

YOUR ONION STORY

“The grief that I held within me...
...was love that had nowhere to go.”

- Winston Yeung



At age 35, my father passed away unexpectedly from a heart attack.

As I watched the paramedics stop working on his body, I could feel myself fill with rage knowing that he was now taken away from me.

I spent the past 4 years working towards breaking through this dysfunctional fear I had of him, just so I could have a conversation... and now he is gone.

I was unaware what this anger burning inside me was capable of doing, it impacted every aspect of my life. I harboured the guilt of not living up to his expectations, my self-worth eroded; I was seeking acknowledgment and I was running away from facing the pain of grief.

This led me on a downward spiral, numbing myself with alcohol and substances for many years. I had become this highly functional addict, running a business during the day and running from my demons at night. Only to realize that my life and my business were on an inevitable head on collision. I felt hopeless.

The mask I was wearing of being happy and successful was taking a toll on me. I was tired of existing like this, so I reached out for help. In the middle of this chaos, I felt helpless and hopeful to get out of my situation.

This motivated me to keep looking for the right person. It took a long time; I eventually found someone to guide me through my darkness.

I went through the onion process, this is the exact same process that we will be teaching you in this exercise.

Round after round of questions. I felt the sadness, guilt and shame intensify, as I faced myself and who I could have been, and in that moment all of my emotions exploded. As tears streamed down my face I had a vision.

In my mind's eyes I noticed this sphere that looked like a cannonball. Just sitting there, waiting. It was covered with what looked like layers of dirt and grime, which represented my guilt and shame.

As I began to wipe the surface clean, what I saw underneath left me in shock.

It was a memory of my Dad.

I was so afraid this would be taken away from me that I hid it from the world, somewhere safe where no one could find it.

So well hidden that I forgot about it.

Peeling away the layers and seeing through my own guilt, shame, anger, rage and many dark emotions, what I believed to be the cause of my pain, was actually a ball of love.

The grief that I held within me was love that had nowhere to go.

This was 15 years ago....



Why do this exercise?

To find out the desire behind what you want.

Short Term Results:

Become aware of the conditioning that has built up resistance, which is preventing you from experiencing your full potential.

Long Term Benefits:

Shift towards a pattern of thinking which empowers you to experience your true desires.

The more we share our desires, the push back we get from the biggest influences in our lives, our parents, friends and family, intensifies. This process has increasingly become toxic with the addiction to social media.

Our desires have a simple origin, and hiding them from this negative feedback loop makes them more difficult to fulfill.

This creates the onion.

The center represents pure desire; over time it accumulates layers of guilt, shame and trauma.

As we age, social conditioning begins to define who we are and as a result we lose sight of our true potential, settling for a broken version of our desires.

Our accomplishments are short lived and the “feel good” moments often escape before we can even enjoy them. This is a consequence of lacking awareness, deepening the void within, and leaving us in a perpetual state of dissatisfaction.

We wonder what went wrong, then we try again as we chase after a feeling we never quite catch. This exercise will help you peel back the layers in order to discover the truth behind what you desire.

How to get the most out of this exercise:

In this exercise, the person seeking the help is the guest and you will require someone to be your guide; choose a person that you trust and are comfortable to work with. Your guide will be responsible for holding space for you, while asking questions and supporting you through the process.



How to get the most out of this exercise:

Record the audio of the session so you can review it afterwards.

It's important to note that there is no wrong answer, however, it is critical that you be brutally honest with yourself.

If you lie, then this exercise will fail.

Answering the questions truthfully will allow you to be vulnerable and come from a place of integrity, there is no judgement, criticism or shame.

Before You Begin - 5 to 7 Minutes

A short exercise to help you get grounded and present in the moment so you are focused in the exercise.

Prepare your environment by turning off your phone, computer, or anything with a notification.

In a space that is quiet and distraction free, find a comfortable seated position, on a chair or cushion. Try to keep your back upright and your hands resting wherever they are comfortable.

Invite your body to relax, as you do so become curious about your body — the sensation, the touch, the connection with the floor and the room.

Do your best to relax any areas of tightness or tension. Begin to focus on your breath.

1 - Breathe a deep breath. Hold for 3 to 5 seconds - and slowly exhale.

Let go of any negative emotions or feelings that may come up.

2 - Breathe a deep breath. Hold for 3 to 5 seconds - and slowly exhale.

Build awareness of the space you're in, the room, the colors, the aroma, the temperature.

3 - Breathe a deep breath. Hold for 3 to 5 seconds - and slowly exhale.

Build awareness of the person across from you. In your heart hold space for them, feel the gratitude & appreciation for sharing this time, space & energy with them.



Let's Begin - 60 to 90 Minutes

You'll need something to write with and print out the Guest & Guide Worksheets.

- 1) Complete the Guest Worksheet by writing down nine things that you want.
- 2) From this list cross out six of the items; no specific order. You should have three items left.
- 3) From this list of three choose one.

Take this one want and write it out as a statement. This is going to be the focus of the exercise.

Examples of Statements:

"I want to lose weight."

"I want to have a new car."

"I want to quit drinking."

As you look at your statement... read it out loud.

A) Your guide will ask their first question.

B) You answer the question out loud.

Repeat step A, and your guide asks the next question.

Repeat step B, and you have to reply with a different answer than before.

Repeat this cycle until you come up with 10 answers.

Repeat step A, and your guide asks the next question.

Repeat step B, and you have to reply with a different answer than before.

Repeat this cycle until you can come up with another 10 answers.

As you progress, you will find it harder **to think** of an answer. You will begin **to feel** discomfort within you. This is a sign that you are getting closer to your truth.

Round after round, as you progress deeper, feel into the discomfort.

Don't ignore it.

Don't dismiss it.

Don't suppress it.



Drop from your mind into your body and continue to answer from this space.

The discomfort will continue to build as you keep repeating steps A and B.

The answers will become more and more difficult to express, as you are now going against your own ego and conditioning.

Like peeling back the layers of an onion, the more layers you peel away, the more your eyes are going to sting, the more tears will come.

The deeper you go, the greater the resistance will be, memories of pain and joy may come up, you'll think of people that have not crossed your mind in a very long time.

This is normal, as you dig deeper within yourself the further back you go in time. When you push past this, you will discover memories and feelings that have long been hidden.

It is a collection of these hidden emotions that shape our reality, they fortify our limiting beliefs and often heighten our weaknesses.

If you are here today, doing this exercise in the hopes of experiencing a breakthrough - you are not weak. You are ready.

When do you know you've completed the exercise?

When you have experienced an intense emotional release. This comes in various forms and there is no "right way" of having an emotional release.

Often it's expressed with tears, deep breathing, laughing, giggling and sometimes several feelings and emotions simultaneously.

Whatever comes up **do not hold it in** because this is what your body has been prepared itself to do - through the questions, the deep emotional journey, the reflection and the guidance.

Let your emotions surface; let them flow through your body, let them be.



Step 1 - Write down nine things that you want. In the notes section below you can brainstorm some ideas to get you started, from there you can fill out the nine boxes.

Notes:



Step 2 - Now take a moment and look at your answers. Make a note of which one(s) continue to catch your eye and which ones give you an emotional trigger. Looking at your answers, cross out six of them in no particular order. Don't over think items in your list - follow your intuition.

Step 3 - Write down the remaining three things that you want below:

Step 4 - From these three. Choose one.

Step 5 - Now take this one want and write it out as a statement. This is going to be the focus of the exercise.

Examples of Statements:

"I want to go on vacation"

"I want to find a way for him/her to like me"

"I want my Mom/Dad to stop nagging me"

Write down your want statement:

I want.....



As a Guide, you play a very important role in this exercise.

You will be responsible for holding space for your guest, while asking questions and supporting them through the process.

During this exercise your guest may experience an intense emotional release, and it is critical that you do not interrupt, intervene, help or do anything to distract them from what they are experiencing.

This is part of the work the guest must do.

You will be following this sequence of questions, asking one question per cycle.

1) *"Why do you want this?"*

2) *"Why is this important to you?"*

3) *"Why?"*

4) *"Why does this matter to you?"*

Round One

When the guest has completed their worksheet and is ready to proceed with the exercise, ask them to speak out loud their want statement.

A) Ask the guest the first question of the sequence.

B) The guest answers the question out loud.

Repeat Step A

Ask the guest the next question.

If you are at the last question, begin again from the top.

Repeat Step B

The guest must reply with a totally different answer than before. If you notice that the guest has provided the same answer as in a previous cycle, bring it to their attention and ask them to come up with a new answer.

Repeat this cycle until the guest has provided 10 unique answers.



Round Two

Ask the guest to speak out loud their want statement.

- A) Ask the guest the first question of the sequence.
- B) The guest answers the question out loud.

Repeat Step A

Ask the guest the next question.

If you are at the last question, begin again from the top.

Repeat Step B

The guest must reply with a totally different answer than before. If you notice that the guest has provided the same answer as in a previous cycle, bring it to their attention and ask them to come up with a new answer.

Repeat this cycle until and see if the guest can come up with another 10 unique answers.

If the guest does come up with 10 more unique answers, then proceed to do another round of questions and use the same process as described above for Round 2.

As the cycle of questions goes deeper, the guest may experience an intense emotional release.

Hold space for them, do not intervene.

When the guest has composed themselves after their emotional release, ask the following sequence of questions, one at a time and allow time for the guest to answer:

1) "What did you discover about yourself?"

2) "Can you describe what you have discovered?"

3) "Do you believe this to be true?"

