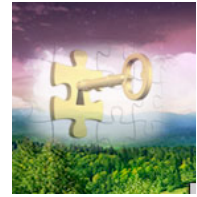




Robert Scheinfeld

"Do I need to be consciously aware of and heal, clear, resolve, ALL my stuff before I can make the leap into Phase 3 and Ultimate Freedom?"

[Friday Q&A's]



Robert: Drum roll please. Okay, there we go. Welcome to another edition of Friday Q and A's.

This week I want to answer a question that was submitted by Marie. But once again it is a question that I get a lot through every channel that's opened to ask me questions whether it's at a live event or it's a coaching component of an online event. It's either ways that you can submit questions to me.

The question is this, "Do I have to be consciously be aware of and resolve or heal or whatever word you want to use, all of my stuff, all of my wounds, all of my karma, all of my blocks, all of my fears, all of the cloud covered stuff in my language that has been causing me pain, blocking me, limiting me, restricting me and the same patterns repeating or whatever it is? The stuff that's caused the biggest problems which in my language is the cloud covered stuff. The answer to the question is, "No."

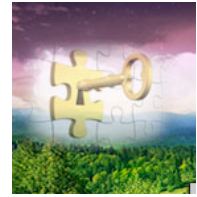
First of all there isn't any "have to" for anything. My bias, my Experience, meaning of Truth is that there are no rules, there are no formulas and there is no one way that is for everybody. All of our stories are custom designed to give us the opportunity for unique human game and human story experiences.

So while there tend to be certain things that all humans or many humans or most humans hold in common, but even then probably not, even though there are trends, even though there are tendencies, even though there are certainly patterns that we can all see there isn't any rule or formula or one way that it is.

Having said that my bias is this, the answer to the question is, "No." You do not need to consciously be aware of any of what you might call pain, wounds, karma, blocks, patterns, and the content of the cloud cover. In my language you don't need to be aware of any of it, much less all of it and you don't have to resolve all of it which would be the second step to being aware of it.

In order to in my language make the leap into phase 3, ultimate freedom awakened in your story or if you don't know anything about the teachings that I share you just want to look at it in a different way, you don't need to do any of that. Be aware of all of it, heal all of it and resolve all of it in order to be happy and to have a fulfilled life or whatever language that you want to use.

My language is the ultimate destination so to speak. Don't take the language literally is phase 3. And Ultimate Freedom is the most delightful destination you can get to while playing the human game and being part of the human story. So that's the simple answer to the question.



The more complicated answer to the question which again is clouded and distorted by my own bias and my own experiences even though it's not required to be aware of any of it or to be aware of all of it, what often happens on the journey of which I'm an expert on, a journey through the cloud cover from phase 1 into phase 2 and ultimately into phase 3 of the human game or what I now call the human story, what often happens is one or two or a few of the biggest whether you want to call it wounds, blocks, cloud cover dynamics, if you want to call it karma, if you believe in that past life influence, if you believe in that all those kinds of things in general one or more of the biggies, the biggest ones that caused the greatest limits and restrictions in pain and struggle and repetition of difficult negative so called patterns or whatever, in general and it definitely happened with me, which I'll talk more about a minute.

In general some of those or one of those or two of those or three of those, it just depends, no rule or formula get targeted, and there is a guided tour component as you're drilling through the cloud cover, as you're making the leap into Phase 3.

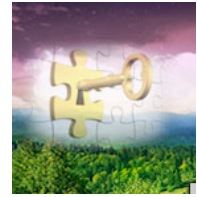
After you're in Phase 3, which is what happened to me that I'll talk about later get targeted and are brought to your awareness and then there is some sort of and again words don't serve, you could call it healing, resolution, dissolving, dissolution, coming to terms with or whatever you want to call it those biggies, and it tends to happen and it tends to be the biggest thing.

The way I look at it, the metaphor that was given to me a long time ago was of an octopus. If you look at an octopus there's the head of the octopus which is where the brain is and the eyes are, the core of the octopus. And then there are all the tentacles.

So for all of us not matter what we are struggling with, no matter what the wounding is, no matter what pain is, no matter what the whatever is in the cloud cover from Phase 1 that's causing us to be limited, restricted, frustrated, depressed or whatever it is there tends to be an octopus, a core and then there tend to be tentacles that go out and take different shapes and affect us and then choke out the life, the joy or whatever out of us.

That's the way I felt, that there was this core octopus wound and I talk about it in great detail in the Ultimate Key to Freedom Experience, this ultimate core head of the octopus wound and then all these tentacles that come out from it and that wraps itself around things related to business and relationships and sometimes body and health and other stuff but it all comes back to the central core.

In general it isn't a rule or a formula. Some or all of that central core, the biggest one, it just depends, tend to be brought to conscious awareness. You don't have to



go digging for it. You don't have to go searching for it. It isn't a big effort thing, it's brought to you. However, it's brought to you.

It can be brought to you by things that happen inside you, in your own mind, you can say what I call Inner Space now. It can come to you in the shape of other people behaving in certain ways and mirroring those things back to you or telling you about or seeing the patterns repeating. It's brought to you on a silver platter.

So awareness of it in some form of healing, resolution, dissolving or whatever tends to be part of the journey through the cloud cover. And when you're drilling through the cloud cover that tends to be what happens.

You start to drill through the cloud cover and you're drilling through a certain section of it. And as you're drilling you hit a section where there's one of these big wounds. There's one of these big octopus patterns or whatever.

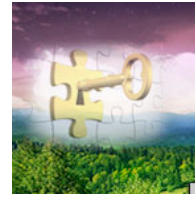
And as you're drilling through it you're being given a guided tour of what's really in there, what's the core wound, what's the core pattern, what happened, what was put into the cloud cover, what was installed in what I now call your Mind Machine. And when did it happen, how did it happen, how was it reinforced, how did it replicate itself, what were the tentacles that expressed that core wounding or that core whatever in different areas of your life. You get a guided tour of it as you're drilling through it and as it's being healed, resolved or whatever.

So does it have to happen? Do you have to do that? Is it a must to be aware of any of it, or all of it or most of it or whatever? No.

Does it tend to happen that you become aware of one or some of it on the journey through the cloud cover into Phase 3 and to ultimate freedom? Yes, it tends to happen.

It tends to happen for a lot of reasons but the biggest reason and you probably won't accept this right now, I wouldn't have accepted if you told me a long time ago, but now it's so obvious and it's so amazing and delicious. And I appreciate it so much and what I'm about to say is because it makes a great story.

We watch movies about stuff that happens to kids and to people. And we watch TV shows episodes of things that are happening to characters that we've bonded with and that we care about. And we read novels about things that happened to people. And they go through stuff. They go through changes and they bump into the walls and they heal wounds. We love stories like that. There's a lot about stories in the Ultimate Key to Freedom Teachings.



So it's an amazing story. It's an amazing experience that gives you the opportunity for extraordinary experiences of thoughts and feelings and sensations and aha's and light bulbs and amazing insights that you never saw before what you're journeys like.

It's amazing to go through this guided tour of what are the biggest octopuses or octopi or whatever, in your story in your cloud cover, what are the tentacles, how did they get there, how did they express themselves. And then watching it generally but it doesn't have to be slowly but surely the tentacles being pulled off and dissolved in the head of the octopus and ultimately being dissolved and disappearing and not having the effects anymore.

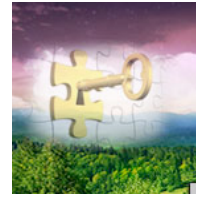
So it tends to be a part of a journey but it doesn't have to be. It's not a requirement. It's not a prerequisite. There's no universal law that you must or whatever before you can, in my language make the leap. But it tends to be part of it.

There tends to be one or more of the biggest things and my bias is there's the head of the octopus and that's the biggest thing. Lots of tentacles appear to be separate but they are not really, they are linked to the core octopus. Lots and lots of tentacles they wrap themselves around lots and lots of parts of our lives and express. And there seems to be a different wound, a different pattern and a different whatever, but they are all coming back to that core.

And it tends to be that you're taken to that, your shown what it was, your shown how it got there, how it was built into the cloud cover layer after layer was built until it locked in and had a huge impact on your life. And then you get the delicious experience which never happens.

I feel like saying it could in general my bias, my experience with myself and tens of thousands of people all over the world now is this whole process of drilling through the cloud cover, becoming aware of these things, getting the guided tour of what they are, how they were put there and how they were reinforced, dissolving and dropping out of your experience, it never happens as fast as we would like it to because if you're like I used to be how fast I wanted it, yesterday and if not yesterday then two minutes from now or two weeks from now.

So for whatever reason in general it doesn't tend to happen immediately. It doesn't tend to happen fast. It unfolds overtime. And I could talk for hours on that but I talk a lot about it in the Ultimate Key to Freedom Teachings. But I'll just plant this last seed before we close here which is this. If you look at movies and their other dynamics, money and other stuff but in general the average movie is 2 hours. Some are shorter, some are longer. An average novel is probably 400 pages. TV shows



tend to be 30 minutes or an hour. And most of them seem to be an hour, minus commercials.

So a movie is never 30 seconds long. It's never a minute long, its 2 hours. If the movie was a minute long you'll feel disappointed. You'll feel cheated because you wouldn't get to experience this whole story that can unfold over 2 hours.

Football games are not 3 minutes long. Baseball games, soccer games, basketball games, tennis matches or whatever you like they are not 4 seconds long, you'd be disappointed. They unfold over longer periods of time so you can have all these amazing experiences as they are unfolding. It's the same thing with the journey through the cloud cover.

So it doesn't tend to be as fast as you'd like it to be. It wasn't as fast as I wanted it to be. But when it's all said and done, for me and for everybody and I mean everybody that I know that's been on this journey, made the leap into Phase 3, knocked out lots of cloud cover or ultimate freedom fully awakened or it's awakening now. No matter how long it took no matter how difficult it was, no matter how many times we would have said, "Oh please stop I can't stand anymore." When it's all said and done and you're on the other end of the journey, the tour, the healing, the resolution or whatever and you look back it's just, "Wow, that was amazing."

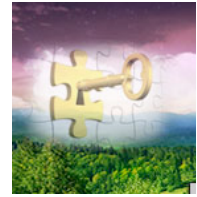
And you've had an experience like that watching a great movie that took you through all kinds of stuff and reading a great novel that took you through all kinds of stuff and struggles that the hero had and the same thing with TV shows episodes and different things.

So again core question this whole video is about. Do you have to become consciously aware of all of this stuff?" No.

Do you have to consciously become aware of some of it? No.

That can be written in your story if it's useful to your story, if it's useful to your game, if it's useful to your life. If it's not, it doesn't need to happen. But it tends to happen because it ultimately creates an awesome story that you can go, "Oh my God, wow" about it. And that's exactly what had happened to me.

And one other quick thing before I close here, in the Robert story an interesting thing happened which is there were these very deep wounds, very big wound, this big octopus that was installed in the Robert cloud cover in my childhood. And the process of healing that, becoming aware of it and how it was built, how it happened,



how it replicated, where it came from and how the tentacles wrapped themselves, I started on that journey when I was still in Phase 2.

Then the leap into Phase 3 was made, ultimate freedom fully awakened, and that healing journey let's just call it, hadn't been completed, it was still in mid-point. So I was able to experience these kinds of dynamics, what was in the cloud cover what I just told you in Phase 2. And then I was able to experience in ways I can't explain here but that are a big part of the Ultimate Key to Freedom experience.

The rest of it the conclusion of it, the completion of the healing, the resolution, the dissolving of the octopus and the tentacles in Phase 3 with ultimate freedom fully awake. So I got to enjoy this amazing story experiencing it in a completely different way as a Phase 3 Ultimate freedom experience.

And that could happen to you or it might be completely different. But it happened to me and it was amazing and it was delicious. And I wouldn't trade one second of it now even though in the middle of it there were lots of times I was begging for relief and to stop it and I can't take it any more blah blah blah. But when it was all said and done, "Oh my God, wow."

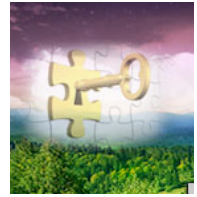
That concludes this Friday's Q and A. As always I close by saying I love to hear your comments below. Love it, hate it, inspired by it, stimulated lots of thoughts or whatever it is, leave a comment below whenever you're looking at this. There's a way to do that.

And if you did love or were inspired or motivated or got insights or whatever or it was helpful in your own language please share the love however you like to do that by sharing a link to this video on email or on social networks or whatever it is, I'd appreciate that as with the people that you give this gift of this particular share.

Okay, bye-bye for now. I'll see you at some point in some other way, shape or form as we continue our connection in this way.

Bye-bye for now.

[End of transcript]



For more information on the topic discussed in this transcript, and/or Robert Scheinfeld And The Ultimate Freedom Teachings, visit:

<http://www.robertscheinfeld.com/>