

Participant Responses to The Story of Separation & The Story of Interbeing The Space Between Stories - Session One

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Here are some phrases by audience members, compiled in response to Charles' reading of two different stories and offered in two lists.

From Charles: "The first list should not be considered the "bad list" and the second the "good list." As we said on the call, each story has its time, serves its purpose. The story of separation is becoming obsolete, or perhaps retreating to a lesser role."

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A list of statements about the world, about human beings, about oneself that come from the story of separation.

Old Story phrases:

- Lonely
- I am an individual
- connected to others at the root
- I am the master of my own destiny
- Well-being simply IS
- pressure, responsibility
- Security arises when we remember love
- I need to take care of myself first.
- I don't need anybody's help.
- a dance
- No one is Bad, just less Good
- none of these statements feel true to me
- have I ever actually met a "bad" person?
- There is not enough time to do all the things that need to be done.
- Opposite of "control" is "out of control". How can we give up control without being out of control--or is that besides the point?
- Separation truth: I judge everyone and everything; and most of all, myself
- The economy will recover. It always has.
- I can do it myself, don't need your help!
- I am tired of this life.

- Only medicine can fix my body.
- I need to discipline myself.
- Healing hidden parts in pain allows more of me to be present
- have I ever "succeeded" at "self-discipline"?
- My body holds my truth
- I do not count.
- ouch
- no orgasms here
- I live in fear and anxiety
- The rational mind is supreme...
- Just do it.
- fear
- I need money to live
- my boundaries help me to survive in this society
- Competition is how we define who is best -- who wins.
- I need to keep myself under control.
- i have to suffer to get what i want
- heartache. can't breathe.
- separate can feel safer. protective.
- the insecurity of security: we try to create security because we feel separate and yet, by creating "security" we create more separateness.
- Science and technology will solve these problems
- good vs. evil
- My view of the world is pure and true; Your view is misinformed and delusional - I must apply force to align your views with my truth.
- Money will make my life better.
- suffocation
- I will be judged harshly if I make a mistake
- There is no separation
- What can one person do?
- For me to succeed, I must find a way to stand out and be utterly unique.
- I need to know what's good and what's bad
- what happens to others happens to me
- cooperation is more productive and fun
- There are not enough hours in the day. Time and security are illusions. If I don't work hard enough nothing will get done.
- everything matters
- i am alone
- Everything we do matters
- i can do it myself, don't need your help.
- Only the designated "Holy Ones" can connect "me" to the "Divine"
- I must do more
- if I look out for others I will be OK

- Money will make my life better
- If it were bad for us they wouldn't be allowed to sell it.
- i AM the Universe, and so are you.
- Suffering happens
- Survival of the fittest
- Life is a big competition and you need to fight
- What do you care what other people think?
- I don't need this I have all the answers
- I am unworthy
- my needs are most important
- I scratch their back, but no one has mine
- i am so sensitive i need to stay apart
- striving is good
- It is hard to be vulnerable. The vulnerable get stepped on.
- What costs nothing is worth nothing
- the road less traveled
- I don't need this I have all the answers
- i have to do something now
- fear, fear, fear
- doing is more important than being
- hard is too hard, easy is too easy. why not mix it up a bit
- cooperation is more productive and fun
- Separation = I need you to accept that my way is the true way
- There are not enough hours in the day. Time and security are illusions. If I don't work hard enough nothing will get done.
- i am
- laughter came up for me when you said "I don't take the easy way out!"
- i must always try hard if I ever hope to succeed
- i need to suffer, i deserve to suffer, god wants me to suffer
- Abundance
- ... I need to have better boundaries.... (this is what people tell me all the time... because they are afraid for me and believe I should be afraid for myself)
- I need to be detached and objective.
- We have to be positive when life is hard
- Feeeeelings
- I have no time. I am so stressed to survive that i cannot even focus on the larger picture.
- they are different to us
- too much work to measure everything
- "it's easy for YOU to trust because you have so much privilege... you have a husband who will take care of you and protect you..."
- isolated, objected, separate, alone, insignificant, meaningless, hopeless, challenge, difficulty, pain, suffering
- death is a true end

- "They did this""
- I am so small
- our heart measures with wisdom
- who am I?
- I am not good at math, that is why I don't understand how the world works
- How can we be free when we alternate between owner and owned?
- Anything worth doing is worth doing perfectly.
- I need to keep secrets
- There are good people and bad people
- my water is broken
- "They did this"
- World View: The nature of the world is separation; some is right and some is wrong.
- Nature of Power: There is an external locus of power that is primary. It creates our context. We choose between right and wrong.
- Nature of Suffering: Wrongness causes suffering. Suffering is a sign that something is wrong.
- Practice: We aim for right and avoid wrong. When suffering occurs, we look for what's wrong so we can figure out what to do to overcome it.
- Purpose: To serve and protect the well being of all.
- these phrases choke me with fear
- I am so lonely here with all my secrets
- We are all good people, with needs both expressed and unexpressed
- trying to be good sometimes I wind up doing exactly the wrong thing
- its a dog eat dog world
- we live in a world of abundance and unconditional love - and it's our choice to open our eyes and see it or to look away
- "you ARE a selfish person" <-- I've been told
- If I do what I want for living, I would not be able to pay bills
- It's important to be true to yourself
- statements of separation build the wall around my heart and separate me from my spirit and cause me pain in my body creating doubt and fear
- life is but a dream
- As long as I'm happy it doesn't matter what I do.
- shame
- death is a doorway to a new adventure
- despair
- try, make yourself, force, do what is uncomfortable, no pain no gain, suffer, beg, want, need, fear, terror
- Human beings are inherently greedy
- i am comfortable
- I vacillate continually between the poles of feeling existentially alone/barely tethered to the earth, and feeling intimately connected to all things. Between deep fear and inexplicable joy

- too much; not enough
- I need to do all I can to feel big to cover my shame that I'm small
- I must analyze every action to ensure a happy/good future
- Separation stories can continue beyond Death if you wish them to, or not
- I was born as a mistake and nothing can change that
- I'm scared of being lonely
- If I follow my passions, I will not be secure, I will not have enough money, I will be ostracized, I will die.
- why would death destroy separate state
- Humans are the pinnacle of evolution.
- "no pain, no gain"
- Things are hard when/because we are all expected to think and be alike. To me, that is part of the Old Story.
- I trust that my heart knows how to connect
- I can't think of me and you at the same time
- If I do what I want I may not be able to support my family
- It's bad to ignore, break or not follow the rules. I can't be the only exception (but I often feel like I am.
- It's so challenging to not have a negative response to these. Anger and disgust can come up as these are things in myself I either feel attacked by culturally or in myself. These are beliefs I want distance from and those emotions come up to tell me that.
- I am alone
- I can get people to do what I want through force, manipulation, control. Subtly, through passive-aggression.
- True of both stories: nothing makes sense in isolation..
- We grow by change
- I am afraid I will not have enough
- Growth means leaving my comfort zone.
- isolation
- I need to be wanted
- i am not enough.
- alienation, self-loathing, worthless, worry, anxiety, self-negation, self-sacrifice, poverty
- I am fully culpable for my own mental health
- You can't trust anyone.
- Anything worth doing is worth doing perfectly.
- I need to keep secrets
- There are good people and bad people
- I'm such a bitch.
- :)
- trying to be good sometimes I wind up doing exactly the wrong thing
- its a dog eat dog world
- I can figure it out.
- tension is always there

- I am successful if other recognize my worth
- I can think my way out of this mess
- If I am a good boy/girl, I am much more likely to be rewarded and respected, and therefore safe and able to help care for those close to me.
- If I accept a gift from someone, I will "owe" them.
- statements of separation build the wall around my heart, separate me from my spirit and cause me pain in my body creating doubt and fear
- All things and people are either good or bad
- too much; not enough
- I must analyze every action to ensure a happy/good future
- Separation stories can continue beyond Death if you wish them to, or not
- I'm so superior to X
- I'm scared of being lonely
- If I follow my passions, I will not be secure, I will not have enough money, I will be ostracized, I will die.
- why would death destroy separate state
- I'm so inferior to Y
- Things are hard when/because we are all expected to think and be alike.
- Story of Separation; Pain, struggle, strife, hardship, pain and suffering build character.
- We just need a really good plan
- The family is mine, and no one else enter its space. Tribes are dangerous, so we may not open ourselves unto others as we would those we are born into.
- I am an accident among other accidents
- Only one story can be true.
- statements of reality - people have fear over containment. principals, descriptions of reality - how to take steps of courage to take fear away? for others, do we care?
- If I give a gift, they owe me.
- Perception creates reality
- I need other people's approval to feel good in this world
- I call them "head noddors" because we all believe the same story.
- soft is weak = weak is death
- empty
- you should feel lucky to work. so just get over expensive health care, you should be grateful for two weeks vacation including your sick time, you cant be sick our the work will suffer.
- "I have to die in order to become something new."
- not a dog eat dog world! it's a doggie dog world! woof!
- it is so very hard to love myself sometimes
- the list made me feel heavy and a feeling of darkness, not authentic to me
- If I follow my heart I will be a bad husband and I won't be responsible
- It's great to get/give advice from people who know more than we do
- "increase production, avoid accidents, be happy"
- these statements bring up my own hypocrisy i live by

- I can be safe and secure if I hide from my fears. I define myself as a creative problem-solver.
- "your gain is my loss"
- There's nothing I can learn from others who are not like me.
- I feel pain when I don't pay attention to the softer messages
- It's important to be a good person.
- I am alone in this world and will die alone
- I am special - that shows up differently in old and new stories
- To follow the norm to exhaustion
- It's not safe to be the minority
- Showing vulnerability is a sign of weakness, which is bad.
- time is money; ends justify mean
- conform or be ridiculed and alone
- Story of Separation; to be different is to be abnormal.
- I cant follow my heart as I must be responsible
- If I don't look out for myself, I will be doomed
- I have to protect myself. If I follow my bliss I will not be taken care of
- "not enough to go around"
- I am alone in this world.
- More for me means less for others.
- there's no room for kindness or compassion in the business world
- to be happy I need to surround myself around loved one
- To understand something I must dissect and analyze it.
- Life is just not fair
- There is a dangerous, wild world out there and we must keep ourselves safe
- Humans are the only conscious beings on earth
- we need economic growth
- Contradictory stories cannot both be true.
- Questioning is harmful
- my success is solely dependent on my own efforts.
- If I break something complex into smaller pieces I will understand it better
- i can trust my perceptions that are based in fear and anger
- we try to internalize what we already know, and are afraid of the unknown
- We just need a really good plan
- there's no room for kindness or compassion in the business world
- some people are more valuable than other people
- why bother if we're still polluting the planet
- as i believe some statements but they are not useful to create the new world
- those amassing a lot of money have not yet awoken
- separation is a physical reality
- time is money; ends justify means
- Our work is to identify problems, and then develop systems to solve them
- Ecstasy is our natural state of being.

- We must judge between good and bad
- I need someone or something to tell me what to do, what is true
- "Pursuing my dreams cannot sustain my life"
- It's up to me
- I am not good enough.
- When I feel lonely I'm separated from myself and the world.
- We cannot be satisfied or we will cease to progress
- "Shy" is a bad thing
- you must get a job
- i can trust my perceptions that are based in fear and anger
- I'm only responsible for myself and my kind. The others can take care of their own problems
- if you can't beat'm... join em..
- the world is metaphor
- Feelings and thoughts evoked by 'old story' statement are nearly ubiquitous!
- It's all good.
- the old story makes me feel inferior, isolated, oppressed . . .
- In the old story: 1.) Love is unbalanced (between giving and receiving) 2.) Family is only based on the idea of your "blood family" 3.) "Time is Money"

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A list of statements about the world, about human beings, about oneself that come from the story of interbeing.

New Story phrases:

- EVERYTHING is sacred
- There's plenty for everybody if we all live simply.
- Everyone is where they're supposed to be.
- I need community to better understand myself
- If I manage to get rid of all that which is uncomfortable/negative, I will be finally happy and fulfilled and find wellbeing.
- LOVE is everywhere. flowing through everything
- The environment is very friendly to me.
- We always have a choice.
- not my words, but "Time is never wasted, only accounted [for]."
- Self is other
- The outer world I experience is a reflection of my inner world.
- Everything happens for a reason.
- Love is all around us and in us.
- LOVE is real.
- the universe is unfriendly

- There is a flow that invites me to play with it
- all possibility is born from mystery
- i love and accept myself and others
- I am amazed at what I do not know, and I am fine with not knowing
- Every moment of my life has led up to this specific now.
- Death is the culmination of the separate self's anxiety. Our culture generally fears death and distrusts its mystery.
- When something is not happening, that's also for a reason
- Every event is significant.
- I am inherently flawed, therefore my life's work, all day, every day, is mitigating my shortcomings.
- i am love and accepted
- Success cannot be measured
- We all here to serve whether we know what our gift is or not, we are received.
- do good work!
- I don't have to *do* anything, right now.
- I am being provided everything I need to grow.....I just want to embroider that on a pillow or something :)
- We are participating in evolution of the cosmos.
- Being able to receive is as important as being able to give - they are One
- the Deep Self is connected with the Heart of the World; and there's only one Heart
- I am not the doer.
- I know more than I ever imagined could be known and I am ok not knowing
- Being a good person is natural and easy.
- I am not just my thoughts
- i am enough.
- your longings are the medicine
- Everything has a purpose, meaning and reason.
- being is more important than doing
- abiding non-dual awareness
- I am enough. I do enough. I have enough.
- All will be exactly as it should be.
- we live in abundance
- Death is the culmination of the separate self's anxiety. Our culture generally fears death and distrusts its mystery.
- I'll be fine
- Failure is the way we learn--sometimes it has to be through what we have been unable to receive or give.
- i am trustworthy
- say it ain't so! say it is so
- nothing is certain but uncertainty
- I am part of a wonderful story - and so are you
- my heart knows the way

- everything's already alright
- Yes we are.
- freedom in my own experience-
- When I am humble, with pure intentions the universe conspires in my favor.
- I am you are he is she and we are all together
- I am my body
- freedom in your experience
- your heart knows the way
- we are one
- wake up to find out that you are the eyes of the world
- I see you. I hear you. we are one
- These are ALL my story!!!
- World View: The nature of the world is wholeness experiencing dynamic interrelationship.
- Nature of Power: Each of us has an internal locus of power. We choose and create our context.
- Nature of suffering: Grounding in fixed ideas that limit full experience of our dynamic interrelationship causes suffering. Suffering is a sign that we're missing something.
- Practice: We engage with our full experience and reflect on how it's working. When suffering occurs, we engage to see what we're missing and figure out what we'll do to restore wholeness.
- Purpose: To serve and protect the well being of all.
- ease
- we are all born out of each other each second
- I use my time to follow my passions and curiosities, because monetary reward is irrelevant.
- The totality of my circumstances are all coming together in the now.
- freedom from extending myself to include other people
- just because it is perfect, doesn't mean it needs to stay the same. sometimes the pain is perfect because it is there to initiate a change
- We can communicate with the world around us; not just humans, but trees, plants, birds and the seemingly inanimate.
- we're all dancing a cosmic dance
- Imperfection is beauty, power, and grace.
- all is well
- And it rocks.
- beauty
- Compassion=love+empathy
- I am enough
- what? really? that is SO COOL
- love is the way
- we are one; our uniqueness contributes to our oneness.
- Everything has a purpose, meaning and reason.

- The caterpillar goes into the goo without knowing that it will be a butterfly. It has no choice but to evolve.
- meaning
- Whatever I do, whatever I have, whatever I am, is enough for the Time Being = The Interbeing.
- innocent wisdom
- Connection = There is no right or wrong, just a perception of an event
- from Dawn Hunt to All Panelists:
- My experience is what I need for spiritual growth
- If I loose a battle, and I feel seriously hurt, WE actually won
- I yam what I yam and that's just fine.
- truth
- (laughing- I'm just laughing)
- Exactly enough.
- There is plenty of time, plenty of love, plenty of money (or equivalent)
- we have all that we need
- You are eternally safe.
- Not sure how to apply these principles to situations of human trafficking, or slavery, or mass incarceration or other systems of abuse (eg. there are no mistakes; i am being provided everything i need to grow)
- each of us is of equal wonderful value to this universe.
- This is It.
- I'm not afraid.
- our intentions are being guided and perfected by something greater than ourselves
- I try to live my life form the space of these statements and trust that my vibrational energy will attract the people that I am meant to connect with.
- "Following my passion reveals limitless potential and provides for me in unimaginable ways.
- Would it be possible to get a copy of these two lists??
- I still find myself reminding myself to not beat myself up for past mistakes
- We're all doing the best we can from what we currently know.
- All form and matter is precious because existence is precious
- If you can see your path ahead of you, you can know that it is not your path because you create your path with each step that you take"--
- We are all beings of light and love
- There is no wasted time
- there is no right or wrong choices, but choice
- Synchronicity is not due to coincidence, but the work of an intelligence beyond ourselves.
- yes :)
- the microcosm IS the macrocosm
- I am my body
- freedom in your experience
- your heart knows the way

- we are one
- wake up to find out that you are the eyes of the world
- I see you. I hear you. we are one
- These are ALL my story!!!
- ease
- we are all born out of each other each second
- What I see or judge in others says more about myself than anything
- I use my time to follow my passions and curiosities, because monetary reward is irrelevant. I have everything I need.
- The totality of my circumstances are all coming together in the
- So now what?
- Most people really just want three things: to be treated with love and respect, to have their basic needs met, and to know that blessed state will continue. From that point, they can move out with creativity and love into life and the universe.
- We embody opposites and paradox - both/and is a continuous, dynamic dance
- I create my own world, every action i take changes the present therefore changing the future
- synchronicity, union, god-as-everything
- We are all connected.
- Your life is beautiful
- Interbeing: abundance, connection, meaning, comfort, security, destiny, reason, i matter, i trust myself, pleasure, generosity, love, positivity, learning, friends, family, presence, listening, mystery, security, always home, always home, one door closes, another door opens, be the change you wish to see in the world, be, being, interbeing, intuition, inner knowing, listen to myself, guidance, listen, i am you, we are the earth, everything is learning, trust and leap, trust fall, other people do care about me, strangers will help me when i need it, i can ask for help, i can receive, no one is really a stranger, everyone has pain, everyone is confused sometimes
- There is no right or wrong
- interbeing: everything on the planet is equal in value; humans are not some apex species.
- what are we doing when we cut the grass
- these statements are soul affirming and melt away my anxiety and
- fear reconnecting me to my true self and taps me back into our oneness our interbeingness
- All things things are possible
- World View: The nature of the world is separation; some is right and some is wrong.
- Nature of Power: There is an external locus of power that is primary. It creates our context. We choose between right and wrong.
- Nature of Suffering: Wrongness causes suffering. Suffering is a sign that something is wrong.
- Practice: We aim for right and avoid wrong. When suffering occurs, we look for what's wrong so we can figure out what to do to overcome it.

- Purpose: To serve and protect the well being of all.
- The subtle feelings and inklings inside my body have precious messages for me
- Everyone, without exception, is LOVED and has equal right to be here.
- Everything is deeply intermingled
- My lack of action, my waiting, is also happening for a reason.
- We are all beings of light and love
- embrace paradox
- Go out into the world with kindness and curiosity.
- we are the more beautiful world our hearts know is possible
- new life doesn't harm the planet but enriches it by the love and joy it generates
- we are connected and when we lose something we are supported by all other things we have
- My lack of action, my waiting, is also happening for a reason.
- the freedom we seek in the story of separation is already in place within interbeing
- Life is my teacher
- When I give, I receive manyfold, whether the recipient is accepting of the gift or not
- Trying harder isn't always helpful, and often makes things worse.
- Nobody is bad in essence
- As we give we receive.
- Magic is the engine of creation
- forgiveness (external and internal)
- Communication is more than merely verbal
- we are the new and ancient story
- Our bodies are self healing given our attention.
- the perception of the heart can be trusted
- The universe responds to our thoughts, actions and desires.
- My experience has validity.
- death of loved ones often carries secret gifts
- Grief offers gifts
- by embracing the opposite you strengthen the other, by simplifying and really going into the energetic quality, becoming sensitive enough to it, the differences start falling away.
- "a dream you dream alone is just a dream. a dream you dream together is reality". (Yoko Ono)
- It is possible to listen to mountain streams and trees - they will speak to you. They are always singing, if only we tune in to listen. Even those of us who grew up in the suburbs and watched a lot of TV.
- The consequences of my actions are unpredictable. The unknown can present a powerful invitation to grow.
- We can trust in emergence
- the internal dialogue will behave as it is.
- trust where we are
- Interconnectedness Immersion Experience

- the turning point
- Your inner most self knows what to do
- Don't let the feelings from your heart be shadowed by the thoughts from your head.
- Meandering is an acceptable and most often magical path
- in the new story: 1.) everyone is worthy of being loved 2.) we can heal each others wounds 3.) Earth is our One Home and is a whole community of people, all connected and known to one another
- To bring our hearts to face the heartbreak, we bring truth out in the discovery.
- I can trust the still, small voice within - it always speaks the truth, and I can feel that in my body
- I'm worried I'm not going to live long enough to tell my truths and stories to my daughter. I'm afraid she'll be told a biased story of me that doesn't represent who I've been, who I am now, and what I'm growing to be. I'm afraid she won't know how much I love her and how much her little life has changed me. I'm afraid she'll never know how special she is, that her gift of being able to bring joy and love to those in her vicinity with her mere presence will be squashed by those who want her to fall in line with the old story. But I have no control over that and it's ok:)
- More often, the gift is ugly and full of mistakes. This becomes beauty by our transforming it.
- Being receptive and open is not passive, but an active welcoming
- I too have a three year old daughter and I am so afraid that the culture will raise her to believe the old story..... it was her birth that completely broke the old story for me
- brent, perhaps it is possible that all of us "little fiery embers" will hold your daughter, my daughter, and all our children in the new story
- It is ok to be afraid
- Our attention is our power; focusing on what's wrong -- to resist or fight it -- only increases it.
- Nature tells us how to live
- While we seek lovely aperture we miss our purpose.