

Conscious Cafe Skipton

Guest Speaker event report

Nicholas Haines, Founder of the Five Institute

Feeling Good about Yourself

SUMMARY of a Conscious Cafe Skipton event on 17th April 2019

The presentation segments of the evening by Nicholas Haines were recorded.



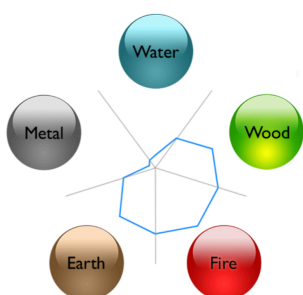
First video: Feeling good about yourself is very much dependent on how well you know and understand yourself. Putting some wider context for who we are at this moment in time, Nick presented the world as it is now. He looked at the cycle of 12 animals of Chinese horoscope and how this provided a different character and theme for each year. In addition, a cycle of five energies weaves through this 12 year period, according to Chinese philosophy.

The last 12 years have been very much about understanding who we are, assimilating what is really important to us and also understanding others. In that period there were key years when we might have received reminders of what we are here to do on the planet. It is good to reflect on those times and recall any messages that came to us. The next 12 years the focus shifts to using what we really value, effectively. What is precious and important to us ... how can we efficiently leverage it?

Exercise: Look back on messages you were given in 2012 and any reminders that came to you in 2017.

Second video, Nick explained the Vitality Test and how it helps you to understand more about how the five images are balanced or emphasised within you. Each of those five energies presents a **key question** that will likely findings endures in your life. Knowing this, and knowing the questions that drive this, is very helpful for relationships and understanding what drives others. When you know your primary question it's easier to understand the gift and challenges that it gives you.

THE **Vitality** TEST



www.TheVitalityTest.com

Recommended: Take the Vitality Test to find out which of the five energies dominates your life and the enduring question that guides you. (It's a free online test)

Third video Nick hypothesises why it is virtually impossible to come out of childhood with robust self esteem. Neuroscience now indicates that questions have more power over us than statements. Statements with power and force, like scolding ones that are negative in childhood, have greater impact and staying power than ones spoken with gentler, loving tenderness.

Your unconscious mind is programmed to answer questions. You best serve yourself by asking Conscious Questions. Conscious questions that leverage our imagination and command the unconscious mind to respond can be constructed with a "why?" or a "how?". these will generate more positive creative responses and will help us feel good about ourselves. Being kind to ourselves is key and questions about good self care will make us more sustainable.

Session One (1st Video) The World Now, the context

Tonight’s talk, we are going to look at the context for how we can feel good about ourselves. Also why it is important for you to feel good about yourself and your role within the world and what is happening. What we have been born into.

- 1) First we are going to look at the context we are living in, the world as it is now.
- 2) Second we will look at the Vitality Test and your particular energy and how that might be interacting with what’s going on. With insights for how you can feel good about yourself and why you might have before.
- 3) Thirdly, we will learn about Nick’s hypothesis for how it is virtually impossible to come out of your childhood feeling good about yourself. And what you can do about it.

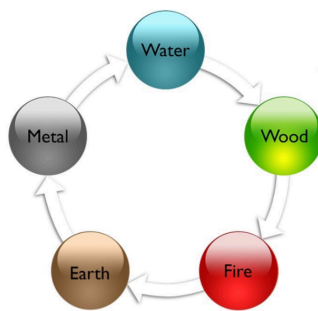
Session One 1st Video

How the 12 year cycles work, and the key dates that will impact us most

All of this work is based on Nick’s experience of being an acupuncturist for the 35 years. He created the Five Institute with tests and profiles all based on the five energies from Chinese philosophy and medicine. The Five Institute stands for kindness, particularly kindness towards ourselves and how we can create a world based on this that is more sustainable.



12



The Chinese Zodiac is made up of twelve animals. Each year relates to one particular animal, all of which have certain characters and natures. As well as each year being rated to an animal, it is also related to one of the five elements or energies. So each year that occurs, does so once every 60 years. The current year is Earth Pig .. the last time that happened was 1959.

Each year has a certain undercurrent or theme to it, an energy or vibrancy. A flavour or wave. Understand it and ride the wave. Or with our understanding of the energy of the year, if it turned out that we had challenges we might realise that we ourselves are not necessarily rubbish and unsuccessful, we might have been trying to do the wrong things at the wrong time! So it is important to understand the context of the year.

Each year builds on each other to create a flow within the 12 year cycle. The year will also interact with your stars, your western astrology etc, your numerology, your essence... and according to Chinese philosophy, **the promise you made** when you came to earth and were born. The promise is something that you are constantly being brought back to do. The year interacts with that essence.

The **Vitality Test actually sums up all of these different aspects** including your parents, your horoscope and who you are. Everything you need to fulfil your promise. We are each born with an energetic blueprint, some of the five energies are more dominant than others and the Vitality Test is a great shortcut to self understanding.

2008 - 2019



Let's look at the context for who we are now Currently 2019 is an Earth Pig year. It was also an Earth Year at the beginning of the cycle.

In the last 12 year cycle, one third of which was dominated by EARTH energy... 40%

Earth = late summer, everything slows down, the desire we have to communicate and make sense of things, our grounding. Earth is a community that comes together to communicate and work out how we fit together; it nourishes us and feeds us.

The last 12 years has been about people trying to understand each other ... how we can assimilate. Bringing things together,

- rise of online education
- movements formed
- our biggest struggles and assimilation .. globalisation
- Formation of tribes as different groups have come together, bringing together but separating from each other
- Understanding that the planet we live on is not invincible .. realising the impact on the earth.

2016 was Fire Monkey Year Interesting year

Fire = passion, communication, talking

Monkeys = cheeky, naughty, steal things, they don't always tell the truth.

Fire Monkey year = mistruths about communication, we were tricked, things were stolen from us.

It was Brexit year. 2016 was all Monkey talk ... The big political bus with the wrong slogan! Tricks played ...and things were taken from us. People on different sides saying different things.

Felt everything was fake news!

A sense of overwhelm.

2017 Fire Rooster - woken up with communication. Like the "Me too" movement. Suddenly woken up to things like by a rooster, thing that we did not realising was happening. Woke up to what we had not been told the truth about.

2018 Earth Dog year .. dogs come together in packs, but they growl, snap, snarl at each other.

Instead of useful conversation in the groups, there was a lot of snarling. Defensive about their position. 2018 a year of Division.

2019 Earth Pig .. final chance to come together in a different way. Pigs are different to dogs, they don't bark at each other. They sleep nose to nose, they have an ability to dig deep, un-earth valuable stuff.. prepared to get in there and get mucky .. deal with stuff.

Pigs .. all cultures regard them as wealthy. This is a year to be rich rewarded .. for whatever you do. It is a magnification year .. of our ability to assimilate and come together.

The last 12 years cycle = we have got used to living with ourselves .. it's been a "you, getting used to YOU" period of time.

All about: understanding self, looking after yourself .. and this final year of 2019 .. is a time to unearth the insights so you **fully understand yourself** in a profound way, before we move on to another 12 year cycle.

Looking back **2012 was a key year**. The Dragon is the only animal that is mystical, flying between heaven and earth .. this means it can bring messages down. Messages came to us from Heaven this year about how we could leave a mark on the world. The energy of the Dragon year was WATER .. water is the **only** energy that leaves its mark on the earth. Like in the Grand Canyon. All other energies are transitory.

In 2012 we were given a message about what we were here to do on earth ... a REMINDER. We were woken up to it again in 2017 with the Fire Rooster year.. in a slightly different form. Wake ups and reminders were given. Something went on in 2012 ... good to think back to this time.

Questions we were asked at the end of Session One:

1 Can you remember what you were told 2012? What ideas were coming to you, what opportunities? ... and perhaps retold in 2017, what came back to you then? Perhaps look at what you are doing now that you love ,.. and think about when you started on that path. That might be a help in remembering.

2 What have you been working on understanding, nurturing or bringing together for the last 12 years? And perhaps, what has challenged you?

3 What are you digging into/uncovering/resolving this year?

Session Two (2nd Video)

Looking at the Five energies, what they say about us and what we might be here to do in the world at this time

Nick was recently speaking at the UN .. looking at climate change issues and how we sort out the problems. What are we being asked to do at this time of great change?

The next 12 year cycle is predominantly METAL.

The Vitality Test is all about your ability to understand yourself and others.

Society has a Golden Rule .. treat others the way you want to be treated .. but is this really a good rule? Is this really just a set up for miscommunication?

We are all different and want to be treated differently. Some want to know the truth, others don't. Safety is paramount to some while others don't hold this as their highest priority.

We have all these five energies in us but with different dominance. The VITALITY TEST is very helpful for discovering more about this.

The Five Energies

Water - Big Question: **Am I safe? Is it safe?**

Wood - Big Question: **Am I free? Are we free?**

Fire - Big Question: **Am I loved? Am I Appreciated?**

Earth - Big Question: **Do I understand & Am I understood?**

Metal - Big Question: **What is missing? What isn't done?** 🧑‍🚀

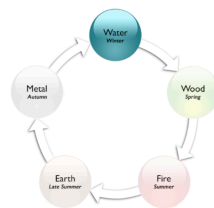
Every energy has a **big question** that drives us to ask over and over again. When we understand this, we can respect each other's boundaries and deep concerns.

WATER - Winter is the season

The time when we reap the consequences of our previous actions. What we do or not do?

In the winter of our life .. did we prepare for it with good retirement planning?

Thinking about Consequences is Water energy.



Water Energy

▶ Season: **Winter**



Primary question:

"Am I safe / is it safe?"

Water energy .. ask WHY .. what is the purpose, how do we leave our mark?

During your life water energy is the only one that increases in you, going up slightly.

As we go through life, we start to ask that question more .. what is the purpose of my existence?

Water is about reflective ... we tend to ask reflective questions.

Water energy people have square jaws .. inspire trust in people.

Angelina Jolie is an example of Water energy.

In their quest to save the world, make a difference .. they can overwork themselves and not be sustainable.

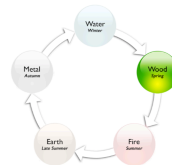
WOOD- Season is Spring

At the beginning of spring, everything is stick, blocked in space. Tension

Can be incredibly relaxed, easy going and flowing ... until the point when they are not and they snap.

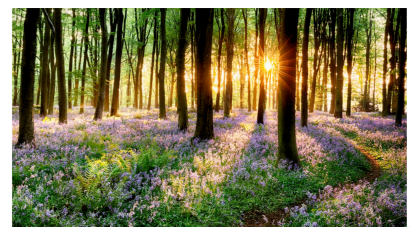
Wood is very flexible .. can be easy going. They end and bend.. then they snap back.

Strong resilience.



Wood Energy

▶ Season: **Spring**



Primary question: "Am I free / are we free?"

As a parent or at work .. can be confusing to others when they can't see that you are about to snap.

Freedom is important to Wood people.

Tendency to start things... have ideas .. not always easy to see them through. They are very innovative and creative people.

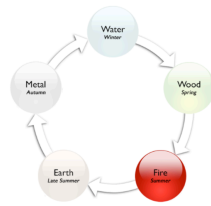
Wood energy stands up against injustice or where rules have been broken.
Well-known Wood person is Dr Martin Luther King.

FIRE - Summer is the season

Hot, expansive

Primary question: "Am I loved / is it appreciated?"

We live our lives trying to find the answers to these questions.
Recognise the challenge .. to love yourself. Fire people have poor memories in remembering the nice things that people say about us.
We can tend to brush off compliments .. not accepting appreciation. Listen to what people say.



Fire Energy

▶ Season: **Summer**



Hot, expansive people, passionate. Say yes to everything .. can therefore burn out. They enthusiastically start many projects.
Very sensitive people .. really try to keep their promises. Need to be more measured and try to hold back on saying an immediate Yes.
Fire people like to talk.
They have a desire to be loved and appreciated
Celebrity Fire person is Robin Williams. He was a high creative person but often in pain.

Fire people hide their pain behind the smile. Therefore what we hear and see might not be the same thing.

EARTH - Late summer is the season

Lazy, hazy days. Time to pause
Time to slow down and pause. Make sense of things. If you cannot make sense of things it can be stressful.

Primary question: "Do I understand / Am I understood?"

Nurturing caring people. Desire to understand.
Like Princess Diana. People felt understood when they met her.



Earth Energy

▶ Season: **Late Summer**



Metal Energy

▶ Season: **Autumn**

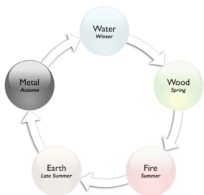


METAL - Autumn is the season

This phase is about the end of things.

Primary question: "What's missing / What isn't there?"

Looking to see what is not done or is incomplete. It is natural for this energy to examine the details and look for faults. Good for detailed work and safety jobs. Like nursing.
They ask "Where are the numbers to back up the idea?"



Positive thinking and being optimistic is desired in society. Fire people operate like this. This does not suit metal people. They can be seen as negative and appear to be pouring cold-water on others' ideas. Their gift can be seen as spoiling things for others.

Metal people are good at saving, thrifty, not having waste.. assessing the value of things. They are good people to put in charge of harvest. They use numbers and metrics to assess value and quality. Hate waste. Love efficiency.

Actor Johnny Depp and Model Kate Moss are Metal energy (very thin, square faces). A lot of models are thin, tight faced .. no wasteful skin!! Slightly removed, distant, disconnected.

2020 - 2031



Now we are heading into a dominant metal energy 12 year cycle.

Time to assess what is precious in the world, What is important.

What efficiency can we bring in?

It will be a logical and practical time

The last 12 years have been about gathering information and insights then assimilating and understanding .. getting a sense of ourselves and what is important about us. Our importance in the world is the next phase of 12 years. what is important about us .. what is valuable about me?

What's my contribution?

Next year **2020** is a **Metal Rat year** ... rats tend to hoard. Next year we might feel the lack of something and feel tempted to hoard things. What is moving up for us is that we will tap in to what we really value and what is important to us.

2019 is a year to get your money sorted and organised.

Questions we were asked to reflect on at the end of Part Two:

What is the **gift** and the **challenge** in the five questions of the Five Energies?

What questions do we keep asking ourselves?

Session Three (3rd Video)

How family dialogue makes an impact on us in childhood and why it is virtually impossible to emerge out of it into adulthood with robust self-esteem

Why is it virtually impossible to come out of your childhood with really healthy and robust self esteem?

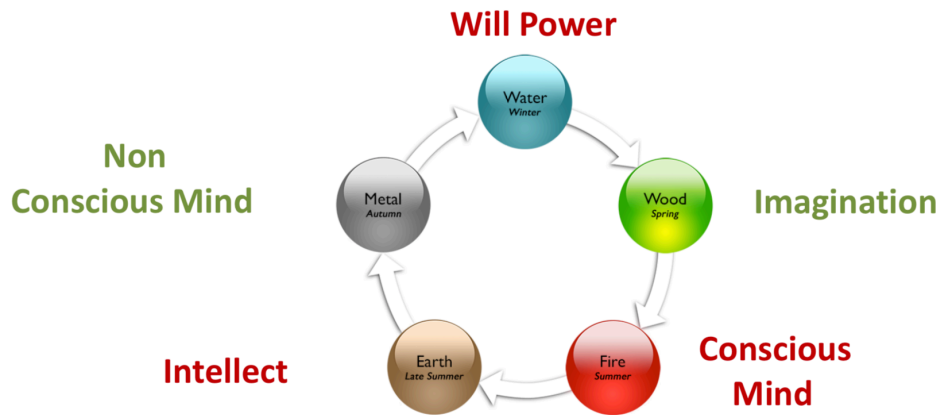
The bar is actually set quite low in society

Moderate self esteem is seen as quite good.

When we do try or need to rise up and be the highest version of ourselves, to tackle what we have come here to do ... that lower self esteem starts to undermine us.

Self worth or self esteem that allows you to do anything that the world is dreaming for you... needs to be higher than simply surviving.

Five Inner Spirits of the Five Energies



Water = willpower, ability to dig deep and go to our foundations. To create a drip drip effect, determination. Our will power will resound to a strong statement. Our will power is a good listener.

Wood = imagination, our ability to drift outside and come up with magical ideas. To use and dream, be creative. Our imagination hears questions and answers.

Fire = our conscious mind, who we are. Emotions. Sensitivity. It knows how we are. That also responds to questions and statements,

Earth = intellect, our ability to understand things. To intellectualise. Logical conversations.

Metal = our unconscious mind, a bit more hidden. Sitting below the surface that we can't see but which is important for who we are. Again, answers questions .. it does not hear statements.

Negative Questions

What happens if X or Y (negative outcome)?
Why can't I do (something you decide you are a failure at)?
Why am I so (negative statement)?
If only I hadn't done (A mistake) why did I do that?
Why on earth did I... (A mistake)?
I don't know why I... (Another mistake)?
What's wrong with me?

Your unconscious mind is the seat of your self esteem and self worth, has selective hearing. It answers questions only, not responding to statements. It operates in imagery and dreams. It always has to answer the question. Any question.

If you ask yourself .. "Why am I so stupid .. so useless?"

It WILL look inside you for an answer. It does not care how it makes you feel .. and it may not give you an immediate answer. It brings up all sorts of negative stuff.

Better to ask yourself a positive question ... "Why am I so good at something?"

Ask a creative question to also engage your imagination ...and keep asking the same question .. it will really kick in with positive or negative responses .. deepening on the question.

Never ask "What's wrong with me?"

Your creative unconscious will come back with all sorts of reasons !

In childhood

Most **good things** are said to you in the **form of statements**. They can also be **soft and gentle** maybe less impactful than a strong emotion.

"Well done"

"I am proud of you"

"We love you"

Anything **negative or bad** is said in the form of questions! And it can be **full of emotion, loud and strong**. Powerful questions .. go straight to unconscious mind.

"What's wrong with you?"

"Why can't you sit still?"

"Why can't you be more like your .. brother?"

from all this .. it becomes really hard to feel good about yourself.

In **adulthood we continue** these questions of ourselves as we have **internalised these strong negative questions** from childhood. Creates a downward spiral and we stop feeling good about ourselves. we keep coming up with negative answers. The answers will come back constantly. Popular questions we seem to repeatedly ask ourselves are:

"Why on earth did I do this?"

"What's wrong with me?"

"Why am I so stupid?"

An alternative is to ask Conscious Questions.

Conscious Questions

Constructing a Conscious Question

Why?

Tell me why?

Tell me exactly why?



These are questions that you can ask to invoke positive feelings to make you feel better.

Turn: "Why am I so nervous about this?" ... to:

"why am I quite capable of doing this?" and

"Why is it OK if it isn't perfect?"

"What aspect of my past has led me to this moment and makes it alright for me to do this?"

This shift in itself can lower anxiety. Your unconscious mind has to answer that question ... so make it a good one.

Constructing a Conscious Question

Why?

Tell me Why?

Tell me exactly Why?

The information and response has to come from your unconscious mind. Your imagination will engage too.

Conscious Questions

Practical Examples & Application

Why can I do this? Tell me why can I do this?

Why can I handle this? Tell me why can I handle this?

Why am I good at this? Tell me why I'm good at this?

"Tell me why I can get through this?"

"Tell me why I can handle this?"

"Tell me why this will be alright in the end?"

"Tell me what the lesson is for me?"

All these questions will make you feel good about yourself in the same way that the other questions will make you feel bad. No matter how much hard work you do, your confidence, if you then ask yourself what's wrong with you, you negate everything! Your unconscious mind and imagination will overturn all your other good work.

Good Questions

"Why has my past equipped me for this moment?"

"Why is it OK sometimes to just muddle through?" (good earth energy question)

"Why is it OK not to know everything at this stage?"

"Why is it my fundamental right to make mistakes?" (helps you get unstuck when you get caught up in what you think you should have done).

"Why is the past the past and the now now?" (really helps you move on).

"Why is it important to remember that ... (add in here the statement that has been challenging you)

"Why is it important to remember that .. we are all/both different?" = unstick stuck situations and creates flow.

"How can I help this situation?" is a conscious way of moving through difficulty.

Choose your questions wisely as they are very powerful.

We have the ability to choose them.

This is a time when we are all meant to step up and do what we are here to do ..conscious questions help us do that.

It's important to remember to be kind to yourself.

"Why should I be kind to myself?"

"Why is it a good idea to eat well and take care of me?"

"What's the best thing for my body at this moment in time?"

"Why am I precious?"

Questions about self care are KEY to us feeling good.

The more we understand ourselves through the five energies, then it is easier to move forward. As we do so, rising up and moving out into the world, we need to do it from a base of kindness and self love. So that we can actualise who we are meant to be, it is important to ask good questions that serve us and this really helps us feel good about ourselves.

Nick Haines, Founder of the Five Institute

www.fiveinstitute.org for your free Vitality Test

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