

# GUY FERDMAN

## MasterClass: Awareness Practices to Increase Flow In The Body

**Jason Prall:**

Hello everyone, and welcome to this very special masterclass with Guy Ferdman of Satori Prime. This is going to be a quick, little demonstration. Guy and his brother, they do a lot of this type of work that goes very, very deep. And it's around awareness and how to guide and direct awareness in our own internal experience so that we can find new ways of being. And so, I'm excited to see what Guy has to share. And so, Guy, take it away.

**Guy Ferdman:**

Beautiful. So, I like to think of a reality as our conductor, and reality plays us, we're the band, so to speak. So, in this I'll be the conductor and you guys will be the musician. So, hopefully you're in a comfortable place right now. And ideally, and if you need to pause it and play this video after, I would go into a room where you feel safe.

**Guy Ferdman:**

So, if you're around your partner and they might be saying, "What are you doing over there, weirdo?" That's not a good space to be in. So, whether you got to plug yourself into a closet or an office or something, that would probably be the best.

**Guy Ferdman:**

So, assuming that you are already there, I'm going to just have you run an experiment on yourself, basically. Okay? And notice what you notice. And a few things to notice here is that while I give guidance, I'm actually not going to tell you what to do. Because what I'm offering here is to notice that you already know how to intuitively do this without actually being told. And that should tell you something about your human system and your own intuition. And that's what is so beautiful about awareness. No one actually needs to be told how to use their awareness. Okay?

**Guy Ferdman:**

So, really simple. If you could play along with me, just going to have you put up your right hand or your left hand, whatever is more comfortable for you.

**Jason Prall:**

And I'll go ahead and play along as well. And so, I'll do what Guy is doing. And when it comes to the point, maybe I can share some of my experience just to help with that. Yeah.

**Guy Ferdman:**

You'll be the voice of the band, so to speak. Yeah. So, what I'm going to have you do is I'm going to have you place your awareness on your hands. So, that's different than looking at your hand. So you can just

keep looking straight ahead and I'm going to have you just place your awareness on your hand. There you go.

**Guy Ferdman:**

And as you do that, I just want you to notice what you start noticing about your hand. Okay? So, I'll give answers because I do this demonstration a lot. Usually people say something along the lines of I'm feeling heat, or vibration, or almost like a tickling, sometimes it's a coolness.

**Guy Ferdman:**

And even if what you feel is numb, I want to offer that numbness is a sensation. Okay? And so, what I'm really looking for is that you feel an increased sense of sensation.

**Jason Prall:**

Yeah. And just to name it for myself too, I'm feeling a tingling on the external, like the skin. On the boundary layers, I'm feeling very strong tingling. And I'm also noticing the internal flow of whether it be blood or a pulse or there's some increased sensation on the inside of the hand as well.

**Guy Ferdman:**

Beautiful. So, I know your hands are going to get tired soon, but just for a moment, I want to offer also what's happening right now. So, we're placing our awareness on our hand, which is not your eyes, right? Notice how an awareness feels more like an energetic presence over here.

**Guy Ferdman:**

And so as we do that, there's a few things that are happening. So, awareness is here. So you're starting to notice subtle sensation in your hand, that's where the vibration or some increased sensation you're feeling. And that's always there. And again, it might be enhancing even as you keep it there, as you continue to put it there.

**Guy Ferdman:**

And then another thing is, awareness is like a magnet for energy. So, we're starting to notice more energetic flow up here. And then what's happening at the physical level is actually more blood flow is starting to move towards the hand because it's based like a magnet.

**Guy Ferdman:**

So, if you've ever heard of like a Yogi, he was like sitting there and healing themselves more rapidly, this is how. They're focusing awareness, so they're focusing energy at a focal point. There's more blood flow, which equals more nutrition going to that body part. Of course, the body's going to heal more quickly. Right? And that's science fiction. Science fact.

**Jason Prall:**

So, where awareness goes, energy flows.

**Guy Ferdman:**

Correct. Right. The typical line of our awareness, but I really want to take it beyond just intention or anything like that. And we could say, by the way, that's important thing here. What's moving the awareness is intention.

**Guy Ferdman:**

Even if I, this is just to mess with your head a little bit, if I wiggle my fingers, just try to track what's moving fingers. There's no thought here. I can't feel any specific thing happening in my body, but there is an intention to move the fingers.

**Guy Ferdman:**

And so, there's this test they've done since the 1960s about freewill called wiggle your finger. And what they find is that when they put electrodes on people's heads is that there's two blips. There's the first blip, which they don't know, it's an unexplainable blip. And then there's about a second to seven seconds before the conscious idea to move the finger. Okay?

**Guy Ferdman:**

So second to seven seconds before we consciously choose to move a finger there's information coming from an unknown location, right? We say divine intelligence, that is creating intention, that is then creating some movement in our world. Right? So, that should give you some insight into what's happening.

**Jason Prall:**

Yeah. This is what's funny about the scientific world, right? Is that, what moves your finger? Oh, well it's a signal sent from the brain along the neural pathway to the finger and therefore... And it's like, okay, well we just missed a whole beginning to that.

**Guy Ferdman:**

Right. The dialogue just doesn't work because they know something else is going on, but science doesn't look at things in an esoteric way. So yeah, I won't get into all that. There's a whole conversation there about...

**Jason Prall:**

I know. It's fun to think about those things.

**Guy Ferdman:**

It is fun to think about. So again, so you have your hands, so there's your intention just to get the sensation back. And now again, somehow, some way, simply, and without effort, move that sensation to your left foot and you can put your hand down.

**Guy Ferdman:**

So put it to your left foot and see if you notice that there's suddenly an increased sensation in your left foot, or obviously more awareness to the left foot. Again, more heat maybe, more flow, anything. It doesn't really matter what you're feeling, we're looking for that more sensation. Great?

**Jason Prall:**

Well, I noticed that I wasn't even aware of my left foot as I was aware of my hand, because all my awareness was in my hand that I wasn't even aware of my left foot.

**Guy Ferdman:**

Yeah.

**Jason Prall:**

It's insane.

**Guy Ferdman:**

And I will offer that I think we'll eventually find that what's faster than the speed of light is a speed of awareness, right? Because if I want to put my awareness on Jupiter, so to speak, like, boom, I can put it there. And if I would spend enough time with my awareness on Jupiter, I would pick up on its frequency and the data that Jupiter has. Right?

**Jason Prall:**

It's almost the quantum level of reality that science is proving.

**Guy Ferdman:**

Absolutely. Like you are the universe, you're connected to all of the... That's the giant spiderweb. So, there's nowhere you can't really go with your awareness. And again, the enlightened people that have brought the information on our planet have pointed to this many, many times.

**Guy Ferdman:**

So, in a more practical way, when we work with our healing work, we're usually working with the center channel of the body, right? So we want to think of the center channel as kind of opening down here. It's about an inch or two in front of the spine going all the way down to the root or the base of our spinal cord. Okay? That's the seven chakras systems most people are aware of.

**Guy Ferdman:**

And so, I want to just bring you to the heart with that same awareness. And what I want to offer is a level of awareness and attunement that you want to bring specifically to yourself, which is what we call a passive awareness. Okay?

**Guy Ferdman:**

So not this active, like this hawk, that's looking down almost like a laser pointer, it's almost more like light that's dispersed. A good metaphor for this is if you are sitting on a park bench, if you remember doing that before cell phones came out, and we didn't constantly look down at everything. Where you would just sit there and for no real reason, but there's the kids playing in the background, right? On the big toys. And maybe there's a little walking path behind you.

**Guy Ferdman:**

And as people are walking, you could hear the rocks moving and crunching, the swaying of the leaves and the wind. And so, there's all this orchestration of sound and movement around you, but you're not really focused on anything, even though you're aware of all of it. Do you know what I mean?

**Guy Ferdman:**

And so, there's this passive observer. So, I'm inviting you to bring your awareness down to your heart and just really take more of that passive role. So, it's like I'm here, but I'm not like what's going on down there, that kind of thing. Okay?

**Guy Ferdman:**

So, just check that out as you come down to your heart. Maybe notice any shifts in being-ness as you enter the space. And again, if what you feel is numbness or confusion, I would invite wherever you are about this experience in, and just observe that that's where you are about this experience.

**Jason Prall:**

So, it sounds like there's no wrong way to do this. There's nothing that can be classified as good or bad, or right or wrong-

**Guy Ferdman:**

Correct.

**Jason Prall:**

... or better or worse. We're just practicing on noticing whatever it is we notice.

**Guy Ferdman:**

That's it. What's arising is arising. And if what's arising is confusion, then we're going to start with being with confusion. It's almost like love that you feel numb. And if you can't love that you feel numb, love that you can't love feeling numb.

**Jason Prall:**

And there's probably an aspect too that I think we can acknowledge that everybody's going to have their own unique experience. And so, comparing experiences is actually ridiculous. There's no point to that. It's rather just checking out what is my own true experience.

**Jason Prall:**

And sometimes if I name something perhaps, because I'll name something here, that might help you find something within yourself, but it may not. Right?

**Guy Ferdman:**

Sure.

**Jason Prall:**

So, it's not that this is right or wrong, but what I'm noticing is an increased sensation, kind of a heat or an expansive energy that's actually on the front side of my heart. It's not actually in the center. I'm noticing it a little bit far forward.

**Jason Prall:**

Yeah, it feels like there's actually a central point, like a ball almost, like this maybe contracted or increased in density and then also this radiative energy.

**Guy Ferdman:**

Beautiful. Yeah. And again, for some of you guys, don't compare yourself to Jason. Jason's rather practice with awareness. And also, a lot of his life force energy exists here, so he's very aware of this space and has a lot of access to it because of his particular setup in the system.

**Guy Ferdman:**

So, if you're like, "Oh, I don't really feel it." And we're going to play with this a little bit more. So, I want you to just, with your awareness, again, your heart, notice that it's not a two dimensional object in space, it's actually a three-dimensional object. And it has a front and a back, a left and right, an inside and outside.

**Jason Prall:**

And by the way, it's helping me to close my eyes to...

**Guy Ferdman:**

Sure. Sure.

**Jason Prall:**

So, for any of those people that might feel like, let me close my eyes, that's definitely helpful.

**Guy Ferdman:**

Yeah. I should have mentioned that. I've gotten quite accustomed to meditating with eye open, so sometimes I forget now. And also, if there's any sort of toggling happening, like you're in your mind asking questions and coming back to your heart, or like, "Am I doing this right?" Or you're just ping-ponging, totally fine. Don't stop the toggling, let the toggle happen. Okay?

**Guy Ferdman:**

Don't manage the toggle, don't manage your thoughts, everything is allowed here and permissioned here. It's like we're actually allowing for the awareness to create a spontaneous experience that's emerging. We call this the emergent field. Whatever is emerging, we're just learning to observe.

**Guy Ferdman:**

And so, I want to remind you again about the 3D heart. And so, just play with going directly inside the heart now, like finding yourself at the center of the heart. I notice that could be really pinpoint, like you can be micron big with your awareness or you can grow the awareness to the entire heart.

**Guy Ferdman:**

And so, just play with the view, the aperture, so to speak. And then let's come to the front of the heart and see how that feels. Nice. Let's come to the back of the heart. Let's see how that feels.

**Guy Ferdman:**

And now let's drop down to the stomach. Same thing. Three-dimensional object, front back, left right, inside outside. And just find yourself right at the front of the stomach there, like towards the belly button.

**Jason Prall:**

Okay. So, when you say stomach and you just indicated that would be in the front, but the three-dimensional is kind of the inside. Right? Like thinking inside our belly, noticing the front part of the stomach.

**Guy Ferdman:**

Yeah. When people think of a stomach, they're like, "Oh, I have an object that I'm trying to notice." And so, it feels like you're looking at a piece of paper at some object. And I really want you to get that there's a physical body, there's your mental body, there's your energy body. And so, there's layers to all these things.

**Guy Ferdman:**

So, noticing depth can be really important because sometimes you're not feeling just sensation in your stomach, you're feeling sensation at the lower point of your stomach. And so, you want to track it down there again with this really passive observance and just want to notice the sensation in your body.

**Guy Ferdman:**

And so, your mind may have opinions about this, maybe looking as well. And so now, instead of trying to change the mind or control or manage the mind, just inviting however the mind is to be part of this orchestration. It's like, oh, you're just noticing that a violinist is playing the violin. Right? Just noticing that it's part of a band.

**Guy Ferdman:**

Yeah. And then again, we're just noticing what is happening. Maybe you find yourself taking a deep breath that feels really relaxing or settling into your space a bit more. There's no right or wrong way to do this. And so, just again, even trying to find your hips a little bit now with your awareness and seeing what effects that has on your body. Your hips and your knees, these legs, anything that you can bring in. Just noticing the lower half of the body. You might start feeling a deepening or a sinking feeling.

**Jason Prall:**

Yes. So like a heaviness.

**Guy Ferdman:**

Yeah. So again, we're just noticing vibration, noticing frequency. And now let's try something very different, which is, let's come all the way up towards where the third eye is, which is right in between

your two eyes towards the center. And notice what it's like, that shouldn't be too hard, of just like living up here between the eyeballs.

**Guy Ferdman:**

And just allowing for thought to be what it is. Concerns, worries, this is weird, what are we doing? Why is he doing this? Shit, he looks too serious. Why am I closing my eyes? Whatever might be there for you is fine.

**Guy Ferdman:**

And so, this is where the whole of humanity, 99.99% in my opinion, are living right now and modeling life through filters that are conditioned. So, just like we had our hands to the sides, it might be helpful to even put your hands to the left and the right-hand side of your head.

**Guy Ferdman:**

So, it's less about the hands being there and more using the hands as pointers. So, if you need it, you can use it. If not, and you find this easy, go ahead and put your awareness. Let's start with just going about an inch or two in front of your face.

**Guy Ferdman:**

So, you're just finding that awareness in front of your face. If it wants to go further like a few feet or even a few miles, that's fine. Different systems will navigate to this more easily or harder. And then finding the awareness to the right-hand side of your head.

**Guy Ferdman:**

So, if your hand is over there, that might be a good pointer for you, behind your head now. And then to the left side of your head, it's almost like an awareness Halo. And then let's just, again, somehow some way with awareness, allowing that awareness to expand out and away from the head.

**Guy Ferdman:**

And again, just noticing what's shifting in our perception. So, I'll give some language to this one, spaciousness, a void perhaps type of feel to it, an emptiness. And I want you to notice if there's a part of you that's efforting, like moving out into space.

**Guy Ferdman:**

And so, notice the part that's efforting, and then just see if you can drop the effort. So, it feels more like a resting into space or orienting into space, not like a moving into space.

**Jason Prall:**

And I want to share something I'm noticing here, which is that it doesn't feel like I'm imagining this. It doesn't feel like I'm doing this or that even it's me. It's rather just this awareness of the space itself, which is hard to describe. It's just a very interesting recognition.

**Guy Ferdman:**

Yeah. Beautiful. So, whether you know it or not right now, for those of you guys who are playing along, you are essentially playing with different levels of mind, different layers of mind. So, this is what we call a

spacious awareness. It can move into a wake awareness, simultaneous awareness, different levels of mind.

**Guy Ferdman:**

Again, you can read about this stuff, but not really understand what they're talking about. And we're really learning, and part of this awareness is learning how to just sit in the seat of observance.

**Guy Ferdman:**

It's very difficult to observe from a conditioned mind because it has all those opinions. And so, when things are going on in our lives and we're feeling stuck, even this small practice of finding the space around the head, going a little bit more into void. And as I named that, it feels like we're actually going out a bit further and learning how to rest here. And then passively observe from here, is the beginning of doing healing work.

**Jason Prall:**

I'm noticing my own system is calming, right? I just took a deep breath and I didn't plan on that. But it's like my nervous system is slowing down.

**Guy Ferdman:**

That's right. Yeah. We're down-regulating our nervous system, we're having more of a parasympathetic nervous response. And so, all of intuition, all of healing happens from a rest state. Okay? If you've ever been in the shower or on the toilet and you start having good ideas, it's because you're in a place and doing something that's relaxing.

**Guy Ferdman:**

Like when water is hitting the body, and then you suddenly have these eureka moments, "Oh my God, I need to do that." Guess what? That is because your body is relaxing. So intuition can flow more easily. And so, this is why when people do flow and artwork and stuff like that, same thing, they start seeing a lot of intuition come through.

**Guy Ferdman:**

We can access that at will all the time. And so, I'm doing this with you because it's the beginning of how we access higher states of awareness that allow for healing work. And the way the healing work operates, so to speak, if we want to just give you a little bit more of a mental architecture here, is that when we're dealing with something in our lives, there's a correlated sensation that's happening through our center channel. Okay? We call this a part.

**Guy Ferdman:**

And that part is having usually some kind of contraction. So, maybe you feel a tightness in the throat, or a squeezing in the heart, or like somebody sucker-punched you in your stomach. And it's that sensation, that sensation that your mind is looking down at and responding to and trying to create safety.

**Guy Ferdman:**

So, if we bring awareness to that part and we connect to it and we allow for the intelligence, and it could be some minutes, could be hours, it could be days of doing this kind of practice, but we allow for the

energy that's stuck, right? We were talking about stuck-ness like it's a mental thing, but it's also an energetic piece, that stuck-ness can move through the system because things relax. And then that stuck-ness that may have been stuck there for decades moves through the system.

**Guy Ferdman:**

What you get is healing because the mind which is protecting from that sensation, if the sensation is in there, then the source that creates the program that the mind is running, so to speak, the source of it is gone.

**Guy Ferdman:**

And so, the mind looks down and goes, "Oh, nothing? No sensation this time. Huh?" And it goes, "Okay." And you will be in these funny moments where you'll be with, mom and dad is a good example or with a loved one, and you know that they just said that thing that makes you lose your freaking mind. But they said that thing and you don't feel anything. You feel totally neutral about it.

**Guy Ferdman:**

And you're actually looking at your mind going, "Nothing, no response?" And it's like, "No, I got nothing." And you're like, "Okay, that was weird." And so over time, as you clear more of this energy, the mind eventually is just like, "Okay, we don't need to run this program. Let me roll it back." Because the mind, again, is all about efficiency.

**Guy Ferdman:**

So it's like, "Okay, we don't need this protection mechanism anymore. Let me roll it back or upgrade it." And so, we can actually upgrade the facility of our mind through this practice because it doesn't have to be so hypervigilant all the time and really only needs to interject really when there's a threat or to the level of threat that you've gotten yourself to.

**Guy Ferdman:**

And so, every time we practice this, we're cultivating safety and wellbeing in the system. And then again, the mind becomes less hyperactive. You find yourself responding "negatively" to things less and less. And that's really what takes time is, are you going to put it in the reps every day?

**Guy Ferdman:**

And what I find with people is the more they do this, the more enjoyable the process becomes. It just becomes so habituated, it's almost like the way that people use food or drink, instead of an addiction, it becomes a way of life because you realize, as I do this, I wake up the next day and I feel better and more cultivated.

**Guy Ferdman:**

And then the last piece here I just want to tell you, and we trademarked this line. So I'm telling you that I truly believe what I'm saying, is that, doing this level of work is not about feeling better. It's about getting better at feeling.

**Jason Prall:**

We want to feel better. I think most of us start there.

**Guy Ferdman:**

Absolutely.

**Jason Prall:**

Right? And it's important to acknowledge that that's okay. And of course, we want to feel better. I still want to feel better.

**Guy Ferdman:**

Oh, yeah.

**Jason Prall:**

And the way to get there is what you said, which is getting better at feeling. I think that's really, really, really important.

**Guy Ferdman:**

Yeah, that's right. So, it's not about going through the work to make yourself feel better, do the work to get better at feeling. Now, you will find that feeling better is actually a capacity of holding more and more. Because if something comes at you and you're like, "I don't want to feel that," that's the avoidance pattern or the attachment pattern. And that's where the bad feeling starts because it's attraction and then the mind interjecting.

**Guy Ferdman:**

But if you heal those aspects, now this thing's coming at you and you're like, "Oh." Just dramatizing this for you. Like, "Oh my God." Whether it's good or bad, you're just like, "Oh, okay. No, I can be with this. I can hold this. I can feel the semi-system." That's freedom guys. That's the end of suffering. Yeah.

**Jason Prall:**

And I want to backtrack on some of this too, on what your keys or trademark phrases, because it's really, really good. But I think so many of us can acknowledge that after a good cry, whatever it is, we feel there's some relief, there's something through that feels really amazing. Right?

**Jason Prall:**

So, I think I'm talking about, we all know this, and yet I think it's fair to speak for just about everybody that we've all gone through periods, and perhaps we're still going through periods where we don't want to feel stuff.

**Jason Prall:**

And again, you mentioned that in your main interview. And so, if you haven't caught Guy's main interview, definitely watch that. But I started with this type of work. I couldn't feel much. Right? So, to your tagline, I wasn't very good at feeling and I want to honor that wisdom because there was a need in my experience to protect against those feelings that would arise.

**Jason Prall:**

So, for me, as I began this work, it was almost like from one level of perspective, I could say, "Oh, I'm good. I don't really feel much. So, I must not have a lot of work to do. I'm going to be clean."

**Jason Prall:**

And then as I got more and more deep into this stuff, I realized, "oh no, there's a lot under there. And this iceberg is pretty big. It's just it's not showing." And so, I think that's a part of it, right? It's like as you cultivate this practice, you start to uncover little things sometimes.

**Jason Prall:**

And some people may be way more advanced and really good at feeling compared to where I started. So they might just dive in and boom, all this stuff starts coming up. But for some of us, it's like noticing these tiny, little things like, "Oh, I think I noticed that."

**Jason Prall:**

But over time, for me, I can speak from my experience, this stuff gets more intense, more recognizable, more precise, and I get better at feeling. And I want to speak to what you alluded to, which is that there's this pleasure in moving these things through my system, whether it's sadness, or agony, or terror, or I've experienced all these things. And yet, even in the moment, there's almost this aspect of myself that goes, "Ooh, this is fun."

**Guy Ferdman:**

Yeah. Like a healthy pride, right? Like I actually didn't try it, I can feel this.

**Jason Prall:**

Totally.

**Guy Ferdman:**

And one quick distinction here and then a piece about what I just offered you guys is that when Jason's saying feeling, it's distinct from emotion, because we might look at somebody who's highly emotional go, "Well, they can feel so much." I'm over here and like most men are pretty much stuck in anger or joy.

**Guy Ferdman:**

It's like we're either joyful or we're in anger or we're angry that we're not joyful. And so, we feel like we have these very limited lanes, but then you say to a man, "oh, you need to feel more." And they might intuitively know that that's true, but they're like, "I feel really stuck in feeling," which is true for me too.

**Guy Ferdman:**

Tears don't come easy. That's been cultivated by my system becoming more fluid. And that's just one way of releasing energy, right? Like you guys get that. There's so many paths in the body, in our energetic field that can release.

**Guy Ferdman:**

So, I want to take the pressure off that to feel, you need to look like this emotional wreck. And honestly, people who are emotional wrecks, that may not be a healthy thing. And from the point of view of, again,

what we're doing here is we are uncoupling, unhooking, so to speak, from our conditioned, local mind. Okay?

**Guy Ferdman:**

And when we come out here, something that we're doing that's really important to the healing processes, we are unmerging from the healing mind. And so, when we turn and look, we use our awareness from here and we turn, and we come and look at our system, a part in our system, we're not looking at it from here.

**Guy Ferdman:**

That's why I made the distinction between active and passive observance. Because if I watch it from active observance, then it's my condition mind that's watching. And it's starting to apply all its protocols unconsciously, whether I want it to or not.

**Guy Ferdman:**

If I'm out here, I'm unmerged from the part. And the part has an opportunity to express itself, so to speak, in a way that it could not when it's being controlled and manipulated by the conscious mind. And that's what allows for the intelligence of the body to slowly find a pathway and move it through and for the energy to flow. And then we don't need a mental answer.

**Guy Ferdman:**

It's not even important that you understand what is actually happening. What's important is what Jason alluded to, which is this pride for the willingness, and honestly, courage, oftentimes, to experience displeasure or discomfort in the body where most of us have been conditioned. Displeasure and discomfort, turn away from it, pop a painkiller, go to the doctor.

**Guy Ferdman:**

And that's another way of saying, it's like you're spiritually bypassing it. If I take a pill, and again, you're taking something, please don't stop taking it unless you consult a medical doctor, because I don't want to get your emails later on. For me it's like, what is the medicine doing? It's a chemical in composition that's creating a chemical effect in the body.

**Guy Ferdman:**

And that's why you're always going to get side effects with medicine the way that we're doing it now. Chemical response, chemical response, chemical response. Then you need another chemical response to stop this chemical response. And people go down this path. But when you take a pill, what they're doing is they're basically cutting off, right? Like a painkiller. Cutting off connection between the mind and the body. The pain hasn't stopped. The mind is just not aware of it right now because the-

**Jason Prall:**

The source of the pain, right?

**Guy Ferdman:**

Exactly. You're basically blocking transmitters in the brain that can't receive the signal from the body that something is happening. So, over time, yeah, you feel fine, or you're feeling some kind of chemical

response, but the pain in the body hasn't stopped. And now you're no longer aware that there's even an impact in the body.

**Guy Ferdman:**

And so, but the body's still dying trying to give it a signal up here and it can't. And so, so often when we take something, we're disconnecting from our experience. That's at the physical, but at the emotional, it's the same. At the energetic, it's the same. It's like, "Oh, discomfort, let me turn away. Let me try to do something else. Let me get my mind off of it." All these things that we've been taught. And that's all true when you're merged. When you're unmerged, that's a totally different game.

**Jason Prall:**

Well, and I love you pointed to the different levels of the way we can feel, right? So, we can feel in the emotion, right? The sadness, the anger, the disappointment, the frustration, the many flavors of emotion that we can try to identify. I think that's important to get really good at feeling which emotion is this.

**Jason Prall:**

Because sometimes we classify this thing as anger. And it's like, okay, well, there's anger, and there's rage, and there's frustration, and there's maybe a tinge of disappointment flavored in and some sadness underneath that, right?

**Guy Ferdman:**

Yeah.

**Jason Prall:**

It can get really complex. So, there's the emotional stuff that we can feel. And then there's also the energetics, which may be felt even outside the body, like on the exterior or just away from, and then there's the internal experience which may be in the fascia or the muscle or even in the bones or whatever.

**Jason Prall:**

And then there's perhaps even a deeper experience of feeling that you can't even put words to. It's like this depth of your being that doesn't seem like it's body-related, even though you're accessing it through the body.

**Jason Prall:**

So, I just want to point to these ideas because there is really a practicing skill at recognizing some of the levels of depth here. And again, the point is just to recognize what is. And I love this practice because it's super simple and I want people to recognize that even though this is a really simple, guided practice, that this is really powerful.

**Jason Prall:**

Because sometimes we just do meditations and we're leaving the body, so to speak, with our awareness or with our mind. And this is directly into the body, into the direct experience as it is right now, and learning to feel it and relaxing to let go of the judgments, to let go of the meaning and just allowing things to move through. And in doing so, that's really starting to resolve the underlying patterns that

we're holding onto. Right? And again, this can resolve money issues, relationship issues, self-worth issues-

**Guy Ferdman:**

The sky is the limit.

**Jason Prall:**

... and physical ailments, and mental and emotional struggles, right? It doesn't seem as like it's really that important or meaningful, but it's super powerful.

**Guy Ferdman:**

Yeah. Like we give our meditations like these away for free and we just say, "Hey, do seven days." And then you report back to us what you're noticing in your life that's changing. You've got no mental architecture, no need to understand, no psychology here. It's simple practice.

**Guy Ferdman:**

And for a lot of people, it's a relief because it's active meditation. They actually feel like they're doing something, they're participating, where it's like for a lot of people just sitting there quietly for even five minutes is daunting.

**Guy Ferdman:**

We're not trained for this. And so, oftentimes when we stop and quiet our body is when things or discomfort are rising. We're not, again, conditioned to just be with discomfort. We've been conditioned to not be with discomfort. So it's like people don't slow down. People don't stop doing what they're doing. People keep moving feeling like they're literally killing themselves. And in a lot of ways, they are, through stress responses and cortisol and stuff like this because they really haven't built the capacity to stop.

**Guy Ferdman:**

And so, I want to tell you guys just one little story here. I know we're on time. Last year when COVID hit, I've sat in 10 day silent meditation. I've seen the power of what can happen when you're quiet, not talking and just with awareness. It's profound. It's literally X-Men school.

**Guy Ferdman:**

And how many of us have gotten the opportunity to find out what happens when we don't speak a word for 10 days? So, how do you know what you don't know? Right? But what I want to tell you is last year, we were in this place in our business that felt a bit cyclical and hitting the same wall. So my brother and I decided that for-

**Jason Prall:**

Let me interrupt you real quick because-

**Jason Prall:**

... Guy and Ilan's business isn't a failure. They weren't on the ropes as far as I understand. They're generally pretty successful in what they're doing. So, what he's speaking of is this internal feeling of stuck-ness, right?

**Guy Ferdman:**

Sure.

**Jason Prall:**

Even though on the outside, as maybe an accountant or somebody I'd say, "You guys are motoring along just fine. Just keep doing what you're doing."

**Guy Ferdman:**

Correct. Yeah. I mean, Ilan and I have, our company has gone through a bit of transitions over a 10 year period. But we've built multiple seven figure coaching businesses, affiliate businesses. So, we're well beyond the multiple six figure mark in our business and into the seven figures.

**Guy Ferdman:**

So, it's again, yeah. It's not from a monetary, it's just like, again, alignment. Something is off and we're like, "Hey, what if..." Because COVID was around, we're like, "What if we stop all business operations or the stuck-ness? We're just tired of hitting this."

**Guy Ferdman:**

And it wasn't like, "Let's shut it all down." But it was with the thing that like, if at the end of the six weeks, the six weeks says to shut down the business, we will." That's what it was about. So, if we don't know-

**Jason Prall:**

So, I'm hearing everybody at the USC Marshall School of Business going, "That's the dumbest idea I've ever heard." Right?

**Guy Ferdman:**

Sure. I'm clear this makes no sense to the logical mind. That's what I'm saying. This is not a logical mind. This is, you're meditating and you're realizing something is not in alignment with how we're operating.

**Guy Ferdman:**

And what I find is these things aren't as fluid as they can be. When I'm in alignment, things are super fluid. I barely have to try. It's like I have the Midas touch. Everywhere I point to, everywhere I look, every request I have, spontaneously things show up better than I can imagine, 99.9% of the time.

**Guy Ferdman:**

And in this situation, it wasn't. So, we were like, "Hey, as a last bit, in case we shut down the company, we're going to do this live two day event. And that's the whole of it. Our intention is to take six weeks off."

**Guy Ferdman:**

And our agreement with each other was no answering emails, no looking at support tickets. We don't care who's upset. It's like what we're going to do with this six weeks is we're going to sit in this chair and we're going to sit as much time as we can give to our awareness practices.

**Jason Prall:**

Yeah. Be honest with me.

**Guy Ferdman:**

Yeah.

**Jason Prall:**

As you guys were talking about this to one another, did that bring up any fear?

**Guy Ferdman:**

Oh, major. Major. I mean, like butt-clenching fear because we may have incidentally thrown away 10, not thrown away but like said goodbye to 10 years' worth of work. We legitimately did not know what was going to happen during that period of time.

**Guy Ferdman:**

So, I want to tell you what happened during that period of time, because in those six weeks, our company tripled its income. What was stuck became unstuck. Suddenly, relationships that we're looking for in certain people to support our business, instead of looking for them, they just came in. Those people are still with us right now. It was like all these supportive systems just arose.

**Guy Ferdman:**

Even with COVID, same thing. There was a bunch of stressors in my life at the time and COVID came. I just sat, instead of dealing with everything, awareness practices. Within about a month, I mean, major things resolved themselves. We go into all this stuff. There's actually universal principles that when you stop meddling with the problems in your life, they resolve themselves. Shocking, I know.

**Guy Ferdman:**

And you won't know until you try it because we've been taught to meddle with everything to control. And again, like I said in the interview, control is the number one thing people correlate to their happiness and it's just, there's a non-correlated there. It's an illusion.

**Guy Ferdman:**

So, take that for what you will, because I know it's terrifying to think sitting in this chair and in alignment can make so much things happen in your life. And we're not the only ones discovering this, Michael Singer, huge proponent of this. If you haven't read his book-

**Jason Prall:**

The Untethered Soul?

**Guy Ferdman:**

No, the other one. The Surrender Experiment is just a fantastic life story of somebody who lived this principle and literally built a billion dollar organization while sitting in meditation in the woods with little to no effort on his part.

**Guy Ferdman:**

So, it all seems very science fiction because of how we've been told to look at this as a quasi-science. And like I said, it doesn't make any sense, but can be directly experienced than suddenly noticed through awareness, which is really the six sensory perception.

**Guy Ferdman:**

And so, the last bit here I'll say is, my training now is how to cultivate as much of that awareness so that the awareness becomes the first sensory organism, and the five senses are the secondary and even tertiary awareness systems versus the first line of defense, because your eyes, your ears, everything here, this is all conditioned. It's all filtered.

**Guy Ferdman:**

So, it's not a very trustworthy way to experience reality. This on the other hand can experience the multi-dimensional infinite nature aspect of reality. Again, we lack words for these things. Although Indian religion and culture has done a really good job mapping it.

**Guy Ferdman:**

And I want to tell you, there are maps out there for consciousness. And we know at this point in time in certain circles, very, very well how to point to these things. So, anybody can learn it if they have the desire to, and if they're willing to cultivate the time and the energy to do some.

**Jason Prall:**

I love that story. I love it from a place of panic because I honestly can't imagine doing that for myself, nor does it feel aligned for me. So, I want to point to that as well, which is that I'll throw this disclaimer out for Guy and satoriprime.com, that wasn't business advice-

**Guy Ferdman:**

No.

**Jason Prall:**

... that he was giving.

**Guy Ferdman:**

No.

**Jason Prall:**

And he, and his brother, and his wife, and everybody that's involved with the business have done enough work to be able to trust their processes in that. And look, that's a radical idea that they had. And so, that in and of itself to even come up with an idea like that takes a certain level of cultivation, I think. So, I just want to honor your dedication to be able to pull some of-

**Guy Ferdman:**

Sure.

**Jason Prall:**

that off, so to speak, and that most people listening to this probably are not in that position. Although, don't deny that level of possibility either. Right?

**Jason Prall:**

So, it's like for me, when I sit with that idea, it actually doesn't feel right. There are some parts that are scared and like, "Oh my God," but it also just doesn't feel like the right moment.

**Jason Prall:**

So, it's just honoring the reality of that. But again, I think it's authentic. It's such a cool demonstration of what's possible when we get out of the way and let our conditioned mind and our doers, the one that wants to try to fix everything and do everything and make it happen, the Gary Vaynerchuk within us, we just relax that and allow for a greater intelligence to organize these things.

**Jason Prall:**

And I love it too because you didn't say anything about manifesting something. You didn't make a vision board, you didn't set your goals and your sights on something, you didn't write anything down, at least that I'm aware of, that you're aiming to say this is what success looks like. But rather, I'm noticing some friction. It doesn't feel as smooth as I would like it to be or that I'm used to. How can I bring that smoothness back into this? Let's just pause here and see what happens.

**Jason Prall:**

And to some degree, and I remember you going through this, it was an experiment. It was like, we believe this stuff, we coach this stuff, we do this stuff. What happens if we take this to, it's sort of like an extreme from what we've done before. Let's find out. Right? And it could have fallen apart-

**Guy Ferdman:**

Totally.

**Jason Prall:**

... and looked like a total disaster, and yet still been perfectly aligned and allowing you to build something even better. Right?

**Guy Ferdman:**

Right. And something would have arisen out of that breaking down. And yeah. So, what Jason is talking to is like, it's a difference between inventing something and intervention happening. What are the chances that on the day that Jason gets on a call with me, he says, "What I want to talk to people is about stuck-ness," on the day that just two hours before that, I literally trained my group how to get unstuck when you're stuck.

**Guy Ferdman:**

We didn't talk about that. So there's something seated in a field that's intervening. Like I said, there's an orchestra and there's a person playing the orchestra. And so it's like, when you can start noticing the conductor, there's an intervention that's happening. And in that experience that I just mentioned, on the day that I said, "Ilan, do you want to do this?"

**Guy Ferdman:**

He said, "That's the weirdest thing," he goes, "Because I've been getting that signal over and over again and I was going to come on this call today and offer that. And I was scared to offer it because I thought you were going to tell me I'm a crazy person."

**Guy Ferdman:**

And so, there's something seated in the field. I remember watching the movie, I just watched it recently, the movie of Steve Jobs, not the one with Kutcher, but the one that's Sorkin one, which is way better.

**Guy Ferdman:**

And I remember there's a scene with, he's sitting there with Steve Wozniak and he's yelling at Steve basically, Steve Jobs. He's like, "What is it that you do here?" He goes, "You don't invent, you don't write, you don't this, you don't that," but he's like, "Why is it a hundred times a day, people tell me that Steve Jobs is a genius?" And Steve Jobs turns to him and he goes, "I'm the conductor. I play the orchestra."

**Jason Prall:**

There's something to that. Right?

**Guy Ferdman:**

That's it. The conductor. And so, the awareness to me is a conductor and we're the instruments. And it's like, the instrument doesn't know how to play, unless it becomes aware of the conductor. Certainly know how to play in resonance and alignment with the rest of the band.

**Jason Prall:**

Right.

**Guy Ferdman:**

Right.

**Jason Prall:**

That's great. And yet they're all important, to give Wozniak a little credit. He's needed too, right?

**Guy Ferdman:**

Absolutely. Absolutely.

**Jason Prall:**

And in our own experience, that's the taking action or following this conductor, right? There's going to have to be something that comes from that, whether it's action or inaction, there's a following in that

way as well, as opposed to an ignoring, or a turning away from, or a complete unacknowledgement of. Right?

**Jason Prall:**

So, it's a beautiful story, Guy. Thanks so much for your wisdom and sharing your cool practice. And again, and this is something that is so easy. Doesn't need to be done in order to solve something, but rather just a cultivation practice that really can do wonders. So, thanks so much everybody for joining us and we'll see you on the next one.

**Guy Ferdman:**

Bye, guys. Later on.