

A COURSE IN
Business *Miracles*®
Mentoring For Highly Sensitive Entrepreneurs

**A Course In Business Miracles Podcast
Episode 93**

AUK Revisited

Transcript

Welcome to A Course In Business Miracles. This is Heather Dominick, creator of www.BusinessMiracles.com and founder and leader of the Highly Sensitive Entrepreneur movement since 2010. Join me today for some genuine practical assistance and a business altering and life changing experience, A Business Miracle.

This is a Course in Business Miracles Episode number 93, AUK Revisited. In episode 37 of this podcast I shared what I refer to as the AUK process, a process of transformation I teach to the Highly Sensitive Entrepreneurs and Leader members of my Business Miracles Community. AUK is an acronym (and anyone who really knows me knows I'm a sucker for a good acronym) for A - Awareness, U - Understanding, K - Knowing. AUK. In this podcast I take this process one step further where you will now learn how the AUK process can help you move out of resistance while also no longer being beholden to your highly sensitive triggers all so you are better equipped to excel in business and life as a highly sensitive leader whether that be at your dinner table, in your business, the boardroom or as you go about your daily life - like going to the grocery store or walking the dog. Let's dive in.

You saw as part of the HSE Coping Cycle that the AUK process is the center of the cycle. AUK is the process of the way that I describe, the process of true transformation. I want to go over that with all of you, because it does have physical movements that go with it. First of all, the A in AUK stands for awareness, and that's the first step of transformation. The physical movement is just up here. This is awareness. This is when a new insight or idea comes in, or there's a realization, or from the RAINS process, it's the R of recognize, awareness.

Then the U is for understanding and that's here. This is intellectual. This is an intellectual understanding of a concept. This is where most people stop. This is why our bookshelves are filled with books, of fantastic, fabulous knowledge about how our lives should and could be different. Yet, our lives look exactly the same as they were years ago. Then the K is here, which is knowing. The difference between understanding and knowing is what's key, because when you are able to shift into knowing, then there is an embodiment, and the transformation has occurred.

What happens as part of the transformation is you behave differently. The key is between the head and the heart, right? As John Dewey says, "How do we do that? How do we integrate intellectual concept and really be able to own it to embody it?" This is where the part of the AUK process comes in where I talk about choice, action, choice, action, choice, action. Yes, to the point where it gets annoying, choice, action, choice, action, choice, action. Because it is not just one intellectual understanding, and then one choice.

It's definitely not even just one intellectual understanding, and one choice, and then one action.

It is the willingness to make the choices and the actions over and over, and over and over again. That is consistency. When I talk about the elements for HSEs to create true transformation of community, core, practice and consistency. That is why, as I was saying to Rebecca, the power of staying with it, staying in community, staying in core practice, and staying with choice action consistently. The power of community again is to have someone else who will witness it and say, "I see you and this has changed."

Not only do most people stop here with understanding, but the other place where people will stop is choice, action, choice, action. I'm tired. Enough already. The couch is looking really good. Oh my God, I really, really like being in bed. I love my pillow and my super comfy blanket, or understanding choice, action, choice, action. Oh, I'm being challenged. Particularly, when that challenge comes from someone who is in our key circle, someone who perhaps doesn't necessarily fully understand us, especially as someone who's highly sensitive.

Then, "Oh my gosh, I'm going to have to have a difficult conversation." Choice, action, choice, action. Maybe I'll just stay up here. Those are the massive choice points, which we will talk about. Are you willing to stay on the path? How much do you want this? That's why I talk about it. Everyone wants transformation, but no one wants to change, because of all the, excuse my language, shit that happens between here and here.

The particular discomfort that happens between here and here. That's where discomfort resilience comes in. What is one of the main things that will take you out here is comparison. That will absolutely can create a dead stop, which is why I also say that the process is the goal, because it's not just about jumping from here to here.

Choice, action, choice, action, choice, action, knowing. Deep breath and let it out. Beautiful. Have a seat. Nowhere in there, do you hear quick fix? Nowhere in there do you hear six figures in six months. Nowhere in there do you hear 30K in 30 days, right? Choice, action, choice action. From there, I wanted to point out that you have a descriptive that you've been given this morning as a handout of the RAINS process. That is there for you to refer to as we continue to go through our time together today.

Particularly, what I want us to be aware of when it comes to the RAINS process is recognize. I want to talk about that a little bit. I particularly want to talk about recognize in connection to resistance. Recognize is a key piece

of the RAINS process when it comes to the coping cycle and particularly the trigger. That is really the golden moment to recognize when you have been triggered.

In context of this training retreat, when you have been triggered by comparison. It's a golden moment. Again, it's a golden opportunity, because right in that moment, you have the ability to change course. Rather than going into your coping, to be able to go into creating. To recognize, "Wow, I have been hooked." Again, I think Anna's share last night, where is Anna? Thank you, Anna. Anna's share last night was beautiful, because the thing about a trigger that is so key for those of us who are highly sensitive is that when you are triggered, when you get hooked, that is not happening to you.

This is not something that someone else is doing to you. The trigger is you and yours alone. That is really key. Maybe it is something that someone said. Maybe it is something that someone or how someone looked at you. Maybe it's something that you saw, something that you heard, but the golden moment in there, what will take you into the coping cycle is the meaning you apply to it, or the ability to recognize, "I am triggered in this moment. I have gotten hooked. Can I allow myself to be with this?"

You can't simultaneously blame someone else that they're triggering you and allow yourself to be with it. It doesn't literally cannot coexist, so you have to be willing to unhook from the trigger, unhook from the story, take personal responsibility and say, "Can I be with this? Can I allow this?" Then to go into inquiry, to find out more about what's happening. If we don't recognize, if we don't allow, if we don't inquire, that's again, when we will go into coping, as a pusher you will start to steamroll. You will go right into steamrolling. It will be that trigger into anxiety, fear, lack of safety, coping.

You will steamroll most likely the people who are closest to you. Those are the moments when you say to your dearly beloved, "Oh my God, what are you doing? Why are you chewing that way? I can't believe you're chewing like that. Oh my God, that's ridiculous." To your child like, "How many times do I have to tell you to remember your mittens? This is ridiculous. I can't believe you forgotten your mittens again," or you steamroll yourself and you just go into that roadrunner mode.

For hidiers, yeah you probably still will lash out. It might take you longer, because you'll probably bury it, and then lucky for the people who live with you, or are closest to you and they call at the exact right time and it's, "Bam." It's an eruption.

Or you can recognize, allow, and inquire.

Thank you for listening and I hope you enjoyed this episode of A Course In Business Miracles. If you're ready to learn how to use your highly sensitive abilities to support your in being purposeful, profitable and empowered rather than scattered, poor and undervalued, take my free self quiz to find out if you are indeed a Highly Sensitive Entrepreneur. And if you are, along with your quiz results, you'll receive my free HSE Success Guide, which will teach you how to have your highly sensitive abilities working for you to create the results you desire in your business.

Take the quiz and receive you free success guide now at www.HSEQuiz.com.

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