

Valeria Moore

From: Valeria [valeria@valeriamoore.com]
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To: admin@mikeread.com
Subject: [Test] Adapting, Leaning-in & Workshops

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The Remen Book Q̄ is Available

I finally introduced my latest book, *The Remen Q̄ Method: An Easy Do-It-Yourself Process to Create Inner Peace and Change Your Reality*, and the website, remen-q.com, has been redone. The ISBN is 978-1-7371275-0-5. You can order from Amazon or your local bookstore through Ingram. In addition, there are new articles in the remen-q.com blog; [The Wound of Forced Forgiveness and Apology](#), [Transmuting Burnout](#), and a special addition from my friend LeRoy Malouf [Paradigm Shift from Victim](#)

Remen Q̄ Zoom Workshop

I am holding an **Introductory Remen Q̄ Zoom Workshop on December 18, 2021 and January 21, 2022**. The workshop will last approximately 2-3 hours. I am now asking that you purchase the book and read the first chapter before attending an introductory workshop.

You can sign up for a workshop at <https://remen-q.com/all-event-listing/>.

New Classes

I am developing a tentative schedule

[to Creator Through Love.](#)

New Remen Q̄ Video – Leaning-In

I have added a new video to the Remen Q̄ website under Resources, <https://remen-q.com/leaning-in/>. In this video, I detail the experience of amplifying a heart contraction of non-peace to delve into the multiple levels of the wounded empath. The leaning-in process is applicable for any non-peace.

for upcoming virtual classes that will focus on a meta-state. The first will be PreWork Work on January 22-23, 2022. In these classes, I will guide the attendees through the topic materials and then use Remen Q̄ for the exercises. I am still formulating the structure. But, it looks like I will do an intro on the evening of January 21 and then do 6 hours on each day on January 22nd and 23rd, 2022. The Intro will be optional to those that have already taken the Introduction.

New Projects

I have in the works a series of workbooks that address blocks to inner peace; Victim Identity, Boundaries, Anger, Burnout, Self-Acceptance, Shame-Guilt-Humiliation, Toxic Responsibility, etc. The first project is a workbook that addresses the subtle aspects of self that stop us from taking those steps toward inner peace. I have witnessed people showing up at workshops I have attended or taught, practicing the tools they learned and then they would not follow through. So what stops us from leaning into the non-peace? What stops us from using the tools we have learned? I have written a small article on adaptation that is at the end of this newsletter. The article reflects on how adapting or not adapting to inevitable changes will create either the grace of flow in the former or chaos in the latter. Stopping yourself from change and not adapting is based on fear. I will explore the fears listed at the end of the article and more in the upcoming PreWork Workshop.

Recently, I had a slight sore throat. I noted that I had had that sore throat for several days. It was ever so subtle, but it was there and it wasn't very pleasant. I had done nothing to treat the sore throat. As I reflected on this, I realized I would do the same with emotional states of non-peace. I would

disconnect from the discomfort and go about my day. I also realized that the ability to turn off physical and or emotional pain was one of my superpowers. In my life, I would push through the migraine; I would shut down the heart pain; I kept going despite days of insomnia. If someone hurt me, I would flip an emotional switch and not feel. Finally, I asked myself, "why do I do this." I knew that I wasn't getting rid of the discomfort. It was going into my body to be the next disease I would experience. The ready answer might be "I can't stop, I have work to do," "I don't have time to be in bed," "I don't have time to work on my heart pain," and so on. I asked myself that question focusing on a time when I was in an abusive relationship. The answer was surprising and disturbing. I will explore the answers to that question and much more in the Pework Workbook. This workbook, when done, will be free to everyone on my Remen Q̄ mail list via a pdf. I am aiming to have it ready by mid-January. I will send it out as soon as it is complete. In addition, there will be a paperback version available for purchase through Amazon or bookstores.

Adapting

The recent years have been about adapting and being at peace with the changes. My life and my sweetie's life for the last few years has been adaptation. We allow the changes and the need for adaptations to flow. The moment the flow stops and we quit adapting is when the crazy hits. It was not that way at the beginning of this journey. I would keep the crazy inside and "cope." Everything appeared as if it was OK, but I was a mess. I was exhausted. My feelings and lack of energy were not helping my sweetie. My internal crazy was adding to the external crazy. I started using the tools I have learned; meditation, breathwork, journaling, reflective meditation, drumming journeys, working with the Akashe and Remen Q̄ on what was in front of me at that moment. One day I realized I was allowing and flowing with each moment. This approach is not surrendering, giving up or giving in. I no longer needed to control the world around me. Life decisions become a non-reactive flow. Keeping my sweetie safe had been more about keeping me safe. I still have times I try to control the outcomes. I am aware of those non-peace feelings and thoughts very quickly when they happen. I then do the Remen Q̄ process to come back to peace. The steady stream of adaptations is now a flow of peaceful grace.

The paragraph above speaks to how I choose to be in the world. When we step into flow, we have a deeper understanding of grace. We do what needs to be done at the moment with non-reactive actions and a peaceful heart.

What stops us from adapting, from stepping into flow? (This list is not exhaustive. The listing of fears is a sample of the fears that can stop change.)

1. Fear of change
 2. Fear of not being good enough if you adapt
 3. Fear of responsibility
 4. Fear of being out of sync
 5. Fear of not belonging
 6. Fear you will lose your place in life
 7. Fear of not belonging in the community
 8. Fear of not belonging in the family
 9. Fear of trusting flow
 10. Fear that once it's done, you won't like the outcome
 11. Fear of living your authentic self
 12. Fear of being left behind
 13. Fear of losing identity
 14. Fear of losing self
 15. Fear of not knowing who you are
 16. Fear of losing control
 17. Fear of having to think for yourself
 18. Fear of acknowledging a change
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In-Person Appearance

I will have a table at Lori Aletha's Northwest Psychic Fair in Mill Creek on December 11, 2021. Copies of Emotional Patterns and The Remen Q Method will be available for purchase.

The address for the Mill Creek event is **Triway Grange Hall**, 3509 Seattle Hill Rd, Mill Creek, WA 98296, 10 am – 5 pm.

If you are able to attend please stop by my table and say hi.

Peace,
Valeria



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