

What is the elixir?

To Benjamin, elixir is light juice that lightens up all the dark spaces, like golden carrot juice that's like the first drink you've drunk after walking in the desert. It's the light that penetrates my soul to enable me to see with clear eyes.

To LeaAnne, elixir is life, all the things you've gone through from your journey, the new knowledge you've learned which enables you to get refreshed. It's drinking all that you've learned.

To Manda, elixir is a mixture of magic and happiness and mystery in one bottle. It's mysterious but you want to taste it.

Kelly told of an experience she had the other day. She drove a woman to rehab and had to stay there with her. The experience rattled her. She felt she was being supportive but felt empty at the end. However, she had people to speak to afterward and being able to speak to people who are positive and working to better their lives helped restore her energy and remind her of who she is. They didn't do anything special but they were people who had been on their own hero's journey and had come through it with a heightened awareness and energy that's contagious to all those around them.

LeaAnne feels like she's reached the elixir. She feels she's where she wants to be right now. She believes that things are going to happen. She has energy around her that makes her feel that she can't afford to get down. She now believes that everything is going to work out, even when things might not be going the way she wants them to.

Kelly says she made a list of things that makes her feel stuck or gets her energy clogged. Then she did a process she learned from Byron Katie in which she challenges her thoughts. In this process, she picks a negative thought that slows her down, such as "my boss sucks". Then she asks four questions:

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you think the thought "my boss sucks"?
4. Who would you be without the thought "my boss sucks"?

Then you ask yourself if there's a stress-free reason why you should hold on to this thought. There is always more than one or two options to look at a situation. How can you choose to look at the situation that makes you bigger, connected to source and more in tune with who you really are?

You should not drop the thought. Let the thought drop you. Keep the inquiry going until you no longer have stress connected with the thought.

Then you play around with the original thought. This is called the turnaround. You replace that person's name with your own name and see how you feel about that. You ask yourself the same four questions, which gives you increased self-awareness.

Another thing you can do is reverse the original thought. In the example "my boss sucks" reverse it to something like "my boss is awesome". Then ask yourself the same four questions. After that, ask yourself the same questions about yourself, i.e. "I am awesome".

The purpose of this exercise is to get yourself unstuck from this negative thought, so you're able to shift your thoughts and move on.

Benjamin found this exercise fascinating. He recalled when he was in Africa and saw a lot of injustices and felt like he could react violently to it. However, by thinking of the children in need he was able to realize that the solution was not aggression to the people he didn't approve of but to react with unconditional love. Reacting negatively was lowering his energy. He realized that by changing his inner world he could affect his outer world and be a more powerful person.

Tony then chimed in. He spoke about helping the people in Guatemala because they are worth it, not because they are meant to be pitied. Even though they are poor they are valuable people and deserving of decent housing and the opportunity to live meaningful lives. Providing them with a safe shelter is the first step toward breaking the cycle of poverty.

Mariah said she couldn't agree more with what Benjamin said, so much so that it brought her to tears. She loves being able to see the goodness in people and is grateful to be able to go to Guatemala to help.

Manda thanked everyone for sharing their stories.

Kelly read a letter from Susan, who was unable to be on the call. She is excited about the trip and will keep those who are unable to be there in her thoughts, believing they will be there in spirit. She said everyone who has been part of this group this year have been amazing and she hopes you all continue on with the group as mentors next year. She looks forward to many years of great experiences with Chime In.

Kelly spoke about more trip details. Susan has sent emails to those going on the trip with important information about itinerary and supplies needed for the trip. Kelly implored everyone to read these emails carefully. Kelly said there will be a trip to the U.S. embassy so she recommended packing clothes suitable for such a visit. She also recommended packing good work gloves and a sleeping bag, though Tony said they will have gloves for the group. She suggested going to midwayusa.com and look for a Coleman fleece blanket that makes for a good bedroll and a self inflating air mattress that could easily be put in a backpack. Tony said the school they will be staying in will be safe. Kelly suggested that if you bring a laptop or other

valuables you might be able to store them at the hotel where you will be staying if you're uncomfortable keeping it at the school when you're out working.

Benjamin reminded everyone that Guatemala is a beautiful country with a beautiful culture that has a lot to offer. He said that villages stitched their indigenous languages into their garments to preserve them from their conquerors.

Kelly also said that everyone will be able to present their projects in Guatemala to share with all.