



# Get Strixed

Proven mechanisms for  
graceful personal growth  
& sustainable change.

By

**StrixRynn**

Rev. Rynn Parraw, Ph.D., D.D.



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~ *Get Strixed*

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## The Strixing Method

*Proven mechanisms for  
graceful personal growth  
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*Rev.Dr. Rynn Parraw, Ph.D., D.D.*



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# ~ The Strix ~

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**Rev.Dr. Rynn Parraw, Ph.D., D.D.**

**Rynn** has lived a life born of intimate connection to nature and surrender to God's call. She is a gifted Prophetic Oracle, a Shaman, trained in multiple ancient healing lineages, a yoga teacher and an ordained Christian minister.

**The Strix** is a legendary creature from ancient times: rumoured to be a shapeshifter, who took the form of the owl. In shamanic metaphysics, the owl represents wisdom, insight, and precision; in her unique way, Rynn uses that Strix energy to help you heal yourself.

The legend of *The Strix* may be dark, but Rynn's mission is to help you heal the pain that comes from the contrast within life. This *Strixing* reveals the inspiring Truth underneath.

What Rynn saw in the Strix was a way to help you shed what no longer serves you, so that you may stand in the power of your Truth.

StrixRynn has been unwaveringly dedicated to helping people around the world transform themselves through carefully orchestrated experiences that allow them to make friends with the beast within – their highest potential. Helping them find that balance between their human faculties and their power, to find the truest form of themselves.

As a 'spiritual midwife', Rynn holds sacred space for you to integrate that conscious shift in your energy and reveal the truth of who you are. It is then that you will walk out of the transformational fire ready and empowered to live in *Authentic Alignment with your Highest Potential*.

# *A little more about Rynn's foundation...*



*{& the obligatory legal disclaimer...}*

Rynn has two Doctorates: One is a Ph.D. in Parapsychology, which is the study of paradigms and anomalous activities that do not fit within the traditional Psychology field. It is a combination of psychology and quantum psychics used to explain the reality that society is recognizing as essential, yet had always excused as unusual. Ex. life after death, psychic activity, quantum physics, black holes, etc.

The other is a theological doctorate, Doctorate in Divinity (D.D.), which is the study of 'the divine character and its presentation', rather than the study of how people worship the divine (religion). {It is a theological degree, yet 'Divinity' denotes specialization.}

Her D.D. thesis dissertation was in the study of ancient mystery schools and how their foundational teachings actually informed the cultures that were developed around them; the cultures survived, although the religious traditions were usually abandoned or hidden long before. How the teachings translated into the new cultures was a part of her studies, although her focus was on the divine character presented, not the traditions involved.

**LEGAL DISCLAIMER:** *Rynn is a spiritual teacher and does not claim to be a licensed health care provider. Although Rynn has two doctorates, her degrees are based on theoretical thesis (not in clinical psychology), and so she is not a qualified medical professional. StrixRynn's website and services are provided for educational purposes only and are in no way a replacement for professional medical or mental health care with a qualified health care provider regarding a medical or health condition, diagnosis or treatment.*



# Howdy Owlets,

(maybe try reading that again like a wolf howling... ‘hooowww-dy’ it’s more fun that way 🦉}

Our catchphrases are not just fun little random sayings. StrixRynn uses (and chooses) their words very carefully, so when something is worth repeating you can bet it has a whole world of meaning encapsulated within.

With so many new Owlets (students) joining in the StrixRynn Empire of Content we thought we would take this opportunity to lay out the foundation of our teachings by diving deep into what these fundamental phrases really mean. By looking line by line at a few of StrixRynn’s favourites we get a glimpse at the depth of authentic psychospiritual transformation that awaits you within these revolutionary teachings.

Some of this may seem pretty rudimentary to some of you, and it should, it’s all just based on basic human psychology. The thing is that most of it operates most of the time for most people completely unconsciously. So although when you hear it said it sounds obvious or familiar, it is the very act of calling it out that draws attention to it and hands the power over to the operator (that’s you).

Conscious evolution is about just that: Co-creating your becoming.  
Who are you co-creating with? Your reality.

Life constantly presents opportunities, you respond to those opportunities and are shaped by your experiences, your beliefs are shaped by those experiences, and your values are shaped by those experiences...

We want you to become the experiencer, instead of a walking collection of experiences functioning on autopilot – as some would say: the consciously undead. To craft a little space between the mind and the identity, the programs and the Self expressing itself, gives us just enough room to get the work started. Your evolution is all about leveraging your advantages to overcome those habits.

I don’t want you to spend your whole life in a reactive or recovery mode, playing catch up to your own story or chasing your tale/tail. We here at StrixRynn are all about taking the reins (yes, I know you think I meant reins).

You may find that I often spell things a little bit differently, using mid-word capitals and splitting common words into two, using alternate words instead of what you thought that just said, and even redefining or full-on making up my own words (neologisms). It’s not bad editing!! (Though admittedly I am a *crap* typist.) The repetitive rhythms and poetic rhyme are neurolinguistic, like what we do in hypnotherapy. They mesmerize subconscious protocols and put them to sleep, and they lure out the creative genius that lurks deep within you...

That’s who we want to play with.



I do this to trip up the subconscious programming that is filling in the gaps for you. When you go to read something and you think you know what it's going to say the conscious mind gets to take a break. So, read carefully, as these little easter eggs are full of golden nuggets that are your ticket to freedom from the unconscious autopilot that's been running the show.

Here we are just talking about the principles of our method. There are thousands of ways to execute those and probably just as many teachers out there trying to do just that. I don't like to waste resources (including time) by reinventing the wheel. So, I will often defer to those teachers as your how-to at each stage and just keep clipping along with what I'm talking about.

I thrive in the conceptual as a psychospiritual theorist. The blindspots are my domain. So it doesn't matter to me which one you are trying to shine a light on, let's just blast the hell out it! Sometimes it's best to leave the details to those who specialize in the niches. We've got enough ground to cover, they can facilitate your process, then you can jump back over here to get into the depths of your potential. Some of our programs balance both, but I always encourage you to alchemize what you know works for you into our work together.

There are a few reasons for this. One is because each of you and your 'stuff' is so unique, and the majority of my demographic are not new to this. People come to me when they've hit the wall and need to figure out that innovative way to get to the next level in their practice and process. I'm all about going deeper. But, those things that got you this far were put in your path because they caught your attention – they had some medicine for you. I don't need you to abandon those to do my thing, I want to capitalize on what works for you *and* give you what you need to take it to the next-level.

If this is the only course you ever do with us, that's ok. Hopefully, in the very least you can learn a thing or two about how to get more out of the teachers and programs you already work with. Alchemy and co-creativity are all about how we can mix things up just right to get the desired results. StrixRynn is just a perfect catalyst to make that majick happen.

StrixRynn's different programs show how to do this in more specific ways based on what particular restraint you are wanting to untether. So find your flavour and get matched up with the language that will work best for your unique needs. That's why we have so many offerings - programs that hone in to different issues, targets, blindspots, etc., using different legends and languages to walk you through it.

We want you to get the most out of your resources: time, money, teachers, efforts, blood, sweat, and tears... *The Strixing Method* teaches you how to do just that.

I am always saying that we accidentally reveal ourselves. You can spend your life unconsciously being shaped by subconscious messages, or you can wake up, step up and consciously co-create not just your world but who you are going to be.

Selah,  
StrixRynn





## Phase I:

# Deconstruction

## 'Shed Away the Excess ~ Reveal the Truth Underneath'

To harvest the pleasures and powers of your past, you must first render and surrender everything that is holding you captive.

Many teachers are out there trying to teach you how to manifest. Essentially, that's about co-creating your reality. When you step up to co-create your reality you better have authority. Authority comes from being self-possessed, which is to be full of yourself – in the good way ;).

Although we subconsciously manifest all the time through law of attraction, where whatever your thoughts are focused on brings more of that to you, it's also very much about your filters: the lenses through which you interpret your reality. If you are trained to see or notice something (filter) then you will see that more readily than something that your eyes are not trained to focus on. The rest still exists you just don't notice it.

Much of consciousness work is about reframing your filters. This redefines your reality. The Strixing Method takes you through how to do that step-by-step. You can't tell a person to just not see something anymore, to just not do something anymore, or just not think anything anymore without teaching them how not to do that.

So much of what we do is actually compulsive. We are no longer making a decision to do that thing. It's on autopilot. That doesn't make you weak for failing at the stopping or starting of something you've decided to change in your life... it makes you human.

Step one is all about de-programming. Now, here's where I depart from traditional psychotherapy:

trauma and drama  
are not  
the only way to learn

No part of me believes that we need to retraumatize ourselves in order to heal. Yes, we need to be free of the things that hold us back... but the power that was compromised was not in the trauma... it was just before it. What was the thing that was happening, how were you being you *before* that happened to you and shut you down? That's where your power was left behind.

I know that's complicated. Conscious evolutionary work is all about undoing the power the past has over you and freeing that up for the taking.



## Phase II:

# Integration

*'Just go limp and let me love you through it.'*

If you are torn raw by experiences, or by the first phase of this process, you can't be expected to show up full force after that. You just had surgery, in a way, it is expected that you will have a recovery period before building anything new on that.

Healing work, especially conscious evolution, is like stirring up a pond. All the silt and mire get disturbed and makes everything cloudy. You feel around blindly looking for what you were after and if you are lucky you might just grab a hold of it. IF you manage to get it to the surface without it slipping through your fingers, IF you can get it all the way to your heart to be tucked away, held precious there, then you have a chance of letting that process truly transform you.

If you don't take time to actually let things sift and settle, then no change will be sustainable. Everything built on top of it will just be on shaky ground.

You **must** take time to let things become real to you and for you to become real in it.

Only after that can change be made permanent.

## *17 Tries:*

Did you know that it takes 17 tries to make something a habit? That's why so many challenges are 21 days. For the first 17 of those (that's 2-1/2 weeks out of 3) you are still just trying to convince yourself and break through the old routine. After that, in the final days, you are only just starting to create a new routine.

We tend to get discouraged if after a few days we haven't had that massive breakthrough, but the truth of it is even if you touch on that glimpse of progress you won't be able to sustain that for very long... *yet*. That's why we have methods, practice, accountability, and support – to help set that solid foundation on which you can build your new life as the platform for your authentic revelation of who you truly are.

In our 21 challenge structure, the first 17 days are about whatever practices you use to help move energy, recover, nourish, and feel good. It's all about self-care as this integration stage is focused on letting the healing actually happen. You can't build on raw nerves.



## *Universal Law of 3:*

There is a Universal Law of 3, it works in nominal and phenomenal circumstances. It is the same method I used with animal training, paranormal investigations, and even in client programs. It is the holy trinity of personal development work and the reason most of my courses have three phases.

I will only ask three times, and always three times.

Phase 1 ~ You get to think about what was just asked of you. This is your chance to weigh the gains and losses and make your free will choice and commitment.

Phase 2 ~ You figure out how you are going to pull this off. You think your way through it and find out the how. For a lot of us a lot of the time this phase may be entirely trial and error, or if you are lucky: divinely inspired - which is what we are aiming for by consciously evolving.

Phase 3 ~ You better be doing it. The time for execution has come! It's time to put your thoughts and intuitions into practice. Maybe you fail, maybe you were wrong. That's not the point. The point is that you are doing something to create that new pathway.

There can be a lot of bushwhacking in conscious healing and growth work. Just be ready for anything and totally committed to you being you. That is all that is asked of you. You get refined through the process of life, you are not expected to be showing up perfect at the starting gate... that would not be evolution or co-creation.

No one can lie in phase three. All beings are compelled to tell their truth whether they meant to or not. You can tell a lot about someone's character if you ask them the same question three times. They get insecure, mad, elated, whatever their emotional response is it builds by this point in the process.

If you were uncertain then you get insecure – this tells you your foundation is not solid when you waver if you are questioned.

If you were insincere (hiding something) then you get angry – this is a defense mechanism to keep yourself from getting found out. If you can intimidate your interrogator (even if it is yourself) then maybe you can get past them and get what you want... which is 'the easy way' through that manipulation instead of doing the hard work of authentic change.

If you were inspired then you get excited – this is because each time you are asked you get more of that same energy. If the original answer was true for you: you don't get defensive, you get compassionate; you don't get insecure, you get determined.

In our 21 challenge structure, this would be days 18-20. Day 21 would be just for good measure. You get to let loose and let it be inspired. Day 21 is all about embodying the fullness of who you are free of all that used to contain, restrain, and define you.





# The Place for Emotions in Conscious Work

Emotional reactions are habitual. That is the hardest part in growing consciously. We need to learn that emotions are raw data, information, but how we respond is our choice. The practice is to get quicker at recognizing, processing, and responding consciously.

It may sound counter-intuitive, but if you slip up it's actually easy to recover if it was just a bad choice. You can for-give yourself and give your self another chance to make that different choice. It's practice. But if the slip-up remains an unconscious program, you spend your life trying to recover instead of carving out a new way.

It's a lot of responsibility to be a consciously evolving individual but it makes so much of life easier as you go. There is a grace that develops, a momentum, and even a pleasure in it.

## Dangers of Stalling Out

It is essential to stay in this phase as long as it takes to really allow it to become real. However, we can get complacent and lose momentum. Maybe it just feels nice to be taking a load off for a bit, maybe you are scared of what lies ahead. Whatever reason you have for not stepping up to the next level, be aware that humans are creatures of habit.

We will revert to old ways if we don't move along to create the new life, new platform, new you.

We resource unnatural energy in order to sustain this status quo on which our old identity is built. Ex. if you identified as an angry person and spent years trying to heal that, your old filter still sees anger, so you take it as a cue that you still have anger in you and therefore have not completed the healing, so you jump back in to restart. Really you saw anger and recognized it outside of yourself, it wasn't yours... but it is now.



## How do I know when to move on?

There is a sweet spot where we feel relief from the old, and this weird no man's land where we don't know what we are now. That's your cue. It's not impatience, it's not anxiety though it will be if you linger there. Its expectancy.

You know there is something more, but you don't know what. You will have all of your feelings about that uncertainty, but it is your cue that you are ready and moving towards the unknown 'more'. It's unknown because you haven't created it yet.

It's not likely going to reveal itself to you while you are sitting there waiting to get the step-by-step instructions on how to get from A to B. It's far more likely that you will reveal yourself in it, not it to you. As you move forward you show up differently. The rest of it is all about training yourself to recognize those revelations and **own it**.

Reveal yourself.

Recognize yourself.

Re-member yourself.

## Re-member the Self-Possessed You

To re-member something is to put it back into place. The place that we are after is *self-possessed authentic alignment*.

Self-possessed is not the same as self-obsessed. Though, if you are a person who likes to be of service you need to learn to go through 'selfish-to-selfless', but that's a much bigger conversation that has its time and place (see our Heart of Service course).

Being self-possessed is to be fully embodied, fully you, with no room for anything that isn't you.

It's not arrogance, it's confidence.

It's not selfishness, it's self-respect.

But in all honesty that is often how it starts, and it can be a slow migration to upgrade into the more evolved expressions.

That's ok.

Be gentle with your self.



## Phase III:

# Cultivation

## Cultivate: *'Capitalize on Your Crazy'*

To harvest the pleasures and powers of your past, you must first render and surrender everything that is holding you captive.

With the work of those first two phases, there is the opportunity to create space for yourself as you shed the things that weren't yours to carry anymore. But, once you've done the shedding, once you've done the integration to stabilize your foundation and are standing on solid footing... then it's time to hit the ground running.

When nothing, or even just less 'something', is in your way you can finally have a bit of space within yourself in which you can experience more naturally. It is in this sacred space that you can catch a glimpse of the truth and the power. But, that doesn't mean you can maintain it for very long. It's just a glimpse, enough to tease and give you a taste for what you will inevitably want to more of.

This teaser is there to help you acclimate. I know it is frustrating to be teased, but holding your own with something you are not familiar with is simply unsustainable. So the invitations to your authenticity and potential tend to happen in ebbs and flows to allow you to adjust and acclimate at a rate that is right for you. The experiences happen in bite-sized pieces that are digestible.

This is why it is SO important to celebrate the little wins... every single one of them.

Each touch-in is a win, a point of contact, a proof. But the ego will only see the loss and the failure to maintain.

Cultivation is the art of slowly carving out a reliable pathway to your destiny.

Cultivation is the art of gently coaxing some feral potential a little bit closer and a little bit closer.

Cultivation is the art of patiently growing and nurturing confidence and proficiency until the point where the new thing is more comfortable, more reliable, more familiar than whatever it was that you were doing before.

If you are really committed, it may even get harder and harder to remember how to do that old thing... or even what it was as it slips off into history.





## Phase III:

# Cultivation

## Resonate: ‘*Contrast creates fuel for transformation.*’

As a co-creative initiator/initiatix of your own reality you are nothing less than a generating chamber building up more and more pressure as you dream and desire. As you cultivate you are magnetizing and generating more and more energy as it becomes available to you and you acclimate to it.

As you continue your practices, formal and informal, conscious and unconscious, you achieve a new state of beingness with new opportunities for one of the most coveted things a human can hunger for... rest.

Not only does *The Strixing Method* have the three phases of deconstruction, integration, and construction, within the final stage there is another round of that same arch of evolution: to cultivate, resonate, and emanate.

In the integration stage, you were taking the time to let things settle and heal. Much like that, in this resonance stage you get to catch your breath but this time it's much more breath-taking than breath-catching. In the second stage of the third phase, all you have to do is simply surrender to that new thing and allow it to change you.

Get out of your own way and let it happen. You cannot manipulate it if you want it to be beyond what you can imagine. As soon as you take the reigns you limit the end product to what you can currently resonate with. But here, we are inviting you to something much more. Let the divine intelligence behind evolution shape you by gently coaxing you into a form you could never have thought you were capable of... because you weren't (capable of it) when you were doing all that thinking.

This is the place to be responsive and receptive. Fully surrendered to your own becoming.

By now you can hold your own as far as you have acclimated to it, so now you get to be transformed by it. This should NOT be an active process. Simply let it happen. Sit with it. Imbibe and be devoured by it. In the end you'll not be the same, so let it do its thing.

Just go limp and let me love you through it. It is surgery, though reconstructive, the talons of the strix are scalpels. 'Tis best you keep still as you are being re-formed.



## Phase III:

# Cultivation

### **Emanate: *'Authentic Alignment with Your Highest Potential.'***

There is nothing more natural than being you. But, you've likely spent most of your life being everything but that. So once you've shed away the excess, glimpsed the truth underneath, integrated to heal, capitalized on your crazy by recognizing what you are capable of, cultivated the new, and surrendered to your own becoming... there is only one thing left to do:

Reveal who you truly are.

This final step in the method sounds simple... but the only thing scarier than the darkness lurking within is the light that was in there with it.

A lot of the time we don't lose connection with ourselves because some 'darkness' sabotaged it, rather we shy away from the light because we just scared the crap out of ourselves doing what we didn't think we could do. Or, my personal favourite, because it was so easy we dismiss it.

The number one reason most people have no idea what their gifts are is because it was so natural that they didn't even notice. Others will reflect it back to you, but most precious humans will dismiss it as something 'anyone could do'. We forget to take the win and to own it.

So a huge part of what I try to get clients to focus on is not just the traumas, but those gentle moments of reveal-ation for that is where your power was hiding all along.

To emanate is to just simply shine. To allow what was hidden deep within to be brought out through the surface and felt by those around you. It is the moment to be witnessed, validated, and galvanized. To emit, to radiate, to expand beyond your old form for none of us actually fit entirely in these tiny bodies.

You've always known you were so much bigger than 'you' are. That's why we feel trapped in the body and mind sometimes. Sometimes we wander and get called home to the vessel. When we reach this stage in the journey it's time to master the art of delivering yourself in integratable ways to others.

That doesn't mean to compromise or contain, but to temper and gently reveal yourself in ways that don't discourage you.

If you just show up and blast someone, as impressive as it may be, you are likely to lose an ally or two. Belligerently saying 'this is me, deal with it' is not the same as showing up self-possessed. By definition self-possessed is to be full of yourself, not spilling out all over the place.

To be a consciously evolving being means a nuanced responsibility for the effect and affect you have on others. To be aware of the alchemy and use it with purpose.

To emanate is to expand beyond your self and allow yourself to be experienced.



# Articulation

## Profiling & Labels: The Meaningfulness of Your Words

There's a modern push to get rid of all labels and start boxing ourselves in. And people tend to really push up against definitions. I understand where that's coming from. For those who don't really fit in the boxes or the old paradigms, that's a really important thing to be doing. However, that modern push has actually left the rest of us in a place where we feel very misunderstood because we don't know how to describe ourselves or explain ourselves to one another.

One of the most disappointing experiences that a person can have is to feel like they're misunderstood or they're unseen. One of the most healing experiences a person can have is to feel like they've really been seen or understood. There is this modern movement for people to push up against definitions or profiles. To betray or abandon those boundaries and to move beyond those definitions.

That is a really important thing to do at a particular point in your journey. The problem is it also leaves without a way to articulate yourself. With no way to communicate or explain yourself to another person. It's almost impossible to help them understand who you are. If the only way you communicate is by telling them: 'I'm not this...' 'I'm not that...' It doesn't give them any context for understanding what you are or what you need.

And so, a lot of our programs at StrixRynn are built on a system of profiles or definitions. It's not to lock people in or to say, this is what you are and therefore... The point of it is to develop a language so that you can have an honest communication, or honest conversation with the people in your life so that when you need to negotiate something for yourself, when you need something and you need to get access to that thing, someone is much more likely to help you out if they understand why you need that. If you are just being demanding or you're saying, I want this and I'll accept nothing else, they're much less likely to bend or to help.

So our systems aren't meant to lock you in. They're not meant to tell you who you are. They're a series of profiles. Most of our programs are actually built on these different theoretical profiles and to help you deep dive into understanding how it works.

Psychology was never meant to be a system of locks and bounds that people are stuck in. It was meant to help us understand why we do the things that we do so that we can then either change what we were doing, or we can do it in a better way. The movement and the process of self-empowerment is all about understanding yourself to the smallest minutia. When you understand who you are and what you're doing and why you're doing it, it's much more likely that you can choose to do those things on purpose and in healthier ways. When you don't understand why you're doing something, but you're trying to stop doing it, it's a lot harder to negotiate that change or transformation.





If you understand why you were doing something in the first place, then you can find a different way to get what you were after. And so, the way that I speak is I will take a concept and I will often tease it out into multiple different variations. Whether that's different versions of the same thing, or that's different profiles of people and how they engage with that thing. But that's kind of my strength: is being able to break down into all their different components. And my hope is that through the way that these systems and these courses are built, you can identify which ones are your strengths, which ones are your coping mechanisms. And then hopefully we can develop a game plan to help you get into the most empowered expression of who you are.

## Negotiate and Navigate Your Reality

One of my favorite words right now is the word articulation. And so you'll find in a lot of my work, I will use the words negotiate and navigate, especially when I'm talking about interpersonal relationships or trying to get what you want in the world. Negotiate and navigate are the two definitions of articulation.

Articulate means to explain something, to be able to put the words in the right order so that you can get your message across that is to articulate. But also, articulate is to move something around a leverage point, like articulating an elbow. It's all the different ways that you can move it. So articulation both means explanation and movement or exploration. That leads us to then negotiation, which is the explanation part of articulation and the navigation, which is the movement part of articulation.

The language that we develop throughout our programs at StrixRynn, they're all meant to help you articulate your life, whether it's to navigate or to negotiate. But when you have that language, you can target the conversation towards your needs instead of your wants. When you understand why you want what you want, then you can find out how to get what you actually need.



# Developing a Language: Projected Definitions

Most people get stuck in definitions. They'll be told something about themselves and they will define their entire reality around what someone else has reflected to them. This is one of the downsides to being communal beings. We take the words of other people and the reflections of other people as absolute truth, instead of taking it with a grain of salt. And so, I do encourage you with every piece of information you engage with, whether it's from me or from a different source that you always test it, put it through series of trials and see if it's true for you. There may be a majority of something that is true for you, but little bits and pieces that actually don't resonate with you and you need to know yourself well enough to know if that's true.

Depends on where you are in your journey, how helpful different languages will be and so for the majority, I'm talking to people who have, have tried to do the work and have come up against that boundary. They've come up against those blockages and they just can't get themselves any farther.

They have problems in relationships that they haven't been able to figure out how to get past. They have issues in their personal expression that they really want to change and have done the work and have tried to follow the different programs and just have only got themselves so far and they're looking for that thing that will take them beyond and break them into the new level. That's usually where I come in. I'm a specialist who helps people who are frustrated or who have gone and exhausted one path and they're looking for a different variation.

I'm now welcoming anyone into these courses and into my work and trying to find a way that I can frame that language to be able to help people, whether at the beginning of your story, and you just don't know how to even tell someone what it is that you're experiencing, or you're at the middle of your story, and you've exhausted one pathway, and you need to find another one; or if you're at a totally different place in your story where you feel like you are the master of your own reality and you're looking at the manifestation side. 'Okay, how do I make the universe itself shape to my will?'



# Accidental Revelation of Authentic Beingness

What we talk about here and the language that I'm developing here, it helps no matter where you are in that story. I hope that you can find your way in to yourself. My prayer is to offer a language for you to have that negotiation with reality, with other people, and with your own authentic being.

It's one thing for teachings to tell you to be your authentic self and do not compromise that. It's another thing entirely. If you have been so cultivated by your experiences and your culture, that you aren't entirely sure who that even is.

So all programs start from the premise of: 'we don't really know what's going on.' You have a history. And so you have revealed yourself through your history, but you've also been cultivated by your history. This is where we start the conversation. And most of the work that I do, I tell you to look at your past, look at your history for the cues and the keys, to be able to get deeper into who you actually are.

We like to express ourselves in those moments of shock. One of my favorite sayings is that: you accidentally reveal who you are. Very rarely. Can you tell someone who you are and more likely they are telling you who you have been. It's those moments that we usually brush it off and we say: 'oh, that was nothing. Anyone would do that.' Those are the moments that you're actually showing who you are and it's being reflect you because that's not true. Not everyone would do it. Genuinely not everyone would do it, especially when we're talking about kindness.

We look at those different reflections that our reality gives us to help shape a picture of who we're accidentally revealing ourselves as because when your light shines through, it's so genuine and so natural, you don't even see it. You don't recognize it. And so, usually we dismiss it and we almost betray it in the ways that we don't honor it or pay any attention to it.

So, when you're looking at trying to develop an understanding of who you are and develop the skillset of being able to navigate negotiating your life in an empowered way, we are looking at those reflections from the outside and from within you that have been dismissed and the ways that you've revealed yourself when you didn't mean to. What are the natural ways that you respond or react to things before your protocol and your programming kicks in and tells you: 'Oh, I'm supposed to do it this way instead.'



The different profiles that we use in all of our programs and courses, again, they are just meant to help you understand which version or which variation you're expressing. There will be a version that is your authentic self expressing itself, and there will be a version that is the practiced programs expressing themselves. It's how you've learned to be. I challenge you to look deep and dive really deep into yourself to actually understand which one is the authentic expression, which one is the natural expression, and which one you've worked really hard to develop. I look forward to exploring these conversations with you.

## Bridgekeeping

For those who are on the other side of the fence, who are on the side where they think that definitions and boundaries and profiles are actually harming people in their authentic expression. Well, I've got something for you too. The majority of our programs are designed around these profiles so people understand no matter which part of life you're engaging with, there are these different ways to do it and we can find our way into which way works best for us. But then there's an entirely different program that is designed specifically for people who don't line up with any of those definitions.

So either you'll hear a series of profiles and feel like none of them are you, or you'll hear a series of options and you'll feel like you resonate with every single one of them. And so if that's you, then you're what we call a bridgekeeper. That's Someone who's designed to have one foot in either world.

Sometimes you'll find balance through extremes and sometimes you'll find a balance through temperance. But either way, you're actually designed to betray the boundaries of profiles by dabbling and touching into several of them. Your personality is a mix of all them and it is authentically that.

As beautiful as that is, and as much as that is the goal of a lot of the modern movement, it's also one of the most difficult to navigate because it's almost impossible for other people to understand what you need in a given moment, because your needs are so versatile and your personal expression is so diverse. And so there are unique struggles for people who are bridge keepers for people who don't fit in to the profiles and the boundaries of definition.

## Explain Yourself

My ministry is to help develop that language for people to be able to explain themselves – to articulate themselves.

We're never looking for permission from the outside world. So when I say, explain yourself, that's not what I mean. What I mean is to be able to help other people understand who you are and what you need.





One of my pet peeves was always when you're asked, who are you? And this is an old Tibetan practice. Um, every Wednesday night the practitioners of Bön all over the world would sit in meditation and face the question of: 'who are you?' And that's the whole practice: who are you? And you just sit there and you face the answer to that.

My pet peeve was that the answer to 'who are you' for most people was a list of what's. I'm a mother. I am a child. I am a doctor. I am a... and they just list all the things that they do and the ways that they show up. They list the containers that they express themselves from instead of actually revealing who they are.

When we are trying to articulate ourselves... When we're trying to reveal ourselves to other people, we need to understand that it starts with having containers to show up in. By having those containers, which it can be a, a circumstance, it can be a career, it can be a relationship. Whatever that is, it's the thing that you are showing up in when we know what we are showing up in, we often know who we're supposed to show up as. It makes it a lot easier to reveal ourselves within that context or explore ourselves or understand ourselves within that context.

However, we cultivate an understanding or character that we're supposed to be in that particular context. And so there comes a point in the story where we need to move beyond that. Where showing up the familiar way, and the familiar place, is actually working against you understanding who you are. It's actually working against other people, understanding who you are.

## Appropriate Playgrounds ...and Playmates

That's where we come into the story. We use the natural containers of our life as our playground. It's the arena in which we exercise the beast that we are. It's the arena that we exercise ourselves and our self expression. So those containers are very important. We need to know which ones are appropriate and who are appropriate playmates in particular containers.

If you are going through a process of trying to redefine yourself or understand yourself in different ways, beyond the programming that you you've experienced throughout your life. One of the most damaging things you can do is use the reflection of someone who is dependent on that particular expression as your way of gauging your progress. That's because you can make leaps and bounds of progress and they won't see it because they need to see you as consistent for them to understand who they are.

If makes sense then great. We're at the beginning of the conversation. If that didn't make any sense to you, then I suggest you look at our alchemy work. There's alchemy and tantric foundational programs that explain that language and how the different dynamics with different relationships work. That is one of the premise things that a lot of our programs are built on.



# Experiential Explanation of You

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When we understand where we can show up and who we can show up with, then we start to see the 'what'. Psychology is all about the why. 'Why do I show up this way?' 'Why do I do it this way?' 'Why do I need to do something this way?' 'Why do I want to do something that way?' So, all of the different platforms that we work with are different parts of your life. There are different domains in your life, and the 'why' you show up the way that you do, or the why you want to change or the why you need to show up in a different way.

So it starts with the what and move into the why. Eventually when you get those two fairly confident, then you can move into 'who'. Because it is who you are that is being revealed through all of it. But when you need to explain *who* you are, you can't, because it is impossible to articulate who you are.

Who you are is a series of vibrations. Who you are is a series of experiences. It can only be understood through an experiential definition. Which means there is no way to build a language that will explain who you are to someone else. You can simply set yourself up in the right circumstances to be revealed. They will have that experience of you, and they will understand who that is. But if you turn around and ask them to tell you who that was, they probably can't because it's a vibration and it's one of those things that does not translate in into language, into any language.



So, the point of all of these languages, all of these definitions and profiles that we are developing is to be able to move you into an experience that goes beyond articulation goes beyond definitions or explanation or language at all. So by no means do I mean to confine you into these definitions or profiles.

The profiles and definitions are the vehicles through which the exploration happens. They're the way that we articulate ourselves through the way that we negotiate with other people and with reality itself, and they are the way that we find movement. The way that we transform is through experience. And so, always the goal is to move beyond the language, beyond the explainable.

As you go through your own process, there will be things that I can help you with. There will be some of the teaching that I have to offer that are really helpful, and there will be a lot of challenges to move beyond the teachings, into your own authentic play, exploration, and explanation.

So, I'm always challenging people to take what I can give and then run with it! Turn it into your own and do what you can with it. Because each one of you has a very unique expression and each one of you has a very unique purpose in this world. And so, if I can give you the language to be able to negotiate, awesome, and then I want you to do what I can't... Because there are hundreds of thousands of people all trying to do similar things, and each one will do it in a unique way. And when each one of them shows up in the way that they were designed to do it then the work gets done.

With one person trying to do one thing or thousands of people trying to do the same one thing that someone told them to do the versatility and the variations that God designed into our universe don't get spoken to. And so, always the goal is authentic expression. Always the goal is unique expression, always the goal is your own authenticity.

I am happy to be able to contribute to your understanding of that. I hope that you understand where we're coming from and that the challenge is always to take the medicine, take the definitions, take the language, and then run with it and see how far you can take it. See how far you can push your own boundaries. See how far you can push this world towards evolution, not destruction.

When everyone is trying to fit into a mould, eventually the mould breaks. When everyone is trying to do the same thing, eventually that platform cannot hold everyone. And so the versatility is a way that we can start to expand the impact that people have in this world.

I am a true believer that every individual person in this world was designed for an individual unique purpose. My goal is to help give you whatever you need to be able to step into that and do exactly that thing. That's all.

So good luck on your journey.

Enjoy the exploration.

And I hope to see you on the other side.



# Enjoy the Journey

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Your whole life, you have worked so hard.  
It's time to be gentle with yourself.

When you know why you do what you do, and have realistic expectations, it makes all the difference in being able to sustain positive changes in your life.

Growing is hard.  
Surviving is hard enough, much less adding  
conscious evolution to the mix!

I'm happy for you that you have decided to carve out this time to find out who you are, uncover the truth underneath all that clutter and interference, and reveal your big, bad, beautiful self to the world.

Unleash Your Highest Potential  
in  
Authentic Alignment  
with  
Who You Really Are

*Selah,*  
Rev.Rynn



*Thank  
you!*



BE  
BRAVE<sup>25</sup>