



## Session 9 – Squeeze

Squeezing. That's something that can happen in relationships. We actually love somebody so much that we don't want to let go of them. Can be your child. It can be your partner. It can even be your animal, you know. And you're not giving them enough room. The reason that you're doing this is because of fear. You don't want to lose them. Also with things that we want to have, we just can't help it, we sort of grasp at them and grab them. The more that we grab, the harder it becomes for ourselves to be free and also for the other person to be free and for the other person to be free or the subject even that we're trying to do. If I would be trying with these films to squeeze out my words to you, you would feel it immediately because I would start, you know, talking like this, from my intellect. 'And what am I going to tell them about Squeeze now? Because it's so important that I get this message across.' You see what I mean? There's no flowing energy. So it's daring to let things go and not squeeze them.

A great example for this is tennis, because with a tennis racket, if you squeeze too hard, you actually totally lose control over the ball because the racket can't go with the flow, it stays in one position. You can't get the spin on the ball and you lose control over the ball and it flies out all over the place.

It's fantastic to recognize that the more that we try to hold on to things, actually, the less control we have. The more that we let things happen, the more that they come from an authentic being, from the Observer and not from I want this. I want that, the ego. I encourage you to start looking at your life and start recognizing where you're squeezing too hard. And you also notice, as with the tennis racket, that as soon as I squeeze that the muscles literally tighten up and also the mind tightens up and the heart tightens up. Don't try and hang on to your partner or make your partner do this or this or that. Let them be, let the energy flow just as you expect, you don't want someone squeezing you or telling you that you have to do this, this and that. Let the energy flow.

And of course, with children, it's different. You have certain, you know, boundaries that they need to help them grow into a healthy adult. But at the same time, there must be so much more space. And often one of the real reasons that we squeeze in work situations and also sports situations is because – ambition - we want results. So we're going to get them. And, you know, you notice it immediate. We're going to get it. And we're going to get this, and we're going to do this. And we start squeezing as well.

Remember, with ambition. It's great to have goals, but don't ever let ambition take over. See what you start creating and before you know you'll be so successful. But if you want these things to happen, you will start squeezing too hard.

Or is somebody squeezing you a little bit too much? And do you need more space? And if that is so, do you have the confidence to speak about that? Think about the squeezing, because the strange thing is as soon as you try to hang on to things. It just doesn't work. You have to let the universe do its work. You have to observe what's happening. And if you keep trying to control things all the time and this is really frightening what I'm telling you now, I know that because we want to control, the tennis player, wants to control the ball. But as soon as they try to control, they can't control anymore. That's why I love sports sometimes with these metaphors, because you literally see the results, it does not work. Now, holding on like this and squeezing like this does not work.

It's up to you to have the courage to let things be as they are and just give people the space, give yourself the space and have the confidence to know and the trust to know, that if you keep doing the right work, everything is totally fine.