplaying, you know, do we challenge our beliefs or do we simply question and consider those beliefs if you're seeing it as a challenge to begin with, and then voicing that to others that reinforces that idea to others, then it's a challenge to simply say, why am I believing this?

[00:05:35] We look at marketing throughout all of the coaching industry. It's all geared to. So often pushing those pain points rather than starting to instill that new programming. We're working on dualities that split our effectiveness that say, but you won't understand me unless I speak to the thing that you're creating that very block with

[00:06:00] Sharon Valenti: you ever listened to Abraham Hicks.

[00:06:02] Jeffrey Besecker: I have.

[00:06:03] Sharon Valenti: Okay. So when they put someone in the hot seat is very, it's wonderful to see that ripple effect throughout the rest of the day. And I've been in their workshops and I've been on cruises with them and I've been following them for 40 plus years, but they used to say way back when, well, you must have another vibration going on.

[00:06:21] And it took me ages, like, what do they mean? What did they mean? What do they mean until I started. Learning about beliefs, my underlying beliefs. And of course we get these beliefs. Like I talk about one liners. I call them one liners, things that our parents said, and they were literally one line children should be seen and not heard boys don't cry.

[00:06:42] Um, what else do we hear? Money doesn't grow on trees. It does actually, because money's made from paper and we get from the trees, right? So that just

[00:06:50] blew that one out

[00:06:51] of the water. But if you stop and think about some of those one-liners that you heard for me, when I stopped and I looked back on all of them, children should be seen and not heard as a child.

[00:07:03] The belief I got, what I took on was I'm unimportant and I need to be invisible. And unconsciously that showed up in elementary school. It became the pattern through my life. I was showing up invisible. my late teens, early adult at the out with a group of friends and we'd be in a coffee shop and they don't be talking around me and I say, Hey, what am I chopped liver?

[00:07:29] And it wasn't until I started understanding about vibrations and, and energetically, what we give off or what we call to us. That I realized it was so entrenched to me, starving

children in Europe. I used to buy a pantry full of expired foods just, and I realized it was because I'm so afraid I had that, shortage consciousness going on.

[00:07:51] Right. And that's what my money does it, what do you think money grows on trees, shortage consciousness. So I was so obsessed with money these days, all, a lot of those things, but unconsciously. Right? So to get to where you are today, someone has to present the information to you for you to start to consider it.

[00:08:10] And you have to be one of those open-minded people who doesn't think it's all woo stuff, right?

[00:08:18] Jeffrey Besecker: Yeah. There you have itself. We label that and then start to create that stigmatism. You spoke to that so often through our program. Why does that become then the sticking point. ' there's something inherently valuable in there, but you start to tear it apart.

[00:08:34] You start to demean it. You start to form this. Well, it's not acceptable to consider these things that are outside of a certain realm

[00:08:42] Sharon Valenti: because there's fear.

[00:08:44] Jeffrey Besecker: There's fear. There there's fear, there's pattern, belief. There's, this whole stigmatism of acceptance that we're trying to accept the wrong things that aren't effective for us.

[00:08:56] Yeah. Rather than accepting the things that truly move us into that data processing of that circumstance.

[00:09:04] Sharon Valenti: Absolutely true. No, I've heard a number of people say, oh, we're born with fear. I disagree with that. If I were to take a six month old baby or a one-year-old child and put them in the middle of the expressway, they wouldn't know to be afraid.

[00:09:19] They just said, they're goo-goo, gaa-gaa,, you know, hi, traffic. Right. have a survival instinct, which is attached to industry. It's a startle instinct. Really? You don't know if I put that same baby in front of the grizzly bear again, they don't know to be afraid. it's something we're taught.

[00:09:37] Where you're at mentally today, where I'm at mentally today and a whole host of others are there. And migrating there to me, that is the norm we are, as you alluded to, we're taught all of this from childhood through school, into early adulthood. And, and so many years ago, you know, Murphy's law, it here, it comes again, that little black cloud, it's always in my life and their unconscious that they are drawing that to them.

[00:10:05] You know, I'll say Boo! To you. I'll hide behind the door and say, boo, and you're coming. So you're scared the daylights out of me, not true. I just said Boo! Your mind, created the boogeyman and ghosts and everything else, it's so much easier to point the finger at someone else for what's going on inside of us.

[00:10:24] Okay. Been my experience. And it sounds like it's been yours as well. When you begin to take responsibility for what goes on in your life, you then are fully embracing the

understanding that you have control over your life. Not the outside world. it's not anyone else's job to like me support me, show up for me, love me.

[00:10:48] That's my job. If you do that, it's your love to give your, you know, your support to give and not mine to take. But I am the truth is as individuals, we are the only ones that know exactly what that looks like. I mean, I would have no idea what it would look like to give support to you in the way that you'd want it.

[00:11:11] Right.

[00:11:11] Jeffrey Besecker: Even to assume that I might want that support becomes that projected expectation. And that's one of those lines. I feel we so often blur is we're so busy assuming things, right? Yeah. And one of those, one liners that can be effective is what happens when we assume, you know, there's a lot of ways that plays out.

[00:11:36] it's not to say that those one-liners or those pattern beliefs are always stigmatized and ineffective. , when we reframe a lot of them, they send me. Create a new meaning.

[00:11:47] Sharon Valenti: sure. And it's communications, as far as I'm concerned, crystal clear communication, don't start in the middle of a thought.

[00:11:53] You were just having that skip clear crystal because nobody is a mind reader or a few people are mind readers and in relationships, when you, rather than being codependent or dependent and become interdependent, you know, I think it's maybe Don Miguel Ruiz says, uh, in master of luck, boy meets girl and he falls madly in not any runs, any tells all of his friends, she's theone.

[00:12:19] Oh my gosh. I've been waiting for her forever. The girl's doing the same thing. Oh, he's the one that they get married. And what's the first thing they do? Start trying to change each other. And it's like, what happened to he's theone? She's the one??

[00:12:35] Jeffrey Besecker: They're the one I would like to reprogram now from me. So often I feel that becomes a reflection throughout so many of our relationships.

[00:12:44] We're so focused on trying to project ourselves from that egoic stance upon others, instead of simply allowing and accepting them to be who they are.

[00:12:56] Sharon Valenti: Yes

[00:12:59] exactly. We're programs. So we have, if you're familiar with Joe Dispenza and his work, every time we had that new different thought that feels better. And we keep our focus on it. Keep thinking, keep thinking. We begin to create those new neural pathways. And eventually the old ones dies away.

[00:13:18] I personally have experienced that you evidently have as well, because we are in completely new thought patterns. I used to believe in something and I thought sat on a throne in the sky and, you know, had a big white beard. And I'm so different from that mindset today. And I realized as well, everybody is right.

[00:13:40] If we are, in fact, we are, we are creating stories, and conversations in our minds all day long. And they're very, very real and they're not true. They only exist in our mind at the moment. Nothing has, has come to pass outside of, in our mind. So if you're thinking one way, I'm thinking another way, we're both right.

[00:14:03] The problem, as I see it comes, when we start to try and make the other person see it, our way, religion, politics, those are the big ones and I won't delve into it. But when people are in each other's business and you will do it my way, dah, dah, again, everybody's everybody's truth is in their mind. Why can't we just accept - hey,

[00:14:25] that's your reality? Mine is slightly different. And that brings me to the topic of forgiveness versus acceptance, like many people. My age, I had a very troubled childhood, a very harsh upbringing and. As I was evolving frequently, it was said, well, forgive your parents, forgive your parents. And for me personally, if I am to forgive someone, there is still an element of holding them hostage in the back of my mind.

[00:14:56] I forgive you, but, um... You really did wrong when dah, dah, dah. If I said, okay, I accept that is the way and who you are. I don't condone it. And I'm not going to stick around for more. That feeling of acceptance is like accepting. It's a rainy day. I don't need to forgive the rainy day, but if I accept it and I'm not dwelling on it, then there's peace there.

[00:15:18] And it's the same with arguing with what is with what has already happened. How do I know it should have been that way or should be that way because it is. It's that simple. And people are like, oh God, that shouldn't have happened. Oh my God. Now who's causing the suffering. You are to yourself. But if you say, you know, even the worst tragedy is my son passed away and my saving grace, that thing was, how do I know it should be that way because it is.

[00:15:48] And to argue that he should not be dead, would have kept me in a nightmare missing him as a mother. Of course I do. But don't argue with what happens. I mean, it wasn't my parent's worst nightmare coming to be, but I also believe he's around me. He gives me size all the time, and I know when I leave this life-form, , I'll see energetically.

[00:16:12] And everybody, that's my belief system, but again, it's still back to no buts. It's still back to don't argue with what is We hear this so often it's putting it into practice. The past is the past. You want a different story, rewrite it, rewrite it. And it's very easy to look back once you know how to look back on the specific situation that you found to be very hurtful that happened maybe once or twice, and you've replayed it 12 million times in your mind.

[00:16:45] You're the one, keeping it alive. You are the one causing your own suffering. And if you were to look back and view it from a different lens, as an outsider, looking at that particular situation, chances are especially where another person's involved. If you'd looked at the person, you would see that person very differently and probably have compassion for them and have the understanding that person said at once you are the one that's kept it alive, you are the one doing it to you.

[00:17:16] Not that other person it's already gone. Move on. Does it feel good to keep yourself stuck like that? No. What kind of future do you want and make it happen? Because you're creating it in your mind to anyhow. So, you know, for me, it's, it takes the same energy to show up. in a fearful mindset, as it does a joyful mindset,

[00:17:43] Jeffrey Besecker: more to be fearful. You know, you guys, we have to constantly somewhat go counter intuitive to that survival urge. We're creating that resistance. You know, there's a duality in that to me, Sharon, we create first that perception of resistance and friction and perpetuate it. We continue to go back and ruminate us.

[00:18:04] We continue to go back and recycle those patterns. We continue to go through all of those steps to stay stuck in that place, or to go back to that place

[00:18:13] Sharon Valenti: right

[00:18:14] Jeffrey Besecker: then on the converse end of that, in order to try to change and evolve past it, find ways to force our way through it. We look at the basic law of science.

[00:18:25] It takes more force to change something than it does to simply acknowledge it, accept it and change toward the thing we really want to be.

[00:18:34] Sharon Valenti: Exactly. I agree. . I'm not even personality. Let's just take something as simple as, as like a vacation. Depending on where you're at in your mindset. So you plan this lovely holiday to, let's say to Europe, if you live in the states, you planned this holiday to Europe, you're all excited, never seen these countries and you can sit there thinking.

[00:18:56] Oh, God, it was just an airplane crash. Not that long ago, you know, everybody parish and oh, and all the terrorists. What if somebody shows up with a gun and dah, dah, dah, dah, and now you're not looking forward to the vacation or you can say, oh my God. Get to go to Lake Como, way. We get to that's where George Clooney and his wife is.

[00:19:13] Maybe we'll see them. You know what I mean? You can like, it's the same energy as far as I'm concerned. I mean, they're going to have a great vacation or like a scare myself right out of it and have a horrible time because I'll be so guarded the whole time. How silly to do that to myself. Right. And yet, like you said, we're patterned.

[00:19:30] Jeffrey Besecker: I've got a great point. I want to reflect on that. I recently on Thanksgiving day, flew to Atlanta. As I'm flying out, I'm listening to a podcast, I'm on a small commuter plane. You know, it's a little bumpy- duhn, duhn, duhn.... Literally, and I'm listening to this podcast on this plane, and they're talking about Captain Scully, who put the plane down in the Hudson. And I'm thinking, boy, isn't that ironic?

[00:20:00] I'm listening this as I'm on a plane, what kind of reaction might I form from this

[00:20:06] and I'm

[00:20:06] Jeffrey Besecker: thinking...

[00:20:07] Sharon Valenti: safe landing,

[00:20:08] Jeffrey Besecker: make any perception of this you want, but that's so reflective of how life plays out for us. We hear these triggers, we see these triggers. We create these triggers. So often that automatic withdrawal us into that.

[00:20:21] You know, at what point do I take that volition and say, do I allow this to create a fearful reaction to the potential in me? Or do I just simply say, isn't that curious? to me that becomes the more productive reframe. Isn't this curious, did I have any present danger to a marginal degree, maybe, you know, we always have that potential for things to go wrong.

[00:20:45] Sharon Valenti: So to add onto that in four hours, I'm leaving out of Atlanta airport.

[00:20:51] I am goign to have a wonderful ride, with wonderful people.

[00:21:00] That's so funny that she

[00:21:02] did.

[00:21:02] Jeffrey Besecker: It was great. Reflecting on that, because in that moment, it's that very instance where they were speaking about what John Scully did that made all of the difference, immediately upon takeoff, they had both engines go out, it looked very glum by most circumstances, things were very dark.

[00:21:22] Scully, said, I literally have spent time on these planes, just observing and saying, isn't this curious rather than trying to form the solution rather than battling the problem, rather than trying to force through in his mind, he just said, I'm observing what was happening. what happened in this interaction?

[00:21:43] How did this relationship play out? How did this pilot respond in certain circumstances? And just say, isn't this curious By doing that, he didn't perform any preconception of what should happen. Right. Which opened him fully to the potential to say, okay, when it happens, how do you respond when he was in that circumstance?

[00:22:04] He said, all of these patterns, all of the ways that have typically been responded from the tower is telling me to return the flight and try to land it. He said, there's no way that's going to happen and put it down in the river. What happened? He saved every life on that plane.

[00:22:21] Sharon Valenti: Yep.

[00:22:21] That's what an openmind can do for you.

[00:22:24] Jeffrey Besecker: Against all preconceived notions. That that is not the best scenario.

[00:22:30] Sharon Valenti: Yes!

[00:22:30] So that typifies humanity really is that okay? We're programmed to be this way, but no, I think I'm going to trust my gut. That feels more accurate and go with that. What are we so afraid to not even rock the boat, it's just show up as yourself.

[00:22:48] No show up as yourself. If every day people would come across, like they are at night and they're in their jammies, . Right. And that's probably the most relaxed and the best self you're showing up as, show up every day like that. what are you believe in where you're trying to please that boss at work that's grueling, that's exhausting.

[00:23:09] You know, that boss is either going to like you the way you are or not. We have no control over to somebody else's perception of us, right? We just don't any more than they have control over how we perceive them. So we don't have to try. We just believe we do again, training. We are all taught. All of us taught to put ourselves last.

[00:23:29] You've got company coming and let them get seated first. Let them help themselves first. Let them duh, duh, duh, that a in the best bed you sleep on the floor in a sleeping bag. Why? But we're again trained. So we are so accustomed to not putting ourselves first and letting everybody else go ahead. No wonder. We feel insignificant, unimportant to all the other underlying beliefs that are there.

[00:23:52] And when we start on that path of self care, I don't know about you, but I felt a bit guilty in the beginning. I felt guilty to just go and have a manicure and spend that money on myself and I'd do it for my daughter a hundred times and feel good about it. But it's that programming? It's not okay. To put yourself first because that's selfish, it's self-center.

[00:24:14] Well, I hope it is because if it's not self-centered, nobody else is going to take care of you. So, so it's, it's again, it's the new learning. It's the relearn retraining until society is not going to blame us anymore for just being who we are and for nurturing ourselves, because nobody else can do it in the way that we need nurturing.

[00:24:37] I'm the only one that knows what that looks like for me.

[00:24:39] Jeffrey Besecker: For me, backing that up a little, you know, do we ever learn a truly authentic understanding of trust until we learn to trust others, to simply own with volition their self and take responsibility for it? Will we ever truly have an authentic engagement of that trust?

[00:24:58] You know, or are we. Exerting expectation and validation towards others.

[00:25:03] Sharon Valenti: So I have a small circle of friends that are truly like-minded and I have one very close friend and we are always in awe of each other. It is a true unconditional friendship and it's stunning. It's just stunning. I think the only, even with our dogs or pats, it's not unconditional.

[00:25:26] If that dog didn't make you happy, you wouldn't get the dog around or the cat. I mean, we have them for a reason, right? Our children, maybe the next thing for all of you, no matter what. Um, but I don't like it when you do that. So go sit in the corner are partners in life. Unfortunately they're a bit dispensable or disposable, I should say.

[00:25:47] Um, You know, in relationships, break up, people seem to go into the next one. That was so when we stopped treating people as disposable, that would be a good thing in my eyes because that's your baggage you're carrying around. It's not the other person. And if you've been both work on your baggage together, work on your baggage, bringing it all up and no judgment.

[00:26:10] Even if you're judging, shut your mouth, you know, just keep it to yourself and just don't judge. So what we see in others is always a reflection back of what's going on in us or qualities that we have. We might not be if I see someone and I think there are. Butthead in me, I

can find, I wouldn't be able to see it if it didn't really definitely been a butthead. And today, if you were to come up and say that to me, Sharon, you know, you're a real, whatever it, rather than reacting, like I used to and defending myself, I can get still.

[00:26:46] And I can say, you're right. I can find that. Thank you for that. My back of my mind, boy, how must I be showing up right now to be being perceived that way? You know? Cause that's not really how I want to be showing up in the world, but when you can get that still and present with yourself, I say to people, would you rather have a billion dollars or peaceful thoughts, peaceful thoughts, people that billion dollars.

[00:27:14] If you have peaceful thoughts, you're not worried about a billion. You don't worry. If you're not worried, period, you have peaceful thoughts. And when people say, oh, I just want peace of mind. What do they mean? They really need peaceful thoughts. Yeah, just peaceful thoughts, not this turmoil that I created my own head that I blaming everybody else for.

[00:27:33] I blame my parents for years, for years for how my life turned out until my husband said, and he's a psychologist. He said, how long you can keep blaming your parents and not taking responsibility for yourself. And that was like a dose of ice water. And it's like, he's absolutely right. That's right. And from that day forward, pretty much I saw, I brought everything on in my way of thinking and it's a relief

[00:27:58] to be beyond that. And when people can take notice of that, I said about the three kinds of business, literally stay in your own lane. You stay, if you're reading a book or you're washing, well, not washing. If you're reading a book or looking online at something you are in your own business, your mind is focused and whatever, you're just by you.

[00:28:19] But then the minute you think you start off in the bushes thinking about somebody else or the earthquake that happened there, and you want to get all let's, let's start over. Um, I'm sorry, make it a little fun here. What are those things? Donation things online. Get money together to help those poor people that just lost their island.

[00:28:37] I can't get poor enough to make a difference in the poor enough person's life. So my little donation isn't necessarily going to put that island back together. I mean, I don't think Haiti or Jamaica, but back together from the storms that they've had, but, or Costa Rica. So for me to get on a tangent about it, that's the Divine's business.

[00:28:56] I have no business there and I have no business in yours or anybody else's business, just mine. And when I can keep myself. In my own business. I truly have those peaceful thoughts. I can see. Life is just beautiful. You know, letters mean nothing until we assign a meaning to them into a word. Right. And it is really, we are the ones assigning a meaning to everything.

[00:29:20] And you know this, you know, C H a I R just letters. I think it's a chair, you know, now it becomes, but what kind of chair? You know what I mean? We all have different visions, right? I've often wondered when I smell fresh cut grass. If everybody smells it exactly the same as I do, I'll never know, but he knows that same perception on everything.

[00:29:45] We can look at the same beautiful sky and we're seeing it differently. And that's okay. It's when I try and say, and if you don't show a great enthusiasm for something I'm like worrying

about it, What's going on, but can't do don't you appreciate, you know, none of my business that was show just for my pleasure, if you enjoy it too great.

[00:30:06] But the moment I see it, it's for us, stop trying to force ourself, our beliefs, our thoughts, our ideals onto others. Just be content to hold them in your own heart and that, and be there.

[00:30:19] Jeffrey Besecker: Yeah. To me, it's looking at that difference, you know, as you mentioned, where are we placing our business? Where are we placing our focus?

[00:30:26] What frame of reference are we using? If we step into that, when we do notice things, are we looking at it through that lens of judgment or that lens of discernment, and then all ultimately moving into acceptance where we simply say, isn't that curious?

[00:30:43] Yeah, I love that. You mentioned looking at that relationship with the friend through the lens of awe and wonder. We just, this week are putting together a program on finding more, awe and wonder in our lives. How do we step into that frame of reference that simply says, isn't this curious, framing that back to the Scully story I shared rather than forming that reaction that well, things are a little bumpy here is something awry.

[00:31:14] Just saying, that's curious. Is there any real threat present? Is my safety truly challenged? And if it is, can I really affect any change on it in this moment?

[00:31:27] Sharon Valenti: Right.

[00:31:27] Jeffrey Besecker: Curiosity allowed me to surrender it and. There's very little I can do. I've submitted to being in this, and placing that authentic sense of trust in others that the pilot has to simply know what he's doing.

[00:31:42] The pilot simply has to have the belief in his business. It's none of mine, the divine, ultimately that probability in all things will interact

[00:31:54] Sharon Valenti: And if the plane crashed, everybody died. This is, might not sit well with everybody. How do I know if that should have happened? Because if it didn't happen and people, I know that there are many people that have a great fear of death And I wonder if they like what's going on. What do you think is going to happen when you die in every religion that I am aware of? They talk about the afterlife as being magnificent. Oh no, it's just,

[00:32:24] Jeffrey Besecker: And we fight it, so often, often what tooth and nail to use that one liner- tooth and nail. We fight that experience that nearly every religion, there again, what do some religions do? Weight it with this, you might go to the good place you might go to the bad place. This might happen. That might happen.

[00:32:49] That uncertainty never truly leaves us. Yes. Even in what we project in that afterlife, what we call an afterlife.

[00:32:58] Sharon Valenti: My belief on that now is that heaven and hell are what I make here on earth. And now it's all heaven for me. You know, that's a curiosity. I mean, for me, my

personal goal is before I leave, the physical form is truly to have become the master of my thoughts. Not my thoughts continue to master me like they do at times.

[00:33:25] Yeah. The only way I knew to do that is to question if, especially when I get triggered or I get upset by something, it's like, what are you believing then? You know, what do you believe about yourself? What are you believing about them? It's usually an inferior superior kind of situation it's, um, or that they're on treating them, like they're an enemy.

[00:33:48] And that's like, oh my gosh, I am, maybe I need to start treating them differently. And I'll have a different response from them. And of course you will. And if not, then move on next, next, next, just like everybody. And if you were in sales, we're taught next, next, next, you know, it's not personal, it's not personal.

[00:34:07] And in, in, um, very in, uh, what's the word, not romantic, intimate relationships truly in Chuck's Bizon he, uh, he lives in Hawaiian. He's a psychologist and he's brilliant. And he's the one that talks about the Independent, . Independent codependent and interdependent. And when you're in that interdependent relationship, you really are accepting one another, Frank, you, this is how your date, if also some mind.

[00:34:38] And when we come together, we're not trying to change each other. We have great conversation and so on, and so on, support that we truly accept each other the way they are with me, not so much of him. I'm a little bit of a, you know, drive a little faster, drive a little slower kind of part about it. Um, I have to catch myself, but that is peacefulness in a, in a relationship.

[00:35:02] And why wouldn't you want that? You go to work, you don't try and change your coworker. You go out with friends, you don't try and change them. Why are we so harsh on our intimate relations? It's unfair to that person. And you talked about expectations earlier. When we had that expectation of another, we are setting ourselves up for disappointment for the simple reason.

[00:35:26] It's our expectation. Therefore, it's truly impossible for someone to live up to my exact expectation and people. When you understand that, take that burden off that other person. If you really know if there is clothes on the floor left by the other person, clearly they're not bothering that person, but if they're bothering you, go pick them up, but they're going to hamper, but you're going to fester on that.

[00:35:54] You're just going to let this eat you away rather than pick them up or ignore them. Just let it, let that person live their life. It doesn't have to be to your standards or expectations. Those are your standard of their business. And that was, uh, I could tell you, I used to be at my son's business all the time about his room.

[00:36:14] And my daughter said, mom, it's his room? Close the door. I thought she's absolutely. She's absolutely. But I tried to just about my job to teach him to be clean and timely. I mean, he's like 28 years old. He knows already is, but that's his choice at this point. He's not, he wasn't an untidy person per se. It just happened to be, I'd see something at that moment because I was looking for it at some level, I was looking for it, which is what we do.

[00:36:41] Right. Let me look for the flaws or let me look for the greatness. You know, it's just as easy, right?

[00:36:47] Jeffrey Besecker: That pattern is curious, curious for me to look at, because so often then what becomes the imprinted pattern, the individual that then looks towards others to solve their circumstance rather than taking the ownership.

[00:37:07] Right. The very opposite happens....Isn't that curious?

[00:37:13] Yeah, well, it's like the bully in the playground knows which child to pick on it is I truly, you know, you have to be following people like Joe Dispenza, who is scientifically proving. What I know not to say there is an energy that we all give off and that bully who by the way is equally hurting inside.

[00:37:33] Just misdirecting it like anybody else who has an addiction issue, looking for relief in all the wrong places. And that child who gets picked on by the bully in the victim mindset is showing up as a victim. They too have the self-doubts, the low self-worth low self-esteem. So does that bully, but they're trying to force people to like them in the wrong way.

[00:37:58] And it's just totally backfiring them backfiring on them. And that's why a lot of my focus is towards teens and young adults. Because I can so relate to that time of my life and how difficult it was and the shame and blame that was involved in nowhere to turn to had. I have dealt at each head I've known, then what I know today, how different my life probably would have turned out to be.

[00:38:25] I do. I know that for sure. No, the trajectory though seems like it would have been vastly different. And so if I can help just one person, one young person who has suicidal ideation change their mind and get it, then, then maybe they can help the next person. Yeah. And so, you know, I get that ripple effect going because they now know that it's not hopeless.

[00:38:52] And when people are feeling hopeless, they feel they have no choice. They can't see that they have a choice. And so if I could just show them. Let's let's, this is how you find what you believing. Now let's go question it and they see that it was never true. And it's all they are looking for is the truth. And when you see that, when you uncover that hidden belief, any of them, it's gone like that.

[00:39:18] It's gone instantly, unless there's another belief underneath that. So, yeah. So, um, let's say you have a belief. Let me give an example. Let's say you're holding onto a belief that your best friend, um, your best friend made you feel like an idiot at something at a presentation, and you're believing your best friend made you feel like an idiot in that specific situation.

[00:39:44] Let's say you whatever. And then you'd have to say, can I absolutely know. Th that that's a hundred percent true that he made me feel like an idiot. And if you sit and think on it, the answer's going to be, no, he didn't do it. He just said something. And you said I'm such an idiot. And then in your mind, you probably called him an idiot too, for saying it, you know, you didn't respond or you might've responded, you know?

[00:40:13] So you made him feel like an idiot because you just lash right back out, whether it's in your mind or verbally, and he didn't make you feel like an idiot. All he said was this. And you said you made him feel like the idiot and yourself, you made you feel like the idiot when you believe that's what he was doing to you.

[00:40:32] let's say you held onto that belief that he made you feel like an idiot for 15 years, that just popped up from time to time. That is fulfilling some need in you for you to hold on to that belief. So now when you recognize that if you can sit down and figure out, well, it gets to make me right, in him wrong.

[00:40:56] That's one need, we'll give up your need to be right. Give that up right away. Cause that's where you get peace of mind. Right? You're not resisting something anymore. could that be fulfilling for you? I mean, that's for each individual to figure out, well, it keeps me in the victim role. Sure does.

[00:41:12] Oh, you know, let me tell you the time when my friend made me feel like an idiot, you know, we always find somebody it's like, um, I don't know if his Eckhart Tolle, Michael Singer, or Don Miguel doesn't matter, but I talk about people who get an illness, for example. And I'm not saying just anybody, but let's say suddenly somebody finds out, they got.

[00:41:33] Diabetes and they could take stuff to, but oh, now people are starting to pay attention to them. Was that diabetes? Oh, you poor thing. Dah, dah, dah. Now this might be the first time in their attention. They ever feel like they got attention or love and they literally will become their illness. And typically more illnesses will pile on because now it's like, oh my God, you poor thing.

[00:41:57] You got all those things wrong and they are doing it to themselves. they can take charge, they can control it, they can get out of it. And they can't see what they're doing in the why they're doing it. And when you find your why, then you can begin to change, you know, what need is it fulfilling for you?

[00:42:17] It's fulfilling my need to feel loved, needed, like care for, but it's your job to make you feel like that really it's

[00:42:28] go ahead. It's a great place to illustrate that concept of attracting those types of energies into your life. I'm not going to point out a specific reference right now on this, but the neural pathways are created that start to form that, that start to form that systematic coherence throughout your entire body.

[00:42:49] That start to repattern that re replicate that start to fall in line and say, but he believes this. So the sickness is the thing we're going to deliver to him becomes that power of attraction. That is such a great point to illustrate that to me. And thank you for giving me the grace to kind of stop you and interject.

[00:43:15] Sharon Valenti: It's it works the other way too. How many times have we heard people who've had an illness, specifically cancer and the cure themselves. They haven't gone for treatments. Luis high was the perfect example of that. The couple in the secret, just by, just by laughter and by seeing themselves well, and, when I went to the, Dispenza week-long event, we did some energy healing on people that we had no idea who they were.

[00:43:43] And then there were people in the event itself who were focused on themselves being, well, I didn't see it, but one guy who had been paralyzed apparently got up out of his wheelchair and walked. I mean, these are this. Him seeing his own wellness and causing it to happen. I mean, this is like, this is like the biblical days.

[00:44:06] What if it's not a miracle? What if it's the normal, what normal?

[00:44:12] Jeffrey Besecker: What if that Christ figure simply had that understanding that if you believe it yourself, rather than believing in me, it's going to happen.

[00:44:22] Okay.

[00:44:23] Sharon Valenti: That's right.

[00:44:24] Jeffrey Besecker: You said to religious theology, we're not going to cross over the line and debate.

[00:44:30] What if that becomes simply saying, isn't that curious?

[00:44:34] Sharon Valenti: Yes. Look at people

[00:44:35] who do firewall. They believe they can. And they do. I, right.

[00:44:39] I mean, I haven't done it.

[00:44:40] Jeffrey Besecker: I watched Oprah and Tony Robbins , do it.

[00:44:44] Well,

[00:44:44] Sharon Valenti: we believe we can, you know,

[00:44:48] we probably could fly, walk on water, all of it, but we don't believe we can it's somebody else can do it, but not me.

[00:44:56] You know, we don't have that strong enough impetus. I do believe

[00:45:02] Jeffrey Besecker: That's...curious.

[00:45:03] Sharon Valenti: Einstein, Alex into frame to all these people were curious. And if you think about it today, there aren't, as far as I know, many new, . Many unknown things that were previously unknown, they may know, like back in Einstein's day and

[00:45:23] Jeffrey Besecker: Maybe we're not being curious enough. You know, we look at enoughness if we simply become curious and it's not about the enough, this is about the curiousness. Yeah.

[00:45:36] Sharon Valenti: Well, I'm curious

[00:45:37] Jeffrey Besecker: We would become more aware.

[00:45:38] Sharon Valenti: I am. I wonder about things all the time. Yeah. I just like, okay, that seems like a lot. They're playing, they're taking what exists and playing upon that rather than just coming out with a whole fresh new concept to play around with.

[00:45:58] And, well, my belief system is just different from, from some, from the masses. I do think that there are, um, there's other life in existence and they're probably laughing at us, but probably looking at us as the,

[00:46:14] Jeffrey Besecker: Oh...in no way, are we going over there? They can't get their stuff together. Why are we going there? And that's a curious approach to look at it.

[00:46:27] Sharon Valenti: Go ahead.

[00:46:28] Jeffrey Besecker: I was going to simply frame to look at things in that notion with curiosity. Let's say how much of our time do we look at how we think, how often do we say we're overthinking? No, that's, that's a common vernacular. Overthinking does us in is one of those one liners, but what is going on with the quality and effectiveness of that thought?

[00:46:52] Sharon Valenti: Yes.

[00:46:52] Jeffrey Besecker: Are we wasting, you know, squandering away that curiousness ongoing over all of this emotional rumination, all of these other things with looking at other people's business, informing those things. Or are we creating that space where we're opening the potential of those thoughts that come in, where we discover new discoveries with all in wonder our mind has such an amazing capacity for thought that we're constantly trying to pour water on and put out it's passion and fire

[00:47:26] Sharon Valenti: agreed.

[00:47:26] Agreed. I frequently wonder. What it would be like if we used our whole brain, what could we open there? I mean, people who are geniuses, a little more of their brain is being used. Can you bet all of it? Oh my gosh. Just, we are unlimited. So now that becomes a curiosity for me. What can I do that can cause me to use more of my brain to open up more compartments and see what's there.

[00:47:55] I can't believe I have this big thing in our head and really use it like a fraction of it. It's there for a reason. Right?

[00:48:02] Jeffrey Besecker: I remember a study I read a while back, uh, may not be exactly right on this frame of reference, but our average thought takes something like 0.08 tenths of a second to happen. If change is nothing more than a thought in a mind state.

[00:48:22] I'm going to say state, because if a mind is set, is it changing? If it's nothing more than a mind state to exercise change, why do we continue to perpetuate the notion that change is challenging, a struggle and hard and takes such a long time when we can change a thought in 0.08 tenths of a second.

[00:48:45] Sharon Valenti: Yeah.

[00:48:46] So I would remove the word why and say, what can I do? Cause when we go say what the brain automatically goes into solution, what can I do to change this particular pattern I've got going on? What can I do to expand myself and others around me just by being around

me? Well, first of all, when we change and you've probably noticed this yourself, those immediate friendships that we had years ago just kind of fade away naturally and new ones have more like kind seek to cross my path, things online or books.

[00:49:18] It's, it's been fun watching that. It is the honest to goodness truth. As I changed on my path, the things that were drawn to me were completely different and so wonderful. And I remember an Abraham exercises saying, think of your enemy and find one good thing about them. You're like right they're my enemy. And then when you send the, oh, they have nice size or they have a nice smile.

[00:49:45] And why don't you start to look for the good, you will find it. You will. It's inescapable, . It's there. Just have to look open your eyes. Right?

[00:49:54] Jeffrey Besecker: What we bring into our awareness is the very thing we notice.

[00:49:59] Sharon Valenti: Yes.

[00:50:00] Jeffrey Besecker: I look at that one, , and have a curious notion about this concept of the five people you surround yourself with for one, where do we form that disconnect that we're basing who and what we become on others?

[00:50:16] Sharon Valenti: Yeah.

[00:50:17] Jeffrey Besecker: That's curious to me, because volition and self-concept who you are ultimately is who you become.

[00:50:24] Sharon Valenti: Yes.

[00:50:25] Jeffrey Besecker: So that to me can become a limiting belief because now you're putting. That kind of element of blame or projection on others. I'm not doing the things I want because these five people aren't to bring a one line zinger into that.

[00:50:39] You know, one of the generational things I pulled into my reference is, if someone else jumps off a bridge, are you going to jump off a bridge then to me aligns in a lot of ways with that notion that well, it, because these five other people are doing it, it's automatically going to form my belief in it. Now, conversely, by also following that pattern of somebody is doing something successful, can become a viable path,

[00:51:06] Sharon Valenti: right?

[00:51:06] Jeffrey Besecker: If you believe that what you're doing is of your own volition,

[00:51:10] Sharon Valenti: right?

[00:51:10] Jeffrey Besecker: If you put the power of belief that unless I'm surrounded by these people, I'm not going to do it. You won't do it.

[00:51:16] Sharon Valenti: Right. That goes back to the beginning of the conversation. We are the ones creating story in our minds. Right. And that's all that is, is a belief.

[00:51:26] Our thoughts create those beliefs that create those emotions and we are the ones in charge. Absolutely. So you can either, do you believe if you walk under a ladder is bad luck.? Noooo...

[00:51:37] Jeffrey Besecker: I've had some bad things happened walking under ladders, but I don't think any of it was luck. It was poor decision. (laughter)

[00:51:45] Sharon Valenti: And if you break a mirror,

[00:51:47] you're going to have bad luck?

[00:51:49] Jeffrey Besecker: That's a good one, because I've experienced that.

[00:51:52] And usually because there was some haste involved with my action as I did that, being emotionally dysregulated, as I did, it ultimately changed the focus of my mindset, where I wasn't being mindful. I'm There's no hair up there to protect that head I've run under a ladder. It had, you know, caught the top of my head injured myself. Because I was in an emotionally dysregulated state of being had nothing to do with luck.

[00:52:20] I made stupid choices. I'll call it what it is. I'm going to call my own bullshit on it. I made the stupid choice of not being present and aware and focused on how I went under that ladder created my outcome. There was no luck involved in it. It was bad choice. I got to own that identity with volition, . Had I been in a focused mindset to understand how those emotions were taking me out of that focus, I would have created a better result.

[00:52:49] Sharon Valenti: What if it was neither bad or good? It was just simply a choice.

[00:52:52] Jeffrey Besecker: Exactly.

[00:52:55] Thank you. Thank you, Sharon, for bringing me back into that reference, we do further consider that very act of bad or good that act of judging it, and evaluating it and putting expectation on it starts to set some of that table for the circumstance and exactly how we attracted it in.

[00:53:15] Sharon Valenti: Yeah, it certainly does. Those are defining moments, aren't they? Yes, they are most of the time, but not even aware we do it. It's good.

[00:53:24] Jeffrey Besecker: I'm not one, usually to dip my toe back into those circumstances as frequently, because to me that puts you back into that frame of reference. It starts at loop cycle, but that's one of those instances for me where I can't call that into play here and say, how do we effectively realign that?

[00:53:42] And simply call it what it was or let it be what it was to better frame that to me and say, but there is a circumstance where you can move into that state of being and say, you can learn and grow from that. Did I have to create a challenge from it now, did I have to see it as a failure? No It simply was what it was.

[00:54:02] And I learned that when you go under a ladder, be focused and present, if your state of emotional reaction is out of balance is disintegrated is being incoherent throughout your system. Things shift and change to where you put yourself in harm's way,

[00:54:18] Right.

[00:54:18] Sharon Valenti: And How do you know it shouldn't happen.

[00:54:18] Because it did

[00:54:22] Jeffrey Besecker: And the end result, you know, I had a physical bodily injury. It also probably had some other circumstances going on at the time where I inflicted that outward upon others. As a result, I take ownership for that. You know, my actions created that it was no fault of the ladder. It was no fault of the universe.

[00:54:43] There was no magic. I don't feel divine thing that play there forcing that upon me. I, yeah, I kind of have this concept and we'll throw this out there today that this divine energy out there probably wants us to kind of own our I couldn't imagine an energy out there. I could imagine. But to me it seems counter-intuitive that that energy is so involved in our business, that it has to inflict everything for us.

[00:55:13] Where do we draw that line and say there has to be some interactivity, as you

[00:55:18] mentioned.

[00:55:18] Sharon Valenti: Well, let me ask you a question. If I may, if you can recall the moment you hit your head on the ladder, you could, you had things going on, whose business were you in mentally in that moment?

[00:55:32] Jeffrey Besecker: Probably everybody within a Stone's throw of me and beyond.

[00:55:37] Sharon Valenti: And

[00:55:37] that's just a small example when we're out of our own business.

[00:55:43] Jeffrey Besecker: I wasn't obviously focused enough on my own business to pull myself into that awareness of how my state was being, how it was going forth and where that energetic alignment was.

[00:55:55] Sharon Valenti: Amazing what we do to ourselves day in and day out when we're not cognizant.

[00:56:00] Jeffrey Besecker: Nobody's fault, but my

[00:56:01] own,

[00:56:01] Sharon Valenti: not even a fault, it's just an action because we're unconscious, you know, we're not slowing ourselves down enough to really be attentive to what it is we're doing, saying thinking throughout the day, it's just so familiar to us.

[00:56:18] You know, one way to step into unfamiliar is, is let's say you're a, right-hander when you brush your teeth with your right hand for one or two weeks, just use your left hand. Nothing will make you more in the present moment than doing those small opposite things. Put your pants legs on with the opposite leg.

[00:56:36] Like you have to stop and think about that. I mean, you will be so present in that moment and it's a bit comical, but even if you've done it for a month, you still have to think about it because you don't think when you get dressed, you're straight to clothes on. Right. You'd never think, oh, I'm going to put the right leg in for you.

[00:56:52] Just do it.

[00:56:53] Right?

[00:56:54] Jeffrey Besecker: Let me run this by you. I just wanted to gauge your insight on this. So is that a proponent of whether or not we're comfortable or uncomfortable with the circumstances that we learn? The new pattern?

[00:57:08] I didn't understand your question.

[00:57:10] So a lot of times in that, circumstance, if we do something we're not familiar with, we view it as either being comfortable or uncomfortable with the actual circumstances in order to change.

[00:57:23] Sharon Valenti: What if you just stay curious?

[00:57:25] Jeffrey Besecker: Exactly. That's where I go with it. You know, I'm going to validate it in me because I feel we put a lot of emphasis and you know, each of us so often I'm going to frame that out. Cause I see myself backing that into a corner. With whether or not we're comfortable with it versus just are we changing the pattern and accepting it in a manner that creates a energetic path that simply allows us to embrace a circumstance and become something

[00:57:53] different

[00:57:53] Sharon Valenti: I think it comes down to a willingness to do that. For example, if we, if we move into a new home for a little while, there's some discomfort in there while you're getting used to it until it becomes familiar, oh, are, you know, the old house all and closets, you know, that kind of thing. And we're willing to go through that.

[00:58:14] But some of these changes that we're talking about in our brain, in that regard, the way we think, the way we do things, getting out of the familiarity of things, you know, this is why people stay in abusive relationships. That unfamiliar that unknown is so terrifying because they're believing their ugly, their unwanted, their, this, that, and the other once that belief starts to change, the automatic response is going to be.

[00:58:43] Oh, let me try it. Let me see. And Dale Carnegie said, the way to self-confidence is doing the thing that you're most afraid of, at least once. And then you see us not so bad and

they keep doing it, keep doing it and then that too. So if you want a different life and it's so unfamiliar to you, obviously the more you do it and creating those new pathways, you have to ease into, and it will become that new life will become your new familiar and the preferred way.

[00:59:12] Right?

[00:59:13] Jeffrey Besecker: I feel like this has been such a productive conversation.

[00:59:18] Sharon Valenti: Thank you.

[00:59:18] Jeffrey Besecker: We totally threw caution to the wind today. I had outlined we had questions. We all had business agendas. I thank you for being graceful today and just simply leaning in. And we both shared that space of curiousness. I truly thank you for that.

[00:59:37] Where can our listeners reach out to you, Sharon and explore their own curiosity?.

[00:59:42] Sharon Valenti: They can find us on our website and our Facebook page, which is blueprint for stress release stress, S T R E S S blueprint for stress release. And if you want to reach me directly, you can send me an email to info at blueprint for stress release.

[01:00:01] Thank you. So I found this I'm going to have these kind of conversations for hours.

[01:00:07] Jeffrey Besecker: Thank you. Because this truly has just been a moment of curiosity to embrace with awe and wonder

[01:00:13] Sharon Valenti: Yeah,

[01:00:14] I am at awe of your insights.

[01:00:16] Jeffrey Besecker: Thank you. Namaste, The light me is lighting lighting, you as lighting my day to day.

[01:00:22] I'll get that right to that light me the light in you. It's all the same, right?

[01:00:30] Dear. I'll be in contact with you. Let's

[01:00:34] do this again.

[01:00:36] Sharon Valenti: Thank you.