



Lyme Less Live More Core Series Action Summary Sheet

Dana Walsh and Brent Martin “The Fight Vs Deep Surrender”

We are conditioned to fight when threatened, but fighting takes a tremendous amount of energy, especially when the "enemy" is invisible to the eye. Learn how a deep surrender to "what is" can help you access the life force you need to heal and reclaim your life in order to open the door to "what can be."



Summary Points:

- Pain is a teacher and the lesson is acceptance. —
 - Dana: The only way I could live with this pain while I was searching for answers was to allow it to be there. The moment I resisted the pain I got worse. You exhaust yourself with the upset.
 - Brent: Because the emotional layer that we put on top of the physical layer that is already there.
- We are so much more than our suffering. —
 - “If you're in pain, you are automatically depressed ... or at least suppressed, your emotional health, and like I said, I had a very strong spiritual background before I got sick, so I was able to say "There's pain and suffering, but it's not the whole picture." There's me, there's you, right now and we have different things going on in our bodies, but there's also this incredible view, this grass, this moon. There's a lot more than just my little experience happening and I'm so much more than my current experience. “

- “I know that sounds hard to reach, but I had to teach myself that and I've had a lot of spiritual teachers in my life, but Lyme was my greatest teacher and that pain was my greatest teacher and got me my Master's Degree.”

- Self Care —
 - “I would learn to self-care and really, what we're doing in the end is mothering ourselves. I learned to hold myself. I woke up the next day and I was like, ‘Awesome. I'm alive. It worked.’”

- Get bigger than the pain and suffering —
 - Dana: When my pain was crazy, I would learn to expand into the environment around me.
 - Brent: What does that mean expanding?
 - Dana: That just means listening. Listening for example, you can hear the cars, and then I would look around and look at the environment and just notice what else is in my space. Then as I did that, my perception and my awareness got bigger, therefore my consciousness got bigger and the pain became smaller and the pain doesn't go away, but it wasn't my entire picture anymore.
 - Brent: Instead of the pain being so big, expand your consciousness to the point where ...
 - Dana: It's not the only thing.
 - Brent: ... there's so much now in that sphere, that pain is just that smaller piece.

- Good or bad, everyday counts as one. —
 - “Take your suffering with you. We're all working so hard to find answers and to get well, but in the meantime, every day counts as one in your life, so we've talked about this in a few other interviews, you got to find those windows of joy and beauty in everyday. I know it's not easy, but we need to look at it like a treatment, actually.”

- Fighting depletes energy. —
 - Dana: I'm going to fight this thing. I mean it, I'm going to fight this thing ...” and it takes a lot of energy. “I'm going to fight this and everything in me is going to fight it,” this bug.

Brent: "Not just this thing, but all the people who are against me, who don't agree with me, the doctors who said no." We got a lot of enemies. We can get a whole army of enemies if we really want to.

Dana: There is this bug ... you can't even see it. "I going to fight. I'm going to get it. I'm going to get ..." this invisible ...

Brent: Shadow box a little bit.

Dana: "I'm going to get this guy. Get all the bad people," and but at the end of the day, it's just you and your mind, and the fight ... I always feel people need to stop saying "fight this illness," let's fight the ignorance, let's fight things that are causing us this breakdown, let's fight some of this ecological change that we're experiencing that's perhaps making the ticks proliferate etc..

Brent: Perpetuating the cycle.

Dana: Also let's fight ignorance around the foods we're eating and what does that even mean, let's educate ourselves. Fight ignorance, that's the only thing to fight because when you start fighting, it takes a lot of energy and it puts you in a negative state.

• Surrender brings power and life force." –

- "Surrender in the spiritual terms is the ultimate, and I know you know that. Surrender is a powerful position, you're surrendering to what is happening in your life. Because when you're fighting what's happening you lose energy."
- "The moment you cannot accept what's happening in your life, you abandon the present moment and all the clues and all the magic that would lead you to your highest potential."
- "Some people ask: how could I be present, I'm in pain, my life sucks, I have no money, I have no job. Lyme took my life away... You can't afford to not be present because in the present moment, experiencing everything you're experiencing, you see the clues and when you numb the pain,(like we all want to do), you numb the beauty and the life and the answers."
- "I learned to be present with everything that was going on so I was able to find the answers for myself. The right doctors, the right next move, the right job, U2. I learned to be with the present moment and that's where our life force is."

- “Our life force is in the present moment, it's not in the past of what we used to be able to do, it's not in the future of what we're not going to be able to do, it's just right here, what we're dealing with.”
- Control is that contracting and holding. —
 - “When you do that, you're putting more stress on your body. When you're in so much pain, you have to do everything in your power to let go and relax. You want to fight it and you want to make this go away. As I said in the film, You exhaust yourself so quickly by resisting the pain and complaining and complaining and complaining and complaining.”
 - “I think venting is really, really important, but I think healthy venting is very important because otherwise you're in a state of complaint 24/7 because you're in so much pain. I think it's important to choose where you vent.”
- Authenticity —
 - “You cannot posture, you cannot fake who you are anymore, you can try, but that's going to wear you down. You get to a point where you cannot ... you're just flat out, ‘I am what I am,’ and I love that because from those ashes, the phoenix rises from the flame and you see your true friends, and you've let go of all this posturing of what you think you should be.”
 - “I was really exposed. I was just like I didn't have anything to hide behind anymore and if I tried to act outside of my true self, I would just get sick. You don't have the energy anymore to not be your true self. I think people mourn that, ‘Oh my god, I'm not able to be this person I used to be.’ You know what? Drop it, you're a truer you and you're this beautiful baby emerging from it and you're becoming your authentic self and I think that so beautiful. We talk about a lot about the different gifts with Lyme disease and any illness that brings you to your knees, really.”
- Gratitude and Responsibility —
 - “The way people approach it has everything to do with the outcome, and it's not to say that you're not allowed to be afraid and all that, but I

just can't believe the entitlement we have in this country, particularly about, 'Get me well, I should be well now.' It's like this demanding ... we don't even realize how good we have and we don't even realize the resources that we have to get ourselves well and I think that's really important, and we talked about in your interview about taking your health in your own hands."

- **Allowing brings possibility.** –

- "When you let go of specific things, you get everything, and you open to huge worlds of possibility."

- **Be open to a new story.** –

- "The core of it, too, is letting go of your story. I really believe that illness starts with our core wounds, I think ... in my opinion, we start out perfect and then life just happens and it's never really what happens to you. We've all had some pretty serious traumas in our life, but it's more what you tell yourself about what happened to you. As soon as we're hurt or traumatized, we say, 'I'm not good enough, I'll never be enough, I'm not worthy.' These kind of things become our core wounds and then over time and life, you just collect the evidence, 'See, it happened again. See? See?' It's a snowball and you start to get buried under it."
- "It's that-self sabotaging thing that just covers your light after so many years of that, 'See, I'm not worthy. See, I'm not enough,' and when you have an illness ... I feel it's like undoing all of that, undoing all those layers and getting back to your child self and back in that state of wonder and worthiness. "

Action Items:

- Meditate on things that are unchanging. Eternity - the sun, the moon, the stars. Love.
- Expand your sense of yourself into the vastness of the sky, horizon or ocean.
- Schedule healthy venting and complaining time (i.e. therapy, tapping, journaling or time with a trusted friend).
- Practice the art of a loving "No."

Say “Yes” to something you’ve always wanted.

Our Reflections:

- Allowing ... The moment you cannot accept what's happening in your life, you abandon the present moment and all the clues and all the magic that would lead you to your highest potential.
- When you are your authentic self you are no longer wasting energy on pretending to be something you aren't.
- Saying no to what isn't you anymore is saying yes to your true self.
- You are made of the same elements as the stars. Meditate on this.
- What core wounds are coming up to heal? What pains you?
- Tapping Script: “Even though my life doesn't look like I imagined, I deeply and completely love and cherish the beauty that is present in my life now.
- Affirmation: “The universe is perfect and brilliant so there is something there for me, and I surrender to that. I surrender to the perfection of my path.”