

WELCOME TO MODULE 7

BEING OPEN TO DEPTH



Welcome to Module 7. This module is a fascinating module and one that I dearly love. What we are going to bring back is a bit of the magic and mystery of relationships where we get to learn so much through and with other people. I find people fascinating and after this module you will have all that you need to enrich your life with the magic that is at play when you truly express from depth and awareness.

Is there a little part of you that doubts that this magic exists? Have you been conditioned to be a little skeptical about being able to live this magic in your own relationship?

The fact is you are already part way there, you are reading this module which means at least a little part of you wants to live the depth of your relationships. This is the most important ingredient as it creates a base of openness and willingness and A LOT can happen from there. In this module we will explore how to bring more openness (even when you don't want to), how to read openness in yourself and other people, what it means to communicate depth and a whole lot more including everything your soul has placed in front of you to experience/learn from in life.

Take your time and enjoy everything that is on offer in module 7.

DO YOU WANT TO GO THERE?

DOES YOUR PARTNER WANT TO GO THERE?

Most couples that I support come to me feeling like they are not in the same universe, let alone on the same page when it comes to depth. However when I chat with them, I can very easily see that deep down they do want to get on the same page and they do want to go deeper. It is just that each person will have different reasons for wanting to go deeper and different barriers, triggers or fears with going deeper. In most cases the reason why couples feel more distant than they actually are, is a result of how much we (in general) focus on the problems and also how unaccustomed we are to appreciating and confirming ourselves and our relationships. This is why it is important to value and appreciate each other which is a necessity for going deeper.

→ *Depth starts with Openness*

LOVING *Openness*

Openness is a quality that serves you very well when you allow it to. Being able to approach people, completely open to what might play out and what feels true is something to truly treasure. What I have observed through working with people in clinical practice for the last 20 plus years is that people always surprise you. Most people have not ever had another person approach them openly and how they respond to that openness can be completely astonishing even for themselves. The openness to see how each moment plays out and what is there for you to learn, evolve or deepen with is part of the magic. I call this a fresh / clean slate. Going into each moment, completely open with no preconceived ideas, projections or judgements. It doesn't mean that you are not aware of the past and what may have previously played out BUT . . . you don't load the moment with that stuff, because you have resolved it and you are giving the other person a fresh opportunity to come from who they truly are, not their issues. It is a fallacy to think that holding preconceived ideas or the past actually protects you or even helps at all . . . it quite simply doesn't.

You will hear me say this many times . . .

The main ingredient to being open is feeling content within yourself.

This allows you to not be stuck on needing a certain outcome or wanting it a certain way. The second ingredient is knowing that you have the awareness and strength to establish standards of energetic quality within the relationship including all the ways the other person engages with you. If there is a true quality of holding, care, openness and connection within an interaction then it really doesn't matter what the outcome is. An outcome that doesn't feel true to you can't be enacted if all of the above is taking place quality wise, then compromise can't even be a thing. In other words, the conversation doesn't end until it is a one unified truth (more on that later).

READING OPENNESS TO *Depth*

So what is the first step to going deeper? The first step is actually reading if you and your partner truly want to go deeper. The will to go deeper is a moment to moment openness not a once off proclamation. We have to understand that our openness isn't always under our conscious control and we can't force it. Understanding how open we are to going deeper is an unfolding constant awareness where you will learn a lot about what triggers you, what you avoid and where you may still hold hurts. We may say that we want to go deeper but there is often a fine print to that deeper that requires us to let go of many of our layers of protection (some we don't even realise we have) and many of our previously held judgements, projections, wants, desires or behaviours. In other words, there is a part of us that puts conditions on going deeper and we need to get really really savvy about what this is.

“Yes I want to go deeper but . . . I also want my way / view / opinion to be right.”

We need to be very honest about this, and I mean very honest because you will never be able to go deeper when you are fixed on an outcome. Having an outcome of where you want a relationship or conversation to get to will nearly always end messy but more than that it caps the potential of what can happen when two or more people let go and allow the depth.

To be clear: having a fixed outcome is very different to having standards and not having fixed outcomes by no way drops your standards within a relationship. The two are completely different as having standards ensures a quality of interaction which in-turn ensures that the magic between two people occurs.

So back to reading the openness. Can you feel how open you are when you approach a situation / conversation? Do you have a sense of how open another is? To have depth in your conversation you have to be transparent with the depth of who you are and what you stand for. This is not a mental decision you make.

“You can't click your heels 3 times and all of a sudden you have willed yourself to be deep”

Your level of transparency of the depth of who you are comes firstly from how settled you are with yourself and second how comfortable you are in sharing that with others (all others). The reason it is important to include 'all others' is that the more we grow and mature our ability to be open with many others the more we go deeper with accepting ourselves and what it means to come from the depth of our essence. When you open up and then close down depending on who you are around you are actually saying to yourself that you are not wanted, not accepted or not worthwhile aka there is something wrong with you. Hiding your depth or essence doesn't actually protect you from harm (more on that another time).

EXPLORING *Openness*

Question 1: Write down your sense of what being open to depth feels like, either through your own experience or through being inspired by another.

Question 2: Write down what scares you about being open.

Question 3: Write down how it feels when you are closed or fixed.

Question 4: Write down how it feels when someone you are with is closed or fixed.

Why PEOPLE FEAR BEING OPEN

One of the biggest reasons people fear being open is that they feel like they will be taken advantage of if they are open. They see openness as the same as nice or pleasing but it is not: being open to someone is connecting with them, understanding them and sharing who you are . . . not just doing everything they want you to do. Openness is the ability to have no agenda, just honest and authentic response. Many people don't know what they feel with enough clarity to ensure that they can stay true to themselves in any moment. Add to that the lack of strength and empowerment needed to authentically stand by what you feel in any moment and it becomes completely understandable to see why people fear being open. Another reason many people struggle with openness is they are plagued with guilt, sympathy and emotional attachment and this causes them to take on other people's "stuff", their energetic state of being and feel responsible for fixing their issues. They lack the proper boundaries to understand what they are feeling and what another is feeling and this reduces their ability to read a situation clearly allowing another person to experience their life choices and the growth and potential evolution that each moment offers them. The third biggest reason that people fear openness is that they don't have a relationship with the flow of life. They feel that they need to control everything and conquer life for their "wins", which means that they are forever indebted to manipulation, playing games and imposing force on another, whilst missing out on the freedom and magic that comes with life's flow. Lastly, one of the biggest reasons people shut down their openness is that they are afraid that others will judge them, ridicule them or be jealous of them.

- Do you feel like you will be taken advantage of?
- Do you lack the sense of self and clarity to know what feels true for you in any moment?
- Do you lack the strength to back the truth of what you feel in any moment?
- Do you get confused between being nice/pleasing and loving, authentic and true?
- Do you harbour guilt, sympathy and emotional attachment that means you get drained and loaded with others' "stuff"?
- Do you find it difficult to put healthy boundaries in place that ask others to grow through being responsible, aware and respectful?
- Do you feel that the only way to get ahead is to manoeuvre, control and force your way to what you want to get?

Question 5: Tick the above examples that you experience and write about the barriers you have when it comes to being open.

READING SOMEONE'S *Openness*

Note: Doing an openness reading is something that you most likely already naturally do but you will come to do it with more awareness as you pay more attention to it.

Question 6: Choose 3 relationships that you would like to do an openness reading on, use the scale below to feel the level of openness (0 no openness to 10 complete openness) each person has, including yourself. Then write down the barriers you feel each person (including yourself) has to increasing their openness.

Relationship 1: _____



What are the barriers you have to increasing your openness within this relationship?

What are the barriers that you feel your partner / friend / family member / work colleague has to increasing their openness within this relationship?

READING SOMEONE'S *Openness*

Relationship 2:



What are the barriers you have to increasing your openness within this relationship?

What are the barriers that you feel your partner / friend / family member / work colleague has to increasing their openness within this relationship?

READING SOMEONE'S *Openness*

Relationship 3:



What are the barriers you have to increasing your openness within this relationship?

What are the barriers that you feel your partner / friend / family member / work colleague has to increasing their openness within this relationship?

READING SOMEONE'S *Openness*

COMBINED *Openness*

The key to openness in relationships is combined openness. It's kind of like combined fertility (bare with me), if you are wanting to increase your fertility as a couple then it's not about having equal fertility it is about combined fertility.

A woman may have an overactive immune system that attacks sperm and a man may have a lowish sperm count. The woman may try everything she can to reduce inflammation and moderate her immune system's responses and for all her effort her fertility only improves by 1%. The man may change his diet, lose a bit of weight and take some zinc and his sperm count might triple and the combined change in fertility is massive.

When it comes to openness within relationships the important thing to be aware of is:

1) openness is contagious

And . . .

2) openness doesn't need to be measured as equal from each person.

By you increasing your openness you can change everything in the relationship (regardless of what the other person is doing) and this supports depth.

Some people say, "but why do I have to be more open if he or she is not being more open?"

The answer is . . . well you don't.

But if you want to bring more depth to your relationships and you want to feel light and free then maybe give openness a go. Sometimes you are the person who seems to always have to bridge the gap because you have the willingness to be open, awareness to understand and mastery to communicate. I would say that for the majority of my life in the majority of relationships I have been the more open person who is willing to go deeper. What this means is that in most of my relationships I am the one who is willing to connect and able to understand the other person and open to sharing the deeper aspects of what I feel and sense and the **depth of essence** I am part of.

It is okay to be more capable at these things than others and in fact it is the only way that those around you learn how to lift their standards and capability. Being the most open person is actually not a bad place to be and it certainly beats waiting for other people to decide to be open before you allow yourself to be open.

Getting on THE SAME PAGE

DEEP DOWN THERE IS ONLY ONENESS

Deep down most people are sensitive, aware and loving . . . BUT that is not always how they behave or where they are at in their own relationship with themselves. Sometimes it is difficult for people to access the part of them that is tender, sensitive, aware and loving, especially if that is not how they feel about themselves. Without judgement, I encourage you to explore the depth of who someone is and what qualities they naturally bring . . . not their behaviours, hurts, fears and conditions. Take complete openness to this task, it is not about looking at them to pull apart why they are wrong but instead it is to understand what makes them tick deep down.

When you hold space for your partner's depth, they automatically get more access to this depth. When you hold space for your partners depth, you get to live in relationship with that depth. There are actually no down sides to this, only our conditions of how we expect them to be . . . getting exposed.

Be open to feeling and sensing even the smallest moment of essence from your partner. This will probably look very different to what you think or expect, let the moment teach you. This openness to receive the truth of who someone else is through observation and not projection is so rich yet simple. It makes all of life's interactions so meaningful, yet simple. No pressure, no tension or angst, instead, an openness to read life from the clarity of your untainted sensitivity. To start with, you might feel like you are making it up. That is fine, just go with it. As you become more familiar with the feeling of receiving depth through your sensitivity you will become very steady with what you observe life to be.



SOULFUL MOMENTS

Question 7: How easy is it for you to be aware of whether someone is coming from their depth or their unresolved issues? Write the detail of how you know.

Question 8: Do you find it easy to listen to the qualities that come from your partner's essence? Their care, simplicity, gentleness, lightness, humour, etc. If yes explain the process, if no reflect on what you can learn.

Question 9: Do you find it easy to really go for it and make the most out of an evolutionary moment when both you and your partner are coming from depth? If yes explain the process, if no reflect on what you can learn.

Question 10: How easy is it for you to be aware of whether you are coming from your depth? Write the detail of how you know.

Question 11: Do you find it easy to stay open to your partner when they are coming from a lack of depth or an unresolved issue, behaviour or reaction? If yes explain the process, if no reflect on what you can learn.

Question 12: Do you drop, react or enjoin your partner when they are coming from a lack of depth? If yes explain the process, if no reflect on what you can learn.

LEVELS OF *Depth*

Explain your experience with each of the following levels of depth / places people can be coming from. Explore how it feels within yourself and also to observe in others while giving as many real life examples as you can remember.

LEVELS OF DEPTH	AWARENESS / EXAMPLE
<p><i>Self-reflection and Honesty</i></p>	
<p><i>A sense of Wisdom and Mastery but yet to be fully activated or lived</i></p>	
<p><i>Wisdom and Lived Mastery</i></p>	
<p><i>One Unified Truth</i></p>	

ANTI - *Depth*

Explain your experience with each of the following anti-depth / places people can be coming from. Explore how it feels within yourself and also to observe in others while giving as many real life examples as you can remember.

MOVEMENTS AWAY FROM DEPTH	AWARENESS / EXAMPLE
<i>Reactions, Hurts, Unresolved Issues</i>	
<i>Justification, defense, Digging a deeper hole</i>	
<i>Avoidance, Denial, Delusional</i>	
<i>Comparison, Jealousy, Projection</i>	

Understanding YOUR RELATIONSHIP'S DEPTH

Question 13: Use the below table to write about the depth that you and your partner are coming from in respect to different areas of life. You can use the categories shared in the previous two pages and then you can add any specific detail.

This is an important exercise that can help you not only understand your partner (and yourself) better but rekindle some more appreciation for your partner. If you don't currently have a partner you can use this exercise to understand a past relationship or you can choose any current friend or family relationship.

Be aware of any inner voices that bring judgement or a sense of right and wrong to yourself or your partner. This exercise is about bringing back the childhood wonder of the depth within people. There is an irresistible innocence that most people can't refuse. Most people desperately want to feel met, they want people to understand them at a deeper level and they want to feel like their thoughts and feelings are valued.

AREA OF LIFE	WHERE I AM COMING FROM	WHERE MY PARTNER IS COMING FROM
Health		
Self-care		
Personal Grooming, care in appearance		
Personal Growth / Self-Reflection		
Money		
Work		
Extended Family		

Fill in the rest of this worksheet by adding your own areas of life where you can explore the depth in your relationship.

AREA OF LIFE	WHERE I AM COMING FROM	WHERE MY PARTNER IS COMING FROM
<i>Kids / Parenting</i>		
<i>Holidays, social life, hobbies</i>		
<i>Alcohol</i>		
<i>Food / Cooking</i>		

“The power of depth comes from the willingness to take down all of your walls and be prepared to get to know the depth of your own soul. From this place of deep love and settlement, you are forever intimate with everyone.

Rebecca Poole



WHERE TO NEXT?

Write down 5 tips that will support you to keep being open to depth in your relationship.

MODULE 7 - CHECKLIST

- Watch the Module 7 Video
- Complete the Module 7 workbook
- Listen to the In Session With Rebecca audio