

PAUL CHEK

Masterclass: How to Permanently Shift Your Mental Patterns

Jason Prall:

Hello, and thanks for joining us on this very special masterclass with Paul Chek. He's got a very special way of getting into the mental and getting some clarity. So Paul, what do you got for us today?

Paul Chek:

Well, the technique I'd like to share, I learned from studying the teachings of Stanley Krippner, who is a very amazing man. Expert at mythology and psychology. And though there are many other techniques, I found this one very simple. It's called name it, blame it and tame it. So once you know what your dream goal or objective is for your life or your relationships, if something comes up such as somebody cheats on you, or you're insecure about your ability to handle yourself well in this upcoming job interview, and you keep having negative thoughts or any negative mental, emotional trigger that you've got going on, maybe your mother drives you crazy when you're around her.

Paul Chek:

So we'll use that one. It's pretty common. So mom keeps complaining that she doesn't like the fact that you're going to school to be a musician and practicing music, because she really wants you to be a medical doctor. And so does your dad. So every time you get around your mom, she just criticizes your music. Doesn't want to listen to it and tells you you're wasting your time.

Paul Chek:

So then you can name it. Because you'll have feelings. You'll see yourself get anxious or maybe angry or resentful, or you might say things that are painful to her. So you say, "Ah, there's the dragon of mom." That's naming it. And then you blame it. You say, "Whenever the dragon of mom gets inside of me because I let her in. I start feeling anxious, nervous, angry, and I want to bite back and it causes pain in my relationship with my mother." Then you tame it. So right when you're going to see mom or call her, you say, "Okay, I got to get ready to meet the dragon because that's, who's usually on the other end of the line."

Paul Chek:

So once I know I'm getting on the phone with mom, I'm not going to say things or do things that provoke her, because I don't want to feel the anxiousness, the nervousness. And I don't want to keep expressing the negative parts of myself in relationship, because then I just become just like my mother. So you tame it.

Paul Chek:

So you can take that concept to anything. If you're insecure about your looks, maybe you're heavier than you want to be. And every time you look in the mirror, you go, "Damn, you're just looking like crap. I'm like, no wonder you don't have a girlfriend or whatever." That's not productive. That's just stress-producing. So you look in the mirror and you say, "Ah, there's me, judging my body instead of loving my body." So you'll name it, "There's my judging self. Whenever I judge myself, I start feeling insecure and I don't love myself. And I don't feel very motivated to do anything. I just want to go drink it away and bury it." And then you tame it, "Ah, now that I know my judging self is here. It's my reminder to love myself and feel inspired to know that if I just make an honest effort each day, it won't take me long to look and feel the way I want to feel."

Paul Chek:

So the technique is simply naming whatever it is that's rising up. Usually it's an unconscious reactive behavior or a programmed behavior. Now when you name it, it comes out of the unconscious into the conscious. If you just keep letting it run, it's got power over you. But once you name it, you've now pulled it up out of the unconscious. And in quantum physics, they say the act of observing something always changes it. You can't look at anything. If you look at an electron, you've changed it. If you look at anything that you can measure or name, it's changed. So now it's conscious. Once it's conscious, you can work with it. So you blame it. You now make yourself conscious of what happens when you allow that thought to be real for you. In other words, to guide you...

Jason Prall:

You're identifying the pattern that you typically run.

Paul Chek:

Yes. You're identifying the pattern and the results of the pattern. The experience of it. "Wow I have..."

Jason Prall:

That's an important one, right? And I'm a little bit familiar with this, but I haven't done this personally myself, but I've worked with some of these patterns and on a more somatic level, let's say. And sometimes I find that it takes me a minute to mentally understand what I'm feeling or what's there. Right? So I think this is an important aspect of what you're describing here, which is you're actually getting very clear on the mental level, on the conscious level, what this is that I'm feeling. How this is, that I'm reacting. And so you're identifying that because at least for myself, it took me a while to learn feeling. To actually feel it and understand it.

Paul Chek:

That's why I'm saying you want to pay attention inside what it's doing to you. Because if you're only at the mental level, you're just trading ideas for ideas. But if you say, "Ah, what happens inside of me when my mom starts criticizing my music?" Well, you see, my stomach gets knotted up and I get constipated for a couple of days and I might get neck pain and I might hold my breath. Not realizing I'm doing it. And then I might notice there's a pattern that every time I talk to my mom, I go binge eat on sugar because I need something to medicate the pain. So if we don't pay attention to what's happening inside of our body, then we don't actually realize what we are embodying. So part of becoming embodied is connecting the conscious awareness of what you're using your mind to create and how the body's responding to it. Because the body has no mechanism for telling a lie. It's a very reliable truth detector.

Jason Prall:

Totally. Yeah.

Paul Chek:

So the truth-

Jason Prall:

One of those is his jaw for me. I never realized how tight I clenched my jaw. It was actually very subtle. It wasn't like I was biting down necessarily. It was just this subtle tension that was held in the jaw. As I became more conscious around that, then I was able to use my conscious awareness to relax it. And over time, that's one of those things where the body started to respond to that conscious behavior change.

Paul Chek:

Yes. A simple technique for someone with that issue is I tell them, just practice keeping your tongue soft. If you just relax your tongue, your jaw will relax. Whenever I teach Tai Chi, Qi Gong or meditation, I always tell people, "Keep your tongue soft and keep a smile on your face." And when you're doing this inner work, if you find that you have patterns, if you know you're going to call your mother, smile before you pick up the phone and hold the smile, because then your brain activates the happy circuits. Your brain has no mechanism for believing you're not happy if you're smiling. So if you smile, you actually put yourself in a positive state, which makes it easier to deal with challenges and conflicts. Because now they become part of a process that has a positive outcome because you're engaging it from a positive place.

Paul Chek:

So you see, name it brings it up out of the unconscious. To blame it, you have to go inside and say, "What's it doing to me?" Right? So I tell people, "Look, a lot of people have addictions to various food." So I say, "Your problem is, you keep thinking chocolate cookies are sweet and taste good." So your association with the chocolate cookies that have gluten in them and you're gluten intolerant is that they're sweet and they taste good. But what I would like you to do as your therapist is to tell me what happens in the next 24 hours to 72 hours when you eat chocolate cookies. And they say, "Well, I get gassy. I get bloated. My head gets foggy. I get pimples on my face and I feel lousy." I say, "Okay. So here's what you do." Every time you see the chocolate chip cookies, before you reach at them, say, "There's my gas, my bloating, my mental fog, my headache and my discomfort."

Paul Chek:

So now you're seeing it as what it does, not what it is. Meaning what it is, is the perception of something sweet and fun to eat. But the reality is that's the illusion that's getting you in trouble. So if you pay attention to what it's doing to you, then you recognize it as what it does for you. For someone else it might not do that. That's why we have to be individual and aware of our individuality.

Jason Prall:

This is what's cool, right? What you're naming here is the direct experience, right? And this idea of this illusion that you're talking about is what we so easily can fall in the trap of. And as we get more familiar with the direct experience, then it becomes a lot more clear how to get out of this sort of tangled web that we've created for ourselves.

Paul Chek:

Yes. So the taming, it is simply this, "What else can I eat that tastes that nice, but works for my body?" And somebody says, "Well, I don't know. I don't think of anything." I say, "Well, that's called being an adult. Go looking." Talk to a chef, talk to friends that are into food, go to a Chinese market, a Hindu market, a Mediterranean market, a Greek market, and start looking for things that are made of the stuff that you can eat and taste good and give you what you want without all the problems. And that's called growing up.

Jason Prall:

Right. No, that's beautiful. Yeah. No, I love that you can apply this in so many ways. And again, it's just bringing the unconscious conscious. Identifying it. How it interacts with us. What the experience is. And then was it name it? Tame it.

Paul Chek:

Blame it.

Jason Prall:

So now we just need to work with it.

Paul Chek:

Convert it to something dream affirmative. So you can't tame your mother, but you can tame your response to her. The problem is most triggers produce a reflex response, which is unconscious. So once we realize that our reflex response is disconnecting us from our mother, which produces pain on both ends of the equation, then we can just, for example, say, "Mom, I know you love me. And I know that what you're saying is because you really have good intentions for me, but I'm an adult now. And I really want you to hear from me out of my love that I accept responsibility for the choice. If I become a musician and I flop, you'll be the first one. I say, "Mom, I should've listened to you." But if I become a musician and I'm happy, then I need to know that I can trust you to acknowledge that, too."

Paul Chek:

And then we have a relationship, instead of a dictatorship. And if mom does not buy into that, then your next level is just love mom, knowing she's loving you the best she can, but that it's your responsibility to listen to your own soul. Or mom's going to be loving a very sick person. Who's doing exactly what mom wants to do.

Jason Prall:

Right? Right. Yeah. Beautiful. No, this is so applicable. I love this. Name it, blame it, tame it. It's easy. And again, I think the fact that we can apply it to so many areas of our life. I mean, I love the food one too. That's such a great way to apply this. So Paul, thanks so much for doing this masterclass. This is a very, very useful one. So simple. And the fact that it's mind-based, I think is it makes it even more tangible in a way, right? There's something so easy about this because we're so used to working in the mind. We're just now bringing from the subconscious to the conscious. So this is fantastic. Thanks so much. Appreciate it, Paul.

Paul Chek:

You're welcome. I'll just say that it's mind, body-based. And I can tell you that for sure. Because if you're telling me you have a mind, I know you have a body, unless you're a ghost. And if you are a ghost, I can still see you. And I'll say, "Guess what, Jason, you still have a body, it's just made a light and it looks solid to you."

Jason Prall:

I love that. Very, very Paul Chek of you. Love it. Thanks so much, Paul. Take care, everyone.

Paul Chek:

Bye-bye.