



## PASSION 2020 - 1 THE ENERGY TRIGGER



I'm going to introduce a new thing we do in some of our shows together, a new little segment. I'm going to call it "practical magic for the modern merlin" (audience approves). yeah.

we talk a lot. I talk a lot. we're going to start getting into it, actually doing it. so, we don't have any drumroll music. let's just pret- ... (audience slaps hands on legs to create a "drumroll") oh, there we go – brrdruummmm! maybe you could do a little video thing before our next session – oh, you've got two months, cauldre's telling me – practical magic for the modern merlin (adamus pulls out a wand and audience responds "ah!" and "ooh!"). yes.

so. this is, by the way, this is a wand, a magic wand, and you can buy one now before midnight for just \$595 (laughter), free shipping, and it's magical and it's total distraction. it's a nice stage prop for me and it looks so good (adamus poses). that's the time for your shot, crash (some chuckles).

linda: close your mouth.

edith: is it singing happy birthday to you?

adamus: (dave "crash" snaps the photo) yeah, like that.

total distraction. it's just a piece of wood. it's pretty, it's nice, but this little piece of wood is a distraction so that you're looking over here and you're not really, well, you're letting things come in. you're looking over here. every one of you should probably have one (adamus chuckles) but recognize it's a total distraction.

it's time to really allow energy to work for you, and in order to do so I feel it's important for you, the human, to have a trigger. you think about it sometimes – you've heard me say the words, "energy is serving you" – you think about it, but now I want you to start doing it, coming up with first a trigger.

a trigger is either like a body gesture – (snap!) – like that, something unique though, not something just everybody does. something that you can really – (pulls on his ears) people will think you're weird if you go around doing that (some chuckles) – something that is unique to you, meaningful to you. you have to do it consciously. you have to really stop for a moment and do the thing. and, again, all the time you can have your magic wand over here, but it's just a piece of beautiful wood.

an energy trigger is when you say, "energy, I command you to serve me. I command you to serve me." that's it, or "energy serve me," if you don't like the word "command." that's what it's all about.

energy is always here and it's always serving you. that is true. it's not like it hasn't been here, but what happens is typically, in a tight situation, the human's energy center, their energy sphincter tightens up (some chuckles and someone says "no wonder").

you're in a tough situation and what happens? you squeeze in. you restrict the flow of energy at a time when you should be open to energy. suddenly, you're – what's a good example – you're walking along the floor. you're out of your body, as you are most of the time, you slip and fall. and as you're taking that tumble, you know, it's like slow motion – some of you have been there, like slow motion – and you're like, "ohhhh, shiiitt!" (more chuckles) and what happens is your energy sphincter tightens up and ... I'm getting all this from you today, sart (laughter). you bring in that toilet headband. it's like a faucet. suddenly, you turn the faucet nearly off. you restrict the flow of energy at the very time you should be opening it up. that's the way of the merlin.

merlin, no matter what situation merlin is confronted with, merlin stops for a moment, does their (snap!) trigger, whatever that happens to be – it could be a word; it could be a body gesture – even if it's right at the moment of imminent danger or high stress or a situation you feel might be insurmountable, that's when you stop and you do (snap!) the trigger and you open to the energy, rather than close to the energy.

this is very, very important also to understand: there is no agenda in it. when you do the trigger, it's not about saying, "here's what I want for the outcome." the outcome of whatever happens is going to be perfect and it always is. maybe not in what the old human thought it should be, but it is going to be perfect. but when you're restricting the flow almost down to just a drip, drip, drip of energy, you're not going to get the full benefit of the magic, of the experience, and of the unfolding that comes with it.

think back into your life, situations that have come along that might have been physical, might have been financial or emotional. in those situations, you generally bring in your energy, close it down, or you close yourself to that energy. you turn down the faucet. you restrict the natural flow of energy, and that's what's really the problem. it's not the situation that you're in. magical things happen. you could be right within a second of a car accident, hitting somebody, and what you've been doing is closing down, like "oh, crap!" that's the time to open up, and that's when the magic happens, because then it can serve you.

basically, what you've been doing is saying to the energy, "I don't want anymore! no energy." or your mind has been saying, "here's the outcome I want" and the energy ain't going that way. in this case, it's like open up and allow the energy to serve you in that moment.

it doesn't have to be only at times of impending disaster or conflict or anything else. as a matter of fact, this is something you should consciously do 10, 20 times a day until you get so familiar with it. it's like allowing. you're opening up.

the only thing that's been between you and the real magic has been the limitation or the restriction of energy. that's it. it's not that you're doing anything wrong or that you're not worthy or you're not magical. this is just a stick, but it's a great distraction. it's not because of that. it's because in difficult cases you restrict the energy and you bring it right to there (pointing at someone's head), rather than being in your energy. you stop yourself.

triggers ...

edith: "right to there" is where?

adamus: right to there is I AM. that's it. you don't even have to think about it, it's just "me, I AM," instead of just thinking about it, instead of closing down.